



THE VASHON LOOP

Vol. 7, #16

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

August 5, 2010

Vashon Son Honored



A huge crowd of well over a thousand people gathered at Vashon High School's football field Sunday August 1st, to honor Robert Bennedsen, native son, killed by a roadside bomb July 18 in Afghanistan.

The Memorial service took place on an overcast but calm day and included many laughs and sweet moments, as well as tears.

Several speakers touched on fond memories of their friend and fallen comrade.

"A true leader who cared for and gave his life to protect his brothers and sisters in arms," said his college roommate First Lieutenant Dave Stone.

Friend Manu Samanna-Spagnoli says he'll proudly remember Robert's accomplishments, but will miss his infectious grin.

"So, Robert take it easy until we meet again, do what you do best, just keep smiling," said Samanna-Spagnoli.

Besides serving in the Army, many islanders remember Robert as an island volunteer firefighter. A picture of Robert will now ride on the dash of his old fire
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8th annual Fur Ball Coconuttiest Fur Ball Ever



Metallica the fabulous heavy metal puppy, Yin Yang a puppy on a mission and his brother Lil' Fetch. You can bid on line for these fiberglass puppies at www.vipp.org. The bidding ends at the Fur Ball Auction on August 14th. The 3 puppies are sold separately.

Photos by Charles Backus

The Fur Ball is VIPP's (Vashon Island Pet Protectors) annual major auction-based fund-raising event, and it's a must-attend for any pet-lover or anyone just looking for a socially productive, whacking good time.

The theme this year is Hawaiian tropical with the "Coconuttiest Fur Ball Ever"™, and will be held on Saturday, August 14th, 2010 at Vashon's Open Space for Arts and Community.

An incredibly popular event, last year's Fur Ball raised almost \$60,000 and event attendance doubled, necessitating a move to the "O" Space, and at least 60 of VIPP's innumerable, tireless volunteers will be on hand to ensure the event is carried off in grand style.

Business sponsorship has increased this year in addition to the private individual sponsors. This year's 13 sponsors have raised more than \$13,000 dollars, up from last year's \$7,000. Event coordinator Nancy Foster-Moss expressed deep satisfaction at the Island's increased commitment to VIPP and it's work.

Island Realtor J.R. Crawford (sponsor of the "Paws for Dessert" event consisting



of 37 incredible bid-for desserts created by local and off-island bakers and talented private individuals), was asked why she was a returning sponsor for the Fur Ball. J.R said, "It's a conscience thing. We've created these animals, altered their shapes and instincts, made them love us, want to be with us, trust us, and altered them so much many can't survive in a world without us there to protect them. The understanding was that we'd be there to do that when they needed us. I'm just holding up my end of the deal."

In this year's live auction, attendees can expect the action to be fast and furious with 10-year auctioneer veteran, and graduate of the Missouri Auction School, Laura Michalek winding up the crowd.

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Back to School Drive Is On!

by Shannon Flora

As Vashon Island School District ramps up for another school year families are making outings to area stores for their yearly ritual of shopping for new shoes, clothes and fresh batches of school supplies. Unfortunately, for some, this yearly rite of passage is not within reach and the Vashon PTSA's 9th annual Back to School Drive returns to assist children in need get a fresh start to the new school year.

The PTSA Back to School Drive will be accepting donations of school supplies, backpacks, and money July 30-Aug 22. Collection bins and supply lists are located at various island businesses.

Vashon PTSA President Lauri Hennessey observes "The need continues to grow as we weather these tough economic times. Everyone is affected, yet some families feel it even more." Hennessey reports that back to school supplies and clothes can cost an average of \$200 per child. This can be a considerable financial burden for some families especially those with multiple children.

During the drive, supplies valued at \$3,000 are typically donated each year

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Only On Vashon

Eleventh in a series

The Smokiest Man (Still) Alive

By Peter Bond



The first time I came across the smokiest man (still) alive was in line for video rentals at the grocery store. Well, I wasn't in line yet, as it was a long Saturday night line and it smelled like everyone there had bathed in an ashtray.

At first I thought I could take the smell, if I could get back to the cheese dept. fast enough to grab a hunk of Limburger to smash against my nose like an oxygen mask. (For some fresh air.) But when I returned to the front of the store the line was down to one man and the stench was even worse. Yes, it was the smokiest man (still) alive.

I had to ditch the cheese and get out quick before I fainted, so I wasn't able to get a real close look, although from a smoky distance I did see a cigarette dangling from his lips cartoonishly. Otherwise all I could see were some frayed jeanshorts and what might have been a beard, but could easily have just been permanent smoke on his face, like some women have tattooed makeup.

I am sensitive to cigarette smoke

but I have never come across anything like this. I expected an ambulance to pull up and treat the video guy for smoke inhalation. To this day the sensory memory is so strong I swear I can still smell the smokiest man (still) alive when I go into that store, which is rare because of my Post-Traumatic Stress Disorder from having almost been smoked alive there.

Anyway, the very next day I was on my way into the pharmacy when I caught a mighty whiff. The hair stood up on the back of my neck, I started to gag. I could smell him coming from a block away, and I was upwind from him on a windy afternoon. I ran back to the truck, hopped inside, locked the doors, rolled up the windows and grabbed a wet towel I had used to dry the dog off after the beach. Ahhh, fresh air again! I had survived another encounter with the smokiest man (still) alive.

The next few days were sketchy, as
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Vashon Ukulele Festival



Herb Ohta, Jr. (top) and Michael Powers (right) will perform Sunday, August 15, starting at 5pm.

all uke music. Following Michael Powers, the legendary Hawaiian, Herb Ohta, Jr., called one of the "gods" of the ukulele, will perform. The festival is sponsored by the non-profit, Kamehameha Schools Alumni Association, Northwest region.



What do glamour star Marilyn Monroe, the Beatles' George Harrison and Pearl Jam have in common? Believe it or not, they all played the ukulele! On Sunday, August 15th, Vashon Island will celebrate its first Ukulele Festival at beautiful Camp Burton. The day will be filled with workshops taught by professional teachers and performers. There will be an open mic for locals to show off, special children's activities, as well as vendors selling instruments and CD's. Of course some great food will be available too. Tickets are available through BrownPaperTickets, Vashon Bookshop, Hawaiian General Store, Dusty Strings and Amiad & Associates. For more information go to: Vashon Uke Fest.

A master's open mic with local ukulele masters from around the region will warm up the stage from 5:00 to 6:00 followed at 7:00 p.m. by jazz great, Michael Powers. Powers recently discovered the ukulele and just released a new CD with

The event will kick off on Saturday August 14th with the showing of the award winning documentary, "The Mighty Uke". It tells the history of the instrument, its resurgent popularity today, and includes some exceptional footage of the great players of the past and present. The film will be shown at Ober Park in downtown Vashon on Saturday at 4:00 p.m. and again at 7:00 p.m.

Workshops during the day on Sunday will feature Herb Ohta, Jr., as well as Ray Alonzo, a local pro and one of the owners of SoundUke in Tacoma, Al Tingali, an outstanding Seattle performer who will be teaching Hawaiian slack key guitar, and Greg Porter, well known as a performer and a part of Seattle Ukulele Players Association. All are exceptional
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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.

Vashon Bookshop Events

Thursday, August 5

Stories and Music with Mrs. Candy, for ages 3-7 at Vashon Bookshop from 11-11:45. Call 463-2616 for more information.

Friday, August 6 (First Friday)

Music: Island Piper John Dally will be performing on First Friday along with singer/songwriter Kat Eggleston and step dancer/fiddler Sue Truman. 7 pm at Vashon Bookshop. Call 463-2616 for more information

Art: Barbara Gustafson will have her exquisite colonial baskets on display all month.

Raw Vegan Potluck

And another wonderful living food vegan potluck, this time at Deena Eber's home on this Sunday, Aug. 8, 9731 s.w. Burton Drive, 5:00-7:00! (463-7900)

"If we do not make regular deposits to our "enzyme bank account" by eating exogenous enzymes that are found in raw foods,.... we become more susceptible to aging, disease, and premature death." From Living on Live Food, by Alissa Cohen.

Love, Weslie 463-5566

Green Party Meets

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, August 10, 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 report.
- 2) Credit Union Vashon.
- 3) "The End of Money"?

Questions:

Melvin Mackey, Secretary, (206) 463-3468

Vashon Island Food Preservation Fair

On August 14th from 10:00 a.m. until 2:00 p.m. at the Vashon Physical Therapy Parking Lot next to the Saturday Market, Vision for Vashon's Food Security Working Group is hosting a food preservation fair. The fair will include several stations and demonstrations of food preservation methods. Ask questions, discover resources, and get advice from Vashon Island experts about water-bath canning (jam, tomatoes, pickles, salsa), fermenting (sauerkraut, vinegar, wine, and pickles), steam juicing, pressure canning (vegetables, low-acid fruits, pickled eggs, and fish), drying (fruits, and veggies), freezing (fruits, vegetables, meats), dry-pack canning, and more. Show up anytime between 10 am and 2 pm and visit the stations that interest you. A donation of \$5 at the door is suggested but not required.

Chamber Searches for New Executive Director

The Vashon-Maury Island Chamber of Commerce is seeking a dynamic individual to lead the organization as Executive Director. This individual will be self motivated, a proven leader and communicator and will foster strong relationships with local businesses, King County and State organizations while building the Chamber's membership here on Vashon Island. To view the complete position description visit the Chamber website:

www.vashonchamber.com
Email your cover letter and resume to application@vashonchamber.com
Closes August 31, 2010

Next Edition of The Loop Comes out Thursday, August 19

Deadline for the next edition of *The Loop* is Friday, August 13

POKER RIDE & Chuckwagon

SATURDAY AUGUST 21ST

Please join us for a designated ride course that will start at the Vashon Sportsmen's club and extend out into the Center Forest trails. This is our 2nd annual Vashon Sportsmen's Club Western Theme Poker Ride. A weekend of fun August 21st - 22nd, the ride day is August 21st with a \$30.00 registration fee which includes a "Chuck Wagon" style dinner. The course will be well marked and grab your cards along the way.

Registration will begin at 8:30 am - 10:30 am on the day of the ride. Pre-registrations are available by contacting one of the People below. All riders may begin leaving the facility after registration and signing in. All riders must have their last trail card by 1:30 pm and return to the facility. Fun, Games and prizes. Social hour 5pm, dinner at 6pm with prizes at dinner. Dinner is only \$15.00 each person. All riders are responsible for their own horse manure at the club.

