



VASHON

THE LOOP

Vol. 7, #15

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

July 22, 2010

Son Friend Hero Remembered



People will gather on Vashon Island to celebrate the life of a son, friend, and hero. A memorial service is set for Sunday, August 1st at Vashon High School. Lt. Robert Bennedsen will receive military honors and a special tribute from Vashon Island Fire and Rescue.

Word spread quickly Sunday night, July 18, that Robert lost his life at age 25 in Afghanistan. Vashon took a deep breath as it realized it had lost its first Island soldier and hero to the Afghanistan and Iraq conflicts. His facebook page became a place where friends could share their memories of how Robert had touched their lives.

Robert grew up on Vashon where he graduated from Vashon High School in 2004. At Vashon High School he was on the Football and Wrestling teams, where he won the school's top scholar-athlete award. While in high school Robert served as a volunteer firefighter

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Only On Vashon

Tenth in a series

Atonement

By Peter Bond

I have reached that tender age (haven't we all?) where I could say I've seen just about everything, but then of course I haven't. If I dare to make that claim, even in jest, then the very next day I see/learn something new. The only time in your life where you really do know EVERYTHING is when you're a teenager, as I'm sure your kids will remind you.

This week I learned a little about relationships. Vashon had its own version of the Gore family thing, as several longtime couples split publicly, and mostly amicably. One couple close to me was planning on getting a puppy one day, and literally the next they told me they were splitting. That's something many of us have seen, folks that hope a child and/or pet will bring them closer. I was thankful my friends figured it out before causing more heartbreak

WHO LIVES UNDER THE DOCK?

By Rayna Holtz



Cozy up to a sea cucumber. See a sculpin scoot. Measure a giant pink star in hand-spans. For these possibilities, come to the Tramp Harbor dock at 11am on Saturday July 31 when Karlista Rickerson, her dive buddies, and the Vashon Beach Naturalists will share the wonders of the water world.

Karlista and other divers will swim around under the dock hunting for denizens of the deep. Gently placing them in buckets they will pass them up to the beach naturalists on the dock. Released into temporary new homes in plastic swimming pools filled with sea water, these Vashon Islanders who

breathe water will come face to face with some of us who breathe air. Divers and Vashon Beach Naturalists will tell stories about the habits, menus, and family lives of crabs, sea stars, sea lemons, and sole. Would it surprise you to hear that the anemones, even though they look like large dahlias, are upside-down relatives of the jellyfish? Or that flounders are born with eyes on both sides of their head like other fish, but gradually one eye migrates around to join the other, because they spend most of their time lying flat on the sand looking in one direction: up!

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**The Vashon Loop
now available
Thursday afternoon
to better serve our
advertisers and
readers!**

THE DORSAL SPIN: Killer Whale Homage

By Orca Annie Stateler, VHP Coordinator



Do you need respite from heart-stomping news and images of marine life annihilated by BP's oil-pocalypse? We do here at Chez VHP. This Dorsal Spin offers a departure from the grim chronicles of Pandora's Spill.

For the second consecutive year, Tlingit artist Odin Lonning won an award at the June 17 opening of "In the Spirit: Northwest Native Arts Exhibit," a juried show at the Washington State History Museum in downtown Tacoma.

Odin's "Natsiclané: Creation of the Killer Whale," a carved mask-panel, won the Legacy Gallery LTD prize. Check out www.washingtonhistory.org.

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Burton Throwdown

By Pete Welch

You probably know by now that music matters to me. My passion is promoting island bands and giving them the opportunity to share their music with our community. I also strive to bring off-Island, sometimes international music, to the Island to enrich our community with diversity.

This year, I launched a new organization called Vashon Events with Ruben Arnot of Rez One Productions and Allison Shirk, fundraising consultant, to support non-profit organizations, and to help our school and park district raise the funds they need to make a difference in our community.

Our first major event is happening THIS SATURDAY, on July 24th, from noon until 7pm at the Burton Adventure Recreation Center to support the construction of an Outdoor Skatepark. BARC 9.5 acre recreational park. When completed, it will have an indoor skatepark, outdoor skatepark, disc golf course, and BMX bike skills course. It is a supervised park for kids to have fun...and a place for the whole family to get together.

I'm asking you to buy a ticket to the concert, even if you can't go, just as a way of supporting the development of the park. Tickets are only \$10 and we have a goal of selling 400 of them. That's four thousand dollars for the outdoor skatepark construction AND every dollar we raise will be matched by the Lucky

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KC Road Services Rock!

Judd Creek Bridge

resurfacing begins July 26

By Marie Browne

Kudos to the folks from King County who recently met with Burton business owners to figure out an alternative to the scheduled three week Judd Creek bridge closure. The consensus from the businesses was that an extended closure in the height of summer would be financially devastating to the Burton businesses, most of who rely on drive through traffic.

The bridge needs repairs to the deck to prevent water from seeping in and eventually rusting out the reinforcing steel, explained Senior Engineer Rich Hovde.

The new plan calls for a one lane closure for three to five days starting July 26, with occasional fifteen to twenty minute full closures when the crew has to jackhammer along the centerline. The road will be extremely rough as the loose concrete gets chipped out and drivers will need to cross very slowly. On Monday, Tuesday and Wednesday August 2, 3 and 4 the road will be completely closed between 8:00 am and 4:00 pm for shot blasting, filling, and epoxy coating. On these three days traffic will be detoured down Wax Orchards Road. This plan is subject to cooperative weather, and travelers who have to be somewhere at a specific time (like south end commuters) will want to allow plenty of time.

On behalf of Burton businesses, thank you to King County employees Jim Markus, Rich Hovde, Lauren Smith, and Jim Didricksen as well as Hillary Emmer from the Vashon Maury Island Community Council for organizing the meeting.

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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.

Model A Show at Pt. Robinson

On Sunday, 1 August, the Keepers of Point Robinson are hosting a gathering of Model A Ford motor cars. These are being driven up from Walnut Creek, CA and other places in the San Francisco Bay area.

The meadow around the historic Point Robinson Lighthouse will be open for the cars. Come and visit with the drivers and crews, take a tour of the lighthouse, walk on the beach. If you have a car that you would like to show off, bring that, too, and we will have a great gathering around our lighthouse.

This event is, of course, free and open to all who love good machinery, and for those who wish they did!

Raw Vegan Potluck

This Sunday, July 25, 5:00-8:00 at Carol Roberge's home 22813 Carey Rd SW (off of Reddings Beach Rd, which is off of Wax Orchard, which is just south of Lisabeula).

See below for Popsicle raw ingredient-only recipes!

E-mail Carol at missroberge@comcast.net for directions or other recipes for this cool (literally and figuratively!) summer gathering.

Love, Weslie 463-5566

Watermelon-Lemon-Cilantro

- 3 cups cubed watermelon
- 5 pitted dates
- 1 lemon, juiced
- ¼ cup chopped fresh cilantro

Spicy Chunky Pineapple

- 2 cups cubed fresh pineapple
- 1 cup apple juice
- 1 lemon, juiced
- ½ jalapeno pepper
- 1 cup thinly chopped pineapple

Crunchy Coconut-Banana

- 3 medium bananas
- 1 Thai coconut (water and meat)
- 3 pitted dates
- 1 stalk (rib) celery, thinly chopped

Creamy Crunchy Mango

- 3 mangos peeled and seeded
- ½ ripe avocado
- 6 pitted dates
- 1 lemon, juiced
- ¼ cup crushed walnuts

The Vashon Loop

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The Garage Project

There is an opportunity for youth to come together musically to jam, perform, rehearse and/or network on the next 4 Wednesdays. It will be held at the O Space from 7pm to 11pm and all ages from 14-24 are welcome. There will be PA equipment, drum kit, keyboard, and a couple of amps for guitars available for use.

The Garage Project started July 21st and runs 4 Wednesdays in a row, July 21st, 22th, August 4th and 11th. 7pm to 11pm. At the Open Space for Arts and Community, 18870 103rd Ave SW.

This program is sponsored by Voice of Vashon, Vashon Allied Arts, Vashon Youth Council, Vashon Park District, Open Space for Arts and Community, Vashon Healthy Community Network, and Vashon School District

Vashon Island Imaging raffle Winner



Glen Bishop of Vashon Intuitive Arts drew the winning name (Karen McLean of Federal Way) from more than 100 entries.in the Strawberry Festival raffle held by Vashon Island Imaging , it was announced Sunday evening by Douglas Mesney, proprietor of the company.

Karen won a 20 X 30-inch canvas giclée of Evening Light, an illustration by Douglas Mesney of Point Robinson Lighthouse (below). A larger 24 X36-inch giclée of the illustration will be on display at the Heron's Nest on the next Art Cruise (August 6th).

www.vashonislandimaging.com

Vashon-Thought

There is a new discussion group for Vashon. It's called vashon-thought here is the link groups.yahoo.com/group/vashon-thought/

Please check it out and let people know. There was a raccoon discussion on vashonAll that got colorful after someone substituted people for raccoon. As a result, the need for a group dedicated to discussion was made clear. I like having a forum to freely discuss ideas, others would appreciate the same.

Deadline for the next edition of *The Loop* is
Friday, July 30

Work Party at Maury Park July 24

Friends of Maury Island Marine Park and People for Puget Sound will hold a volunteer restoration work party at the Maury Island Marine Park from 10am to 2pm, Saturday, July 24.

Volunteers are welcome to the event and no experience is necessary. The work party will take place rain or shine. Volunteers should wear sturdy, waterproof foot gear, long trousers and long sleeves, since work will be in the weeds. They should bring a water bottle, lunch and their own work gloves. At the site there will be gloves, tools, snacks and water.

Register for the work party by calling 206-382-7007 or by email restoration@pugetsound.org

Burn Ban in Effect till September 30

In concert with the Washington State Department of Natural Resources and Pierce, Mason and Snohomish Counties, King County has called a Phase 1 burn ban to take effect at 8:00 a.m. on Thursday, July 15, 2010 and will run through September 30, 2010. This burn ban applies throughout King County in both the incorporated and unincorporated areas.

Forest and yard debris burning is not allowed under a Phase 1 ban. This burn ban does not apply to federal forests or national parks, although these jurisdictions may have similar restrictions in effect.

