



VASHON

THE LOOP

Vol. 7, #10

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

May 14, 2010

VAA Archives Art Sale

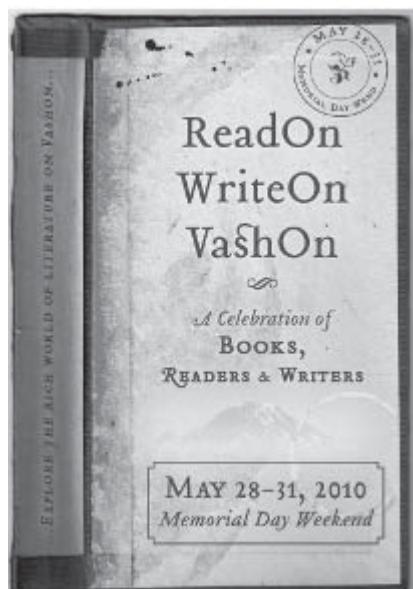


Back by popular demand...One of VAA's most amazing art sales is happening at Blue Heron Gallery over Memorial Day weekend, May 28-30. Beginning Friday evening and ending Sunday afternoon, over 70 of the Island's best and favorite artists will hang archived works for you: all under one roof!

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Phil Threlkeld and his sister Kathy celebrate seven years serving Vashon's best burger at Perry's.



Read more on Page 4

Only On Vashon

Fifth in a series

By Peter Bond

Vashon is the gray hair capital of the world! Forget the strawberry festival – let's have an Annual Gray Day Parade. After all, where are the strawberries these days? I thought so. Now where are the gray hairs? Only had to look in the mirror, right?

I say this with affection, as you'll quickly see. After all, I'm going gray too (suspiciously more so since moving here) but really, where else on the planet is virtually EVERYBODY gray? Even some of the kids are gray-haired here. I've seen babies with gray hair! We're a kind-of mutant human species, like pygmies.

Maybe it's a camouflage thing; we're evolving to hide from the rest of the world, which is why many of us are here anyway of course. But that would make sense only if we were birds or fish, gray being the color of the sky and water (most of the time). So then what exactly is going on?

Why, nothing. That's it. Nothing. Nobody! dyes their hair here and many women wear hardly any makeup. I didn't even know what a woman looked like before I moved to Vashon from Southern California, where most females use chisels to remove their faces at night. My God, real women are beautiful aren't they?

It didn't take long, after relocating, before I couldn't look at a magazine without wondering what the cover model really looked like. Honestly, who makes up these Bozos? The other day there was a major feature (I kid you not) story on Jessica Simpson in the national news. She had been photographed (gasp!) sans makeup and the blogosphere was abuzz about how she looked, which was pretty good. "Can't be true," said most of the comments. "A person cannot look that good." If I were a blogger here's where I'd insert WTF.

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Kayaks, Kites, Soccer, Softball, Summer Camp & Swimming

Vashon Park District Springs into Summer

Vashon Park District is rolling out its summer time activities. Your invited to fly a kite Saturday, May 22, 12pm to 4pm at Pt. Robinson.

The Vashon Island Kayak Center opens on May 28. The Kayak center at Jensen Point, located at Burton Acres Park on the Burton Peninsula is open Thursday through Sunday from 10AM till 5PM. You can call ahead of time to reserve your boat and make a date for yourself or your group. Call Thursday through Sunday, when the Center is open 206 463-9257. Otherwise, call the Vashon Park District offices at 463-9602. And while you've got them on the line you might want to ask about some of the really cool tours that they're running out of the Kayak Center this year: there's the Early Morning Wildlife Tour, the Late Night Bio-Light Tour, the Romantic Moonlight Paddles or the Blake Island Overnights. Or you can find out a lot of this stuff online by going to the Park District's website at www.vashonparkdistrict.org.



Photo courtesy John Sage/www.FinchHaven.com

Registration for the Vashon Island Soccer Club's Fall, 2010, season opened on May 1st and closes May 31st. To register go to www.vashonsoccer.org. Late fees apply after May 31st.

The Vashon Island Soccer Club (VISC) is an independent non-profit organization, affiliated with the Washington State Youth Soccer Association and the Vashon Park District. The goal of VISC is to provide a continuous kindergarten through high school soccer program for island youth while promoting good sportsmanship, safe competition, and athletic improvement emphasizing that soccer is a really fun game.

The Adult Softball season began April 26 with eight teams playing this year. Games are played at Agren Park, you can see the full schedule of games at www.vashonsports.com.

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Low Tides Bring Us A Low Tide Festival

By Captain Joe Wubbold

The Low Tide Festival to be held at Point Robinson on 15 May presents a Golden Opportunity Not To Be Missed to give all attendees a little nautical information. So here is an explanation of why we have tides, why they are different at different places, and how you can tell what the tides will be on any day in which you may be interested.

When I was a young Cadet at the Coast Guard Academy, so many years ago, I was issued a copy of the classic American text "Navigation and Nautical Astronomy", known to sailors as "Dutton", because the first edition was written in 1926 by CDR Benjamin Dutton USN. Therein is a line to equal the classic "A collision at sea can ruin

your entire day". The line from Dutton is "A knowledge of the times of high and low water and the amount of vertical rise and fall of the tide is of great importance in the case of vessels entering or leaving port, especially when low water is less than their draft". In other words, if you don't have enough water to float, you go aground.

So we live on a planet that exerts a gravitational pull on everything on it, including the water in the oceans. We have a moon, which because it is so close, also exerts a gravitational pull on all that water. And even our sun, to a much lesser degree, exerts some

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This young gray whale was observed off Luana Beach then wandered down to Pt. Robinson, where Rebecca Davis took this photo of the whale breaching the waters just off shore. Report whale sightings to the VHP at 463-9041. As you can see, we appreciate photos: email them to Vashonorcas@aol.com.

Get in The Loop

Submissions to the Loop

Havurah Presents: Wendy Marcus and Friends

The Romania Traveling Museum & Education Center

Someone once showed me a little blurb from the early Vashon Paper. It was dated sometime in the early 1900's. The story told of a group of Gypsies who took the ferry over to Vashon from Seattle. No one had to worry though, because 'fortunately', the sheriff was at the ferry and 'those Gypsies never even got off the ramp'.

Now, in 2010, Vashon is the launching point of the Romani Traveling Museum and Education Project of Lolo Diklo :Romani Against Racism. Lolo Diklo (Red Bandanna) has been based in Burton for 15 years or so, originally founded at Seattle Central Community College in 1988. Our main focus is to raise awareness about the true history and experiences of the Romani people in North America and worldwide.

Romani are an ethnic group of people originally from India. Today, we are everywhere in the world, with at least 1 million in the United States.

Despite our numbers, very little is known about us. Until recently, the only information written about us was by non-Romani, and most often reinforced stereotypes from romantic, carefree travelers to scoundrels and child thieves. Many Romani do not reveal their ethnicity, not because we are mysterious and secretive, as portrayed in the media, but rather, are protective of our culture and traditions, which we have preserved through centuries of oppression and genocide.

There are now many organizations of Romani speaking up about the reality of their own experience. Lolo Diklo is one of these.

It is in this spirit that we launch the Education Center and Traveling Museum Project.

We recently obtained a 14ft caravan that we are converting into the museum. Eventually we'll take it to schools and libraries.

Our first fundraising event is a garage sale. Saturday May 29th, 23912 100th Lane SW in Burton.

Come by to see the "before" caravan. You'll be amazed in a few months.

Anyone with items to donate, please call Morgan 206-463-1940 or drop them off with Sandy at the Burton Store

For more information come to the Vashon Library on Sat. 22 May at 1 PM. I'll be doing a presentation on the Romani

And check out our blog
www.lolodiklo.blogspot.com

Nais tukai/Thanks Vashon. This time we've received quite a different welcome.

Vashon's Yellow Pages on line.
Find it on

www.VashonPages.com

Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House,
Vashon Business Info
www.VashonPages.com

Compost the Loop

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

Rotary Raises over \$4k for Polio cure

On behalf of the Vashon Island Rotary Club and the Vashon Island Rotary Foundation, I would like to take this opportunity to thank the following people and organizations that helped our recent PolioPlus fundraising project. Kim Williams and the staff at Thriftway provided the venue and opportunity for customers to donate at check stands. Jenny Sorensen and Dr. William Foege of the Bill and Melinda Gates Foundation spoke to our Club about the challenges of global health and were an inspiring kick-off to the project. Thriftway, John L. Scott Real Estate, Katz Communications, Vashon Electric, the Vashon Athletic Club and Vashon Island High School all gave us space on their reader boards to help publicize the event. Randolph Farrar and Puget Sound Energy let us put highway signs up in front of their properties. The Vashon High School Interact Club and their advisor, Harris Levinson created amazing informational display boards, and Interact students performed the heroic task of pushing the iron lung from the high school to Thriftway. Leslie Brown, Amelia Heagerty and Susan Riemer of the Beachcomber, and Steven Allen of The Loop covered our event, and gave us "good ink" for which we are very grateful. Dennis Williams of Williams Heating picked up and returned the iron lung to Seattle. Michael Osterfeld of the Fremont Rotary Club loaned us the iron lung. Doug Milligan assisted with building the highway signs. And of course, there were many Rotarians who worked to make the fundraiser a success: Club President Sam Collins, President-Elect Jan Milligan, Ka Luomala, Bart Queary, Verne Johnson, Patty McClements, George Butler, John Moore, John Hopkins, Susan Tuller, Neil Jungemann, Hans Youngmann, Tom Bangasser, Gary Sipple, Ginger Ferguson, Dick Hardy, Susan Hanson, Joe Ulatoski, Ted Clabaugh, Kathleen Davis, John Burke, Gene Lipitz and Keith Putnam.

Our preliminary accounting shows that in just two days, generous Islanders contributed \$3,666, and this does not include people who said they would mail in donations to the Vashon Island Rotary Foundation, nor any proceeds from Thriftway check stand donations. We are optimistic that we will pass the \$4,000 mark in contributions!

Twenty five years ago, Rotary International began the ambitious PolioPlus program, whose goal is to eradicate Polio from the world. In 1985, there were 350,000 cases of polio a year reported. Since that time, through Rotary's efforts and that of its partner organizations, over 2 billion

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VIFR Fire Extinguisher Representative Reschedules


The Fire Extinguisher representative scheduled for May 15th to come on the island, has been CANCELLED.

The event has been re scheduled on June 12 from 10am to 2pm at the Vashon Island Fire & Rescue main office at 10020 SW Bank RD. During this event you can stop by to fill your extinguishers or purchase a new one. They also will have other safety equipment for sale.

Deadline for the next
edition of *The Loop* is
Friday, May 21

Vashon Delivery Company
Commercial Light Delivery all-Island
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Restaurants/Pizza
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Time to Elect Unofficial Mayor

Vashon Island elects an Unofficial Mayor every year. Politicians could take a lesson from this one...candidates announce they are running, following very few rules and they proceed to collect as much money as possible (every dollar is one vote). People can vote as often as they like. You can be from any part of the world and vote in this race. Some have been known to vote 5000 times.