For Registration & Dinner Tickets call or email:

Brad Shride 206-498-9295 bshride@centurytel.net	Amy Griswald 206-567-5943 amelial@centurytel.net	Reid Kruly 206-719-5990 cpc.inc@comcast.net
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FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
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Orca Annie Stalder and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

VMCP Makes Big Changes

The Vashon-Maury Cooperative Preschool (VMCP), one of the longest running preschools on Vashon Island, announced hiring a new teacher, Molly Wilson, to join VMCP's veteran teacher, Andrea Braganza. In addition to both teachers holding master degrees in teaching, something else they have in common is that both of them have a child registered at VMCP for the fall. "I am so excited to join this amazing community where I can participate as a teacher, a parent, and a peer. VMCP offers a unique experience to really connect with the children and parents both inside and outside of the classroom," stated Wilson. Braganza added, "That is absolutely why my family is involved. During the Strawberry Festival my children and I rode in the preschool's float, and later some parents and I went out for Karaoke. You really feel connected."

Another big change for VMCP is its move from the old Veterans of Foreign Wars Building to the recently remodeled Vashon Youth and Family Services Playspace Building in Downtown Vashon. "We are thrilled about our big move uptown. This location will make it a lot easier for many families to join our co-op community," stated board member, Tami Brockway Joyce. To commemorate the big changes the school board commissioned graphic artist, and co-op parent, Oceania Welsh to update their logo. "Part of our cooperative model is drawing on the strengths of each other to continuously make the preschool better. Oceania was able to bring something really special to the table that we are all really proud of," remarked fellow board member Kelly Keenan.

VMCP opened its doors in 1975, and is one of the longest running preschools on Vashon Island, Washington. Student and parent educators are highly trained professionals and experts in their fields, while administrative duties are filled by parent volunteers. VMCP educates the entire family with resources for parents including classes in child development, a lending library, and round the clock access to highly trained parent educators.



The Art of Business Printing

Vashon Island Imaging Launches Laser Printing Service

Vashon Island Imaging has added high-quality laser printing and spiral binding to its roster of printing services. The latest Konica-Minolta® technology is now employed by the company to print high-end business and professional publications.

Company founder Douglas Mesney explains: "We are known among Island artists for our fine-arts giclée printing. Now we offer 'the art of business printing' for those who want higher quality business and promotional printing than was previously available on the Island."

Brochures, posters, cards, menus, pamphlets, reports, model head sheets and signs are just some of the printing products now offered by the company. "We are focused on high-end printing for artists, graphic designers, photographers and now business people and professionals.

The new laser printer outputs on stocks up to 300gsm, in sizes up to 18X12, with full duplex.

Vashon Island Imaging also offers fine-arts giclée printing and finishing in addition to high-end business printing.

Spiral® binding has also been added to the company's publishing services. Mesney explains that "...a lot of artists and writers prefer spiral binding. Spirals are much nicer for calendars, portfolio collections, recipe books and the like".

Mesney's blog about pixel-perfect printing is at www.gicleeprepress.blogspot.com

To speak with Douglas Mesney call 206-567-5800. Additional information is online at:

www.vashonislandimaging.com

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

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



The Vashon Loop

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Vashon Guitar Company



The Vashon Ukulele Festival is your opportunity to try out and purchase your very own Vashon brand guitar. These instruments are top quality, but are offered at prices affordable for anyone wanting a guitar that they will enjoy for a lifetime. VGC will also be selling Vineyard Ukuleles in a variety of woods and styles, meant to please discerning players at all levels. You will love the prices offered only at this festival. To see our Vashon Guitars, go to www.vashonguitar.com.

We look forward to meeting you at the Vashon Ukulele Festival on Sunday, August 15, from 10:00 AM to 9:00 PM at Camp Burton. For more information, call Bob at (206) 463-2712.

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Why Can't the World Be More Like The Minglement?

By Peter Bond



Because I was schooled in Journalism, which is all about truth and making sure the truth gets out, I still hesitate when I write feature stories like this, because I get so much license to decide what's true! Well, with the guidance of my editor of course.

But there will be little dispute here, as I make the claim that Minglement is a beloved institution on our island.

Aside from the wonderfully perfect Roasterie building itself, so Vashon it could play Vashon in a Disney Park, there are almost too many things for me to gush about, so I'll try to maintain some dignity. Let's start with the staff.

When I came back here after thirty years gone, I randomly stumbled into the Roasterie (the coffee house side of Minglement) because it looked warm (it was raining and nearly dark and I was waiting in after-school traffic). I was just off a very long drive from Oregon so couldn't even tell you who helped me that day, but she could!

The next time I went in I was called by name by Laura, at the front counter, and I was surprised. I've been moving around since my marriage ended three years ago, living mostly in resort towns where people come and go daily. So I wasn't prepared for such a simple yet important gesture to move me so much. But this is their normal MO at Minglement.

I'm not going to get all hyperbolic and gush that they are the most wonderful people on earth, of course they're human and they can be tough, and they run a tight ship. But they seem fair, honest, and open. And some of them are so funny I'm envious.

Anna is elegant, Tesse beautifully artistic, and Laura is as warm as the place itself. Jeff is a wit, and I wish he'd write for us, Kellie is the definition of sweet, and Eva, the proprietress, is called the Dalai Momma for good reason.

And whenever I am feeling down I seek out Mary. She is such a rare presence that every time I see her I simply feel better. She should bottle herself and be marketed as pain relief.

There are more friendly faces wandering about the place, I just haven't quite met them all.

Oh. The product. On top of this lovefest is the best coffee on island, the highest quality organic grocery items, hundreds of varieties of teas, produce, eclectic meats and pastries and surprises throughout. All of it served in an atmosphere of total acceptance, where you are just as likely to have a rightwing group meeting in the wonderful old library (featuring the Minglement "sports bar" - an old TV with rabbit ears) as a group of High school socialists.

There's even a coffee museum!

Minglement has been around for thirty years, most of them about a half mile south in a bldg. off 204th, but it was the merger and relocation into the original Seattle's Best Coffee Roasterie that really amped up the essence. Famous worldwide, it was Jim Stewart himself, brains and brawn behind that legend, that mentored Eva in the art of coffee roasting.

Her mantra, "everybody has a story" speaks volumes as to why this place works.

Recently I read a magazine story detailing why Starbucks hit the zeitgeist nerve when it did and became such a phenomena. The article theorized that because humans evolved as social animals, with a real need for village squares, a huge vacuum was forming as our society became more suburbanized and insular. Social connections became secondary to other American concerns, such as owning a home (no matter how far from the city center or how long a commute or at what cost to the family unit).

On Vashon we do not have that issue (or the need for a Starbucks). If ever there was a classic village square, a classic community center, a classic meeting hall, it's Minglement.

And on that note I have composed a little ditty to be sung loosely to the tune of Hymn to Him (Why can't a Woman be more like a Man?) from My Fair Lady.

Why can't the world be more like the Minglement?

Full of such flavor, so thoroughly fair
Where you can show up with raccoons in
your hair
Where, when you sit down, you might just
have a chat
With a world war vet in an NRA hat,
Or a greenie with dreadlocks who doesn't
use soap
(except when he visits his mother we hope)

Why doesn't everyone see things like
Minglement
Can't the world use its head?
Why must they eat everything they were
told to eat?
So much sugar, corn syrup, salt and white
bread

Why can't the world think more like
Minglement?
Where the Dalai Momma spreads her word
Nobody's more important than you are at
Minglement
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Saturday, August 14, 2010
5:30-10:00pm
Open Space for Arts & Community

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We've Got a Lot of Kids

by Kevin Pottinger

That's Why They Sell So Many Play Pens

I've been writing a monthly We've Got a Lot of Kids column for exactly five years, and I've made it a tradition to write an anniversary column each year. What makes an anniversary column different from a non-anniversary column is that for the most part, I don't write about our kids. Sort of like a date night.

Once in a while the writing is easy for me, like gathering nuts fallen beneath a tree; more often it feels like I'm hewing sentences out of a log with an axe. So far, Troy and Marie, the publishers of the Loop, have found space in their paper to run my column along with all the other fine columns and cartoons and community news, and the giant ads for charitable events that the Loop donates because that's the right thing to do. They are good people and great friends, and they deserve revenue to keep their paper going. Buy a subscription, or a nice big display ad for your spouse's birthday.

I've taken a couple of calls from readers that live in a different space-time lash-up than the rest of us. These conversations are mostly one-sided and largely incoherent, yet sometimes touching disturbing truths, but those calls nevertheless remind me that all sorts of people actually read my column. It hadn't occurred to me that some people would want to actually write my column.

Apparently someone recently called Troy and Marie offering to take over writing my We've Got a Lot of Kids column. The writer eagerly pointed out that his family has way more kids than my family does, probably writes better jokes, and he advised Troy and Marie to think it over and get back to him quickly.

The caller may have missed the point. Although we have what might be considered a large family by today's standard, we understand that four kids is not an extraordinary number of children. For example, the Duke family of Beacon Hill in Seattle, with nineteen children, had a lot of kids.

Every parent has had moments when their children have overwhelmed their ability to cope with them: that's why they sell so many play pens. If you have small children, you've probably felt that you've got a lot of kids, too.

This summer the kids are driving my wife Maria insane, but not in the usual way kids drive their parents insane on long summer days, feigning boredom and picking fights with their siblings, refusing to bathe, or sitting inside on a beautiful day wearing a down parka, watching Toy Story II.

No, the kids have been antagonizing Maria by being passengers: Maria's has been caught in the spin cycle of ferrying kids to and from their myriad kiddy engagements all day, all week,

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Island Life - A Leak

by Peter Ray

Trout did another thing which some people might have considered eccentric: he called mirrors leaks. It amused him to pretend that mirrors were holes between two universes...

Kurt Vonnegut on his alter ego, Kilgore Trout

A leak is a call to action, of sorts. Or it should be, as a recent event with Wendy's truck would attest. It started with a leak of coolant that didn't seem that bad- we added more coolant to the radiator when the level got slowly lower. Everything seemed fine for days and weeks, when on the return trip from an open water swim in Kent the truck suddenly jerked and the dashboard lit up like a warning light jamboree. I punched in the clutch and glided into someone's roadside parking strip a mile from the dock and pulled on the parking brake. The truck wouldn't start no matter how hard I stared at the carburetor or spark plug wires or engine block- of course it wouldn't. The timing belt was broken; the valves were sporting new and varied curved appearances; a certain sensor was reporting that it sensed something was wrong, so it was not then, or ever, allowing the starting process to carry through. It isn't clear if the initial leak was the culprit, but if repairs had been initiated for that problem, the timing belt would have been accessible and replaced for good measure in that scenario. We walked to the dock and hitched a ride home and returned the next day for a start to another story we won't go into here.