This Phase 1 burn ban still allows recreational campfires in approved fire pits. However, campfires and fire pits are allowed only if they are located on private land with the landowner's permission and if built according to the specifications below. These fires must:

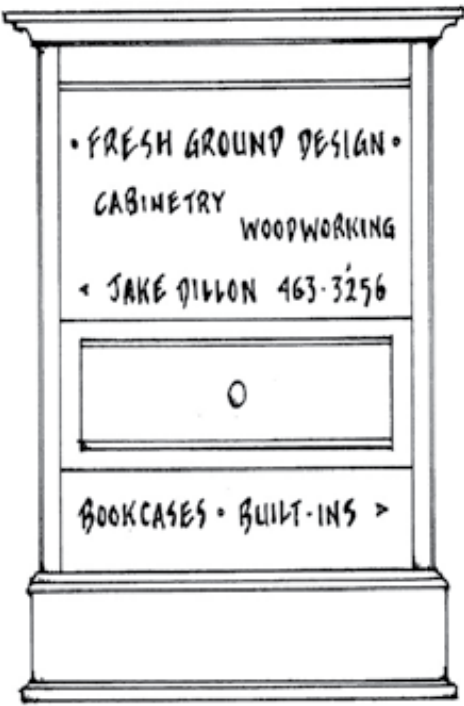
- Be built in a metal or concrete fire pit, such as those typically found in designated campgrounds;
- Grow no larger than three feet across;
- Be located in a clear spot free from any vegetation for at least 10 feet in a horizontal direction, including a 20-foot vertical clearance from overhanging branches; and
- Be attended at all times by an alert individual with immediate access to a shovel and either five gallons of water or a connected and charged water hose.

King County Fire Marshal Jim Chan, in announcing the burn ban stated, "With local temperatures rising, we have called this burn ban to protect public health and safety during the summer months. This ban will be in effect throughout the summer and will be lifted on September 30, 2010."

For more information on local fire restrictions, the public can call the King County Fire Marshal Division at 206-296-6763 or 1-800-323-BURN. To monitor the status of this burn ban, log onto the DDES Web site at: <http://www.kingcounty.gov/property/FireMarshal/BurnBanInfo.aspx>.

Compost the Loop

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



Flower Fair

The Vashon-Maury Island Garden is sponsoring the Flower Fair on Friday August 6th from 1-6 pm and Saturday August 7th from 10 am to 3 pm at the Vashon Library. This fun, free event includes displays of flowers, foliage and vegetables from the Garden Club membership's gardens and a friendly competition in which we ask the community to vote for their favorite categories.

Jam Contest Winner

The Vashon Maury Heritage Museum's Jam Contest Grand Prize winner, Lisa Brougham, walked away with 30 pounds of sugar on Saturday, enough to make several more batches of her raspberry jam.

First prizes were given to Anna Ripley for her "Phantom of the Berry Patch" jam; Tom Conway in the "savory" category for his homemade ketchup; Judith Lawrence for her fig preserves; Nancy Lewis-Williams for her Quince jelly.

The People's Choice prize went to Lisa Hewson for her blueberry jam.

Other prizes were awarded to Susan Hedrick, Helen Wittman, Phyllis Smith, Tom Land, and Judith Lawrence.

Al Watts, Leda Langley, Chris Lueck, and Elizabeth Brezinski were this years judges. There were two dozen entries.

Vashon Island Community Church Vacation Bible School

This year VBS is going to ROCK! Take your kids to the ultimate "concert" experience each day to worship and sing with the Go Fish Guys! After that, it's time to go "backstage", tour a recording studio, and most importantly - learn about the Bible! Your kids will have a great time learning the books of the Bible, the Ten Commandments, making crafts, enjoying snacks, and sharing in the fun! VBS Registration Forms available online.

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Lake Vashon Wrestling Camp 2010



Vashon Island and Lake Stevens (Lake Vashon) Wrestlers pose at the Wild Horses Campground. 22 wrestlers from Vashon participated in the summer camp.

Vashon wrestlers joined forces with Lake Stevens forces to create the Lake Vashon Wrestling Camp, June 28 through July 1st.

The 1st day of camp took place on Vashon Island and the next three days took place in Quincy, WA-- right near the Gorge Ampitheater. Vashon Island and Lake Stevens wrestlers camped out at the Wild Horses Campground and wrestled in a potato barn with wrestling mats rolled out on the floor.

22 Vashon wrestlers (primarily grades 7-12) participated in the camp and were able to wrestle with star wrestlers from Lake Stevens, as well as National Champs, All Americans, and State Champs who were alumni from both schools.

Also dropping by for a session was Justin Abdou, the Simon Fraser Wrestling coach and former Olympian from Canada. Wrestlers from Moses Lake

and Quincy also dropped in to add to the nightly competition.

All wrestlers gained valuable live wrestling experience. They also learned and practice top notch technique from the camp clinicians. Team bonding games and competitions were also played between wrestling sessions.



Vashon Wrestlers: DT Stemer, Chester Pruett, Clyde Pruett, and Kevin Thomas all made the coaches proud with their intensity, accountability, and the fact that they said 'thank you' after they received their meals

The Vashon Loop Now Available on Thursday



The Vashon-Maury Chamber of Commerce
Wishes to give

Thanks

To our "Berry" wonderful 2010 Sponsors

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Our Music Sponsors for 2010

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2010 Festival Committee: Shelly Davis - Grand Supreme, Carole Meriam - Ober Park Vendors, JR Crawford - Grand Parade, Duke Davis-Micro Brew and our Electrician, Paul Rampart-Car Parade, Janelle Davis- Wine & Jazz, Dep. Schmitz and Sgt. Mathis- Explorers &traffic, Troy Kindred- Music Coordinator and Chuck VanNorman and Chuck Roehm- Pandora's Box, Gary Richards- marking Streets & All-around Handyman, Jim Didricksen-KC roads, Michael Golen-Johnson-Voice of Vashon, Sheri Turner- Boy Scouts, Pascal Py-Banner hanging &all other things and Debi Richards-vendors, accounting, answering questions, paperwork and being the most positive person.

Special Thanks to our Gracious In-Kind Sponsors: Vashon True Value, Pandora's Box, Parker Plaza, American Disposal and Vashon Village.
Additional thanks to: Windermere for your donation, again of water for our events, Vashon Subway, Vashon Women's Health Center and AJ's Espresso for sharing their electrical outlets. Wendy Sue, Thank you for everything you always do. Big Red Construction, Jake Johnson- mowing the Carnival felid and Daryl Green-setting up the sinks for food vendors.

SEE YOU ALL NEXT YEAR!



Casa Bonita is donating
10% of its proceeds (!)
for the entire month of July (!!)
to the Vashon Relay for Life.

Please support Casa Bonita
as they support the Vashon Relay for Life

¡Que bueno y gracias a Casa Bonita!

Eat Well and Do Good!

Casa Bonita
+ Vashon Relay for Life
= Great Food for a Great Cause



Killer Whale Homage

Continued from Page 1

org/artsfestival/artists.aspx. The piece is an homage to the Transient orcas who visited Vashon frequently this spring. The following is an excerpt from the artist's statement:

"Killer Whales inspired this mask-panel; I carved it in tribute to them and to my culture. Where I live with my "pod" (family), we typically see Killer Whales between October and January. Over the past year, Killer Whales visited our Island in every season. Kéet awudanéix'i (Tlingit for "Honored Killer Whales") appeared at critical junctures in the development of this piece.

The Natsiclané story is a highly significant Tlingit teaching that describes the origin of a major crest -- Killer Whale. Natsiclané, the main character in "Creation of the Killer Whale," carves the first Kéet (Killer Whales) out of yellow cedar. The story conveys elemental lessons and themes; e.g., other animals are equal or superior to humans, and revenge is not always sweet.

Shamanism is a key theme in the story. The mask in my piece represents Natsiclané, who has supernatural encounters and acquires extraordinary skills throughout the story. In Tlingit shamanism, the ultimate spirit helper was the Land Otter. Carved with Otter imagery and shaped like a shaman's bone amulet, the yellow cedar in Natsiclané's mouth symbolizes both an Otter tongue and the transfer of power from Otter to shaman. The Otter tongue contained secrets of shamanism and was an essential item in a shaman's kit.

Shamans and other people of high social status wore copper nose rings. Shamans wore Mink plus a variety of furs and skins in their hair and on their headdresses. Mink, a cousin of the Otter, was also a shaman's ally.

Inferring from the story, Natsiclané's first Killer Whales were mammal hunters, known today as Transients. These Orcas roam West Coast waters from California to Southeast Alaska, the ancestral territory of the Tlingit. Transients are the Kéet awudanéix'i who materialized around Vashon at an unprecedented level while I honed this piece."

Odin's Natsiclané carving will be on display at the history museum through September 19. The public can vote on favorite pieces for the People's Choice award until August 8 -- hint, hint, Vashonites! On August 7 - 8, attend the free Native Arts Market and Festival outdoors at the museum. The festival showcases First Nations dance, music and storytelling. Odin will have artwork for sale at the market.

Odin also has several pieces at Heron's Nest and the Vashon Island Coffee Roasterie. Sales of pieces at the

Roasterie benefit Wolftown and the VHP. Visit www.odinlonning.com to learn more about his work.

Every July, we anxiously search www.orca-live.net for the first seasonal sighting of a specific Northern Resident matriline, the A11s, with whom our "foster child" Keetla/Springer (A73) travels. On July 7, an entry by OrcaLab co-director Helena Symonds stated that Springer returned with the A11s to the fabled rubbing beaches of Robson Bight Ecological Reserve in Johnstone Strait.

Springer, now about 10 years old, will likely enjoy being a nanny to her aunt Nahwitti's (A56's) new baby. One striking image etched in my brain is that of tiny Springer snuggled up to her massive uncle Skeena (A13) in 2003. Sadly, 32-year-old A13 did not return with his family this year. Springer must miss him. Since July 7th, Springer and her kin have been seen and heard regularly throughout their summer range.

For readers unfamiliar with Springer's saga, this charming, stray orca orphan was our honored guest from January to June of 2002 until she was repatriated to her Canadian A11 relatives in July 2002. She hung out at Vashon's north end ferry dock long enough to acquire several names: Keetla, her Tlingit name; and Boo, her nickname from WSF crews.

Springer's superbly successful reunion with her wild orca pod is unparalleled. In a few years, she will be old enough to bear her first baby. Imagine what Springer might "tell" her podmates about her excellent adventure in Puget Sound!

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041. Soon we will have seal pups on the Island -- do not touch them! Call the VHP about marine mammals on beaches. Send photos to Orca Annie at Vashonorcas@aol.com. We are deeply grateful to Becky for a recent VHP donation and to Wolftown for support with stranding response. Ditto to what MEarth wrote in the July 8 Loop about Wolftown.



Keetla/Springer spyhops near Vashon. Mark Sears photo © 2002

The Loop's Vashon Census 2010

By Peter Bond

It was recently noted, in a rival publication, that a small percentage of households on Vashon Island still have not returned their census forms. After a quick perusing of said form we've decided to assist, unsolicited, in this matter. As longtime Vashon locals it appears the issue is a no-brainer. The wrong questions are being asked. These are folks that live, how shall we say this politely?, "off the grid". It's the "shadowy" side of Vashon, as a friend says. And, to be fair, who really knows how many kids they have?

This revised questionnaire is sure to encourage these folks to finally complete their forms.

