



# THE VASHON LOOP

Vol. 7, #17

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

August 19, 2010

## Vashon Maury Overflight Committee

If you have become aware of increase in commercial aircraft overfly NOISE above your home, gardens or while visiting the many island parks, beaches and open spaces, please join us in creating data and a voice to present to the Port of Seattle and the FAA. Each person and their individual experience and story are extremely important to relay to the authorities at Port of Seattle Sea Tac Part 150 Study and FAA. Organizing our experiences, concerns and opinions and unifying to a collaborative effort is what we must do to alter the flight patterns that the Port and FAA currently are allowing above us.

Vashon-Maury Island is NOW one of the MAIN OVERFLY flight patterns for SeaTac aircraft. As numbers airlines updating the planes with the Naverus, Regional Navigational Performance, approach, landing and departure systems increase as well as the Next Generation Aircraft come into purchase and use, the number of commercial over-flight both cargo and passenger WILL INCREASE over Vashon-Maury Island.

We are experiencing approximately 200 - 250 commercial airline planes  
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## Vashon Filmmakers Bring Their Film Home

By Peter Bond

Vashon is home to so many creative people and blessed with numerous outlets and events for this creative energy, so it's sometimes difficult for an extraordinary event to make itself known. That's where we come in, and this week we're especially proud to boast about, and even promote, a work of film art created by local filmmakers David Rothmiller and LD Thompson. Their documentary, *for my wife ...*, makes an exultant return to the Vashon Theatre after nearly a year on the film festival circuit.

I told my editor if I was going to do this article he should expect it to be somewhat subjective. This was/is a story that deeply affected me when it came to light in the media a few years ago. Aside from having been artistically familiar with Kate Fleming, one of the subjects of this beautiful work, I am lucky enough to have known a very true and long lasting love in my life. And, unfortunately, I've also known the kind of resistance to humanity that the film also exposes. I was surprised and proud that this achievement is a local endeavor.

Particularly taking into consideration this past week's events in California, *for my wife...* addresses a timely issue.



From the film's website [www.formywife.info](http://www.formywife.info): *Charlene Strong was propelled into the national spotlight after the death of her wife, Kate. After facing this loss and the heartless humiliation of hospital and funeral home staff, Charlene decided to take a stand.*  
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## From Island to Island



Seattle Band Publish The Quest Travels to Cape Verde Islands in September, Part of a Local Effort to Preserve the Country's Rich Musical Traditions.

Islander Jacob Bain, who you might know from local band Trolls Cottage, will be performing with his band 'Publish The Quest' at Paradise Ridge Park, on Friday, August 27th From 7 - 10pm, in an event called 'FROM ISLAND TO ISLAND'.

The event is a way to raise money and awareness for a trip that Publish The Quest will be embarking on in mid September, to Cape Verde, specifically the island of Sal, located in Africa, off the coast of Senegal.

The 'fundraiser' part is to raise money to purchase a variety of musical instruments that Publish The Quest will be taking with them, and delivering to a music school in Cape Verde. The suggested donation fee is \$15, but not required. The most important thing is that people come to dance, and learn more about what is going on in Cape Verde!  
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## Only On Vashon

Twelfth in a series

### Sprechen Sie Deutsch?

By Peter Bond

I've been house hunting and came across an ad for an "original German-American cottage."

What's that mean? Not made in China?

Aside from the town of Leavenworth, which is really a Bavarian theme park, I couldn't think of a single "German" style of architecture. And I've been to Germany! (Okay, I sat in the terminal once in Frankfurt on a layover).

The only other thing that came to mind, for some reason, was a thatched roofed hut like where elves live.

So I googled "German cottages" and the first thing that came up was some company that made figurines of little thatched roofed cottages like where elves live.

Oh vey. Still, the price and location were perfect so I called to make an appt. to view.

"Yah" a heavily accented woman answered. "Come right on over Yah!"

The house was up a long gravel driveway and while I did pass several elves disguised as human children on the way in, the cottage itself appeared as a typical turn of the last-century farmhouse with a large porch and bay windows.

In fact the first sign of anything German was when the Yah lady came out to greet me. "Yah, you must be Peter," she said.

"Yah" I said. "Such a good German name." she continued. "I am Gertrude. Come we have

strudel".

She led me towards the house from the car just as a large German shepherd bounded over.

"Don't worry, she said, He's a good boy."

"Down Seigfried!" she said as he jumped up on me.

"This is Peter, he is not your lunch."

Seigfried got down and the Yah lady let out a horsy laugh.

Must be German humor.

Anyway, we went into the country kitchen thru the back door and she started her tour while spooning me strudel from a platter on the table.

"Is the strudel a Sunday thing?" I asked, making small talk.

"Oh NO! We have strudel always," she said.

"Down Seigfried!"

"Seigfreid loves strudel too. But it gives him diarrhea and usually right when I am showing the house. Really smelly too."

"You like the strudel?"

"Mmmm," I mumbled, nearly choking.

She then led me thru the house pointing out all things German and near German. The cabinetry, the furniture, the dishware, the art, the music collection, even the electronics. When we finally reached the beautiful back yard she asked me to guess where the rare grass seed came from that created such a splendid lawn.

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## Wine Tasting & Music Campaign for Vashon Athletic Fields

The Vashon Park District is announcing a capital campaign for the renovation and development of the Vashon Athletic Fields. The campaign kicks off on Friday, August 20th with a Wine Tasting at Sound Foods from 7-9 pm. Five wineries are donating their wine for the tasting including Vashon Winery, Palouse Winery, Maury Island Winery, Owen & Sullivan Winery, and Andrew Will Winery.