Sometimes a leak makes itself known through sound rather than appearance. One can find a puddle in a "wrong" place and sense a problem, or one can hear a repetitive drip signifying a loss of fluids somewhere that might cause an issue to arise. The sound of dripping water can be tortuous, and if you add the sense of touch, as in a constant drip of water to the forehead, you can wind up with a real form of torture, rather than just a distant, auditory one. This, of course, should not be confused with waterboarding, which shares tables and hand bindings and water with the ancient Chinese art of information extraction, but adds the bonus sensation of simulated drowning, which also allows it to be listed separately, at least according to a former resident of the White House, as a non-torture means of information gathering, unless (and here's the kicker) you're the one being waterboarded. I would say that I don't know how I got on that track, but that wouldn't quite be the truth. I won't go into the screams, or muffled gurgly grunts that are auditory indicators suggesting something amiss during the above mentioned procedures. In



my case, the sound of the pressure pump in the well house kicking on when I know no water is being used generally has me walking all about from hose connection to frost free hydrant in an effort to stop the loss and waste of water. This can be tedious, but I wouldn't call it torture.

And then there is that little matter of the leak in the Gulf. I say little because it seems to be not leaking anymore- maybe a little. It can now fit more nicely into the category of "spill" - you know, liked spilled milk. The Weather Channel did give it its own Disaster in the Gulf byline, but that could always be confused with something natural like a hurricane or earthquake, and they did say that tropical storm Bonnie was helping to clean the oil up, or something like that. And there was that report on NPR the other day about how workers were actually killing the grasses they were mopping by mopping them. I guess it's best to just let Mother Nature wield the magical organic broom and dustpan, right? After all, in the News You Weren't Supposed to Hear Department (like most real news), the giant A Whale supertanker was found to be a giant bust in the cleanup area, so if that much size and technology can't do the job, why should we expect simple humans with sponges to have any effect? Just ask the workers in Prince William Sound about their stab at steam cleaning the rocky shoreline in order to expunge Exxon's Valdez legacy. They have clean rocks, but they boiled the sealife there, and the oil is now the caulking or grout that fills the cracks in between- still around after all these years. Perhaps the same high powered New York PR firm that was hired on to tout the wonders of A Whale's capabilities could be enlisted to spin the many petro-vacation opportunities along the Gulf of Texaco. I know- it was BP's well, but I'm sure they could work out some sort of deal. It is, after all, just about the money.

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I would suspect that linguist George Lakoff will not be tapped for help in rebranding the assets of what's left of the area. He works in, and speaks of, the framing of issues. He chose to frame this leak as the Death Gusher, which still could have legs if the Beach Poisoner's top kill blows the lid off their latest guess at a solution.

And then, of course, there is the Big Leak. What Wikileaks has Death-gushed up in terms of data flow is maybe as overwhelming as the Gulf mess, but it is perhaps more overkill than top kill. The fact is that we already know why we have no business being in Afghanistan or Iraq or anywhere, except of course for the business. Just today we see news reports of Afghans throwing rocks in the streets and shouting "Death to America". If we look a little harder, we read that that was because four of their fellow citizens were killed in a car crash caused by a vehicle driven by employees of DynCorp, a multinational corporation whose main purpose there is to provide support services for the C-21 transport planes. They are private contractors making lots of money off a senseless war. These guys will more than likely be sent home with fat bonuses while soldiers like Robert Bennedson will become targets of opportunity and revenge because they are there with American flag bullseyes on their backs. We do not need 91,000 reasons why we are there and why we shouldn't be there. We only need one. (hint- add an m to the front and a y to the end of that last word and that will be my leak from another universe for today.)



Preparing For Life

by Rochelle Gravance

NAFC Master Level Certified

IYCA Level 2 Conditioning Specialist

Physique Transformation Specialist

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To prepare for something, anything, one is wise to research, gain knowledge, practice and anticipate any and all possibilities. To throw oneself into a situation can be quite exhilarating and stimulating to the spontaneous nature of our being. But it could be said that being spontaneous without being somewhat prepared is the essence of naivety with potential dangers.

As we progress, or regress depending on your view point, into today's society, we tend to have most everything spelled out for us. Overstimulation of marketing advertisements and news media telling us what to buy, how to think and how we should be living our lives has slowly numbed and depressed the human species.

All this external noise drowns out the internal senses and the one voice that inherently speaks our own rationale, agenda and truth. So it seems as if we are bouncing from the last latest, greatest to the next latest, greatest without considering that it may not be the greatest at all. As we consider this information let's begin to apply it to the season's activities.

Hiking, kayaking, climbing, water skiing, backpacking, swimming and the like are all potential undertakings of the season. All seemingly healthy endeavors on the surface, yet all possess potential threats if preparation is not a consideration.

Gone is the day of "just do it". No purchasable, advertised gadget will bail you out of the trouble of being underprepared. The average person is so out of shape physically and out of touch with oneself psychologically that taking on a foreign activity may not be without repercussions.

A simple backpacking trip can quickly turn into a physical and emotional challenge if one is not prepared for the physical demands of the hike and the emotional fall out thereafter. Being overly sore or developing an injury because of poor conditioning can take weeks if not months to recover from. The emotional fall out that follows is the realization of the condition and the physical capacity

of oneself.

Simply going to the gym a couple of times a week, randomly selecting exercises and performing them without focusing on physical body awareness is a fruitless approach to prepare one for life's challenges.

Spending 45 minutes a few times a week on the elliptical machine or the treadmill is not sound preparation for carrying a 40 pound pack on your back, setting up a tent, gathering wood, building a fire, sleeping on the cold ground, being aware of your body's nutrient, hydration and caloric needs or the recovery process of such an attempt.

A fun summer backpacking trip can easily turn into several weeks of frustrating recovery. Just pushing hoards of weight around in the gym and aerobics classes will in turn yield similar results.

One would be wise to think in terms of awareness and physical conditioning. A program with such an agenda would include energy system conditioning, total body strengthening and flexibility training, balance and coordination, proper nutrition and rest/recovery cycling. All of these efforts should be done with conscious attention and body awareness.

Being prepared for life's activities so that one may enjoy them while limiting potential threats and frustrations requires a new approach to thinking and doing. Get prepared then go have fun.

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We've Got A Lot of Kids

Continued from Page 5

all summer. Swimming lessons, play dates, camps, birthday parties, the beach. Every night, near tears, she describes her dizzying delivery schedule, one kid for an hour here, two kids for four hours there, with the other two along with a couple of neighbor kids and a grocery sack of melting ice-cream headed for the potluck.

Hoping to be seen as a good husband, I listen sympathetically and offer Maria sincere but ultimately useless there-theres; inexorably our discussion turns to the root cause of Maria's problems.

First, we live where I was born and where Maria was not born, where most of the kid's playmates don't live right next door, and actually, there is no next door at all, unless you count the swamp, and we probably wouldn't let our kids play with kids from the swamp even if there were swamp kids. Additionally, I won't buy a nicer and newer car than our green minivan that even today is looking and driving more like a garbage scow than it did yesterday. And finally, I'll never

earn enough to hire teams of household domestics which should include a chauffeuring nanny.

Money and youthful good looks certainly aren't everything; I'm the proof of that. I write We've Got a Lot of Kids because I love my wife and kids and I love the music in words, and Troy and Marie give me sufficient column inches to declare my love in print. Thanks for reading, and please support our advertisers.

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Planet Waves



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

We are living in the midst of many rare aspects, most of them involving Saturn. The planet of structure, limits, boundaries and the passage of time is in opposition to the largest planet, Jupiter, giving the feeling of 'two lifetimes at once'; it's opposed to the inventive, revolutionary planet Uranus, which is putting us under the constant (seemingly external) pressure to grow and adapt -- though marking the end of a 20-month phase; it's square Pluto, which is more of an internal sensation that says 'change or die'. Notably, all of this is, and has been, happening at once, which is more than most people can stand. When you look back at this time in your life, you may decide that it was the time you really took responsibility for your existence. On a mundane note, Mercury is retrograde in Virgo from August 20 through Sept. 12.

Aries (March 20-April 19)

We take gender roles entirely too seriously in our society, and I'm here to let you know that you have options. You will see these expressed in the people and opportunities you encounter the next few weeks, and these experiences may come with a sense of needing to make a decision. You don't have to decide anything, and any decision you make can be unmade; what you can do is explore your feelings and experiences honestly and vividly: really get into what you're experiencing. Notice if you feel a sense of vertigo if you unhook some of your false allegiances to the Blue Team and the Pink Team. Notice if the uber-macho men and the beyond-femme women start to seem like cartoons. Look for the wide area where the two are seeking a sacred marriage in your body and soul.

Taurus (April 19-May 20)

You are passing through a series of initiations: spiritual checkpoints that are designed to bring you into the present moment. These involve the work that you do, your commitment to personal healing, your presence in your relationships and something basic about your health. For the moment, your health is your sexual health, which relates closely to your sense of emotional wellbeing. If you encounter what seem to be obstacles or limitations, work through each of them persistently and patiently one at a time, until you resolve the issue that's at hand (whatever it happens to be). Look for the integration point of all of these seeming different experiences; they are closely related, and what you learn working out any one of them can be applied to any of them.

Gemini (May 20-June 21)

An idea represents the seed potential of something new; ideas are expressed in the world through experimentation and revision. Often a breakthrough follows a seeming setback or error, so if you encounter one or more of those, make sure you pause and look for the opportunity. This will require your staying just a little emotionally detached, and I would in all aspects of your life avoid courting frustration. Keep this in mind if you're trying to work out a family or home issue, especially if people seem to 'not understand what you're saying' or refuse to open up and tell you what's on their mind. You will learn a lot about yourself as you navigate this territory, particularly about how many old mental patterns have been dominating your life. Invent your way to the future.

Cancer (June 21-July 22)

I trust that your life is settling down from the excitement of the past month or two. You are standing on much stronger territory than you're accustomed to, though you might question how you got there. In fact, you might want to question where 'there' is: that is to say, where you are. You have gone through a growth spurt and you may be feeling hemmed in by your physical environment. Whether or not it's time to move, I have a suggestion for you: you feel cramped by the emotional stuffing of your family's history. It is time to break free and find yourself. For quite a long time you've been striving consciously to feel better about yourself: to love and respect who you are. You don't need them or their hallucinated ideas about you.