All money goes to benefit non-profits on the Island. Money is collected and sent to the Chamber of Commerce for counting and verifying. Notable candidates: one year a dog ran (raised about \$6,000), a senior citizen ran who wore a bikini t-shirt to promote her Senior Center, a close friend of Santa's has run, and some of the "Fanciest Ladies" you'll ever see.

The winner is announced at 10 pm on the Saturday night of our annual Strawberry Festival. The new Unofficial Mayor's first, ok only, duty is to ride in the Sunday parade. As many as 30,000 people attend this wonderful, homegrown 100-year old Festival. This

Continued on Page 11

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The Vashon Loop

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Don't miss an issue. Really.
We are in our 7th year of publication and still not bankrupt! (Yet) Wow!



HOME TEAM REALTY

Troy and Marie Speak Local

Can you believe it's May already? Mother's Day is behind us, Memorial Day weekend is right around the corner, and then it's summer in full swing on Vashon. Summertime is our raison d'être, isn't it? (That's French for the reason we put up with the crummy weather the rest of the year.) For those of you who are new to the Island, welcome! If you are going to stay, all we ask is that you learn a few basics, including proper Local Speak. Here is your first lesson: When you go to the town of Vashon, you are going uptown. It is never downtown, regardless of where you are coming from. If you are going off the Island, you are going over town. And, if you are going to downtown Seattle, then you are going downtown. Simple, isn't it? Next lesson: Advanced Four Way Stop Etiquette.

Great Location ~ Great Price Only \$339,000

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Or call for a private showing!

9228 SW 156th St

Lovingly restored home on a shy level acre is perfect for downsizing or vacationing. House features Cherry Creek leaded windows, a fully remodeled kitchen, new roof and a spacious sunny deck. Great location, too- three minutes from ferry.



Listing #55798



Location, location, location!

10426 SW 238th St In Burton

Only \$309,000

Views of both the Outer and Inner Harbor as well as Mt. Rainier make this cute house a great investment. Sunny lot with mature fruit trees, great neighborhood.

Listing #55699



This Deal is Sold!!.....

This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the buyer's market!

17318 100th Ln SW #2-B



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Vashon Audubon is very happy to welcome Dr. Dennis Paulson once again to our program series. Dr Dennis Paulson is one of the foremost authorities on ornithological matters and we are lucky to have him close by. Dr Dennis Paulson was the Director of University of Puget Sound’s Slater Museum from 1990 to 2005. He is also a prolific writer and author of several notable books including “Shorebirds of North America”. Those of us who were fortunate enough to attend Dr. Dennis Paulson’s talk on the topic of Northwest Shorebirds two years ago, will probably remember the breadth and depth of knowledge that he brings to his presentations.

Dr. Dennis Paulson will present an

An Intriguing Talk: History of Agriculture

Deston Denniston, Master of Agriculture and Economics, explores the ancient history binding Agriculture to Warfare, and the implications for our modern globalized ecology and economy in: Exhumations of a Curmudgeonly Gourmand or “How to Kill One Billion People for Pennies Apiece” ...being a History of Agriculture from 75,000 BCE to the End of History, wherein the Marriage of Agriculture and Warfare is Illuminated while Alternatives to Such Savagery are Explored.

20,000 years of archaeological evidence supports the practice of perennial polycrop cultivation of fruit producing species and grains as a global phenomena. Some of this evidence suggest forest gardening was practiced as long as 75,000 years ago. How is it that the story of our Western Culture limits the definition of “agriculture”- industrial monocrop food production-

Have You Seen a Giant Earthworm on Vashon?

News of the discovery of living specimens of the Palouse earthworm over in Idaho in March reminded my husband of his encounter with what he calls “the Magnificent Vashon Earthworm.” Here’s his story, as he wrote it to the editor of the Seattle Times last week:

“I was fascinated by the report in April 29th’s Northwest section by Sandi Doughton, ‘Scientists unearth fabled Palouse worm.’ I’ve lived on Vashon Island since 1971 and have wanted to know more about these giant worms since 1974.

“During the summer of that year I was working for a contractor, Masahiro Mukai, installing a 4-inch water main on the west side of Asta Lane SW close to the island’s north end ferry dock.

“We had opened about 75 feet of trench from the intersection with SW 112 street to a depth of 3-1/2 feet, and I was clearing the bottom in preparation for laying in the pipe. The soil was coarse and sandy so I was watching the trench for signs of collapse when I noticed a dimple about the size of a walnut, about six to eight inches below ground level, begin to appear in the sidewall. The dimple became larger as it bulged outward and sand began to fall out of it an into the trench. Shortly, the business end of a chubby earthworm appeared and tentatively began to feel its way out of its tunnel and down the sidewall.

“It took several minutes for it to reach the bottom, a good three feet down, before releasing its anchored tail from

evening lecture about our migratory birds. He writes that “The migration of birds is one of the most noticeable and best loved of the natural phenomena that we encounter over the course of a year.” He will answer, among others, these questions: Where do the birds go and why do they go there? How does their life change when they are on their travels? He advises that each bird species has its own story. Illustrated with his own photos, Dennis Paulson’s lecture will take us to the farthest outposts of migration and show us what “our” local birds encounter when they are away from the Pacific Northwest for half the year or more.

Dr Paulson has lived in Seattle for four decades and has observed nature and pondered its secrets for most of his life. Although dragonflies are his primary focus these days, he never passes up a chance to look at a bird.

The Birds in Migration program will be held at 7:00 pm on THURSDAY May 20, 2009 at the Vashon Maury Island Land Trust Building located at 10014 SW Bank Rd. The evening is free and all are welcome to attend.

to the last 10,000 years? How is the connection between modern agriculture and war being played out in today’s globalized economy? Exhumations of a Curmudgeonly Gourmand exposes the joint industrial ventures of agriculture and warfare. Cultures forgotten in the mists of time provide powerful hints as to how to mitigate - and even reverse- the individual and community wide issues of food security, ecological devastation and cultural disintegration. We will follow those leads from ancient history to the present and deliver something better than hope.

Date: Saturday May 15th, 2010

Venue: Vashon Youth Council, in the yellow Common Ground Building, next door to Pandora’s Box and AJ’s Espresso.

Time: 6:00-8:00 pm

Suggested donation: \$5-10

its tunnel and dropping to the bottom of the trench in a heap. Lengthwise it looked more like a snake but in every other respect it appeared to be the most enormous earthworm I had ever seen.

“The Palouse earthworm is said to have an aroma of lilies; this worm smelled like cucumber.

“Now nearing retirement, I can say I have opened many a trench and excavation on Vashon Island since that day without ever encountering another such magnificent specimen again.”

Rick says that he asked Mr. Mukai if he’d ever seen such a worm in his excavations on Vashon, and Mr. Mukai said, “Oh, yeah, I’ve seen some of those things.”

So - the question is: Have YOU ever seen one of those things? We would love to hear from anyone on Vashon or Maury Island who has encountered a giant earthworm. So would Jodi Johnson-Maynard, a University of Idaho associate professor and a soil ecologist specializing in macroinvertebrates. She has spent years looking for the giant Palouse worm, and one of her graduate students recently uncovered Palouse worms over near Moscow, Idaho. We emailed her, and she said she’d like to hear if anyone else has seen a giant worm on Vashon Island.

Contact us at shipoftuels@hotmail.com, subject line “Giant Worm” so I can find you in the spam filter, and tell us all about your close encounter with giant worms. Thanks!

Community Discussion with Julia Larson

Rural Economic Strategies Coordinator for King County

Calling all farmers, value-added and home-based business entrepreneurs! What are the barriers in the County Code that get in the way of growing your farm, farm-based and/or home based business?

The Vashon Island Growers Association (VIGA), Sustainable Vashon and the Community Council’s Sustainable Practices Committee invite all interested community members to join us in a conversation with Julia Larson, Rural Economic Strategies Coordinator for King County, on Wednesday evening, May 26 from 7 - 8:30 PM, at the Chautauqua Elementary School Multi-Purpose Room. This meeting is the first step in identifying potential changes to the King County Code to facilitate the growth of local agriculture, value added and home based businesses in King County’s rural areas.

Ms. Larson is interested in understanding how various aspects of the Code impact Vashon Island farmers and home based businesses in order to consider proposing changes. The discussion will focus on parcels that

range from 5 to 10 acres, as well as parcels less than 5 acres in size. Additional measures may be proposed that address larger parcels. However, the majority of lots currently within the Rural Area land use classification, which includes most of Vashon, are generally within 5 to 10 acres.

This first meeting will have three parts: Overview of the King County Code; identification of barriers; setting priorities. Every participant will have his or her questions answered, so plan to find out everything you ever wanted to know about how the Code impacts your farming and/or home based business plans. Ms. Larson plans to report back to Vashon later in the summer regarding the categories of potential code changes and return in the Fall to review and discuss any proposed revisions before the County Executive submits them to the County Council.

This is a unique opportunity to encourage the growth of local agriculture and small business. Come out and tell us what you think, and what you need!

ReadOn, WriteOn, VashOn Book Festival

ReadOn, WriteOn, VashOn is a four-day “Celebration of Books, Readers and Writers” set on scenic and rural Vashon Island.

The Book Festival, which spans this Memorial Day Weekend (May 28-31, 2010), brings avid readers together with nationally-known, award-winning fiction and nonfiction authors for readings, panel discussions, workshops, and a variety of entertainments designed to inspire, amuse, and provoke.

All events are free and all are located at venues within walking distance of the center of Vashon town.

Featured Authors:

Jane Adams, is a best-selling Seattle writer, speaker, coach and media commentator whose previous fiction and nonfiction explore sex, love, careers, money, health, parenting adult children, and work-life balance.

Kit Bakke’s debut book, Miss Alcott’s E-mail: Yours for Reforms of All Kinds, is a bio-memoir that imagines the author

and Louisa May Alcott exchanging e-mails across time, interleaved with historical essays about Alcott’s life and Bakke’s own politically radical past.

Karen Burns’s latest book is The Amazing Adventures of Working Girl: Real-Life Career Advice You Can Actually Use, based on her own checkered work history of 59 jobs over a period of 40 years in 22 cities and four countries.

T.K. Christopher has a 40-year career in the cartooning and comic book industry (Spiderman, X Men, Superman, Batman, and more).

Karen Cushman is the author of The Midwife’s Apprentice (winner of the 1996 Newbery Medal), Catherine Called Birdy (a Newbery Honor book).

Robert Dugoni is the New York Times bestselling author of the legal thrillers, The Jury Master, Damage Control, and Wrongful Death.

Opening Ceremony

Friday, May 28 at 7pm

A Night that’s Just Write

Ober Park Performance Hall

Program of events and venue information can be found at www.readonwriteonvashon.org

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Vashon Park District Springs into Summer

Continued from Page 1

The Vashon Park District has rolled out its summer camps for both Youths and Adults.