Food will be catered by Jennifer Foege of the Joyful Kitchen with donations from Thriftway, Bob's Bakery, Vashon Roasterie, Monkey Tree, Spice Route, Cafe Luna, Island Spring Tofu, and the Minglement. Space is provided by Sound Food Catering and Events.

The entertainment will be provided by Correo Aereo, an award winning multi-instrumental and vocal Latin/World Music Trio performing traditional and original music of Latin America; primarily of Venezuela, Mexico and Argentina.

Tickets, \$20 are available at Books by the Way, the Park District office (Ober park) and at the door during the event. There will be additional opportunities to give to the cause throughout the evening.

The Vashon Athletic Fields are located at the Vashon Elementary School site next to the Harbor School. There are currently not enough playing fields available for the community. Lack of lighted fields has resulted in very little time available for field



*Correro Aereo lends their Sultry Latin music to raise money for improved athletic fields.*

use, particularly in the winter. The high demand for the ones that are available has resulted in overuse and deterioration. The development of additional athletic fields will ensure that necessary facilities are available to provide active recreational opportunities for community members.

VPD is collaborating with local youth sports providers to implement improvements that will develop approximately 220,000 square feet, or 4.59 acres of field area providing two youth baseball/softball fields and two lighted multipurpose athletic fields for use by youth baseball, soccer, lacrosse, and football leagues. Results of the improvements will include improved drainage, irrigation, turf improvements, a restroom, concession area, storage, backstops, fencing, dug outs, and spectator benches.

In addition to helping reduce drug  
*Continued on Page 10*

# 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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Entrepreneurs

The Vashon Island Chamber Entrepreneurs (VICE) is looking to expand its' network of island businesses. We are a group of non-competitive, independent business owners or small businesses who strive to learn more about each other, our products, and services. We share tips and techniques, identify future opportunities, and provide referrals for new business. By joining the group you can enlist the knowledge, skills and experience of various entrepreneurs. We meet regularly and a secondary group is currently forming. Visitors are welcome anytime. For more details, contact the Vashon Maury Island Chamber of Commerce at 463-6217.

### Susan G. Komen 3-day 60-mile walk for the cure



My name is Joyce Fox and I am looking for support from my local community as I embark on one of the biggest, most demanding, events of my life. On September 24th 2010 I will be taking an amazing journey to fight breast cancer as I join the Susan G. Komen 3-day 60-mile walk for the cure. Most of you know how close this cause is to my heart. I am a five-year cancer survivor. I walk to support and give strength to those that are fighting cancer now and need our help. I also walk in honor of my brother Gary Hjorten who has recently passed from cancer and in support of my brothers John Hjorten who has Glioblastoma, and Jerry Hjorten who is a three-time cancer survivor.

In order to walk and participate in the Komen fight against Cancer I must raise \$2300 with each additional \$600 earned to be donated for 6 women to receive mammograms that would not otherwise be able to afford it. In July I held a fundraiser at Thriftway where the support of our Vashon Island community was outstanding raising just over \$1,000 for the cure. My mother Clarice Walgren, also a cancer survivor, baked 28 of her famous cakes for donations.

With time counting down and still \$1300 to raise in order to walk I am looking to the community to help me in raising the funds and to help all of those fighting cancer now through your donations. Please log on and donate at [The3day.org](http://The3day.org) and go to my personal web page by searching for my name, Joyce Fox. If you don't want to donate online you can print out a form from my personal page and mail it to the address at the top of the form or call 800-996-3DAY to donate over the phone.

As a cancer survivor I continue to live everyday of my life with the goal to inspire others to fight so that generations to come won't have to face the same battle that so many like me and my family have. That's why I walk. To do something bold about cancer. That's why I am walking 60 miles, because I must. I hope you'll support me in this incredible adventure.

Thank You in advance for your generosity!  
Joyce Fox

Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com).

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



## POKER RIDE & CHUCKWAGON DINNER

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:

<b>Brad Shride</b> 206-498-9295 <a href="mailto:bshride@centurytel.net">bshride@centurytel.net</a>	<b>Amy Griswald</b> 206-567-5943 <a href="mailto:amelial@centurytel.net">amelial@centurytel.net</a>	<b>Reid Kruly</b> 206-719-5990 <a href="mailto:cpc.inc@comcast.net">cpc.inc@comcast.net</a>
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## VCC's 7th Annual Garage Sale

It's really, really, REALLY BIG!

Vintage items, tools, furniture, books, jewelry, clothes, games, toys, art, knick knacks, household items. You name it – we'll have it!

It started as a way to have fun and get our closets cleaned and our garages emptied. Over the past 7 years, VCC's annual garage sale has become an Island Extravaganza! Each year VCC's really, really, REALLY BIG garage sale has grown in popularity with sellers and shoppers alike! Last year, hundreds of motivated shoppers came in search of treasures and left with many bargains and one of a kind finds. This year there are over 20 booths so there's something for everyone...even when you don't think you need (or want) a thing! VCC's own booth will be selling donated items to help support our thriving activities program. We'll also have a food booth selling fresh baked items, hot dogs, drinks, and more! Come join the fun and shop, Shop, SHOP (No early birds please)!

Saturday, August 21st, 10am - 2pm at VCC (rain or shine), 15333 Vashon Hwy, SW, Vashon.

