

PSE Awards \$1000 to K-12 Ventures

by Lee Ockinga

K-12 Ventures, a Vashon-based organization that provides disabled teens and young adults with job training and job placement, was one of only 16 non-profit agencies in King County to receive a charitable grant from the Puget Sound Energy Foundation.

"This year we are targeting the majority of our support to organizations that help people in need," said Bert Valdman, interim

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Emily Pease (left) works at Vashon Pharmacy as part of Learn2Earn, with her is Catherine Emmett from the Learn2 Earn program. Photo by Joyce Olson.

SEEDS Sponsors Societal Transition Workshops

by Bob Spivey

Last year a process of community visioning and action known as Vision for Vashon began. The Vision for Vashon effort brought together a collective of Island residents from a number of organizations, inspired by the need to provide both immediate assistance and longer range visions for change, in the context of the "triple crisis" of global warming, peak oil, and economic instability. Members of The Social Ecology Education and Demonstration School (SEEDS) were key initiators of this effort, and are becoming important caretakers of the ongoing process.

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Green Map team members Joe Taskey, Deborah Perpetua, and Annie Brulé at the Saturday market Green Map booth. Photo courtesy Annie Brulé.

Audubon and Land Trust Celebrate 20th Vashon Audubon Observes 20 Years of Activism

by Rayna Holtz



At left, before the Backbone Campaign's puppets, there were of course the famous Vashon Audubon Western Tanager and Swainson's Thrush costumes by Bonnie Wilkins in the Strawberry Festival parade. At right, re-knowned Audubon activist Hazel Wolf dances with a child and mother around a 1990 Earth Day tree planted by Jay Holtz. Photos courtesy Vashon Audubon and Rayna Holtz.

1989 was the year the Exxon Valdez dumped 11 million gallons of crude oil into Prince William Sound. But on the hopeful side, and not just coincidentally, it was also the year a new Audubon chapter started on Vashon-Maury Island. Aware both of the growing environmental problems of the day and the beauty and diversity of Vashon's wildlife, Islander Emma Amiad conferred with Hazel Wolf, the famous Seattle Audubon secretary, and initiated the process in September, 1989. An idealistic dynamo, Emma tells the story modestly: *Cont'd on page 10*



Christensen Pond, the first property acquired, actually involved both the Audubon chapter and the Land Trust. Photo by Ray Pfortner courtesy the Land Trust.

Land Trust Creates Amazing Legacy

by Beth Bordner

Anniversaries are wonderful opportunities to reflect, reminisce, and look back at how the heck we got here. This year, as the Vashon-Maury Island Land Trust celebrates its 20th, we have been reminded that a LOT has happened since 1989 when a group of conservation-minded islanders convened to save the Whispering Firs Bog.

Led by civic activist Emma Amiad, the Land Trust founders were inspired by the in-the-moment chance to protect a rare and vulnerable Island habitat. Yet, this visionary group recognized as well the benefit in forming an organization dedicated to the broader mission of conserving the Island's natural health and heritage. Emma's initial vision of protecting 1,000 was just that – a vision without a plan. But the planning soon followed, and the goal has been surpassed with 1,100 acres protected so far.

The accomplishments by the numbers:

20 years

\$27 million raised

1173 acres conserved

Continued on page 11

Vashon College Helps Pre-School Readers

by Bob Booth

Here's the skinny on Vashon's best-kept secret: Your pre-schooler can get a free book in the mail every month. All you need to do is register him or her.

Why haven't more people done that?

The 2000 US Census says there are more than 400 children on the Island under five years of age. Each of these kids is eligible to

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Katherine Ellison and her mother, Erika, enjoy reading *Take Care, Good Knight*, the latest book Katherine has received from the Imagination Library, a program sponsored locally by Vashon College, that allows any pre-schooler to receive a free book in the mail each month. Katherine is one of 150 children who have enrolled in the program since its inception here in May, 2008. Registration is free and may be done at <http://www.imaginationlibrary.com/>. Photo by Bob Booth.

SaveRPets

Deborah Bender is announcing her new business www.saveRpets.com. Bender's home-based business is introducing its first product, a static cling pet alert sticker. Bender designed her pet alert sticker because in the event of an emergency rescue workers or

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Get in *The Loop*

Submissions to the Loop

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

Under Puget Sound Revealed

The Vashon Audubon September program features Vashon's Karlista Rickerson with her startling photographs from beneath the surface of Puget Sound on Wednesday, September 16th at the Land Trust Building. As you scan the shimmering, glimmering surface waters of Puget Sound, don't you sometimes wonder about what life forms are under all that water? Karlista Rickerson - a SCUBA diver - has been exploring Vashon-Maury waters since her son introduced her to diving in 1980. She has been documenting what she sees underwater with research and photographs, and has agreed to share some of the photos. Karlista writes that she also has had the good fortune to dive the exotic warm tropical waters of the Grand Cayman and other places, but she advises that "I would like the people of Vashon and Puget Sound to know that we have as many creatures of color and interesting patterns right here at home. We just have to look a little harder. If we do not have a plankton bloom then visibility can be 20 to 30 feet in the summer. " Enjoy this rare opportunity to see what floats, fins, and flutters beneath the surface in the very cold sparkling waters of Puget Sound, just off our beaches. No need to shoulder an oxygen tank! For more information, please see vashonaudubon.org. The program is free and all are welcome.

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!

Food Drive Sept. 12 Needs You!

Summer has been winding down and school is starting up again, and as usual at this time of the year, food bank shelves could use a little help. We will be having a food drive at Thriftway on Saturday September 12th, from 10am to 4pm for the Vashon Food Bank shelves. Please give us a call if you want to sign up for a shift at the doors (463-6332, and leave a message, or email marian@vashonfoodbank.org) BEFORE Sept 8th.

And if you cannot help collect, look for us on Saturday, stop by and donate!
We could really use:
Canned soups
Tuna
Canned veggies
Mac & cheese
Peanut butter and jelly
Shelf stable milk, soy milk, or rice milk
Pet food
And even condiments such as salad dressings, ketchup, and mayo are great things!
Let's see how full we can fill the truck!

I know it is hard to say goodbye to summer, but the reality is fall and winter are on their way, and here at the food bank we need to look ahead to the longer lines of colder months. It all starts in September as families pull together their resources to cover school supplies, new clothes for kids that have miraculously grown out of their old ones in the last few months, and various school, sports and activity fees. The temperatures start dropping, the days get shorter and utility bills go up. As we get deeper into the colder weather, some of the seasonal work opportunities dry up for several months. The economy is still rough. People are still losing jobs and facing newly cut hours. We are a strong community however, and we can see each other through this all together. Let's keep the food bank shelves a full and available resource for any of us.

For more information about the Vashon Maury Community Food Bank, our services, how you can help in other ways, or to make a donation, please visit our website: vashonfoodbank.org.
Yvonne Pitrof
Executive Director



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 11.**

Customer Service Representative

Puget Sound Energy is hiring a Casual Customer Service Representative I (ad #3823) at our Vashon Island offices. Deadline to apply is 9/18/09. Must have a High School education and be able to work with MS Office programs proficiently. Gain the energy to do great things through a career with Puget Sound Energy! PSE is an Equal Opportunity employer. We encourage persons of diverse backgrounds to apply. Go directly to PSE.com to view the entire job description and apply online today!



