



VASHON

THE LOOP

Vol. 7, #14

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

July 8, 2010

Salmon Bake



Paul Wallrof and Jim Neal, founder of the Salmon Bake (in apron)

St. John Vianney Church pulls out all the stops for its 50th Annual Salmon Bake.

A long-time Island tradition will reach a golden milestone this summer, when St. John Vianney Church hosts its 50th annual Community Salmon Bake from 1:30 to 4:30 p.m. Sunday, July 25, on the church grounds.

And good weather is practically guaranteed for the event, according to parishioner Paul Wallrof, who has been helping out with the event since 1970.

"It has only rained once in all these
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Strawberry Festival Time



The Strawberry Festival Grand Parade
Photo by John Sage

This year's Strawberry Festival is just one week away and over 175 Vendors will be selling crafts, clothing, jewelry, art and of course, delicious "Fair Food". Be sure to look for our "Homegrown Vashon Vendor" signs displayed at booths offering Island m+ade products and information.

2010 is a record year for Food Vendors! Come experience food from around the world. Hawaiian Grill, Gyros, Tacos, Bratwurst and new this year Cajun & Creole Cuisine - even alligator! Of course there will be your favorite Fair Food - Ice Cream, Elephant Ears, Shaved Ice, Foot Long Corn dogs, Funnel Cakes and authentic A & W Root beer Floats!



Kiwanis Pancake Breakfasts
Photo Steve Amos

Local non-profit organizations will be serving up some Vashon traditions like Bethel Youth Caesar Salad, Vashon Senior Center Pesto Salmon Sandwiches and of course Vashon Rotary will have it's Berry Cakes Saturday and Sunday.

The Vashon Grand Parade takes place Saturday, July 17 at 11am. The Children's Parade clears the path for the Grand Parade, setting the mood for frivolity. Smiling painted faces pedaling scooters and tricycles decorated with ribbons and streamers represent local pre-schools and Island communities. We are proud to have the National Color Guard and our Vashon Island Veterans at the head of the Grand parade.

Traditionally, a "home town" event, the Grand Parade gives locals the chance to strut their stuff! Some long time favorites include the Rhythm Joy Samba Dancers, the Thriftway Shopping Cart Drill Team, the Vashon Health Center Marching Sphygmo Manometers, and of course our beloved Antique Tractors!

Flip'n Cakes for over 60 years! Strawberry Festival Kiwanis Pancake Breakfast. All you can eat \$7.00, youths 12 and under \$6.00

7:00AM - 11:00AM

Saturday July 17th,

8:00AM - Noon

Sunday July 18th,

Located at Vashon Market near Vashon Post Office. Pancakes, strawberries, sausage, syrup, butter, orange juice, coffee, milk. Same prices as last year!

Proceeds benefit the Community Fund supporting VHS Scholarships, the Food Bank, Readers are leaders and many other groups.

Tom Stewart Memorial Classic Car Show & Parade is proudly sponsored by Red Bicycle Bistro and Sushi Bar. We have renamed this event in honor of Tom Stewart and Misty Isle Farm who began this car parade and show over a decade ago. Vashon's event continues to gain
Continued on Page 10

Only On Vashon

Ninth in a series

By Peter Bond

The Puppy and the Priest

I had a great idea for a story titled "The Puppy and the Priest." Father Marc from the local parish had answered my puppy ad and, after a few visits to see the little guy, decided to take him. My future story involved a bucolic setting where Father and his faithful church mascot, Nicky the Irish setter, make their spiritual rounds together. I'm a sucker for those BBC TV series, usually set in Ireland, where a quirky little community has a Catholic church at its center.

But my story was not meant to be, as Father Marc ultimately decided that the pup should go to a family, though enough time had elapsed that I still thought of the pup as his. So when a very interested couple inquired about little Nicky, I immediately called Father and gave him the good news, that we might have found his permanent home.

It was a short-lived moment, as not even 30 minutes later I came across the pup drenched in blood on his bed. Beginning a kind of state-of-shock that lasted the balance of the day, I picked him up to see a bizarre protrusion out of his butt, about the size of a large jalapeno pepper. This was out of the blue, for except for some minor diarrhea over the past 12 hours (which I'd inspected to find a garden worm in), he had been okay.

I lifted him into my arms and somehow, in a daze, made it up the highway to Fair Isle, where some kind folks who took him into the examining room met me at the door.

Without going into too much weepy detail it's fair to say that my dogs are a large part of my life. I was in a terrific accident ten years ago now, and after several years of just not healing, I was actually prescribed



a dog by a brilliant doctor, who thought I needed a pet to take my mind off my pain, to focus on the needs of another being, and to get me out and moving again. Specifically, he suggested an Irish setter, a loving master-oriented breed that needs daily exercise (therefore giving me the same).

Needless to say I took his advice and then some. I have two full time adult setters, often care for my son's adult male and, occasionally, I have a litter by my boy and girl. This is how Nicky came to be.

So when the doctor came out and the prognosis was very bad I took it hard. The pup had strained so hard to go that he was literally pooping his guts out. The protrusion was a piece of his intestine, and it was not going back in. The doctor showed me a tube sock, pulled it inside out,

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Vashon Celebrates!

By Peter Bond

The headline in a rival publication screamed Sludge Fest: a chance to learn the dirt about your septic system. Yes, another one of Vashon's eclectic events was approaching. Up until then I'd been teased by the Church of the Great Rain, lured by the taunt of the Chicken Coop tour, and tantalized by the Moisture Festival. But now, it was like Bumbershoot and Folklife got together and had a baby, and that baby was the Sludge Fest.

Could it get any better?

It quite possibly can. Here are a few suggestions I have for upcoming Vashon celebrations that might capture the crown from the splendor that is sludge.

The Church of the Great Dreadlocks

Attendees wave their dreads about frantically and flail while praising the lord or some such thing. Drum Circles, bongs, the whole nine yards. Woody Harrelson makes an appearance as an Elmer Gantry type character.

The Moldy Basement Tour

This late March event takes us thru the slimiest, dankest, mossiest cellars ever seen. Many people don't know that Vashon basements have been certified the Moldiest places on earth. As a special bonus, location participants are encouraged to let dead rats accumulate over the winter. Take that Sludge Fest!

The Grouchy Barista Tour

It used to be you had to go to a snooty "in" spot in Seattle to be thoroughly dissed by the help. But those days are over. Now you can have noses turned up at you right here on Vashon whenever you plop down 5 bucks for a cup of coffee. In fact the more you spend the worse you're treated. The locations

for this event are kept top secret, but we'll give you a little hint. It's a brief tour capped by a visit to the Queen B.

Republican Day!

Republicans are as rare around here these days as the once-ubiquitous strawberries. So let's get nostalgic! Men, wear your golf duds. Women, dust off those Laura Bush pantsuits. Gain some weight, tell a busker to "get a job", foam at the mouth about socialism. It's all good fun. This event closes with a parade of Hummers inching their way down the main drag, crowds of onlookers waving monster flags and chanting "Drill Baby Drill". Vote for Grand Marshal by contributing to the candidates' donation boxes, scattered throughout town. Choose your favorite charity, like BP, Goldman Sachs, Palin2012, etc. All worthy causes.

Native Nanny Powwow

Vashon's indigenous tribe of Nannies host their annual party. Get a rare peak at this insular world, mostly concentrated in pockets of Burton. While not great in numbers, the tribe more than makes up for that in bellies, as they are usually pregnant, and toting four or five children of their own, as well as their charges. No cameras please, the nannies have been known to swoop like Eagles towards any pervie tourist entertaining that NoNo idea. Like any Powwow this event climaxes with a tribal dance, the Gotta Go Potty Pogo Dance.

(Please note: Limited English - Tribe speaks in a dialect known as "Baby Talk.")

Oktobeardfest!

Celebrate the "growing" trend on the island towards facial hair, and not just
Continued on Page 6

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

1,000 Permissions



Kara Jones author 1,000 permissions,
Photo Hawk Jones

Friday, July 23rd, at 7pm, Kara and her partner Hawk will be at Vashon Bookshop to celebrate the release of the Permissions book and to share a little about the evolution of their KOTA: Knowing Ourselves Thru Art process. They will have a display of KotaPress imprint books and artworks for perusing, too. All are invited!!

All the posters on display in the Bookshop will be available for purchase. Each is autographed by Jones. If you see a different permission slip in the book that you'd like as a poster, customers are encouraged to be in touch with Kara at kara@motherhenna.com to place a custom order.

Permission Slip Posters are \$10/each. 1,000 Permissions Granted books are \$24.95/each.

If Vashon Bookshop sells out of the book, you can get copies online: www.Lulu.com/kotapress

One reviewer, Ang Westermann, offered the following about the 1,000 Permissions Granted book, "a wondrous gift this author has given to the world. You have permission...to love, live and laugh! This book makes you look at your life in a different perspective, it helps you allow yourself the permission to do what you need to do, releasing guilt and instead nurturing yourself. It's a book of hope and healing, a book of laughter. It's all that! Get it. You will not regret it."

Compost the Loop

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

Deadline for the next edition of *The Loop* is

Friday, July 16

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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PO Box 253, Vashon, WA 98070
Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!
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Community Drumming

Community Drumming with Vashon Drum Circle moves outdoors!

Friday, July 9, 7 PM, Village Green

Everyone is welcome! All ages. Every 2nd Friday

Please bring frame drums and rhythm instruments. Donations are welcome. Vashon Drum Circle is offered by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

Raw Food Vegan Potluck

This Sunday, July 11, 6-8, at my home, 9508 s.w. gorsuch, call 463-5566 for directions, etc.

How about some ice kream? I attached some recipes, but of course the easiest is Marcia's frozen bananas or berries- I've used a food processor to make the kream, just have to be patient as it whirls- at first it doesn't look like it will make it, but it does in 5 more minutes!

ICE KREAMS from Sweet Gratitude by Matthew Rogers and Tiziana Alipo Tamborra

Coconut Ice Kream, makes about 4 servings
1 ½ cups coconut milk
½ cup coconut meat
¼ cup agave syrup
½ cup coconut flakes
1 tablespoon vanilla
¼ teaspoon salt
1 tablespoon lecithin
Blend all really well. Follow hand-cranked directions. Add to ice kream maker before cranking: ¼ cup coconut flakes (in addition to the ½ cup already blended)

Vanilla Ice Kream from Sweet Gratitude, makes about 4 servings

1 cup almond mylk
1 cup soaked cashews (4-6 hours)
¼ cup agave
1 vanilla bean (scraped insides only)
¼ cup liquid vanilla
¼ teaspoon salt
Follow instruction above. This basic vanilla ice kream can be varied in many ways by adding extra flavors...ex.- Mint-Chip- blend into the basic recipe 1 bunch of fresh mint (leaves only). The add 3 tablespoons cacao nibs directly into the ice kream maker before cranking.

Butter Pecan
1/12 cups water,
½ cup pecans,
½ cup macadamias,
2 tablespoons liquid vanilla,
¼ cup agave,
1 tablespoon lecithin,
¼ teaspoon salt,
2 teaspoons yacon syrup

Chocolate Ice Kream
1 ¼ hazelnut mylk [or almond mylk],
1 cup soaked cashews,
½ cup agave syrup,
5 tablespoons cacao powder,
2 tablespoons vanilla,
1 tablespoon lecithin,
¼ teaspoon salt

Brazil Nut Ice Kream
1 ¼ cups brazil nut mylk, ¾ cup soaked cashews, 2 tablespoons vanilla, ¼ cup agave, 1 tablespoon lecithin, ¼ teaspoon salt

Green Party's monthly meeting

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

DATE: Tuesday, July 13, 7:00 to 9:00 PM LOCATION: 10329 SW Bank Road, Vashon DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road.