Summer camps for youths include V.I. Junior Basketball Camp, Kids Triathlon Camp, “Talent Show” Performance Camp, Kids’ Kayak Camp, Thumbelina’s World Dance Camp, Summer Nature Camp, Junior Crew Summer Camp, Skating/Boarding Camps, Sailing Camp, V.I. Soccer Camp, Camp Beba, Intermediate/Advanced Ballet Class, WOWS Science Camp

Adult summer camps include Masters’ Learn-to-Row, Adult Sailing Camp, Adult Kayak Camp, Adult/Teen Triathlon Clinic. Complete camp information and registration information can be found on the Vashon Park District website at www.vashonparkdistrict.org or give them a call 206-463-9602.

If you have not heard yet Vashon Park District has taken over the operation of the King County Pool next to the High School. Scheduled to open for business Saturday, May 29th, with a Grand opening Celebration June 5. The “new” Vashon Pool hours of operation will be 5:00AM to 9:00PM, Monday through Saturday and 8:00AM to 6:00PM on Sundays. Weekday mornings, 5:00 to 7:00 AM will be reserved for lap swimmers; 7:00 to 8:00AM for swim teams and 9:00 to 11:00AM, the pool will host swim lessons. The pool will also be available for party rentals at certain times throughout the week and for targeted programs as contracted by the Park District and sponsoring groups.

Swim fees will change under Vashon Park District management to allow for much longer swim sessions. For example a \$5 general admission fee will pay for six hours of swimming most days. For two weeks of lessons, the charge will be \$65 per person in a group, \$30 for a private half-hour lesson and \$25 for a semi-private half-hour lesson. Families will purchase season passes for \$175, couples for \$150 and singles for



\$125. Punch cards will be available at \$45 for 10 swims. Pool rental prices for swim teams will be \$45/hour; private renters will pay based on the number of participants they expect, from 25 to 90. You can read more about the plans the Vashon park District has for the Pool at www.vashonparkdistrict.org



2010 Low Tide Celebration

By Erin Durrett

Join your friends for the Low Tide Celebration at Pt. Robinson and enjoy a day on the beach learning more about our neighbors who live in the water surrounding our beautiful island. Festival hours are 10am to 3pm on Saturday, May 15. The focus this year is on understanding how what we do on the land affects the water and all the animals and plants that live there.

For the first time the naturalists who will be out on the beach to answer questions will be island residents who have been participating in the Vashon Beach Naturalist Training program offered through Vashon College. Folks from Vashon Beach Naturalists will also be at festival headquarters south of the Keepers’ Quarters to provide site maps with a schedule of the day’s activities. Everyone will have the chance to sign the “Best Beach Behavior” pledge which is there to share ideas on how we can protect the beach habitat while having fun. Lots of activities are planned throughout the day including walks to learn about the native birds and plants, presentations on what we can all do to help improve the water quality both on land and in the waters around us, and of course explorations down on the beach with naturalist guides who can answer questions and show you where the coolest critters live.

One special event which is new to the Festival this year will be the beach seine conducted by the Wild Fish Conservancy.

Kids and adults will be able to participate in the gentle catch-and-release of fish just off Point Robinson in order to identify what species are living in the waters around us at this time of year. The data collected will be part of the ongoing record of marine wildlife kept by the Vashon Beach Naturalist (VBN) team and shared with the greater community through the Salish Sea Network, an online database now being launched throughout the region. Vashon College is taking the lead in this innovative approach to information sharing and VBN will be providing information to the network on an ongoing basis.

Another way we are helping to protect animals and their fragile habitats in the inter-tidal zone on the beach is by marking their presence with signs designed to draw attention to them and at the same time help us avoid stepping on them. As you come out onto the beach for the day be sure to look for the little signs that will be stuck in the sand all over the place with names of critters and other interesting facts. If you find something that makes you wonder don’t hesitate to ask one of the naturalists who are there to help everyone learn and enjoy the many treasures that are there to be discovered.

Many of the children on the island are familiar with the practice of touching creatures that they find on the beach with one wet finger. This is a wonderful way to feel the texture of fragile animals without picking them up. During these

Vashon Tea Shop

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Low Tide Celebration Schedule	
8:00am	Bird Walk--Alan Huggins: upper parking lot
10:00	Beach Seine--Wild Fish Conservancy booth
10:30	Quartermaster Harbor Water Quality Talk--Larry Stockton: big tent
11:00	Septic Solutions & Treaty Shellfish Rights Talk--Bill Tobin: big tent
11:30	Beach Walk--Vashon Beach Naturalists: registration booth
11:30	Bird Walk--John & Ellie Friars: Audubon booth
12:00	Beach Walk--Barbara Gustafson: registration booth
12:30pm	Low Tide! -2.8 ft.
12:30	Beach Seine--Wild Fish Conservancy booth
1:30	Native Plants Walk--Vicki & John Browne: registration booth
2:00	Native Oysters & Mussels Talk--Brian Allen: big tent
2:30	Beach Seine--Wild Fish Conservancy booth

summer low tides the animals that are left high and dry on the beach are under a lot of stress. There is a great little exercise to help us humans imagine what it would feel like to be a jellyfish or a sunflower star on the beach at low tide. It works best if you go outside and face into the sun and the wind but you can try it out right now wherever you are. Stick out your tongue and hold it there for one full minute and focus on just how that feels. Just imagine what would happen if you had to stay like that for hours at a time! Our tongues are very similar to the bodies of many aquatic animals but inter-tidal creatures have adapted by evolving all sorts of protective strategies to help them survive. You can imagine how much better it would feel to your tongue to be touched by a wet finger than a dry one and empathize with an animal that is resting on the beach waiting for the cool food-rich waters to return. This is a good game to play with kids to help them empathize with animals that are very different from themselves.

An idea that is a little harder to understand is how important it is not to take animals, plants or even shells that we find home with us. This is a tough one because we are so used to the idea that it is all right for us to take home anything we see on the beach as a memento of the

day. Part of our human survival strategy has been to collect and we are good at it! Because this instinct is so deep in us it is hard for us to fight the impulse to pick things up and take them home, but it is time for us to understand that the earth is not ours to collect and we can support the survival of the whole web by leaving even its smallest pieces intact.

Those empty shells may not seem so important just lying there with no creature in them but as soon as the tide comes back in they become micro habitats for tiny creatures that are just being born into the waters of spring. Tiny barnacles and seaweeds fasten onto even small shells and rocks and little crabs and shrimp use them to hide from predators. As our environment becomes more and more stressed by pollution and climate change it is vital that everything that is part of the web of life on the beach stays there for the health of the whole.

So park along the Pt. Robinson Road or the Luana Beach Road, hop on the courtesy shuttle bus down to beautiful Point Robinson, enjoy a tour of the charming and historic lighthouse, taste some yummy festival fare and while away a few hours on the beach in the midst of all the creatures, human and otherwise!

The Best Thing Since Sliced Bread

by Rochelle Gravance

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Have we learned from our mistakes?
Or do we continue to look for the next
“make it effortless” invention?

Seems as if we are tumbling down another slippery slope of sorts looking for the “make me better” quick fix to undo the damage of the “make it effortless” inventions.

The first synthetic N crop fertilizer used in 1903.

World's first diet soft drink created in 1953.

Development of first commercial treadmills in 1968.

First statin drugs released in 1987.

Away we go again...

If the collective society is still asleep at the wheel lulled by the turning of industry's spokes, it seems as if a brave, conscious few must steer us toward the detour before we all crash in the midst of our own deconstruction ahead.

Options for the Health Conscious Consumer:

- * Backyard garden
- * Farmer's markets
- * Small organic
- * Whole, organic foods
- * Walk, everywhere
- * Glass instead of plastic
- * Reuse and recycle
- * Community events and social gatherings
- * Self research and education
- * Meet your local food growers and buy locally
- * Get quality, restful sleep
- * Question everything to understand

This is by far an incomplete list. Start here and you will surely make a dent in the broken system of things.

Granted, this ride has no power steering, yet the effort will pave the way toward less expensive relief for ourselves and our culture as we know it.

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Rotary

Continued from Page 2

children have been immunized, and last year there were just under 1,600 cases reported, a 99.9% reduction. Polio now exists in just five remote areas of Africa, India, Pakistan and Afghanistan. The Bill and Melinda Gates Foundation issued a challenge grant to Rotary: if Rotary can raise \$200 million worldwide by June of 2011, the Gates Foundation will match that with an additional \$355 million. Rotary Clubs all over the world have been asked to help meet that target, and to date, more than half has been raised, \$117 million. The Vashon Island Rotary Club wanted to do its part to help fulfill the promise of a polio free world. What touched us the most during our fundraiser this past weekend, though, were the stories that Islanders related to

us about their own personal connection to this insidious disease. One woman said that her mother spent 37 years in an iron lung. Another woman said her father went swimming in a polluted section of Puget Sound when he was a young man, and within a week was paralyzed from the neck down, spending months in an iron lung, and the rest of his life in a wheelchair. A man told us that he had contracted polio when he was just four years old, and went to the polio treatment center in Warm Springs, Georgia that was founded by Franklin D. Roosevelt. Many people told us that they had a relative or neighbor who had polio or been in an iron lung. And so many children were fascinated by the iron lung, because they had never seen or heard of one, (and will never need to be in one) and that was maybe the best

thing of all.

While the iron lung has gone back to Seattle, if people are still interested in helping Rotary in this final effort to eradicate this deadly disease from the planet, they can send in a check to “The Vashon Island Rotary Foundation” at PO Box 2392, Vashon, WA 98070, and note “PolioPlus” on the memo line. The VIRF is a 501 (c)(3) not-for-profit corporation, and donations are tax deductible within limits allowed by law.

A very big “thank you!” to everyone who helped our fundraiser be such a success. We are very grateful.

Craig Hanson
PolioPlus Fundraiser chair
Vice-President, the Vashon Island
Rotary Foundation

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***New Classes Starting:
Eating To Quiet Inflammation.***

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.



Regular Class: Mondays, May 17, 24, 31, June 7, 14, 7:00 to 8:30 PM
at the Land Trust, 10014 SW Bank Road, Vashon

Class Fee: \$105 New; \$75 repeat

Back on Track: Repeat students Only:

Thursdays, May 20, 27, June 3, 10, 17, 7:00 to 8:30 PM

Location: Vashon College, Sheffield Bldg, 18850 103rd Ave SW

Class Fee: \$105

Advance registration at the Roasterie/Minglement and prepayment is required.