Leo (July 22-Aug. 23)

Take money matters in stride. Yes, conserve your cash and make purchases wisely; most of what you think you need you

really don't need. You may not believe that, but I could tell you some funny stories about Mercury retrograde. What the forthcoming Mercury retrograde in Virgo is about, though, is understanding how you evaluate yourself: your successes and failures; your value to the people around you; and whether anyone notices how generous you are. The next two months are a reminder to go easier on yourself, and to listen the most carefully to the people who express their faith and gratitude to you. At the moment the world is an unusual kind of mirror and you may be doing some sorting out of mixed signals. Just be sure you know which is which, and take a day to decide.

Virgo (Aug. 23-Sep. 22)

At long last, Saturn has left your sign -- but not your life. The past two years have been characterized by pressure to mature, enforced changes and increased responsibilities, though I trust you reached that point where you wouldn't trade them for the world. Now you have a new project: gaining some mental stability. That will be an adventure with Mercury retrograde from late August through early September, though you're up for the task. You will have occasion to apply your awareness of the significant difference between your opinion about yourself, and the underlying facts about yourself. Your opinion may change but the basic facts remain stable: that is how you are now. The other difference is that the facts speak volumes about your integrity, whereas your opinions might be inclined to doubt.

Libra (Sep. 22-Oct. 23)

Saturn has entered your birth sign, accompanied by three other planets -- Venus, Mars and Vesta. You may go through a wild identity crisis or two this month (perhaps a delayed reaction: most people went through it last month). I suggest you not make things any more complex than they need to be. Keep them simple by honoring your devotion to your inner core creativity. That's your gentle passion, your consistency in your relationships and the fire that burns within you. You know you contain many different opposites. You know that you are the one who must now take over the process of raising yourself into an adult who both honors his or her role in society. Too often we give this job to others; it is yours and yours alone.

Scorpio (Oct. 23-Nov. 22)

You are searching deeply and at times desperately for understanding about how your life is changing, and how you will adapt to those changes. You have to do far less than you may believe. I suggest working with isolation consciously. Anytime you feel alone, raise your level of awareness and turn your gaze within. You contain everything you seek, and the only way you will find that out is to test the theory. Don't go missing on yourself; keep your focus on yourself (rather than, say, obsessing over a relationship). When you do this you will face fears that others are reluctant to admit, much less address. You will ask yourself questions about existence that rarely see the light of the human mind. And you can, if you are open, discover a lush world of passion, sensuality and contradiction.

Sagittarius (Nov. 22-Dec. 22)

You can finally get some work done. There is nothing like having to obsess over details to slow down a Sagittarian mind. There is nothing like the Sun in Leo to speed up your quest for adventure. And, as Saturn in Libra would have it, you are about to make

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a good bit of progress on putting your talent to use in the world -- and I say that no matter how specific and focused your talent may be. Remember that every worldly success is built on relationships, and this counts even for those who have no interest in other people: those people take an interest in them, and there must be some form of reciprocity. You are offering yourself to the world, and you do have plenty going for you. Notice who is interested and focus on them.

Capricorn (Dec. 22-Jan. 20)

Charm, persuasion and to a certain extent seduction are appropriate tactics to use in leadership. The truth is most people have little clue what they want, and even less knowledge of what would benefit the common good. Further, our neighbors tend to either resist progress or put us in the position where they beg to be persuaded that it's a good thing. Pay no attention to those who resist. As for everyone else, some will yield to your self-assertion. Others will be drawn to your attractive dynamism. Others will be turned on by how devoted you are. The rest will respond to simple authority, which you are exuding in bright colors right now. Trust that you have a resource to work with every situation that can be worked, and the ones that seem stuck will take care of themselves. You just need the wisdom to know the difference.

Aquarius (Jan. 20-Feb. 19)

Saturn is making many aspects in these weeks and months, and one by one every aspect of your life will come up for reconsideration, adjustment and restructuring. Remember that you are not really making changes to the outer world: you are making up your mind about what you want and what is appropriate for you. Then you're engaging with the world based on what you discover. If you try to make your changes from the outside you will likely run into confusion and resistance; if you discover that to be the case, then tune into what you want and what you have decided is necessary and focus on those truths clearly, with full awareness. Then, what you need to do, or change, will be obvious.

Pisces (Feb. 19-March 20)

You have more influence than you think; this, at a time of profound changes when lots of energy is being liberated. Also, you can put less energy into 'making money' and more into creative flow: they have finally morphed into the same thing, if you are willing to allow that to be true. This is the tricky part, though by now you've figured out that resistance to what you want doesn't get you anywhere. I suggest you experiment with focusing the most positive, life-affirming thoughts on what you desire, then proceed as if it will come to you. Don't be surprised when it does -- therefore, make sure to focus on what you consider the most significant or satisfying first. I am not saying you can bend the universe to your every whim; that's the whole point: keeping your heart and soul oriented on your authentic truth.

Read Eric Francis daily at www.PlanetWaves.net.

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The End of the Voyage of Oatus

by Rick Tuel

Oatus and friends have arrived in Renton and are waiting in the freezing December night for their friend Lou to come and lead them the rest of the way. Rick has been driving up and down what he thought was Interstate 5, but turned out to be an incomplete 405. We join him as he returns to Oatus, Chris, Jeri Ann, Metoo and Nigel the dogs, and Felix the cat:

I had no idea what may have befallen the crew while I was touring the Ghost Freeway. I guess I expected Oatus to be surrounded by police cruisers and SWAT teams by now. I was debating in my carbon-monoxide influenced brain whether I would just give myself up or remain under cover until Lou arrived and then surrender.

No! If Lou had to come up with ransom money in our behalf, it would probably be cheaper if I stayed out of sight until the payoffs were completed. I remember thinking that I should make a break for it: try to get to friendly lines, hiding and sleeping by day and traveling the back roads by night...

I nearly missed the off-ramp to the shopping center, hypnotized by my day dream, exhaustion, and carbon monoxide poisoning.

Oatus sat undisturbed out beyond the pools of light illuminating the shopping area, a darkened, battered object lost upon a plane of black asphalt. I found Chris in the driver's seat, wrapped in blankets; doing guard duty. Jeri Ann was inside, wrapped in animals, trying



Rick and Oatus 2007

to keep warm.

I said that I had called Lou; that he was on his way; that he would arrive soon...if we could just hold out a little longer.

"I'm cold," was all Chris could say, an understatement for sure since he was actually sinking into hypothermia. We assembled in the wardroom one last time, huddled together in a futile attempt to get warm while we awaited rescue.

Thankfully, it wasn't long in coming. A pair of headlights suddenly brightened Oatus's interior from outside and briefly illuminated the galley bulkhead, now redecorated entirely with the traffic citations we had received during our voyage. Our wallpapering job had made that bulkhead the most valuable surface aboard. All totaled, it must have been worth about \$400.

Our reunion with Lou would have been a happier one if we hadn't all been blithering zombies. We offloaded our personal items, musical instruments, tools, Felix my cat and Nigel my collie into the Family Dog and prepared Oatus for mothballing. If we'd had any extra gasoline to spare, I'm sure Chris would have been pleased to perform a spectacular and explosive decommissioning ceremony. As it was, I had to flip the reserve tank on again as we pulled away from the wreckage of the H.M.V. Oatus and headed out finally "north on 5."

Here endeth the Log of the Voyage of the H.M.V. Oatus.

Next time: the Epilogue.

Mike Hernandez Tarot Readings from 11:30am to 6pm. Let Mike provide you with the knowledge and Spiritual guidance you need to give you peace of mind and enable you to see and think more clearly about your path in life. He can help you with issues such as relationships, travel, work, pets, your inner self, and your next step.

Other upcoming events include: Saturday, August 7th at 6pm we have our monthly Pot-Luck dinner...everyone is invited to join us for this fun evening. There is always good food and good company. Come and learn more about us and our members! We are also looking forward to Carol McCloud's Mayan Astrology workshop on August 21st between 2pm and 6pm, then Dana Quadé's Book Signing of "Doing the Thing" - How finding your shine will brighten our world at 6:30pm. We have our Monthly Medicine Wheel meeting from 10:30am to 12:30pm on August 22nd and we are very excited about our new monthly Psychic Fairs, the first one will be August 28th and on August 29th we have our Reiki Jam from 4:30pm to 6:30pm. Join us for some fun!!! There are many more events scheduled through August and beyond... 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.



Vashon Intuitive Arts exists to facilitate one's personal journey of empowerment. We honor the ancient spirit of Vashon which names Vashon as a center for healing in Puget Sound anchored by the three mountains of Tahoma or Mount Rainier, Koma Kulshan or Mount Baker and Sun-a-do or Mount Olympus.

Come and join in some of our many events, many are by donation to accommodate everyone. Exciting, upcoming events include: Friday, August 6th is the First Friday Art Walk featuring Anne Gordon's Intuitive Art Show - eclectic views of Vashon and far beyond. Anne will be accompanied by Hejira Energetic World Music, an Egyptian Symphony Cellist and an Award Winning Guitarist that will play intuitive fusion music from 7pm to 9pm. HEJIRA's new CD "Releasing the HOW" will be available at the event. More information can be found on their web page: www.sonicbids.com/hejira2

On Saturday, August 7th we welcome

Peter Bond

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Vashon Son Honored

Continued from Page 1

truck and another one inside the helmet of Mike Kirk.

"It will be an inspiration to me," said Kirk.

Robert graduated from Vashon High School in 2004. He was a state champion in wrestling and an all-state running back. He earned a full Army ROTC scholarship to Seattle University.

As a tribute to Robert the Vashon High School football team will retire his number 32.

Robert is the first Vashon Island resident to be killed in the war in Afghanistan. His family was presented the Purple Heart and a Bronze Star for Robert's military service.

Several members of the Loop staff knew Robert, and just as the rest of the island was stunned at the loss of such a vibrant special young man, so were we.

We were very moved by the service, and proud that his hometown honored him in such a way.

Note from the Editor:

Before Robert's death, a project was in the works to support his fellow troops. Robert noticed that while he often enjoyed mail and care packages from his

family, many of his fellow troops often went empty handed at mail call.

When the Vashon Sportsmens club became aware of this situation they decided to assist. But Robert was killed just days before the project was launched.

Roberts family has expressed their profound desire that the project now go forward.

So, in memory of Lt. Robert Bennedsen, the Vashon Sportsmens Club will help collect 40-60 pounds of supplies and send it to Lt. Bennedsen's fellow troop members in Afghanistan.

Requested items include hard candy, flip-flops, jerky, powdered drinks, power bars, mystery novels, eyedrops, sunscreen, toothpaste, tampons, and wool socks.

The Sportsmens Club anticipates that names of some of the troopers will become available so that personal greetings can be included with each care package.

