



THE LOOP

Vol. 6, #8

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 17, 2009



Todd Zimberg, well known Vashon drummer and educator, will be the featured percussionist in the Vashon Chorale's performance of the Chichester Psalms on April 25 and 26 at the Bethel Evangelical Church. Photo by Janice Randall.

Twenty Years of Chorale

Celebrating its 20th anniversary, the Vashon Island Chorale will treat islanders to a program of choral music by three extraordinary American composers—Leonard Bernstein, Aaron Copland, and George Gershwin—on Saturday, April 25 at 7:30 pm and Sunday, April 26 at 3:00 pm at the Bethel Evangelical Church.

The program will include a selection of Gershwin favorites including 'Sing of Spring,' 'Embraceable You' and 'Summertime' and several short pieces by Aaron Copland from his series of Old American Songs.

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"Fam Jam" - A Family Reunion and Benefit Concert

Prepare to be entertained on Sunday, May 3rd. That's when the Colwell Brothers, Herb Allen, and Vashon's own all-family Cajun band, The Riptide Ramblers (formerly the La La's), are staging a benefit c o n c e r t /



extravaganza, May 3, at the VHS Theater. They're calling it "Fam Jam", and the proceeds will be going to the Vashon Island Youth Chorus (VIYC) scholarship fund. The Youth Chorus, directed by Marita Ericksen, will be on hand for

the "jam" along with singer-songwriters, Vashon High grad, Dom Wolczko and his sister, VHS sophomore, Madeline. Other family and friends will be performing as well.

Vashon Island Art Studio Tour, Spring 2009

May 2-3 & 9-10, 10AM to 5 PM

Contact, Liz Lewis, 463-6691, lizpots@gmail.com

Visit the Studios! Garden art galore, jewelry, textured contemporary panels, figurative sculpture, pottery and tiles with intricate designs, incised gourds, and much more!!!

Island artists invite you to attend the 2009 Spring Vashon Island Art Studio Tour on the first two weekends of May, May 2-3 and 9-10, from 10 to 5. This is a great

opportunity to purchase works of art, large and small, directly from the artists, while enjoying the energy and variety of their work spaces (several new stops this spring!) Grab a friend and make the rounds—the artists have been busy!

There will be 20 stops on this free, self-guided Spring Art Tour,

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The Tile Vashon Project

By Mary Lynn Buss

The Vashon Tile Guild is an association of tile and mosaic makers, designers, and installers. From its inception the Guild has envisioned public works as one of its principal raison d'être. After working together on a number of park and school projects we started to take a hard look at our home community and the creative juices started flowing.

Tiles have been an integral part of building design, interior and

Continued on page 12

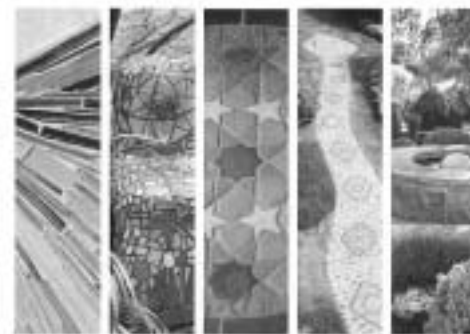
VASHON TILE TOUR

May 2-3, 2009



\$20 per person.

Tickets available at Books by the Way, Blue Heron Art Center or call 206-463-4833



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Royal Spy Party

Islanders of all ages and their friends are invited to on Open House Saturday, April 25th from 1:00 to 5:00 p.m. to help author Marjorie Watkins and her daughter/illustrator Suzanna Leigh celebrate the first birthday of their first book collaboration, *Royal Spy*. The event takes place at Suzanna's studio on 87th near Tramp Harbor. There will be sweetmeats such as Charlemagne's fifteen children must have enjoyed in their 8th century palace. Visitors will be able to make rune necklaces and messages.

In *Royal Spy*, Princess Rotaída is kidnapped by the Frankish king's Saxon enemies. Learning that "wise woman" Morag plans to marry her to a Saxon man and force her to play a key role in a plot to rid Europe of the Frankish king and Christianity and to bring back the Saxon pagan religion, Rotaída

decides to become his spy, ferret out a secret Saxon army, and warn King Charlemagne of when and where to expect attack. Can the young princess save her father, the Frankish empire, and her beloved saints from destruction, despite cruel risks to her own life?

You can practically see the sights, smell the smells, and taste the food of 8th Century Europe, a world lit only by fire where followers of two different religions struggle for dominance, and neither friends nor enemies are always what they seem.

Signed copies of *Royal Spy* will be available for purchase at the Open House

For more information about the Open House and the book, as well as its prequel, *Rotaída and the Runestone*, you may call Marj Watkins, 463-9626, or Suzanna Leigh at 463-5255.



Don't miss musical theater at its best when 24 talented Island kids, ages 5 to 13, come together for the culmination of nearly 4 months of after school rehearsals at the Blue Heron. Under the direction of Marita Ericksen, Vashon Island Youth Chorus will present a lively rendition of Disney's *The Aristocats Kids* with a second set of world music performed by the advanced chorus at 7 p.m., Friday and Saturday, April 17 and 18 and 3 p.m., Sunday, April 19. Guest musician Paul Colwell will join the group. Tickets, \$7/\$9 are available now at Books by the Way, Heron's Nest and Blue Heron Art Center. For more information go to VashonAlliedArts.org. Photo by Janice Randall

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 Marie, interim editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

PTSA Auction Soon

Tickets are on sale now for our big PTSA Auction. The event is May 2nd at the O Space - Open Space for Arts and Community. You can get tickets at Books by the Way, Vashon Bookshop, and the Little House.

What items can you get at the auction? The donations are great and should make for fantastic bidding! We have a variety of vacation getaways, from Mexico to a safari! We have great dinners, a wine tasting and a wine tasting combined with flying over the island in a private plane. We have the finer things in life, too, from a Pam Ingalls painting to a beautiful wooden bench from Henrybuilt, an island company that has become prominent in the design world. We have plenty of pampering for tired parents, too. There are two donations that include cocktails and appetizers at someone's beautiful home. The Hardware Store has come in with two great items — one is a night out for ten women (appetizers and wine) and one is prime seating and appetizers on Halloween Night. We have a pamper package that includes a spa pedicure, wine from Palouse Winery, appetizers from Gusto Girls, and chocolates from Barbara's Chocolates.

As for our student art projects, we have plenty of wonderful things up for bid this year. Kristin Reitz-Freen helped kindergartners make a mosaic bird bath. Mary

Margaret Briggs helped kindergartners make botanical prints and Tara Brenno made a mosaic table. We also have a silk wall hanging from Suzanna Leigh, Trish Howard light towers from multi-age classes, an afghan from 4th graders, a David Erue garden gate from Shanon Browne's class, wishing flags from Anne Gordon (and 5th graders), and garden chimes from McMurray kids and artist Geri Siebert. We have ceramic pieces from high school students, too.

One sure to be popular item? Some lucky person will walk away with a beautifully framed photo of the entire championship Pirates basketball team (signed by each member of the team). As you can see, we have plenty to offer!

The auction will be hosted by Jeff Hoyt, with help from Gretchen Neffenger. The new school district superintendent will be there, and current superintendent will encourage the crowd again to raise their paddles for teacher training dollars.

If you want to help still, we need more desserts for the popular Dessert Dash. If you can make a dessert, please contact Wendi Abella at dwabella88@comcast.net. We also still have spots available for volunteers in the days leading up to the auction. Please email Auction Volunteer Coordinator Fran.brooks@comcast.net if you can help out.