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Join Vashon Island Chorale

The Vashon Island Chorale begins its next session on Tuesday, Sept. 8, from 7:15 to 9:15 for rehearsal in the VHS band room. The culmination of this session will be concerts on Dec. 5, 7:30pm and Dec. 6, 3pm. Antonio Vivaldi's Gloria and songs of the season are on the concert program. The Chorale is under the artistic direction of Gary Cannon. Dues for the session are \$35 or \$60 for two in a family and music costs are \$20. For additional information about the Chorale, visit www.vashonislandchorale.org or call Jo Ann Bardeen, president at 567-5841 or email jbardeen@yahoo.com

Fall Dance Classes

Sorry to see Summer Dance Nights go? That's okay! You're just in time for Fall Classes, Dances, and Fun! Beg. (Thursdays) and Intermediate (Mondays) Classes soon starting on Sept. 28th and Oct. 1st. We're exploring West Coast Swing this season, along with Cha-Cha, Waltz/Rumba, and Fox Trot! Advanced Reg. required. Contact March at #463-0870 or Vashondance@live.com. See you there!

Help Vashon with Your Truck or Tractor

In the event of an earthquake, or even a major winter storm, the all-volunteer organization, VashonBePrepared.org (VBP) might need your help and your equipment. To assess what we have on the Island, VBP is adding to the volunteer data base, an inventory of available heavy equipment, super-large vehicles, 4 X 4 trucks, flatbeds, snow mobiles, or tractors that can move snow, and other mud/rock moving equipment.

If you are the proud owner of any such equipment, VashonBePrepared.org would be really appreciate having your name, address, phone numbers and e-mail so that we could contact you in the event of a catastrophic emergency. You may never get called and we never share our volunteer data base. Having this information would enable the Emergency Operation Center to contact you only if an urgent need arises.

Please contact Ed Steyh at 463-3010 for more information or to add your name and equipment to the data base. It's how neighbors can help neighbors!

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



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Location and Land! This comfortable house sits on almost two level acres on the Burton Peninsula, one of Vashon's most desirable neighborhoods. The property consists of two tax lots and borders Vashon Park District owned lands and trail system. Sunshine and fruit trees, lots of room for gardening and playing. Inside, the cozy living spaces look out over the private acreage, and a full unfinished daylight basement with a bath provides great opportunity for additional living space. **MLS# 29096848**

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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.

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Positively Speaking

To Dance Again

by Deborah H Anderson



Dancing is the reason I have repeatedly told my children at my funeral, after the preacher is done talking, the exit music is to be Jim Hendrix’s “Changes.” I want people to dance up the aisles to the post-party event.

Dance is the reason I dream of a blow-out party on the last day of my sixtieth year where everyone is on the floor for hours with Loose Change at one end and the Portage Fill at the other and a DJ on the side in the middle of them to catch all the other tunes they don’t do; the three of them alternating every twenty minutes battle-of-the-bands style.

Dance is the reason God give me the Grace to endure anything and the strength to make it happen.

And at 6:15 PM on 19 July 2009, I remembered dance in the manifestation of being alive!

What more could I ask for?
Ba da da da da da da da
Ba da da da da da da da. (2x)...
Love
Deborah



Vashon Rotary leaders past, present and future celebrated the importance of play recently with Olyana Foege at the dedication of the new outdoor playground for pre-schoolers at PlaySpace. From left, they are Sam Collins, current Rotary president, Dick Bianchi, past president, and Jan Milligan, president-elect. The new play area was made possible through the financial contributions and volunteer work efforts of Rotary members. Photo by Bob Booth.

Continued from page 1

receive a free book in the mail each month from Dolly Parton’s Imagination Library...yet registrations have leveled off for several months at around 150.

In 1996, Parton launched this program to benefit the children of her home county in East Tennessee. She wanted to foster a love of reading among her county’s preschool children and insure that every child would have books, regardless of their family’s income. So, she decided to mail a brand new,

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Classes By Kathy Abascal Resuming: Eating for Health & Weight Loss.

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 September 10. One series at 9:30-11:00 AM, one 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 September 6 at 2:00 PM (\$90). For more information, contact Kathy Abascal at anemopsis@yahoo.com.

Vashon College Helps Pre-School Readers

age appropriate book each month to every child under five in Sevier County. After three year’s experience, research showed a sharp improvement in both reading attitude and ability among local pre-schoolers.

The program had become such a success that many other communities wanted to provide the Imagination Library to their children. Parton decided her Foundation should develop a way for these other communities to participate. She asked a blue ribbon panel of experts to select the right books and secured Penguin Group USA to be exclusive publisher for

be an Island resident). This can be done either online at www.imaginationlibrary.com or by filling out a registration form at any one of the following locations:

- Vashon Youth & Family Services PlaySpace
- Vashon Book Store
- Books By The Way
- Little House
- Vashon Pharmacy

Imagine a library that... provides free books each month for Island children under 5 years.

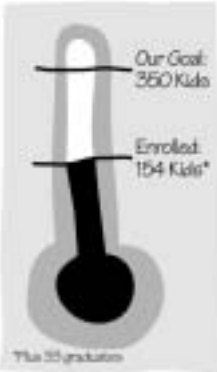
It’s free to enroll any island child, ages birth to 5, and an enrolling adult, in the Imagination Library. Every month you receive a new, age-appropriate book in the mail at no cost. The only obligation is that the enrolling adult pledge to read each book to the child as it arrives.

Vashon College is proud to sponsor this program as part of it’s goal to provide lifelong learning opportunities.

Donations that help support this program are welcome and may be sent to:

Vashon College, Attn: Imagination Library
18850 103rd Ave SW, Vashon, WA 98070

To enroll or for additional information, contact Pamn Aspiri at 206 408-8022 or pamn.aspiri@vashoncollege.org.



Don't Forget the Birds

Scoters Return

A glance out at Tramp Harbor by Portage shows the winter assemblage of scoters beginning to build. Vashon gets all three scoter species, Black, Surf and White-winged, returning during the fall. In some years several White-winged and sometimes a Surf will stay through the summer and they also arrive earlier in the summer than the other ducks, usually in late July or early August in small numbers. This year and last year, none stayed the summer and this year the appearance came only in the last days of August. Black Scoters come in September but often fail to be noticed until October or even November.

These large, black, diving sea ducks in some ways provide Vashon with its signature bird. They show



Pete Murray's classic Surf Scoter photo.

up first in fall at Quartermaster or Tramp Harbors. By the end of September, each ferry dock has its dozen or so, others spread out thinly along much of the Island shoreline and hundreds fill Tramp and Quartermaster Harbors.

The Surf with its bright orange and white bill, white forehead and white patch on the back of the head makes up the majority of the flocks. All three feed by diving on various mussels and clams over sand-mud or cobble beaches. However, Surf Scoters will pull mussels off the pilings at the ferry dock. If one watches closely, one can see them dive and swim under water over to a piling to pry off their prey. In areas where large herring spawn occurs, they mass in the thousands. I'm not sure if this happens around Vashon, please let me know if anyone witnessed that for the Island.

White-winged Scoters winter in somewhat smaller numbers than Surf around Vashon. As their name suggests, they have a white wing patch noticeable in flight or along the waterline towards the tail when afloat. Otherwise they appear all dark, blacker than the Surf except for a small white "comma" about the eye. In general in North America, they forage out deeper than Surf Scoters but around the Island their flocks inter-mix.