## Mark Schmidt Memorial Gathering

A memorial service will be held at the Vashon Land Trust building on Saturday, August 28, at 2:00 p.m. All are welcome to attend.

Mark Schmidt died in his home on Vashon on July 21, 2010. Mark was born in Sioux Falls, South Dakota, on March 12, 1947. He grew up in a close knit family in Minot, North Dakota. Mark served in the Navy during the Vietnam War and, after his military service, moved to the Seattle area. He became a parent in 1968 and was close to his son, Alan, his entire life.

Mark received a BA degree in 1978 from Seattle Pacific University and worked for King County and Seattle City Light in Accounting and Computer Administration. Later he had his own landscaping business. Mark moved to Vashon around 1980 and built his own home here. He was generous, spirited, and always ready to lend a helping hand. He loved fishing, camping, and building things. He was also active in community theatre and appeared in numerous plays on Vashon over the years.

Mark was preceded in death by both of his parents, Huck and Lorraine Schmidt, and his brother Dennis Schmidt. Mark will be deeply missed by his partner/wife of 28 years, Thea Vernoy of Vashon, his son, Alan Schmidt of Wichita, Kansas, and his sisters: Karen Teagle of Harrison, North Dakota and Kathy Schmidt of Lakeville, Minnesota. His loss is also felt by many friends on the Island and in the Seattle area.



## Care packages sought for fallen soldier's platoon

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

## Next Edition of The Loop Comes out Thursday, September 2

Deadline for the next edition of *The Loop* is Friday, August 24

## Eat Out - Back to School Benefit

Join us this August 25th for Lunch or Dinner and we donate 50% of our proceeds to the School District.

At Spice Route, Cuisine of India  
17526 Vashon Hwy, Vashon Island  
206-463-4455  
[www.spiceroutevashon.com](http://www.spiceroutevashon.com)

### Vashon's Yellow Pages on line.

Find it on [www.VashonPages.com](http://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](http://www.VashonPages.com)

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL WHALE SIGHTINGS  
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Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
[vashonorcas.org](http://vashonorcas.org)

### The Vashon Loop

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## A Red Tent Temple Sisterhood is Coming To Vashon!

by Mike Gates

A Red Tent Temple has come to Vashon Island! What is a Red Tent Temple? The Red Tent "Temple" movement is part of a worldwide one inspired by the 1998 Anita Diamant novel of the same name. International women's initiatives and Red Tent Temple movement founder Alisa Starkweather envisions a gathering honoring our stories and promoting healing in every town across the country where women of all ages meet regularly to support one another and their monthly menstrual cycles. It is also a place where young women can ask questions and find mentors in absolute acceptance. It is a grassroots/organic/co-creative women's gathering that is establishing nurturing space for sisterhood around the world. Red Tents are places to feed and be fed by other women and to be empowered by knowing we are not alone in our trials, our shortcomings, our triumphs and our accomplishments. They are special places for women and girls to find refuge, to find sanctuary, to step into "TEMPLE." The Red Tent Temple is not a religion or goddess gathering. It is a TIME OUT from the everyday world to let go of all roles, positions, titles, notions of self, and expectations so they can just BE. Vashon Red Tent Temple invites you to come rest, meditate, relax, nourish your bellies, be conscious of your wombs, read, journal, sing, laugh, cry, knit, draw, play, give and receive nurturing touch and to network and just BE with like-minded, empowering women.

"We draw upon numerous rich traditions when we raise a Red Tent," says Isla Tula-Celestún, 39, Island angel healer and peace activist, one of a group of Vashon Red Tent Temple co-founders. "If you have ever menstruated you are welcome. If you have ever loved anyone who has ever menstruated and want to better understand them you are welcome to our special events. Your nurslings are also welcome until they can crawl.

However, as this is a space dedicated to allowing women to recuperate from the noise, demands and busy-ness of their lives and our world, we would ask mothers that you honor yourself and others by taking this time out away from your older children. We identify with the Red Tent movement when we wear red, drape and decorate with red cloth also when we kick off our shoes and then step into the 'Vashon Red Tent Temple' to leave the outside world behind for awhile.

"I feel women on the Island are craving this. Islanders are excited and enthusiastic. Emails are pouring in. Already our Facebook has 202 'friends' and not all are women," Isla said. "Our lives are so busy and there's so much to create and do and then there's the commuting and the bursting-full social calendars. A time-out from the TIME OUT of ferry rides and fun is almost called for! I believe we can create safe and empowered spaces that seed deep connection

for community building, information and resource exchange and always personal growth. This richly prepares those lacking the confidence, courage and resources to go out into the world to catalyze social change. We've got your back and you are always safe, enfolded in our wings."

"I would like to say that I have been needing a place to share information and get support from women I can trust about the challenges of being a woman," adds Sarah Laine. "In this day and age, there is so much pressure to be 'perfect', and to cover up the changes we go through. If we understood the trials in our lives, there would be less competition, thus bringing on peacefulness and close community."

Each Red Tent Temple will be a wonderfully unique experience to be shaped by the women who attend, the gifts brought, the energy that builds, like a magical coming together in the moment. Some red tents run for as little as four hours and others as long as a full day. Your visit can be as short or as long as you like. Each event is as individual as the places, physical spaces and people in attendance. A yummy potluck, teas, a talking circle, Talking Chair, Word-of-Mouth Board and Share, Dream & Wish Book always anchor the the Red Tent Temple, giving space to share stories, needs and much-needed local and regional resource updates.