Some people may not be able to make it. If you can't, send your contribution ahead of time to the PTSA Auction Fund, PO Box 2364, Vashon, WA 98070, Tax ID # 91-1253663 .

Cooking from Island Farms and Gardens with Karen Biondo

Saturday, April 11, 10:30-11:30 am

In the Village Green at the Vashon Farmers Market

This is the first of a three part series on seasonal cooking that will be offered at the Vashon Farmers Market , the second Saturday of each month. This week look for a meal that includes salad, eggs, and yogurt. The class is free and includes tastings.

FOL Sale

The *Friends of the Library* will hold their second annual humongous **flower and vegetable plant sale Saturday , May 9th, from 10:00 to 4:00 PM.** The starts have been donated by Langley Fine Gardens. All proceeds go toward library programming for all ages. The sale will be held in the meeting room at the library.



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Youth Council

The Vashon Youth Council board meeting has been moved to April 15th from 6-8PM. All board members should attend. Vashon Youth Council is holding a committee meeting on April 22nd at the VYC Office from 3-5 PM.

Fruit Club

Pest and disease control is the Vashon Island Fruit Club's major topic for April.

On **Tuesday, April 14**, we'll have our regular quarterly meeting at the Courthouse Square meeting room. Following the business meeting, Bob Norton and Jerry Gehrke will discuss approaches to the management of pests and diseases. Doors open at 6:30 and the meeting starts at 7:00.

On **Sunday, April 19**, a panel consisting of Dick and Marilyn Tilbury, and Elizabeth Vogt, with moderator Bob Norton, will discuss the problems caused by specific insects and diseases and the steps that home orchardists can take to manage them. The program will be held at the Courthouse Square meeting room beginning at 1:00. Bring your questions and samples of the problems you are encountering.

Upcoming events:

Saturday, May 16, 1:00: An orchard visit featuring a wide range of projects at Ron and Laura Weston's place.

Saturday, June 20: A workshop on growing berries, at Helen Brocard's and then on to Bob Norton's.

The Big Plant Sale!

Plants of all kinds, from annuals to perennials and from shrubs to trees, will be for sale on Saturday, May 2, when the Vashon-Maury Island Garden Club holds its huge annual plant sale. Set to begin at 9 a.m. at the site of the old variety store near Vashon Market, the sale promises to provide Island gardeners with low prices on quality plants, as well as garden decor, books and magazines. The sale lasts all day, until all the plants are gone, so come early and stay late!



206-463-5355

Free Showing

There will be a free showing of the documentary *Expelled: No Intelligence Allowed*, featuring Ben Stein, at the Vashon Theatre, 8:00 pm on Wednesday April 29th. Ben is both entertaining and thought provoking in this, the second highest grossing documentary of 2008 and the 12 highest grossing documentary of all time. This is an important documentary; don't miss it in this first showing at the theater on Vashon Island.

The Vashon Loop

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

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger

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Don't miss an issue. Really.

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



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Positively Speaking

Beauty and the Best

by Deborah H. Anderson

The first cascading notes of Grieg’s piano concerto have always freed my heart. To hear them is to yield to the infinite Joy of all creation. When Andre Watts plays them, they have a depth and meaning that breathes life into the audience.

From my aisle seat in row “U” I couldn’t see his hands. Usually I like to watch the hands of a pianist to connect more strongly with the experience. With Watts, I want to sit far enough back to prohibit hearing his spontaneous vocalizations as he plays, yet close enough to see the passion his fingers send through his body as he defines the piece for those of us listening.

As spontaneous tears slipped down my cheeks at the privilege of being in the presence of mastery that produced musical transcendence, I rejoiced in the opportunity of Life.

I had argued myself into buying the ticket. It was a hard fought battle. I’d told myself I would drive to the parking lot, take a nap and then see if I felt it was worth the price of admission. When you read this I will be in Boston on tour with the Gospel choir in which I sing. Buying a symphony ticket the same month as I’m traveling out of town doesn’t jive financially. This was a hard decision to make. Originally I was buying tickets for a friend as a gift. To buy one just for me? Too spendy.

After my nap in the car, I strolled toward the lobby grateful for the extra time to decide. I’d check ticket prices, then decide. Puzzled, I looked at the sign that said, “Seattle Men’s Chorus”. Full stop. Grieg’s piano concerto in A minor would not be on a double bill with the Seattle Men’s chorus no matter how avant-garde the program. Suddenly the ferryboat that keeps all pertinent information in my brain tooted around the various cerebral folds and pulled up in the dock of memory. Ah...Benaroya. I needed to be at Benaroya.

A quick dash to downtown, I descended into the bowels of the concert hall for parking.

OK. Committed to parking, the decision was now cheap seat in the nosebleeds where I’d feel like I was listening to a glorified recording and battle my vertigo, or down on the floor where I could melt into the greatness of it all; all his hours of practice, all the hours of rehearsal with the symphony, all the previous hours of performance earlier in the weekend, and the grand release that comes with live performances that are classified as ‘the last’.

Standing in the purchase line, I overheard the ticket purveyor say to two separate people, “Seattle Men’s Chorus” is performing at McCaw Hall.” I didn’t feel like such a middle- aged dolt.

I also realized this was a moment in time. Duke Ellington died the week before we were going to see him perform his Mass at Stanford. I talked myself out of ticket to what was going to be Artur Rubenstein’s last performance I could see. I remembered how thrilled I was when, upon hearing of Oscar Peterson’s death, I could relive the memory of seeing him perform live. I recalled the delight of John Dankworth’s breath falling on me out of his saxophone as I looked up at him and Cleo Laine in their late – in - life performance at Jazz Alley from my stage side table. I thought of the joy a year ago in talking friends into going with me to see Michele Legrand execute all his greatest hits at the same venue although from farther back in a dinner booth.

Stepping boldly forward I said with full confidence, “What is the best single ticket on the aisle you have?”

As the piece finished we all rose to our feet before the final notes had drifted away. We didn’t have a choice. Our ascent to standing was as much a part of the concerto as those final chords. Live music is, and always will be, best.

There must be beauty in our lives. It keeps us going and gives us hope. It’s quiet, and time stands still for a moment offering us rest from our labors.

The best memories I have are about color and sight and sound and relationships: a visit to the QE II Gardens in Vancouver BC on a day in June when the park was packed with bridal parties getting pictures— oceans of chiffon and tulle wafting around the greens and pastels of the flowers and trees whispering, ‘love is all you need’; lying on my back on a hillside in Germany after a lovely lunch of cheese and bread feeling the sun’s warmth; walking through St Vladimir’s in Kiev experiencing ancient faith; the first twenty four hours I knew each of my children.

On our artist’s colony, where muses are frequently work described to technical accuracy, remember to find the beautiful, the transcendent, or keep your life open so it can slip in and feed you. It is life at it’s best.

Love
Deborah

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Don't Forget the Birds

by Ed Swan

Where Will the Osprey Nest this Year?

The first Osprey of the season returned in the first week of April. Rick Sanders saw one near Dockton on April 5 and later Mike Feinstein, Marcy Summers and Alan Huggins observed single birds at Luanna Beach Road, Pt. Robinson and Raab's Lagoon, respectively, all Maury Island locations. There have been no Vashon sightings reported yet. These fish-eating raptors usually show up first around the nest on the cell tower at 188th and the cell tower at the golf course. The cell phone company removed the 188th nest last fall after it had at least a 9 year run and no Osprey have yet been noticed rebuilding around it this year. The golf course nest now makes it to 6 years if used again.