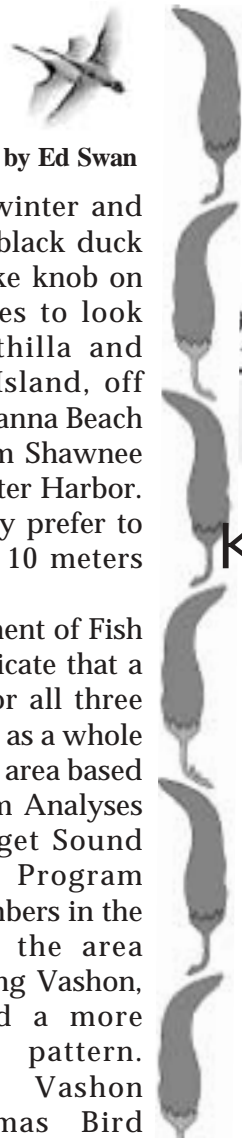
Black Scoters show up in quite low numbers and usually reliably in only a few spots. The best way to find them involves listening for their

kazoo-like call in late winter and then watching for a jet black duck with a yellow marble like knob on its bill. The best places to look include between Northilla and Manzanita on Maury Island, off Raab's Lagoon, along Luanna Beach to Pt. Robinson and from Shawnee to Burton in Quartermaster Harbor. Like the Surf Scoter, they prefer to dive in areas less than 10 meters deep.

Washington Department of Fish and Wildlife reports indicate that a 57% decline occurred for all three scoter species considered as a whole in the north Puget Sound area based on the Marine Ecosystem Analyses of 1979-80 and the Puget Sound Ambient Monitoring Program surveys of 1992-99. Numbers in the central Puget Sound, the area including Vashon, showed a more stable pattern. The Vashon Christmas Bird Count data stretching over the last decade show major up and down swings for all three but their population appears stable with even the possibility of an increase.

In other fall migration news, the last week of August saw the peak of the shorebird population with Gary Shugart regularly tracking flocks of 20+ Western and Least Sandpipers and occasional mixed flocks of over 100. Michael Perrone heard a rare Lesser Yellowlegs and a number of people found rare Semipalmated Sandpipers at several locations: Fern Cove, Fisher's Pond and KVI Beach. Rich Siegrist had an early flock of south bound Greater White-fronted Geese over Colvos. Gary Shugart and Richard Rogers found the first wigeon at

by Ed Swan



LA PLAYA

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Tramp Harbor and Christensen Cove, respectively. In the first week and a half of September Fox, Golden-crowned and Lincoln's Sparrows should arrive as well as Varied and Hermit Thrush. If you have an interesting sighting to report or photo to share or question about local birds please call me at 463-7976 or email at edswan@centurytel.net.

This is a great time to be out birding with winter birds returning and summer birds moving through on their way south. 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.

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Aries (March 20-April 19) There seems to be an issue making you persistently angry. You try to get ahead of it, or move it out of your way, but it sticks. The frustrating part is that it's difficult to actually make full contact with the feeling; it's like the two of you are shadowing one another but can't quite catch up. The danger is taking the resulting frustration out on someone you love. You can work with this issue in the context of a relationship, but make sure that you're clear about how it's your issue, and you're seeking help. One clue I can offer you is that this does indeed involve the intersection of your relationship history with your family history. The two are always related, but the intersections are often difficult to see. If it's working, the conversation will lead you in the direction of the past.

Taurus (April 19-May 20) Pride is of the essence. How do you really feel about the stuff? Are you conscious of the spectrum of emotions involved, or is it a kind of gloss that reflects the light instead of absorbing it? It seems like you will first grasp intuitively what you cannot quite grasp mentally. I suggest you look directly at the evidence of how you feel (mainly by accounting for your choices), and how others feel as a result (which you will be able to discern from their choices relating to you). Then two puzzles follow: how to put what you're experiencing into words; and whether you can get the idea or feeling across to anyone. There may come a time fairly soon when you will care deeply about both. It would help if you bear in mind that the essence of communication is trust.

Gemini (May 20-June 21) The creative process is not arts and crafts. Rather, it's about everything from doubt to confronting your sense of emptiness to exploring the feelings and memories that we are basically all conditioned to ignore. In sum, you go deeper, and that depth often requires the use of a working medium that could be clay and it could be a camera and it could be your notebook. Let it become a sacred space, but not so sacred that you fear that what you create there will be known to others and influence their healing process. You're not alone in going through what you're experiencing. The feelings running through your body are part of a collective current shared by millions of other people, each in their unique way, and each equally meaningful.

Cancer (June 21-July 22) Sometimes you go so far into your feelings that you have to retreat from yourself. Sometimes you forget that you have a spiritual connection so deep that there actually is no bottom. You will remember this week. Let the Full Moon remind you every time you look at it. The current peak of energy comes once each year in the sign Pisces, one of the places you draw your highest vision from like a well. Consider this moment in your life to be a vision quest. You're feeling unusually bold. You know you have the choice to trust your circumstances if you want to. Therefore, let a vision come to you. You may not understand what you see; you may not think it's attainable or realistic. Getting from one space to the other can be summed up in a single word: growth.

Leo (July 22-Aug. 23) You tend to be the one with the practical side, and you invite others around you to bring in the creative side. In the process, they gradually become like you, and you become like them. At the moment, I suggest you not let your brass-tacks nature dampen the spirit of someone you love who is absolutely soaring on an idea, a feeling or a desire. You see the limitations and you will, soon enough, have the role of helping sculpt the idea into something useful. Yet in doing so, your job is also to

protect and preserve its essence. Therefore, I suggest you absorb as much of that essence as you can. Let its light shine on you and remember that it's a reflection of your own imagination; an invitation to not only think about what is possible, but to feel what is possible.

Virgo (Aug. 23-Sep. 22) Before we (as a society) get underneath the epidemic of anxiety, you will get underneath your own personal affliction. Here is a clue. The more you are strategizing, the more fear you're feeling. Strategies are not the solution, they are the symptom. The solution would feel something like trust, or love, or empathy, or allowing yourself to let go into the flow of your life. Deep in your fear there is something about your dad and seeking his approval. As adults we are often loathe to admit that we have such needs, but you're in an unusual moment of potential honesty and clarity. I say potential because what you are feeling right now could approach a level of beauty that pushes you into denial or retreat — though you have other options.

Libra (Sep. 22-Oct. 23) You're searching for a new sense of identity, and of your professional role. At times they conflict; at times they are in harmony; at times the two seem to make no contact at all. Lately, they may be doing all three at once. This, in turn, might be having you wonder if you're ever going to get the pieces to fit. I can assure you of one thing, which is that a lot of the mystery and pressure and confusion will resolve itself when Saturn enters your birth sign next month. There are things in astrology that always make a difference, and Saturn making an important move is one of them. Meanwhile, I suggest you keep mining the distant past for information, particularly if you're ever feeling isolated or like the ground is too unstable to stand on.

Scorpio (Oct. 23-Nov. 22) Cooking a meal is all about timing. Well, it's about blending flavors, and timing. If you can't do both, the task will seem impossible. Both take practice; blending flavors is related to having healthy sexual instincts (this, according to the Kama Sutra). As for timing, you learn there are things you can start a little early, like rice; there are things that take very little time and have to be served right away, like pasta or certain vegetables. Likewise, certain processes in your life can wait; others you need to attend to immediately; there are some elements ready right now. Make an inventory and sort out what needs to be treated as what. Size things up carefully and work with all the known information. Admit that there are times when you'll need to take a guess. Remember the words of Eddie Weigert, one of the talented chefs who trained me: "When you think it's done, it's done."