"I am very excited and intrigued to watch this event unfold into a beloved tribe of us Vashon Spirit Women who come together to nurture, create and inspire each other as women so beautifully do," says Ginny Ciszek another of the Vashon Red Tent Temple co-founders. "It's going to be breathtaking to watch and I will drink it in as a parched wanderer in the desert looking for an oasis and my peeps."

Vashon Red Tent Temple gatherings will take place twice each month year round at various island "temple homes" including Vashon Intuitive Arts and mixed gender ("yin-yang") events, that honor and include the sacred masculine, are slated to take place before year's end.

Pencil at least one Sunday nearest the New moon if you'd like a standing date for some R&R, some self-care and building some woman-honoring culture for our daughters, grandmothers, mothers, sisters, selves. The next Red Tent Temple gathering is Sunday, August 22nd at Vashon Intuitive Arts. All gatherings are "by loving donation" to help pay for venue costs and to keep the group self-sustaining. However no one will be turned away due to lack of money. For more information on Vashon Red Tent Temple and how you can support and/or get involved please

www.vashonredtent.org or call the Vashon Red Tent Temple SiSTARS at 206.337.4547

### New Classes Starting: Quieting Inflammation with Food.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effort-less weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.

New 5-week series:

Five consecutive Mondays, starting September 13, 7:00 - 8:30 PM

New Back on Track (repeat students only):

Five consecutive Thursdays, starting September 9, 7:00 - 8:30 P.M.

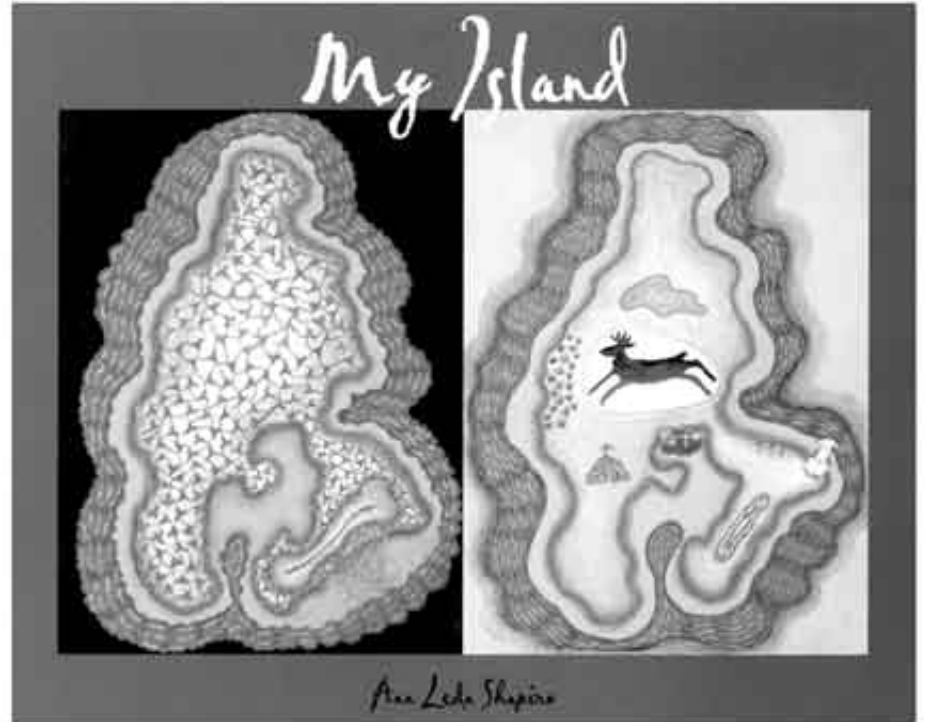
Register for the class at <http://toquietinflammation.com> or at the Roasterie/Minglement, 19529 Vashon Hwy SW, Vashon. Space is limited and prepayment is required to get on the class list.

There are also classes beginning in Burien, West Seattle, Seattle, and online. For further info, visit our website or email: [admin@toquietinflammation.com](mailto:admin@toquietinflammation.com)



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August 27, at 9:30pm  
The Raggedy Anns & The Country Lips

August 28, at 9:00pm  
Garth Reeves

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#### On Display Artist

Colin Brynn, Photography  
Josh Manwaring, Photography

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Friday & Saturday  
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11:30am to 10pm  
Lounge is Open  
11:30am to 2am

# Island Life The Puget Sound

by Peter Ray

I awoke this morning to the sound of wind in the trees. Actually, that is not quite true. What more or less semi-startled me from a brief slumber was the ruction generated by agitated dog activity. One would normally refer to this disturbance as "running up and down the stairs and barking loudly", but we are not living in normal times. A few beats short of where I was about to don my Smithers persona and go downstairs to release the hounds on whatever mission they deemed so important at 2 a.m., I heard Wendy groan and shift and slowly head their way instead. It was then that I noticed the wind.

Wind in the middle of the night around here has a few meanings. If it is accompanied by the sound of rain dripping on the deck, because the gutters are clogged from lack of attention, then it is probably Fall or Winter and we are being pummeled by a pineapple express. If it is Winter and the nighttime winds are raging without that telltale drip, then it is time (or past time) to protect the water pipes and tender plants, as an arctic blast is in the process of bringing a taste of the tundra to your very doorstep. This very night, however, there was no dripping and it wasn't Winter (in spite of many evidences to the contrary), so that meant that a Pacific high was kicking in and the morning should be bright and sunny. This would mean a change from the mornings recently passed, where the fog slowly filtered through the firs and the only sound resembling a wind was the noise made from air being forced through horn shaped instruments mounted on various vessels attempting to navigate the pea soup layered on the water around the Island.