Islanders reported three new nesting locations last year: on a cell tower along Vashon Highway north of town, another on a cell tower in the woods between Dockton and Manzanita and another near Wax Orchard Road and Camp Sealh. Ospreys, possibly first timers, started the Vashon Highway site actually in the fall of 2007 and built more onto it in 2008. They apparently hatched no young though Emma Amiad and others watched the birds closely. No one reported further information about the other two locations once they were emailed in. If you know of other locations or have any information of the success of these two new nests, please let me know.

The nests will have young in them in May and by late June and July, fledgelings will be starting their first flights around the island. One of the best ways to find Osprey in July and August is to listen for their high peeping as the young beg for food. They follow the adults to learn as the adults hunt and dive for their fish. Favorite hunting locations for the 188th pair include the Ellisport area and Mukai Pond in the Island Center Forest. What they eat at Mukai Pond, which can't have many fish, I don't know. Osprey eat almost exclusively fish, with 2% or less of their diet coming from frogs, turtles or rodents. Maybe they're catching some bullfrogs. Osprey make very good hunters, with adults attaining higher than 80% success rates in their dives, depending on the prey fish. The young birds face a steep learning curve, in some studies catching their fish only 20-30% of the time. Observers in one study saw a bird catch a fish in each claw during one dive.

In the last century, Osprey experienced some rough times. Like Bald Eagles and many other raptors,

they were shot out of hand by anyone with a gun in the first half of the 20th Century. Fishermen especially considered them competition, though often they weren't after the same fish. After they received protection and were recovering by mid-century, DDT use after World War II caused egg thinning that damaged their breeding success. With the curtailment of DDT applications, Osprey numbers rebounded and they once again can be found in most areas with lakes. They adapted to using artificial nest platforms which helped them to some extent. One funny thing I have seen in Eastern Washington is Canada Geese taking over Osprey nesting platforms. I did a double take at Curlew Lake seeing a Canada Goose sitting on a nest 50' high up on a snag.

Many more of our spring birds arrived besides Osprey over the last two weeks. Visiting birders found a Townsend's Solitaire on Wesleyan Way on the south part of Vashon April 8. We've had at least one if not two or three around this winter but this bird is probably part of the yearly April passage. Pt. Robinson is the best spot



Photo of Osprey flying by Jim Russo

Island Birding Guide
Species Identification
How to Attract Birds
Ed Swan
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edswan@centurytel.net.

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to look for these in April, watch along the shoreline trees from the lighthouse south. Joy Nelsen noticed a Merlin at her place near Pt. Robinson in the first week of April, which is later than usual. Gary Shugart saw two Pied-billed Grebes at Fisher's Pond, possibly they'll nest there again this spring. John and Ellie Friars brought in the first Orange-crowned Warbler report on April 5 at their house by KVI. Usually they return somewhat earlier. Savannah Sparrows also showed up late with a sighting by Rich Siegrist on April 2 and another on the 5th with nesting material already. Emma Amiad found House Sparrows nesting in a hole in the theater wall. April 5, I heard and saw a Sharp-shinned Hawk flying slowly over the trees and giving what I think were courtship calls. Our Anna's Hummingbird likes to sit about 60' up in the top of an alder and flew a bit higher up to chase the sharpy off. Later a sharpy, a red tail and two Bald Eagles were using an updraft to circle overhead and the

local Barred Owl was calling from the gully. The new chicken yard we're putting in will definitely need fencing over the top. If you have an interesting sighting or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

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

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



Aries (March 20-April 19)
Your life may be entirely different than it was a few days ago, and if it's not, you're getting a clear idea of how you want it different. What you're being called to do is match the visible and invisible dimensions of reality; the implicit and the explicit worlds. Notice what you have in your psychic closets and at least bring it to your own awareness. Get used to what you're thinking, feeling and understanding about yourself on the most personal level. Once you get used to your emotional contents as a conscious gesture, you'll find it a lot easier to share your truth when that moment comes — and it is arriving fast. You know there's a lot you have not said, and that you need to say.

Taurus (April 19-May 20)
Look through the layers of yourself, your circumstances and the world. Review all that you've been through the past six months, and give yourself credit for what you've accomplished and who you have become. Remember that you accomplished this yourself. You had help, but you can finally say you were instrumental in making progress on your own terms. This implies strongly that you can embark on the next phase of your life with confidence that you don't usually get to express. There are times to have a fixed idea about what you want and times to have a more relaxed concept, working from a general vision, without a script. Your astrology suggests you're in the second kind of landscape at the moment.

Gemini (May 20-June 21)
You may be wondering if the opportunities that have arisen recently are real, or are flashes in the proverbial pan. Think of it this way. Everything you see, from a movie to the computer or newspaper you're using to read these words, started with an idea. It's a long journey from a concept to a tangible, valuable or useful object. But it's we who give life to our ideas and opportunities. The energy of this moment is truly unusual, though it draws its beauty from another quality, which is its creative flexibility: a rich meeting point of what is 'artistic' and what is 'practical'. The elements are in place to suggest that what you see is as real as potential gets in this world; you will never know until you actually start the experiment.

Cancer (June 21-July 22)
You've made more in the way of what I will call invisible progress in the past couple of months than you've given yourself credit for. It's true that you're still trying to figure out what you want to be when you grow up. But don't spend so much time figuring that you miss the fact that you've arrived somewhere that is interesting, innovative and which meets your main qualification for

being worthwhile: being inherently useful to others. I am here to tell you that you are developing something that is about to make you a leader in your field. You merely need to cooperate with the process; stay out of your own way; and send yourself positive messages from moment to moment.

Leo (July 22-Aug. 23)
You have plenty of energy bound up in what may feel like conflicting emotions, yet the planets are aligning in a way that is allowing you to purge yourself of anything that is not useful. This includes all that is not your own material, not helping you to grow, and in general, not true. It also includes any relationship patterns that are not serving your interests and by extension, those around you. Those who appreciate reality tend to avoid lies. Yet one of the more astute spiritual teachings of recent generations suggests that we need to spend our time seeking what is not true, that is, identifying the blocks to the awareness of love's presence, and let the truth take care of itself.

Virgo (Aug. 23-Sep. 22)
The Sun arrives in your sympathetic earth sign Taurus this week, joining your ruling planet Mercury. I trust this will help you sort out your thoughts. Basically, you can now think less in terms of what you must give up and more in terms of what you have to gain. You're someone who tends to profit when you remember your ethics and are in alignment with your own values. You've spent quite a while considering the values of someone close to you, and you're finally at the point where you're figuring out what works for you and what does not. The key to remember is you've been here before, and it's taken you longer than necessary to act on what is important to you.

Libra (Sep. 22-Oct. 23)
One particular relationship is starting to make more sense — the one you have to yourself. In the world's obsession with hooking up, this is the one connection point that we not only miss, but that we are taught to skip over. I think you've figured out that this isn't going to work, and more recently have noticed how well it works to be in alignment with yourself as a direct part of making contact with others. What's different about the astrology now is that you're in a connecting point where you and the people around you can be accommodating to one another about your basic needs; though you seem to be the one spurring this discussion based on your own agenda, which primarily involves emotional healing. The agenda makes sense; usually this does not happen by accident.

Scorpio (Oct. 23-Nov. 22)

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You need to account for the projection factor in your relationships. Do you see people for who they are, or do you see them for who you want them to be? I think we all do some of both. We cannot help but be immersed in our own perception; the idea at the moment is stepping far enough outside that process that you can see it happening. It's healthy and sensible to test your perceptions. That is to say, you can ask the people close to you about their experiences and take what they say under advisement. The most meaningful question to ask is: who are you becoming? Who do you want to be? Your part is to do your best supporting the authenticity of the people you love.