Sagittarius (Nov. 22-Dec. 22) You seem to be edging back to the dark side of your nature. Sagittarius is odd this way; the dark side is almost always a deeply internal phenomenon. It's a little like the Galactic Core, which is in your birth sign: hundreds of billions of stars, held together by an enormous mass of dark matter. Speaking in more practical terms, you seem to be revisiting an injury, affliction or source of pain from your childhood. It looks like you want to get close enough to see, but not to touch — that may be just the right approach. Stay on the edges of these feelings, rather than diving into them. Watch certain scenarios from your distant past play like a movie, and observe what you're feeling with a bit of detachment. That's usually easy for you; it may be more challenging now.

Capricorn (Dec. 22-Jan. 20) Don't allow things to get personal when they need to be professional. At the same time, when things are personal, keep them that way. The boundaries are blurring all over the place and may be threatening you



La Pinata

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with a setback of some kind. While there is some confusion in the short run, your star is rising: Saturn is getting ready to cross the ever-important midheaven angle of your solar chart, which happens late next month. You can consider everything that happens between now and then to be preparation, rehearsal, dry runs and experimental. Part of that experiment involves how you relate to people as your influence in the world increases.

Aquarius (Jan. 20-Feb. 19) You know what is important to you; why then do you allow yourself to get caught up in the resistance of others who don't share your values? You seem to be faced with a choice right now: to break away, or compromise. In fact, you may need to do both, but the order in which you do them will affect the outcome of the situation. I suggest you take the matter as an internal phenomenon exclusively. You are trying to reconcile two aspects of your nature. You're also trying to align two different sets of values that you possess about relationships. In fact, you are seeking a third factor, mental state or outcome. This is something entirely new. Intellectually you may not grasp it yet, but intuitively it's starting to make perfect sense. Let that build your faith.

This week's Full Moon in your birth sign will light up all the most meaningful questions of your life. I suggest you let the questions stand; let them be what they

are. Notice how your perceptions are different when you admit that they exist and when you pretend they don't exist. Beneath them is a level of certainty that can only come from faith. Faith is not as abstract as religion makes it seem. Actually, it's about having confidence in yourself. In the second instance, it's about having confidence in others, which may be somewhat lacking at the moment. Therefore, tend your own garden, and remember how far you've come in a relatively short time. It is true that plenty remains unresolved in your life, but take heart, because that means the book is still open.

Read Eric Francis daily at PlanetWaves.net.

Health Care Discussion

The Vashon Unit of the League of Women Voters will be having its September meeting on Thursday, the 17th, 2-4 pm, at the Vashon Library. The timely topic for this month is health care, and we'll discuss solutions such as Single Payer, Public Option, or Co-ops. Our leader will be Roger Fulton, member of Single Payer Vashon. League meetings are always free, and open to all.

Island Epicure



Back-to-School Almonds?

by Marj Watkins

Lately I’ve baked experimental batches of hi-protein cookies, partly because the weather cooled off enough to have the oven on, and partly because I’m always looking ways to satisfy our appetite for baked goods without over-stressing our small tolerance for gluten, while upping protein, magnesium, and fiber content.

The almond meal cookies below meet all those criteria, taste great, and would keep well if we hid them.

High Protein, Low Gluten ALMOND OATMEAL COOKIES Makes 32

½ cup (1 stick) butter
½ cup dark brown sugar,
or 1/3 cup white sugar plus 1
Tablespoon molasses

1 egg
½ teaspoon vanilla
1 cup barley flour
1 cup almond meal
2 teaspoons cinnamon
¼ teaspoon cloves
1 cup oatmeal
½ cup raisins

Preheat oven to 350 degrees. Cut butter into ¼-inch slices. Melt in large metal mixing bowl over low heat. Stir in brown sugar, then egg and vanilla.

Stir flour, almond meal and spices together. Add to mixture in bowl. Stir. Add oatmeal and raisins. Mix thoroughly. Spoon small mounds of cookie dough onto 2 foil lined baking sheets, 16 cookies per sheet.

Bake 15 minutes. Let stand out of oven 4 or 5 minutes. Transfer to racks to cool.

Nutrition Per cookie: Protein 2.56 grams, Fiber, 1.73 grams, Fat 30 grams, carbs 8.64 grams, Calcium 16.7 milligrams (mg), Magnesium 29.3 mg, Iron, 0.71 mg, Zinc, 0.5 mg., and Vitamin E. 1.71 mg..

Note that the amount of magnesium is more than twice the amount of calcium. That’s good. Most of the foods we eat have less magnesium than calcium. Milk, lauded for its calcium content and promoted for making strong bones, has no magnesium though it’s actually magnesium that strengthens our bones. Calcium makes for quantity of bone material, but magnesium keeps them from easily breaking.

Other good sources of magnesium are bran cereal, oat bran, brown rice, spinach, chard,

lima beans, hazelnuts, peanuts, and molasses.

A handful of almonds, 22 of them, give you 81.1 milligrams of magnesium, and almost as much calcium. Getting enough magnesium is important for growing kids who are still building bones, but also for older people. It helps ward off arthritis, osteoporosis, tooth cavities, chronic fatigue, aching muscles, migraine headaches, high blood pressure, strokes and heart attacks.

The 8th Century King of the Franks, Charlemagne, famous for starting schools for girls as well as boys, and insisting that every priest learn to read and write, liked almonds so much that his cooks even included them in soups.

We made this one for lunch recently and found it both delicious and filling.

TURNYPES AND PARSNIEPES SOUP

Turnip and Parsnip Soup 3 to 4 servings

1 cup thinly peeled turnips (1 small)
½ cup diced parsnip
2 cups beef broth or bouillon
½ cup almond meal or coarsely chopped almonds
1 cup half-and-half cream
3 egg yolks
Juice of ¼ lemon
Salt to taste

Cook the turnips and parsnips in the broth at a low boil, covered, for about 12 minutes, until tender. Stir in the almonds. Heat for 3 minutes.

Mix egg yolks and cream. Add lemon juice. While stirring this mixture, drizzle in about ½ cup of the hot soup. Slowly, while stirring the saucepan, pour the egg mixture into the soup. Taste and add a little salt if desired.

Heat for 2 or 3 minutes, still stirring. Serve warm.

Bon appetite!

Continued from page 1

chair of the Puget Sound Energy Foundation and executive vice president and chief operating officer for Puget Sound Energy. “The Puget Sound Energy Foundation is proud to support these compassionate organizations whose work is more important than ever in during these challenging economic times. We are fully committed to helping programs that help our customers, communities and region.”

K-12 Ventures was incorporated in 2006 with the belief that all people should be given the opportunity to attain independence and dignity. Until K-12 Ventures was introduced, there was no such service offered in the Vashon community.

The Learn 2 Earn program, specifically, provides a critical service to the community. Learn 2 Earn is a workforce development



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PSE Awards \$1000 to K-12 Ventures

and career placement program that increases economic self-sufficiency by providing job training and job placement so young adults with developmental disabilities can access job opportunities. Special needs teens, through the Vashon School District, and young adults team up with a trained Job Coach who guides and educates them as they explore a particular vocation. The goal is to get the worker to a point where they can perform a particular job without assistance, thereby creating their own independence and self-sufficiency. This program promotes inclusive environments by employing systemic changes to improve the access of individuals from diverse backgrounds and encourages them to realize their full potential.

K-12 Ventures also serves as a resource for families and a place where teachers and parents can turn to for help in working with students toward particular vocational goals. Since its inception, this valuable non-

profit agency has achieved a 100% employment rate for its clients and has helped several individuals find the resources they need in the community and within King County. K-12 Ventures has provided much-needed hope to the local people and their families with developmental disabilities.