Discussion issues:
1) Vashon Strawberry Festival Grand Parade.
2) Vashon Credit Union.
3) "The End of Money"? Questions: Melvin Mackey, Secretary, (206) 463-3468

Caregivers Support Group

"Vashon Community Care Center hosts a monthly Caregivers Support Group

meeting. The group meets on the second Thursday of every month at 7pm.

This group is geared toward family or friend caregivers, rather than paid caregivers. Call Julea for details or with questions: 567-6142."

Important Public Meeting

Preserve Our Island wants you to attend the Army Corps Of Engineers Public EIS Scope Meeting for Glacier NW Proposed Maury Island Barging Facility Permit.

The Army Corps of Engineers has announced that they have initiated the development of the Court ordered Glacier NW Environmental Impact Statement(EIS). The first step of this process requires the Corps to invite the public to help scope the range of issues and concerns that will be evaluated in the EIS document.

A public scoping meeting will be held on Vashon on Wednesday July 14, 2010 from 6:00-8:30 pm at the Vashon High School Commons located at 20120 Vashon Highway.

As we have learned wit the recent oil spill, a lack of public oversight and participation in the federal regulatory permitting process can have devastating effects. Your attendance at this meeting is imperative.

PROBLEMS WITH YOUR GAME?

FREE ESTIMATES!!

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Little House Festival Photo Share

Bettie Edwards at the Little house invites everyone to stop by after the parade to share Photos and memories.

The back yard at the Little House will be transformed into a Photo Gallery where rare vintage Vashon photos and memories will be shared. Bettie encourages you to bring any Vashon photo new or old. Bring your photos and memories after the parade ends until 6pm.

For more information contact Betty at the Little House. 206-463-9033

Inaugural Presented by - Kamehameha Schools Alumni Assoc. North West Region

Vashon Ukulele Festival

Aug. 15th, 2010 - 10am to 9pm
Camp Burton, Vashon Island, WA

Uke Workshops - Open Mic - Vendors - Food - Kids Activities

7 pm Concert - Tickets In advance \$15
18 yrs & under \$9.75 | under 5 yrs Free

Ticket Sales:
Brownpapertickets.com, Hawaiigeneralstore.net,
Vashon Book Shop, Amiad & Assoc., Dusty Strings

Featured Artists
Herb Ohta Jr. and Michael Powers

Email: russ@sounduke.com to register for workshops.
For more info, search the web, Vashon Uke Fest
This is a non-alcoholic event



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Perfect Waterfront Home, complete with a dock

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



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Only \$339,000

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!

Only \$299,000

10426 SW 238th St In Burton

Views of both the Outer and Inner Harbor as well as Mt. Rainier make this cut house a great investment. Sunny lot with mature fruit trees, great neighborhood. Listing #55699



Recreational lot in highly desirable Ellisport.

Water view, short walk to Vashon's most beautiful sandy beach.

Bring an RV, pitch a tent, have fun!

20423 Chautauqua Beach Rd SW

MLS#: 81119

Only \$35,000



Prime Downtown Commercial Space

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- 3 rooms (office, conference, etc.) plus spacious reception area
- Subject to tenants rights
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- kitchenette
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Idie Ulsh presents Feathered Architects: The Fascinating World of Bird Nests



Photo by Idie Ulsh

Audubon, founder of the Washington Butterfly Association, Seattle Audubon Master Birder, and a freelance nature photographer. In addition to her own photos, she will include photos from University of Puget Sound Slater Museum, Cornell Lab of Ornithology and many local photographers who have contributed to this unique and fun program.

It will be our annual meeting on July 21, 2010. As usual, the program will be held at the Vashon Maury Island Land Trust building beginning at 7:00 pm on Wednesday July 21, 2010. The program is free and all are welcome.

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July 16, 17 & 18

Over 175 vendors will be selling crafts, clothing, jewelry, art and of course, delicious "Fair Food". Three Music Stages & two Saturday Street Dances. Sunday Car Parade and Show
Carnival Rides
Be sure to look for our
"Homegrown Vashon Vendor"
signs displayed at booths offering
Island made products and information.



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.

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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 www.minglement.com
19529 Vashon Hwy SW 206-463-9800

Garden The
World 
By MEarth
**The LAST GTW –
Ever**

I've had a long emotional ride with my interest in Agriculture on this island. When I first moved here in 1976, I was struck by the history and there were even remnants of it if you knew where to look - Wax Orchards, the strawberry farms, the magnificent two and three-acre organic vegetable gardens that still really fed people, the orchard above Tramp Harbor where you could get boxes of Gravenstein seconds in the Fall that made the best apple sauce I'd ever eaten, and women who still considered themselves farm wives and put out jams and sauces and froze fresh meals when their gardens were at their peak so their families could eat cheaply all winter.

I even sat with Fred Ernisse in his living room in the heart of what had been a magnificent orchard while he showed me a framed certificate he had been given during WWII. It was hand-signed by FDR and it thanked him for his work in support of the war effort when he grew currants – dried and used in rations – to the tune of 40 TONS an acre.

Then, since I had been here a while, many of those old timers began to die off and I experienced a dark decade in my relationship to the agriculture on the rock. I watched the most beautiful, decades-old bulb garden I'd ever seen turn into a muddy horse corral over one winter. I watched strawberry farms die one by one for lack of income. I saw productive, long-cultivated gardens turn into blackberry brambles, thousands of cherry and apple trees sold off to smoke chicken and ribs, and the aged remains of Fred's orchard turn into Island Depot.

Some people have worked hard to maintain the tradition – Langly Farms for example – but, for the most part, it was a losing battle. The past decade, though, has brought better times. I think that the influx of new generations into the field of agriculture on the rock has been quite exciting – from Jay-Lo Farms and Sea Breeze, to Green Man, Hog’s Back, Plum Forest and Island Meadows farms – and these people and places give me great hope for the Island.

Those of you who have read this column in The Loop – and before that, in that other scurrilous rag – know I am an profound optimist about human nature and incredibly pessimistic about corporate and political entities. Between climate change, the acidification of the ocean – and now this oil leak that cannot be stopped – not to mention the catastrophic loss of top soil, clean

water and farmland world-wide, the release of genetically modified plants and animals into our bio-sphere, and this ridiculous infatuation we seem to have with war, many of you share the same grimmer outlook and for good reason.

Nonetheless, I have compiled a mental list of ten people in this world that give me hope for human beings. Interestingly enough, two of them live on Vashon Island and it is them that I have chosen as the primary focus of this, my last Garden the World column.

The first is Mark Yelken, the Worm Guy. If you have read this column over the years, you know I wrote long articles about him over the course of the two years I was intensely involved with his Vermiculture projects. I cannot tell you how very disappointed I was that this Island let his business die. The man was taking 2000 pounds of food scraps a week and turning it into the highest grade organic fertilizer possible. 2000 pounds a week! Where is it going now? To the transfer station, that's where. There are county-wide projects not projected to recycle that much yearly.

This island, that is so filled with people who have money and land and spout their interest in green this and green that and use the word 'sustainability,' somehow managed to let one of the most important projects started here in my lifetime fizzle out for lack of support. The Yelkens still make some worm casings but the vermiculture project is in pieces in his garage.

Speaking of lack of support, the other project I want to berate you about is Wolftown. T, Teresa Martino, now Teresa Martino Yamamoto, started out with an airstream trailer, some fence and some wolves. It has been through the support of many Islanders and her own hard work that she has managed to develop the Wolftown facility. She is a remarkable woman – an internationally known equestrian and famous for her rescues of abandoned wolves and, when possible, their return to the wild. She also rehabilitates injured wildlife, teaches interns and anyone else who will listen about the importance of our relationship to the natural world and promotes what she called ‘predator-friendly’ agriculture – a phrase I have been trying to persuade her to change to predator-resistant because these tough, old fashioned breeds of sheep are actually able to defend themselves from predators so people don’t have to kill

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*T Martino
hand shearing
her sheep*

Island Life- vol.vii- #14

A Whale

by Peter Ray

It’s funny, in a figurative sense, how things work. Just the other day at a talk on marine mammals I got to see and touch a piece of baleen- the coarse, hair-like structure that allows most whales to filter algae and plankton from the water of the oceans and to carry on in a living kind of manner- at least that was it’s intended use. For most of their existence, in an age of species sense, it was safe and necessary to open wide, scoop in a big gulp of the salty sea, close their mouths and force the water through the bristles of baleen with their tongues and then derive sustenance from what was strained from the mix. We have changed that. We have given them oil in both the solid and liquid form. Like the freedom we have given the Iraqis, I can’t imagine that they like it very much.

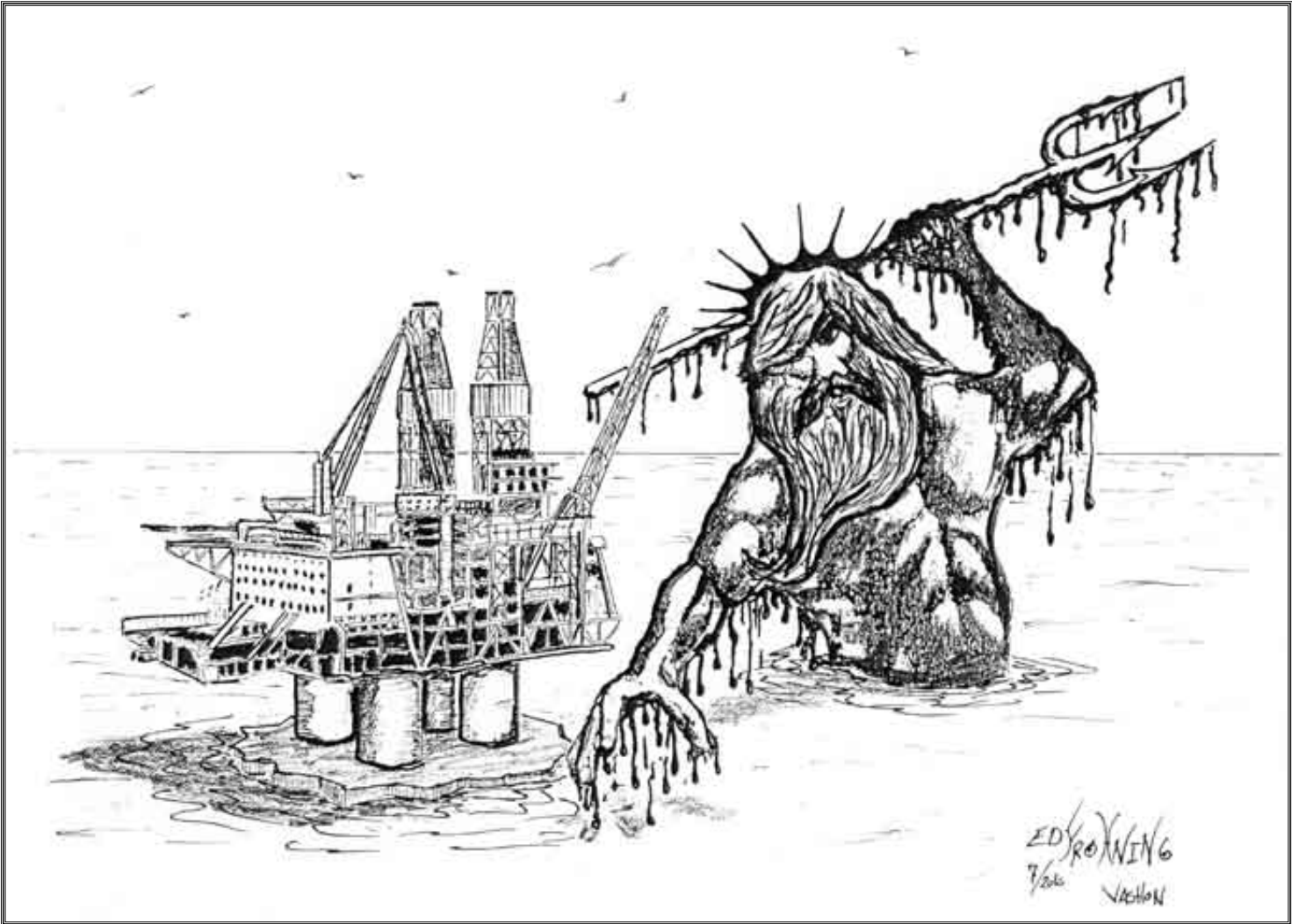
On holding the buff colored brush of dried baleen, an image came to me of a similar but living set of bristles dripping with recently spewed Gulf crude. I wondered if perhaps the whales might sense, or know better than to open up in that odd, oily cloud that hadn’t been there on their last feeding pass, and I wondered if the dispersants being pumped and dumped to make the mystery cloud go away would help to return the tainted rows of baleen to their pristine state, or if the myriad of unnamed ingredients of that particular chemical soup would serve to accelerate the ailing creature’s demise. We’ll never know, or at least we won’t know for a while- at least not through our trusty media sources. Dead whales make for bad press, and we’re seeing enough of that already. Or maybe we’re not seeing enough of it. While writing this I checked again, and a report popped up from a NOAA vessel from 17 June telling of the first sperm whale found dead south of the “spill” in the Gulf. Cause of death-unknown.