There are also classes beginning in Burien, West Seattle, Seattle, and online. For information on these classes go to ToQuietInflammation.com or email us at info@toquietinflammation.com

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Aries (March 20-April 19)
Hold off on financial decisions till late next week, preferably after Mercury has stationed direct on Tuesday and the Taurus New Moon on Thursday. Those events represent information coming to the surface, and you will need that information to make wholesome decisions. One thing that’s clear is that you’re burning with creativity, ideas and determination; all those things are positives and certainly befitting your reputation as an Aries. What you need is data. The other thing you need is insight into yourself, and this too is available, thanks to Chiron’s recent ingress to Pisces. The more you know about yourself, the more your values will shift toward what you’re aspiring to rather than where you’ve been in the past. Think of entering unknown inner territory as your portal to the future. As such, it’s the best way to liberate yourself from past entanglements.

Taurus (April 19-May 20)
Two key events take place in your sign during the next seven days: Mercury retrograde ends, and a New Moon. One interesting thing about the forthcoming Mercury station direct is that it happens close to the degree where Chiron was discovered in your sign, not so long ago, in 1977. The suggestion here is that you’re dealing with awareness of a tension point or long-term struggle; with something trying to get your attention; and most significantly, with a key that can unlock your potential. This key comes through a revelation of the mind first -- that being Mercury. Something you’ve been attempting to work through nearly forever is ready to give way. Though you may have all the information and ingredients you need, you’re the one who gets to enact the future. You do this by letting go of the old belief and taking action based on the new one. It really is that simple; and the momentum is carrying you precisely in that direction.

Gemini (May 20-June 21)
So, is it possible to keep a secret from yourself? That would be called denial. If you feel under some kind of mental pressure, if something seems to be bugging you, if you’re feeling restless and you don’t know why -- you might investigate whether you’re keeping something from yourself. That bit of information, be it a feeling, an opinion or a need, is doing everything to make itself known. But it has no life apart from you: you’re the one trying to get your own attention. That would mean you already know and, to some degree, you’ve embodied the information. I suggest you review what a spouse or close partner told you a few days ago; they seem to actually have a clue, and you would be well advised to consider the wisdom of their opinion. Of course, you already know what is true, and you might want to investigate your reasons for imagining that it’s not.

Cancer (June 21-July 22)
We spend a lot of time trying to create a public image, and for the most part it is time wasted. People will have the opinion of us that they have, and that opinion says as much (or more) about their own values than it does about anything else. If you want to project an image, here are some suggestions: do it by making decisions that are in accord with what you hold dear and true. Demonstrate that you can change your mind. Show that you’re dedicated to being fair and negotiable about money -- and that includes fair and negotiable with yourself. For those who depend

on their talents rather than their labor to make a living, you are in a position to create a better deal for yourself, and that will be based on how you feel about yourself. In fact, how you feel about yourself is the very thing that projects your public image the most vividly -- so feel good.

Leo (July 22-Aug. 23)
Make sure there’s such a thing as good enough; make sure you take good opportunities when you see them. True, you can always hold out for something better, but then one pretty good choice can lead to another. You’re not usually the type to sit on your hands, but I see a moment of hesitation. And, for sure, take that moment. Feel the cosmos move around you. Then as the next week progresses, notice how options and possibilities open up, and notice how they match your inner potential. That’s the thing to feel out, to notice and to act on: a match between what is available and what you experience inwardly. In order to see that you may need to change your mind, adjust a goal, or allow these things to unfold; you may feel some resistance, but once you let go of that, your personal effort will be minimal.

Virgo (Aug. 23-Sep. 22)
Not enough is said about the power of belief. We all know that just because you believe something doesn’t make it true; but what we don’t quite acknowledge is that it makes it true for us, in terms of how we respond and what information we allow in. Lowbrow religion takes advantage of this property of human nature; healthy spirituality is based on noticing and ultimately choosing our beliefs. You tend to have fixed beliefs, and a fixed idea of what is possible. At times you really struggle with this, particularly when you find yourself trapped believing things that you know are not true. Yet it’s frustrating to be caught in that zone of not being able to change what you believe. Right now you have some leverage to help you with this issue. You don’t need to strain, but I do suggest you feel the tension and the discomfort vividly -- in part so you’ll notice, palpably, when you change your mind and feel that much better.

Libra (Sep. 22-Oct. 23)
Why do we have relationships? Borrowing from The Eagles, some dance to remember, and some dance to forget. Some get together to change and grow; some get together to hunker down and stay stuck. As this season progresses, a theme develops, which is that your relationships, partnerships and encounters with the world are all about not just change, but revolution. You have new people to meet, and new places to meet them. They all have something to teach you. One skill you can master now is identifying the shared territory that makes a relationship real. Almost always, this is about what values you have in common with a person. You both might be musicians, painters or have a love of dancing, but it’s the value that you put on those ‘things’ that establishes the connection point. You don’t even need to search for that; all you need to do is look. It’s either there or it’s not.

Scorpio (Oct. 23-Nov. 22)
Notice if others define themselves based on what they are not. This is a defensive reaction to existence. Notice, as well, when people shift their orientation and begin to assert their presence based on who and what they are. The words you’re listening for are specifically I am. While you’re at it, practice those words yourself. Notice how you feel when you claim whatever it is that you

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are. You may be making this claim in the face of a relationship or partnership that seems to obscure your awareness or sense of presence in your own life. Remember, this is not the only option; if you keep saying I am, you may notice that someone (or more) close by responds Yes, you are. That’s who you want to spend your time with; that’s the kind of environmental support you need, as you prepare to become yourself on an unprecedented level.

Sagittarius (Nov. 22-Dec. 22)
Focus on a money question that has persisted for a while. Get your facts together; gather all the information you can get. Don’t be satisfied that you have enough. Then, begin the process of analyzing it. Get help from someone you trust who is not emotionally involved in the issue or puzzle. Keep working the data. It may take about a week, though if you persist and give it at least that long, you will learn not only what you need to know now; you will have enough information to plan your next phase of an enterprise. Pluto in Capricorn is here to remind you that you have vastly greater financial potential than you ever imagined, and it’s here to remind you that money flows toward structure: so work with structure. Ceres in Capricorn is here to say that all wealth comes from the Earth. You may wonder how that applies to you, but if it applies to anyone, you’re it.

Capricorn (Dec. 22-Jan. 20)
You are changing so fast it makes you queasy sometimes. It’s true that you’re accustomed to directing most of your energy inwardly; it may feel like that is the case now, and I would not be surprised if you counted this as a particularly frustrated moment of expressing yourself, your ideas, or your passion. If this is true, it’s not a meaningless struggle, and by that I mean you are making progress toward a goal you may not understand, but which exists. Remember that expression is a translation process. Something moves from an inner idea or impulse, and seeks to find existence in the outer world in the nearest possible form appropriate to its purpose. At the moment you are experimenting with both the idea itself, and the best possible form with which to express it. Give this love and patience and you will see that in this instance, content and form are one and the same.

Aquarius (Jan. 20-Feb. 19)
If you have experienced delays or setbacks on matters of profession or reputation the past few weeks, get ready to let go of them. You are likely to decide

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that the delays worked for you, and that you learned more than you could have any other way. The crucial point at this stage of your growth is that you constantly draw the equations between power and ethics; between success and vision; between influence and purpose. To be driven by humanitarian causes, as you so clearly are, is to say that you are aware of your values, and that you honor them with every breath you take. I know that you’ve been inclined to scrutinize yourself in recent years, and that you have started looking closely again. You’ve reached the phase of ethics where you can trust yourself to make decisions, and then go back and review what you’ve done. At this moment, trust is the key component of ethics -- not the other way around.

Pisces (Feb. 19-March 20)
Let’s pretend you’re a rock band. That sounds like fun. One moment you’re playing in a small venue: focused on what you’re doing, with people you love. You and your bandmates have devoted themselves to countless hours of practice. You’re connecting with one another, with the music and with the audience; humble as the room is, you’re actually getting to be a musician. Then, a moment later (it seems) you’re standing on the stage of a sports arena, playing the same music, with the same people, only a much larger audience. What is different? I mean, what is really different? Are you any better a musician? Do you perform better in a larger space, reaching more people, with all that energy? Are you nervous and more concerned about potentially messing up? Here’s what I suggest: you treat them as exactly the same thing. They are, because they have the same purpose. They are, because you are the same person.

Read Eric Francis daily at www.PlanetWaves.net.

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It's Cold and the Law of Gravity is Briefly Repealed

by Rick Tuel

After a month of struggling to get out of California, Chris, Rick, and their crew mate Jeri Ann plus Rick's dog Nigel, his cat Felix, and Jeri Ann's dog, Metoo, have finally made it into to Oregon, which they are going to pass through by the end of this entry. However, it's the end of November, and the weather has started to turn.

November 30, 1970, Monday – somewhere north of Gardiner, Oregon

Awoke to hail pounding on the roof and thunder and lightning splitting the skies.

Oatus' oil is down to the halfway mark on the stick so I went into town and dug up 5 gallons of bulk oil while Chris stayed aboard and cut the new gasket for the rear end. Money's getting short - after buying the oil I was left with \$10.

At 12:00 we were underway. The weather has turned bitterly cold and Chris is having a miserable time of it with no window on the driver's side.

Oatus' tank went dry six miles south of Yachats, and a few miles before that, coming out of a tunnel, a freak wind bore Chris's hatch covering over his bunk straight up into the skies, never to

be seen again.

Once we got to Yachats Jeri Ann treated us to a chicken dinner and we rolled off again, happily strewing the roadside with chicken bones. The crows and vultures that have been following us since we left Marin seemed satisfied with our offering, at least for now.

The weather became an on-again, off-again, type of thing throughout the day. You name it – sun, rain, hail, terrific winds...we spent the day sweating firewood.

Outside of Depoe Bay we got stopped by a friendly deputy sheriff who apparently just wanted to assure himself that we were for real.

"I don't know whether to laugh or just smile," he said.

"Go ahead and laugh," said Chris.

He was Good Folks and told us of a rest stop we could hit for the night, since darkness was coming on. Chris and Jeri Ann drove on while I hit a much-needed rest and gas stop in Depoe Bay.

This is a good night to be ashore. The rollers are thundering into the beach pushed by a howling wind filled with stinging sleet. We located Highway 18 and grudgingly crawled eastward. I say "grudgingly" because we are extremely opposed to every point of the compass except north. Finally, we ran into the rest stop a mile west of the Tillamook County line and tied up for the night; then came the nightly sortie for firewood. I located some green alder which all but smoked us out of the truck; so we were forced to cannibalize wood from the truck. Alas, but it was necessary. The temperature was miserably low.

Help Out Rick Tuel

A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website www.threedampduck.com.

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Don't Forget the Birds Hammond's Flycatcher

by Ed Swan



As I write in early May, the majority of our migrants and summer nesters flit through the Island forests, fields and yards singing. Fisher's and Mukai Ponds' vegetation flash with yellows, greens and gray of migrant warblers. A recent field trip to Mukai Pond turned up a more elusive bird, the Hammond's Flycatcher.

Hammond's Flycatcher belongs to the genus Empidonax of which 11 currently recognized species inhabit North America. All look alike: small birds with olive green backs and light gray-green fronts and two wing bars. The seven in Washington State often have enough variation in plumage within the species greater than the difference between the individual species. It usually takes years of experience to tell them apart visually. The best ways to separate them involve learning their songs, call notes and habitat.

