

THE VASHON LOOP

Vol. 7, #11

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

May 28, 2010

Visionary Islander Leases Land for 100-year Green Legacy Community

(A Headline We'd All Like to See)

by Robert Bornn, Founder BuildingCircles Organization

Green Future Today.

Yup, it's time to get beyond green tokenism and make it green for real! Vashon Island's BuildingCircles Organization wants to enlist your help in being a part of the long-term, affordable, green housing solution. Our community need for quality habitation converges with the need to preserve open space. They are not mutually exclusive. Learning to live intelligently and sustainably on the land is what we are striving for. This means the real greening of Vashon today for the next 100 years.

BuildingCircles Organization, founded on Vashon in 2005, is dedicated to creating affordable and sustainable, nature-integrated homes for independent living and healthy aging. Our blueprint for advanced, living buildings points toward future net positive energy and seismically stable, local and world habitation. Our aesthetically pleasing, wetlands-sited Solar Harvester is a fully-integrated permaculture element.



Open Cluster three units

We are seeking a visionary landowner who would like such a defining neighborhood to be located on their property. One proposed version consists of 24 small, garden-setting, earth-sheltered homes with a community center. Under the right conditions, these affordable homes will qualify for county, state, and federal financing.

Healthy Aging Options.

The BuildingCircles homes will be equipped to support advanced, home healthcare technology for independent living and "aging-in-place."

New generations of high speed
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Fiber Arts Display by Nancy Sipple



Nancy Sipple of 'Nancy's School of Fiber Arts', will have her gallery display at 'The Hardware Store Restaurant' in Vashon, June 4 thru. 30. Featuring many of her intricate fiber art projects in quilting, hand embroidery, heirloom sewing, English smocking, Japanese kimekomi and temari embroidery. On display will be Nancy's international award winning water color quilt, and her recent winning quilt from the Hoffman Challenge national contest. Also, Nancy's hand-embroidered piece which was recently featured on the cover of Sew Beautiful magazine, a national publication, will also be on display.

Nancy Sipple, a Vashon real estate broker for 13 years and an Island resident with her husband, Gary, for 21 years, started her school of fiber arts in February. Nancy's School of Fiber Arts offers courses in all aspects in sewing, including beginner and advance courses in quilting, embroidery, knitting, crochet and many more specialized techniques in fabric art. See www.fiberarts.biz for class subjects, schedules and other related fiber art information. Call Nancy at 206-463-5560 or email nancy@fiberarts.biz for class reservations.

More Arts on Page 4, Music on Page 14

Only On Vashon

Sixth in a series

In case you're wondering, as some folks who've approached me were, the answer is no. I do not make the stuff up that I write in this column. If I need to protect the guilty/innocent/me then I will twist details around a bit, just enough to steer folks off on a wayward course. After my Hatfields and McCoys piece, everywhere I went people claimed to know whom the parties were. But they all had different picks. Yikes!

So no, as old as the hills as the cliché is, truth is much stranger than fiction. All I need to do is wake up on Vashon and open my door, or pick up my phone.

As a matter of fact I just got off the phone. Somebody was calling about the horse I had for sale.

"I don't have a horse for sale," I said.

"Yeah, the one on Craigslist, it's sorta brown and red," he insisted.

I assumed he got his phone numbers mixed up and had seen my ad for a dog while he was horse hunting, so I

explained that to him. My ad had a very clear picture of a dog.

"Oh! That's a dog?" he said. "Well, maybe that will work, how much do you want for her?"

Folks. I couldn't make this stuff up. Not without morphine anyway.

And there's more.

After I convinced him the dog was a dog and not a horse he explained that his horse had just died and his 4-year-old girl was grieving and he needed to produce something quick! Did I think my dog looked enough like a horse that she'd be fooled?

"Well," I said, "if she's anything like her father, I don't think that will be an issue."

Needless to say I am still looking for a home for the dog.

Next issue: I hire a summer helper who's an hour late for work his very first day. Then he asks for the next day off to go "mess around" with his friend's new AK-47.

Peter@Vashonloop.com

By Peter Bond

Shefidgets Catering Joins Quartermaster Inn

There's an old joke in the restaurant business: How do you make a million bucks running a restaurant? It's easy - start with two million...

Just for the record, Mardi Ljubich, who owns Shefidgets Catering, did not have two million bucks when she opened her business in the Sound Food Restaurant building. But her experience proved the joke; she found that the profits from the catering business were being used to support the restaurant.

Meanwhile, down the road in Burton, Troy Kindred and Marie Browne had just wrapped up their first year of operations at the Quartermaster Inn & Restaurant and their numbers showed a similar trend: although business was good in the summertime, winter was excruciatingly slow, and the overhead during the winter months consumed many of the hard earned dollars from summer despite the loyal support of local patrons.

Troy and Marie had been working with their Executive Chef Steve Knoder to figure out how to increase revenue by adding a catering department to the restaurant, and had agreed that they

needed another strong talent on board, since Steve had more than a full time job



managing the restaurant's dinner, lunch and brunch services.

One night Mardi stopped in for a glass of fine Vashon made wine, and got to talking with Troy and Marie. After some brief discussion, the three of them agreed that a joint venture made lots of sense for everyone, and Shefidgets became the catering division of the Quartermaster Inn & Restaurant.

With the addition of Shefidgets, Quartermaster Inn will be able to offer full service catering and party services for private parties both onsite and offsite, as well as overnight accommodations. There will also be more fun special

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THE DORSAL SPIN: Leviathan Largesse

By Orca Annie Stateler, VHP Coordinator

This spring, Vashon-Maury waters have been host to an extraordinary profusion of whale visitors. We have been busy at Chez VHP, where we typically get about a half dozen gray whale reports in a year, and rarely any local orca reports in late spring.

In April and May, concerned Islanders reported an unprecedented number of gray whale sightings to the VHP. Gray whales - ranging in age from recently weaned to adult - wandered into Quartermaster and Tramp Harbors to forage. Entering bays and harbors is normal for grays; however, some whales looked alarmingly thin. Grays are filter-feeding baleen whales: in shallow water, they roll sideways on bottom sediments to suck up small crustaceans such as ghost shrimp.

In my 16 years on Vashon, I have not previously heard of gray whales searching for food deep inside Quartermaster Harbor. This year, grays meandered by the Dockton net shed, the Yacht Club, and the mouth of Judd Creek. Islanders who have lived here for decades were surprised to see large whales rolling around barely yards offshore. Other callers reported gray whales in the Vashon-Fauntleroy ferry lanes, at Point Robinson, and in Mark Sears's backyard at West Seattle.

The front page of The Loop's May 14 issue featured an amazing Rebecca Davies photo of a young gray whale breaching. The spunky yearling was likely on his/her first migration without Mom. The whale showed interest in humans and dogs at Point Robinson,



Dead West Seattle gray whale, a 37 foot, near-adult male. His stomach contained "more than 20 plastic bags, small towels, surgical gloves, sweat pants, plastic pieces, duct tape, and a golf ball." Photo © Mark Sears, 4/15/10.

perhaps a bit too much interest for Molly the elderly dog!

In past years, gray whales sighted here were in transit to other areas with presumably better food resources. One remarkable exception was the gray whale that drew a crowd to Tramp Harbor one spring day in the late 90's.

Why are the whales coming here now? As much as I enjoy seeing them, I am troubled that the grays seem desperate for food - an indication that they did not find enough to eat last summer. Global warming jeopardizes their prey resources in the Bering and Chuckchi Seas.

Most gray whales migrate 10,000 to 14,000 miles between summer feeding

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Get in The Loop

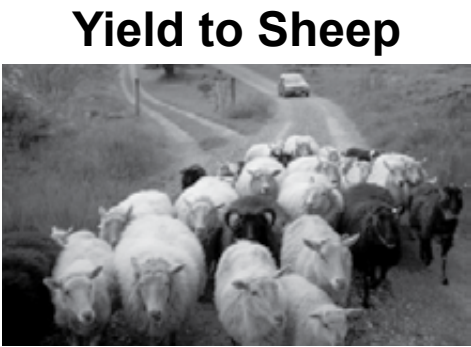
Submissions to the Loop ROMANI NOT ROMANIA

Yoy, what a difference an “a” makes.

My article announcing the launching of the Romani Traveling Museum Project, contained a typo, and what a typo it was. The headline printed Romania Museum instead of Romani Museum.

This seemingly insignificant error could not be more significant in the images vs. true lives of Gypsies. Neither Romani nor Romanian people would be pleased with this mistake. Last year the Romanian Ministry of Tourism launched a campaign titled; “We are Romanian NOT Roma”. The images are of beautiful well dressed young Romanians vs. “dirty” Gypsies living in ghettos. The irony in the truth of these images eludes them. Later in the year, during a sold out concert in Romania, Madonna was booed when she spoke against the oppression of the Romani. Often Gypsy ghettos are fire bombed and right wing parties across Eastern Europe, running on anti Gypsy platforms, have been making alarming gains. And all this is the present. Our history in Romania goes back centuries. We were enslaved there for 500 years.

There’s so much more to this story but space is limited. It reinforces the need for the Romani Traveling Museum and Education Center, and it gives me another opportunity to remind you about the garage sale/fund raiser, Sat 29 May, 23912 100th Lane SW in Burton. punkaheron@yahoo.com or 463-1940.



Yield to Sheep

You may encounter on your next early Sunday morning drive a large flock of sheep. Two people on foot or on horseback and two working dogs.

Wolftown has a sustainable agriculture program which teaches young people, care of the land and predator friendly farming.

Those on the south end of Vashon have probably seen the flock on the trails in the mornings foraging the edges of the paths and grazing down the meadows.

These sheep feed the food bank and are an education in how to utilize the environment without changing it. The flock comes home to wolftown to lamb then as soon as the lambs are raven and eagle proof go out to the field sof our neighbors. We move them on the roads with the permission of the Sherriffs Dept. Why don’t we drive them? It burns fuel? Walking keep the sheep fit. Our lamb is the best, we feel in the world!

All produced from the forage of the island. Humanely raised and slaughtered, chemical free.

So if you meet us on the road, wave! And Thanks Vashon we could not do this without you!