This program exists with the partnership and collaboration of several community-based organizations such as the Vashon-Maury Island Chamber of Commerce, the Vashon Island School District, King County Department of Developmental Disabilities, South Seattle Community College, the Division of Vocational Rehabilitation, and other local businesses and agencies who hire and work with K-12 Ventures clients.

Puget Energy, the parent company of PSE, created the foundation in 2006 with a \$15

Continued on page 8

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Staying Married

By Mary Litchfield Tuel

My husband and I will be married 30 years this week. We started as friends and we remain friends, and that has seen us through. Staying married for 30 years is simple. You stick around. What is not simple is that you both have to stick around, and continue to agree that sticking around is a good thing.

There are relationships where sticking around is the worst thing you could do for yourself or each other, and then, unfortunately, you need not to stick around. Most of us go through a few of those relationships over a lifetime, whether they are marriages, or friendships, or work relationships. Part of being human is learning when and how to leave. I'll let you know if I ever get the hang of that.

Relationships can fracture over things like, oh, whether you both sneeze when the sun hits your nose or not. Severe personality clashes, adultery, or other betrayals usually underlie the arguments about sneezing, but for many of us the realization that a relationship is over comes one day with the umpteenth small annoyance, argument, or moment of astonishment, as in, "You did what?"

Fortunately, my husband and I both sneeze when the sun hits our noses. This genetic trait is called phototropism. Our kids inherited the trait.

When humans rub up against each other, it can cause friction, but when you're committed to sticking around, I like to think that the rubbing smoothes out some of the rough edges and sharp corners of our personalities. Perhaps it rubs accommodating spaces into your partner, too, and that's about as far as I'm willing to chase that metaphor.

After thirty years you've been together so long and have such a shared life and history that you relax and start taking each other for granted in the good way. You trust each other because you know you can.

Rick and I were united in marriage by a Catholic priest named Charles Moore. We stood on the lawn of the Corralitos Women's Club on a sunny September day, with all our relatives and a few friends standing in a circle around us. We had a second ceremony a few

weeks later on the Island, standing on a bluff overlooking the West Passage, with all our Vashon friends around us. I don't remember the exact vows we recited either day, but I quote here the marriage vows from the 1979 Book of Common Prayer of the Episcopal Church in America:

"In the Name of God, I (say your name), take you, (say your spouse's name), to be my (wife/husband), to have and to hold from this day forward, for better for worse, for richer for poorer, in sickness and health, to love and to cherish, until we are parted by death. This is my solemn vow."

In some Protestant rites the phrases, "With my body I thee worship" and "With all my worldly goods I thee endow" are still included in the vows. Rick and I once sang for a wedding where the elderly minister could not pronounce the "th" sound, and the baffled groom repeated after him, "I dee endow?" The poor guy had no idea what he was repeating.

"No, no!" the minister said, "I DEE ENDOW!" It took a while to straighten that out, and then the wedding continued. We smile remembering that day.

We smile remembering our wedding day. It was a long time ago, and we're both glad we stuck around, even though, as we have often said, in the second ceremony we got married on a bluff.

Thirty years, and counting.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 11.**

SaveRPets

Continued from page 1

community volunteers need to be alerted to pets being in the home and the phone numbers of pet owners.

Bender, former owner of Turtle Island Café, located where Café Luna is now, says "the Vashon business community has always been important to me. I am excited to return to the community as an active member." In addition to selling the pet alert sticker at www.saveRpets.com, they are also available for purchase at Vashon True Value and Pandora's Box.

Bender is also developing a fundraising program for Vashon's charitable, non-profit organizations on her website. At checkout, buyers may designate a participating non-profit to receive a donation from saveRpets.com. Any non-profit interested in establishing an affiliate relationship with saveRpets.com, may contact Bender via e-mail at info@saveRpets.com or 601-8542.

When preparing your home or office for a disaster, let's not forget our pets. As Bender says "I hope you never have an emergency requiring rescue workers to enter your home, but just in case, and because our pets are family..."

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PSE Awards \$1000 to K-12 Ventures

Continued from page 7

million endowment to ensure that support of community initiatives remains strong in the utility's service and operation area regardless of business or economic conditions, and that PSE's history of community involvement will continue for generations. Upon completion of the merger with Puget Holdings LLC earlier this year, the new owners contributed \$5 million to the foundation's endowment. None of the foundation's funds will ever come from PSE's utility customers.

Learn2Earn is located at Vashon Village. If you know someone who might benefit from this program, please have them contact their DDD or DVR case manager. The case manager can contact Lee Ockinga at 206-370-0709.



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West Seattle Junction Hosts Car Show

Three blocks of downtown West Seattle at The Junction will be cordoned off on Sunday, September 20 from 8 a.m. to 4 p.m. for the Second Annual West Seattle Junction Car Show (wsjunctioncarshow.com). This family friendly, community-



Part of last year's show, courtesy photo.

oriented event will take place on California Avenue SW between SW Genesee and SW Edmunds streets and will feature classic cars and hot rods from the 1920's to the 1970's. Antique fire trucks from The Last Resort Fire Department, the Oh Boy! Oberto hydroplane and fire safety tips for kids from the fighters of the Seattle Fire Department will also be



Scott Cossu Plays Sound Food's Reunion

How's this for a combination? Scott Cossu, noted Windham Hill pianist, returns to Vashon where he lived for three years to play a concert at Sound Food Restaurant that will be celebrating a reunion of all former workers at the restaurant, open to the public, on Sunday, September 6. The restaurant will open at 5pm and festivities will start at 6

The evening of song and food, and memories, is being organized by Mardi Ljubich, of Shefidgets Catering and Sound Food Restaurant, and Ron Irvine of Vashon Winery. Ljubich will offer up a few popular menu items from old Sound Food menus. Vashon Winery plans to release a new wine just for the occasion, Reunion Red.

Scott Cossu will be returning to Vashon Island since releasing his well-received new CD, "Tides Between Us", that has been getting play time on the radio. At Sound Food he will be accompanied by violinist Jessica Binn who will offer up some songs that she will sing as well as play on the violin, and Scott will perform lots of his original music.

Also performing will be Women, Women and Song, a former Sound Food mainstay, served up with Sound Food's fabulous food and drink.

Bob Long, of Bob's Bakery, and former baker for Sound Food will be there, as will Jeff Basom, former chef,

part of the festivities. Classic car enthusiasts can register their car on the day of the event for \$20 and will be admitted on a first-come-first-served basis.

Trophies will be awarded in several categories, including Best in Show, Best of Decade, Best Ford and Best of West Seattle. DJ Galen Suave will be spinning classic hits from the 1950's and 60's. A gas grill courtesy of Junction True Value (\$350 value) as well as over 20 donated items

from West Seattle businesses will be raffled off. Raffle tickets are one for \$1, six for \$5 or 13 for \$10 and will benefit the West Seattle Helpline. Day-of coupons for many Junction merchants will be available at the Information booth, as will Car Show tee shirts and Junction bumper stickers. As always, parking is free in The Junction at four marked lots, one on 42nd Avenue SW and three on 44th Avenue SW.

"This event, sponsored by The Junction and the merchants of West Seattle, is a chance for us to give back to the community. Attendees are welcome to stroll along the street and enjoy the show with their families," explains Michael Hoffman, owner of Liberty Bell Printing and event co-chair.