1. How many people currently use your outhouse?
A) 5-10
B) More than 10
2. Did your no-good son-in-law get your daughter pregnant again?
3. Would the crap in your yard fill:
A) A pickup
B) A Semi
C) The Harbor
4. Approx. how many squirrels can nest in your beard?
A) 5-10
B) More than 10
5. How many raccoons live in that rusty old bus carcass behind the barn?
A) 5-10
B) More than 10
6. Do you measure your "medical" marijuana plants:
A) By the plant
B) By the bushel
C) By the acre
7. What's that smell?
A) Diapers
B) Dinner
C) You don't want to know
8. Where is a town?
A) Seattle
B) Vashon Town
C) Cemetery Road & Vashon Hwy
9. So then, how many kids do you *think* you have?
A) 5-10
B) More than 10

The Loop was glad to be of service here! Let's get this thing wrapped up now okay?

VOV Day at Spice Route

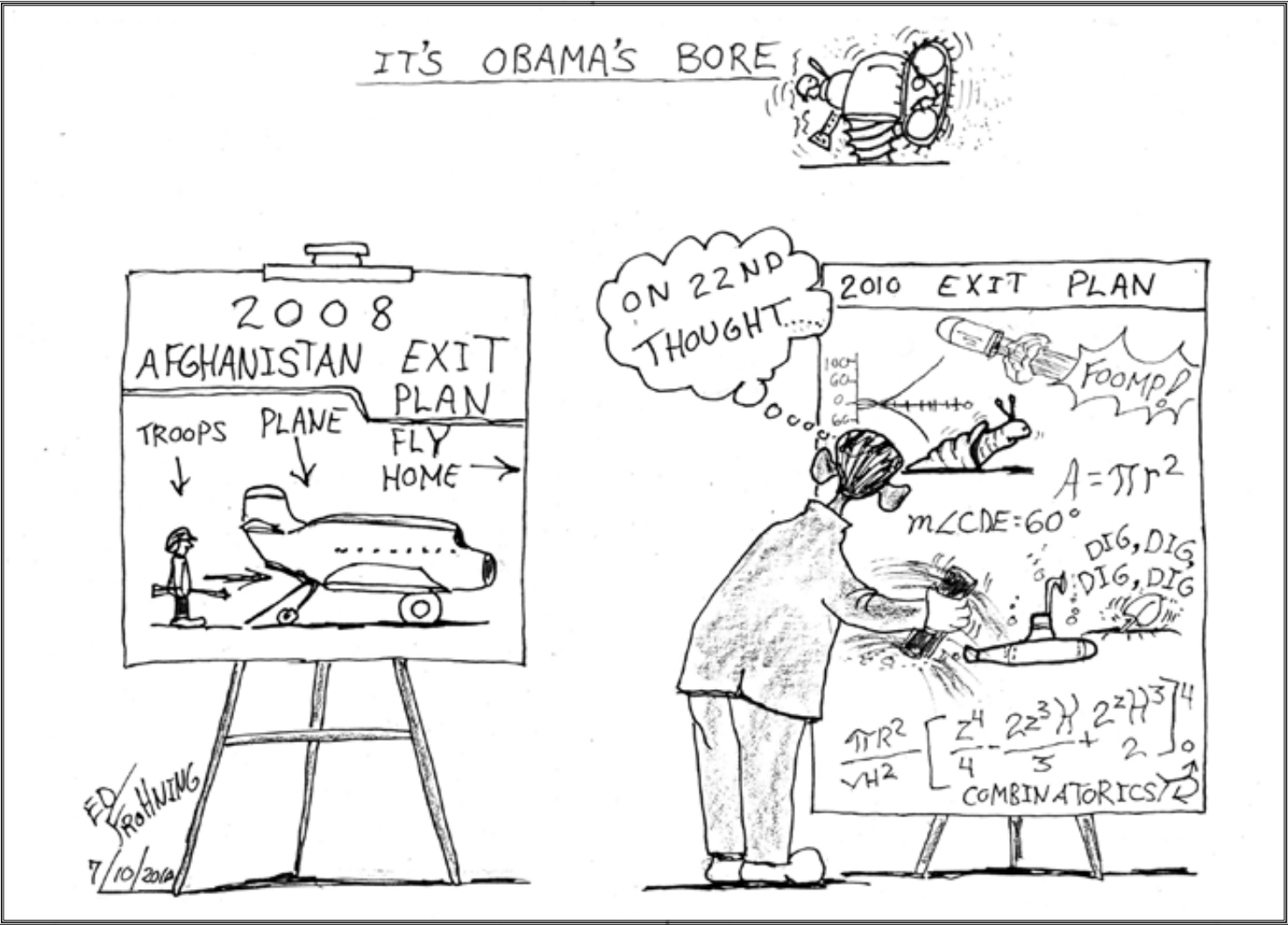
Once a month, the Spice Route Indian Restaurant holds a fund-raiser for an Island non-profit by splitting that day's profits 50-50 with the participating non-profit.

The Community Care Center and the School District have both benefited from Spice Route's generosity in the past to the tune of between two and three thousand dollars, and on Tuesday, July 27th, the lucky beneficiary will be the Voice of Vashon, the Island's Media Network, with its webcast at www.voiceofvashon.org, VoV-TV, it public access television outlet at Channel 21, and Voice of Vashon Standing By, its 24/7 Emergency and Information Radio Broadcast at 1650AM.

All friends and supporters of VoV are encouraged to come for lunch or dinner, or just drinks and appetizers in the bar, gorge on great Indian cuisine, drink with abandon and tell everybody in your e-mail address book about it. Takeout counts too!

There will be sprightly musical entertainment in the bar from 7-9 by Andre Sapp and his troubadours, who specialize in Zydeco arrangements of TV themes. (if it's VoV, then you know it's off the wall.)

The Spice Route is located on the northeast corner of Bank Road and Vashon Highway. Doors open at 11:30 for lunch and close at 9:30PM. Call 206-463-4455 for reservations or information.



Island Life- vol.vii- #15 A Disturbance

by Peter Ray

It was an event that marked another day of getting through the day. One continues to search for these occurrences as place-keepers and monotony-breakers and as signs of hope that there are still things out there that can evoke a simple sense of wonder, although they seem to be hard to come by as of late. It all had to do with the discovery of a tail protruding from beneath a clump of something floating in our pond. It was unlike a tail I had ever seen there before, and so I stopped and looked a bit closer.

The tail soon moved and managed to propel what it was attached to, out from under the cover of flotsam and into full view. What I beheld was an undulating water lizard of sorts, not really large or imposing, but it was something new and different- to me. And like those dreams where you bend over to pick up a coin or some shiny bauble and suddenly realize that there are more and more of these coins and baubles as you look deeper, I soon came to see many of these reptiles in all shapes and poses and states of rest or motion. With weeding and watering as options, I chose to remain transfixed on this newly discovered form of animation in the waterscape for a little bit longer.

It became a daily ritual of sorts, to go out and check on what I soon learned were actually a form of our native aquatic newt. What I found was that they were, if not happier, at least more active when the sun was shining. I supposed I could relate to that. And so, on sunny days after lunch I would go out and check on the newly found pond friends. Some would swim from plant cover to algae clump like small alligators of the tropics. What came to mind was the great caiman scare at Greenlake a while back, where some errant and irresponsible pet owner had released a small terror on the duck population of that urban pond in north Seattle. Others of our pond gang here, instead of doing the gator swim, would paddle to a certain spot, seemingly tie itself in a loose newt doughnut shape and then freeze with legs splayed and tail twisted as if stunned, and then slowly sink to the bottom. It seemed a bit ideal- a happy water park for pond lizards- and then something changed.


We were sitting around out near the pond in folding chairs and holding a conversation and vessels containing

adult beverages when the winged visage first appeared. It was really quite odd- a giant heron swooping within feet of our heads and nearly landing a few feet away when, in a brief moment of "bad idea" recognition, it thought better of that action. The dogs took briefly to a chase as it gained distance and altitude- the cats froze in wide-eyed stances somewhere between fight and flight. It had taken us all by surprise, and as the subtle shock of the action subsided and the mental clockwork began to tick over why the bird had paid us the visit, it became fairly obvious why it was here.

I haven't seen many newts lately, although we continue to experience gronking flights of retreat as we unintentionally sneak up on the pond-snacker. There are those pollywogs- or at least there were- but I think the heron has pretty much seen to it that there is not much joy left in Newtville. This was a little hard to take at first, but then I flashed on those pictures from the Gulf that you only see if you look (hard) for them, of pelicans covered in gooey brown with beaks agape and one eye still able to open, and who had probably been hoping to feed- as they always had- on those small fishes that are now all floating belly up in flat, fetid and surface dwelling schools of finality. So I guess, in the bigger picture of things, it's not all that bad- unless you are a newt in these waters, or anything attempting to seek life as usual in the Gulf of Mexico. Still, in this regard, what keeps coming to mind is that quote from the Jedi sage, Obi-Wan Kenobi from the first film of the Star Wars saga:

"I felt a great disturbance in the Force, as if millions of voices cried out in terror, and were suddenly silenced."







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It's Summer, Start Packing

by Rochelle Gravance
NAFC Master Level Certified
IYCA Level 2 Conditioning Specialist
Physique Transformation Specialist
Habitsforming.com
Habitsforming@yahoo.com



Congratulations! If you are reading this article, you officially made it through winter which, by the way, finally gave up the ghost eight days into July. The race is on to get everything outdoors in the sun done before winter greets us again. And, that will likely be in 45 days or so. So, hurry!

But before you do, you need to know how to pack properly. No, you're not packing for a vacation. You have way too much to do remember? The kind of packing I'm talking about is called shoulder packing. And if you want to protect your shoulder joints from injury listen up.

I've yet to come across a single client that has heard of shoulder packing or knows how and when to properly implement the movement. It's such an interesting anomaly to witness. When a client is asked to depress the scapula with the cue, "pull your shoulder blades down toward your butt and hold them there," it's as if I asked them to wrap their leg around their neck. A nearly impossible task and kinda comical to watch.

Cheap humor aside, there is a reason shoulder packing is so problematic. And that reason is...you are a student, desk jockey or couch potato. If you are all three, ahem...you have work to do.

The movement that creates shoulder packing is such a foreign concept to the general public today because of how we spend our days. That being seated, with poor posture, with our arms and shoulders in front of us. Spending several hours a day in this position tightens the muscles of the chest, causes thoracic spine immobility, creates a forward head to the shoulder joint, disturbs the natural alignment of the cervical spine and leaves the upper back musculature weak.

You know that tension you often feel in your neck and on the tops of your shoulders? Being in the seated position with your shoulders lifted up slightly instigates that chronic tension. Interestingly enough, the same muscles that lift and bring the shoulders closer to your ears are also responsible for pulling and holding your shoulders down and

away from your ears. Because we spend so much time unconsciously lifting the scapula and rarely depressing it, the lower portions of the trapezius, levator scapulae, and teres muscle groups are weak and under developed. It's critical to develop the articulation of movement, flexibility and strength in the area of scapula to protect the inherently mobile shoulder joint from repetitive stress and injury.