As the morning turned to midday, there was no blast or express train whistle or wail, just the light rustling of leaves and branches and a relative calm that has settled in with the warmth that an absence of clouds allows. It is a time like this when friends or visitors visit and the standard first comment comes to the fore- "It's so quiet here." It is the same thing I say to myself when I step outside on mornings when nothing is moving. It is something we take for granted. It is also something that is only true on a relative scale.

When the frogs finally got their warmer chorusing weather and started in full force almost three weeks late this Spring, I set a camera out on the front porch facing the pond and let it record the cacophony for a few minutes. If you walk out into the night and the total experience choir of a western tree frog song session, without of course disturbing their flow and scaring them into a pause of silence, one finds a circumstance that fits the description of being so loud one almost can't think. What we found upon reviewing the tape however, was that even though the camera's microphone was facing 180 degrees from the house, you could still hear the TV inside on the other side of the wall and closed door. And even though we are about a quarter mile back from the highway, you could still make out the drone of cars and wheels of commuters coming home from the 9:20 boat. I noticed a similar effect when I went out to record a bit of early Summer robin banter. While I was focused on the back and forth of bird calls, that was all I heard. And then something shifted in my perception as I sought out other sounds that might be in conflict with what I was after, and there in



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819-2144**

the distance was the buzz of a weedeater, the overhead Doppler shift of a private plane coming and going, and just as I was shutting the camera off, an emergency vehicle headed north on the highway on a loud but urgent mission.

There was a recent bit of buzz that caught my attention about a Vashon hum. While the coverage mostly seemed to give it a "Strange Tales" spin, it seemed to me that I had experienced a similar auditory snippet at different times during the years, but had always assumed that it was the low rumble of a passing freighter. We are, after all, in the middle of two shipping lanes. And as the wind can bring cold and rain, it can also toss sounds around. On various occasions (more so back in the pre-turbine engine times) I have heard the boats of summer raising a ruckus on Lake Washington, all while standing in the backyard garden or nursery. One can hear cars unloading from the ferries four miles to the north when the wind is right. I have heard the baying of sea lions even though we sit in the top, middle of the Island. The mystery sound I have yet to determine the source for is the very occasional skyward pop that still causes me to look up in search of a puff of smoke or flattened and fluttering carcass of a former balloon drifting earthward. I have also heard this out on the coast- it is very quiet there as well.

## THE DORSAL SPIN: Kéet Kismet

By Orca Annie Stateler, VHP Coordinator

Protecting whales and cute baby seals does not pay well. Odin and I could not make ends meet here at Chez VHP without income from art sales and sporadic honoraria from cultural performances and other speaking engagements. We are indebted to the Kéet awudanéix'i ("Honored Killer Whales") for saving our keisters at the "In the Spirit" Native art show and market earlier this month.

The first day of the market was the nastiest day ever in the four years we have participated in the outdoor event. An unseasonably heavy August rain suppressed moods, buyers, and attendance. Our wee charming sales rep, Stogarita, could not compel anyone to buy art. Worse, despite frantic efforts to deploy plastic bags and sheeting to cover everything, we could not fend off the Canopy from Hell's incessant dripping. Some of Odin's beautiful work sustained water damage.

"In the Spirit" is supposed to be a juried fine art market, but ever-increasing numbers of vendors with mass produced items detract from artisans selling one-of-a-kind work. A vendor new to the show this year hawked kitschy "peace arrows" -- cheap and utterly fictitious gewgaws. A sign attempting to explain these curios used new-agey, pan-Indian terms and instantly referenced "Dances with Wolves."

Odin and I have seen that film many times, and neither of us recalls any depiction of arrows in a peaceful context. "I will not tolerate one line of white man's smoke in my territory," declares Wes Studi's formidable Pawnee character before he and his fellow warriors ambush the hapless driver of a mule-drawn supply wagon. Was that a "peace arrow" piercing the victim's manhood?

Ironically, "Dances with Wolves" strives to portray Plains indigenous cultures with the respect and accuracy so long lacking in Hollywood movies about Native Americans. That non-Native people at "In the Spirit" were buying ersatz "peace arrows" was a discouraging indicator of persistent ignorance regarding authentic First Nations art and cultures.

At day's end, with our soggy crates of artwork and no recovery of even the booth fee through sales, the show seemed an irredeemable train wreck. The next day, we returned to Tacoma thinking we would simply pack up to leave if it started raining again.



To our considerable relief, Sunday was warmer and drier. That afternoon, a multi-generational family from California visited our table. Admirers and collectors of Tlingit art for fifty years, they were obviously knowledgeable about formline. The son was drawn to Odin's exhibit entry, "Natsiclané: Creation of the Killer Whale," a carved mask-panel, and "Shaman's Ally," an Owl painting that was on display at Valise in July. After the family read the artist's statement about Natsiclané, they decided to purchase the carving. It was the most expensive piece in our inventory. These lovely, heaven-sent (orca-sent?) customers bought the Owl painting and a small Sun face carving, as well.

A photo of the Natsiclané piece and an excerpt from Odin's artist statement appeared in the July 22 issue of The Loop. View the award-winning piece online at [www.washingtonhistory.org/artsfestival/artists.aspx](http://www.washingtonhistory.org/artsfestival/artists.aspx).