Donations of the above items can be dropped at James Hair Salon or the Vashon Bank of America. The Lt Bennedsen fund at the Bank of America can receive monetary donations to help pay postage.

VIPP Fur Ball Auction

Continued from Page 1

A few highlights from the block:

9 fiberglass puppy (and 1 cat) forms from the Puppy Love Project, with decorations performed and donated by local artists coordinated by famed local tile maker Elaine Summers. These items are available for pre-bidding on VIPP's website, www.VIPP.org.

A Martin guitar, signed by Crosby, Stills and Nash.

A 4-night deluxe trip to Kaua'i, Hawaii to serve a volunteer shift as a cat-cuddler or dog-buddy with the Kaua'i Humane Society..

A large part of the "Oodles of Poodles" poodle memorabilia collection, generously donated by a local island private party.

An overnight, weekend cruise for 6 on your own 76 foot yacht, staffed by your own captain and chef.

26-year-old VIPP is Vashon's own no-kill animal rescue organization, dedicated to improving the lives of companion animals on Vashon and Maury Islands. Every year, the Fur Ball raises more than half of the funds to cover VIPP's operating expenses, and in 2009 alone, VIPP found homes for 200 cats and dogs, rescued and returned 54 lost cats and dogs (and even 5 farm animals) to their relieved owners. VIPP's spay/neuter program helped 161 cats and dogs, and over 600 cats and dogs benefited from their medical assistance program at considerable veterinary expense. A large and successful turnout at the Fur Ball is critical to VIPP's future operations, allowing the scores of selfless volunteers and unpaid staff to continue providing critical help to island pets and the people who love them.

Max Needs A Home...



Max is an older lab mix who makes you happy to have him near you. He is always happy and ready for adventure and equally happy lying next to you while you're watching TV. He loves to ride in the car, go for walks, and makes friends easily. He is good with children and kitties. Of course he is neutered, up-to-date on all his vaccinations, and microchipped. If you would like to meet Max, Contact Vashon Island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.

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What's Your Take ... On the New Loop?

By Peter Bond

We're several months into the restructuring of the Loop. We have a new editor, some design changes, several new columns, we've begun a partnership with vashonnews.com, and now a Thursday Release date. Don't say you haven't noticed or I'm going to have to come find you!

I hit the busy street (s) of Vashon Town last weekend to measure the pulse of the community on this matter. Personally I'd say we're doing pretty good, but that's just my opinion, what's your?



Chelsea- Vashon
More readable, very enjoyable, much better.



Ryan - Vashon
I am really happy with it. I love the columns, especially Deborah Anderson. I'm a married man and I have never met her but I love her!



MoMo - Vashon
I love it, it's only gotten better. I look forward to the Only On Vashon column every issue!



Rauri - Vashon
I enjoy the canine emphasis. Hopefully my friend Max will find a home soon (VIPPP).

Don't Forget the Birds Barred Owls

by Ed Swan



The calls of our local Barred Owl family keep grabbing my attention lately. They start with a scream sounding like one of our kids having a very bad dream and then eventually get around to their usual "Who Cooks for You" hoots. We live on Radio Joe Hill between Judd Creek and the Paradise Ridge horse park. The neighborhood has hosted a Barred Owl family for at least seven or eight years and possibly more than ten.

Barred Owls first spread to Washington through British Columbia from the other side of the Rockies in the 1970's. They utilize many types of forests. Barred Owls expanded their range as logging created a patchwork of forests of many different types and ages across the whole West.

Ron Simons observed the first recorded presence of a Barred Owl on Vashon on 9Sept1995. Several nesting sites were identified in the late 1990's and Barred Owls now inhabit most of the forested areas of Vashon. They seem to like to nest in the gullies made by many of our Island streams. In recent riparian habitat surveys, I found Barred Owls at more than one location along both Shinglemill and Judd Creeks.

The Barred Owl population increased over the last decade while that of the Great Horned Owl has seemed to fluctuate. The substantial size and aggressiveness of the Great Horned Owl makes it unlikely that Barreds displace the larger owl. Some speculation occurred, wondering if the rise of the Barred had some relation to the decrease of Great Horned breeding reports and sightings in general.

Young are heard being fed as early as late April. They make a variety of weird sounds including a strange, mechanical sound, an ascending whine that assists in finding them by day. Especially when feeding young, Barred



Owls remain active all day long. Besides Paradise Valley, other regular locations include near Fern Cove, the Colvos area and around the north fire station.

Barred Owls are easily the most often seen owl on the Island. They're told from Great Horned Owls by the lack of "horns," and have a rounded head. They grow quite large, with the Great Horned reaching a couple of inches larger in size. Occasionally, reports of Snowy Owls come in, but Snowy Owls are nearly ten inches larger and only show in invasion years, usually along shorelines though sometimes on buildings and never in wooded areas. Barred Owls can appear quite pale in front, causing the confusion.

In local birding news, the fall migration got started early in July with several mixed flocks of Least and Western Sandpipers showing up for one of my bird tours at KVI Beach July 3. Gary Shugart saw an adult Mew Gull and two juvy California Gulls at the Tahlequah dock for the first return sighting of those species on July 9. Rich Siegrist saw 5 Bonaparte's Gulls at Fern Cove also on July 9. If you have a question about Vashon birds or a photo or sighting to share, call me at 463-7976

Do you have a medical card for a prescription to possess Medical Marijuana?

Do you need a provider to help with getting your prescription filled?

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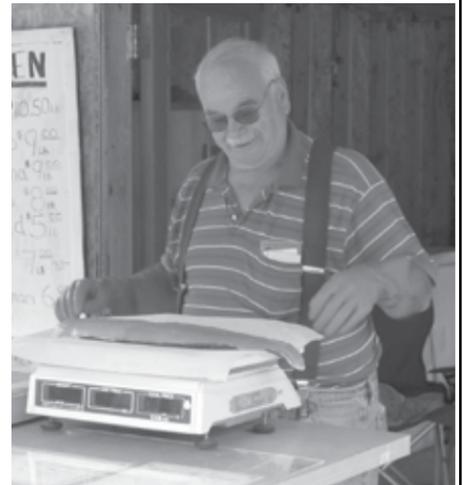
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or email at edswan@centurytel.net.

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. August is very good for learning about shorebirds and gulls. Off-Island a trip up to Mt. Rainier in August or September 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.

Next Edition of *The Loop* Comes out Thursday, August 19

Deadline for the next
edition of *The Loop* is

Friday, August 13

Positively Speaking

"Of Apples and Horses and Here and Now"

By Deborah H. Anderson



There were just two houses on the little lane: mine and the neighbors.

The first time I wandered over was about the dogs. The house I was in came with two dogs which combined with mine and two cats made for quite a menagerie. In the course of things, poop conversations were necessary.

But there were dog lovers. No big deal.

Such was the beginning of their continuous gracious gestures towards me, their new neighbor. Some people one warms to immediately and these folks certainly were in that category. They were such hospitable folks. It was great. To be touched by good people is always a blessing. These two were clearly the kind of hardworking, responsible people with long and strong family ties that makes America pleasant and unique.

If I knocked, they invited me in.

The husband offered to fix the lawnmower when it quit on me. It appeared on my front lawn with a note detailing about five dollars of parts and asking if that was too much. He said it broke down because it had been flipped over. Since I have the upper body strength of overcooked pasta noodles it was a mystery to me. Until, sure enough, I saw the owner of the lawnmower flip the dang thing like a pancake as he crested a short hill on the property and reversed his direction. How could someone figure that out. He had a shop, and said his son was also into motors

The wife relayed the history of each house in the neighborhood, including the building of the one I was renting like a professional storyteller. I heard of cold winters with no heat huddled under blankets with a neighbor friend while they tried to keep their children warm in a house that was being remodeled. Each tale was lovingly relayed with delight and detail. She cared about the neighborhood.

They shared how they had switched to the News Tribune because it carried better coverage of the Vashon sports scene.

Each visit was a pleasure.

I invited them over for spaghetti one time but I didn't confirm twice and they had plans to visit family in Tacoma. They were snowbirds and soon left for the winter. I missed their presence. Occasionally their kids would drive in and out the little lane.

So it was on Tuesday night 21 July, I watched in shocked horror as King 5 announced the death of their son. I have experienced a lot of death in my life. My

own neighbor playmate died in my lap in a car accident involving a drunk driver when I was nine. But the sadness in my heart truly was unparalleled. Tears jumped out of my eyes.

How could such a thing happen to Scott and Tracy. They loved their kids more than life itself. They had instilled such solid values into them. I was horrified. I was so so sad.

Ironically, only the day before I'd had a hair appointment in the old neighborhood and had driven up to the top of the hill to our little lane and was going to drive in and see how things were. It was just one of those little impulsive urges. A car was coming out of the lane and it broke my focus. The woman gave me this knowing upside down lower lip grimace and it confused me. I changed my mind and turned around. I know better than to ignore those urges.

My grief surely cannot compare to two thirds of the Island who had intimate history and engagement with Rob and Scott and Tracy and Jamie. My knowledge was tangential and brief.

But Scott and Tracy were so wonderfully kind at every turn, the life equation just hit me wrong. I thought about the person who planted that device. What a horrible emptiness in them. I thought about the thousands of families who are going through the same loss. I had the same reaction I do when I hear of cancer stories. Somebody's got to put an end to all this sorrow. And I prayed that his death would be part of redemption in some way.

Then I reflected on how I could feel I had known this person I never met because of knowing his parents. And I thought of the maxim 'good horses, good colts' and 'the apple never falls far from the tree'.

One time I when I sat and visited with Stacy and Scott, Jamie had just brought over one of the Narnia movies. May Aslan breathe Grace and comfort and the blessing that comes with each good memory. You are a witness to all of us of life with integrity and passion.

Love
Deborah



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First Friday Art Walk - Amir Beso

August 6, at 9:30pm
Sidestreet Reny

August 13, at 9:30pm
Soul Kata

August 14, at 9:00pm
Bill Brown & the Kingbees

August 20, at 9:30pm
Soul Senate

See our schedule on our Website
www.redbicyclebistro.com

Only on Vashon

Continued from Page 1

I knew my very survival depended on avoiding the smokiest man (still) alive. But what could I do? I felt trapped. I'm on an island with this hovering terror lurking nearby like a mushroom cloud.

I needed to brainstorm.

Why hadn't somebody harnessed this guy's odiferousness for the betterment of man? Think of the advantages of having the power to make people pass out. Just the cost of anesthesiologists alone. And on the morally flip side, think of the millions that could be raked in by accompanying the smokiest man (still) alive into a bank, for example, where all the employees faint and you just walk off with the cash! Don't forget your gas mask.