Chamber of Commerce June Meetings

Chamber members are invited to attend the Vashon Maury Island Chamber of Commerce

Board of Trustees Meeting
Wednesday, June 9, 2010
8:30 AM – 10:00 AM
PSE Conference Room

Vashon Maury Island Chamber of Commerce General Membership Meeting
Thursday, June 17, 2010
8:30 AM – 10:00 AM
Sound Food

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Bond.
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Parents do you need a night out?

Signing on to the goals of a healthy, drug and alcohol free environment, The

School of Rock and Rockets, located On Monument Rd. is providing Date Night, starting this June. It is a program for parents who need a night out, but have kids who still need supervision but the kids think they are too cool for a babysitter. And that’s just what scares their parents to death.

Activities include live concerts performed by Vashon youth bands, exciting science experiments and other challenging activities. Youth who participate will earn points for a scholarship fund.

The program begins this summer and runs every other Saturday starting June 26th. The school has partnered with island businesses that also support the goals of a healthy community. Patrons of island businesses who are members of Date Nights will get a discount on the cost of Date Nights . The cost is \$10.00 per hour with a two hour minimum. Some of the first members who signed on are the Vashon Theater, Spice Route, Quartermaster Restaurant, and The Red Bike.

Date Night will discount the cost to parents who patronize Island business who have

signed on to be members of Date Night. The School of Rock and Rockets is centrally located on Monument Rd. Families must pre-register. It is not a drop in service. No more than 12 can attend. Go to School of Rock and Rockets for more information. Call 463-4948 to register.

Friends of Bruce Watson

As most of you know, Bruce was recently diagnosed with pancreatic cancer. He is in Phoenix this week at the Cancer Treatment Center of America consulting with oncologists to develop a treatment plan for his care.

The expenses can quickly add up and not all expenses are covered by insurance. Unfortunately the economic downturn has affected Bruce. He was moved to on-call status in March which means, while he is covered by very spendy COBRA health insurance, he is not able to earn a steady (if at all) income especially during this difficult time. We have setup a “Friends of Bruce Watson” bank account at the local US Bank in Bruce’s name (Account No. 153562597374) to help offset expenses. With this Account No. you can go to any US Bank and donate to help Bruce out. If you have direct deposit, perhaps you would like to designate a portion of your paycheck to Bruce each month. This account will allow Bruce and Judi to pay insurance costs and other expenses during treatment, which will help alleviate that worry in their lives.

Bruce has said that he would like visitors and welcomes contact from friends.

Bruce’s home address, phone and email are:

Bruce Watson and Judi Blaze
15213 Vashon Hwy SW
Vashon, WA 98070
Phone: 206-463-2319
Email: edt9@msn.com

Compost the Loop

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

Park District Aims to Tailor Vashon Pool to Community Needs

The Vashon Pool, previously owned and operated by King County, will open May 29 this year – two weeks earlier than in previous years. “And, that’s not all.” says Vashon Park District Executive Director Wendy Braicks, “In fact, it’s only the beginning of enhancements we’re adding to Pool operations under Vashon Park District management.”

In a whirlwind of deliberation that started last October, when King County announced they would close the Vashon Pool, the Park District’s Pool Planning Committee of volunteers from the Aquatics world and VPD staff, has developed a programming season they hope is tailored to the Island’s needs, says Braicks.

Starting with the “Pre-summer” schedule, that opens two weeks before school ends, the pool hours are expanded to attract particularly parents with young children, lap swimmers and families. And, the fees are dramatically reduced. In the past, \$3.50 bought a one-hour to 90-minute open swim session. In the Vashon Pool’s pre-summer session (May 29 to June 18), \$5 will buy up to six and a half hours of open swim with lap swim lanes available at the same time and for the same price. And, the pool IS heated.

Seasonal pool passes aren’t new, but VPD has re-shaped them to provide greater value. Available for purchase now at the Park District website (vashonparkdistrict.org) are passes for families, couples, individuals and lap swimmers.

While the Park District has not yet

Deadline for the next edition of *The Loop* is
Friday, June 4

Vashon Delivery Company
Commercial Light Delivery all-Island
206-551-2592 – VashonDelivery@aol.com

Restaurants/Pizza
Medical/Pharmacy
Senior Needs
Retail Purchases/Classified Purchases
Flowers/Gifts
Groceries/Supplies
Nursery/Farm
Furniture/Hauling
Pets/Animals

Licensed, Bondable, Insured, Great Rates
Dependable - Longtime Local Islanders!

Raw Food Vegan Potluck

This week-Sunday, May 30, for a great memorial dinner/potluck- 6:00 to 8:00 at my home- 9508 S.W. Gorsuch!

ALL WELCOME! For recipes or directions...call Weslie 463-5566

Host one of our Raw Food Vegan Potlucks, we are always looking for new places to host. Just call Weslie

increased its core office and maintenance staff to operate the pool, it has hired two co-managers whose job it will be to oversee day-to-day pool operations under the direction of Tim Lafferty, VPD Maintenance Supervisor and certified Aquatics Facility Operator. Co-Manager Steve Harvey, is a Vashon pool veteran, having worked under King County supervision in past years. “Steve brings to this position hands-on experience with the pool and our returning lifeguards,” said Braicks. Harvey’s primary responsibilities will be in scheduling and supervising pool staff remotely from his home in Seattle during the week and on-site Fridays and Saturdays.

Harvey’s partner in co-managing the pool is islander Dayna Rogers, a veteran swimming instructor who has worked at the Vashon Athletic Club and Vashon’s Country Club. Rogers’ primary duties will be in creating and overseeing pool programming and swim lessons. She will be on-site four days a week.

“Most of the lifeguards who worked at the pool last year are returning,” Braicks said. “There are two senior lifeguards and 15 regular guards,” she added indicating all are Vashon Island residents. The new Vashon Pool will add cashier positions to its roster; these were advertised in the BeachComber classifieds May 19. Application forms for these positions are available online and at Ober Park. Overall, the Vashon Pool will support about 20 temporary jobs this year.

All this is estimated to happen on a \$90,000 annual budget for the pool, says Braicks. “If all programs are totally filled,” she says, “the pool will break even. We are, of course at the mercy of weather, program attendance levels and other



HOME TEAM REALTY

Perfect Waterfront Home, complete with a dock

Open Sunday, June 6th from 1:00 to 3:00. Or call for a private showing!

Here is your perfect waterfront home, complete with a dock for waterskiing, boating, and swimming. Enjoy picturesque views of the Inner Harbor from the huge multi level deck. Five bedrooms - 2 on the main floor - and a large living room all take advantage of the view and provide lots of space for enjoying life. The lush yard features beautiful landscaping, and the location on a charming dead end lane in a great little neighborhood can't be beat for friendliness and convenience.

10223 SW Tillicum Lane SW



A Real Deal at just \$689,000



Great Location ~ Great Price Only \$339,000

Open Sunday, June 13th from 1:00 to 3:00.

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



(206) 463-LIST (5478)
www.yourhtr.com

Visit us a www.yourHTR.com. To see more listings Or call Troy and Marie at 206.463.LIST (5478). We would love to help you with your real estate needs.

ReadOn, WriteOn, VashOn

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.

Friday

Opening Ceremony

7:00-9:00 pm: A Night that’s Just Write
AT OBER PARK PERFORMACE HALL

Saturday

10:00-11:30: Panel: Where the Ideas Come From. Location: Vashon/Maury Island Land Trust Building

10:00-11:00 And in the Beginning ... There Were Comics. At the Vashon Library

10:00-3:00: TechConnect - The Vashon Library showcases three new online services: At the Vashon Library

12:30-2:00: Panel: From Idea to Story
Location: Vashon/Maury Island Land Trust Building

1:00-2:00 Mrs. Piggle Wiggle Returns!
Mrs. Piggle Wiggle (actress Jennifer Carroll) performs stories of Betty MacDonald’s enduring character, Mrs. Piggle Wiggle, whose amazing cures for the well-known ailments drive parents to distraction and children wild with delight! At the Vashon Library

2:30-4:00: Adult Writing Workshop:
Writing about “Place”with Merna Hecht
•At the Vashon Library

2:30-3:30: The Brave New World of Writing and Publishing
Location: Vashon/Maury Island Land Trust Building

4:00-7:00 OPEN MIC AT THE BIKE
Location: Red Bicycle Restaurant

Saturday

4:00: Robert Dugoni: The New York Times bestselling author reads from his just-released legal thriller, Wrongful Death. At Books By The Way

Sunday

10:00-11:30: Panel: From Story to Book
Location: Vashon/Maury Island Land Trust Building

12:30-1:30: Panel: Pixels or Paper?
Location: Vashon/Maury Island Land Trust Building

4:30-6:00 A Moveable Feast - Cruise
Vashon’s exceptional downtown restaurants and caf  s.

6:00-on: Eat Those Words - Dinner with the authors at The Hardware Store Restaurant

Monday

10:00-11:00: The Book As Art
Location: Vashon/Maury Island Land Trust Building

11:00-12:00 Teens Writing Workshop
At Vashon Island Coffee Roasterie

Vashon’s Yellow Pages on line.

Find it on

www.VashonPages.com

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

Islander Donna Botten
Art Opening Watercolors

Donna Botten, a lifelong Islander began her exploration of the arts as a child, but, as often is the case, life, marriage, children and grandchildren were her focus for years.

Ten years ago she got a wake-up call: cancer, and she realized that she had art inside her and should stop dragging her feet. Donna’s 80-year-old aunt asked her to paint a portrait of her, and that was the catalyst Donna needed. Her one regret: not starting to paint earlier in life.

Although she has worked in several other media, her medium of choice has been watercolor. Donna’s subject matter ranges from the beautiful delicacy of flowers to rusty old cars and tractors. Her Jack Russell Terriers are always on hand for modeling as well.

Recently, she’s focused on a different technique (still with watercolor): ‘pouring,’ a multi-layer process in which she masks off areas, pouring paint in many successive layers and allowing colors to mingle.

[Bottten belongs to the Northwest and National Watercolor Societies, Women

VAA Archive Art Sale

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.

Blue Heron Gallery,
19704 Vashon Hwy SW
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
www.vashonalliedarts.org



Painters of Washington and Barnworks. She has been selected as a Commissioned Artist for Vashon Allied Arts’ 20th Annual Art Auction.

Garden Tour

Tickets are available now for the 20th Annual Vashon Island Garden Tour! Slated for Saturday, June 26 and Sunday, June 27, tickets are discounted to \$20 per person through May 31; after May 31, tickets are \$25.