Sagittarius (Nov. 22-Dec. 22)
When extraordinarily rare astrology occurs, things can have a way of feeling nonchalant and normal. It's easy for astrologers to overstate the significance of aspects; I prefer to make a subtle case, leaving you room for original discoveries. That might be a good approach for you to take, under the circumstances. You are in the process of doing something that's usually extremely difficult, which is changing how you think. I am not referring to something superficial, like taking a gardening class. It's almost as if your brain cells are rearranging themselves into a new alignment. You are doing this on such a fundamental level that you may not be aware of the process: but you have your moments, and you're about to have more of them. The question to be asking is, what is the result you are seeking?

Capricorn (Dec. 22-Jan. 20)
Your calm exterior is like an elegant façade over your impulsive emotional nature. You can even go so far as to fool yourself that you're mentally poised all the time, but you know that's not true when you notice that your thought process stops making sense. At the moment you seem to be making perfect sense to yourself, and the reason for this is because you're allowing your

emotions and your thoughts dialog with one another. Remember how this feels. Remember what it's like to maintain two different kinds of awareness and not have them conflict with one another. At times it will seem like two things that should cancel one another out are both true at the same time. That's when you can be fairly certain you have an understanding with yourself.

Aquarius (Jan. 20-Feb. 19)
You're working on the very edge of your consciousness — the place that we're trained to avoid, unless of course we cannot avoid it. You may as well admit that this is not a comfort zone; that there is no predictability to how things are going to shape up, or for that matter, how they are going to dissolve. Because you're in an actual, undeniable growth process, you're working with the factor of irrevocable change. This is progress because it will compel you to stand in the center of your own life, and confront how you feel, what you see, and one last thing: the extent to which your unconscious expectations are blinding you to what you really want. To address this, put your own expectations on the table in front of you, and consider them one at a time. You may notice that something better is possible.

Pisces (Feb. 19-March 20)
Events developing behind the scenes of your life are moving closer to where you can perceive them for what they are. And what would that be? Try this on: you are learning that you create yourself from the inside out. One way to say this is that you build your life using intention. Another way to say it is that you are learning to mix patterned thought and imagination in such a way that you can self-create in an ongoing, fully conscious process. Or rather, you are gaining consciousness over the whole experience, and in this case consciousness is power. There are a lot of things that you've wanted to change.

Read Eric Francis daily at PlanetWaves.net.

Island Epicure



Bread from Charlemagne’s Kitchen

By Marj Watkins

Imagine yourself in a kitchen with neither gas nor electricity. Even chimneys are centuries in the future. Cauldron cooking, braising, grilling on racks or griddles, and roasting on spits are your choices, wood and charcoal your fuels.

You make your bread of spelt, emmer, a low-gluten whole wheat, whole barley, whole rye, or a mixture of wheat and rye called ‘mesclun’. For yeast you send a child or a servant to the brewery for a gill (1/2 cup) of barm, a yeast grown on barley and used in making beer.

Here’s a recipe adapted for a modern kitchen for the small loaves called “manchets”. Truda, Charlemagne’s head cook in my book, *Royal Spy*, would have baked similar loaves in a Roman type oven, or in three-legged “spiders”, cast iron pans with indented lids. Hot coals beneath and above the pans baked bread evenly.

RAISIN MESCLUN MANCHETS

2 small loaves or 4 buns

Sponge:

- 1 cup dark rye flour
- ½ Tablespoon dry yeast
- ¾ cup very warm water
- ½ teaspoon sugar

Dough Ingredients:

- ½ cup raisins
- Water to cover plus ½ inch
- 1 Tablespoon light olive oil
- ½ Tablespoon raw honey
- 1 teaspoon salt
- ¼ cup warm water
- ¾ cup rye flour or barley flour
- ¾ cup whole wheat flour or unbleached all-purpose flour
- More flour for kneading
- Egg wash, optional:1 egg + 1 teaspoon milk, beaten

First, combine the sponge ingredients in a bowl. Mix well. Cover tightly with plastic wrap. Let rest at room temperature for at least 2 or 3 hours, or all day or all night. If you don’t get back to it for a couple or three days, the sponge will forgive you and make good bread anyway. A 24-hour rise helps the yeastie beasties raise the heavy dough into a bubbly mass.

While the sponge rests and rises, plump the raisins in a measuring cup or small bowl with the water to cover.

In small bowl, mix the oil, honey, salt and warm water. Pour into the sponge. Add the raisins.

Using a wooden spoon, alternately beat in each of the remaining flours. When the dough gets too heavy for the spoon, use clean, floured hands. The dough will be sticky, but keep adding sprinkles of flour, mixing and kneading until it’s smooth and elastic. When it feels elastic and is no longer sticky, pat the top with greased fingers, and stretch plastic wrap tightly over the bowl. Let rise in a warm, draft-free place until double in bulk, about 1 hour.

Turn the dough out onto a floured surface. Let it relax for 5 minutes. Shape it into two or four little round loaves. Place them in an oiled baking pan an inch apart. Cover with wax paper and leave to rise for about 45 minutes, until double in volume.

During last few minutes, preheat the oven to 375 degrees.

With a sharp knife, slash the top of each loaf with three parallel lines or a cross. Brush with an egg wash if desired.

Bake about 40 minutes, until loaves are crisp and hard. Tap one. If it sounds hollow it’s done. If it not, bake them 5 to 10 minutes more.

Transfer the loaves to a metal rack. Brush tops with butter so they won’t get to tough. When cool enough to handle, tear a loaf to pieces and slather with butter and jam. Delicious!

To taste another treat from Truda’s kitchen, come to our Open House Saturday April 25th, 1:00 to 5:00 p.m. at Suzanna Leigh’s Studio, 20733 SW 87th. Signed copies of *Royal Spy* and its prequel *Rotaida and the Runestone* will be available to buy.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, April 24.**

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Across

1. Supply with workers

6. Football assoc.

9. Rivalry

13. Rice dish

14. French “yes”

15. Chest

16. Shade

17. Deoxyribonucleic acid (abbr.)

18. Arm part

19. View as

20. Iodine compound

22. Bard’s before

23. __ Lanka

24. Cutting tool

25. Beget

27. Field

29. Fish hawks

33. By way of

34. Business abbr.

35. Hit

36. Santa __ (Columbus’ ship)

39. Aurora

40. Grassy plain

41. A fox’s hole (2 wds.)

42. Flightless bird

43. Music

44. Jester’s coat

46. Soprano

49. Writer Bombeck

50. Representative

51. Hatchet

53. Part of a min.

56. Pre-Nissan

58. Young Men’s Christian Association

59. Eagle’s nest

61. Turkey

62. Rounded part

63. Storey

64. Throw

65. Dodge

66. Sports channel

67. Estimated time of arrival

68. Demise

Down

1. Sharp spades

2. Kitchen tiepieces

3. Even though

4. “Old McDonald had a __”

5. Farming club (abr.)

6. Caffeine pill brand

7. Pay for

8. Affairs

9. Pro

10. Canal

11. Union of Soviet Socialist Republics

12. Be fond of

15. Idiot

20. Whim

21. Record

24. Capital of Western Samoa

26. Phony

28. Demonstrate

30. Shade tree

31. Talk incessantly

32. Resort hotel

34. Promissory note

36. IBM Competitor

37. Hoopla

38. Tyrannosaurus

39. Fortify

40. Secondary

42. Austin novel

43. Prayer ending

45. Bid

47. Northern Rhodesia

48. Cart

50. Ballroom dancing

52. Globe

53. Unhurt

54. Snaky fish

55. Harvest

57. Chimney dirt

58. Join

60. Cation

62. Acid

Solution on page 13

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Spiritual Smart Aleck

By Mary Litchfield Tuel
www.spiritualsmartaleck.blogspot.com

I'm Not a Vegetarian But...