If you've ever tried to do any kind of push up and found your shoulders climbing up around your ears and devouring your neck, then you need to learn how to pack your shoulders.

- Shoulder Packing Exercise:
1. Lie on your back, arms out to your sides.
 2. Bring knees to chest then extend legs at 45 degrees.
 3. Right palm up, left palm down.
 4. Keep both shoulders in contact with the ground.
 5. Pull both shoulders blades down toward your butt and hold position.
 6. Move legs to the left and toward the floor with tight abdominals.
 7. Use left shoulder blade to keep right shoulder in contact with the ground. Repeat other direction by switching to right palm down.
- Shoulder packing must be a conscious effort with each and every movement or exercise you choose to do. Now go practice.

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WHO LIVES UNDER THE DOCK?

Continued from Page 1

Long-time diver Karlista Rickerson says, "I love Tramp Harbor because every season of every year there are new and different things to see. This dock is very important because it acts as an anchor and shelter for the kelp bed in which all these animals live. If it were not for the dock we would not have the variety of wildlife that we see today." As an enthusiastic advocate for the sea animals she admires, Karlista has shared the magic of the amazing world below with children and families for many years. To hear her talk is as much a treat as seeing the remarkable creatures she has to show.

Parking will be available at the Vashon High School student lot. A shuttle bus will run throughout the event, from 11 to 1:30, carrying people from the student lot on SW 204th Street down the hill to the dock. There will be no parking available at the dock or along



the Dockton Road near the dock. This free family event is part of the 2010 Ebb Tide Ecology Series, and is co-sponsored by Vashon Park District, Vashon-Maury Island Audubon, Vashon College, and the Vashon Beach Naturalists.

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

Vashon Library August 2010 Programs

Baby and Me Story Time
Tuesday, August 03 and August 10, 2010
9:40 AM
Newborn to 20 months with adult.
A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver.
Registration not required.

Toddler Story Time
Tuesday, August 03 and August 10, 2010
10:40 AM
Ages 21 months to 3 years with adult.
Enjoy 20-minute program of stories and songs just right for toddlers.
Registration not required.

Preschool Story Time
Tuesday, August 03 and August 10, 2010
11:30 AM
Ages 3 to 5.
Join us for 30 minutes of stories, songs and fun!
Registration not required.

Splash! Treasure Island & Other Watery Tales
Friday, August 06, 2010
2:00 PM
Presented by Clay Martin's Puppet Theater
Ages 4 and older.
See the story of the great white whale, Moby Dick, meet Long John Silver and his crew from Treasure Island and enjoy the fairy tale, The Little Mermaid. Program will be held next door to the library in the Ober Park performance room. Registration not required.

Late Night @ the Library for Teens
Saturday, August 7, 6pm-10pm
Receive a henna tattoo from Kara. Watch a LateNight Film Festival featuring short films by Vashon teens, and vote for your favorite. To enter your film in the contest, pick up an entry form at the library and submit it by August 1. Limber up with Dance Dance Revolution, play Super Smash Brothers Brawl or Outdoor Challenge on our new Wii, and join the strummers at Guitar Hero open play. Enjoy the Vashon Library Cyber Café and surf the web or play a game. Refreshments! Door prizes! Security will be provided.
For students entering grades 6-12. Sponsored by Friends of the Vashon Library.

Reel Movie Fun
Wednesday, August 11, 2010
11:00 AM
Ages 4 and older.
Join us at the library for a showing of assorted, short, reel-to-reel children's film classics. Treats will be served! Registration not required. Sponsored by Friends of the Vashon Library.

Sing Around the Sound
Sunday, August 15, 2010
2:00 PM
Presented by Nancy Stewart
All ages welcome.
Hop on the ferry boat and join Nancy for this sing-along concert featuring Pacific Northwest sea life. Registration required beginning Sunday, August 1, 206.463.2069. Sponsored by the Friends of the Vashon Library.



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Aries (March 20-April 19)
You may take a gentler approach to a relationship than your emotions are dictating. Current aspects suggest strongly that you may be feeling frustrated, hemmed in or overcommitted. You’ve tasted freedom and you want more. There is often the question of balancing that with what relationships seem to call for -- except for one thing: we don’t have a ready-made model of coupling that encourages change, growth and exploration. Most of us need some grounding in our relationships, and anyone who is waking up and discovering who they are needs the flexibility to be an individual. I suggest you bring this issue to the forefront of your relationship rather than leaving it lurking in the background. You’re not going to lose your imagination, your passion or your curiosity anytime soon, nor are you going to lose your desire to share love. In my view, anyway, you don’t need to sacrifice one for the other.

Taurus (April 19-May 20)
I have suggested many times that you won’t be happy with anything but a visionary career, something that has the essence of authentic altruism. You are starting to get a new look not only at this possibility, but at the actual potential. Making advances in your professional life is not merely about something that happens and it’s not merely about making it happen. However, the first essential item on the list of basics is wanting what you want. If you find yourself doing mental gymnastics about this, stop yourself, and be clear about what you desire. That’s another way of saying feel good about yourself, and proceed from there. I suggest you not concern yourself with how you’re going to make it happen, or how it’s going to happen, at this stage: merely with setting your objective. Then, notice where you are today and track how far you’ve already come. This may give you the hint that you don’t have far to go.

Gemini (May 20-June 21)
Most of what we do with our lives is suffocated in the paradox of needing our parents’ approval. By most, I mean for some people, up to 99% of their energy gets funneled into covertly seeking the approval of the very people who neglected them. This gets a lot of different names and descriptions such as creative blocks, struggles in relationships, physical disease, depression, discontentment and self-loathing. We may have the impulse and even the desire to live our own lives, but to do that we invariably come up against the sense of betraying someone if we do. It could be an actual parent, or someone who has settled into our reality as a surrogate. This, in turn, creates a split. Half of us need to be free. The other half is trying to protect the person from the supposed betrayal. The result is a person in conflict, and this can cause actual splits in the mind. The next couple of months will present you with an unusual tour of your family history. I suggest you proceed with the detachment of an anthropologist rather than the emotional immersion of a child.

Cancer (June 21-July 22)
Today group sex is considered kinky and unusual, though there was a time when all sex was group sex. Paper-thin walls, tents, dwellings with no divisions and the ancient practice of the family bed meant that everyone was aware of sexuality as a tribal matter. Then there were the rituals that are all but lost to time. This weekend’s Full Moon in Aquarius is an invitation to open up that dimension in your own life. You may or may not be up to some kind of group experience (and how to create one is another story), but you can tune into the collective nature of sexuality that surrounds us all. Drop some of your filters and polite propriety, and let yourself feel outside the bonds of certified relationship mode. That is to say, let yourself be turned on by who or whatever turns you on. Notice what people say, what they put on open display and what they notice. Reveal something about yourself to those to

whom you might never dare expressing your erotic truth. And whether you’re solo or with someone else, some very yummy phantasy will be vibrating in the air.

Leo (July 22-Aug. 23)
With the Sun entering your birth sign this week, you’re likely to be feeling confident, though I would suggest you not let that verge into overconfident. The first will point the way forward; the second will lead you right back to doubt. Several situations in your life are developing rapidly and require your full focus. You cannot assume that something is going to ‘just happen’ or that ‘things will work out’. What you can count on is that if you take one step at a time, and check your work at the appropriate moment, you will be able to guide events sufficiently to get a constructive result -- and maybe a lot better. Be mindful anywhere there is a system involved: a human system such as an organization; a technological system; or a thought system that influences the way you make decisions. Look for what you’re doing right; hunt for flaws and fissures and repair them immediately. You may not get a second chance.

Virgo (Aug. 23-Sep. 22)
Be careful about directing anger or resentment at yourself, which could show up as guilt. Or, it might appear as the belief that you must make a sacrifice. I am not saying that we don’t give up certain things in order to have certain others, but this can be done with more or less conflict, and more or less passion. Lately it seems that one external obstacle has given way, only to reveal the existence of a more complex inner challenge. I suggest you be grateful for this. The situations you’re working through often mask for one another. When you make a discovery about an underlying issue, that’s a reason to give yourself a high-five. It’s clear from your charts that you’re trying to work something out. One desire seems to conflict with another, or your state of mind is not quite harmonizing with something that’s important to you. Here’s what I suggest: patiently cycle through a diversity of approaches until you find the one that actually works -- and such exists.

Libra (Sep. 22-Oct. 23)
Love is about play. Yes, it’s about paying the mortgage and knowing where someone is at 10 pm and all of that, but if love is not a source of pleasure, companionship and contact, then what’s the point? For many, love is an isolating experience. For you it’s nothing of the kind: your impulse is to love everyone, and as it works out, that’s one of the best things you have to offer the world. You have an unusual opening this weekend to get the vibe going. Teach people how to be more playful and more willing to be vulnerable. Remind everyone that love is normal, not special. Explore the fuzzy line between love and friendship. Remind everyone that every relationship is part of a larger community. You often try to do these things. You among everyone you know has the deepest commitment to openness. Suddenly you may discover you’re not alone.

Scorpio (Oct. 23-Nov. 22)
Certain new developments are pulling you deeper into yourself, and you may be resisting. That would be logical, if you thought that being closer to yourself meant you were going to be more distant than others. In the short run that may be true, though you can be sure that those from whom you might be more distant are not serving your growth or your sanity. I suggest you dive into yourself and see what you discover. If you feel guilty for doing this or if someone around you resists, remember the feeling. If you do need to be around people, I suggest that you keep it down to a small group in your own home, and that the people you invite be those to whom you have no special obligation -- just a bond of authentic friendship. More than anything, you need to feel and to have others -- not one other person, but others

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-- acknowledge your feelings. But here is the point. You must acknowledge them first.

Sagittarius (Nov. 22-Dec. 22)
This weekend’s Full Moon in the very Sagittarian sign Aquarius is a moment of transcendence for you. The prison gates of your mind -- that is, all those concepts that you drag around -- open up and you can step out into clear air and light. The point of doing this is so that you have space to observe the world rather than see it through your preconceived ideas, expectations or ideology. What may surprise you is your observation of how much your notions of the world were coloring or obscuring your actual view. You need to keep your perception clear and your mind open in these days and weeks, and keep them open. Life is holding out many unusual options and possibilities, and to explore them fully will require confidence that can only come with being honest. Borrowing from T.S. Eliot, you will know that’s happened when you come back to the place you started and see it for the first time.