Pre-Tour events, Friday, June 25, include Garden Connoisseurs, from 1 p.m. to 4 p.m., when avid gardeners can pick up garden tips and enjoy light refreshments at two premiere Island gardens. Space is limited; tickets are \$45 per person, or \$60 per person including weekend Garden Tour ticket.

Sunset Garden Gala, 6 p.m., until sunset, Friday, June 25, will take place in a private garden paradise overlooking Dockton Harbor. Enjoy cocktails, gourmet dinner and live music. Gala tickets are \$125 per person. Space is limited.

Tickets by phone 206-463-5131 or online
www.brownpapertickets.com/event/100535
www.vashonalliedarts.org



Minglement
“Minglement at the Roasterie”

For over 30 years **The Minglement**, now located inside **The Vashon Island Coffee Roasterie**, has provided our island community the essentials in, natural and organic food. Featuring local organic produce, eggs, health supplements and over 300 bulk high quality herbs, spices, high quality custom blended teas.

At The Roasterie we hand roasts on-site, rare Heirloom®Coffee beans that you can feel good about buying. They are high mountain shade grown and traditionally farmed. We blend a combination of organic, fair trade and direct trade beans to create our fine gourmet coffees.

We contribute a portion of our coffee retail sales to organizations and individuals committed to reclamation and restoration of indigenous cultures and the natural environment.

www.tvicr.com
19529 Vashon Hwy SW

www.minglement.com
206-463-9800

Gallery Cruise Notes

Good Merchandise will be open from 5-10pm for June’s First Friday Gallery Cruise. We are proud to have over 60 artists in our inventory this month and will have music out front and refreshments inside. Thank you!

Wipe Out

Carpet & Upholstery Cleaning

Randy Bruce

(206) 463-6314 Office

(206) 300-5905 Mobile

Certified Carpet Technician

Adv Truck Mount Equipment

(Environmentally friendly Formula)

Certified Upholstery Cleaner

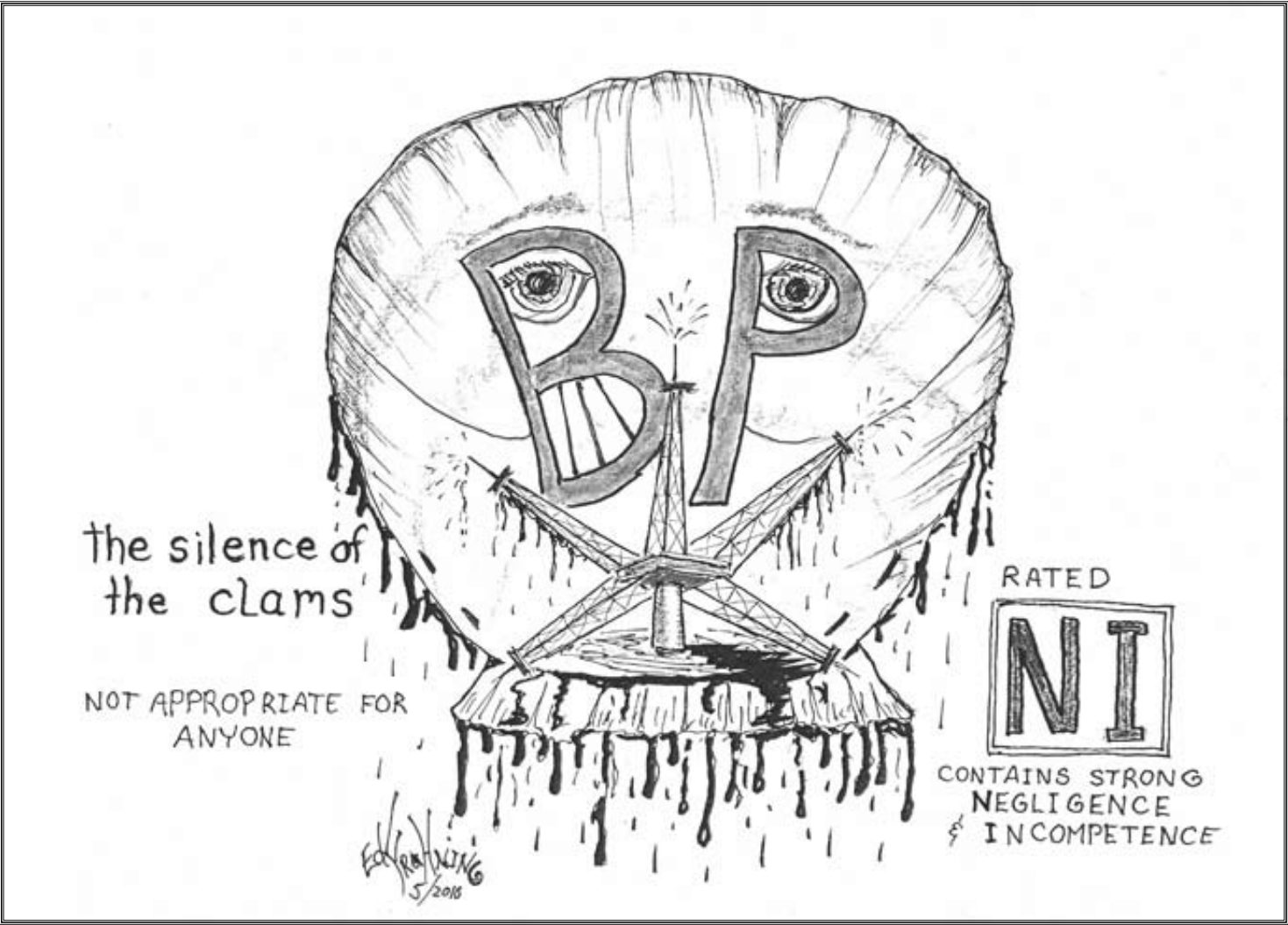
Oriental & Antique Rugs

Pet odor control

Water Damage

Deodorization

Carpet Repairs



Books By The Way
Art Cruise Book Launch Event



Vashon Island Imaging announces a book launch event on Friday, June 4th at Books By The Way for Douglas Mesney’s Giclée Prepress - The Art of Giclée.

Douglas Mesney will make a 30-minute presentation each hour between 6:00pm and 9:00pm about prepress for fine-arts giclée printing - the subject of his new book. This includes a Q&A session and book signings.

Mesney’s book targets the ‘disconnect’ between people and the printing. People know how to make good pictures in PhotoShop® but they don’t know that prepress adjustments are needed to make good prints of those pictures, or even what “prepress” is. Mesney’s presentation explains prepress and how to take advantage of the fine quality that the giclée printing process offers. “Giclée prints the finest detail and wide dynamic tone range of any printing process, which is why it is preferred for fine arts reproductions and museum quality photographs,” he says.

Fine quality prints are made with a two-step process, the author explains. “When the picture looks good in PhotoShop® you are half-way there. The second step is adjusting the image file for specific printing machines or other output like audiovisual shows or the web. That work is called ‘prepress’”.

Prepress modifies a picture’s dynamic tone range to fit in the gamut of the output device, be it a printer or a display (monitor, screen or projector). If an output device can only show 100 colors it is senseless to send it 200, and vice versa. Yet, most people are unfamiliar with this challenge and often blame bad printing results on the machine.

Whether you print your own work or take it to a digital print shop your pictures will be noticeably better if you understand what prepress is all about, according to the author. “Many print shops don’t do any significant prepress work at all... they just print what you give them. However, if you prepress your images correctly, almost anyone can print them correctly.

“Remember the old saying, ‘garbage in - garbage out’? ...it is just like that,” he continues. “That is why Vashon Island Imaging includes thorough prepress in all print jobs and offers seminars on the subject that are very affordable. My objective is to help people make the best possible prints of their pictures. If they like their pictures, they will be back for more,” Mesney concludes.

The author is the proprietor of Vashon Island Imaging, a fine-arts printing and publishing company, and is himself an artist illustrator. The book was inspired by his experiences teaching the company’s digital imaging seminars.

“Teaching digital imaging seminars at Vashon Island Imaging made me aware that there is a ‘disconnect’ between people and their printers,” explains the author.

“It is a knowledge gap. The missing information is what other books don’t tell you... that your basic images must be adjusted for specific output devices if they are to look their very best.”

Giclée Prepress is the ultimate source book for anyone interested in making superior quality giclée prints. The book has been written for picture professionals and giclée prepress artists, but is of equal value to advanced amateur

Quartermaster Press Impressions

By Janice Randall



Five Quartermaster Press artists bring their diverse approaches, backgrounds and techniques to the Blue Heron Gallery in June. Exploring the visual world through two-dimensional work such as monotypes, limited edition prints, collages and three-dimensional work these accomplished artists have created a body of work specifically for this exhibition. The opening is Friday, June 4, 6 to 9 pm, with live music and appetizers.

Artists include: Edith Schulster, Suzanne Moore, Lisa Guy, Francesca Fuller and Beth Dunn. In conjunction with the 20th annual Garden Tour,

photographers, other artists, and anyone trying to make quality prints.

Mesney’s audiovisual illustration work and choreography has garnered 150 international awards. He has also taught PhotoShop® at BCIT in Vancouver, BC (British Columbia Institute of Technology). The author’s biography is presented in the new book’s Epilogue.

Giclée Prepress - The Art of Giclée is being printed and distributed by Vashon Island Imaging. The company offers art-quality laser printing in addition to fine-arts giclée printing and finishing. Pamela Swanson, the author’s wife and a Canadian national, is handling international sales for the new book.

Vashon Island Imaging is a dba of Incredible Images LLC, the author’s audiovisual consultation company. Douglas Mesney Art produces and sells

the group contributed original art for Garden Tour print materials. Since 1994, Quartermaster Press, thanks to founding artist Valerie Willson, along with Jill Stenn and several others the artists cooperative uses Willson’s etching press and work from their sunny location overlooking Quartermaster Harbor.

The group shares etching press, studio space and other equipment. As a group Quartermaster Press shows every December for the Studio Art Tour at the Land Trust Building. Individually they all show throughout the year at various regional galleries.

www.vashonalliedarts.org

his illustration work from offices in Vancouver, BC.

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So what is the secret to the anti aging riddle? Moving your body. In particular, moving your body with resistance.