We truly conceived the Natsiclané mask-panel for our beloved orcas: Transient killer whales appeared at critical junctures in its development. We liked the finished piece so much; we did not mind that it might hang on our wall for a while. We did not expect it would win a prize this year or swim off so soon to another Killer Whale sanctioned home.

In many traditional Tlingit stories, Killer Whales leave bountiful gifts of food on village beaches in tribute to other story characters whose noteworthy deeds benefit the Kéet Kwaanee ("Killer Whale Souls.") August 8 at "In the Spirit" stands as the best day we ever had at this art show -- as if the Killer Whales deposited a boatload of Chinook salmon on our beach.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Send photos to Orca Annie at

[www.Vashonorcas@aol.com](mailto:www.Vashonorcas@aol.com). Dear readers, don't take any wooden nickels or "peace arrows."

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## Recovery for the "Healthy" Body

by Rochelle Gravance

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The quotation marks around the word healthy are there for a reason. That reason being, you are only as healthy as what you can feel or see. Maybe more appropriately stated: what you choose to notice in your own awareness rather than disregard or chalk up to old age.

If our bodies were transparent and we could view the inter-workings, do you suppose we'd be more attentive to its needs? Very often the body has been in distress far before any symptoms surface. And sometimes we choose to ignore those symptoms hoping they will retreat on their own. Not unlike Russian roulette.

The name of the health game is prevention. You hear the word prevention quite often as western medicine and culture attempt to attach the word to a misleading practice of the new health code. What's being left out of the advertisements and suggestions is the foundation of prevention.

Awareness.

In other words, the desire and willingness to dig a little deeper, step into the shadows and discover what's really going on. To find out what your body really wants and needs. Do you really feel better after taking that vitamin? What's your body really feel like after drinking that fourth cup of coffee today? How well does your body and brain operate after getting those five or six hours of sleep? Are your sinuses plugged because of the allergens in the air or because your diet is filled with food allergens? Did you even realize your sinuses were inflamed?

When you pay attention to how your body reacts to the stimulus you make available to it, it's likely you'll find out a lot about yourself. And if you're the take action kind of individual, you are then able to make the necessary changes that will improve your overall wellness.

One of the most interesting and revealing methodologies to discover what's hiding under the skin's surface is foam rolling. Foam rolling involves a 3'x6" foam roller that can be of varying densities. As you lie crossways on the

roller pushing and pulling your body along the roller's surface with arms and legs think "self massage". As the weight of the body presses itself into the roller and by rolling one's body with the direction of the various muscle groups, the roller kneads the soft tissues searching for and finding fascia and muscle tissue adhesions, trigger points and tight sore areas.

If the body that's rolling is healthy and adequately cared for, tenderness will be hard to find and easily eliminated. Conversely, if the body is in need of what can amount to a variety of stimuli (rest, fluid, stress relief, flexibility, movement, dietary adjustments, etc) the first few foam rolling sessions can be fairly uncomfortable.

Quite honestly it can be a shocking experience for the first time foam roller. Try to recognize this is one of those wake up calls that your body needs some things from you. So instead of ignoring that which is staring you in face, dig deeper into the shadows and offer your assistance and undivided attention to that which has no voice and suffers quietly until the bow finally breaks.

Check in with your seemingly healthy body now "before" the symptoms surface. The quantity and quality of time spent in this life is in direct relation to the conscious time invested in the now.

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## Cholesterol, myths and facts

By Kathy Abascal

There are widely varying opinions on the importance of maintaining low blood levels of cholesterol. The majority view is that our cholesterol levels should be as low as possible but there is disagreement on whether limiting animal products or taking statin drugs are the best way to maintain healthy cholesterol levels.

A physician, Dr. Mercola is at the other end of the spectrum of this debate. He maintains a popular website and I am often asked if I agree with his views. I will answer that question here.

As Dr. Mercola notes in The cholesterol myth that is harming your health, we need cholesterol. Cholesterol serves important functions and is essential to life and good health. Everyone agrees. Dr. Mercola then points out that, in terms of heart disease risk, HDL ("good" cholesterol) levels are more important than our total cholesterol levels. There is a strong consensus that HDL is important which is why our blood tests always measure total cholesterol, HDL, LDL ("bad" cholesterol), and triglyceride levels. Essentially, LDL carries fats out into the body. HDL is responsible for returning those fats to the liver. Logically, if you do not want to deposit fats in your blood vessels (and you do not), what you ship out needs to be in balance with what is brought back. Appropriate ratios of LDL and HDL are more important than absolute values.

Dr. Mercola then explains that Vitamin D is very, very important. Again, everyone agrees: If you want to be healthy, you need healthy levels of Vitamin D. Unfortunately, many Americans are low in Vitamin D and suffer ill health as a result. Interestingly, studies are beginning to show that any benefit gained from statin drugs likely comes from their ability to act as vitamin D analogues, rather from their ability to lower cholesterol levels.

Gathering force, Dr. Mercola notes that inflammation is a bigger problem than high cholesterol levels. Obviously, I agree with that -- that is why I teach an anti-inflammatory diet. He goes on to argue that we should not lower our cholesterol levels below 150 and ideally should have levels of around 200. I do not think he has data to support his numbers. We do not really know what the ideal cholesterol level is, high or low. He next discusses statin drugs, which he opposes: First, they can have serious side effects. Second, many who take them do not respond with lower cholesterol levels. Both statements are true. Around half of those advised to lower their cholesterol levels fail, statin drugs

notwithstanding.