Beach Walk Bounty

We had our own dead whale story around here back in mid April concerning a 37 foot long gray whale that washed up just south of the Fauntleroy dock. While the headlines more than hinted at a death by garbage, further reading revealed that of the fifty plus gallons of stomach content, only about 1-2% was man-made refuse. The cause of this death is still uncertain and could be anything from illness to accumulated toxins to starvation. And even though these doorstep deaths are concerning, a closer look showed that the six dead whales we’ve seen in area waters this year are still below average, and not close to the 50 whales found dead during the 1999-2000 migrations.

In thinking of the ins and outs of whale dining I googled “whale poop” and found a story about a study of sperm whales in the Indian Ocean. What the study determined was that cetacean crap contains lots of iron, which in turn makes nitrogen available to plankton which then multiply and ingest carbon dioxide, which is obviously a good thing. It seems that the amount of CO2 consumed by the resulting plankton blooms is more than twice what the whales produce through their own respiration. On the other hand, we are producing massive amounts of CO2 which for the most part is winding up in the ocean, acidifying the water and killing the plankton that are producing much of the oxygen we breathe. What’s wrong with that picture? In getting back to my poop search,



what I didn’t find was whether ingested bits of our waste does the Jonah thing and emerge in three days, or if it stays lodged in the system while blocking beneficial nutrients as it slowly leaches toxins into the body and organs.


As a part of doing the tourist thing with relatives from the other coast, we did a one day adventure into the heart of Twilight Country, along with a stroll into the Hoh and along Ruby Beach. What, for me, turned an otherwise enjoyable day into yet another spiral into helpless befuddlement, was the sight of a Milky Way-like trail of multi- colored plastic fragments along the previous high tide line. Once again, the thought of these bits clinging to baleen and bird beaks before becoming an indigestible lump where real food ought to be all left me feeling rather small- that and the military jets doing slightly less than supersonic loops at altitude way overhead. I bent over and grabbed a slightly inflated balloon that had lost most of its mylar coating except for the barely visible “It’s a Boy” imprinting and tore the top open to begin filling it with sizeable bits of plastic on the way back to the car. Short lengths of nylon rope, a medical waste wrist band, black plastic pipe, a balloon from a Christian retreat center, a wheel from a toy truck and more, all served to fill the balloon by the time we had gone 200 yards. It was less than nothing in the big picture, but it felt like at least something.

Speaking of big, somewhere back in my recent trips to Googleville I saw that BP has magically conjured up their latest deus ex machina to rescue their oil and the world, in that order. It is a giant tanker with holes cut in the bow at water level to gracefully skim through the waves drinking up all their spilt milk and making everything right as rain. As much of the oil now exists in deep plumes and in marshes, one wonders why they might think or believe that a few open slots barely skimming the surface will make a dent in righting this debacle. One could ask why, if it is to do anything at all, is the beast just moored in the Mississippi instead of out working its miracles? It is, of course, so we can see that maybe BP is still trying to do something, even though they are not. I would assume it is also so we can see the vessel’s name. It is not called the Crude-inator or the BP Princess or the S.S. Dick Cheney. It is called: A Whale. I think, even if the Daily Show had come up with that one, Jon Stewart’s delivery of the punchline would have been met with stunned silence. I really don’t know what else to say.

Heather's Homegrown Grill

17614 Vashon Highway Southwest
Vashon, WA 98070

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Fri, Sat, Sun, 8am-3pm
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Conditioning versus Reality

by Rochelle Gravance
NAFC Master Level Certified
IYCA Level 2 Conditioning Specialist
Physique Transformation Specialist
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It may be imperative to begin this discussion with a definition. Refer back to this definition often and as needed as you read this article and as you take on any endeavor great or small.

Process: continuous action, operation, or series of changes taking place in a definite manner. The action of going forward or on. The condition of being carried on. Reference: Dictionary.com

Culturally, we are conditioned to receive or acquire upon desire or request. In other words, it's not difficult to buy what we want when we want it. This seems to go against the virtue of patience. And, according to this philosophy, one cannot achieve joy, peace or happiness without the practice of patience.

This seems to make sense, doesn't it? To always receive what one desires without effort, time spent or potential self sacrifice of one form or another ultimately discounts the object of desire once obtained. Therefore, one continues to desire more or better. The void is never filled.

What one may not realize is once the conditioning becomes present in a particular aspect of that person's life, it is expected in all other areas as well, conscious or not. This reality seems to be posing a hypercritical situation with regard to achieving health and fitness.

I am officially speaking to you at this juncture. No reason to look over your shoulder. This is the reality of the situation. No one is impervious to this phenomenon if you have been a part of this culture for long. You too, have unrealistic expectations.

It has been said that it takes 10,000 hours to become an expert at anything. Let's break that down to something more tangible. Often, my clients are required to track their daily dietary intake in an attempt to learn about the foods they eat and how those foods serve the body so that they may achieve a healthier state of being and a more ideal body composition. If the above suggestion holds true, then it would take approximately 13.7 years to become an expert in the nutritional needs of your body if you spent 2 hours per day tracking food, recording outcomes and studying nutrition.

Bill Burby Fun Run and Walk



Bill Burby was a co-founder of the Vashon Strawberry Festival 10K Run in 1980. He was a beloved coach, teacher, and mentor at Vashon High School who died suddenly of cardiac arrest in 1989. The race, in its 30th year, is named in his honor. The challenging USATF certified course follows looping scenic country roads with some hills. The start and finish line, at the corner of Vashon Highway SW and SW Gorsuch Road, is easy to find just north of downtown Vashon. The race starts promptly at 9:00AM Saturday July 17th and is finished in time to enjoy the Strawberry Festival parade! Registration fees are \$15 in advance and \$25 day-of-race. Find out more about the Bill Burby Inspirational Fun Run and register on-line at www.billburbyrace.org



I realize this concept and potential reality can seem a bit overwhelming. Grim as it may appear to be, what you must come to grips with is the substance of what is occurring. That being change. The old habits and patterns that no longer serve the greater good of your existence now have to be confronted and dealt with.

So whether you are attempting to get stronger, more flexible, lose body fat or simply workout and move your body more consistently, you must place attention on your intentions, remain patient and recognize the progress that is being made in the process.

We have now come full circle with this discussion. Let's close with the following breakdown:

1. To make the desired changes one must begin by placing attention on the intention.
2. Much practice is required to become proficient.
3. Patience with the Self is a virtue and a must when confronting something as complex as the biology of the body and the psychology of your particular thought processes.
4. The sum total equates to the subtle acquisitions of change within the process.

Lastly, always recognize the efforts being made and be thankful for the experience you receive through your failures. Congratulations, you're on your way.

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Vashon Celebrates!

Continued from Page 1

on the women. The kids are welcome at the beardgarden, where midway-style booths will be set up featuring games such as "Find the raccoon in the beard." Meet Bob and Bob, identical gay bears with identical gay beards. Try and guess which one is Bob and which one is the other Bob.

Canine Loveathon

This year-long celebration happens right at my house, where a welcome befitting a Warrior King awaits each time I return from my Vashon battles. Of course, I get a similar welcome when I've only been gone for five minutes to get some milk, but still. There's a lot of love. I have magnificent sporting dogs that keep me focused on what's important. And that is the joy of simple moments, and the beauty of just being right here, right now, on Vashon Island.

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We've Got a Lot of Kids by Kevin Pottinger Family Fun Pak

We're trudging around an immense blacktop parking lot in the heat of a July afternoon, a sticky kid on each sweaty hand, while John Cougar Mellencamp's "Lonely Ol' Night" blasts out of a battered pair of speakers. Whirling carloads of squealing teens whip around at the end of two giant hydraulically controlled arms forty feet in the air.

The air is still and stale and smells of cotton candy and diesel exhaust, rotisserie hot dogs and deep fried everything. Thirteen -year old girls and boys in alternating groups cruise the midway, road-testing their newly minted independence, looking over their shoulders and laughing nervously at private jokes.

We bend over to talk through the little hole in the plexiglass at the ticket booth and after reading and rereading the hopelessly complex escalating discount scheme, we give up and buy the Family Fun Pak, forty tickets for twenty bucks, a savings of six dollars or possibly fifteen dollars, cash only.

We load the twins onto the little red train that runs around a little track with orange steering wheels and a little bell and tooting steam whistle. The twins smile and wave and we smile and wave every time they come around.

Our older kids sit on burlap mats and slide down the giant fiberglass slide over and over again. After a few tries they go grinning head first.

My wife Maria, an Illinois farm girl, climbs into the Rock-O-Plane, and looks back at me expectantly: challengingly: chicken. The Rock-O-Plane and I go way back; there is no way I am getting in that thing. The operator guns the motor and slams it into gear. Maria sits stone-statue-still, her knuckles white on the metal bar.

Her legs are rubbery as we make our way to the midway.

Out of the sun in a tented mall, the BB-rifle and dart-pops-balloon and three-baseballs-for-a-buck games lay end to end for a hundred yards on either side of the midway. Hanging from the metal pipes of the tented roofs like safari kill on meat hooks, are the prizes: refrigerator-sized pandas and his-vis floppy stuffed hounds and groovy kitties.

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Diamondbacks cap with a few gold teeth at sea in a rubbery grin crab-walks over and makes immediate and lasting friendships with all four of our kids, his face tanned chestnut brown from months of midway sunshine far from here, Navy tattoos of Stars and Bars on his biceps, a Viceroy tucked behind one ear.