In 2007, researchers took muscle biopsies in a study of 51 older and younger men and women participants. Prior to the onset of the research, the older adults were 59% weaker than the younger adults. After six months of resistance training, muscle biopsies were again taken this time showing a major improvement in skeletal muscle strength in the older adults. The difference in strength levels after the resistance training was reduced to 38%.

More intriguing yet was the changes witnessed on the cellular level. Age related mitochondrial function was expressed differently in 596 genes when comparing the older to the younger participants in the study prior to resistance training. After the six month study, the transcriptional signature of most of the 596 genes that can be effected by age and exercise were dramatically reversed to that of the younger adults.

In essence, moving your body with loaded resistance actually reverses your biological age, function and even physical appearance. This doesn't mean that you need to push a substantial amount of weight around to reap the benefits of age reversal. The most underutilized and arguably best form of resistance training is body weight exercises. Pushing and pulling exercises for the upper and lower body along with anti-rotational exercises for the core and total body resistance movements are the best thing before and since sliced bread.

Apparently, "use it or lose it" is not just a wives tale...

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Anti aging and age reversal technologies are the new best sellers. Whether it be the latest skin elasticity vitamin supplement, juicer technology, surgical enhancement procedure or revitalizing cream, this category of product is big business. That translates into high profit margins for the makers of the these products and high hopes shoved into empty pockets for the consumer.

It's hard to deny the desire for youthfulness. Life's ride seems relatively fun and adventurous, at least stimulating on some unconscious level, until we are faced with the reality of our own mortality. That's when Oil of Olay, botox and expensive sports cars with long hoods and smooth lines become relevant options.

Well, what if I told you a secret? It's scientifically and research proven by real scientists, doctors and researchers. The sources of the information are even trusted. They are the esteemed Buck Institute for Age Research, Novato, California, United States of America, McMaster University, Department of Pediatrics and Medicine, Hamilton, Canada, and the Center for Genetics, Children's Hospital Oakland Research Institute, Oakland, California, United States of America. Would you be interested in knowing about a method that has been proven to reverse aging on the cellular and physical appearance level?

Science has always been trying to prove what the all knowing inner voice speaks regardless of our ability to listen or hear. This is just another example of that concept. This particular study published in 2007 seems to prove there is a fountain of youth and vitality that almost every one of us can access.

Best of all, you won't have to give up your job to set out on a three year mission trekking to the most remote places on earth in search of the elusive gushing fountain. Though, for some of us that might work just as well.

Believe it or not, you are equipped with the tools to access this fountainhead from the moment the umbilical cord is cut and you breath your first breath. As a matter of fact, as a baby and young child, you were already doing the things that activated this inherent vitality

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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 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 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

Vashon Pool

Continued from Page 2

unforeseen occurrences." To mitigate some of the risk, King County did provide a one-time "public access license fee" of \$75,000 to support initial pool operations, and the goal is to make the pool so successful that the King County bequest lasts for many years.

"We are aware," said Park District Commission Chair, Mike Collins, "that pools don't break even or make money, especially in the first year or two of operations. So, VPD commissioners are prepared to take a loss in order to assure the community has a pool." It all hinges on community support, Collins adds. If we use it, we'll succeed.

So far, the community has shown exceptional support for the pool, with volunteers from the Seals Swim Team planting flowers outside the pool and helping with general sprucing up of the facility. "The Park District owes a huge debt of gratitude to Pool Committee members," Braicks said. This group committed countless hours to creating a business plan, based on a feasibility study from the Wallover Group, and programming that will work for the community, she said. Even so, Braicks added, "This is a work in progress and we strongly urge pool users to Send us

your suggestions for making the Vashon Pool a useful and valuable asset to the community." Islanders can email ideas for programming and more to info@vashonparkdistrict.org or call the Park District at 206-463-9602.

Grand Opening Party at the Pool, Saturday, June 5, 4-7PM

Bring your family, you swim suit and a picnic dinner to celebrate our pool with friends and neighbors.

Come for the music, the fun and a FREE SWIM!

Vashon Pool's Pre-Summer Schedule
May 29 thru June 18

Monday-Friday
11AM-5:30PM Open Swim w/ Lap Lanes
5:30-7PM Family Swim w/Lap Lanes
3:30-4:30PM Seals Swim Team 6/14-18
Saturday-Sunday
7-11AM Lap Swim
11AM-6PM Open Swim w/ Lap Lanes
Daily General Admission: \$5/person
Pool Passes & Punch Cards available online
Call the Park District
to rent the pool - 463-9602
Swim Lessons? Register online at
www.vashonparkdistrict.org
The Vashon Pool location:
9526 SW 204th Street

Shefdidgets Catering Joins Quartermaster Inn

Continued from Page 6

events at the Q. Mardi is already planning First Friday wine tastings with Ron Irvine and movie nights with Louie and hopes to see lots of her customers from Sound Food come to Burton for these events.

"I love to make beautiful food from the amazing bounty of our Island and our area," says Mardi. "The Quartermaster Inn has a great ambiance, and I am really

looking forward to creating special events both off and onsite. We'll be able to do Pacific Northwest seafood feeds, bridal shower tea parties, Tuscan wine dinners, family reunion barbeques - anything we can dream up!"

To check out upcoming events visit www.quartermasterinn.com To book catering or party planning services, call Mardi directly at 206.718.0126 or email info@quartermasterinn.com.



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Planet Waves



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

Jupiter and Uranus arrive in Aries this month, forming a spectacular, visionary conjunction on the Aries Point -- the first degree of the zodiac. For all of us, this is a leap-ahead point; a chance to embrace a new dimension of potential and to release the emotional and mental baggage that has held us back in the past. I know that every self-help book ever written offers a prescription to help us do precisely this. Victor Hugo said that nothing is as powerful as an idea whose time has come. Now, imagine this applies directly to you.

ARIES (March 20-April 19)

There are times when we try to redefine ourselves, and times when we simply discover that we're someone new. Despite your best efforts to assert who you are, events this month will give you a whole new basis for how you know yourself, think of yourself and relate to your own existence. This sounds like a tall order, I know, though the astrology is not subtle. You're likely to discover that the most significant developments are ones that were in progress for many years prior to their becoming obvious. And they relate to whom you associate with as much as how you consider yourself: the two are closely related. Let new encounters give you the space and freedom to be a new person.

TAURUS (April 19-May 20)

You exist with a 'self within yourself', and this can be confusing, or challenging, because it's not always possible to access that inner being. Then there are times when that entity announces its presence and gets your attention. You may find yourself making decisions based on entirely different criteria; you may find yourself in a struggle to resist or deny the inner changes you feel. It's never easy to be at odds with who you are. True, being entirely oneself presents certain challenges, but at least they are part of a quest for authentic existence. We are entering a time of mandatory integrity -- and for you, that means being true to your existence from the inside out.

GEMINI (May 20-June 21)

You don't ask too much from life, but rather far too little. Life is offering you a series of opportunities to see what is possible, and to allow that to expand the bounds of your perception. Observe the extent to which you've allowed the groups of people you surround yourself with to define who you are. You've been tired of this for a while, and you appear ready for the alternative: to make your own scene. This means to step out of what's expected of you in such a vivid way that you take leadership in your own life, and in the world around you. When you're done, you will be surrounded by people who you influence more than they influence you.

CANCER (June 21-July 22)

You now have the freedom to break through any glass ceiling that's holding you back: particularly in your career, but in truth, in any other aspect of your existence. In your continuous quest for perfection, or truth (depending on the day), you may have overlooked the prerogative to define your existence in your own way: this, as a divine right. It is true, your parents thought of you a certain way, and as you grew older, you made a series of revisions in the name of practicality. The options you now have, and the potential that is about to come due, will help you break free from the past, and assert your freedom to choose in ways that you would have never imagined possible.

LEO (July 22-Aug. 23)

We are all limited by our beliefs, and

by our idea of what we think is possible. You seem to be aware that how you define yourself simultaneously defines your potential experience. Therefore, stretch all your definitions of yourself: what you're capable of, where you will travel, how far you will take your creative aspirations and most of all your faith. It's true that the angle where the most spectacular astrology occurs this month is on the angle where we look for information about religious influences or ideas about the 'higher self'. For you, I would say that agenda item one is: having faith in yourself. Logic and reason will get you so far; then you will take the leap.

VIRGO (Aug. 23-Sep. 22)

One of the most popular discussions in self-help circles these days involves the notion of 'sacred contracts'. An extension of the idea of karma (cause and effect). Caroline Myss, a proponent of this idea, says, "I believe that we each agree to the terms of our contract before entering the physical realm of this world." But since most of us don't remember that realm of reality, it's a little like waking up and telling you that you're subject to an agreement you made while you were talking in your sleep. For you, this is a moment of choosing as regards all contracts, agreements and understandings, whether made 'consciously' or not, whether in this realm or some other. To do this will require being alert and awake to an unprecedented degree, though that is always the price of freedom.

LIBRA (Sep. 22-Oct. 23)

Everything is a relationship, and every relationship comes back to the one you have with yourself. Now is the time to take it to heart; to see the process in action. Certain events this month will seem to be coming from 'outside of you' -- that is, originating entirely in circumstance, or in the minds of others. And yes, you have the ability, the responsibility and indeed the privilege of responding. Yet what, that you are experiencing, has its origins in your own consciousness and life path? What choices have you made that have led you to this moment? Note, you're subject to those choices but you're not a prisoner of them. In fact, the more clearly you see that your vision is what you get, the more you're likely to refine your vision and therefore create what you want.

SCORPIO (Oct. 23-Nov. 22)

After 20 years of doing metaphysical consulting I have come to the conclusion that most people don't know they exist. I know that many think they know they exist, but thinking you know something and actually knowing it are two different matters. You are in one of those moments where you discover, and know beyond any doubt, that you are actually part of this world. Yet to maintain that awareness takes vigilance. It's not like collecting your bachelor's degree. It is possible to forget that you are both in and of the world, and that your awareness and therefore ability to choose is the most prominent driving factor of your experience. You are about to have some radical awakening experiences, and to make the most of your life, you would be well served to remember: that you exist.

SAGITTARIUS (Nov. 22-Dec. 22)

You're entering one of the most creative, adventurous phases of your life. In the process, you're likely to encounter shadow material: fear, guilt, hidden issues and unexpected consequences of past actions. You might say,

'I wish I could have the creative part without the shadow part'. Yet one



of the gifts of authentic creativity is to give the shadow a purpose, and to use it to advance your life rather than set you back. This, you see, is the true creative process: it not only creates what is new, it deals with what has come before, and reinterprets it. Indeed, I doubt there would be much creativity without the abundant shadow material on our level of existence. Hopefully it won't be long before oil companies figure this out, but if your chart means anything, you can get the benefits of this equation right now.