For more information contact June Faran at 206 725-5175.

by Mardi Ljubich

now head chef at Bastyr University in Kirkland. Lotus will be there, in fact she will be showing photos there as part of First Friday. Larry Flynn, former waiter, will act as emcee.

Look also for former workers Bill Freese, Bea Mann, Patricia Toovey, Glynn Palmer, Diann Williams, Leslie Drahos, George ?, John Pierce



Scott Cossu, courtesy photo.

(Mardi's step-dad) and Kathleen ?, and many more.

Sound Food Restaurant was a cultural institution on Vashon Island, a central meeting place, almost a home, for many people of the '70s and 80s. It served healthy progressive food and under later management even sophisticated meals. It opened in 1973 and Mardi Ljubich plans to keep it going as



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home to her Shefidgets Catering and as a full-service restaurant still called Sound Food (not Foods, folks).

Tickets are \$10 and are available at Sound Food and at Vashon Winery (and maybe a few other places). It will be a fun evening of good music and good memories, including a slide show of pictures from archival photo albums kept by former owner, Dorothy Johnson.

Toastmasters on Vashon: Now's the Time

Text: What dreams do you have? Will they be a part of your future? If you want your dreams to come true, you need confidence in your abilities and yourself. Toastmasters is a safe, low-cost learning experience where you can develop the skills to express yourself clearly and effectively. Build the confidence you need. Make your dreams a reality – join Toastmasters! Visit the Vashon Peak Speakers Toastmasters Club. Meetings are every Thursday evening at 6:00 PM at the Family History Center. Go to www.toastmasters.org and type our 98070 zip code in the meeting finder section, or go directly to <http://peakspeakers.freetoasthost.com> for the Vashon Island Peak Speakers web page. We'll see you soon!



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VCCC Hosts Caregivers

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

Vashon Audubon Observes 20 Years of Activism

Continued from page 1

“Hazel and I spoke several times on the phone and she told me to just go for it. She sent me a copy of the list of Vashon members of the Seattle Audubon and National Audubon and that became my first mailing list.

Hazel was a friend of Esther Robbins Hutton who was also a friend of mine. Hazel called Esther and asked if she would host a meeting to discuss the forming of a local chapter. Esther agreed and that way Hazel was able to stay overnight with Esther and Esther would pick her up and take her home. Esther was still working in Seattle then.

You were at that first meeting I’m sure when Hazel gave us the lowdown on how to get started and what to do. She got back to me with samples of other chapter bylaws and I think I just wrote out our first constitution and by laws myself, just to get started. We worked on them more later. We petitioned the National and I got the required number of signatures of Vashon folks asking for their own chapter. They asked for a little more paperwork and then we were set.”

As fall flowed into winter, people who felt passionate about birds and wild living systems began to organize their first field trips and programs, sharing their knowledge, concerns, and curiosity. Each gathering has had its own chemistry, out of which have come years of partnerships, memorable moments, activities, and projects. Surely we all carry many vivid personal memories that still give us pleasure. Mine include these field trip highlights:

-the thrill of seeing Western Grebes through a scope for the first time, regal and serene as they float on Quartermaster waves

-marveling at the brilliance of yellow-orange plumage on a Townsend’s Warbler on a cold bright winter morning at Pt. Robinson

-discovering a Junco nest together in the grassy side of a road ditch

-watching a pair of Flickers court each other with rituals of hopping in spirals around fir tree trunks

-admiring a flock of Cedar Waxwings snatching insects from the air over Mukai Pond, sunlight shining in their yellow tailbands

-following Steve Caldwell through brush and trees and learning a seventh different vocalization of the versatile Bewick’s Wrens.

Sharing excitement about the lives and habits of birds and other wildlife has been natural to Vashon Audubon members. Carol Ferch, who taught about waterbirds and wetlands to 4th grade classes very successfully for many years, says:” I am so delighted when I am able to share the sightings of birds with others. They are just so amazing and breathtaking that I want to

share the experience with everyone.” The 4th grade waterbird program started in 1990 when Education Chair Wanda Fink collaborated with Susie Kalhorn and the WAVES project (Water and Vashon Ecosystems) to design a marine bird curriculum for the 4th grade. It has continued to thrive under the supervision of Sue Trevathan, Kathryn True, and Gary Shugart. In 2007 it received an Outstanding Education Award from State Audubon.

Other classes have started for adults. A Birding by Ear course was pioneered by Steve Caldwell in 1998 and classes in Basic Birding were started by Dan Willsie in 1999. With assistance from Sue Trevathan and now Alan Huggins the classes have continued and evolved into The Enjoyment of Birds. For a number of years Joy Nelsen, assisted by Rayna Holtz, offered March Amphibian Day activities for families, including viewing live salamanders and frogs she collected the previous day and walking around ponds to identify egg masses of different species.

Outreach and public education have taken many routes. Ed Swan’s column in the Loop, “For the Birds” has provided detailed information about local birds twice a month for many years, and led to the first Vashon bird book, Birds of Vashon Island: a Natural History of Habitat and Population Transformation 1850-2005. For several years, Conservation Chair Joel Kuperberg produced and emailed a conservation news digest, The Environmental Eagle Eye. The chapter’s website, www.vashonaudubon.org, was started by Morgan Holtz in 2004 and expanded by Dan Schuler in 2005. It is now filled with articles, species lists, news, and remarkable photos by Vashon-Maury photographers, all maintained by webmaster Richard Rogers. Last year, Kathryn True and Jill Andrews won a grant and produced interpretive signs for the ferry terminals featuring local aquatic birds.

To be continued in the next issue of the Vashon Loop.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 11.**

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Land Trust Creates Amazing Legacy

Continued from page 1

- 143 parcels of land transacted
- 23 preserves
- 19 conservation easements
- 3 trail easements
- 2.6 miles of shoreline
- 5 miles of creeks
- 2 bogs
- 5 ponds
- 2 estuaries
- 1 aquifer

Over the years have come the successes and the struggles. The fundraising events and the capital campaigns. The educational programs and classes. The work parties and stewardship projects. The Strawberry Festival booths and public outreach. The donations – oh, the wonderful gifts of land, conservation easements, trail easements, time, expertise, and dollars. The growth – staffing and acquisition – all part of establishing an Island institution supported by the community.

Our proudest moment came when Bill Fisher donated his beloved pond to the Land Trust in 1998. Over the years, Bill had pieced together his 90 acres from a handful of parcels, making one purchase and then another while living frugally on a lineman’s salary. In the end, it was a gift worth \$1,200,000. Fisher Pond will always be the Land Trust’s “signature” preserve, and Bill’s gift remains the largest from an individual to date.

Other property protection has come in the form of conservation easements, granted by Islanders who have recognized the special ecological value of their land and have been inspired, like Bill Fisher, to make sure that the land they have worked so hard to steward will remain in a natural state in perpetuity.

We have just recently received donations of trail easements from three property owners – a first for the Land Trust. This will allow us to complete construction of the Shinglemill Trail, a new public walking trail, which winds along Shinglemill ravine and creek. The trail is due to open in late September.

Over the years, hundreds of volunteers have labored at work parties, or taken shifts at the Strawberry Festival booth, or provided their skills and expertise toward our projects and educational programs. When we had just purchased Mukai Pond, Islander Pete Murray single-handedly cleared the meadow of scotch broom – by hand. Pete went on become our board treasurer, and has led efforts

to preserve salmon spawning territory along Judd Creek.

We have sometimes surprised Islanders with the size of our capital campaign goals, but the community has responded with amazing generosity – recognizing that the benefits accrue to all. Islanders supported the Shinglemill campaign, the campaign to buy the Land Trust Building, the Christensen Pond campaign, the Island Center Forest campaign, and the recently-completed Judd Creek campaign.