Hammond's, Pacific-slope and Willow Flycatcher return in spring to Vashon every year. Willow Flycatchers like brushy areas until the brush turns into forest. Most brushy areas of at least an acre or two host a Willow Flycatcher pair. They undoubtedly breed but nests have yet to be reported. Pacific-slope turn-up in every part and kind of forest on Vashon placing nests usually in the forks of Red Alder branches but often other trees and even on porches and buildings. Hammonds also prefers forests and one must learn its song to most easily tell it from the Pacific-slope.

Hammond's Flycatchers move through in small numbers in the lowland Puget Trough below 150 meters and at best breed rarely. Thick, mid-elevation coniferous forest provides its main nesting areas throughout the state, though hardwood and mixed forest in low to mid-elevations west of the Cascades host these birds uncommonly. Old growth

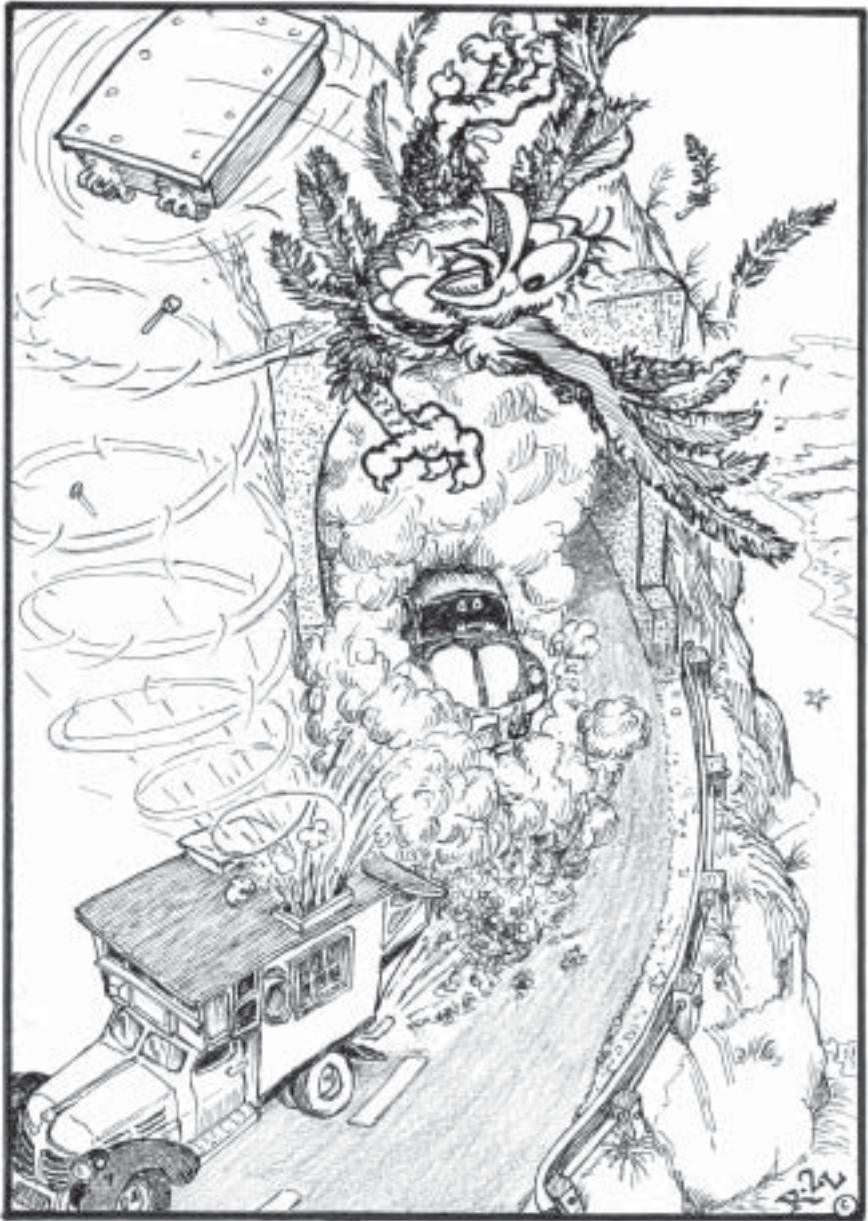


coniferous forest presents the optimum habitat for this species. Considered largely absent from developed parts of the lowlands especially, some write of the birds being common in the Puget Sound area and then decreasing with the cutting of the Douglas Fir forests.

It's possible Hammond's Flycatchers bred on Vashon when old growth forest reached from shore to shore. Now, covered mostly with mixed coniferous and hardwood forest the Island sees these mostly in spring and fall migration. John Friars heard one near KVI Beach on 6-15-2004, showing the faint possibility of nesting on the Island. Paradise Valley and Mukai Pond provide most of the records over the last decade but they should be looked and listened for all over Vashon's forests.

Another interesting spring bird turned up at the Lande's farm along the highway north of Vashon Community Care Center. Kat Lande called me April 22 with a very good description of a Eurasian Collared-Dove. It stuck around long enough for me to come and get a good look before leaving and not returning as of this writing. As I predicted last year in the Loop, this species would be the next to join the

Continued on Page 9



What’s Your Take... on how Obama is doing?

By Peter Bond

It was a beautiful Mothers’ Day as I took to the street(s) of Burton in pursuit of hearty opinion on the matter at hand. But as I strolled the picturesque village I noticed parents clutching their children tightly, old ladies crossed the street to avoid me, normally friendly neighborhood dogs barked and nipped at my heels.

What’s going on, I wondered. Has the lovefest between the citizens of the island and me ebbed? Or am I really living in a Stephen King story, as I’ve suspected since moving here? Well, no, and probably not (jury still out on the Stephen King thing). Turns out I was blaspheming by daring to bring up politics on such a sacred day.



Mary Marth – Medford, OR
The political parties to me are like Pepsi and Coke. And I don’t like soda.



Samantha Sherman – Magnolia Beach
I don’t know what to believe. I don’t trust the government.



Eric Johnson – Seattle
Considering everything he was handed when he came into office I think he’s doing a fantastic job. But much of America is too dumb to see that.



Mom – Fircrest
I refuse to discuss religion or politics today Peter. Now let me enjoy my Mothers’ Day hot dog.

We’ve Got a Lot of Kids

by Kevin Pottinger

Play Ball!
We’re huddled under blankets on metal bleachers in a driving rain, watching third and fourth graders slog around a muddy baseball diamond in their brand-new baseball uniforms.
Big, grownup clouds ripe with rain sail cross an icy blue mid-spring sky. Raindrops slap the infield like marbles as a teenaged umpire officiously bends to sweep mud off of home plate with a little broom from his back pocket.
The pitcher gyrates in an elaborate pantomime and zings a perfectly thrown strike past a skinny kid nervously wielding an aluminum bat. Last time this kid was up, he got a fastball on the leg and limped into first base, while a few grownups clapped encouragement and nodded conspiratorially to one another: that had to hurt. Clearly, the sting of that ball fills his mind; he winces as each pitch whistles past his him.
Little League baseball might be a young boy’s first resort to fervent prayer, facing a lanky, fastball-throwing bully two grades ahead of him and a foot taller. God, please don’t let me look like a spaz. Please give me a hit. If it pleases You, send this ball out of the park.
Suddenly, there’s the sharp ping of the metal bat and a loopy line drive spins straight for the pitcher’s head. The pitcher reflexively shields his face and traps the line drive in the web of his mitt, retiring the side.
I’m not able to recall the last time I’ve been so cold. I wonder if my confusion

and disorientation are signs that we’re freezing to death, or if it’s just my normal confusion and disorientation. My wife Maria is wearing black flats without socks and a thin sweater. Her teeth are chattering. It’s got to be 40 degrees outside and a driving rain alternates with precious seconds of brilliant yellow sunshine. I’m reminded of those iconic images of outdoor rock concerts where hundreds of thousands of rain-soaked fans cheer when the sun breaks. Our spirits are dashed when dark clouds return.
How long does this thing go on? Hours. In the rain! Do we have time to go home and get our big umbrella? Would that help, now that we’re soaked to the skin? Can we feign an important boat to catch and pull our son out of the lineup and jog back to the car?
Our five-year old twins zero in on my vacant lap, and their bodies feel good and warm against my chest as I compare and contrast remodeling contractors with friends of ours. Maria keeps finding reasons to stand by the coffee pot under the little tent.
After what seems like eight hours, including a few minutes when the game was suspended while we were pelted with even harder rain, the game is finished. I think our side won, but there’s no scoreboard and as the teams are made up of all of our kid’s friends, allegiances shift quickly, and no one really remembers for sure.
I gather up the soggy blankets and prepare to make our way to the car, but wait, Dad, there’s the Opening Day Parade to attend: in the rain.
We trudge over to the High School football field, and find places on wet wooden bleachers, while a nice man with a microphone and clipboard promises us

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Hammond’s Flycatcher

Continued from Page 8

Vashon Island list. Other unusual spring sightings include Gary Shugart’s Solitary Sandpiper at Fisher’s Pond on April 25, a Red-naped Sapsucker seen by Richard Rogers by Lisabeula on April 16 and a Brown Pelican reported by Orca Annie off the ferry dock March 15. If you have a question about Vashon birds or a photo or sighting to share, call me at 463-7976 or email at edswan@centurytel.net

I’m also available as a guide for finding birds around the Island and the Puget Sound region. May and June present a great time to learn all of the warbler and flycatcher songs of the Puget Sound area right here on the Island. Late July and August are very good for learning about shorebirds and gulls. Off-Island a trip up to Mt. Rainier in July and August could find a ptarmigan as well as other mountain birds. If you have birding friends or relatives coming, give me a call or visit my website at www.theswancompany.com to find out more.

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Positively Speaking

“Fitting In”

By Deborah H. Anderson

The moment was stunning to me. I was standing in line at the old five and dime that occupied the place where dairy products are now arranged at Thriftway and the woman said quite harsh words about Vashon. I was truly shocked.

I had been on the Island a good three weeks and first of all I felt that Vashon was everything Nirvana with its blend of smiling faces and rural time zone and artists ways. Secondly somewhere deep inside me I knew the Golden Rule of Vashon was to speak nothing but glory.

And then the fourth week happened and I got a call from Mr. Kirk saying my two oldest were headed down the Beall road with some Island kids my husband called to say he wasn't coming home for the weekend and life as I knew it disappeared.

Wow...major dilemma. Hell not heaven. Only forty-one years old. How was I going to figure this all out? Answer? I was going to take years to do it...piece by piece. I was going to observe people, get stuck in awful situations and keep asking God, "What am I missing?" I was going to have to learn what to pay attention to and what to ignore. I was going to have to wait until some new people moved on the Island. And I was going to have to put off what I wanted to do because I didn't fit.