CAPRICORN (Dec. 22-Jan. 20)

You are likely to have a vision this month for what would set you free emotionally. You might even experiment with taking action, though one thing at least is clear -- you will feel the bounds that surround you, and the bonds that hold you. You will see the influence of the past and have an extended moment where you know that you have an option to experience your life a different way. Despite the liberating, revolutionary nature of the moment, you may not take action, fearing you're not quite ready -- even if you know certain developments are inevitable. I suggest you decide in advance whether under ideal circumstances, you would choose something new when you're feeling frustrated and defeated, or positive and optimistic.

AQUARIUS (Jan. 20-Feb. 19)

For someone devoted to ideas, none is ever too good. Yet there are authentic breakthroughs. When you encounter such a concept, it's not an idea in the conceptual sense but rather a living, breathing archetype that takes up existence at the core of your life. You are approaching such a juncture, where your personal values, your highest ideals and what you do with your days are coming into alignment, or rather, to fulfillment. Much that you previously could categorize, sort out and study has become so real that it defies intellectualization. Indeed, this is your opportunity to stop thinking of your existence in mental or intellectual terms and to move from your core, with full authenticity. One result of your considerable growth and introspection is that no other option is viable.

PISCES (Feb. 19-March 20)

Life can move slowly for a Pisces. It's as if you're watching existence from the caboose of the train, and yours seems like the last car to pull into the station. Then all of a sudden things surge forward. What happens this month may have the feeling of being premature, but you need to remind yourself that you've worked for it, and that you've endured many delays and diversions on the way to getting to this point. This particular encounter is a portal to the future that you will have the opportunity to go through; and also be a moment of vision quest, wherein you can see your trajectory in life clearly enough to envision something different and beautiful, make corrections and reach for something that has long eluded you. The key is to remember these facts when the time comes -- and it is boldly arriving.

Read Eric Francis daily at planetwaves.net

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Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Washington at Last

by Rick Tuel

December 1, 1970 Tuesday
Lordy – amongst all the hail, lightning and thunder last night it also found time to snow.
The Family Dog’s battery is shot. Old Oatus had to be employed to shove him 50 yards down the road before he finally kicked over. We were finally ready to go by 08:00 but Felix went over the hill and it wasn’t until 09:15 that we located him, slam dunked him into the truck and split for the highway.
At Neskowin we left the coast and moved inland towards Tillamook. The hail started coming down so heavily that it was all my wipers could do to keep the windshield clear and before long, the road had all but disappeared. For twenty miles we sloughed and skidded through the slush, stopping occasionally to pour another gallon of bulk oil down Oatus’ craw. Finally we careened into Tillamook and stopped to fuel Oatus. Five miles further on, in Bay City, we stopped to fuel ourselves at the local greasy spoon.
At Warrenton, after fighting our way over four or five lofty, snow-covered peaks, we discovered that one of our undersized pistons was clattering like hell and threatening to disintegrate along

with the recently replaced water pump. It looks like we’re down to the wire and it’s going to be a close finish, if we make it at all.
At 15:30 we made it to Astoria, got soaked \$3 to use their bridge into Washington state and found ourselves on the final leg of our voyage. Like an omen, the setting sun dropped under the clouds and drenched everything in a golden glow creating a beautiful double rainbow, the ends of which fell onto the shores of Washington and seductively beckoned us onward.
At the north end of the bridge we turned right onto Highway 401 and hit the nearest rest stop long enough to call Lou. He wasn’t home but his wife Rita said she would start thawing the Thanksgiving turkey which would take about three days. Should work out fine.
At Highway 4 we came left and soon joined Highway 101 once again. No dry firewood to be found anywhere so out of frozen desperation, I ripped up a 4” x 4” highway sign and we continued on into the night looking for a berth.
I ran on ahead in the Dog to scout for berths while Oatus plodded along behind, smoking and clattering. This went on for some 28 miles and before we knew it, we were pulling into South Bend, totally beat. We gassed up here and learned of a rest stop outside of town.
Finding it was another matter that took us another hour. After questioning a number of the local natives we found that it wasn’t even labeled as a rest stop and in fact turned out to be the parking lot of the Bonneville Dam power substation.
Too exhausted to care, we pulled in and cut the engines only to have their noise replaced by the staccato blasting of a bunch of rednecks having their evening target practice at the Willapa Harbor Gun Club about 50 yards away.
“Great,” said Chris. “When they get done they’ll be able to continue practicing on us.”
But for some reason, they didn’t. Imagine our relief.



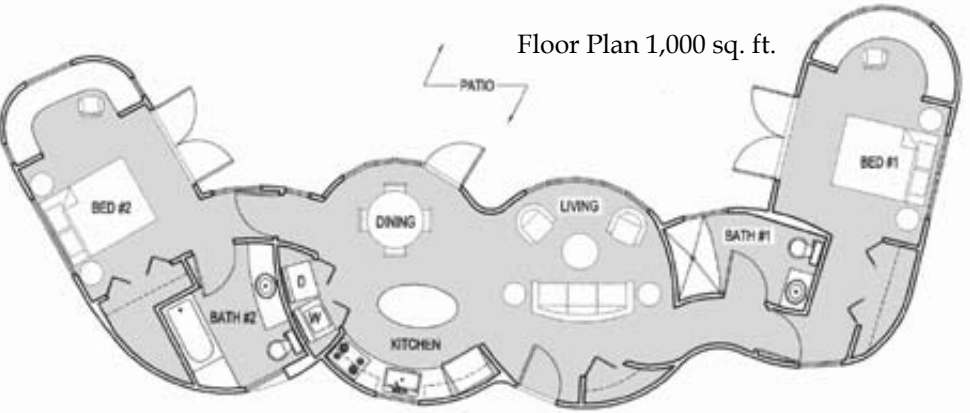
THE DORSAL SPIN

Continued from Page 1
grounds in the Arctic and winter mating and calving lagoons in Baja, Mexico. Some grays do not embark on the epic migration. Instead, they hang out in coastal waters off Vancouver Island, Washington, Oregon, and northern California. To learn more about gray whales, see the American Cetacean Society’s Gray Whale fact sheet at www.acsonline.org/factpack/graywhl.htm
Transient killer whale visits to Vashon-Maury waters have increased significantly in the last decade. Transients hunt other marine mammals, and they can appear in any month. Our familiar, salmon-eating Southern Resident orcas of J, K, and L Pods visit in fall and early

Green Future Today

Continued from Page 1
Internet connectivity will be the turning point in the medical community’s widespread acceptance of inexpensive remote diagnostic imaging, monitoring, and treatment. Though separated by geography, patient and provider will interact with future haptic and optical medical technology. This would enable diagnosis and treatment of a wide variety of illnesses in a more comfortable and cost-effective homecare environment. Discharge from acute care facilities would also be simpler, less traumatic, and less costly, assuming homes are designed from the start using universal design.
In rural locations like Vashon, the use of open clusters (3-5 residences per acre) can permit more cost-effective use of visiting professionals. They could include physical therapists, nurses, and an ever increasing variety of home healthcare providers from acute care follow-up and support to home management of chronic diseases. Through innovations in home monitoring and telemedicine, these converted residences will play an important role in Vashon’s future.
Financing Strategies
Our current need for long-term age-in-place and special needs housing can be met by an innovative financing method. Ultimately various long-term health insurance plans and sources for federal housing finance will pick up the slack for both homeowner and renter alike.
The same long-term savings plans which usually anticipate residential care facility stays of an aggregate 3-5

years at an average of \$70,000 per year is an often overlooked potential source of financing.
By delaying or eliminating most future institutional care the cost savings can help finance a home for independent living today.
Another untapped source is the savings from ultra long-life low-maintenance housing. BuildingCircle homes use principles of universal design and can be built to inexpensively morph into assisted living residences.
Society and Vashon’s Leadership Role
Proposed ultra-durable and sustainable net positive energy communities could significantly off-set increasing costs of a society dedicated to healthy aging.
The relationship to the planet of nature-integrated living buildings will, as important side benefits, offer stabilization of slopes, productive terraced gardens, and overall better land utilization.
By meeting natural resource allocation challenges (e.g., fair distribution of water, food, and shelter) the resulting new communities will help create wider economic and social stability while providing for an ever-aging humanity.
OK, visionaries, it’s our turn to do this on Vashon first!
Robert Bornn, Founder
BuildingCircles Organization
P.O. Box 2443
Vashon Island, WA 98070
www.buildingcircles.org
(206) 463-4284



2010 Ebb Tide Ecology Beach Walks

with Vashon Beach Naturalists!

Saturday, June 12
Jensen Point -- 10am - noon
Kids Bring the Beach to You: for Elders and Families
There’ll be a chair in the shade waiting for you on the upper beach. Bring a refreshing beverage. Beach naturalists and families will roam the tide line in search of beach life. Kids and naturalists will carefully bring sea creatures for you to look at while hearing about the animals’ lives – before returning them to their watery homes.
Low Tide -3.2 at 11:25am

Saturday, July 31
Tramp Harbor Dock – 11am-1pm
What Lives Under the Dock?
Karlستا Rickerson and divers from the Washington Scuba Alliance show us what they find. Up on the dock, the

critters will chill in wading pools under a shady canopy as divers and beach naturalists tell stories about how they defend themselves, what they eat, and what wants to eat them.

Saturday, December 4 –
Tramp Harbor Beach – 8-10pm
Night Time Beach Exploration
Dress warmly in boots, jacket, and cap and bring a flashlight with an extra battery to view the beach at a night time low tide. The critters will be more comfortable in the dark! Vashon Beach Naturalists will point out marine animals who live on the upper beach, those who like the middle zone, and those who prefer the lower beach where they are usually under water.
Low Tide -2.7 at 9:44pm

who may not all be immediate family members. Typical group size is less than ten. Transient social structure is fluid and not as well understood as Resident social structure. Transient offspring frequently disperse from their mothers. 300-400 is the population estimate for the West Coast Transient Community. These orcas range from southeast Alaska to southern California.
In 2006, NOAA Fisheries listed Southern Resident orcas as endangered under the Endangered Species Act. Washington State lists Transient killer whales as endangered. Prudent boaters

will maintain a 200-yard distance from them. Frightened seals and sea lions will climb onto boats to escape Transients.
Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. In addition, call the VHP about dead, injured, or sick marine mammals on Island beaches. We are grateful to everyone who calls us directly. Shout outs to Kerry from the ferry; super spotters Ed and Jeannette; Louise and Rebecca for fabulous pictures! Send photos to Orca Annie at Vashonorcas@aol.com. Check for VHP updates at www.Vashonorcas.org

What's Your Take On... The Arizona Immigration Bill?