Capricorn (Dec. 22-Jan. 20)
You will be able to solve a significant money issue in the next few days, and the way you’re going to do that is with an idea. What you discover was sitting right in front of you all along; you’re likely to notice that the only thing that changed was your perspective. To that end, look at any problem in your life from a diversity of viewpoints. Walk around the issue; step back and look at it from a distance. You may discover that the first thing you can do is adjust your mental outlook. The second thing you can do is adjust a goal, making it more realistic and practical. Eliminate any notion of appearance or pretense. Forget what anyone would think or might think. You don’t need everyone to agree with you, and you might want to move that expectation out of the way. You do, however, need the right person to share your perspective, and work the issue out as a team.

Aquarius (Jan. 20-Feb. 19)
This weekend is the annual Full Moon in your birth sign, and it’s a hot one. The Moon makes aspects to Jupiter, Uranus, Pluto, Saturn and a bevy of small worlds. This is going to light up your social instincts like little ever has. Think of it as the kind of astrology under which The Beatles met, or where a great revolution (intellectual, artistic, visionary) was planned. This planetary setup suggests that anyone can lead you to anyone else; if under the usual aspects we are all at most separated from one another by six degrees, think of this moment as one degree of separation. As for the emotional vibe: I can say something to you that few others might appreciate, which is this. Many people are pushing through resistance that they don’t understand. They convert emotional energy into mental gymnastics, thereby torturing themselves. You’ve moved past this, or you have enough times that you know in your heart that it can be done. Hold that space and you will allow others to treat their inner contradictions that much more gently.

Pisces (Feb. 19-March 20)
I have three suggestions for you this weekend, which is the most gorgeous astrological image of introspection that I’ve seen in several lifetimes. Suggestion one, clean a closet. You may want to clean in general (a solid hour would do), and you can make a party of it, but digging out and transforming one closet is the key. Think of it as a treasure hunt for some missing information about yourself -- some gem from which you will profit wildly (and a little extra space for your

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shoe collection). Second, whatever may be your current relational/sexual partnership status, cast away the world and dive into your inner fantasy sanctuary and melt every bit of resistance in your mind to delicate steam and the essential oil of you. Last, after you do both of these things, seek out a weird, interesting or otherwise strange group of people and get in a group situation. Bring into that situation the energy of utter and absolute self-acceptance, open up your heart and see what happens.

Read Eric Francis daily at www.PlanetWaves.net.

Deadline for the next edition of *The Loop* is
Friday, July 30



Ghost Freeway

by Rick Tuel

I got back onto the interchange and headed “north on 5,” looking for any offramp labeled 145th Street, but right away, within the first few miles, I could tell that something was wrong. The freeway appeared to be deserted, with poorly marked off ramps that seemed to be still under construction.

I finally passed a lighted off ramp with actual signs of human life. From the freeway I was just able to glimpse a street sign as I shot past the little oasis and plunged back into the gloom of night. It said “135th Street.”

Okay, so the streets weren’t marked as well as I thought they’d be but at least they actually existed. Not only that, it seemed that we were suddenly within 10 blocks of our home port, friends, and rescue. A great weight began to fall away from me at the thought of food and rest being so close at last, after being underway for so long. This grand feeling of relief lasted until I passed the next exit, which was unmarked, unlighted, and un-built.

From that point on, the general feelings were:

1. Confusion;
2. Dismay;
3. Frustration;
4. Anger.

As I continued driving endlessly “north on 5” these feelings became my constant companions, accompanied by



Chris & Rick Spring 1973



Rick and Chris July 2010

colorful metaphors at ever-increasing volume as I found absolutely no exits or even a turn-around.

I rolled down the windows and gulped icy air; when snow began hitting my face I found an unfinished median strip, made a U-turn and began racing south again, hoping to outrun the snow while trying to figure out where I really was, besides lost.

Forty minutes later I passed the lighted oasis of 135th Street, but there was no exit for the southbound lane. It was another 10 minutes and a steady stream of curses before I found an offramp to somewhere, finally. Another 10 minutes was spent negotiating the abandoned streets of a deserted industrial park before locating a gravel trail that led under the freeway and up a dirt track to an uncompleted northbound on-ramp which I used anyway by driving around the barricades. At this point I figured I was only a few miles from the freeway interchange I had started out from and the 135th Street oasis seemed like my only hope. At least it looked like an area that might have telephones, and this time I was determined to get there.

The engine coughed and sputtered; I turned on the reserve gas tank and pointed the front end toward the road shoulder, just in case. The engine caught again and I swerved back onto the Ghost Freeway, counting odometer miles.

I spent my last dollar at the gas station/restaurant complex at 135th Street. From there I struck off on a northbound one lane road until I finally came to 145th Street, where I abandoned all hope. No residential area to be seen; gravel roads; darkened farm buildings – and the snow had caught up with me again. I gave up and went back to the 135th Street gas station to use the phone.

Lou was home by then and was able to figure out that I had been running up and down Highway 405, not Interstate 5, for the last hour and a half. He further deduced that Oatus was probably stranded at a Renton shopping center and said that he would meet us there in about 40 minutes. A guy at the gas station showed me a space between the median dividers that I could drive through and get back on the “freeway” headed south, which I did, at top speed.



Vashon Intuitive Arts (“VIA”) is in the center of downtown Vashon, north of Giraffe and south of Pandora’s Box, on Vashon Highway. VIA’s storefront is a consignment store for treasures of the earth, jewelry, art and other handmade creations. VIA has a metaphysical lending library, a large meeting room to rent for classes, workshops or events, and a treatment room with a massage table to rent. Come and visit us, we always have lots of fun at VIA!

Learn to read your Tarot Cards! Join us for this workshop held by Jeffrey Zheutlin. This is an 8 week workshop beginning July 30th from 5pm to 7pm.

Check our website for pricing. We are also excited that Lori Boes will be having a Drum Making Workshop on August 14th from 12noon to 4pm.

Come and join in some of our many events, many are by donation to accommodate everyone. Exciting, upcoming events include: Book Club on Monday evenings at 7pm, Shaman Dream Time with Kim Newell from 7pm to 9pm on Wed. July 15th, MAX Meditation with Vila Loukas from 10:30am to 11:45am on Thurs. July 16th as well as her Body Awakenings workshop from 7:15pm to 8:30pm, a Reiki Jam from 7:30 to 9:30pm on Fri., July 23rd, Mike Hernandez Tarot Readings on Sat. July 24th from 11:30am to 6pm and Channeling with Ginny Cizek from 7:30pm to 9pm. For more information, or to enroll in any of our workshops or events, contact Lorna at Vashon Intuitive Arts: 206 463-0025 or info@vashonintuitivearts.com. You can check out our calendar of events on our website at www.vashonintuitivearts.com.

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Saturday, August 21st, is VCC's 7th annual community-wide garage sale where you can rent a 10x10 space for just \$40 and sell all your treasures! Hundreds of motivated buyers come to this sale!

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Call Naomi at 567-4421 or naomi.goldick@providence.org to rent space.

Not interested in selling your treasures? Donate them to a good cause. We're accepting donations for our VCC booth with proceeds helping to pay for special events at VCC. Beginning August 9th, you can bring your donations to VCC at 15333 Vashon Hwy SW (no exercise equipment or large appliances, please).

Vashon Community Care

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What's Your Take ... On this year's Strawberry festival?

By Peter Bond

Well another Strawberry festival has come and gone, and with it another summer. Well, not exactly, but it does seem like we blinked and missed the summer weather this year. Personally, I felt like I was in South Tacoma for much of the festival, but perhaps I was being naïve. I expected hordes of countrified Islanders in overalls carrying flowers and popping fresh blueberries in their mouths between verses of Kumbaya, or some-such-thing. Like a Vermont country fair. Instead, there were cops and gangs. Yikes!

But that's just my opinion. What's yours?



Arthur – Montana
I had a pretty good time. Ate a lot of weird food.



Mark – Seattle
A lot of nice looking women.



Kaitlyn and Melissa – Seattle
We had so much fun. And we got to see our uncle for the first time in a long time.



Loretta – Vashon
I got paid to watch everyone's dogs while they were there.

Vashon Candidates Forum

A number of Island organizations will be hosting a forum for the candidates running in two contested primary elections coming up soon. There are four candidates running for the 34th Legislative District State Representative Position 2 seat which opened up when Sharon Nelson opted to run for our State Senator's open seat. Our current State Senator, Joe McDermott, is running for the King County Council seat formerly occupied by our current King County Executive, Dow Constantine. Joe McDermott has three opponents in his run for that position.

All eight of the candidates running for those two seats will be appearing at a Candidates Forum on July 30th at 7PM in the main room at Courthouse Square. The 34th Legislative District Position 2 candidates will be presented from 7 to 8PM. The King County Council District 8 candidates will be featured from 8 to 9PM.

The candidates for the 34th Legislative District seat are Marcee Stone of West Seattle, Joe Fitzgibbon of West Seattle, Mike Heavey of West Seattle and Geoffrey McElroy of Burien. The candidates for the King County Council

seat are Joe McDermott of West Seattle, Diana Toledo of West Seattle, Shawn McEvoy of Normandy Park and Tim Fahey of South Park.

The King County Council positions are now all non-partisan by law, and the State Representative positions, while partisan, are subject to our state's new top-two primary system. That is, the top two vote-getters will have a run-off in the November General Election, even if they are both members of the same party.

The forum will be moderated by Craig Beles, a law professor at Seattle University and former President of the Vashon Maury Island Community Council.

The candidates will be giving a short opening speech and will then answer questions from Islanders, who will offer written questions upon arrival at the forum.

The forum is being co-sponsored by the Vashon Maury Island Community Council, the Vashon League of Women Voters, the Vashon Democratic Club, Voice of Vashon and Vashon College.

For more information, call Dan Schueler at 463-5423.

Cyrano de Bergerac in the Park

Vashon Park District's Theatre in the Park celebrates its fourth season with an extravaganza production of Cyrano de Bergerac directed by Charlotte Tiencken, starring Paul Shapiro and an outstanding cast of Vashon's top thespians. Additional support for this production comes from King County 4Culture.

July 22, 23, & 24, 7pm at Ober Park.
More info at
www.vashonparkdistrict.org



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Positively Speaking

“...And the livin’ is easy”

By Deborah H. Anderson

I threw up my hands and said, “OK God, you choose. I’m apparently lousy at it”. Two days later I found myself at the water’s edge. God is good...all the time.

My life is not at all like I thought it was going to be at fifty nine. I was not expecting this peace or this solitude. I never ever thought I would be a writer professionally. I thought I would be celebrating my thirty seventh wedding anniversary in a house overtown.

When my plans fell apart I felt powerless and afraid. But I also knew that suddenly life didn’t feel contrived anymore. I have loved that. I also learned to wait for things to work out instead of using duck tape and a hammer to force things. You know...you can lead a horse to water but you can’t make him swim on his back. And I also learned to let people go no matter how much you loved them if they didn’t want to be in a relationship with you.

So how do I measure the success of my life? First of all I can admit my failures in a heartbeat. I love that. If you’re perfect or trying to look perfect, we have nothing in common.