There's a windstorm as I write this but it's sunny out. I heard parts of the Island are without power. The trees I'm watching at work while the kids nap are dancing like little silver dollars. Windstorms don't seem dangerous in the sun. Put this wind in a dark night and I'd be singing a combination of great hymns and "Swingset" Songs (cockadoodleoodleo.) Mentally I'd keep rehearsing the steps in the dark to the matches and candles.

In sunlight windstorms seem powerful and creative and energizing and wise.

Here's how to live on the Island and keep growing in healthy ways. Didn't I just say that so definitively? There's a smile on my face too. If I were offering a class at Vashon College I would offer: Growing Emotionally on the Island. Well who the heck offers college credit



for internal work? But it's a galvanizing fantasy.

Here's the syllabus.

Week I: Redefine Smiling. Smiles are greetings not relationships. They may or not be an indication of what someone is feeling inside. Words build relationships. Well...benevolent actions do too in some circumstances. Ok...can't go into class discussion. Just remember smiles at the four way stop mean, "I'm going to let you go forward". They don't mean friendship.

Week II: Work Against Type: In much the same way great actors and actresses are applauded for taking roles that are against type, we on the Island must acknowledge that someone is going to typecast us in a role and we must always work against that. Hero, villain, savior, consumer, benefactor...resist.

Week III: Keep a kind heart. The downside of Vashon is there is no drain field for negative emotions. All the cumulative sorrow, frustration, anger, disappointment and general crankiness has to circulate in the air. (See week I) Do what it takes to keep a kind heart so when you encounter the breeze of negativity you can respond without dancing with the stuff of others.

Week IV: "To Thine Ownself Be True". To your best self. Reach for the High Road. Keep asking yourself good questions. Keep giving yourself good answers. Develop emotional flexibility. That way you don't have to pretend bad stuff doesn't exist which means you miss the really good stuff too.

Class dismissed. No paper. No final. Just blessings. Let the sun shine on your windstorm. Have a good week.

Love
Deborah



Low Tide

Continued from Page 1

gravitational pull. When the sun and moon are in a position to exert that pull TOGETHER, we get the highest tides and the corresponding lowest, called Springs. And when the sun and the moon are opposing each other, and the sun's pull cancels out some of that of the moon, the range of tides is lower than average, and these are called Neap tides.

You can determine the highest and lowest tides by looking in the Tide tables, bought at any good vendor, e.g True Value at the checkout counter. Read the instructions, in particular the part about which tables to use and the correction factors. For tides do not rise and fall uniformly. Several factors cause this, including the hydrography of the bottom and the topography of the land masses around which those tides swirl. Note that the minus tides are colorcoded, this year in green in "Dot's Fishing Guide", a common set of tables on the Island. But minus from what? Tides are measured from a common baseline, called a datum. The datum is determined by longterm averaging of tidal heights, and also shown on nautical charts. It is

enough for our purposes to say that the higher numbers in the high tide table will have water over your personal datum, maybe your beach walk, and the lowest minus numbers will expose your beach a long way out. Our personal datum for Point Robinson is the walkway along the beach. Look also at the correction table in the front of your tide tables. It will correct the tide levels and times to your particular location. My correction factor, for my house, is the one for Tahlequah, Neil Point. And make sure that you are using the tables for the Seattle District.

Tides and the currents associated with them are elegant pieces of natural engineering. After centuries of collecting data, we can predict with some accuracy when tides will occur, and their heights. For water people like us, knowing how to read the tide tables will allow us to enjoy even more the wonderful place in which we live. And I hope that this piece may motivate some to get a copy of Dutton ,the older the better for some of the language, and learn more about all of the things that were being put into the minds of those young Cadets so many years ago.



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May 21, at 8pm
Portage Fill Benefit

May 22, at 9:30pm
5:01 (Country Rock)

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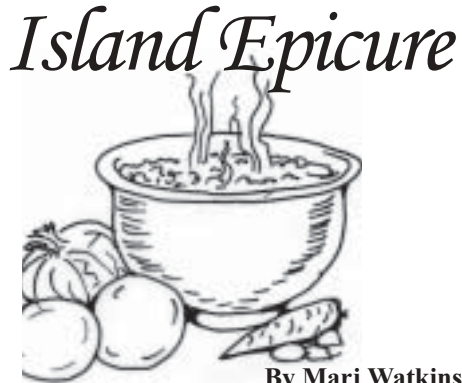
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By Marj Watkins

Grilling 101 and up

By now warmer weather should be bringing out the grills, the yard or patio furniture and friends gathered around the picnic table. Our traditional May heat wave could be here any day, though. And we can use most of these tips for broiling or roasting indoors.

To successfully grill practically anything:

Keep the grill rack clean, and to oil it before you start cooking and clean it after. Try a salt and soda past made with a little liquid dishwashing detergent.

Go easy on the fire-starter fluid. You don't want your eyebrows singed off.

Keep meats in the shade, but not frozen, until ready to cook. Sunshine encourages bacteria to multiply like crazy, especially in ground meats.

Make sure you cook the hamburgers until done in their centers, no pink left, but don't let them char. That produces carcinogens.

Use long-handled tongs to turn things over neatly and securely without cooking your hands.

Choose leaner meats. Look for the leanest ground beef or make lower-fat turkey burgers. Fat meats char more; charred meat curses you with carcinogens Fat that drips onto the coals flames up and produces carcinogens, too. Trim fat from steaks and chicken pieces.

Marinate meats to keep low fat meats from drying out, and improve flavors.

Grill delicate fish and small vegetable pieces in foil packets to prevent their fall through the grate and onto the coals.

Skewer like foods together so they'll cook to the same doneness. Do skewers of all shrimp, or all scallops, all zucchini and onion pieces cut in uniform chunks, or of cherry tomatoes halved or pierced so they won't explode while cooking.

Look for a compartmented grilling basket if you haven't already got one. It will keep loose small food items out of the fire and prevent fish from falling apart and through the grate. Put, for instance, halved tomatoes in one section, shrimp or thick slices of sweet onion in another, and salmon or halibut steaks in a third.

Thaw frozen meat before cooking. If there's still ice in the center when it goes

onto the grill, it will be raw even when the outside is charred.

Use an instant-read meat thermometer. It indicates meats are done at: Beef, medium 160 degrees, well 180 degrees. Chicken, 170 degrees. Fish, 120 degrees.

BARBECUED WHOLE SALMON
8 servings
1 4-pound salmon
3 green onions, washed and sliced
¼ cup minced fresh parsley, lightly packed
½ teaspoon dried dill weed or 1

Tablespoon fresh dill weed
or about ½ cup fennel fronds, coarsely chopped
Salt and pepper to taste

Aluminum foil, 2 wide metal spatulas, large platter
Canola oil or butter to grease foil
2 lemons, sliced
Ignite 30 coals or briquettes 45 minutes before you want to begin grilling.

Wipe salmon with a damp cloth or paper towels inside and out. Combine the vegetables and dill weed. Lightly salt and pepper the cavity. Loosely pack the vegetables inside the fish. Sew the cavity shut with doubled thread, or linen thread.

Cut a piece of foil a little longer than the fish. Lay a row of lemon slices on it. Place the stuffed fish upon the foil. Press the foil up around the fish on the sides. Leave the top open for now.

When the coals are covered with gray ash, divide them into two rows with a channel between them the width of the fish. Have the grill 6 inches above the coals.

When the coals are moderately hot, lay the fish foil side down above the channel between briquette rows. Put a wad of foil beneath the tail to keep it from too much heat. Lay a row of lemon slices along the top of the fish. Cover the whole grill surface with a lid or foil to hold in the heat and smoke.

Cook until the juices run clear and meat flakes easily (120 degrees on thermometer). This takes about 40 minutes for a 4-pounder. Cut a slit along the backbone to be sure meat is opaque. checking with a new slit every 5 minutes if additional cooking needed.

Now the tricky part: When your salmon is done perfectly, have someone hold a platter near it. Slide a wide metal spatula carefully under the foil each end of the fish. Carefully transfer fish to platter. Enjoy!

P.S. To bake a salmon in the oven: Preheat oven to 350 degrees. Cover a baking sheet with foil. Oil or butter a wide diagonal strip. Lay the fish upon the greased strip. Arrange a row of lemon slices atop it. Cover with foil. Bake until opaque, Start testing at 30 minutes.

collection box locations must be given to the Chamber office as soon as they are distributed.

4. Each candidate is responsible for getting and distributing their own collection boxes. The Chamber will collect the money.

5. No candidate may enter into a side agreement with a business to sell an item benefiting the candidate.

6. All checks are to be mailed to the Chamber's post office box. Checks can be made out to XXXX for Mayor, or the Chamber.

7. No information about how the race is going or what money is collected will be shared until the end of voting at 10 pm on the Saturday night of Festival. The winning announcement will be made in the Micro Brew Tasting Garden at 10 pm on the Saturday night of Festival. No candidate at any time will be given information about another candidate's totals or standing.



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Native Plants and Marine Life

By Pat Collier

Orcas, salmon, intertidal creatures and other marine species need native plants. Native plants help filter out pollutants, stabilize micro-climates, and provide a source of food.

Roots and foliage reduce the flow of polluted water into the marine ecosystem. Rainwater runs off yards and impervious surfaces – streets, roads, parking areas. People use pesticides, herbicides, chemical fertilizers, and other products poisonous to marine life. Cars drip oils, antifreeze, and other toxic materials. Plants help to retain, filter, and break down these poisons.

Plant communities help to moderate the flow of storm water to Puget Sound. Rain on impervious surfaces runs downhill, often soon into Puget Sound. Then the sun comes out, the wind blows. Things begin to dry. Intertidal creatures that need to retain moisture to survive, exposed when the tide goes out, begin to desiccate. Upland vegetation acts like a sponge, retaining runoff, allowing it to seep slowly down to the beach, maintaining the more moist micro-climate needed by intertidal species during low tides.

Vegetation in the marine riparian area helps to moderate the temperature on the beach, even beyond the shade of over-hanging trees. At a riparian restoration site on a south facing beach on Maury Island, a People For Puget Sound scientist showed me how to take the beach's temperature. She put marker stakes at the same elevation at 3 places: one several feet in front of a bulkhead, a second several feet in front of a bank where the bulkhead had been removed but where newly planted natives had not yet grown up, and a third several feet beyond the shade print where the trees and understory vegetation were intact.

On a warm sunny day at low tide, the temperature at 6.5' below the surface of the beach in front of the bulkhead was higher than where the bulkhead had been removed. That temperature at the

2nd location was higher than at the 3rd. Marine riparian vegetation maintains a micro-climate, even beyond the shade print, that helps the survival of forage fish eggs and other intertidal species.