Once in a blue moon I buy a little piece of round steak to slice up and throw into a stir fry. So the other day I was browsing the meat section, and noticed on a package of beef the claim that, "our cows are 100% vegetarian!"

It stopped me cold. Wait a minute. Aren't *all* cows vegetarian? All the ones I knew back when I grew up on the farm certainly were.

Then I remembered mad cow disease (Bovine Spongiform Encephalopathy, or BSE). The main way it spreads is by feeding cows to other cows. No, a cow doesn't step up to a steak dinner and think, "Elsie, is that you?" What happens is that sick cows, sheep, and chickens are butchered, ground up, and mixed into cattle feed.

Aside from my gut reaction, "What a stupid idea," my curiosity was piqued, and I did a little reading, and learned about the warble fly, and prions, among other things.

Turns out that a couple of decades ago the British government required cattle owners to use an aggressive organophosphate to kill off the warble fly (*hypoderma bovis*). OK, this is where it gets really creepy: the warble fly lays its eggs on the front legs of the cow. The cow licks its legs, ingesting the eggs. Once the eggs are inside the cow they hatch into larva, which then tunnel through the cow's body until they are just under the cow's skin, where they cause bumps, or *warbles*. When the warble flies are mature they break through the cow's skin and fly away. Argh. Didn't I see that story on *Twilight Zone* back in the 60s?

Anyway – the tunnels made by the larva fill with something called butcher's jelly, making the meat unsaleable, and the holes left in the skin by the warble flies breaking through render the hide unusable.

So the British government decreed that all cows should be treated to kill warble flies, using an organophosphate (poison) that was put on the cow's back and went through the cow's skin and spread through the cow's whole system. Voila, no more warble flies, or other parasites. The meat and hides are fine. Everyone's happy.

But wait. Now the prions in the cow's body have been weakened by the organophosphate poison. What's a prion (pree-on)? One definition I found says, "the theoretical unit of infection." So, theoretically, a prion is a tiny little protein thing that is like a virus, but not a virus, and unlike a virus, it is not alive. This is where the research loses me. How can a tiny little part of a living body not be alive? OK, I'll leave it for now. This is thick enough without following that particular garden path.

Suffice it to say that damaged prions are proteins that are folded wrong, making them infectious agents. Infection leads to the formation of amyloid plaques, which cause deterioration of the brain. That's the short version.

Because prions are not alive they cannot be killed, or cured. They just go about their amoral business for amoral reasons of their own – and they aren't talking – and when a cow or sheep that has these misfolded prions is ground up and fed to other cows, the prions are spread around and carry on with their plaque-making. When infected cows are butchered and fed to humans, the humans then have prions misfolding proteins in their bodies and plaques begin to form in their brains. The condition is untreatable and always fatal.

Whew. Suddenly I'm thinking that a 100% vegetarian cow is a good idea, and I'm wondering if the systemic flea poison I apply to my dog's back is a bad idea. So I read up on that. Turns out that the active ingredient in that poison is imidacloprid, a "chlorinated analog of nicotine." "Imidacloprid is notable for its relatively low toxicity to most animals other than insects," according to Wikipedia. So, not an organophosphate, and much easier than getting fleas to actually smoke and die from that, although I'm sure that there is a strong contingent of people who would be happy to explain why you should never use imidacloprid.

So that's our lesson for today, kids. Oh yeah, I also learned that there is a British punk/folk/rock band named Warble Fly. Maybe "The Brain Rotting Prions" was already taken.

Live Music at the Red Bike

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

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Youth Adult Dialogue on Drug Use

"Buzz Words: Talk About Drugs" is the topic of the next Youth-Adult Dialogue, Tuesday May 5 at the Vashon Playspace (formerly the YMCA at Vashon Highway and Gorsuch Road) at 5:30 p.m.

It's the 16th in a series of Youth-Adult Dialogues, which provide an open-minded space for different generations to talk and listen with each other.

"It was a great conversation, limited only by time," said one Island teen after the last dialogue, which was about sex (following another about Rock n' Roll). "I was amazed at how open everyone was." The spring dialogue will explore substance use on the Island, using fishbowl conversations, dinner-table banter, individual exchanges, music and more.

The evening starts with good food at 5:30, and goes until 8:30 p.m. It is part of an Island-wide series of events exploring substance use on Vashon, sponsored by Development of Island Teens, Vashon Youth Council, Vashon Island Prevention/Intervention Team, Vashon Youth and Family Services, Vashon Park District, King County Community Organizing Project, and community volunteers.

Please bring your own silverware, bowl and napkin. Come any time. All youth who attend will receive a free Movie Magic coupon good for a movie or a drink.

For more information, or to volunteer, please look at <http://www.vashondoit.org> or contact Carol Ellis at 463-9370 or carolellis-burton@comcast.net

Compost the Loop

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

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



The Spotlights at Red Bike

Sunday, April 19rd at 7:30pm

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Vision for Vashon Public Forum Reweaving the Fabric of Community

Saturday, April 25, 1:30 – 6 pm
At the “O” Open Space for Arts & Community
18870 103rd Avenue SW, Vashon

There may be voices in the head, “Oh but it’s such a nice day, I need to be in my garden.” “I’m just too busy.” “These events never lead to anything real!” “I can’t sit in a meeting that long!” But in the background, there are some urgent questions, however we may phrase them:

How can we develop more affordable housing opportunities for working poor on Vashon? How do we build on the wonderful networks of organic growers, food activists, and concerned citizens on the island to create a vibrant system of food security? How can we expand access to affordable health care for our community? Given disappearing jobs and declining income, how can we create a viable local exchange currency on Vashon? How can we take advantage of potential new funding for renewable energy projects to establish community solar installations on the island? Facing the twin threats of peak oil and potentially catastrophic climate change, how can we help realize Vashon’s potential to be a model for sustainable practices?

These are difficult and important questions. However, there are answers. Vision for

Vashon has organized a forum entitled Reweaving the Fabric of Community, Saturday April 25, 1:30 – 6 pm, followed by a community celebration of dancing to the music of Bob Krinsky and friends, a.k.a. Radio Daddyo.

We do in fact have answers to these questions, but we need your help. Come join us and be part of the answer. And we won’t be sitting down all day.

The tentative schedule for the afternoon and evening is as follows:

- 1:30-2:00 Arrival, enjoy tea/coffee, visit organizations’ display tables, welcome talk/orientation
 - 2:00-3:30 Forum presentations and small group discussions on affordable housing, renewable energy and transportation, and sustainability projects on Vashon
 - 3:30-3:50 BREAK-opportunity to visit organizations’ display tables
 - 4:00-5:30 Forum presentations and small group discussions on health/wellness, local exchange currency, and food security
 - 5:30-6:00 Wrap up
 - 6:00 Dinner provided by Vision for Vashon
 - 7:30 Celebrate! with music and dancing with Bob Krinsky and friends
- Come and be part of this important island event.

Art Studio Tour

Continued from page 1

including a plethora of playful garden art, botanically inspired prints, festive earthenware pottery with wheel throwing demonstrations, inspiring tiles with a message, rich and colorful hand-dyed clothing, paintings in oil and watercolor, Vashon dog photographs, blown glass, handcrafted wood cutting boards, boxes and toys, beeswax candles and traditional Ukranian egg decorating demonstrations.

Maps of the Tour are available online at www.vashonislandartstudiotour.com as well as at most Island businesses.