The possibilities are endless. He's biological warfare, a weapon of mass destruction, or he might even be a way to end all wars. Walk him through any rogue town in any number of countries where we've got our flag, and we'll put down those insurgents who dare to want their country back.

And he's Vashon's own! Finally we get to have a sign like other "normal" towns that proclaim something. Right now all we've got is a distant memory of strawberries and some "keep Vashon weird" stickers. Even Seattle has the "World's largest cowboy hat and boots".

Do you think it's fair, for instance, that Troy, Alabama has the world's largest catfish, and that Neillsville, Wisconsin gets to have the world's largest talking cow (Chatty Bell)?

Well, now we can proudly proclaim:

Welcome To Vashon Island, Home of the Smokiest Man (Still) Alive!

Or can we?

Because I have not smelled him since. The air over Vashon seems to have returned to its usual misty ways.

Did somebody else get some smoky inspiration and hijack my man off to either ethical or unscrupulous means?

Or is the smokiest man (still) alive not (still) alive anymore?

Dear Readers,

I was very touched by the outpouring of support after my story ran about the puppy and the priest. Even now I am pulled aside nearly every day and asked how little Nicky is doing. This is one of the reasons Vashon is so dear to me, it's a community that values compassion, and can be so selfless. As much as I kid around it's with sincere affection, as you all seem to realize. I think we're special of course, but not too special to laugh at ourselves.

The amazing little Nicky is alive and well and hogging the bed every night now!

Peter@vashonloop.com

Only On Vashon Contest

Do you have a story to tell that could happen "Only on Vashon?" We want to read it! Tell us your quirky tale in Approx. 500 - 700 words, and send it to: Contest@Vashonloop.com.

First and Second place Prizes! The winning entry will be announced and read at the Only On Vashon event at Books By the Way on Saturday, August 28th. First place winner will be published in the September 2 edition of the Loop.

Please be nice. We welcome eccentric, odd, weird, all of that. But we are not interested in mean, smarmy, or gossipy. Our column is written with affection, we prefer to laugh "with", not "at" our friends and neighbors. We reserve the right to edit, and entries become the sole property of the Loop.

Thanks, Peter

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Island Epicure



By Marj Watkins

Cool Soups and a Cookbook Correction

Now that we're in August, we can expect a few super hot days, if we're ever to get any this summer. Cool as a cucumber soups refresh and supply needed liquid. By request, I give you the melon soup that graced the backs of some of the recipe cards people bought from me at the Strawberry Festival—see below the pie. If you want to serve them at the same meal, you'll need to make the pie first. The filling takes only about ten minutes to cook, but needs to chill.

The correction is to the Cherry Pie filling on page 20 of in my new small book "Enjoy the Other Grains ~Bake Gluten Free". It's a collection of 57 gluten free wholegrain baking recipes I've developed. Many of you bought the book at the festival, or will have bought a copy at The Minglement since.

I accept five lashes with a wet rice noodle for the omissions. I hope you'll get out your copy of the book, turn to page 20, and pencil in the changes in the margin—the option of using brown rice flour for thickening and the amounts of starch and water for it. Also, directions for using brown rice flour for thickening instead of cornstarch.

CHERRY PIE FILLING

4 to 6 servings
1 prepared baked 9-inch pie shell
1 can sour cherries
½ cup cranberry or pomegranate juice
¼ cup cornstarch + 1/3 cup water or 3 Tablespoons brown rice flour
+5 to 6 Tablespoons water or juice
¼ to ½ teaspoon cinnamon powder
¼ cup sugar or Splenda®
or 4 Tablespoons honey
Dash salt, optional
3 drops red food coloring, optional
Drain the juice from the cherries into a small saucepan, reserving the cherries. Add the cranberry or pomegranate juice and heat to a boil.

Combine cornstarch, if using, with water and stir to a thin slurry. While stirring, gradually pour it in a thin stream into the boiling juices. Stir-cook until the liquid thickens and clears. Never mind the egg yolk in the original recipe. It may be traditional in this type of pie, but it

isn't necessary. Without it, you have a vegan pie.

If using brown rice starch, you need more liquid to mix it to pouring consistency than you need with cornstarch. Brown rice flour yields more nutrition.

When thickened, remove from heat. Stir in the sweetening, salt, and food coloring if using. Sans food coloring, the rice-flour thickened filling remains a lovely pink color. Taste and add more sweetening if desired. Transfer it to a prebaked pie shell. Chill on the bottom shelf of refrigerator for 1 hour or more. The filling solidifies as it cools and doesn't ooze out of the crust when you cut it. Serve with sweetened whipped cream.

Tip: When measuring honey, oil the spoon or cup. All the honey will slide out, not wasting more than a drop.

MELON SOUP

Servings: 4 to 5
4 cups diced honeydew melon
½ cup diced green pepper
1 jalapeño pepper, seeded and finely minced
½ cucumber, peeled and diced
3 Tablespoons minced parsley
1 cup plain yogurt
1 teaspoon garlic salt or to taste
Green chili sauce to taste
Puree all ingredients in food processor. Taste and adjust flavors. Serve chilled.

Sandwiches made with your favorite high-protein filling and a cold drink completes the menu.

DILLED COLD CUCUMBER SOUP WITH TARRAGON

3 Servings
2 ½ cups chicken broth
½ cup diced, cooked carrots, optional
2 green onions, minced
1 cucumber, peeled and chopped
1 Tablespoon chopped fresh dill or 1 teaspoon dried dill leaves
2 sprigs fresh tarragon, chopped, or 2 teaspoons dried tarragon
1 cup sour cream or plain yogurt

Heat the chicken broth in a 2-quart saucepan. Add the carrots, onions and cucumber. Bring to a boil. Reduce heat. Cook 10 minutes. Chill 1 hour or more. (May be prepared ahead to this point.) Puree in food processor or blender before serving.

Just before serving, stir in the dill. Stir in the sour cream. Garnish with tiny sprigs of fresh tarragon. If using dried tarragon, cook it with the vegetables.

This is a great icebreaker of a first course for a barbecue, served in paper or Styrofoam cups people can carry around and sip or spoon from as they chat.

Bon appetite! Keep cool.

Vashon Uke Festival

Continued from Page 1

experts. For more information on the classes or to sign up check out the Vashon Ukefest Facebook page. Google Vashon Uke Fest, to find us on Facebook.

The Saturday evening concert will bring together two performers from very different backgrounds. Michael Powers is well known to the Puget Sound jazz scene. He has played and performed with the likes of Herbie Hancock, Diane Schurr, Ronny Jordon, Ray Charles and many jazz greats. He took up the ukulele on a dare and then created a sound that fit his eclectic musical style.

Herb Ohta, Jr. comes from a famous musical Hawaiian family. He is an award winning performer, teacher and producer and has been called an "undisputed master" of the ukulele. Ohta has recorded over 50 albums, both on his own and with other outstanding Hawaiian artists. He is

equally popular in Hawaii, mainland USA and Japan.

Michael Powers appearance is being sponsored by Vashon Realtor, Emma Amiad, of Amiad and Associates, and Herb Ohta, Jr. is being sponsored by SoundUke, Tacoma's premier provider of high quality ukuleles. Other event sponsors include: local ukulele fans Helene Robinson and Cath Airola, KALA Music, Kiwaya Music, The Hardware Store Restaurant, Vashon's Open Space for Arts and Community, Hoaloha I Ka, the Queens Closet/Ukulele, Kaohiwai Enterprises-Jan Yasue, MUO-Monday Ukulele Ohana and private donors.

Vashon Ukulele Festival
Sunday, August 15, 2010
10:00 am to 9:00 p.m.

Workshops during the day with a concert at 7:00 pm in the evening. At Camp Burton on beautiful Vashon Island.

Job Posting for Executive Director

The Vashon-Maury Island Chamber of Commerce is seeking a dynamic individual to lead the organization as Executive Director. This individual will be self motivated, a proven leader and communicator and will foster strong relationships with local businesses, King County and State organizations while building the Chamber's membership here on Vashon Island. To view the complete position description visit the Chamber website:

www.vashonchamber.com

Email your cover letter and resume to application@vashonchamber.com

Closes August 31, 2010

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Back to School Drive

Continued from Page 1

along with cash donations amounting to \$2,000. About 150 Vashon children are helped each year, and event organizer, Coriel O'Reilly-Silkett expects this number to increase. "More island families have faced financial hardship and the support of the Vashon community will be more important than ever to make sure all of our students have a good start to their school year."

The Back to School Drive would not be successful without the support of local businesses. Donation bins will be located throughout town at stores where you can conveniently buy supplies. Essentials 4 has a huge selection of backpacks and along with Vashon Pharmacy will have ready made completed supply packs for specific grade levels. Thriftway carries a wide selection of various school supplies and Little House will feature "Smencils", scented pencils high on many kid's wish list.

Other businesses are jumping in to support the drive. Vashon Theater collected donations opening night of "Toy Story 3", and look for Movie Magic's "Back to School Drive Through!" promotion Friday Aug. 20th from 5:30 am until 5pm. Those making a donation of supplies or cash via their Espresso drive-through will receive \$1 off any espresso drink.

School supplies will be distributed by the Vashon-Maury Food Bank the last week in August. The Vashon Back to School Drive has a Facebook page where you can become a 'friend' and learn more about this important endeavor. For questions or to volunteer for the Back

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to School Drive contact Coriel O'Reilly-Silkett at (206) 851-2293, or ccsilkett@gmail.com.

Cash donations to PTSA for the drive will also be accepted at manned donation bins or can be sent to Vashon PTSA, P.O. Box 2364, Vashon WA 98070. Or donate online Via PayPal at www.vashonptsa.org

Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots
Species Identification

How to Attract Birds To Your Yard

Ed Swan
(206) 463-7976

Deadline for the next edition of *The Loop* is
Friday, August 13



Quartermaster Inn & Restaurant

Shefdgets caters to the music!

Sample delicious wraps at the World Music Festival on August 7 and Ukulele Festival on August 15.
(see details elsewhere in this issue.)

Having an event of your own?
Call Mardi to ask about catering and event planning. 206.718.0126

The music is always playing at the Q

Wednesdays: Steve Amsden and the Q-tips play an assortment of fun songs.

A little bit country, a little bit bluegrass, a little bit celtic - you never know what the night will bring.

Fridays throughout August: Ken Jacobsen plays flamenco and classical guitar for a mellow dining experience.

Sundays: Pat Reardon entertains with his guitar and sing-along songs that you thought you forgot.

Wine tasting with Ron Irvine on First Friday. \$12 for four wines.

Our feature artist of the month is Randy Kirk.