Native plants provide food for many species of animals. They produce detritus – decomposing organisms – eaten by marine species such as crabs, clams, and sea cucumbers. Plants also offer habitat for insects, which in turn are eaten by juvenile salmon. Our resident orcas need salmon. Survival of salmon is in part determined by the size of migrating juveniles when they head out into the ocean. Examination of the stomach contents of juvenile salmon in Puget Sound has found that a major portion of their diet is terrestrial invertebrates. Analysis of insects on native versus non-native plants shows insect biomass on native plants to be from two times to 35 times greater than on introduced plants. Diversity (number of species) of insects on native plants has been found to be from three times to 48 times that on non-native plants!

An evaluation of arthropods on beaches in Howe Sound in British Columbia found eight times more aquatic arthropods on the beach with native vegetation in the riparian area compared to a beach adjacent to where vegetation had been removed. Terrestrial arthropods were 65 times greater at the beach with an intact native plant community compared to the beach near un-vegetated riparian zone.

Preserving and restoring native plant communities will help to protect orcas, salmon, other marine species and the health of Puget Sound. For an introduction to some of these native shoreline plants, you are invited to attend the Low Tide Celebration at Point Robinson on Saturday, May 15, and join Vicki and John Browne's Native Plants Walk at 1:30pm starting at the festival registration booth south of the Keeper's Quarters.



The sun is out, the deck is open!

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**New Teen Clinic Hours
Wednesday 1-5 pm**

Hey, did you hear that Vashon Women's Health Center's teen walk-in clinic changed to Wednesday from 1-3 pm? I just got my annual check-up done there, and I didn't even need an appointment!

They do sports physicals, vaccinations, STD testing and treatment, birth control, acne treatment and lots more. And you don't even need your parents to come with you!

Oh I hate it! I need, thanks for letting me know! What else do they do there? Do I need my parents to come with me?

Cool, I'll check it out next Wednesday!



vashon women's health center

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Vashonwomenshealth.org

Drawing by Hannah Scheer



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Lopy Laffs

I was in my ninth month of pregnancy and feeling very uncomfortable. On top of everything, my pleas for sympathy seemed to go unnoticed by my husband. One day I told him, "I hope in your next life you get to be pregnant!" He replied, "I hope in your next life you get to be married to someone who's pregnant!"

You're not a kid anymore when ...

- * The only reason you're awake at 4 a.m. is indigestion.
- * You are proud of your lawnmower.
- * 8 a.m. is your idea of "sleeping in."
- * People call you at 8 p.m. and ask: "Did I wake you?"
- * Your high school diploma is the color of buttermilk.
- * Nobody ever tells you to slow down.
- * You have a party and the neighbors don't even realize it.
- * You've seen Haley's Comet ... twice.

Old man Fielding, the miser, at last went to his reward and presented himself at the Pearly Gates. St. Peter greeted him with appropriate solemnity and escorted him to his new abode. Walking past numerous elegant mansions, they finally arrived at a dilapidated shack at the end of the street. Fielding, much taken aback, remarked, "Why do I get a rundown shack when all of these others have fine mansions?" "Well, sir," replied St. Peter, "we did the best we could with the money you sent us."

I tried a new recipe for corn-bread muffins using fresh corn. After tasting one, my seven-year-old son made no comment. "Honey," I asked, "did you notice anything different about my muffins?" "Yeah, Mom," he replied. "They're not burned."

Eventually you will reach a point when you stop lying about your age and start bragging about it. The older we get, the fewer things seem worth waiting in line for.

A man having lunch at a Chinese restaurant noticed that the table had been set with forks, not chopsticks. He asked why. The waiter said "Chopsticks are provided only on request." "But," the man countered, "if you gave your patrons chopsticks, you wouldn't have to pay someone to wash all the forks." "True," the waiter shot back, "but we would have to hire three more people to clean up the mess."

When our last child moved out, my wife encouraged me to join Big Brothers. I was matched with a 13-year-old named Alex. At our first outing, we ran into his friend at the library. "Who's he?" the friend asked Alex, pointing to me. "My Big Brother, Randall." The boy looked at me, then back at Alex. "Dude, how old is your mother?"




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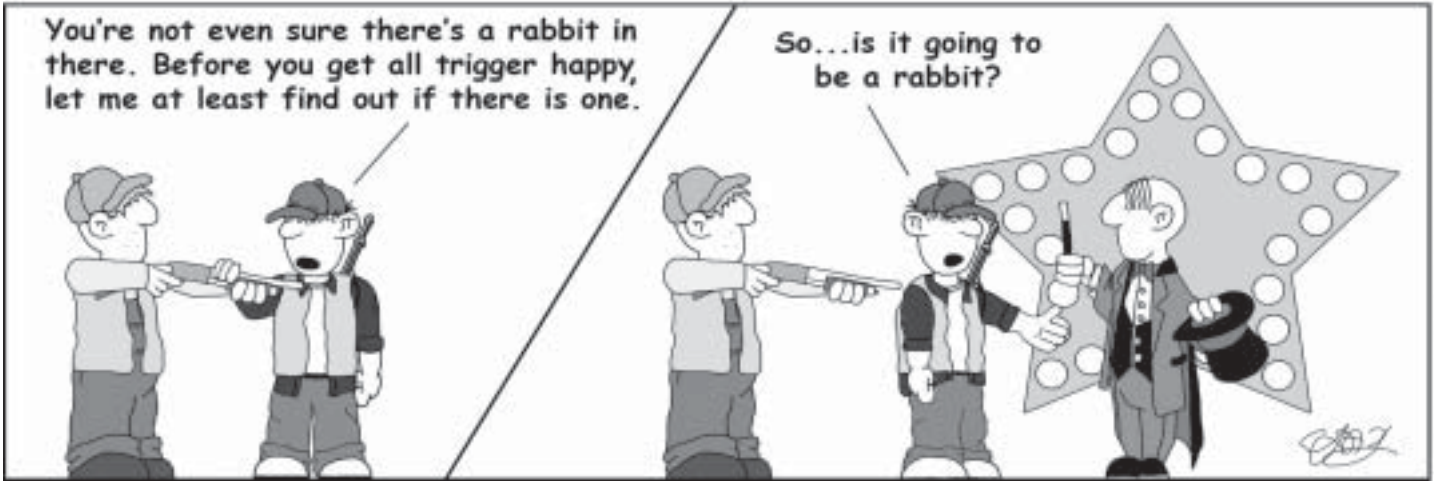
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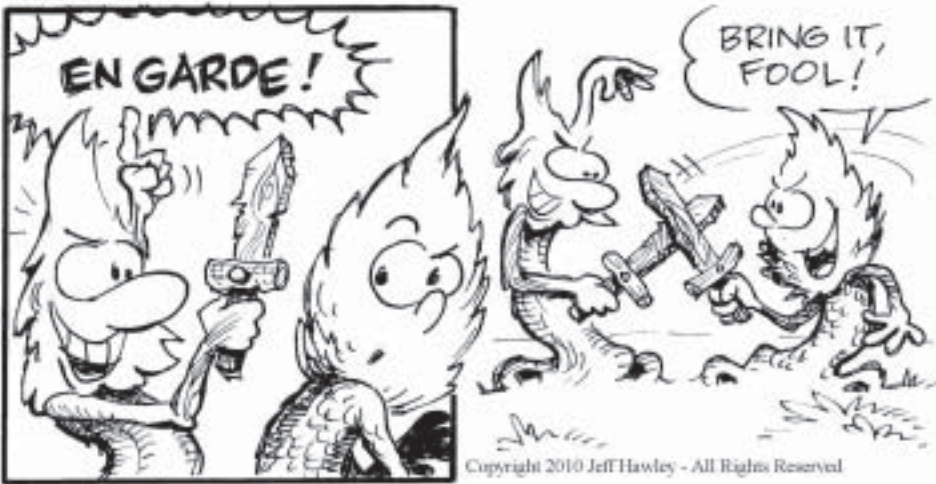
Moose Lake



LOGJAM



LOGJAM



by Jeff Hawley



Performing May 14 - 16
Vashon's The Diggers



Friday May 14 at 7:30pm. At Cafe Luna, 9924 SW Bank Road. The Diggers (Islanders Camille Coldeen, Nick Simmons and David and Danny Salonen) will perform in a kind of double bill with the Wine Tasting (6-8 p.m.)
The Diggers are on to be a regular feature of the Second Friday celebration at Cafe Luna so look for them regularly in that monthly slot.



RiverBend
RiverBend, the popular island band of Dave Lang, Chuck Roehm, Mark Graham, Paul Colwell, Peter Larsen, Randy Bruce and Shelly Frankel will play at the Café Luna, May 15th from 7:30 to 10:00PM. With instrumentation ranging from Guitars, Banjos, Mandolins, Fiddles, Accordion, Harmonica, Autoharp and Upright Bass and songs from traditional old-time country favorites, folk songs, cajun, new twists on popular rock to original songs RiverBend provides a variety for everyone to keep the toes tapping and the hands clapping. There will even a few sing along songs. Come enjoy a relaxed and fun evening.



Ken Jacobsen
Vashon Youth Conspiracy” - a Ken Jacobsen mastermind featuring Irish Wristwatch , General Way, Cade Roggenbuck, Vincenzo DeBlasi, Jackson Mills and special guest performers. Music of Santana, Miles Davis, Link Wray, B.B. King, Ry Cooder, John Coltrane and W.A. Mozart, and much more. Friday, May 15 at 9:30pm. All-ages ‘til 11pm, 21+ after that. Free cover!



Vashon Celtic Players
and Knitters Too!

Celtic music players and knitters are invited to gather at the Cafe for a combination of jigs, reels, polkas and homespun crafting. Every Third Sunday, knitters of all abilities bring their projects to the Café to knit, schmooze, and learn from each other, while the Celtic Players work their understated and very merry music. Sunday, May 16 at 7:30pm. Cafe Luna, 9924 SW Bank Road. Phone: 206-463-0777
www.cafelunavashon.com

Portage Fill Benefit



Friday May 21 at 8pm Vashons own Portage Fill takes the stage, at the Red Bicycle, to raise funds for a group of Exploratory Week 8th graders going to Washington DC. This group of 8th grade students and parents have been busy with several fundraisers and this will be our final one before the trip in June. Come to the Red Bike and enjoy the favorite sounds of a long loved Island band.
Comprised of about 20 Islanders ranging from professional musicians to amateurs, the community musical group is celebrating its 37th anniversary this year.

Charter member Lou Engels still plays in the band. Engels remembers how Monty Sewell, who once played with Louie Armstrong, helped found the band back in 1973. Engels said that Sewell owned a music store where Blooms & Things is now located. “The band has pretty much been the same over all the years,” Engels said, “except we have a bigger group of musicians to choose from now. All the seats are occupied.”