As an organization which now has a substantial history, we are also proud of the programs and events that have stood the test of time. The Forest Stewardship Class, a comprehensive forestry course aimed at helping Island landowners manage their property as healthy forestland, has been a consistent part of the Land Trust education menu for the past 15 years. The annual Native Plant and Tree Seedling Sale, our hallmark fundraising event for 13 years, has provided Islanders with tens of thousands of affordable bare root seedlings to plant on private property all over the Island.

Our successes have been measured not only by the number of acres or what type of habitat we have conserved, but also by how well we have taken care of what has been preserved. We lean into the ongoing work of weed removal, re-planting, watering, deer-spraying, trail maintenance and the like. We have also undertaken large and ambitious habitat

restoration projects such as removing derelict structures, or putting more than a hundred huge logs into Shinglemill creek to restore spawning habitat for returning salmon.

Of course, anniversaries are also a chance to just plain party. We will be celebrating on Saturday, September 12th with our “Salmon Chanted Evening” event at Fisher Pond. Everyone is invited for a fabulous wild salmon BBQ and to enjoy dancing to music by Island band, “Waterlogged.” Tickets are pre-sale only. For more information or to purchase tickets, contact the Land Trust at 463-2644 or info@vashonlandtrust.org.



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SEEDS Sponsors Societal Transition Workshops

Continued from page 1

This September SEEDS presents a series of events that aim to educate, inspire, and activate both community and broader movement efforts for radical change, drawing from all the above sources and more. We aim to demonstrate the need to fundamentally change ourselves and our communities, and not just our lightbulbs.

This year SEEDS has brought its weekend workshops together around two interrelated but distinct issue areas, in the form of two day-long programs. The first program, which begins on Saturday, Sept. 12, focuses on the way in which social ecology may further develop and inform activism within the growing climate justice movement. The second program, on Sunday, Sept. 13, is focused on a redefinition of community development that culminates with a roundtable discussion on community self-management (see schedule below).

This year SEEDS is also expanding its workshop offerings by presenting a day-long program entitled Vision for Vashon and Beyond that highlights community transition and transformation, grass-roots sustainability efforts, and organizing skills. These presentations draw from a variety of sources, including social ecology work in communities, Transition Initiatives, Do it Yourself actions designed by the Trapeze Collective,

radical sustainability approaches developed by the Rhizome Collective, and organizing strategies and tactics developed by the Ruckus Society and the Backbone Campaign. The Friday, Sept. 11 program is also intended as a follow-up event to the Vision for Vashon process.

Those who attend SEEDS Weekend Workshops will also be among the first to see the newly created Vashon Green Map. This map is the fruit of many months of community-input gathering and dedicated design work. The Vashon Green Map will be available for free to work shop participants both Saturday, September 12 and Sunday, September 13. A public release procession through the center of town will follow in the coming week: look for announcements of this event.

This year we launch SEEDS Seattle as well with the Seattle Mobilization for Climate Justice, on 19th September, 2009, at the Cascade People’s Center, 3-7 pm. This event is designed as a lead-up to the United Nations Climate Change Conference in Copenhagen on December 2, 2009.

Organizations and networks across North America are strategizing and preparing for multiple days of action in response to this upcoming conference. Some groups have called for an

Continued on page 13



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Loopy Laffs

A minister in Florida lamented that it was difficult to get his message across to his congregation: "It's so beautiful here in the winter," he said, "that heaven doesn't interest them."

"And it's so hot here in the summer that hell doesn't scare them."

The ambulance driver said he thought Grandma would be okay after her car hit several trees. But she's not out of the woods yet.

If people weren't meant to have midnight snacks, why do they put a light in refrigerators?

I wanted to become a fisherman, but discovered that I wouldn't be able to live on my net income.

Those who get too big for their britches will be exposed in the end.

A fired newspaper editor took an ex-press train out of town.

What is a chicken's favorite vegetable?
Eggplant

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

A woman goes into a sporting goods store to buy a rifle. "It's for my husband," she tells the clerk. "Did he tell you what gauge to get?" asked the clerk. "Are you kidding?" she says. "He doesn't even know that I'm going to shoot him!"

Unemployed teachers have no class.

An oral surgeon was scheduled to extract four wisdom teeth from Jim, a high-school football player, who had opted to be sedated for the procedure. As the intravenous anesthesia was being administered, the doctor asked Jim how he was feeling. "Man," he replied, struggling to keep his eyes open, "I feel like I'm in English class."

WILD WORLD

By Ed Frohning



Moose Lake

By Steve Krueger



SEEDS Sponsors Societal Transition Workshops

Continued from page 11

international day of action on October 24, others have called for a North American Day of Action on November 30 (N30 + 10). N30 + 10 specifically celebrates the 10th anniversary of the shutting down of the World Trade Organization meetings in Seattle.

We believe Copenhagen and the Climate Change Conference is today's WTO. SEEDS is bringing together a round table discussion, Q&A, and strategy meeting that brings together a number of activists from groups active in this phase of renewed focus. We invite you to come together to formulate our own Pacific Northwest Mobilization for Climate Justice.

For more information, visit www.socialecologyvashon, or call Bob Spivey at 206-949-4786.

OFFSHORE



LOGJAM



Enter the LOGJAM WRITING CONTEST!
Can YOU think up funny comic strip dialog for today's strip??
Email your entry to: logjamcomic@yahoo.com by Thursday, Sept. 10, 2009
The best submission will be printed in The LOOP issue of Sept. 18, and the winner will receive a copy of the strip, signed by Jeff Hawley!
One entry per person, please



Loop Arts

Art...and All that Jazz!

Don your flapper dress, fedora and other 1930's finery because it's time for Vashon Allied Arts' 2009 Art Auction - Art... and All that Jazz! Preview art and mingle with artists and friends, 6 to 9 p.m., Friday, September 4, at Blue Heron Art Center. Enjoy "A Taste of Vashon," delicious hors d'oeuvres donated by Island restaurants, caterers and VAA chefs. Drop by the Blue Heron throughout September and check out the art. You can also view the art at the online gallery: artandallthatjazz.org.

Bid on original works (painting, sculpture, photography, furniture, jewelry and more) from over 140 Island artists at the Art Auction itself, 6:30 to 10 p.m., Friday, September 25, and 5:30 to 10 p.m., Saturday, September 26, in the Blue Heron Art Center and the speakeasy tent erected adjacent to the building. Don't miss the VAA annual Art Auction; it's one of the Island's most fun, talked-about events of the year.

In addition to being the Island's biggest art party, Art Auction is also VAA's largest fundraiser. Art, along with experiences, goods and services donated by Island businesses and individuals, help raise money to provide scholarships, artist commissions, instructor fees and operational support for the education and development of artists of all ages.

"Come for the party and go home with great memories and a piece of original art from our incredibly generous Island artists," says VAA Executive Director Molly Reed. "This annual event helps support and sustains art and artists

in our community," adds Event Coordinator Nancy Foster-Moss.