His creative ways of rendering recycled metal objects into fabulous art keeps our eyes occupied once again with a new mix of wall hangings.

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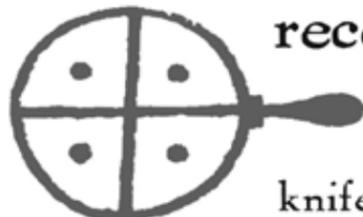
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Lopy Laffs

One night a teenage girl brought her new boyfriend home to meet her parents, and they were appalled by his appearance: leather jacket, motorcycle boots, tattoos and pierced nose. Later, the parents pulled their daughter aside and confessed their concern. "Dear," said the mother diplomatically, "he doesn't seem very nice." "Oh please, Mom," replied the daughter, "if he wasn't nice, why would he be doing 500 hours of community service?"

One Liners

- The first Ten Commandments are the hardest.
- People who are wrapped up in themselves are overdressed.
- An expert is someone called in at the last minute to share the blame.
- A word of advice...don't give it.
- If we made it illegal, do you think more people would vote?
- I am logged in...therefore, I am.
- A journey of a hundred miles starts with an argument over how to load the car.
- Justice is blind and in some cases...deaf and dumb.
- To belittle is to be little.
- When fear knocks at the door, and you answer, there will be no one there.
- Poverty is a condition with but one advantage, it doesn't take much to improve your lot.
- The first rule of tinkering is to save all the parts.
- I'm retiring in Mexico. Sunny, affordable and no predatory reverse mortgages.
- A pessimist is a man who looks both ways before crossing a one-way street.
- Management's job is to keep 'em too busy to look for other jobs.
- Heredity is what sets the parents of a teenager wondering about each other.

Spice Route

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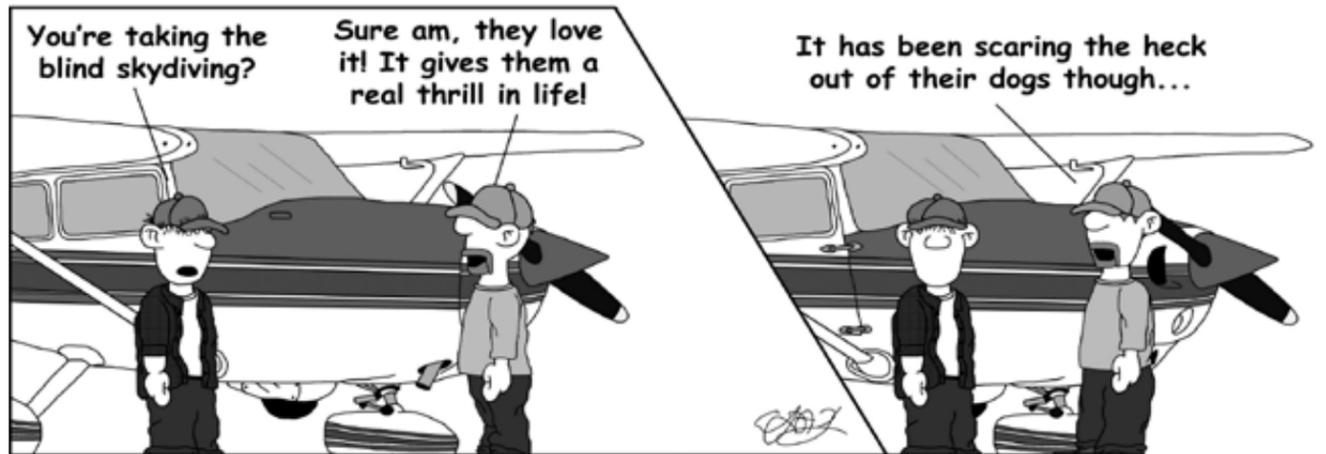
17311 Vashon Hwy Sw

FRESH GROUND BY SAGE DILLON



While I was dining out with my children, a man came over to our table, and we started talking. He asked where my kids go to school. I told him we home-schooled them. With a raised eyebrow, he asked if my husband is the sole breadwinner for our family. I said, "No, I also work ... out of our home." Then, noticing our two-month-old son, he mentioned that his daughter had just had a baby, and he wondered what hospital our son was born in. "He was born at home," I answered. The man looked at me, then said, "Wow, you don't get out much, do you?"

Moose Lake

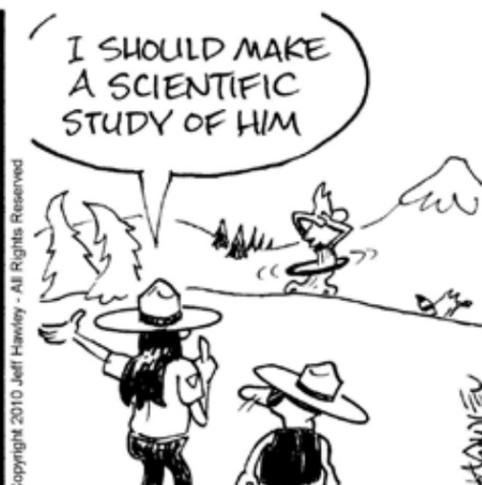


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KIDS IN CHURCH
*3-year-old, Reese: "Our Father, Who does art in heaven, Harold is His name. Amen."
*A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time just like I am."
*A Sunday school class was studying the Ten Commandments. They were ready to discuss the last one. The teacher asked if anyone could tell her what it was....
Susie raised her hand, stood tall, and quoted, "Thou shall not take the covers off the neighbor's wife."
*After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys...!!!"



LOGJAM



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HAWLEY

**Performing August 6-7
Friday Gallery Cruise Music**



Island Piper John Dally and friends perform at Vashon Bookshop Friday, August 6, 7pm 17612 Vashon Hwy www.vashonbookshop.com

Amir Beso

From Sarajevo via Seattle, an all-instrumental acoustic nylon-string guitar driven amalgam of Balkan, gypsy and flamenco music by a virtuoso guitarist Amir Beso, whom



Seattle Times critic Misha Berson calls: "Bosnia's answer to Jimi Hendrix". Saturday, August 6, 7pm At the Red Bicycle, 17618 Vashon Hwy www.redbicyclebistro.com

World Music Outdoor Concert with Hejira



HEJIRA, the very popular and energetic WORLD MUSIC ENSEMBLE will come to Vashon after having just returned from their invited performance in New York City at the INTERNATIONAL DAY OF MUSIC FESTIVAL. HEJIRA is a genre-bending hybrid group that combines ancient and classical world musical styles, global rhythms & exotic scales with modern instrumentation.

HEJIRA's new CD "Releasing the HOW" will be available at the event. More information can be found on their web page: www.sonicbids.com/hejira2 Friday, August 6, 7pm At Vashon Intuitive Arts 17331 Vashon Hwy www.vashonintuitivearts.com

Sidestreet Reny



Reny and Bell blend bluesy/funky finger-style and slide on National Resonator guitar, original poignant songwriting and solid straight forward grooves. Drawing mostly from pre-war blues, roots and folk music with a little old school rap, calypso and dancehall reggae, SSR manage to forge their own sound and push musical boundaries in an era when many other musicians strive to sound the same.

Saturday, August 7, 9pm At the Red Bicycle, 17618 Vashon Hwy www.redbicyclebistro.com

Seattle's Jon Sheckler Group



It's been a year since Melissa and her sideman (and husband) Johnny Leal debuted their homegrown folk-sass at Café Luna, so it's time for the duo to return.

Now they've taken a new direction that they call "Doo-Wop Twang," touring and recording as an electric folk duo. Saturday, August 7, 7:30 pm. At Cafe Luna, 9924 SW Bank RD

www.cafelunavashon.com

Ensphere Plays at Sporty's



All the way from Tucson, Arizona touring through Vashon Island, Ensphere makes a stop at Sporty's Friday, August 6 at 8pm.

Ensphere is a Music PROJECT mainly comprised of Five artists (Randall Swindell, Michael Ludovici, Dillon McCallum, Ryan Stertz, and Serena Rose) while also

including videographers, photographers, and various other performance artists whom play a significant role in Ensphere's aesthetic and live production. Ensphere is a multi-media PROJECT. To PROJECT something is to produce a clear impression of one's thoughts, personality, role, vision, etc. in an audience; communicating clearly and forcefully.

The mission is to Inspire - Using our music as a vehicle to transport the listener/viewer through an emotional landscape that ranges widely. There are many intentions, pushing the envelope of performance art through the implementation of video projection, physical theatre, fire dance, sculpture, and endless resources.

At Sporty's, Friday, August 6, at 8pm 17611 Vashon Hwy - 206-463-0940

World Music Rocks the Rock

By Janice Randall



"We get great pleasure from experiencing others connect with their joy as they are touched by the heartbeat of the drum and exuberance of the music. We love making everybody happy," says Camara.

DE Cajón Project, with Peruvian national dance champion Monica Rojas, seeks to bridge local and global efforts to promote the cajón as a symbol of Peruvian identity and to recognize the contributions of the African descent people in Peru. The cajón is a type of box drum played by slapping the front face (generally thin plywood) with the hands. Players include: Amy Beegle, percussion, Assistant Professor of Music Education at PLU; Mark Oi, guitar, most recognized for his association with saxophone legend John Tchicai; Jabali Steward, vocals, percussion; Rafael Vargas, guitar, Peruvian guitarist and composer; Taryn Webber, percussion, vocals and music teacher.

Samba Assim, comprised of all regional players, will begin the festival with an upbeat selection of traditional Brazilian Folkloric songs primarily of Northeastern Brazil. Featured dancer, Dora Oliveira, has danced for 30 years and toured the world as principal dancer for world-famous samba group Olodum. An all percussion band, they perform a variety of Brazilian rhythms with traditional roots; each rhythm carries its own significance. Musical styles range from Rio Style Samba Batucada to the Northeast rhythms of Afoxe, Maracatu, Baião and Samba Reggae. Musicians include Jeff Busch, Vincent Gonzales, Denny Stern and guest players.

Tickets: \$10 (ages 21 and under) \$13 VAA members, seniors/\$15 general admission Blue Heron, Books by the Way, Heron's Nest, brownpapertickets.com or call 463.5131.

www.vashonalliedarts.org

Experience West African Drum and Dance!

Learn to drum and dance with visiting West African performers before VAA's World Music Festival. Drum at 1:30 p.m., and dance at 3 p.m., Saturday, August 7, at the Blue Heron, classes all ages are welcome (children under 10 accompanied by an adult) only \$17 for one class, \$30 for both/

Instructors, Manimou Camara and Abdoulaye Sylla, both from Guinea, West Africa, will teach authentic drum and dance techniques for beginners to experienced. Call 463.5131 for more information or go to

www.vashonalliedarts.org.