When Engels was asked if he gets any special treatment for being the sole charter member still playing in the band, he said, “Yeah, they mention me every once in a while, when the old gray beards get up to play.”
Portage Fill rehearses twice a month in the Williams Heating garage, thanks to the generosity of Dennis Williams, one of the horn players. “We’re the Island’s longest running garage band,” said band member David Hackett. All-ages ‘til 11pm, 21+ after that. Free cover!
Red Bicycle, 7618 Vashon Hwy,
206-463-5959
www.redbicyclebistro.com

5:01 (Country Rock)



Saturday May 22nd 9:30pm at the Red Bicycle. 5:01 will be returning to the stage at the Red Bicycle for another evening of high-octane country rock & roll, and they would love for you to come join them for the festivities. After all, what better way to chase away the chill of winter than to spend an evening jumping around on the dance floor with your fellow Vashonites? And just to sweeten the deal, there will be no cover charge.
Since it’s been a little while since 5:01 has played on this stage, perhaps a bit of review might be in order. 5:01 consists of five island musicians: Mark Wells - Guitar & vocals, Doug Ringer - Bass & vocals, Geordan Mitchell - Drums & toys, Luke McQuillin - Guitar & vocals, Jack Barbash - Piano & keyboards. Most of what they play are original tunes, but they also toss in occasional goodies from folks like Neil Young, Railroad Earth, Blue Rodeo, Bruce Cockburn, Marshall Tucker and others, just to mix things up. So, please come join 5:01 for the festivities at the Red Bicycle and they promise they’ll do their best to show you as good a time as they plan on having themselves. This show is an all-ages show ‘til 11pm, 21+ after that. Free cover!
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Church of Great Rain Season Finale

answer to Jimi Hendrix!”. Listen to Amir Beso’s music at www.amirbeso.com
As always, the Holy Roller Radio Players will engage in a multitude of comic antics, including: “Ruraltopia - Last Stand of the NIMBY’s”; a slightly twisted re-enactment of the recent Dockton Road community meeting; “Shakespeare on the Sound”; and the world’s shortest musical complete with an instant on-stage theatrical review.
Reverend Hunter Davis will be along to send the congregation off into summer with some extra spring in their step and audience members will be asked for their theories as to the source of the now infamous “Vashon Hum”. Featuring the always-inspiring music of the Church House Band.
Doors open at 6:00 p.m. and the live show starts at 7 p.m. Tickets are \$5 Adults and Kids are Free. This show is rated PG-13 so parental guidance is suggested. For more information go to www.churchofgreatrain.spaces.live.com

**A Night with Swing Set
Music and Friends**

At Cafe Luna Friday, May 21 at 6:30pm. Island teacher Kim Thal celebrates 10 years of her Swing Set Music and Movement classes for children with an evening of musical family fun.
Kim and Ms. Froggy will bring you a special Swing Set Music class complete with tongue twisters, sing- and play-alongs, and a genuine cake walk!
Then friends Rick Vanselow (guitar, vocals) and Sam Veatch (percussion) will join Kim in more singing and playing of original tunes and cover songs. The evening winds up with an hour of music by the Shy Sundays: Shane Jewell, Emily Pruiksmas, Sally Adam, Rob Peterson and Kim Thal with an eclectic mixture of songs.
The show is appropriate for all, the little kids may get tired after the Swing Set part

**The Howdy Boys
Honky-Tonkin’
Traditional Bluegrass**

At Cafe Luna Saturday, May 22 at 7:30pm. The Howdy Boys come from Seattle, but the band’s roots are in the great 1950s hard driving honky-tonk sound, mixing blistering barnstormers and breakdowns with bouncy blues and ballads for dancing. The group’s original tunes and songs pepper the mix of classic bluegrass and traditional country material. Crying fiddle, sparkling banjo, soulful guitar and propulsive bass augment the full-tilt solos and haunting harmonies.
Doug Bright is on fiddle, mandolin, accordion, harmonica and guitar; Bill Scott’s on banjo; Jeff Brohier takes the bass; and Rob Bulkley plays the guitar. All are experienced musicians with a long history in the Northwest.
www.cafelunavashon.com

VAA hosts 1st Annual Chamber Music Festival

By Janice Randall



Doug Davis and Rowena Hammill

Tickets are available now for the first annual Vashon Chamber Music Festival, slated for May 21-23. Vashon cellists Rowena Hammill and Doug Davis have brought together an impressive collective of musicians along with a lively, diverse repertoire. Friday and Saturday, May 21 and 22, 7:30 pm, at the Blue Heron, concerts will feature special guests: violinist Ronald Patterson, Professor of Violin at University of Washington’s School of Music; violist Roxanna Patterson; pianist Allan Dameron, Acting Music Director and Conductor for Pacific Northwest Ballet; clarinetist Patricia Kostek, director Chamber Music San Juans. Repertoire will include Mozart Trio for clarinet, viola and piano and Schuman’s Piano Trio, Fantasy Pieces. A piece by contemporary composer Ingolf Dahl’s trio for clarinet, violin and cello will also be featured.

Saturday morning, May 22, 11 am to noon, Hammill and Davis, prolific bassoonist Martin Kuuskmann and Vashon violinist Karin Choo will perform an all-ages Family concert at the Blue Heron geared toward children. Hammill says, “The goal is to introduce young audience members to chamber

music with a selection of short pieces followed by questions and answers; we want to make it accessible.” Sunday, May 23, 4 pm, at the Methodist Church, chamber music buffs can experience a completely different repertoire to include Johannes Gebauer’s Trio with bassoonist Kuuskmann followed by Mozart’s Clarinet Quintet. The ensemble will also perform Piazzolla’s Tango for bassoon and strings. Tchaikovsky’s Souvenir de Florence, Op. 70 will finish the festival, appropriately on the 170 birthday weekend of the composer. The string sextet will feature three couples: Hammill and Davis, cellos; Stephen Bryant, violin and Sue Bryant, viola; Ronald Patterson, violin and Roxanna Patterson, viola. Tickets are available now for all Vashon Chamber Music Festival concerts, at Blue Heron, Heron’s Nest, Books by the Way, online at brownpapertickets.com and by phone, 463.5131. Evening and afternoon tickets are \$18 to \$20 per person. Family Concert ticket (Saturday morning) is \$5/\$7. Please call Blue Heron for more information or to purchase tickets by phone. www.vashonalliedarts.org

VAA Art Sale

Continued from Page 1

This is an open gallery event, not an auction. Artists will release selected works that have been stored, packed away and never sold-some never seen or offered for sale. Discover prints, paintings, photographs, jewelry, beads, sculpture, pottery and textiles. This is a unique and fantastic opportunity to purchase original art created by the Island’s top artists for home, work or seasonal houses.

The past two Archive sales were hugely successful and paid artists \$29,000!

All work will be offered at greatly reduced prices to encourage you to find and purchase art you just HAVE to own. A sale of this scope makes art available to everyone. We’d look forward to seeing you there.

For more information, please call Janice Mallman at 463-5131. Archives-An Art Sale Blue Heron Gallery Fri, May 28, 5-8 pm for VAA members (Non-members are welcome to join at the door) Sat, May 29, 10 am-4 pm Sun, May 30, 11 am-4 pm

Find it on www.vashonpages.com
Vashon Business Information

Vashon Free Range Folk Choir

The Vashon Free Range Folk Choir invites you to a free concert on May 22, 7:00-8:30 PM at the Methodist Church. The choir, directed by Shane Jewell sings folk songs from Bulgaria, South Africa, NW Georgia as well as some of your favorite American songs. The songs are about justice, freedom, harmony, and community; some songs include the audience in the rendition. There is a new song called “Vashon Island”. The lyrics are by Tom Pruiksma, with the music written by Shane Jewell.

Singing with your neighbors and friends is what Vashon is all about. Join us on May 22. No tickets will be sold in advance; seating is first come, first seated. Of course, donations are gladly accepted.

Vashon Opera Announcing 2010-2011 Season

The Barber of Seville (Il barbiere di Siviglia), will kick off the season in September 2010 with two performances at the Vashon High School Theater on September 10th and 12th. Sung in Italian with English supertitles, The Barber of Seville will feature a hilarious cast of 17th century characters accompanied by enchanting chamber musicians in the intimate setting of Vashon High School’s 275 seat theatre. www.vashonopera.org

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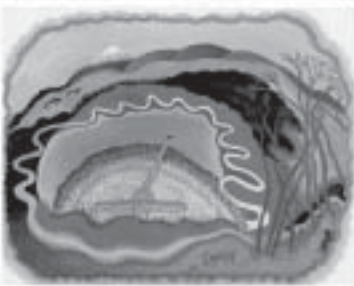
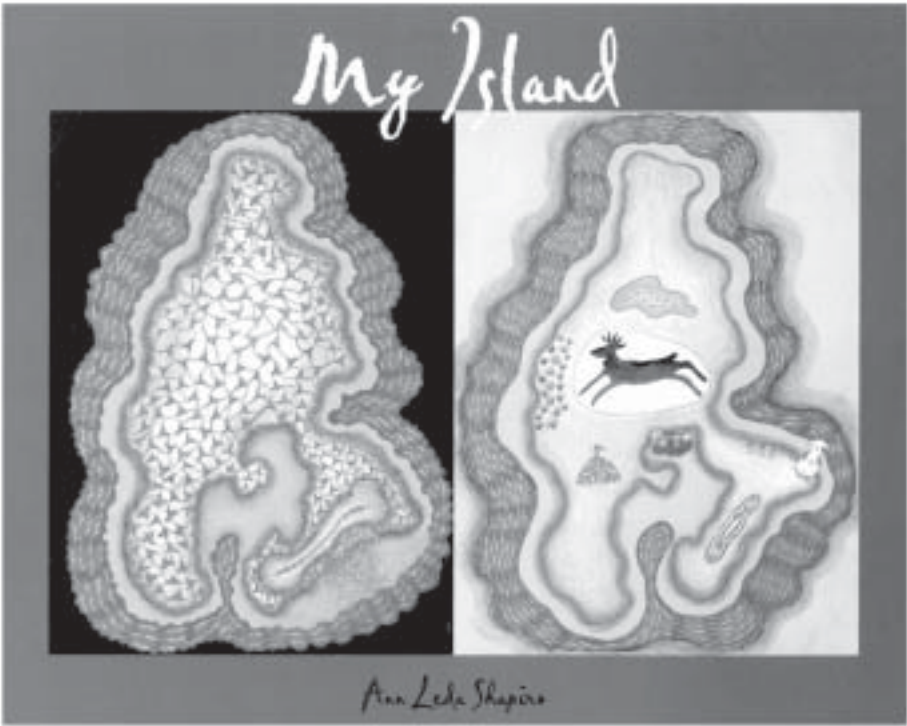
Dance! Vashon presents “Charlie and the Chocolate Factory”



Gumdrops from Willy Wonka’s famous factory

Dance! Vashon presents “Charlie and the Chocolate Factory” on Friday and Saturday May 21stand 22nd at 7:30 p.m.; matinee shows are Saturday and Sunday, May 22nd and 23rd at 1:30 p.m. At the Vashon High School Theater. Adults /\$12, Youth \$10 (18 and under). Tickets available at Books By The Way or at the door. Flowers will be available for purchase in the lobby.

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