By Peter Bond

Wow! What a mess. And I'm not even talking about the brouhaha surrounding the immigration bill. I'm talking about Arizona itself! Have you been to Phoenix lately? Yikes! I think they should concentrate more on limiting the amount of Circle K convenience stores than the amount of Mexicans. There is one on every bleepin' corner.

How these people know how to find their homes is beyond me. There are endless miles upon miles of look-alike beige faux-stucco homes in gated communities. The term slumburbia was coined here. And for good reason. Many of these homes have been foreclosed on, and the desert encroaches back where it rightfully belongs, snakes slithering into the rotten holes that used to be pools, tumbleweeds tossed about by eerie winds, graffiti, etc. It looks like a set for a post-apocalyptic film. With Hummers. But that's just my opinion. What's yours?



Warren – Vashon

I think it's par for the course for a state that decided not to honor Martin Luther King's Birthday.



Priscilla Kimmel – Vashon

I'm all about Justice, which this bill does not represent.



Casey Deloach – Vashon

Sounds unconstitutional to me. We have some immigration issues in this country but this is the wrong way to deal with it.




Danny – Portland, OR

I think those folks down there have been tossing back the cactus juice.



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Don't Forget the Birds

Another Kind of Bluebird

by Ed Swan



Lazuli Buntings take their name from the brilliant blue of their head, back and wings which flashes in the sunlight. The blue appears almost black when the light strikes their iridescent feathers wrong. Many of the "bluebird" sightings called in to me over the last decade in the end turned out to be a male Lazuli Bunting. They belong to the brightly colored Cardinal family. As DNA studies continue to bring new science to bear the genus of buntings to which the Lazuli Bunting belongs keeps moving around a bit as well as the cardinals, tanagers and grosbeaks.

Across the state they prefer riparian areas, clear-cuts, fields and thickets. At the beginning of the twentieth century, ornithologists found Lazuli Buntings uncommon in the Puget Sound area and growing more common than formerly. Many sparrows and finches made major population gains and experienced range expansions as logging spread clear-cuts across the region. By mid-century, numbers contracted again in the Puget Sound area as development expanded and forests took back over brushy areas. Lazuli Buntings maintain local fairly common populations in the prairies of southern Pierce County and the Ft. Lewis area. Some breeding occurs in remaining prairie areas and sporadically in Skagit County, Snohomish County and south King County in the Kent Valley in brushy farms edges, especially in riparian areas.

Lazuli Bunting appear regularly on Vashon for brief visits in mid-May. Sightings come Island-wide in thickets and brushy areas around fields and gardens. Island populations may also have reflected the Puget Sound region experience with many more birds and



Unfortunately, the Loop can't do color for this intense Lazuli Bunting photo by Linda Peterson. The bright blue of the head (a light colored hood in the grayscale shot) completely lives up to the lazuli name. The breast in color is a nice bright rusty brown contrasting with a white belly.

possible breeding after loggers cleared Vashon creating vast brushlands and farm areas. With the return of the forests and expanded development, little in the way of brushy riparian area remains. This species likes feeders and many recent records came from birds taking advantage of free food for a week or so. No breeding records exist for Vashon, though nesting could be a possibility.

Linda Peterson took a number of beautiful photos of a Lazuli Bunting coming to her yard for bird seen on May 19. Most of our returning birds have come in now. Gary Shugart found Cassin's Vireo and Yellow Warbler on his bike ride down to the Tahlequah ferry May 13. Rich Siegrist heard Olive-sided Flycatchers at his place near Colvos on May 11 and I heard the first Western Wood-Pewee in Paradise Valley on May 16. Steve Caldwell heard the colorful Bullock's Oriole at his place along Tramp Harbor May 15. Finally, many observers continue to enjoy the passing Evening

Joanna Gardiner

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Robin family photo: Only include this if there's room. Caption: Susan Sullivan took this robin family photo in mid-May.

Grosbeaks. If anyone sees any nesting behavior on their part, please contact me as well as about any other nesting species for that matter. Thanks to Susan Sullivan for a recent great robin feeding young-in-the-nest photo. 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. June presents 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.

Positively Speaking

“Hey! There’s a Person at the End of That Thing!!”

By Deborah H. Anderson

The kids swirled around the big toy while I wrestled the two bags of balloon strings with twenty five red balloons dancing overhead. My worst fear was the little child who would say, ‘I didn’t get a balloon!’.

The photographer took some family shots and then we started to gather at the tree. Two little ones sat down immediately. By the time the older kids had arranged themselves, the two little ones were done and with tears resisted being moved to a new place.

“It must have been like ‘This Is Your Life’”, someone said to me later. It was.

There on the grass were about half of the kids and families I had inadvertently worked with over the last fourteen years. The first of two photo shoots to chronicle a most unlikely path I hadn’t seen as I was walking it.

Gayle started it all. She came to me and said, “I’ve felt a nudge to tell you to call Heather and see if you can help with Eric”. That was the beginning. Up all night with a kid covered in rash. Later they moved off the Island to a sunny climate and the rash disappeared. Allergies. Another medically fragile child followed and then another. My heart burned out on special needs. Many times it’s heartbreaking. I was doing the work while I was still in grief over the loss of my own two special needs kids . I cleansed my palate with some elder care.

After the third one died, Mary came up to me at the “Holy Smoke Cook Off” (an old Island fundraiser where some of the ministers on the Island brought their best recipes prepared to St John’s Fellowship Hall) and asked if I would watch her twin boys. And so the procession began. Over thirty kids in fourteen years.

To a teacher that’s nothing. They go through thirty a year. But when you are in the middle of the daily machinations of people’s lives helping children through divorces and marriages, school choices and potty training, missing their working parents, taking them to lessons and practices, it’s pretty intense.

Mostly I discounted the experience. I was biding my time. It wasn’t what I really wanted to do. I had picked up my



early childhood teaching certificate and teaching children, working with families was my bread and butter and something I did on my days off. Children are my bliss. No doubt about it. Encouraging families is my passion. Without any reservation. But earning a living doing that was not on my radar.

Gradually the positions evolved to include more parent coaching, more family support. Sometime last summer it occurred to me I had missed the continuity of it all.

There, on the lawn, I saw the chronology of the stories of the families into whose homes I had been welcomed. Some of the stories were really really tough and I had been given the sacred honor of being the presence of hope and the strength of resiliency as they made their way through to stronger times and higher ground.

I had almost missed it.

I was humbled to ash and moved to tears.

People use each other a lot on this Island. Well, in this world. We handle a lot of chores together. We serve on committees and work on fundraisers, We see other for what we can do and what we can give.

Behind close doors, I sat with people , children and adults, when they weren’t doing. They were being. They were being themselves and trying to figure things out and make their way. When was the last time you looked at the person you were working with and just ‘be’d’ with them? When did you last listen to someone’s feelings? Slow down and listen to who they want to be.

On an Island of doers running full speed into the future, I discovered my real gift is to encourage people to be, to stand in their own present, pain and joy, hopes and fears, and be alive, fully alive. If you don’t have that, your ‘doing’ means nothing. And children, serving families who wanted to be fully alive lead the way.

Love
Deborah



Vashon Library June Calendar

English as a Second Language
Wednesdays, 6:00 PM
Come to Vashon Library for free weekly lessons in speaking English as a Second Language. Childcare can be provided if you request one week in advance, by speaking to the teacher or calling the library, 206.463.2069.

Great Books Discussion Group
Monday, June 07, 7:00 PM
The Great Books Discussion Group meets on the first Monday of the month, October through June. The selection for June is “The Open Boat” by Stephen Crane. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

Friends of the Vashon Library Meet
Saturday, June 12, 10:00 AM
Join the “Friendliest” group on Vashon Island! We support the Vashon Library by raising funds that provide free programs for all ages, with our book,

T-shirt, and plant sales. Meetings are fun and there are always refreshments.

Baby and Me Story Time
Tuesdays, June 22 and 29 9:40 AM
Newborn to 20 months with adult.
A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver.

Toddler Story Time
Tuesdays, June 22 and 29, 10:40 AM
Ages 21 months to 3 years with adult.
Enjoy 20-minute program of stories and songs just right for toddlers.
Preschool Story Time
Tuesdays, June 22 and 29, 11:30 AM
Ages 3 to 5.
Join us for 30 minutes of stories, songs and fun!

Rodney the Shark Puppet Show
Tuesday, June 22, 3:00 PM
Presented by Rowbes
All ages welcome.

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May 29, at 4pm
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May 29, at 9pm
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Late Night @ the Library for Teens

Saturday, June 26, 6:00 PM
Bead a bracelet with Mary Ann, drum with Geoff out on the patio, limber up with Dance Dance Revolution, play Super Smash Brothers Brawl or Outdoor Challenge on our new Wii, and join the strummers at Guitar Hero open play. Enjoy the Vashon Library Cyber Cafe while you surf the web or play a game. Refreshments! Door prizes! Security will be provided. For students entering grades 6-12. Sponsored by Friends of Vashon Library.

Island Epicure



By Marj Watkins

One Chicken Breast, Two Superb Dinner Dishes

I hope you got in on Thriftway’s \$1 a pound chicken breast special. I did, and cut three large breast halves in a package into seven servings. One of the three was especially large. To cut a chicken half-breast into two pieces, turn it bone side up. You’ll see where the cartilage joins the breastbone. Bend the meat backwards so that the join shows up clearly, and your knife can find the place to separate it into two pieces. With a little practice this trick gets easier. If you cut the meat off, save the bones for stock or broth.

The extra large half breast yielded two boneless pieces and one bone-in piece. I sliced the boneless pieces into ¼-inch thick scallopini for the delectable dishes below, yielding two 3-ounce servings. My husband, who’s my recipe tester, pronounced the chicken delectable and the lemon sauce piquant and superbly flavored. Not wasting a drop, he sopped up the last of the sauce with his bread.