I can also stand up for myself. I laugh too loud when in the audience at movies or theatre productions. I can watch children for hours and never cease to be amazed. I can listen to the heartbeats of teenagers and never cease to be inspired by their dreams and hopes. I can hear the stories of those older than



me and relish the wisdom they have to offer.

I love people more than money. I have no fear of someone doing something better than me, only appreciation. I love a risk. God can stop me in my tracks with a excellent sunset. I can be alone in silence and not have to fill it. Music makes me weep for the eternal essence and Joy of it...any kind of music... well actually not heavy metal. But nonetheless.

The taste of a really good meal fills more than my stomach. And friends... new, old and in between define the meaning of my life.

My faith has never failed me. My God has never let me go. I’ve seen more good than evil. I always see evil overturned.

All in all it’s been a great ride. This is the last of the fifties. I don’t need things to be perfect anymore.

Happy Birthday to me. Is there anything greater than knowing you love who God made you to be and love being alive. I think not.

Love
Deborah





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July 30, at 9:30pm
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Bennedsen Memorial

Continued from Page 1

on Vashon Island.

He graduated from Seattle University with a bachelor’s degree in 2008. While there he enrolled in the Reserve Officer Training Corps. In 2008, he helped run the summer ROTC program at Fort Lewis.

He was then stationed in Germany. Lt. Bennedsen was sent to Afghanistan less than a month ago.

First Lt. Robert Bennedsen and his platoon were stationed in Qalat Afghanistan and were running supply convoys to remote outposts. He was assigned to the 2nd Squadron, 2nd Cavalry Regiment, Vilseck, Germany.

He died July 18 at Qalat, of injuries sustained when insurgents attacked his unit using an improvised explosive device.

Lt. Bennedsen is survived by his parents, Tracy and Scott Bennedsen,

of Vashon Island and sister Jamie Bennedsen, of Tacoma.

A fund has been set up in memory of Bennedsen. Send donations to the Vashon Bounty Club, P.O. Box 621, Vashon, WA 98070. Donations will spearhead renovations to the Vashon High School football field.

In lieu of flowers the family request that donations be made to the fund.



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Island Epicure



By Marj Watkins

Fish: Gourmet Brain Food, and Affordable

Fish nourishes our brains, we know, and like to seafood often. But our favorite king salmon costs way too much for us now. What fish tastes really good, and is pocket-book friendly, too? Try some of the recipes below. These seafood dishes rate the blue ribbon for gourmet flavor and high nutritive value. The two fish stews are thrifty as well.

Rockfish is usually the least expensive of the fish choices. It's easy to cut out the row of small bones, or pull them out with tweezers.

- ROCKFISH CHOWDER
- 2 TO 3 servings
- ½ pound rockfish filet, cut in 1-inch chunks
- 2 Tablespoons canola oil or light olive oil
- 1 cup chopped onion
- 1 celery rib, sliced
- 1 long carrot, sliced
- 1 medium size potato, diced
- ½ teaspoon dill weed
- ½ teaspoon basil
- ¼ to ½ teaspoon turmeric
- 2 cups chicken broth or
- Salt and pepper to taste
- Heat the oil until it shimmers. Stir-fry the vegetables until the onion glistens and becomes slightly transparent. Scatter the herbs in the pan. Stir. Add chicken broth. Bring to a boil. Reduce heat. Cover and cook about 12 minutes, until the vegetables are fairly tender. Add the fish. Cover and simmer 5 minutes.
- Got tomatoes ripening in your garden? Combine them with firm, white fish or this exotic stew.
- BUGULAMA
- Istanbul Fish Stew
- 4 hearty servings
- 1 lb. firm white fish (snapper, cod, halibut, or turbot)
- 1/3 cup Sherry or Chablis wine
- 2 Tablespoons olive oil
- 1 small onion, chopped
- 1 carrot, chopped
- 2 garlic cloves, chopped
- ½ red pepper, chopped
- 1 ½ cups water or broth
- 1 teaspoon dried basil leaf or 1 Tablespoon shredded fresh basil leaves
- ½ teaspoon cumin powder

Only on Vashon

Continued from Page 1

"You mean like this morning?" my friend asked.

"I think she means like Shirley McClaine or Buddhist past-life." I said. The girl nodded yes.

I looked close. She was very German looking, blond, strong angular face, piercing blue eyes etc. So I guessed she was a Nazi.

"I was!" she said. "You guessed right. I was a member of Hitler's Youth."

"Wow," was all I could mutter.

"And that is why I am with her," she continued, turning towards her partner.

"I was my great-aunt," the other girl said. "I died in a concentration camp."

"That's why we're together," Nazi girl said. "I need to atone for her death. I might have been the one who actually killed her."

"She only just told me this," dead

1 (14-oz.) can diced tomatoes
small handful of minced fresh parsley
or 1 Tablespoon dried parsley
Cut fish into 1-inch dice. Sprinkle it with about half the white wine. Let it rest while you prepare the sauce.

Heat oil in a large, heavy skillet or Dutch oven. Stirfry onion, carrot, and pepper until onion is shiny and getting limp. Add garlic, the rest of the wine, chicken broth, basil and cumin .Simmer 20 or 30 minutes to blend flavors and cook vegetables.

Add fish pieces. Cover and cook 15 to 20 minutes. Stir in the spinach and parsley. Cook 5 minutes more. Fish should be opaque and flake easily with fork-tested. Spinach will be cooked.

I like to serve this in wide soup plates. Garlic toast would be great with this. Some recipes call for putting the garlic toast into the soup plates first, then ladling the soup on top.

Too hot to cook? Enjoy this Spanish combo. It's not as cheap as a fish stew, but such economies as growing one's own green onions, tomatoes, and herbs cuts the total cost of a scallop sevicehe.

For further economy, substitute turbot or whiting or rockfish with the bony strip cut out.

Present it in avocado halves for more Omega 3 fat, and to make the sevicehe go farther.

Think ahead and start the seafood marinating in the citrus juices for at least several hours. That cooks the fish without heat. But if you feel uncertain that will be effective in killing microorganisms, blanch the fish 30 seconds in boiling water, scoop it out and then marinate it.

- SEVICHE
- 4 servings
- ½ to ¾ pound scallops, or firm white fish diced
- ¼ cup fresh lemon juice
- ¼ cup fresh lime juice
- 1 jalapeno pepper, seeded and minced, or a few drops of green Tabasco sauce
- 1 thinly sliced green onion
- ½ teaspoon salt
- 1 large tomato, scalded, peeled, and diced
- ½ teaspoon chopped fresh oregano or 1/8 teaspoon dried, crumbled oregano leaves'
- 1 Tablespoons virgin olive oil.
- Cilantro for garnish. optional
- Cut bit scallops in quarters. Keep small scallops whole. Place them in a glass or ceramic bowl and pour the lemon and lime juices over them. Refrigerate all day, or over night, stirring once or twice.
- Drain. Add remaining ingredients, except for cilantro. Stir. Spoon into scallop shells or avocado halves, or small bowls. Garnish with cilantro if desired

Jewish girl said. "She knew about me being the great aunt but kept the other stuff from me until she felt I could handle it."

They smiled lovey-dovey-like at each other and started to pedal away.

"Bye boys," they said.

My poor friend still hasn't recovered.

Next Issue:

The smokiest man (still) alive.

Peter@vashonloop.com

Island Birding Guide

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ROCK AND ROCKETS

My Island/Our Island



My Island, selected top pick for Washington Reads Summer 2010, was presented to the Army Corps of Engineers at the public comment meeting held at Vashon High School Wednesday July 14. State Librarian, Jan Walsh chose My Island as a book that grew from Washington as Place.

Ann Leda, artist, acupuncturist and activist, was accompanied by two by children who personally gave books to members of the Corps as she read the following review written by Jan Walsh, Washington State Librarian.

"Through her love of her home and concern about environmental harm to Vashon and Maury islands, Shapiro has created a colorful and meaningful picture

book that tells the story of one island's effort to maintain its environmental wellbeing. The island known as Dancing Man and its people work to defeat a company that is intent on shipping gravel through an aquatic reserve."

This is not the first time the Corps has been here. In May 2005 a similar meeting was conducted, more than 400 islanders attended and the idea of this book was born.

The Corps is assessing, under the ruling of the District Court, the environmental impact of NW Aggregate Company's (formerly Lone Star NW, Glacier NW, Cal Portland NW) proposed dock expansion and barging of gravel across the Puget Sound. An Environmental Impact Statement is required.

Our island is populated with passionate, intelligent people. Voice of Vashon recorded the meeting and there should be a video copy at the library.

Come Celebrate My Island
Washington Reads Summer 2010-
Washington as Place
At the Vashon Library
On Wednesday July 28, 2010
4:00 pm- 6:00pm
There will be Dancing Man Treats



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Lopy Laffs

There was a young man who wanted to become a great writer. "I want to write things the whole world will read," he declared. "Stuff that will elicit strong emotions from people in every walk of life. I want my writing to make them scream, cry, howl in pain and anger." He now lives happily in Redmond writing error messages for Microsoft.

When we put our house up for sale, I stressed emphatically that my sons make their beds each morning. I left for work before they left for school, and I wanted to be sure that the house looked presentable when the agent showed it to prospective buyers. I was surprised and impressed that my 15-year-old son's bed was perfectly made each day. One night when I went into his room, I discovered his secret. He was fast asleep on the floor in his sleeping bag.



I was meeting a friend in a bar and as I went in, I noticed two pretty girls looking at me. "Nine," I heard one whisper as I passed. Feeling pleased with myself, I swaggered over to my buddy and told him a girl had just rated me a nine. "I don't want to ruin it for you," he said, "but when I walked in, they were speaking German."