Courtesy photo-Manimou Camara, member of Message from Guinea drum and dance band.



MOVIES AND MORE...
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**Karate Kid
Starts August 6**

**Justin Roberts
Concert
August 14**

For show times and info check www.vashontheater.com

**Piedmont Blues
play Village Green**



Phil Wiggins was born in Washington, D.C. and spent his childhood summers at his grandmother's home in Alabama, where he listened to old-time hymns sung in church in the traditional call-and-response style. He was attracted to the blues harp as a young man and began his musical career with some of D.C.'s leading blues artists. For many years he was part of the Cephias & Wiggins harmonica-guitar duo. He will be performing here with Orville Johnson. Phil also serves as director of Centrum's annual Blues week held in Port Townsend. www.philwiggins.com



Orville Johnson was born and raised in the southern Illinois heartland. He acquired his love of singing as a youth in the fundamentalist Pentecostal church he attended. He is a singer, instrumentalist, record producer, songwriter, session player, guitar and dobro player and, above all, an instinctive and sensitive musician. He is a vital figure on the NW music scene appearing on hundreds of CDs, movie and video soundtracks, commercials, CD producer, roots music radio show host and has appeared on Prairie Home Companion radio show, and on Jay Leno's Tonight Show. He has known Phil Wiggins for many years and worked with him as a teacher at the Pt. Townsend Blues Workshop where they have played together.

At the Village Green

Monday, August 9, 6:30pm. Attendees are encouraged to bring their own lawn chairs or blankets for seating.

Village Green Concerts

Mondays at 6:30pm
August 16 - Duva Hungarian
August 30 - Open Mic
September 11 - Bosnian Blues, Sevdah music from Bosnia (at VHS Theatre)

Human imagery subject of gallery show

By Janice Randall

Women Concealed and Revealed will be the topic in a shared exhibition at Blue Heron Gallery during August. Opening at 6 p.m., Friday, Aug. 6, see new figurative work by sculptor and former Islander, Francie Allen and never before shown early works by Vashon painter Donald Cole. The two artists will discuss their art in a free talk at 5:30 p.m., Friday before the opening. Later, hear live music by Notrio: Jack Barbash, piano, Steve Meyer, bass and Geoff Johns, percussion.

Allen, who lived on Vashon 1982-1998, recently returned to the Northwest (Bellingham) after studying and teaching in California. She uses mixed media, paper pulp, wire and acrylic gel paint to sculpt life-size human bodies in motion. She says her figures express dynamic tension between opposing coexisting conditions within the human psyche. Inspired by years of improvisational dance and social activism, Allen is



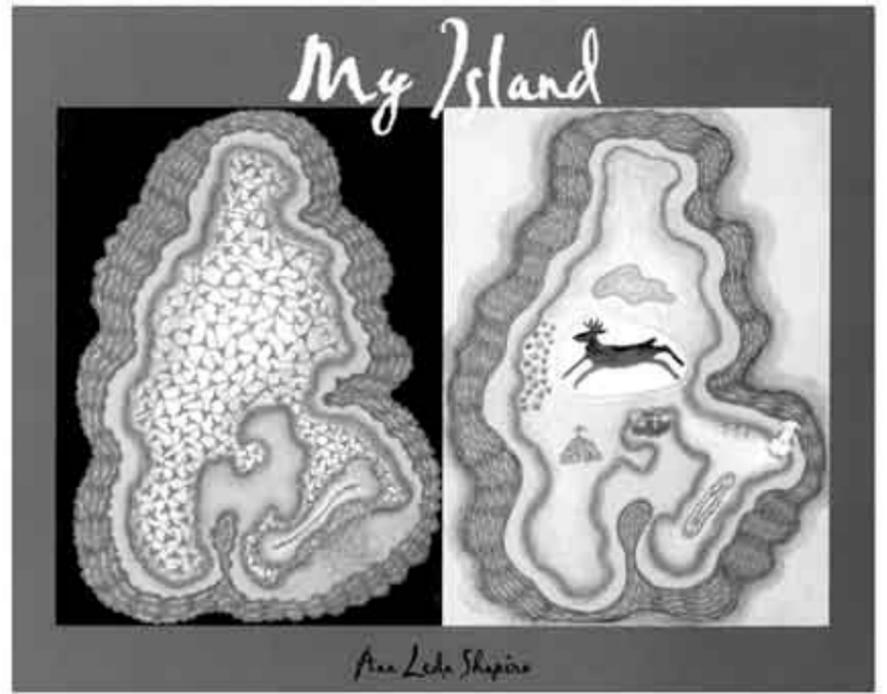
Two Dancers, Francie Allen

excited about the direction her work has taken. "It's like drawing in the air. I manipulate chicken and aviary wire--I like using common everyday materials," she says.

Cole and artist wife Joan Wortis moved to Vashon in the early 1990s from New York City, where they were both active in the art scene. Cole is currently represented by Seattle's ArtXchange Gallery. He and Allen have been friends for many years and decided to show their work in human imagery in a shared exhibition. Cole's textural acrylic work, a mix of figurative and abstract, represents an era of paintings completed between 1984 and 1990. "These pieces are very personal, about emotional times. The inspiration and theme evolved from an image, Venus of Willendorf, a stone fertility figure from 15,000 BC," says Cole. "The combination of our work, mine and Francie's, is going to be amazing for the viewer."



Venus II, Don Cole



MY ISLAND A book by Ann Leda Shapiro
This is the story of a precious place. Inspired by her love for her island home and worried about the threat of environmental damage, Ann Leda has created a picture book that tells the story of one island's struggle to maintain its health. Through sixteen colorful, narrative paintings, reminiscent of folk art and Persian miniatures a portrait of a place emerges.

Available at local Vashon stores now or on the web at www.annledashapiro.com

Bill Brown & The Kingbees



Bill Brown will be bringing his Kingbees back to Vashon for a return visit after numerous incredible shows in the past couple of years at the Red Bicycle. Many folks in the Northwest are familiar with Bill's high energy 'rockin' blues show. Bill Brown and The Kingbees have been performing in the Northwest since 1986. Some of the venues they've played have been the Blues Festival in Port Townsend, The Towne Tavern, Larry's Greenfront lounge, the Puyallup Fair, The Central Tavern, Prosito's in Tacoma and The Tides Tavern in Gig Harbor. Many of you on Vashon Island know Bill from his performances at the Beer Garden at the Strawberry Festival.

Bill has been likened to Paul Butterfield in his use of the Harmonica and his vocals have garnered many of a discussion concerning his cultural background. Bill grew up in a farming area outside of Columbus Ohio, listening to his Mothers Lionel Hampton records. Later on his tastes went to Paul Butterfield's Blues Band. He actually learned how to play harmonica from a guitar player, Gary Watson, hitchhiking from San Diego to Seattle in 1969, which went on to tour the east coast extensively. Bill was also heavily influenced by Muddy Waters, Little Walter,

and Sonny Boy Williamson.

His love of this genre is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus. Mike Stango toured Asia with a band called Cece Rider. Tony Handy toured with Rose Royce from Los Angeles; many know them from their #1 hit Car Wash. Bill's love of this genre is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus and Mike Stango toured Asia with a band called Cece Rider. Tony Handy toured with Rose Royce from Los Angeles; many know them from their #1 hit Car Wash. More often than not, they are joined by Jim Smiley on keyboards. Jim toured with Bill Brown from 1990 until 2003 and then went on to do solo performances...but he's back, playing with Bill Brown full time and busy writing and arranging music for Bill's next album of all originals!

All of these road veterans of the music business are sure to entertain you! They have most recently been working on their number 2 album, which they hope to debut by the end of the year. 21+ \$5 cover.

Saturday, August 14, 9pm
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

Soul Kata



Soul Kata is a powerhouse soul / pop band that delivers their original music in the spirit of Stevie Wonder, James Brown and Alicia Keys. Stemming from Mo-Town and bridging from the Stax era, Soul Kata blends their catchy and feel-good music with a nice dose of humor and a light-hearted look at relationships and life.

For the past six years the members of Soul Kata have been playing the Northwest's top venues and festivals from Bite of Seattle to Triple Door. Each player has their own successful career but when the powerful band meets Katrina Kope's soulful voice the result is irresistible!

Soul Kata plays as a quartet but recently has added more punch by establishing a serious horn section for a number of their new and classic songs. The addition of the horns has been well received and often results in entire audiences having to get up and dance. Soul Kata is promoting their 2nd full length album called 'Here I Am'. Through the years they've grown in new and interesting ways, but one thing has always remained the same - they play so we may all exercise our inner spirits, hence the band name, Soul Kata.

"Katrina is one of the best and most hard working rising singers in Seattle!" ~Greta Matassa.

All-ages 'til 11pm, 21+ after that. Free cover! Friday, August 13, 9pm
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

Vashon's Yellow Pages on line.

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

Justin Roberts A Family Concert!



Justin Returns to Vashon with new songs and ready to get the kiddie mosh pit rocking. 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.

General \$10, Family of four \$35, Kids Three and under Free with Voucher!

At the Vashon Theatre, 17723 Vashon Hwy, 206-463-6845.

Saturday August 14th at 1pm, Doors at 12:15

Tickets on Sale NOW via www.Brownpapertickets.com
Ticket Sales Hotline - 800-838-3006

Vashon Island Chorale

The Vashon Island Chorale begins its fall session on Sept. 7 from 7:15-9:15PM. Rehearsals take place on Tuesday nights at the high school band room and culminate with concerts on December 4 & 5. The major work to be prepared under the artistic direction of Gary Cannon will be The "Oratorio de Noël" by Saint-Saëns and other songs to round out the "French Christmas" concert theme. Registration sessions will be held on Thursday, Aug. 19 from 6:30-7PM at the Methodist Church and on Saturday, Aug. 28, from 10:15-12:15 at the Library.

WolfTown!

Wolfstown's flock of sheep will now hire themselves out to clear brush and grass. They will browse down brush- but not touch young trees. We do not need fencing but use our stockdogs. So any terrain is possible including edging trails.

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Early August is always crazy: Happy 20th, yep 20th, to Chris and Cheryl...who knew it would be so much fun? Happy Birthday to Dad...77!!! and that's just flat out a miracle given his last year. Amazing and true....54th anniversary for mom and dad. And saving the best for last. Chris hits the BIG 50! All of this family joy in the span of 2 weeks!

Buddy's Pick of the Week:
The fact that Cheryl is gone on family vacation. Take advantage of that one and bring in all your questionable returns.

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