He leans for a few seconds on his good leg and gives our oldest boy his rapid-fire pitch, describing a game so simple to follow, and so easy to win, that it amounts to a charity for handsome and strong young men such as our oldest boy. You toss the ring around the neck of a coke bottle, win a stuffed panda so big it won't fit in the family car, and give your little brother the two leftover rings so he can try for the floppy dog.

Maria and I get the can-I-can-I abridgement and spring for five bucks worth of rings, divvying them up between the kids. We watch all fifteen clink against the coke bottles and fall harmlessly into a plywood trap at the bottom. Our oldest boy is quite disappointed, and becomes convinced his aim was faulty; he's now adjusted his swing and is ready to toss the rings for real now. Maria and I share a glance and dig for another fiver for another fifteen rings, which clink against the coke bottles and fall harmlessly into the trap at the bottom.

Our host quickly spots us another fifteen, digging them out of his apron, on the house, 'cause he's got a soft spot in his heart for handsome families such as ourselves. We divvy them all up again and they too bounce harmlessly off the bottles.

Things are getting repetitious at the ring toss game and Maria and I share another glance and thank our host and turn to leave, but we're joined by a group of older boys with giant iced drinks with oversized red straws who buy a big stack of rings. Half-turned to leave we watch them play for a while. One of the boys with red hair has clearly played ring-toss before, and after missing a few, plinks one square onto the neck of one of those coke bottles.

Our host shouts in jubilation, limps to the back of the tent to grab a long pole with a hook at the end and ceremoniously presents an enormous stuffed panda to the red-haired kid. With the panda under his arm, the red-haired winner magnanimously gives his leftover rings to our oldest boy, and after they too careen harmlessly off the coke bottles and into the trap, I put an arm around our oldest boy and we all stroll out into the July afternoon sun, to purchase big bags of cotton candy: two for six, three for eight, or four for eleven bucks, for the hot ride home.



Aries (March 20-April 19)
By their nature, shadow images hide from our perception. By our nature, we tend to not want to see them. So the denial of shadow material -- such as fear, guilt, shame and insecurity -- is pretty much built into this thing we call human nature. But if we want to grow, and that means grow out of our anxiety and self-reproach, we simply have to face these matters, and I don't mean in the form of a fleeting glimpse. You are in a rare moment when you can peer into this dimension of yourself and observe them as if you are looking through a fog. The question is what to do with what you see, and I would say focus your attention for as long as you can. Remind yourself that every effect has a cause. See if you can get to the point where you can see fear as an option that you choose, or not.

Taurus (April 19-May 20)
You seem to be married to an idea, and are using this as a substitute for devotion to yourself. What you're feeling as commitment may be part of a plan to stabilize the ebb and flow of the human tide, which can be an annoying thing to go through constantly -- especially for one born under your sign. But ebb and flow is what we do the most dependably. Any notion of commitment, to another person, to yourself or to the work that you do, needs to include room for fluctuation (this, even the designers of bridges and skyscrapers know well). This weekend's total solar eclipse is encouraging you to be flexible in your ideas about everything and everyone in your life. Take some of that space to see things as they are rather than as you insist they should be, or should have been. I'm pretty sure you will like your new perception better than the old one.

Gemini (May 20-June 21)
If you're getting involved in a financial partnership, or a personal relationship that includes the merging of finances, I suggest you get a few things out on the table. One is the scorecard that you've accumulated during this particular encounter. State your resentments and your unresolved issues in clear terms. Be honest about your values and whether you think they align with the values of the other person. Then invite your counterpart to do the same -- and listen well. You may feel compelled to yield to what is important to someone else, and this may evoke several layers of response. I would remind you that the history of this relationship goes back long before this relationship, and you may need to take extra care that you're not bringing in the past unfairly. You will soon see how much you have to gain by faith and fairness.

Cancer (June 21-July 22)
Western culture, particularly the United States, seems bent on denying the past. Yet in order to grow, we have to make peace with the past, take the information we need and let history go: which is different than denial. Indeed, it's precisely the opposite use of the mind. At the moment, your relationship to yourself is evolving rapidly, and that in turn is shifting your relationships to others. This is having visible and productive results. The past has weighed heavily on your emotional life, and it's only recently that you've been able to acknowledge your disillusionment and admit what you want. You're well on your way to finding the present, and you are more emotionally available than you've been in a long time. This is something to neither rush or to delay, but to embrace consciously. Then spread that energy to everyone you meet. Notice who they are, today.

Leo (July 22-Aug. 23)
Imagine yourself in gestation, suspended in fluid. Feel the gentle movement, the distant sounds and the light that's coming from inside you rather than around you. This space has the quality of paradise, yet

you're also confined. You have everything you need, but you have no influence over the flow of events. All you can do is focus on the changes you're going through: on what you feel, and on who and what you're becoming. You know you're growing so fast that eventually you won't be able to contain yourself in this enclosed bubble, but for the moment it's serving its purpose. Now notice: you're not alone. The vibrations and emotions you're experiencing are, in part, influenced by a source outside yourself. You're in relationship to whatever this other thing is, and it's influencing you powerfully. Be aware of this: all your growth depends on it.

Virgo (Aug. 23-Sep. 22)
You're finally letting go of that heavy quality that has dominated your life for so long, and that has influenced so many of your decisions. Your anger is beginning to change into something else, something more useful. Your need to take total authority over yourself and certain people around you is beginning to reveal itself as less than helpful. The reason you're noticing these things now is because you have an option; you can see that you have a choice, and you're making the obvious decision. But there is something else. You know that every decision you make opens up a world of possibilities, some of which you cannot see, and none of which you can predict exactly. Letting go of that false sense of control is what will gently guide you into true freedom.

Libra (Sep. 22-Oct. 23)
You are embarking on a creative partnership that has the potential to help you express your true talent. There's something 'old' about this arrangement and something entirely new about it. Every positive quality to this arrangement has a negative counterpart somewhere in your history. Yet instead of that history repeating itself, it's as if the problem points are being redeemed into something useful, indeed, something that benefits and nourishes everyone involved. These two ideas -- benefit and nourishment -- are your best friends right now. Notice when they are present in your environment, and nourish them right back. Keep a positive flow. As Saturn enters your sign, the winds of change will sweep through your life. Be alert, look for the best in every situation and remember: you know yourself. Use that knowledge and it will grow.

Scorpio (Oct. 23-Nov. 22)
Rather than having faith in a relationship, I suggest you aim to trust existence. In order to do this, you must have faith in yourself: a precious and rare element on our planet. In our world, we put enormous energy into romance, marriage, expectations, commitments and striving for the perfect bond. Then it's as if we don't notice how often this fails. Yet the thing we're really not noticing is what it's a substitute for, which is clarity, self-respect and faith in existence. If you look, you can see why. The more we run toward supposedly permanent emotional entanglements, the less emphasis we place on who we are. They're mutually exclusive because our relationships are so often based on something other than who we are. No matter what you're experiencing right now, you can trust that you're moving closer to the truth of yourself.

Sagittarius (Nov. 22-Dec. 22)
You need to sort out an emotional commitment from a financial commitment. This is usually known as marriage, though even if you're not married or if the relationship I'm describing isn't with your spouse, the feeling is similar. The boundaries seem to be all over the place. You're not sure whether to take authority or make some kind of sacrifice. Actually, there is something in this situation that's out of your control, which evokes some



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memory of childhood. Here's what you can do as an adult: you can be creative. You can pay attention to the details. You can shift the conversation away from adversity and petty wrangling toward allegiance and your mutual need for security and common ground. If you come to a point where you feel helpless, remember you are not; your power is in the strength of awareness, communication and the decisions you make.

Capricorn (Dec. 22-Jan. 20)
Shift into proactive mode. For the past few months you've been able to ease away from the feeling that you need to be six steps ahead of everyone, and you needed the rest. Now you're back to a distinct need to be on top of your game. That means mapping out the chessboard, knowing who is who and where you stand with everyone, and seeing what options you have. As the next few weeks unfold, you will need to make a series of decisions, and they count. Indeed, you've made a series of decisions in the past year-and-a-half that didn't quite count, and now you're playing for keeps. But you've learned plenty, and you're ready to apply that knowledge. Let me clue you in on one thing you may not be noticing: people -- such as colleagues, bosses, clients, peers or whoever -- respect you a lot more than you think. Step into that space and live like your life matters. It most surely does.

Aquarius (Jan. 20-Feb. 19)
Stretch your horizons, and I mean far and wide. The nature of your life is about to take on new dimensions: potentially international, and involving some form of diplomacy, outreach or negotiation. You may become involved with a spiritual institution or social justice movement. If you're one of those people who 'never imagined that your life could be like this', go back through your files and remember all the visions you had, and the ways in which you've always strived to exceed the bounds you knew could never limit you. A relationship potentially is involved, and it's both solid and productive: I mean that in the deepest long-term sense. Whether these ideas are 'truth' or 'metaphor', the message is the same. Widen your field of potential, look far from where you are now and remember: when traveling in a foreign land, custom trumps law just about all the time. And in relationships, love trumps attachment.

Pisces (Feb. 19-March 20)
This weekend's eclipse pulls back the veil over some of the aspects of your life that are the most precious to you: emotional bonding, meaningful sensual pleasure, your creative passions and your sense of adventure. You don't need to eat from this whole buffet at once, though there is certainly a meal coming. Rather, imagine yourself fully entering this dimension of your life, finally allowing yourself to relax the emphasis on so many things that supposedly violate your true nature. You're not giving up everything you've learned; it will still be there when you need it. What has been lacking is your full commitment to what you want, and this is that part that you alone can offer. If you find you're giving yourself reasons why not, stop looking for reasons of any kind. Indulge your experience because you can. Be real because that's the thing to be.

Read Eric Francis daily at www.PlanetWaves.net.

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Oatus Has Gone So Far and Will Go No More

by Rick Tuel

December 2, 1970 Wednesday,
continued

Rick, Chris, Jeri Ann, and their animal crew mates Nigel and Metoo the dogs and Felix the cat, have had their freedom purchased by a good Samaritan and are now leaving the police precinct in Federal Way, bound once more for Seattle:

We were back in traffic, laboring through the early evening rush like a portable oil fire once again. In my rear-view mirror I watched the crowd of spectators vanish behind a spectacular cloud of black smoke deployed by Oatus as Chris floored the gas pedal in a desperate bid for second gear.

In the lead, I tried everything I could to stay directly in front of Oatus while trying to determine our escape route and avoid collisions at the same time. It was hopeless; we kept getting separated no matter what I did.

Dusk became evening and a cold,

hard wind began to set in. Not only did Oatus lack a heater, the window on the driver's side couldn't be closed. Chris had been driving for days bundled up to the eyeballs and with a blanket on his lap, freezing.

I at least had a heater in the Family Dog but it also pumped semi-lethal concentrations of engine by-products into the cabin so it was used sparingly and with open windows.

We made it to a major freeway interchange with a vast shopping center at its hub by about 21:30. Chris indicated by flashing light that this was the end of the line for Oatus. I detached from the traffic pattern and Chris followed suit. Together we spiraled down out of the interchange in tight formation, black smoke marking our glide path as we made for the farthest reaches of the enormous parking lot. The clattering piston was deafening now, each revolution of the crankshaft causing it to batter away at the cylinder with jackhammer force and threatening to blow at any moment.