MadameToujours

Dear Madame Toujours,

My best friend Rudy started dating Jennifer about a year ago. At first, I didn’t mind. She seemed okay even if I did think Rudy was making a lot of fuss over some girl who wasn’t exactly a supermodel; I mean, she’s kind of pudgy, and she reads books and things. After a while, though, I started to get kind of tired of Rudy taking off with Jennifer. Rudy and I used to be best buds and play online tournaments together, and now whenever Jennifer’s not underfoot, Rudy is talking to her on the phone, and he can’t play and talk at the same time, so we’re always getting creamed.

Anyway, now Rudy and Jennifer are getting married, and he wants me to be the best man which is cool I guess, but now I find out Jennifer’s friend Marsha is going to be one of the bridesmaids. I can’t stand Marsha. She acts all snooty and superior like she thinks I’m some kind of big, fat loser. I told Rudy if Marsha was going to be there, then I wasn’t going.

Now Rudy is pissed off, and Jennifer is telling him I’m a jerk, and I don’t get what all the fuss is about. Just tell Marsha to stay home, and I’ll do the best-man thing and everybody’s happy, right?

Sincerely,
Best Man

Chere M. Man,
Mais oui, it is being very puzzling for you to understand the important role which you are playing in the lives of M. Rudy and Mlle. Jennifer. You are being what is called the

“pity friend” of M. Rudy. Possibly this will astonish you, as you have always been thinking that you were the extremely handsome and sophisticated person that everybody is admiring very much.

Forget about the hatefulness of Mlle. Marsha. You are having the very important responsibility in the marriage of the friends. You are the one who is making the very offensive and embarrassing speech at the reception. You are the fellow who is getting drunk and vomiting on the bridesmaids before attempting to have the sex with the grandmother of the bride. If you are not attending the wedding, then who will be exchanging the witty barbs with Mlle. Marsha so that she can be feeling very superior and self-righteous? All of these things, they are the essential requirements for the successful wedding. The wedding, she should be like the Shakespearean comedy, and you are Puck who is making the big confusion with the lovers and the obstacles. Then, after everybody is struggling and having the difficulties and it seems that M, Rudy and Mlle. Jennifer are calling off the wedding, you are miraculously fixing everything just in time

Bon Chance, M. Man. If you are fulfilling for yourself the obligations, then every time your friends are wondering if they should get the divorces, they can be thinking about the horrible, horrible wedding and feeling that they have been investing too much in the marriage to be giving up now.

Wolves

It is with great sadness that I heard of the poaching of the young wolf from the Lookout Pack. I have high hopes that Washington State will become the example of how people live with big predators. It is sad when one individual has no respect for the law. And no understanding of how nature works.

Most of us know that predators keep wild populations of animals like deer and elk healthy by taking the easiest to catch, often this is the sick or heavily parasite loaded individuals. If we kill off our big predators there is nothing left to do this service. Why should we care? If you are farming especially organically you want wildlife to be healthy around you. Because your livestock being ruminants can catch the same diseases and parasites that the wild ruminants carry, such as deer and elk.

Nature has a clever and intricate balancing system. Do you know that wolves control coyote populations? If you take an apex predator out of the picture serious balancing problems occur.

I know organic farmers who have terrible problems with parasites in their livestock. It is a very serious matter. There are effective means of living and farming around big predators. If you need help or have questions contact Wolftown or any of the great organizations that are here to help.

Of course the wildlife in our country are part of our heritage and add to the beauty, depth of our wild lands. They have a right to be here.

Would you wish our state to be like England who killed off all their big predators? Don’t the wolf the bear and the eagle define the west?

T Yamamoto, Director of Wolftown

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A Vacation on Vashon

By Susan Wolf

Here’s a fun way to spend a week away from work, worry and schedules – spend a week on Vashon. Yeah, I know we live here, but my husband and I decided to “do Vashon” as if we were visiting only without the bothersome visiting relatives. Browsing the Heron’s Nest with no particular thing in mind and a relaxed pace is something we looked forward to. One Liz Lewis bowl and a decorative switch plate cover later, I begin to feel like a real tourist. Then over to Frame of Mind to order a couple of frames for Israel Shotridge’s artwork we have had stored in our closet for a couple years.

Dinner at Green Ginger, lunch at the Hardware Store and dinner another night at Gusto Girls was a delight. Watching *The Egg and I* (Netflix has it listed as part of the Ma & Pa Kettle series) during breakfast in our pjs was a decadent luxury. Then it was off to Tacoma for the Glass museum. Did you know it doesn’t cost anything to cross the bridge of glass? And there are free days monthly there and at the Washington State History

Museum, as well as the Tacoma and Seattle Art Museums.

Besides getting needed work done on our car at Miles Automotive and a Costco trip, we were back for a matinee movie during the week. One day at the Seattle Art Museum and then it was a rest day home. We began going through our family pictures, which had been stored for a year while our house was listed. Friday night we were invited to some friends and neighbor’s for dinner where good food and conversation were had by all. Saturday night, we arrived at the Blue Heron to hear the Gail Pettis Jazz Trio concert. Before the concert, we took in the stunning fiber show in the gallery. My husband kept a close watch on me so as to avoid any larger than our budget expenditures and believe me, it was tempting! Gail’s sultry voice was sweet as honey, smooth as silk with a range most of us can only dream about. Randy Halverson’s piano was crisp and tinkling like a brook and Don Miller’s base cello lent a melodic beat. It was fun; the music was lovely and the



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crowd appreciative. The tickets were reasonable and we plan to keep a watch on the Blue Heron concert offerings in the future.

After listening to our church’s semi-annual conference through internet on Saturday, we ambled over to True Value to check out their color cards for painting the bathroom. After the Sunday conference sessions, we celebrated our oldest granddaughter’s ninth birthday with Rock Pizza, Thriftway cake and Schwann’s (they deliver) ice cream. I will be happy to go back to work on Monday, fully satisfied that we slept in, ate out, bought souvenirs and entertained ourselves right here. It was a great experience and I love supporting our island businesses. Try it sometime!

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Cinnamon, Tastes Good and Is Good

by Kathy Abascal

Cinnamon, one of our favorite spices, has recently been in the news as a potential treatment for high blood sugar and diabetes. Although cinnamon has an extremely long history of use as a medicine, it was not used to regulate blood sugar levels so this is a very new use for an ancient food plant.

In traditional Chinese medicine (TCM) cinnamon was chosen for non-productive sweats and some types of joint pain (in particular that of the shoulders). It was considered warming, and was used to help with palpitations and menstrual pain. As a rule, it was seldom used as a stand alone remedy and was not used in warm-febrile diseases, heat with vomiting, and was used cautiously during pregnancy and excessive menstruation.

The ancient Egyptians used cinnamon as an embalming agent, and the spice was brought early on to Europe where it was widely used as a cooking spice and medicine. It was prescribed for dyspepsia, mild spasms, indigestion, loss of appetite, vomiting, diarrhea, and uterine bleeding. These uses were largely continued by the Eclectic physicians here in America. Cinnamon was highly praised for its ability to alleviate uterine bleeding and heavy menstrual periods. Cinnamon was also used to correct the effects, and improve the flavor, of other medicines. Thus for instance, cinchona bark was used to treat malaria but tended to cause nausea and vomiting. Cinnamon was added to the cinchona to prevent these side effects. Finally, cinnamon was widely used as a digestive herb in diarrhea, colic, stomach cramps, flatulence, nausea, and vomiting. It was an important component of one of the Eclectics most important digestive formulas, sometimes available today under the name 'Tummy Tamer'. The Germans have approved the use of cinnamon to treat loss of appetite, dyspeptic complaints such as mild spastic conditions of the gastrointestinal tract, bloating, and flatulence. Finally, all types of cinnamon have been used in many different traditions in a variety of cancers.