Both the dishes below cook really quickly when you’ve cut up the chicken ahead of time. Thin-skinned apples for the curry dish need not be peeled. I often chop and freeze extra onion to simultaneously that and water-fry for quick cooking later, soups, stews, stir-fries, etc.

CHICKEN SCALOPPINI in LEMON SAUCE 2 to 3 servings

- 6 to 8 ounces boneless chicken breast
- Flour for dredging
- 1 Tablespoon butter
- 1 Tablespoon light olive or canola oil
- 3 Tablespoons white wine (Pino Grigio works well)
- 1 1/4 cups chicken broth, divided
- ½ teaspoon dried tarragon, optional
- 3 very thin slices of fresh, organic lemon, peel on
- 1 ½ Tablespoons cornstarch mixed with ¼ cup water or broth
- ¼ cup minced fresh parsley

Cut the chicken across the grain into ¼-inch wide slices. This works best if the chicken is slightly frozen. Dredge it well and place the floured slices on a platter near the cook stove.

In a large non-stick skillet, heat the butter and oil until the butter sizzles. Brown the chicken slices on each side. This goes really fast. By the time they’re all in, the first ones are ready to turn. By the time you’ve turned them all, the first slices will be done. Be careful not to overcook them. Remove from the pan. Reserve.

Add the wine, broth, and lemon to the pan. Reduce heat to a simmer. Cover and cook 5 minutes.

Combine and stir in the cornstarch and liquid. Stir cook until clear and

thickened. Add the chicken. Bring up the heat a bit. Cook uncovered just long enough the chicken to heat through and absorb lemon flavor. Transfer to a serving dish. Sprinkle with parsley.

Alternatively, you can add the parsley when you add the chicken. I like it better that way

For the second entrée, a couple of nights later, I boned one of the large chicken breast halves, cut the meat in bite size slices and set it in a small bowl near the stove while I chopped onion and apple, and rounded up the other ingredients.

HURRIED CURRY 2 to 3 servings

- 2 Tablespoons butter or oil
- ½ cup diced onion
- 1 small, apple, coarsely diced*
- 1 to 1½ teaspoons curry powder
- 1 to 1 ½ cups chicken broth, divided
- 1 Tablespoon cornstarch
- 1 cup diced thinly sliced chicken (You can use cooked chicken)
- 1 cup grated unsweetened coconut (from bulk bin)

Heat the oil in a heavy-bottomed kettle. When it sizzles, add the onion. Stir-fry 5 minutes.

Add the diced apple and curry powder. Stir, cover, and cook gently 15 minutes.

Add all but ¼ cup of the broth and let it come to a boil. Stir in the cornstarch mixed with the rest of the broth. Stir cook until it begins to thicken and clear.

Add the chicken, tarragon if using, and coconut. Stir as the chicken cooks and the coconut further thickens the sauce. If it gets too thick, add a little boiling water. When the chicken is opaque and hot, the dish is ready to serve over Quinoa Pilaf or steamed rice.

QUINOA PILAF 2 or 3 servings

- 1 cup quinoa
- 2 cups chicken broth or
- 2 cups hot water and
- 1 teaspoon chicken granules

Bring to a low boil. Cover and reduce heat to medium low. Cook 15 minutes. Turn off heat but leave covered and on burner for 5 or 10 minutes more. Fluff with a fork. Transfer to a serving bowl.

With Hurried Curry and Pilaf, offer in small bowls or custard cups:

- Raisins
- Minced Parsley
- Chopped Red Onion

Each dinner to piled some pilaf on his or her plate, topd it with curried chicken, and garnishrd the lot with some of the raisins, a sprinkle of parsley, and a couple of spoonfuls of red onion.

A fruit salad, and yogurt if desired, completes the meal.

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Lopy Laffs

As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on the 405. Please be careful!"

"It's not just one car," said Herman. "It's hundreds of them!"

One Liners

Why does a tiger have stripes?
So he won't be spotted.

What happens when a bomb goes off in the middle of a herd of cows?
Udder destruction!

What is the best way to lighten up your garden?
Plant bulbs

A famous admiral and an equally famous general were fishing together when a sudden squall came up. When it died down both eminent warriors were struggling helplessly in the water. The admiral floundered his way back to the boat and pulled himself painfully in. Then he fished out the general, using an oar. Catching his breath, he puffed: "Please don't say a word about this to anyone. If the Navy found I can't swim I'd be disgraced. "Don't worry," the general said. "Your secret is safe. I'd hate to have my men find out I can't walk on water."

An expert on whales was telling friends about some of the unusual findings he had made. "For instance," he said, "some whales can communicate at a distance of 300 miles." "What on earth would one whale say to another 300 miles away" asked a sarcastic member of the group. "I'm not absolutely sure," answered the expert, "but it sounds something like 'Heeeey! Can you hear me nowwww!!'

From Jay Leno; The EPA has announced a car that runs on water. The only catch is that the water had to come from the Gulf.

My uncle staggered in the other night, loaded. His wife said, "Where have you been?" He said, "I went out to buy something for the house." She said, "What did you buy for the house?" He said, "A round of drinks."

England's West Country is known for its charming cottage- like shops. While visiting the area, my friend peered in through one window to see shelf upon shelf of interesting-looking books. So she went inside. A woman appeared though a beaded curtain and asked, "Can I help you?"

"No, just browsing," said my friend.

"Fine," came the reply. "But so you know, around here most people knock before entering someone's home."

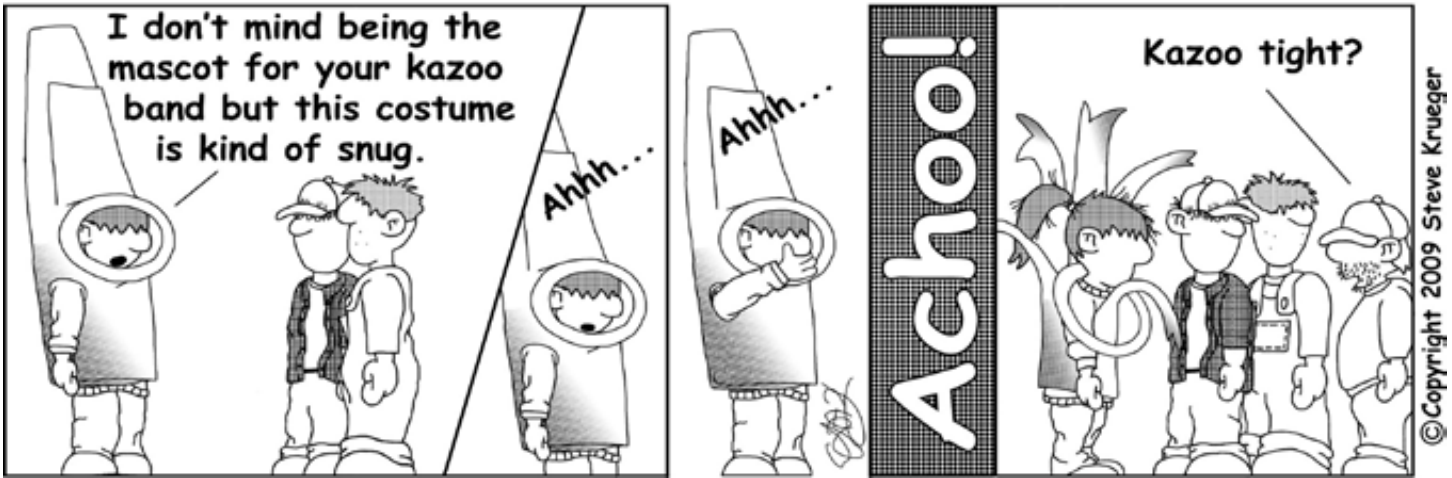
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Friday, May 28 at 7:30pm. At Cafe Luna. 41 Miles, from right across the water in the Gig Harbor-Poulsbo area, will play unique and cool original folk rock, in their return to Luna after last year’s successful event.

The group’s songs range from very deep to pretty funny with a laid-back, approachable and fun take, but the quality and depth of the music is at the same time undeniable.

House Engine - (Blues, R&B)



Friday, May 28 at 9:30pm. At the Red Bicycle Bistro & Sushi

House Engine’s goal is to provide the excuse to shake it. This band has lots of experience, full of history, and everyone brings a little something to the plate. The music is primarily blues, but varies with a little rock, alternative country, originals, Motown , funk, and a little Shout styles thrown in.

SKA Night at the Bike



Notables

Georgetown
Orbits
The Notables
&
Billy
Geoghegan



Saturday,
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the Red Bicycle

The Georgetown Orbits boast a heavy regimen of traditional Ska and upbeat, roots-influenced Reggae.

Rugged ska with a sixties sound. That’s the Notables.

Billy Geoghegan began performing and recording reggae, ska, and dub while a teenager growing up in Pomona, California. www.redbicyclebistro.com



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“BOPS”

(Band of Parents Supporters)

Concert

Thursday, June 3, at 7pm. At the Vashon High School Gym

Islanders will have the chance to hear everything from the music of Aaron Copland’s Rodeo to beloved tunes from the movies at this year’s POPs concert. The POPs concert features the combined bands from McMurray Middle School and Vashon High School and is directed by Kenneth Quehrn.

The McMurray and Vashon High concert bands are enjoying growing popularity with the students each year, but it comes at a time when state and local school budgets are falling. Out of this challenge comes “BOPS” (Band of Parents Supporters), a new booster club seeking to build greater financial support for the bands.

Parents will be accepting donations at the door on the night of the concert as part of a fundraising strategy now coming together. All BOPS fundraising efforts support the bands going on tours, competing at contests, and rallying the sports teams at VHS. BOPS’ goals include supplementing the operational costs of the bands and establishing a scholarship for fund for students who otherwise couldn’t participate in band.

“These kids are fun and extremely talented,” says Bea Byrne, one of BOPS founding parents, “You just have to hear them perform once to know how important it is that we support them in every way we can.”

The combined bands (grades 6-12) together will perform “I Believe I Can Fly” at the POPs concert. The concert will feature “Flight of the Bumblebee” on solo marimba and Copland’s “Hoe Down from Rodeo”. The high school band will get the crowd involved as they play “Name That Tune” with many movie tunes from great movies. The 7th/8th grade McMurray students will perform a medley of The Rolling Stones songs, as well.