Chris switched off the key and Oatus shuddered to a dieseling halt, delivering a few last sharp blows to itself before falling silent.

We had a quick conference in the wardroom and put together a plan. Chris and Jeri Ann would stay with the wreckage of Oatus while I struck off for Lou and Rita's to get help.

Temperatures were a little below freezing. There was nothing to burn in the stove and even if there had been, a shopping center would not likely be a good place to do it. I wouldn't have a lot of time to go muster a rescue party but unfortunately it seemed to be our only option. We siphoned off a few remaining gallons of gas from Oatus's tank and transferred it into the Family Dog, hoping it would be enough.

I got back onto the interchange and headed "north on 5." Or so I thought.



Delightful, Healthy Herbal Teas

By Kathy Abascal

Drinking tea is a healthful, soothing practice. "Real" teas are made from Camellia species and contain caffeine; other herbal teas are often called tisanes. I call all of them teas because tisane is a bit stilted and all are brewed from herbs. Sitting down with a nice cup of tea will do much to make you feel better, and tea drinking is well worth exploring. The ritual of a cup of tea, especially with a friend, partner or child, adds immensely to the richness of life.

There are hundreds of herbs that can be used for teas, each with its own qualities. You can make teas from many of the flowers and plants growing in your garden, or you can add leaves and flowers from your garden to a ready-made bulk tea for a more personal experience. The wonderful scents that waft toward you from your cup of tea will have a pleasant effect on your mood. The minerals and medicinal compounds in the tea will be readily absorbed and put to work in your system. Teas do not have any calories, and usually are slightly diuretic which is good for the heart and circulatory system.

Green tea is the second most widely consumed beverage in the world, water being number one. Research shows that green tea has many impressive health benefits. It helps prevent cancer, is anti-inflammatory and anti-microbial (making it an absolutely wonderful helper in mild cases of food poisoning). Green tea helps prevent dental decay, and appears to prevent bacteria from becoming resistant to common antibiotics. I strongly recommend drinking several cups of green tea a day if you are taking antibiotics to support the effectiveness of those medicines.

Teas without caffeine are, however, often a better choice, especially for children. If you are not used to drinking herbal teas, I suggest beginning with rooibos because it has such a pleasant taste. Rooibos is also called red bush tea and features prominently in the No. 1 Ladies' Detective Agency, a series set in Botswana. Traditionally, rooibos was used for allergies, to soothe the stomach, help resolve eczema, and to prevent aging. It is a very flavorful tea and is available in a many different tasty combinations. Rooibos also makes a wonderful, thirst-quenching iced tea. Like green tea, rooibos is rich in heart-healthy polyphenols but comes without caffeine and is almost free of tannins.

Another of my favorites is my own Mineral rich tea blend. This tea combines herbs that concentrate minerals. Our diet is often deficient in many minerals due to soil depletion. For instance, a USDA study shows that an apple grown in the 1920s contained over 90% more iron than an apple grown today. This lack of minerals also occurs in organically grown food, although less so because organic and biodynamic farmers work hard to enrich their soils to ensure plant strength. Mineral rich herbs, if consumed relatively soon after being brewed, provide a good variety of bioavailable minerals.

The minerals in freshly brewed tea are in ionic form for a while and these ions can be easily absorbed across membranes throughout the GI tract. As the tea sits, the minerals form salts that are more difficult to absorb. Although



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the amounts of minerals in a cup of tea are small in RDA terms, they seem to make a huge difference in the body. They help the blood transport a bit more acidic waste which in turn helps promote healing. I have seen mineral rich tea help in health issues ranging from muscle cramps to headaches to PMS bloat to skin ailments to healing from any illness and especially chronic ailments, perhaps because the tea provides needed trace minerals.

My mineral tea blends raspberry leaf, red clover flowers, oat straw, dandelion leaf, nettles, horsetail, and alfalfa. When these herbs are combined, they mellow each other's medicinal characteristics, giving a gentler, milder action than say horsetail might have, if used alone. The tea has a pleasant taste but if is too plain for you, you can jazz it up a bit by adding a little hibiscus, mint or licorice to the mix.

I also make Chamomile Delight is another wonderful tea. This tea combines skullcap, chamomile flowers, lemon verbena, spearmint, and lavender. Chamomile Delight is soothing and calming but at the same time uplifting rather than sedating. Chamomile, of course, is a fabulous herbal nervine that is incredibly calming to the digestive tract. I sometimes think that we adults are not all that different from infants: Often it is a slightly upset stomach that makes infants cry; the same upset makes adults a bit ill-tempered or uneasy. Chamomile quickly puts such things to rest. Skullcap is a nervine with a multitude of other actions ranging from antimicrobial to anti-inflammatory. Lavender, of course, is soothing and provides a lovely taste and scent. You can get these herbal teas, and many others, at the Roasterie/ Minglement or Vashon Tea Shop.

There are many, many reasons to incorporate tea drinking into your life, and there are many wonderful teas to choose from. It is an inexpensive and enjoyable habit. So, get out your tea pot, some pretty cups and give it a go.



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What's Your Take ... On How to Celebrate?

By Peter Bond

A collective sigh of relief has settled over the island. No, it's not just that summer weather has finally arrived, and no, it's not because we're in the midst of festival month. And it's not because we all get to see each other half-naked at the beach (although that is a very real reason to celebrate. Or not.)

It's because I've declared July politics-free month! That means wonderfully benign, joy-of-the-moment questions for this column. Since last week was July 4th and next week is Strawberry Festival I asked folks how they celebrate when there is something worth celebrating!



Kate - Vashon
Our family Definitely has a Barbeque.



Maxwell - Massachusetts
We get to go to Ben and Jerry's



Kenny - Massachusetts
I like to eat good food.



Matt - Seattle
Isn't this a family newspaper?

Don't Forget the Birds Brewer's Blackbirds

by Ed Swan

Just before the Fourth of July, I found myself headed toward the ferry dock concentrating on a billion things that needed to get done. But apparently the bird spotter part of my brain kept on ticking along because as I drove around the corner just north of Vashon Community Care Center where a spur of the old highway still exists, I saw a blackbird stilt walking back and forth prospecting in a lawn. A little alarm went off in my heard and I flipped a U-turn back around and took a good look. Sure enough, a Brewer's Blackbird. Could it be a Common Grackle? No, too short a tail.

Back in Vashon's agricultural days, John Friars, a long-time resident of the Island, remembers Brewer's Blackbirds as common in the Dockton area when it consisted mainly of berry and other crop fields in the 1940's. These blackbirds concentrate in farming areas and smaller towns and also regularly nest and forage in grasslands and clear cuts. Vashon almost certainly lacked any Brewer's Blackbirds until the clearing of forests. They then apparently colonized the Island in reaction to the advance of clearing and spread of small farms.

As the Island's forests regenerated, their numbers declined. Gary Shugart reports them as frequenting his yard along Bank Road, following his rototiller. When Augie's farm next door shut down, they disappeared. In the last few years, usually only one or two brief sightings in spring occurred around the Island. A breeding record exists with the Breeding Bird Atlas project for the 1980's. Numbers now appear so low that current breeding seems unlikely. The bird I found recently along with another a few feet away bring the sum total of



Brewer's Blackbirds taken by Jim Rosso

my Brewer's Blackbird sightings since I came to Vashon to the amazing height of three birds.

Male Brewer's Blackbirds, as their name suggests, look uniformly deep black, with a wash of purplish-blue iridescence on their back. The only bright bit of color comes from their sparkling gold eyes. Females appear fairly bland, brown overall with no streaking and dark eyes. If anyone sees them on the Island, I'd appreciate a report at my contact information below.

A number of interesting sightings came in over the last two weeks. John Friars saw eight Brant swimming by his place near KVI Beach, a first summer record for Vashon. While taking a group on a bird tour July 3 at high tide at KVI Beach there were about 50 peeps with about a third Least and the rest Western Sandpipers. A Common Loon was in Tramp Harbor off Ellisport and Tuesday June 29th Kate Hunter called in a report of six in Tramp Harbor. Also on the 29th, I saw two Common Murre off the Tahlequah ferry along a rip about mid channel. Later on the way back with

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Gary Shugart we saw a large cormorant, either Double-crested or Brandt's off toward Quartermaster Harbor. June 30, I saw two Brandt's Cormorants at the Vashon ferry dock. I've never seen cormorants in June around Vashon before. Tuesday June 22nd I found three Yellow-rumped Warblers along Judd Creek north of 204th on the Singer place. This raises the possibility of their breeding on the Island. Bob Hawkins recently found a Horned Grebe just west of Portage in Quartermaster Harbor. This is where one has spent the summer in past years. Still pretty unusual. Bob also has a PS Flycatcher nesting on top of a light fixture outside at his place. Also July 2, Richard Rogers had a junco feeding a cowbird young. 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.

Find it on
www.vashonpages.com
Vashon Business Information

Positively Speaking

“When Freedom Sings”

By Deborah H. Anderson



Such a small one to overcome. Except the story of her childhood came back to me and I know that where there is unspoken or unhealed pain, there is only acting out behavior. If we don't speak it, we will dance it.

These last five years the papers have been filled with the small and the mighty getting caught acting out their pain. All of us born in this country are blessed with unending freedom. No matter what class, what race, what background, we can do and be anything we want. If you are willing to go to bat for yourself, to reach higher and work hard, the possibilities are endless. The question is "what will we do with our freedom?"

The kids came for an early fourth of July celebration this year...Friday. The kids are my son, my daughter in law and their new baby, the wonderful Pajo (Paulie in English) . Her family exemplifies the fourth of July.Coming from war with two suitcases, rebuilding their lives taking what jobs they could find. I'm so proud of her. And my son... he exemplifies this last generation who seemed to have a bumper crop of men who could stand true to their families. With no dad since the ninth grade, he has soldiered on and is today a fantastic dad himself.

Everyone has troubs. And the world will always tell you it isn't important to deal with them. But in this country, we must always ask, "What am I doing with my freedom?" People are going to involve you in their stuff. There's no doubt about it. But, freedom is a choice. Voting is a choice. When you do well by your freedom, your heart sings. When the going gets tough remember, losing your right to vote means something.

Love
Deborah



The brown envelope sat in the yellow, blue, and sage green striped basket by the recliner.

I stared at the brown envelope for about a month. Inside it was a court report sent to me by a kindly reporter from a newspaper in Eastern Washington. "I'm under deadline today but tomorrow why don't I walk over to the courthouse and get you a copy. They're public record." he said .

This past year she had been arrested and convicted for felony embezzlement. "Thirty days of house arrest doesn't seem like anything other than a slap on the wrist", I said to the reporter. "Well," he said. "She won't be voting anytime soon"

A pastor's wife in her mid sixties stealing fifteen thousand from a senior citizen's fund. The words, 'won't be voting anytime soon' rang in my ears.

The first time I voted they had just changed the law so eighteen year olds could vote. I was in college and a girl from Thailand asked if she could go with me and take a picture of me coming out of the booth. There I am in all my size ten glory pushing the little canvas drape aside beaming from the chance to vote... for McGovern. That's another column.

Now with an empty weekend to feel whatever emotions those papers dredged up I opened the envelope. There were all the details. Three years in a row she would solicit a donation at the end of the year, dummy up receipts and skim five thousand for herself. She told the police officer she put the cash in an envelope and gave it to a guy on the street outside a transitional housing unit (on which her husband served on the board) and she told him to give it to the executive. Yea...right.