Then, he begins to look at diet and cholesterol. "Eggs are not the problem," he says. The jury is out on eggs in the diet but I agree that eggs -- as long as they are from well-fed and well-raised chickens -- are not a problem food. I agree with Dr. Mercola that bad fats (such as trans fats), sugar, and refined grains have a more significant, adverse effect on our blood fats -- and inflammation -- than do eggs in the diet. We also agree that omega-3 fats are important in the diet. But we part company when he recommends getting our omega-3 fats from high-quality, animal-based foods.

First, he recommends we buy his krill oil supplement. Krill is what feeds our challenged wild sea creatures. I am strongly opposed to supplements that deplete foods that whales and other creatures need to survive. Krill was not part of our historical diet, and we can easily get our omega-3s from sustainable, wild fish, walnuts, pumpkin, flax, hemp and chia seeds, and green vegetables. We do not need -- and should not take -- krill supplements.

The animal sources of omega-3s that Dr. Mercola recommends (and sells) are not fish that are rich in omega-3 fats. Instead, he recommends dairy and beef. Both are high in cholesterol. The real problem with excess cholesterol in our diet is that cholesterol can block our ability to use our essential fats, including omega-3s. Moreover, dairy and beef are high on the food chain. They carry persistent toxins into our bodies. In my opinion, we seriously underestimate the adverse effect that these toxins have on our health. He also recommends that we quit eating all fruit. We do need to limit our fructose (fruit sugar) intake by avoiding high fructose corn syrup, agave nectar, and fruit juice. But fruits are pleasing, tasty foods that are rich in fiber, antioxidants, and other nutrients. We should not quit eating them: It is not healthier to have a steak than an apple.

Finally, Dr. Mercola offers a free test to determine our "Nutritional Type." We are easily hooked by tests that make us feel special. We have our differences, of course, but as humans we share a basic biochemistry: We are all designed to need certain nutrients. We are unable to efficiently detoxify persistent toxins. We do not need to be type cast to find a healthy diet -- especially if the end result is going to be a recommendation that we buy products and supplements from the testers.

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# Planet Waves

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



## Aries (March 20-April 19)

Your life has been in transition lately. At times you haven't been sure how to handle it -- despite the potential. You go through spurts of bursting with energy, then encounter limits. You're also being confronted by changes in your environment, relationships, workplace, and pressure from family/home-related matters. The next six months will be an experiment in seeing the many connection points between who you are becoming and what the world is becoming. A commitment to flexibility is what you're being offered now. Though the changes in your world seem to be the result of powerful forces, there must be nothing forced about your response. When in doubt, assess your situation, and observe your options and desires. What you want not only matters, it's the only thing that does. You have tried every other option; give this one a go.

## Taurus (April 19-May 20)

Suddenly you have a lot more work than you can handle, or want to do. However, you can count yourself as fortunate since your employment-related activities will be stressful, even intense, yet entirely productive and meaningful. Much of the stress stems from the necessity to do things differently every day, and make decisions faster than usual. If you've ever lamented that your life moves too slowly, or you can never make a choice you stick to, and that works, you can change that now. One place to focus your attention is on the relationship between your mental and physical health, as you will need to take extra efforts to maintain both. Proceed from the inside out by focusing on rest, nutrition, movement and making intelligent choices. Get over yourself, get moving and you will love the way your life unfolds.

## Gemini (May 20-June 21)

Despite your sense that you can 'think things through', when it comes to feelings, you simply need to feel, and make the appropriate decisions. We're trained to obsess over how we feel, and this involves guilt. Guilt is rooted in childhood; it has connections to our family of origin, and we underestimate the power they have on us as adults. Make no mistake: what you're going through right now has to do with that influence. We blame ourselves for our parents' shortcomings, believing they are flawless, and then attack ourselves. In adulthood this causes significant emotional and relational problems. Your mission is to work out your feelings, needs and sense of safety with yourself. Be aware of when you blame yourself for the shortcomings of your early caregivers, and when you're dramatizing this with the people who currently surround you. You know it's time to push out of your mental anguish and step forth into your full adult creative power. Don't let the past hold you back.

## Cancer (June 21-July 22)

Your tropism for reaching high places has been strong lately. Your perspective is widening and your sense of time is starting to encompass the future. You may even feel the authentic confidence that you can handle anything. I suggest you work on two priorities: learning to focus on a single goal, and feeling safe. Feeling safe is an art. It's related to recognizing a situation you have to respond to, and responding well. One way to summarize your astrology is that the numerous situations and conditioning forces surrounding you are designed to bring out the best in who you are; to cultivate your maturity; and encourage you to handle your affairs in a way that's a marked improvement over your parents' less-than-effective leadership style. Stand on a strong foundation, and while you have a short break from reaching for the top, I suggest you get to work.

## Leo (July 22-Aug. 23)

My phone rang at 2 am recently. It was a young Leo friend, freaking out. She was house-sitting and had arrived home to

discover that Lilly, one of the cats, had not come home. This was in a wild area, where coyotes roam. She called Lilly, and then heard a faraway cat squeal, then coyotes, and concluded Lilly had just been eaten. I listened to her for a while, dialed in St. Francis and cast the astrology. The chart looked good, and I remembered many moments of assuming the worst. At first light, Lilly came strolling home -- she was probably never more than 100 meters from the house. August is a growly month, with coyotes yelping and weird sounds in the night. Chiron makes one last visit to your opposite sign Aquarius, giving you a chance to clean up any leftover work in a relationship healing project. Other planets get into the act and make a lot of noise. I suggest you stay calm, take care of yourself and remember Lilly.