“This is a great opportunity for the community to come and hear some fantastic musicians,” said Querhn, known as “Mr. Q” by the kids. “All of the music is stuff to listen to and to perform.” As noted film score composer, John Williams says, ‘Good movie music is music that can be played in the concert hall without the movie but can still bring up emotions and images from the movie as if you were still watching it.’ Our very own evening at the POPs offers Vashon an occasion to do just that!!!!”

The Spotlights



Friday, June 4, at 8pm. At Sportys
Join The Spotlights Danny Cadman, Lauren Sinner, Jerry Todo and Scotty Johnson for a great night of classic rock & roll songs.

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Vashon Business Information

Deadline for the next
edition of *The Loop* is

Friday, June 4



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The Diggers



Friday, June 4, at 9pm. At Red Bicycle Bistro & Sushi

The Diggers (Islanders Camille Coldeen, Nick Simmons and Danny and David Salonen) began as a busking project, making its haphazard, impromptu debut at the Farmers’ Market one Saturday morning in the late Spring of 2009, says Camille

The group’s namesake is a historical English political group of agrarian, egalitarian communists who were active in 1649. Their idea was that if all the common people of England banded together to form small, self-sustaining communities based on ecologically integrated farming practices, the oppressive ruling class would either have to join them or starve. Being non-violent led to their almost immediate downfall, since they were trounced by the enthusiastically violent Cavaliers.

Dave Peck Jazz Trio plays CD release concert

By Janice Randall



Dave Peck, quintessential jazz pianist will play with his trio at the Blue Heron, Friday, June 11.

Seattle based jazz pianist and Jazz Alley favorite, Dave Peck, will play pieces from his newest recording, Modern Romance (Let's Play Stella Records) at the Blue Heron, 8 p.m., Friday, June 11. Peck's 11th recording project, the CD was recorded live at Jazz Alley and includes standards from the Great American Songbook and the reinvention of the jazz piano trio. Modern Romance offers a fresh approach to tunes such as Bye Bye Blackbird, East of the Sun, Lover Man, They Say it's Wonderful and more. These are traditional love songs, but the interpretation is distinctly contemporary.

Joining Peck will be Jeff Johnson on bass and preeminent drummer Joe La Barbera. Rich, intuitive and harmonically complex, the trio's signature sound

features Peck at the piano. Known for his deeply introspective, passionate style and intense focus on the narrative of this music, Peck has been lauded for his award-winning CD's. "Back in the '70s, I might have thought about moving to New York," says Peck. "But when I started being house piano player at Parnell's and Jazz Alley, I got to play with Sonny Stitt for a week, then I'd be playing with Chet Baker a couple of weeks later. That was the bird in the hand."

Portland native, Peck has earned critical acclaim for trio and solo projects. Trio, Solo, 3 and 1, Out of Seattle and Good Road have become radio favorites. He has been heard on Marian McPartland's Piano Jazz, PRI Jazz After Hours and NPR Jazz Alive. His collaboration with saxophonist Bud Shank includes Tales of the Pilot Bud Shank plays the music of David Peck, Live at Jazz Alley, Tomorrow's Rainbow and The Lost Cathedral. He has also performed with great jazz artists of our time including Chet Baker, Joe Williams and Freddie Hubbard.

"Seattle's reputation rests on rain, but folks who live there know it for the gentle contours of its clouds and mountains, its soft mists and almost mystical sense of natural intimacy. All that comes through in Peck's playing-lyrical and pastel, swinging and bluesy, with a ringing, crystalline touch," said Paul de Barros, Downbeat Magazine.

To read more about the concert, go to www.VashonAlliedArts.org.

Tickets: \$14/\$16

Blue Heron, Heron's Nest, Books by the Way, brownpapertickets.com

Greg Ruby Quartet plays Gypsy Jazz CD Release Party

By Janice Randall



Greg Ruby Quartet also includes violinist, Eugene Bazhanov, Spencer Hoveskeland, bass and Doug Martin, guitar.

Seattle guitarist/composer, Greg Ruby pays homage to the musical genius of Django Reinhardt on the gypsy jazz legend's 100th birthday. Ruby received artist grants through The City of Seattle's Office of Arts and Cultural Affairs and King County's 4Culture to compose, record and perform new compositions inspired Reinhardt. Don't miss this all-

original new work performed by some of our region's most accomplished musicians, 8 p.m., Saturday, June 5.

Ruby, who formed the quartet for this project, will be joined by Russian violinist Eugene Bazhanov, who plays with Seattle Symphony and Pacific Northwest Ballet orchestras, Teatro ZinZanni; San Francisco guitarist Doug Martin, one of the West Coast's finest Gypsy Jazz practitioners; and accomplished bass player Spencer Hoveskeland, former member of Bill Evans Trio and currently half of the Bottom Line Duo.

Ruby was the driving guitar rhythm behind internationally acclaimed Pearl Django and performed with jazz greats including Frank Vignola, David Grisman and legendary vocalist Dan Hicks. He is also a founding member of Hot Club Sandwich.

At the Blue Heron Art Center, 19704 Vashon Hwy SW.

www.vashonalliedarts.org

Tickets: \$12/\$14

Tickets available at Blue Heron, Heron's Nest, Books By The Way and at www.brownpapertickets.com

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Stanislove Acoustic Americana with Passion and Wit

Stanislove returns to Luna from Seattle after his successful first engagement last October. During his long career in the west, he's appeared all over Western Washington after a long-ago transplant from the East Coast and an early love of Bob Dylan.

Stan says, "I'm a blues man and singer-songwriter, a keen observer of life who performs roots blues and original songs on acoustic guitar and bottleneck dobro. I do my best to communicate with heart, humor and passion.

"As a solo, I play 'Roots, Blues & Rants,' an eclectic collection of traditional and pop tunes from ragtime to rap (OK, folk rap) and influenced by world beats. My material includes whatever comes to mind, from sappy love songs to weird dreamscapes to (leftie) political rants. For much of my career I immersed myself in finger-style blues and folk music, but for the last decade or so my tunes have had a way of coming out however they want - jazz, rock, reggae, country, or whatever; the song tells me what it needs. (And here I thought I was in complete control!) My ambition is to evoke feelings, start you thinking, and make you laugh - sometimes within the same song."

At Cafe Lua, Saturday, June 5, 730m

www.cafelunavashon.com

Delhi 2 Dublin



They describe Planet Electric "as the buzz of the world that they are plugging into some large socket to electrify the people, to charge up their energy". To capture that dynamism, all of the tracks on the album were road-tested in front of live audiences before being recorded. Something else the band did differently from the last album was going on a writers' retreat where they worked on the music day and night for ten days straight. The results are definitely more representative of Delhi 2 Dublin as a band and a noticeable progression. The icing on the cake was being able to get

Diamond "DJ Swami" Duggal (Apache Indian/Maxi Priest/Nusrat Fateh Ali) to mix the tracks.

The five members of Vancouver-based Delhi 2 Dublin come from different backgrounds and different musical influences. A live collaboration put together in 2006 as a one-off performance piece for a club night called Delhi to Dublin was so well-received that requests for additional performances lead to the official formation of Delhi 2 Dublin. "Not being able to fit into any specific genre allows the band to create whatever we like and not be judged for it, our audience expects nothing less." The band finds this advantageous for their live show as it enables them to create a flow to their sets much like a DJ would for the dance floor. Tarun Nayar, Sanjay Seran, Kytami, Andrew Kim and Ravi Binning create a heady and energetic mash-up of Bhangra, Celtic, Dub Reggae and Electronica. "Audiences love to see a band transcending stereotypes and letting the music speak for itself".

This is an all-ages show 'til 11pm, 21+ after that. Cover for this show is ONLY \$7....see this band before they are too big for small venues like the Bike!!!



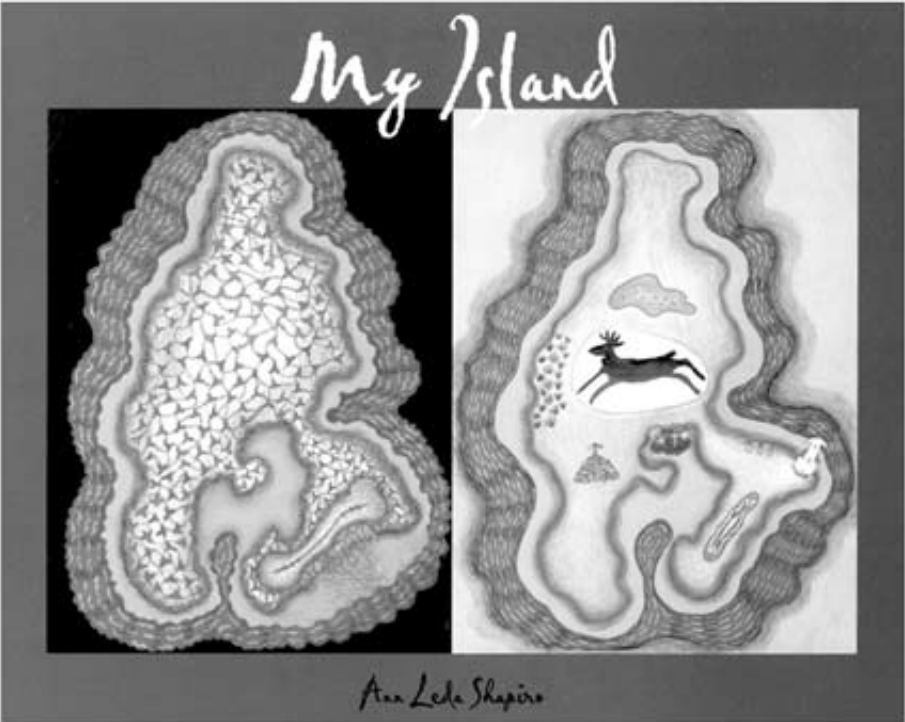
Espresso

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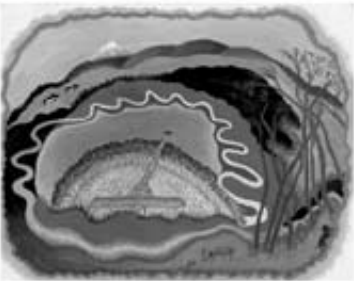
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