And now she can't vote.

I never understood her unhappiness. She had a job, a husband who was devoted to her. She had two wonderful kids. She was talented, well liked in her community. She had everything in my eyes that made life pleasant and empowering.

And now she can't vote. For what? I knew what the money went for ...credit card debt. It was her only besetting sin.

Strawberry Festival

Continued from Page 1

momentum with our new marshaling area, shorter parade route, and downtown car show placement. We will again have the "Vashon Strawberry Festival 2010 - Best of the Show" award. The cars will park for viewing on Vashon Hwy SW, south of Bank Road immediately following the parade. Grab your lunch at the Car Parade's sponsor Red Bicycle Bistro and Sushi Bar. Don't miss the chance for a close up look at these hot machines and cool classics.

Car Parade starts at Noon Sunday, July 18. Note Many of Vashon's roads will be blocked beginning at 10:00 am. Early arrival is recommended. Parade begins at noon. Our popular downtown show is from 1 pm - 5 pm.

Music this year will include two stages at Ober Park. A smaller two person stage will supplement the main stage and allow for nonstop music during music stet changes. More music is available at the Village Green Stage, Pandora's Box Stage, The Beer Garden and Street Dance. The Music starts Friday, July 16, 5:30pm

at Ober Park with Cargo Jam and Loose Change at the Beer Garden at 7pm. Don't miss the Portage Fill at 7pm followed by the Street dance with Captain Dick and the Portholes. Find the full music schedule on page 15.

New place, new tunes, new beers! Join us on the grass, around the gazebo at Vashon Village across from the library. Micro brews from local Western Washington breweries will be on tap for you to enjoy along with your favorite tunes. Bill Brown and the Kingbees will be back for your dancing pleasure on Saturday night and Loose Change will be rockin out on Friday night! Friday 5 - 11 pm, Saturday 12 noon - 11 pm, Sunday 12 noon - 4 pm.

Paradise amusement returns with carnival rides across from ober park starting Friday. Bill Burby run on Saturday the only thlng yet to be determined is will summer show up at this year's Strawberry Festival.

More information on line at the Chamber of Commerce Website www.vashonchamber.com



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Only On Vashon

Continued from Page 1

and said that's what Nicky had done to his intestine. Even very expensive surgery was iffy whether it would do any good.

Here's where I went outside and bawled like a baby. Have you ever seen a nine-week old Irish setter puppy? They are among the most beautiful creatures on earth (forgive the hyperbole-but I truly believe that).

So I called my Mom. She'd come over from the city, but the ferries were backed up for three hours, as it was July 4th weekend. The pup would probably be down by then. I needed some grief counseling now!

I immediately thought of Father Marc. I'm not Catholic but what could that possibly matter, and what about the bizarre coincidence that this was almost his pup anyway?

He was there in ten minutes!

The thing that happened next on this emotional super-roller-coaster I can't clarify exactly, since I was in that daze, but I remember talking to the Father for awhile outside the vet before gaining the strength to go inside, to what I'd assumed would be a procedural discussion for putting Nicky down. But the doctor was in the back again and the girl at front said something about him conferring with a specialist on the phone.

Father Marc and I waited while comforting Nicky, who'd been brought out by the staff, possibly for us to say goodbye. I wanted Father to see how beautiful he'd become since he'd last seen him, a couple of weeks prior.

And then the doctor came back, with

a noticeably less ominous expression on his face. Seems the pup had a very good chance after all, probably even 90 percent! He would do the surgery right then and there; I had about five minutes to decide.

Well, what was to decide? The huge bill? I couldn't begin to face that ethical dilemma of deciding whether to put a puppy down for lack of funds, after being responsible for bringing him into the world

Didn't have to. Father quickly donated the equivalent of what he paid for the pup. Fair Isle quickly said they'd take installments. Nicky was in surgery in under ten minutes.

After a very long operation, about which the doctor said was the worst case he'd ever seen of this, Nicky survived. He came home the next day and lies at my feet as I write this. The doctor says if we get thru the next 4 or 5 days we're home free.

Divine Intervention?

Of course I have to throw that out there. I asked Father Marc what he thought about all of this, about the coincidences, about how there was suddenly a good chance Nicky would pull thru after he'd arrived on the scene. Father said he doesn't believe in coincidences. He believes in destiny.

So I got my story after all. The Puppy and the Priest. Just a little different version

(Dear Readers, Amazing Nicky is still looking for his permanent home. If you think you might know of that home, please email me. Peter@vashonloop.com)

50th Annual Salmon Bake

Continued from Page 1

years of salmon bakes,” Wallrof said. The menu for the event hasn’t changed much either, since the event got its start back in 1960 — there will be fresh salmon, marinated in a secret sauce and cooked over open alder flames, baked beans, cole slaw and grilled garlic bread.

There will also be hot dogs for kids who haven’t yet learned to love the taste of salmon, and frosty beverages including ice tea and lemonade to help wash everything down.

Ice cream will provide the perfect finish for the meal.

As always, the Salmon Bake will raise money for the parish, but it is also a chance for all Islanders, regardless of their affiliation with the church, to come together for an old-fashioned afternoon of fun and fellowship.

Wallrof said he had fond memories of salmon bakes from years past, when a group of men from the church all hopped aboard a fishing vessel a weekend before the event to catch salmon in the icy waters off the Washington coast.

“We had a great time,” he said, adding that the men enjoyed a camaraderie that included lots of friendly competition. “It was \$1 for the first fish, \$1 for the biggest fish ... just lots of fun.”

Nowadays, the fresh fish is simply ordered from a supplier, but a group of men from the parish still gather at the church two days before the event, and begin a top-secret process to get the fish ready in time for the Salmon Bake.

First, it is marinated according to a recipe that has been passed down over the years, and finally, on the day of the event, the men cook it outside the church, over an alder fire.

The tasty result has Islanders coming back year after year. Wallrof recalls the days when more than 700 people showed



Jim Neal and friends pose with the catch in this vintage salmon bake photo.

up for the event, but he said the Salmon Bake is still a popular Island pastime — more than 400 people are expected to attend this year.

The band Loose Change will supply live high-octane music to help get the party started this year, and there will also be a wealth of activities for kids, including a crafts table and appearances by balloon artists and a clown. A rummage sale, bake sale and sale of whole fresh marinated salmon will complete the festivities.

St. John Vianney’s
50th Annual Salmon Bake
16100 115th Avenue S.W.

1:30 to 4:30 p.m. Sunday, July 25
(doors open at 1:15 p.m. \$15 for adults, \$3 for children, free for younger than 5

Tickets are available after Masses at St. John Vianney, at the church office from 9 a.m. to noon, Monday through Friday, at Windermere Realty and Vashon Pharmacy.

Rummage sale will take place 9 a.m. to 4 p.m. Saturday, July 24 and 1:30 to 4:30 p.m. Sunday, July 25.

A dessert sale will also take place during the Salmon Bake.

Find it on
www.vashonpages.com
Vashon Business Information

Island Epicure



By Marj Watkins

The Lovely Fruits of Summer

Northwest grown strawberries, blueberries, plums, peaches and nectarines, melons galore—a Croesus’s wealth of summer fruits rewards us with delicious snacking, salad and dessert choices.

Where to start? Breakfast of honey-drizzled sliced strawberries topping yogurt on whole grain cereal? Lunch of fruit salad that trades the pear and gorgonzola, and the apple and walnut salads of winter for mounds of torn-up leafy lettuce and baby spinach generously laden with diced peaches or nectarine, strawberries and toasted cashews or sliced almonds? Enjoy a special dinner dessert?

On those cloudy, drizzly days we’re famous for, raise family spirits with a fruit pie.

Strawberry Pie
Baked or bought 9-inch pie shell
1 quart strawberries, washed and hulled
2 to 3 Tablespoons cornstarch mixed with
1/3 cup water or juice
Arrange whole strawberries in

concentric circles in the pie shell. Crush leftover berries in a saucepan. Stir in the cornstarch mixture. Stir-cook until clear and thickened. Pour over the berries for a glaze. Chill. Serve with whipped cream if desired.

Gluten Free - Fresh Fruit Pie with Almond Crust - 6 Servings

Almond Meal Pastry
For a 9-inch single crust Pie
Bake at 425 degrees
1 cup almond meal
1 cup oat, sorghum, or millet flour
½ teaspoon salt
¼ cup (1/2 cube) soft butter
¼ cup water
3 Tablespoons light olive oil

In a mixing bowl, stir the almond meal, flour and salt. Work in the soft butter. In a measuring cup fork beat the water an olive oil. Quickly pour it into the dry ingredients. Work the mixture into a ball. Pat it flat. Transfer it to your pie pan. Pat it to fit, pushing dough up the sides. Make a decorative fluted edge. Prick bottom and sides with a fork. Bake 15 minutes, or until the pie crust is crisp and the fluted edge light brown. Remove and cool on a rack.

Lightly cooked, gluten free Blueberry Peach Pie
For 9-inch pie
Baked pastry shell
Bottom layer of filling:
2 cups blueberries, washed and sorted
3 Tablespoons cranberry juice
1 Tablespoon sugar or Splenda®
1/8 teaspoon salt
2 ½ Tablespoons cornstarch
3 Tablespoons water

Bring berries, juice, sweetening, and salt to a boil. Stir. Reduce heat. Cook 5

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minutes. Stir in cornstarch mixed with water. Stir cook until thick and clear. Cool in fridge for 20 minutes.

Top layer of filling:
2 firm, ripe peaches or 5 nectarines
¼ cup cranberry juice
1 teaspoon cinnamon
¼ teaspoon salt
3 Tablespoons coconut sugar or agave syrup (Minglement)

2 Tablespoons cornstarch or rice flour mixed with
2 Tablespoons water
Dice peaches or nectarines. Discard pits. Add all but the starch mixture. Bring to a low boil. Combine starch and water. Stir in and stir-cook until the liquid clears and thickens. Remove from heat. Fruits should still hold their shape and not be overcooked. Stir. Taste and add more

sweetening if desired. Cool.
To assemble:
Pour the blueberry mixture evenly into the bottom of the baked, cooled pie shell. Chill until cold.
Pour the peach mixture evenly over the blueberry layer. Chill.
Serve with vanilla yogurt or whipped cream.

Visit me at the Strawberry Festival. Look for Booth 31 on your festival map. It will be called Fir Tree Press. You’ll find me with my books and, if time permits to make them, some illustrated recipe note cards and island scene note cards. Suzanna Leigh will share the booth with me, showing her lovely silk paintings, and some note cards of her own illustrating.



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Loopy Laffs

I had amnesia once – or twice.
Question authority, but not mine.
Old age only comes to those who wait.
The best way to get ahead is to use the one you’ve got.
For every problem there’s a simple solution – it’s usually wrong.+
Age doesn’t always bring wisdom – sometimes it comes all by itself.

One day a guy was driving with his 4-year-old daughter and beeped his car horn by mistake.
She turned and looked at him for an explanation.
He said, “I did that by accident.”
She replied, “I know that, daddy.”
He replied, “How’d you know?”
The girl said, “Because you didn’t say ‘JERK’ afterwards!”



A father was approached by his small son, who told him proudly, “I know what the Bible means!”
“Okay,” said his dubious father. “what does the Bible mean?”
“That’s easy, Daddy. It stands for ‘Basic Information Before Leaving Earth.’”

The real measure of your wealth is how much you’d be worth if you lost all your money.

Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught. – Oscar Wilde

It costs me never a stab nor squirm
To tread by chance upon a worm.
“Aha, my little dear,” I say,
“Your clan will pay me back one day.”
—
Dorothy Parker

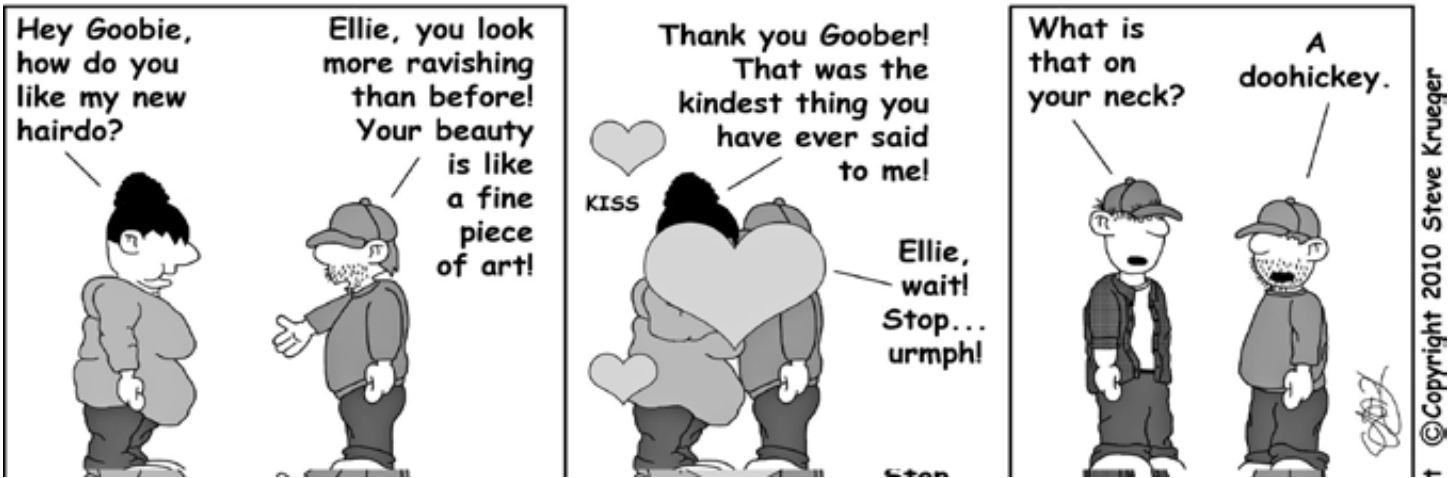
A company that will go to the ends of the Earth for its people will find it can hire them for about 10% of the cost of Americans

I was talking to someone about being a Mac user and he told me he was against it because no one supported it. I told him I liked the fact there were no viruses on Macs and he said, “See, even virus writers don’t support Macs.”

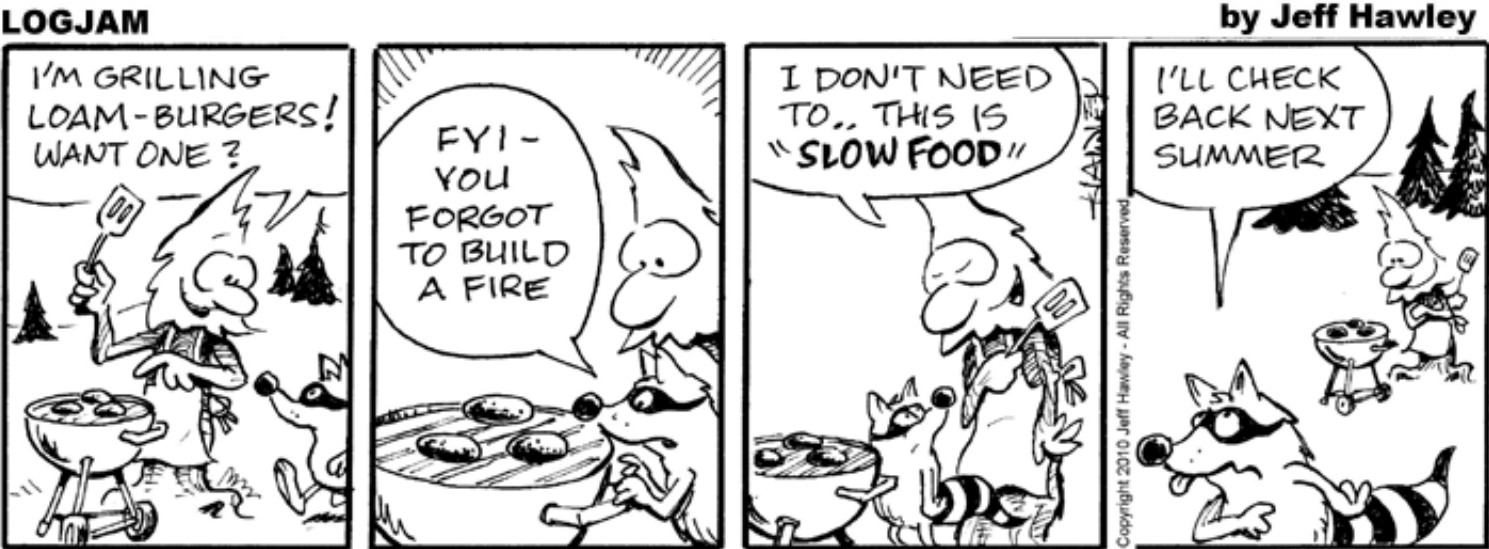
One Liners

A di-agnostic is someone who doesn’t know whether there are two gods.
We never really grow up, we only learn how to act in public.
Never drink and derive—alcohol and calculus don’t mix.
You can have it right, or you can have it now.
Being right too soon is socially unacceptable.
When your dreams turn to dust, it’s time to vacuum.
How does it change many dyslexics to take a light bulb?
A rumor without a leg to stand on will get around some other way.
Even if you are on the right track, you’ll get run over if you just sit there.

Moose Lake



LOGJAM



Performing July 9-10
Vashon's The Diggers



The Diggers (Islanders Camille Coldeen, Nick Simmons and David and Danny Salonen) will show up for their monthly gig at 7:30 p.m. Friday, June 11, in a kind of double bill with Vashon Winery's Ron Irvine and his regular Second Friday Wine Tasting (6-8 p.m.)
At Cafe Luna 9924 SW Bank Rd.
www.cafelunavashon.com

Community Drumming



Community Drumming with Vashon Drum Circle moves outdoors!
Friday, July 9, 7 PM, Village Green
Everyone is welcome! All ages. Please bring frame drums and rhythm instruments. Donations are welcome. Vashon Drum Circle is offered by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

TV Dinner & VanNorm



Just sit right back and you'll hear a tale, tale of a fateful trip that started in this rainy isle of Vashon and now brings a new twist on movie and TV Theme songs. TV Dinner blends jazz, blues, soul and rock influences to remember the best that our fallen heroes in TV and movie land had to offer.
Islander Chuck vanNorman performs his original works accompanied by Jason Everett on bass/ vocals and Fletcher Andrews on percussion.
C h u c k incorporates a variety of techniques and styles on his steel and nylon guitars.
At the Red Bicycle 17618 Vashon Hwy SW, Friday, July 10 at 9:30pm.
www.redbicyclebistro.com

Gary Kanter

Gary Kanter's been around for a while, so he has the right to make a CD called "Gary Kanter Live: The Senior Moment Comeback Tour."
H e ' s bringing his act to Luna with a stellar review from J.W. McClure at Victory Music, who says, "You ride to a few gigs with someone and you think you know him."
At Cafe Luna 9924 SW Bank Rd. Saturday, July 10 at 7:30pm



Concerts on the Village Green

Balkan Cabaret on the Village Green. Vashon Folk Dancers and Vashon Park District, with help from K.C. 4 Culture and Matt Bergman present music and dancing from the Balkans. Romance-Passion-Dance! All FREE. Bring the whole family and a picnic. Monday, July 12 at 6:30pm
Pangeo Greek music on the Village Green. Vashon Folk Dancers and Vashon Park District, with help from K.C. 4Culture and Matt Bergman, bring ethnic music and dance to the Village Green FREE. Family friendly. Bring a picnic and your dancing shoes. Monday, July 19 at 6:30pm
More info:
www.vashonparkdistrict.org

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Picoso, Ian McFeron, Toned F & Trolls Cottage
Play the Red Bicycle Strawberry Festival Weekend

Ian McFeron and Picoso kick off Strawberry weekend at the Red Bike, Friday, July 16 with Ian McFeron taking the stage at 9pm.



A prolific songwriter whose lyrical prose and fervent work ethic has drawn comparisons to Bob Dylan and Ryan Adams, Ian McFeron has released a steady stream of albums: Don't Look Back (2003), A Long Way To Freedom (2005), and Fistfight With Father Time (2006). Let It Ride (2007) marks Ian's fourth full length LP- a fourteen-track narrative spanning themes of love and heartbreak, faith and despair, political corruption and hope. Released on March 3rd, 2007, Let It Ride was celebrated with back-to-back shows at the Triple Door in Seattle, both of which sold out in advance.
In live performance, McFeron (vocals, guitars, piano) is joined by the Texas fiddle of Alisa Milner for this opening slot for Picoso at Strawberry Festival. Ian has also performed with well-known Northwest lead-guitar players such as Alice Stuart and Rod Cook, and with slide-guitar virtuoso Dan Tyack.



Followed by Picoso at 10pm. Started on the streets of Seattle, Picoso radiates raw energy at shows. Their original music innovates while remaining rooted in the fundamental extemporaneous

groove and feeling of The Cachao Descarga Sessions. While many of Picoso's songs could be described as Salsa, Son or Cha cha, the power and spontaneity of Picoso's live performances cannot possibly be encapsulated in those three words. The urban Latin flavor in Seattle is championed by Picoso... [they] are not afraid to stretch beyond what is comfortably known as Latin or world music. The vibe is urban and very street, without losing the relationship to the ancestor sound. - Darek Mazzone (host of 90.3 KEXP's Wo Pop for Seattle Sound Magazine, March 2006) Since the band's formation in 2004, Picoso has appeared live in Seattle at The Triple Door, Nectar, The Tractor Tavern, Lo-fi, The Seamonster Lounge, The Scarlet Tree, Tost, The Ballroom, Axis, Las Margaritas, The Mirabeau Room, Ethnic Fest 2005 (Tacoma) and The Bite of Seattle. Picoso has also been featured live on KEXP 90.3's Sonarchy Radio, KEXP 90.3's Wo' Pop as well as KBCS 91.3's Latin music show, Sabor. Come prepared to dance!

The Fun starts Friday, July 16 at 9pm. This is an All-ages 'til 11pm, 21+ after that. \$10 cover for both shows.
Then Saturday Toned F and Trolls Cottage perform.



Kiki Means, Julia Hanowell, and Madeleine Wolczko are all solo artists who came together to form the group "Toned-F". All 3 musicians play regularly at the Vashon High School's monthly open mics and have been influenced by their family's love of music. "Toned-F" plays covers as well as originals acoustically with 3-part harmonies.



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Trolls Cottage packed the house with Subconscious Population last Halloween like no other bands have ever been able to, thanks to the warm welcome by friends and family that came out to support the hometown boys. It may be cold outside, but it's smokin' hot in the room with TC throwing down some beats. Trolls Cottage is returning to The Red Bicycle after a few months away for another smokin' hot show!
The Trolls Cottage sound has been defined in many ways. Some say it is semi-acoustic rock with conscious lyrics and danceable beats.