Although not traditionally used to normalize blood sugar, scientists discovered that cinnamon bark had an ability to lower blood sugar. This generated much interest as it would

be wonderful if a safe, popular, and relatively inexpensive spice could help people normalize their blood sugars. Unfortunately, the results of the clinical trials have been mixed. In some studies, small amounts of cinnamon reduced blood sugar levels as well as LDL ("bad" cholesterol) and total cholesterol. In some, cinnamon somewhat lower blood sugar levels but did not affect blood fats at all. Yet others showed no positive effects whatsoever. Today, after comparing these studies, scientists believe that cinnamon may be more helpful in people who are having trouble controlling their blood sugar levels and need a bit more help. It appears less helpful as a stand alone treatment for those with diabetes. There is also some evidence that it may help the body cope with excess fructose. Perhaps that is one of the reasons humans find cinnamon such a delightful spice to pair with fruits?

So, overall, the benefit of cinnamon in diabetes remains unclear. Cinnamon, added to a high-glycemic-index meal, does appear to reduce the inflammatory effect when the meal causes glucose to spiral out of control. Thus, it might be good to take some cinnamon whenever we are eating non-nutritious foods that will raise our blood sugar levels. And, according to modern TCM practitioners, while cinnamon may not be good for all diabetics, it may be very appropriate for individuals with type 2 diabetes who are overweight, tending to be cold and sluggish. In contrast, it would be inappropriate in individuals who are thin and have type 1 diabetes.

There are two other noteworthy facts about cinnamon. First, modern science has not really studied some of the important traditional applications of cinnamon. For instance, cinnamon is often used in TCM formulas for unstable angina and appears to offer significant benefits without any side effects in this difficult to treat condition. Cinnamon also has a long history of use in a variety of women's reproductive issues. In a recent review, cinnamon was an ingredient in many of the formulas that showed potential benefit in the treatment of endometriosis and more research should go into uses of cinnamon in these disorders.

Second, we actually do not know which plant we are talking about when we discuss cinnamon. Most of the cinnamon on the market is cassia (*Cassia cinnamomum*) and very little is "real" cinnamon (*Cassia zeylanicum*). For the most part, we have no idea which plant was used in the research studies or by the authors of older texts. The Minglement carries both, so at some point you might want to compare the two; it is said that true cinnamon has a better flavor but medically, it appears that cassia may have a slight edge over cinnamon.

Finally, you do not need a lot of cinnamon to test its benefits. The studies used about 1/4 teaspoon a day which is an amount we might easily use in cooking. I was told of

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someone taking a tablespoon of cinnamon straight each day. That is likely too much of a good thing and unlikely to do much good.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, April 24.**



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.



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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: Sundays beginning April 12 at 1:00-2:30, and Thursdays beginning April 16 at 7:00-8:00 PM. Each series runs for 5 consecutive weeks. Advance registration at the Roasterie/ Minglement and payment (\$75) is required. For more information, contact Kathy Abascal at 463-9211 anemopsis@yahoo.com.

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The Tile Vashon Project

Continued from page 1

exterior, for literally thousands of years. The town of Avalon on Catalina Island reveals what a contemporary small town looks and feels like when embellished with tilework on storefronts and interiors, street furniture, benches, signs, retaining walls, ramps, stair risers, house numbers, columns, planter boxes and so on. Vashon has some homegrown art tile work in and around town but one would hardly guess that Vashon is an island full of artists by the looks of its downtown. After surveying the community and taking photos of buildings the Guild members drew up a list of sites suitable for embellishment. We agreed that on any given project one artist would be the lead and the project would reflect that artist's vision. This was not to be art by committee. On the "do-ability scale" Bob's Bakery was at the top. Clare Dohna volunteered to be lead artist and both the owner of the building and the tenant baker were enthusiastic and supportive. Thus the Bob's Bakery Project was launched. The plan is to cover the entire facade of the building housing the bakery with Clare's tiles in the forms of baked goods and to add a new tile sign. Although much of the labor for this project will be donated by Guild members and others in the community, a significant amount of money must be raised to cover materials and expenses and Clare must receive fair compensation for her tile production. We will know that

the Vashon public appreciates and supports this kind of public art when they contribute the funds to make it happen. In a way we are turning the usual paradigm for public art on its head. The usual process is that a committee of mostly people who are not artists determine the need for a project to be installed at a particular site. The committee puts out a call and artists respond with a proposal. The selected proposal is funded and tweaked by the committee. Public input, if any, may take the form of a public meeting or two or a working session with children making some tiles. Our approach starts with the artists looking at their community and proposing a specific art project that will make the community a more beautiful, more vibrant place. Now, we, the artists go directly to the community and ask for help in funding the project. No committees. No pre-ordained specs. No contrived "public input." The major goal of the Tile Tour being organized by the Tile Guild for May 2 & 3, 2009 is to raise money to kick start the Bob's Bakery Project. On display in the Bakery will be a mock up board and drawings illustrating the plan. There is also a half gingerbread/half tile house that serves as a donation receptacle. Drop in your donation, your change and your suggestions for bakery goodies that you would like to see in tile on the front of the building.



Check out Vashon Freestyle Club wrestlers after a wild and crazy practice. Of Note: Chase Wickman has placed 1st and 3rd at Freestyle Tournaments this year. Also, high schoolers Dominik Stemer and Geran Webb are preparing for the Western Regional Wrestling Tournament later this month in Las Vegas. State Tournaments will take place in May for all age groups.



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Loopy Laffs

They say that love makes the world go around... but then so does a good swallow of tobacco juice.

Why are aliens always portrayed as evil in movies? How do we know that there isn't an alien out there just waiting to share the recipe for "The Universe's Best Waffle Mix?" —Kevin Peck

"There is something refreshingly ironic about people lying on the beach contracting skin cancer in an attempt to acquire a purely illusory appearance of good health, while germ-laden medical waste washes up on the sand all around them." —George Carlin

Contrary to popular belief, used-car salesmen are fairly honest with their customers. It's usually a condition of their parole.

Now, nature, as I am only too aware, has her enthusiasts, but on the whole, I am not to be counted among them. To put it rather bluntly, I am not the type who wants to go back to the land; I am the type who wants to go back to the hotel. —Fran Lebowitz

Let me tell you the one thing I have against Moses. He took us 40 years into the desert in order to bring us to the one place in the Middle East that has no oil. —Golda Meir

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats, and pigs, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "in-laws."

Zen Judaism
Zen is not easy.
It takes effort to attain nothingness.
And then what do you have?
Bupkis

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 AM for an early morning business flight. Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, "Please wake me at 5:00 AM." He left it where he knew she would find it. The next morning, the man woke up, only to discover it was 9:00 AM and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The paper said, "It is 5:00 AM. Wake up."
Men are not equipped for these kinds of contests.



Moose Lake

By Steve Krueger



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Loop Arts

Clinton Fearon & the Boogie Brown Band
at the Red Bicylce

Saturday, April 18 9:30PM. \$10 Cover, 21+.

Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Red Bicycle for a performance of his roots reggae music on Saturday night, April 18th.

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager in order to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston in 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.

Flash forward to 1989, when Clinton came to Seattle and co-founded The Defenders and then finally in 1993, formed his own group called The Boogie Brown Band.

When asked about his music, Clinton states that "...our sound is roots, its roots, lovers rock, rock steady. It's not too far from the root.

I'm not trying to branch off into anything I'm not totally relaxed with," he continued. "A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. It's what's in your heart; you have to follow your heart."