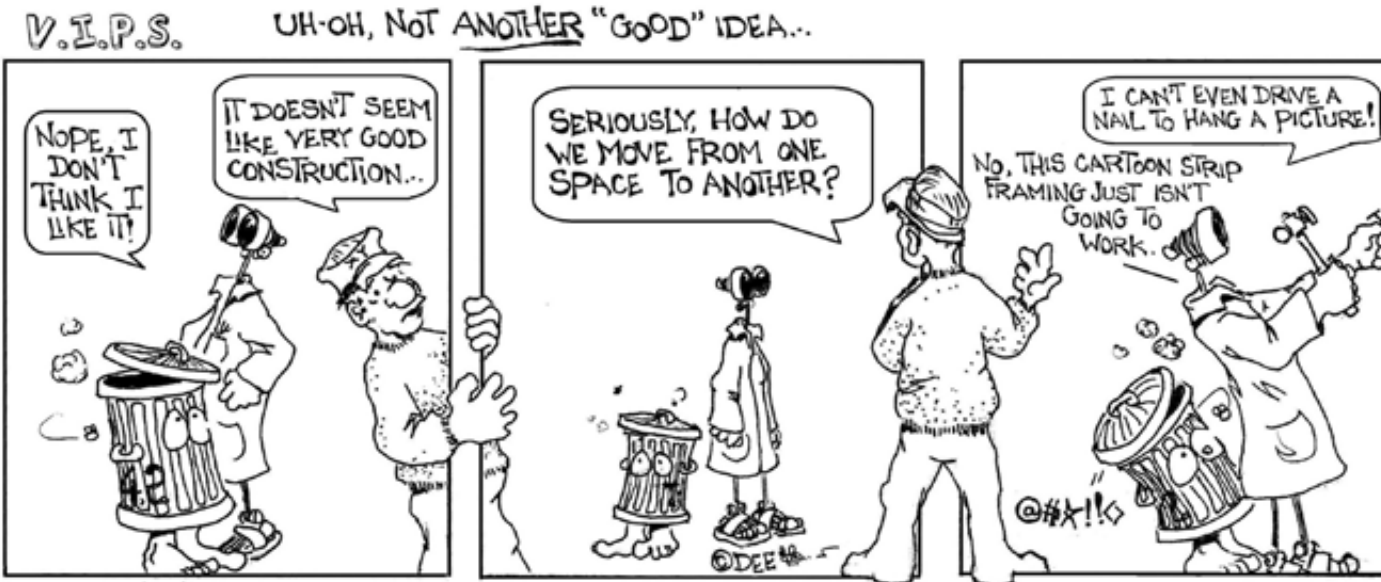
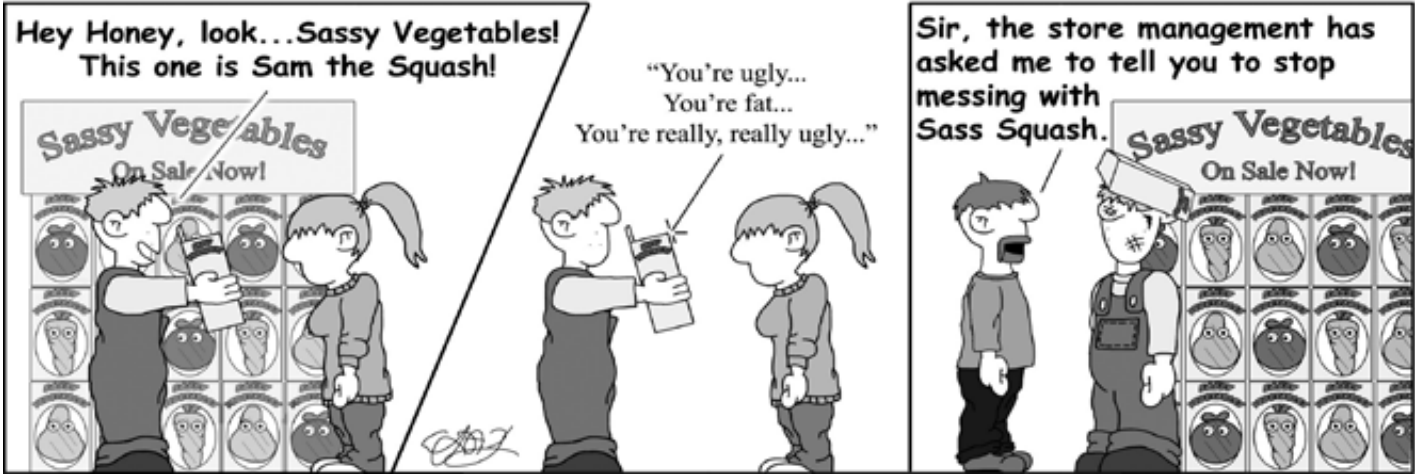
The teacher was trying to explain to her class the mean of the word "difference" as it is used in arithmetic. She drew seven circles on the blackboard and said to her students: "Watch as I erase four of the circles. Now, Billy, tell me, what's the difference?" Billy spoke up quickly, "That's what I say, what's the difference? Who cares?"

Once my divorce was final, I went to the local Department of Motor Vehicles and asked to have my maiden name reinstated on my driver's license. "Will there be any change of address?" the clerk inquired. "No," I replied. "Oh, good," she said, clearly delighted. "You got the house."

I volunteered recently to perform a parachute jump for charity. On our first day of training, the instructor made an important point about preparing for landing at 300 feet. "How do you know when you're at 300 feet?" asked one woman. "A good question," replied the instructor. "At 300 feet you can recognize the faces of people on the ground." The woman thought about this for awhile before saying, "What happens if there's no one there I know?"

An 85-year-old widow went on a blind date with a 90-year-old man. When she returned to her daughter's house later that night, she seemed upset. "What happened, Mom?" the daughter asked. "I had to slap his face three times!" "You mean he got fresh?" the concerned daughter asked. "No," she answered. "I thought he was dead!"

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Olympic Sound Collective Trio



OSC Trio (Olympic Sound Collective) brings jazz back to the dance floor with their original fusion of Soul, jazz and funk. The rhythm section grooves with the combination of funk bass from the B3 organ and keys, street beat drumming and old school guitar riffing. All-ages 'til 11pm, 21+ after that. \$8 cover.
Friday, July 23, 9:30pm
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

Vashon's Julia Hanowell &
Kiki Means Acoustic Indie Pop



Two young Island musicians, Julia Hanowell and Kiki Means, play with enthusiasm and skills well beyond their years, warranting their first full gigs at Luna.
Julia is 17 and has been playing



the guitar for the past four years. Julia performs regularly at the Vashon High School open mics and has appeared at Luna open mics too.
Kiki has been immersed in music since she was a little girl, providing lead and harmonies during shared family music since the age of 2. She says that her father Gary, who patiently encouraged, taught and accompanied her throughout the years, is her strongest musical influence.
Friday, July 23, 7:30 pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Posse Impossible



Posse Impossible is a Vashon Island based music collective that mixes up a booty shaking blend of funk, rock and hip-hop. The rhythm section consists of Gabriel Blake (Trolls Cottage) on drums, Brian Forsythe (Little Big Man) on bass and Ian Bradley (Stoney Beach). All-ages 'til 11pm, 21+ after that. Free cover!
Saturday, July 24, 9:30pm
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

Seattle's Jon Sheckler Group



Beginning in the Summer of 2008, the Jon Sheckler group, headed by the accomplished 20-year-old Jon Sheckler, performed around the Seattle area at venues which include Egan's Ballard Jam House and the Joowanaroo Music Festival.
Saturday, July 24, 7:30 pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Cody Beebe & The Crooks



Cody Beebe is a singer/songwriter from Seattle, WA. As a growing musician trying to widen his fan base, Cody is looking to play colleges, coffee shops, bars, and show halls of all sizes. Coming from a variety of musical influences, his sound blends Americana traditions with fresh and unique acoustic rock. Cody strives to create an original acoustic playing style with intricate strumming patterns and loads of energy.
Born and raised in a small town in Central Washington, Cody grew up following in the footsteps of his uncle, Robert Shaun Beebe, a Nashville recording artist. At the age of five, Cody picked up his first guitar and began what would become a life-long passion. During high school and the beginning of his college career, Cody played in a number of rock bands. He has since changed his focus to his solo career,

keeping the rock influences and adding his country music background, forming a fine-tuned Americana sound that is originally his own. Most of Cody's songs deal with universal human experiences, allowing him to relate to an eclectic audience, using his down-home morals as the basis for his writing process. His songs range from aggressive to melodic and even romantic on occasion.
Cody has played a variety of venues in his career, ranging from small coffee shops to coliseums. Competing in the 2005 WSU Acoustic Battle of the Bands, he walked away with first place. He has opened for a number of acts including Rooney, the Drew Davis Band, Afroman, Ari Hest, Carey Judd, and This Providence. In 2007, his songs were featured on the syndicated Fox television show, "Jackson Horn." In 2004, his song "Remember My Name" received honorable mention in the VH1 Save the Music Foundation songwriting contest. He has also released three solo albums, the third entitled "Much of Anything EP" which he is promoting currently.
All-ages 'til 11pm, 21+ after that. Free cover!
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Triuir: Cedron and N'Shama Sterling
Sweet and Lively Musical Heartspace



Cedron and N'Shama Sterling, aka "Triuir" (Scots Gaelic - sounds like "true ear"), will appear in a free concert from 7:30 to 10 p.m. Saturday, July 31 at Café Luna.
The pair's music is an eclectic blend of folk fused with traditional Elizabethan ballads, Celtic music, and original songs

and instrumentals.
At the core of their music is an energetic center where the worlds of spiritual and musical harmony converge. The vibrations of two voices & guitars, bouzouki (octave mandolin), Celtic harp, Irish flute, whistle, recorder and piano, along with tar, dumbek, and riqq (Middle Eastern percussion) complement their collection of traditional Elizabethan ballads, Celtic and Medieval music, progressive folk, and original songs & instrumentals.
Their debut CD, "Amber Landscape," was released in September 2000.
Saturday, July 31, 7:30 pm
At Cafe Luna, 9924 SW Bank RD
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VASHON ISLAND MUSIC FESTIVAL

In the spirit of the great outdoor concerts like Woodstock and Lollapalooza this year's show will feature 24 bands / artists over 3 days held on the weekend of July 30-31-Aug 1st shows start at :
5:00 Friday till dusk
11:00 Saturday till dusk
11:00 Sunday till dusk
V.I.M.F. is proud to feature a majority of local or locally affiliated bands for a real hometown showcase This year we are moving the venue to Paradise Ridge Equestrian Park with this move camping will be available for the public.
Previous years have been a smashing success at Agren Park, last year featured

21 bands over the 3 days including local favorites such as :
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Radio Daddy
Resonance
5:01
Subconscious Population
Trolls Cottage
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Go to www.rez1productions.com for updated band roster and more info.



Now Playing
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Toy Story 3
Starts July 30

For show times and info check
www.vashontheater.com

House Engine
(Blues, R&B)



House Engine's goal is to provide the excuse to shake it. This band has lots of experience, full of history, and everyone brings a little something to the plate. The music is primarily blues, but varies with a little rock, alternative country, originals, Motown , funk, and a little Shout styles thrown in. Vashon has an incredible array of musicians and this band contributes. House Engine as been performing at the Red Bicycle for awhile now and we are really happy to have them with us on the 1st Sunday of every month. These guys are all about having a good time and we feel very fortunate that they come out each month and share their music with us. Come on out and enjoy a tasty meal at the Bike and hear some great music while you're at it. All-ages 'til 11pm, 21+ after that. FREE COVER
Saturday, July 31, 9:30pm
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

Open Mic on the Green

There will be a free, all-ages open mic, 6:30pm, Monday, July 26, at the Village Green. This event is part of the free series of world music and dance programs being offered this summer by Vashon Folk dancers and the Vashon Park District. Anyone who wants to perform should contact David or Danny Salonen at 206-963-6165 or 206-920-8890, or e-mail dsalonen2@yahoo.com or dsalonen@gmail.com.