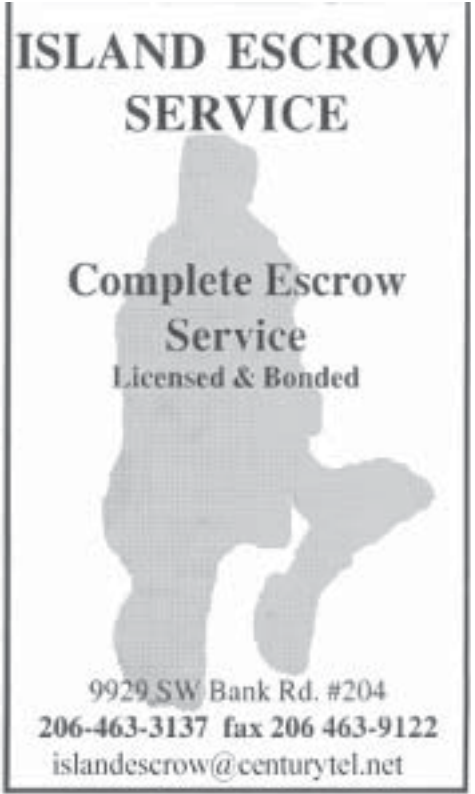
Auction highlights include exquisite art from commissioned artists: Cynthia Zheutlin, pastels; Ric Peterson, photography; Gay Schy, encaustic; Curt Minier, wood; Kira Bacon, fiber; Mary Rothermel, oils. And for the first time, Juror Awards will be given to artists whose work has been recognized by a panel of Island artist jurors. The Silver Raffle drawing, a chance to win a choice work of art, will take place both evenings along with silent auction for art, goods and services. Emcee Jeff Hoyt and Auctioneer Matt Smith will instill humor and charm into each evening.

Era-appropriate menus for both Friday (speakeasy buffet) and Saturday night's multi-course gourmet dinner will be prepared by The Hardware Store Restaurant. Entertainment will be provided by Steffon and Arlette Moody (and special guests) aka The Gin Joint Jitterbugs.

Special thanks to Art Auction sponsors John L. Scott Real Estate, Puget Sound Energy, Thriftway and Safeco Insurance. Additional thanks to VAA Board of Trustees, staff and the many dedicated volunteers.

Tickets may be purchased and tables reserved by calling or dropping by the Blue Heron Art Center, 206-463-5131. Friday night tickets are \$45 and include dinner and beverages, \$25 each for Saturday night guests and contributing artist plus one guest. Saturday night tickets are \$120 (or \$1200 for a table of ten) and include dinner, beverages, champagne and gift for each guest.

By Janice Randall



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Say OOAHH if You Feel Good

Ruins of Ooah at the Red Bike on Sat., Sept. 12 at 9:30pm

by Pete Welch


"Say OOAHH if you feel good." It's a quirky phrase that's been showing up on t-shirts worn by music-loving denizens of Eugene and Bend, Oregon. The band they refer to is Ruins of Ooah, a new trio out of Oregon comprised of Tyler Spencer on didgeridoo, Justus Williams on harmonica, and Adam Bushey on drums. Ruins of Ooah have exploded onto local music scenes and have quickly developed loyal followings. Spencer, Williams, and Bushey bring a wealth of experience and musicianship to the table-all being seasoned touring players and clinicians. The seemingly minimal arrangement of "Harp, Drums, and Didj" is capable of summoning huge sounds, much greater than the sum of its parts. The band's improv-heavy sets range from tight, punchy jaunts of electro-industrial rock to sweeping Floydian soundscapes, to visceral, pumping tribal electronica – and more. Amid such a sundry of styles and influences, one

consistency has been Ruins of Ooah's ability to take an average roomful of weekend bar-goers and transform it into a dance party. The distinct and original sound of Ruins of Ooah is one that will bring audiences of all ages and tastes to their feet – and keep them dancing. If anyone was fortunate to have been at their live show at Oregon Country Fair in July, you'll remember what an incredible performance that was. This is a 21+ show and there will be no cover charge.



Ruins of Ooah, courtesy photo.



 Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 11.**

Quacks Like a Duck

by Peter Ray

Over the past ten years, much of what I once considered to be “The Truth” has come into question. I believe what started this was a viewing of the Wachowski Brother’s trilogy opening film, *The Matrix*. Since I don’t believe in plot spoiling, I will simply say that what shook me to the core here was a red pill and a journey to the “truth.” True, it was fiction- a parable- but the possibilities it touched upon were disturbing, to say the least. I will skip over another more personal disturbance that happened somewhere on the heels of this viewing and jump to the morning of September 11, 2001. What started as a brief mention of a twin engine plane hitting the World Trade Center on the NPR

somehow avoiding this and getting an open shot at the Pentagon.

You can believe what you want. But, if you’ve ever wondered why the former head occupant of the White House continued to sit in that Florida classroom listening to kids read about a pet goat after being told that our free world was potentially under attack, then I have some films for you. As a part of the Lunavision Film Series at Café Luna, I will be screening *9/11- the Myth and the Reality* on September 10th at 7pm, and the two films *9/11: the Blueprint for Truth* and *Dust and Deceit* at 7pm on Sept. 24th. The first is a compilation of lectures given by Dr. David Ray Griffin, theologian and 9/11 questioner. The second is a compilation of lectures by California architect Richard Gage, who is also the spokesperson for the group Architects and Engineers for 9/11 Truth. And the last is a film by Penny Little about how the first responders at Ground Zero were not necessarily told the whole story about the safety of the conditions they were laboring under.

As with other Lunavision films, it is free, and you are free to come, go or stay afterward and discuss what we’ve seen. If you have ever labored


under that giant “HUH?” word balloon while contemplating the events of 9/11, I would encourage you to attend. The moral imperative for our current dalliances in Iraq and Afghanistan has its roots in the events of 9/11, however disconnected from the actual involvement of the actions and lives of the peoples of those countries happens to be. If 9/11 was indeed an inside job, shouldn’t we be directing our energies elsewhere? Come and decide for yourself.

Compost the Loop


The Loop’s soy-based ink is okay for composting.

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**SILVERWOOD
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Ten Years with Ted

by Margaret Heffelfinger

What’s better? The smell of a wet dog or the odor of linseed oil? Island oil

painter Ted Kutscher would be hard pressed to give you an answer—he unabashedly loves them both. And that might give you a hint as to why his works are not only lush with color and bold with brushstrokes, but also splendid in the small stories they tell.

Each carries a sense of Kutscher’s heartfelt joy revisiting through the paintings, the places he goes and the things he sees.

And he’s always on the move, capturing forgotten potting sheds. Views of the ferry. A Walla Walla dress shop when daughter Ellen went to Whitman. And those wonderful, images of Italy, Mexico and Lopez he relishes because while he pushes that paint around, he’s there again.

For ten years, Kutscher has shown his remarkable work in an annual exhibit at Silverwood Gallery. (He’s been with Silverwood for 11, but took a year off to perfect his people.) For many of those years, he exhibited with his mother, Joan Kutscher, also of Vashon and also a fine painter. As that decade has flown, so have his paintings—virtually right off the walls of the gallery. His images have a way of capturing the memories or

imagination of those who view them.

Charming and affable, Kutscher can often be seen at his easel around Vashon capturing a sunset over Quartermaster Harbor, the flower boxes at the Fuller Store or the Burton Coffee Stand. But he’s not always recognized. Just recently, after watching for awhile, a passerby suggested the piece was so good, he ought to put Ted Kutscher’s name on the painting. That got a mighty laugh from the painter, and introductions all around.

Collectors clamor for his famous blue skies but also appreciate the noteworthy changes he presents every year in style and subject matter. It simply means there’s always another you’d love to look at everyday.

The exhibit, which opens September 4 at Silverwood Gallery will also feature new copper repousse of Ivonne Escobar de Kommer and introduce the woodworking of Curt Minier.

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