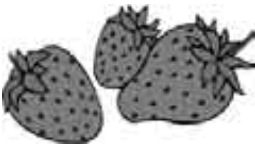
Self promoted tours and self-released albums have garnered the group serious attention from local and national publications such as a recent big feature in the 35th Anniversary Issue of Powder Magazine. While they have mostly stuck to larger clubs around Seattle and neighboring cities, Trolls Cottage has also completed several West Coast Tours that have included shows in British Columbia, California, Idaho, Montana, Oregon, Utah, Washington and the Hawaiian Islands. Over the years Trolls Cottage has shared the stage with many international acts like Luke Dube, Gregory Isaacs, John Brown's Body, Culture, Eek A Mouse and Clinton Fearon at local venues and festivals such as Bumbershoot and Folklife
They'll have copies of their latest CD entitled "Let It Burn", which features 12 songs that were recorded at different times over the past year. TC took the 7 songs from the Chasing Trains EP and mixed them together with 5 new tracks. Saturday, July 17 at 9pm. All-ages 'til 11pm, 21+ after that. \$10 cover for both bands.
At the Red Bicycle 17618 Vashon Hwy
www.redbicyclebistro.com

Strawberry Festival Music

Friday, July 16
7:00pm - 11:00pm
Beer Garden
Loose Change
R&B



Saturday, July 17
7:00pm - 9:00pm
Street Dance
Portage Fill
Big Band



Pandora’s Box Stage

Saturdy, July 17
1:30pm - 2:15pm
Rip Tide
Americana/ Country

Sunday, July 18
11:30am - 12:15pm
Allison Shirk, Kim Thal, Andrea Brooks
Folk

2:30pm - 3:15pm
Jeff Hitch
Rock/Indie Rock

12:45pm - 1:15pm
Church of Great Rain House Band
Americana/ Country

3:30pm - 4:15pm
Geordies Brye
Celtic

1:30pm - 2:15pm
Larry and Lynette
Folk

4:30pm - 5:15pm
Kevin Joyce
Americana/ Country

2:30pm - 3:15pm
Murgatroyd
Rock/Indie Rock

5:30pm - 6:15pm
Marylin Kay & CO.
Blue Grass

3:30pm - 4:15pm
Doily Brothers
Rock/Indie Rock



Village Green Stage

Saturdy, July 17
1:00pm - 1:15pm
Liz Katz
Americana/ Country

Sunday, July 18
12:00pm - 12:45pm
Vashon Youth String Orchestra
Classical

1:30pm - 2:00pm
Maya McTighe
Rock/Indie

1:15pm - 2:00pm
Madeleine and Stefan Wolczko
Americana/ Country

2:15pm - 3:15pm
Megan McConnel
R&B

2:30pm - 3:30pm
Irish Wristwatch
Jazz

3:30pm - 4:15pm
Con Brio
Classical

2:30pm - 4:30pm
Julia Hanowell
Rock/Indie

4:30pm - 5:00pm
204th Street Jazz Trio
Jazz

5:00pm - 5:45pm
Velocitized
Rock/Indie

6:00pm - 6:45pm
Marisa Samuelson
Rock/Indie Rock



Ober Park Stage

Friday, July 16
5:30pm - 6:15pm
Cargo Jam
blues

Sunday, July 18
11:30am - 12:10pm
Song and Legend
Rock/Indie Rock

6:30pm - 7:15pm
Radio Daddy
Rock/Indie Rock

12:15pm - 12:55pm
Kelesey Alina
Folk

7:30pm - 8:15pm
VanNorman
Rock

1:00pm - 1:40pm
TBA

8:30pm - 9:30pm
Tom Bean Blues
Blues

1:45pm - 2:25pm
Mary Win
Folk

Saturdy, July 17
1:00pm - 1:40pm
Portage Fill
Big Band Music

2:30pm - 3:15pm
Turner Down
Rock/Indie Rock

1:45pm - 2:25pm
Rose Laughlin
Folk

3:20pm - 3:55pm
John Browne
Folk

2:30pm - 3:10pm
Riverbend
Americana/ Country

4:00pm - 4:40pm
Rumer Has it
Rock/Indie Rock

3:15pm - 3:55pm
Mark Wells
Folk

4:45pm - 5:15pm
Allison Shirk
Folk

4:00pm - 4:40pm
House Engine
Blues

5:15pm - 6:10pm
Loose Change
R&B

4:45pm - 5:30pm
Ali Marcus
Folk



5:35pm - 6:15pm
Poultry in Motion
Rock

Sporty’s Festival Music



Murgatroyd kicks off Strawberry Festival at Sporty’s, Friday, July 16 at 9:30pm. Murgatroyd, formed in 2008 combines the talents of four long-time island musicians; Brett Bacchus, “Rez” Arnot, Morgan Snyder, and Doug Spencer. This union, brings together for the first time, all the talent, power, raw energy, personality and swagger, reminiscent of 1970’s arena rock.

The Doily Brothers take the stage Saturday, July 17 at 9:30pm. The Doily Brothers band is truly an Island fixture. The band was originally formed circa 1970 and some very talented Island musicians have been a part of its soul. Bringing you a well rounded mix of Classic Rock , Country & Blues, the energetic (and sometimes explosive) style of the Doily Brothers will keep you on your feet. So, for something unique and entertaining, this band delivers.....

Sporty’s 17611 Vashon Hwy SW
206-463-0940

Rogers and Hammerstein’s Oklahoma

Drama Dock presents Oklahoma. The full cast includes Drama Dock newcomers plus a plethora of talented islanders who have demonstrated their talents in previous island productions.

Adding to the show will be a remarkable group of local musicians including Paul Swenson, Steve Amsden, Jean Richstad, Dick Gordon, Randy Bruce, Melanie Taitano, Dan Brown, Josie Veatch, Sarah Church, Joanne Kicinski, and George Heidorn. A full orchestra was gathered to record the “Dream” ballet sequence and some of the musicians will be featured on stage as a country band.

- Thurs.-Sundays July 8-18, at the VHS Theatre
- Ticket prices: Adults \$15, Students/ Seniors \$10
- Special pricing for Thursday performances Adults \$10/Students & Seniors \$5
- Tickets available at Vashon Book Shop, Books By the Way and www.brownpapertickets.com

check the Drama Dock Website for more Information www.dramadock.org



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www.vashonislanddayspa.com

PANDORA'S BOX

Well, finally....we are anxiously awaiting the arrival of Buddy, the new store cat. Hopefully he will work in. He’s certainly adorable. He’s of mixed ancestry and has an attitude. Kind of a cross between Horus and Andy!



Cheryl’s pick of the week:
New natural Bison treats!!!! We’ve got tripe sticks, tripe bones and Bison weenies. Yummy.

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Retro Active Vashon Electronica

By Ezra Blake




This year, thanks to many helping hands, some exciting new entertainment, is being introduced for young people during Strawberry Festival.

The first ever R.A.V.E. will be held Friday, July 16 and will feature two DJs playing the hottest Electronic Dance Music around! Some of the genres will include house, electro, trance, techno, breakbeats, drum n bass, and dubstep. The dance will include a full light show, and drinks will be available inside.

This is a drug and alcohol free event, and security will be present. It will be

Justin Returns to Vashon



Justin Returns to Vashon with new songs and ready to get the kiddie mosh pit rocking. Saturday August 14th, 1pm, Doors at 12:15pm, at the Vashon Theatre

Tickets on now via Brownpapertickets.com Ticket Sales Hotline - 1-800-838-3006

“The Paul McCartney of kids’ music.” — USA Today

“Deft lyrics and beautiful sound.” — Los Angeles Times

“As a kids’ performer, Roberts is in a league of his own.” — Chicago Tribune

Justin Roberts is truly one of the “all-stars” of the indie family music scene. With numerous national awards and recognition and a devoted fan base, Justin and The Not Ready for Naptime Players dish out unexpectedly intelligent and whimsically rocking music for kids and their parents.

Justin’s latest CD Jungle Gym ascends through the collective memories of childhood: from the joys of trick or treating and gym class parachutes and sleepovers to the magic stillness of snow days. The recording takes listeners on a journey through iconic experiences that kids will relate to and parents will remember. It’s an often funny and rocking ride: from magic moments sailing on a moonlit cardboard

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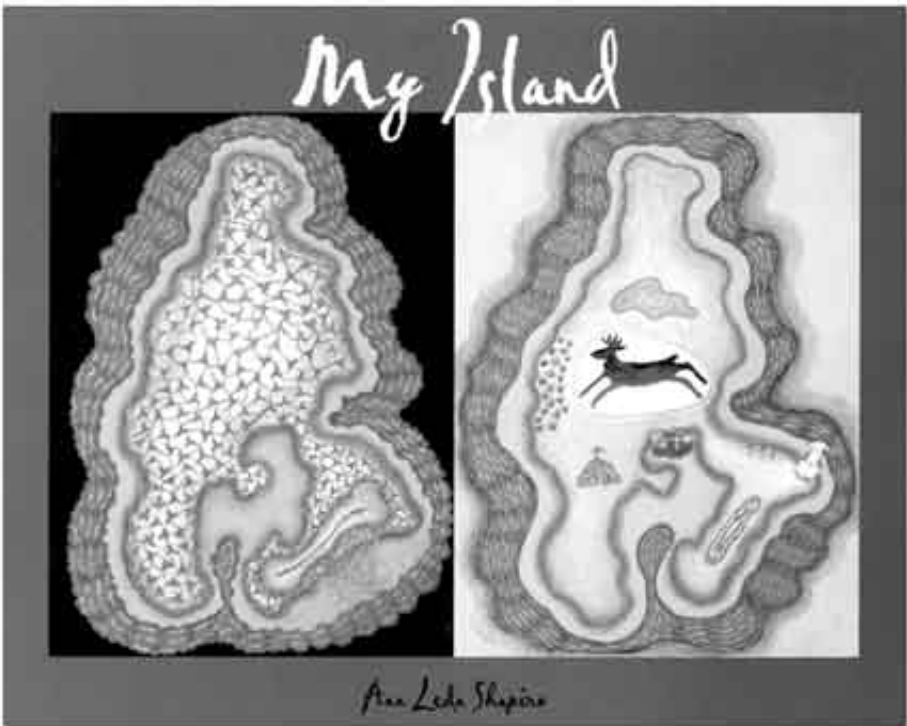
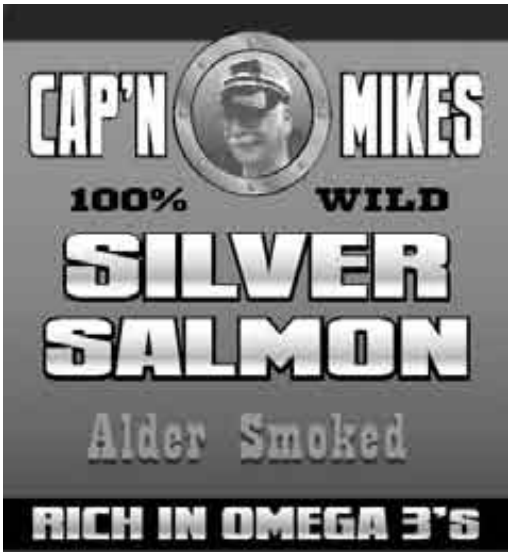
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