Find it on
www.vashonpages.com
Vashon Business Information

Craicmore brings Celtic music to Ober Park

By Janice Randall

Craicmore, based in southern California, brings their contemporary Celtic sound, steeped in Scotland and Ireland roots, to Ober Park for a free concert, Thursday, 29, 7 to 9 p.m. Complete with kilts, pipes, bodhran and ‘great fun’ (loose Irish translation of their name) Craicmore draws inspiration from diverse influences including Afro Celts, Chieftains and Pogues, American rock and roll and Australian indigenous music. The group includes Nancy Johnston, vocals, bodhran, hard shoe; John MacAdams, vocals, guitar, percussion, didgeridoo; Sean FayeCullen, vocals and bass and Dave Champagne, flute, whistles and pipes.

Their mutual commitment to Celtic music has led to performances at street fairs, festivals and cultural events throughout the U.S., for the past two decades. With three critically acclaimed CDs to their credit, the group has toured as far as Shanghai, China and New Zealand. This will be their Vashon Island debut.



With an eye of enriching the tradition, instead of rebel and drinking songs, Craicmore serves up three-part harmony and delivers Mairi’s Wedding complete with electric bass solo and conga drum in their show-stopping jig and reel combinations.

“Wonderfully harmonious Gaelic vocals, both Scots and Irish versions, and crisp instrumental sets. Lead singer Nancy Johnston has a velvety voice,” said Dirty Linen. For more information and a listen go to Craicmore.com.

Summer Concerts in the Park Series is cosponsored by Vashon Park District, Vashon Allied Arts and Giraffe. No alcohol in the Park please.
www.vashonalliedarts.org

Burton Throwdown

Continued from Page 1

Seven Foundation. If you can’t go, you can sponsor a ticket for a kid who might not otherwise be able to purchase a ticket.

You can buy your ticket at the Vashon Park District Office, the Vashon Music Store, or by emailing me and I will deliver them to you or you can pick up your ticket at the park on Saturday. I know money is tight right now, but this is an investment in your Island and an investment in the future recreational opportunities for our kids.

There are not enough healthy activities on this island for youth. In a recent survey of 13 year olds on Vashon, we found that 17% reported using illegal drugs, 19% reported problem drinking of alcohol, and 14% reported riding with a driver that had been drinking alcohol all in the last 30 days.

Our motto is, you don’t have to come, but you do have to buy a ticket... and that is what is going to get this skatepark constructed! In fact, we are highly encouraging people to sponsor kids who can’t afford to attend by buying sponsorship tickets.

There will be TWO MAIN ACTIVITIES for the Burton Throwdown – an outdoor concert featuring four youth-driven bands and the 2nd Annual Disc Golf Tournament.

The 2nd Annual Disc Golf Tournament will begin at noon and the entry fee is \$5. The three nationally touring bands performing at this event are: Rishloo, The Lonely H and The Pharmacy.

The Lonely H is an American rock n’ roll band from Port Angeles. The band formed in the early 2000s while the members, Mark Fredson (Vox, Keys), Eric Whitman (Guitar), Ben Eyestone (Drums), and Johnny Whitman (Bass), were still in high school. If you grew up listening to classic rock and wishing you were born a decade or three earlier, you’ll love The Lonely H. They may be young, but they’re earning their stripes by logging some serious miles in the van and playing almost every night.

For the Seattle-grown Rishloo, music is an adventure without a destination and the only wrong course is backwards. Commonly grouped-in with artists like Dredg, The Mars Volta, Fair to Midland and A Perfect Circle, Rishloo strives to push rock’s envelope by drawing inspiration from celebrated artists such as

The Beatles, David Bowie and Pink Floyd along with more modern talent like Tori Amos, Deftones, Radiohead, to Porcupine Tree. Rishloo continues to pay their dues in blood, sweat and extremely hard work as a wholly independent group touring throughout the U.S. and parts of Canada on a number of self-promoted tours. Along the way they’ve been privileged to share the stage with Papa Roach, Fair to Midland, Ashes Divide, Sevendust, Trapt, Strata and even Judas Priest.

The Pharmacy have gone through a number of band member changes, but are now solid with drummer Brendan Bowers, guitarist and singer Scott Yoder, and keyboardist Stefan Rubicz. Anyone who has been paying attention to the Vashon music scene for the past few years has probably heard about this band, whose members grew up on the Island. This madcap rock/pop ensemble is, without a shadow of a doubt, one of the most successful bands to emerge from the eccentric annals of the Vashon community. The Pharmacy has played Bumbershoot and they just finished a tour that took them to the far reaches of Europe. The Pharmacy has been around for years—they released their full-length debut, B.F.F., in 2005 and Choose Your Own Adventure this year. They’ve played hundreds of shows and grown from a garage band to most recently touring all over Europe and most of the United States. This is power pop with a raw edge at it’s best.

We’ve received lots of sponsors already, but need more.....a big thank you to Officer Calvin Beringer, Rod Smith, Dick Moritz, Greg Parrott, Linda Fox, Beth Border, Chuck vanNorman, Maggie Sudduth, Gib Dammonn, Fred Strong, Bill Brown, Karen du Four Des Champs and others!

Come out and hear this amazing music...and if you can’t come, please, buy a ticket or four anyway so that our kids will have a place to play.

Start the day with a Disc Golf Tournament, 12 noon to 3:00 p.m., complete with FABULOUS and silly prizes. Just \$5 gets you into the competition.

Barbecue at 3:00pm
3:30pm -- Three bands perform --
The Pharmacy, Rishloo and The Lonely H....all national touring bands, are coming out to Vashon to support this cause.

Sincerely,
Pete Welch



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www.vashonislanddayspa.com



PANDORA'S BOX

Buddy is really on his way.... he’ll be here before the end of the month! Post Festival blahs got you down? Come try some of the new foods we are carrying. Some are quite good with a Ritz cracker.



Cheryl’s pick of the week:
New Road Kill toys are in - these make a really horrible noise - worse than a squeaker.

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Alex Davis Plays at Olalla



On July 30th, at the Olalla Community Club, just down the road from Southworth Ferry, islander Alex Davis will be opening for Shannon Stephens and the Blackberry Bushes Stringband; an exceptional line-up of Indie-Folk-Bluegrass.

Shannon Stephens, a local Seattle singer-songwriter, is currently a member of the Asthmatic Kitty Records artists and was one of the original members of Sufian Stevens Mazurki Ensemble. Her writing and performances have received praise related to her recent album The Breadwinner, which Rachel Carson at Exclaim! described as “...a spectacularly beautiful and fiercely compelling sophomore album” and Sufjan Stevens called “...a joyful, heartfelt collection of quiet, gorgeous songs about family, friends, work, love, and the beauty of the world at large.”

The Blackberry Bushes Stringband is a high energy, soulful, Americana quartet. The “Bushes” are a band of songwriters with a strong Bluegrass and old-time bend. They have remained loyal to their Ozark, Appalachian, and Mississippi River roots and added just a twist of West coast indie-rock. Second place winners of the 2009 Telluride Bluegrass Band Competition,

The Blackberry Bushes Stringband formed in Olympia, WA in 2004. They tour nationally and just completed a west coast tour of five states. They are often noted for their sweet harmonies, darling lyrics, and near virtuosic musicianship. Its a real treat to have such an extraordinary group of musicians across the water in Olalla playing in the funky venue of the Olalla Community Club.

Alex Davis is a late addition to the July 30th roster and brings his soulfoul original music to the evening as our opening act.

The event serves as a “benefit” concert for the 19th annual Olalla Bluegrass Festival coming August 21 to the little league field just off Olalla Valley Rd [a quarter mile south of the Community Club]. We encourage all islanders to join us across the water and share the BYOB experience. Tickets are at the door for suggested donation \$10 pp and \$30 for families.

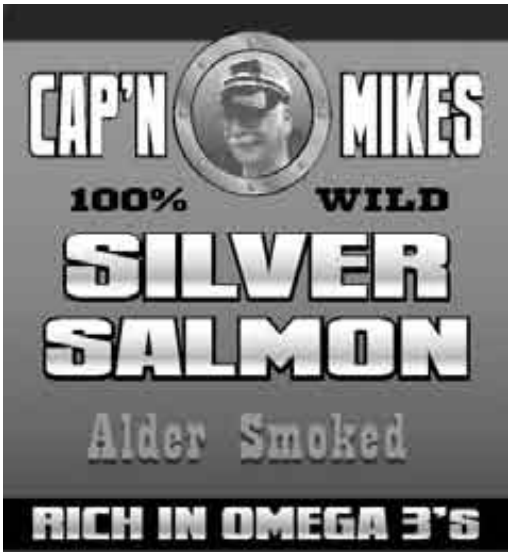
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Friday, July 30

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

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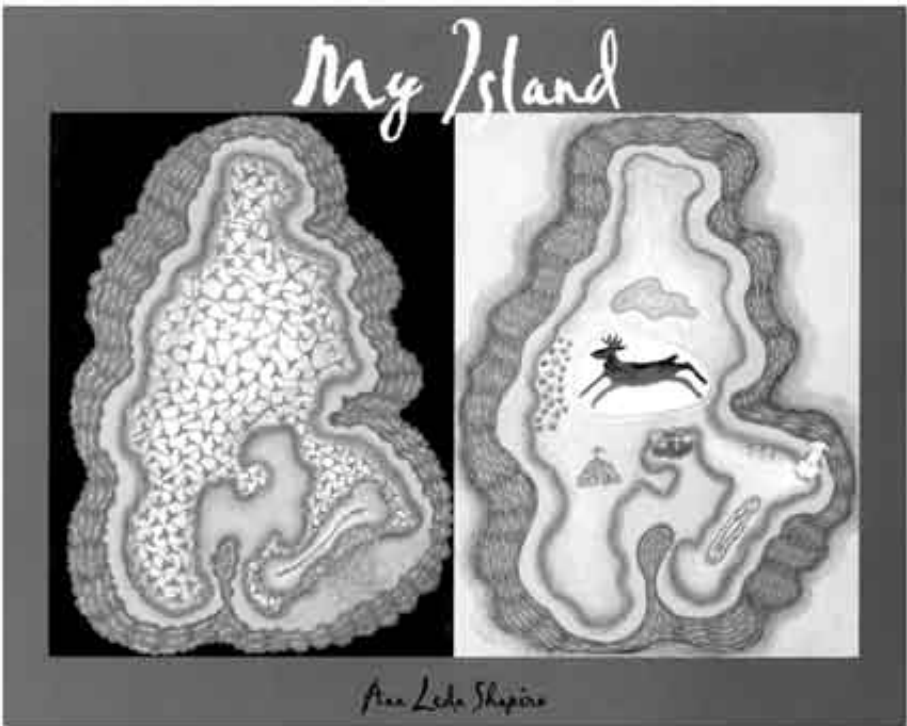
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