Clinton Fearon is counted among Jamaica's most talented musicians by peers and professionals in the Reggae music industry. His infectious bass riffs have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or providing background harmonies.

The show begins at 9:30pm, the cover is \$10.00 and it is a 21+ event. The Red Bike has experienced sold-out shows with Clinton in the past and anticipates the same for this one, so it's highly advised that people call 463-5959 in advance and purchase their tickets.

Twenty Years of Chorale

Continued from page 1

"When these songs were composed," says Gary Cannon, the group's artistic director, "Aaron Copland was the preeminent American composer, fresh off the successes of his great ballet scores, Appalachian Spring and Billy the Kid. To aid him in fashioning a uniquely American sound, the definition of which is still argued by musicologists today, Copland extensively researched musical Americana: slave spirituals, minstrel songs, Gospel tunes, hymns, folksongs, and the like," Cannon points out. "In 1950 and 1951, he arranged ten such songs

for solo voice and piano, which we will perform in their very popular choral versions."

The centerpiece of the concert is the Chichester Psalms, a masterwork composed by Leonard Bernstein in 1965. This work features 13-year-old soloist Alex Patton, a member of the Northwest Boychoir, and a quartet that includes soprano Jennifer Krikawa, alto Susan Valenti, tenor Gary Koch, and bass Andy Krikawa. Percussionist Todd Zimberg, organist Paul Swenson, and harpist Ashley Wong will accompany the Chorale on the Bernstein work.

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Tickets are available now for Pearl Django, the Northwest's best hot Club style group slated to play one night only at 7:30 p.m., Saturday, May 2, at the Blue Heron. The ensemble, while strongly influenced by Django Reinhardt's music, has expanded their repertoire to include many original works. With 9 CD's to their credit and another in the works, an evening with Pearl Django on the Island is well worth the wait and surely beats waiting in a ferry line. Champagne and desserts included in ticket price. For tickets go to Books by the Way, Heron's Nest, Blue Heron or brownpapertickets.com. More info at VashonAlliedArts.org. Call 463.5131 to reserve by phone.

"I can't think of a better way to celebrate our anniversary than to share this wonderful music with our Vashon friends and families," said Jo Ann Bardeen, the Chorale's president.

Tickets (\$10 for seniors and students, \$12.50 general admission) are available at Books by the Way and the Vashon Bookshop. For more

information, go to www.vashonislandchorale.org.

This concert is supported in part by the Washington State Arts Commission and Friends of the Chorale.

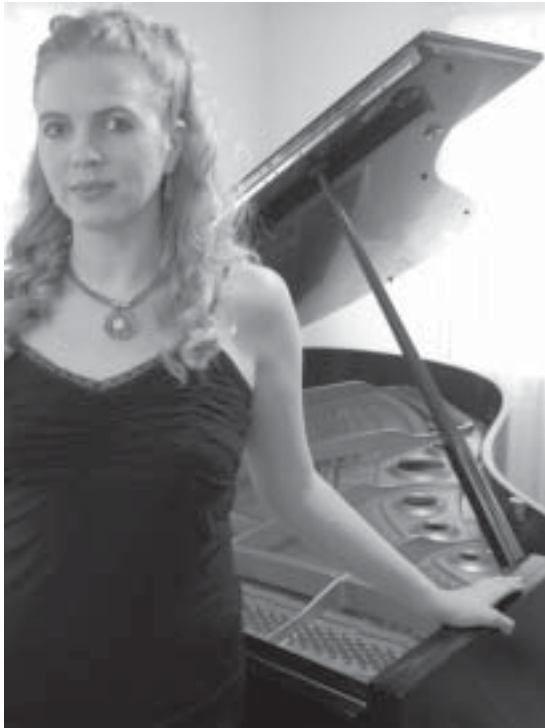


Loopy sez: Deadline for the next edition of *The Loop* is **Friday, April 24.**

Celebrate piano and poetry at Blue Heron

By Janice Randall

Vashon Allied Arts invites everyone to welcome Boston virtuoso pianist, Oni Buchanan in an evening of poetry in piano. Dubbed ‘a species unto herself...with great poise and charm,” Buchanan will spend several days on Vashon Island, sharing both her prowess with music and words.



For the Vashon concert, Buchanan will play compositions such as Liszt’s Petrarch sonnets and the first Ballade of Brahms’ opus 10 set. Other works include Debussy, four Preludes from Book I; Brahms, Four Ballades, Op. 10; Scriabin, Poèmes, Op. 32 and 44; Villa-Lobos, Rudepoêma; Schumann, Fantasiestücke, Op. 12 and more.

Buchanan holds a Master’s degree in piano performance from New England Conservatory of Music and her Bachelor’s degree from University of Virginia. She has three solo piano CDs on the independent Velvet Ear Records label.

Buchanan, who is also an award-winning poet, with an M.F.A. from the Iowa Writers’ Workshop, will read from her second book of poetry, Spring (published by University of Illinois Press, September 2008), 7:30 p.m., Friday, April 24, at Books by the Way. She will also teach poetry workshop, Image Rhyme, Sunday, April 26, 2 to 4 p.m., at the Blue Heron Art Center. Call 463-5131 for details. Spring was selected by Mark Doty as a winner of the 2007 National Poetry Series Open Competition. Her first poetry book,

What Animal, was published in 2003. Tickets for the concert are available at Books by the Way, Heron’s Nest, Blue Heron and brownpapertickets.com. Register for the poetry workshop by calling Blue Heron, 463.5131. See VashonAlliedArts.org for more information. . Courtesy photo

Quilters Sew Up A Show

Two years worth of handiwork by Island quilters will be on display at their biennial Quilt Show on Saturday, May 2 and Sunday, May 3 from 10AM until 5PM in Gresham Hall at Camp Burton. Suggested donation for admittance is \$3.

The Show is titled “Quilts In Bloom” and will feature 150 quilts of all sizes. Many quilts and other items will be for sale.

Well-known Pacific Northwest quilters Maggie Ball (Bainbridge Island) and Wanda Rains (Kingston) will be judging the show entries on Friday, May 1. Each of them will also display a quilt at the Show. Prize ribbons will adorn the winning entries during the Show.

Visitors to the Quilt Show on Saturday will be asked to vote for their favorite item in the Show. The most popular entry will receive the “Viewer’s Choice” award and will have the coveted ribbon displayed on it on Sunday. The 2007 Viewer’s Choice winner

“Bloomin 9-Patch” by Su DeWalt will be hung for display also.

Certified quilt appraiser Beverly Dunivent from Olympia will be at the Quilt Show both days appraising and evaluating quilts.



Community Quilt will be on display with \$1 tickets available for purchase for the July 19 raffle drawing.

For additional information about the Quilt Show or the Vashon Island Quilt Guild, call Jo Ann Bardeen at 567-5841 or Kathy Pierce at 425-898-1466.

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

The Spotlights at The Red Bicycle Sunday, April 19th, at 7:30pm.

Sunday nights at the Red Bicycle have become a hotbed of local talent lately. It's the night that show promoter Pete Welch has set aside for local artists to come in and share their talent with the community for two hours, beginning at 7:30pm. encourages families to Sunday shows are free events.

Coming up this Sunday evening with a long-band, The Spotlights. performed for years on band and many other that, so many people great dancing they create. Join Danny Sinner, Jerry Todo and for a great night of roll. The band says



the hat” to raise money for their favorite local newsmagazine. Wait...could they mean the one you are reading right now? Why, yes! *The Loop* is still walking around town, hat in hand, working hard to stay alive. If you'd like to help the cause and have some fun while you're at it, this is the event to attend.

George Winston April 26 @ 2:30

Duplicity
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Monsters vs
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