## Virgo (Aug. 23-Sep. 22)

You seem to be caught in a time warp, retreating into old patterns heedless of the work you've done on yourself. Think of this as a cleansing process. There's always another closet to clean, another organ to revitalize, always something you can cut out of your diet. However, make sure that for everything you eliminate, you add something you like. A core element of this involves how you feel about money. I suggest you try for no pretenses. You're in a phase where your primary financial goal should be investing in yourself. Your old attitudes toward money are crumbling, as the more nourishing and creative ones are coming in. One is recognizing that financial growth means developing the awareness of money and its power, building infrastructure and maintaining balances, such as between income and expenses, or assets and debt. Remember -- all of this is real, not for show.

## Libra (Sep. 22-Oct. 23)

It's clear that you're initiating the changes in your life. This is coming from a commitment so deep nobody could stop you any more than they can inspire you. You are putting down roots, solidifying something about the nature of your character. With Saturn in your sign for the next two years, you have two special gifts to work with. One is some extraordinarily materializing power. You have the ability to grow things, ideas, projects and enterprises. Second is the potential for profound psychological growth fostered by potent, mature introspection. No matter how old you are, the next two years will feel like a distinct phase of entering adulthood. Those born in the early 1980s are experiencing their first Saturn return, no matter what Sun sign they're born under. You are arriving somewhere real, which will serve as a foundation on which to build the next decade or more of your life.

## Scorpio (Oct. 23-Nov. 22)

For the past year, your professional life has felt like a minefield. Everything you plan turns into something different. It's time to take a new approach that begins with mindfulness rather than action. The wisdom of this may not be clear, although your charts are calling you toward some big quest. Yet subtler aspects say slow down and meditate. While it seems to dramatize itself in aspects where you reach for achievement, it has more to do with your deep-seated fears, resentment, guilt, and your relationship to the unknown. You seem to be walking a razor's edge of fear that you might abuse your power, then you run into people who do precisely that. I suggest backing off from active life planning and attempts to orchestrate the future, and take a psychological and emotional approach. Start with figuring out how your parents are still running your life.

## Sagittarius (Nov. 22-Dec. 22)

Every time you think you are free of the details, you discover more details to attend to. This will go on until right before your birthday, when you make a transition into a more creative approach to existence. Meanwhile over-focusing on details will

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work for you by resolving past hang-ups and hangovers. But it's more than that. The path to success you're traveling is about doing something innovative and creative. You are creating a custom career, which will serve clients that have highly specific, individual needs. This is an exercise in being aware of details, and applying them creatively. The visionary quality is available on the microscopic level, and this is your true quest. If you persist with love and patience, you will soon experience the universe as holographic: each moment, cell and point of contact contains the image of the whole. Exploring this property of existence is where your true sense of direction will come from.

## Capricorn (Dec. 22-Jan. 20)

You may wonder why you're in a position of authority, or why it seems necessary that you get there. It's not really authority you're seeking, but rather your devotion to purpose. Such often calls upon people to step up to a challenge, or lead the way for others. I recognize that at times you may feel confused or confronted by reality. Yet beneath that potency and strength is your devotional quality; your ability to understand what and why, and stick to it for years. This is one of the strongest elements of your psyche. Nourish and refine this every day. Look for signs of authenticity in our mad world. See if you can feel the way the whole world is moving in the right direction, and be mindful of all the ways you fit into the process.

## Aquarius (Jan. 20-Feb. 19)

A phase of your life is over, and a new one has begun. Yet you seem to have a question about how you handled a relationship, and how you feel about where someone else is with their life. If you've taken a heavy hand, you may feel this is coming back at you. But how much is reality, and how much is fear -- in particular, your phobia about being spontaneous. You're not the only person who experiences this, but you have the ability to tap into the power of the experience. We're a society all about control, which is the opposite of spontaneity. If you hesitate and recognize this is about letting go of control, notice this is where the life force has the opportunity to slip into your world. Fear is a mask or veil placed over this. The more intense your negative expectations, the more energy, passion and potential the situation contains.

## Pisces (Feb. 19-March 20)

You've had a taste of what is possible if you focus on what you want to create. Your charts say the more what you create resembles you, the more you, and it, will thrive. You're about to discover how what you create has the power to create you back. What you've experienced recently was an experimental phase. That experiment continues, though for the next six months you have an extended time of reviewing what you've done and making adjustments. These will be based on what worked rather than what didn't. If something didn't work, notice how or why that happened, take the information on board and quickly move onto what did work. The business of learning from your mistakes can only go so far. At a certain point you have to

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Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net).

# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## The Log of the Voyage of the H.M.V. Oatus, Epilogue: by Rick Tuel

It is December, 1970, and our Vietnam vet/hippie heroes have arrived in Seattle in Oatus, Chris's house truck, and Family Dog, Rick's VW bug, and with their passengers Jeri Ann the hitchhiker and her small dog Metoo, and Rick's dog Nigel the collie and his black cat Felix. We join them:

In the week following our rescue we stripped Oatus down and had him towed temporarily to Lou and Rita's. During this time, out of curiosity I made note of the odometer readings on both Oatus and the Family Dog. Oatus' odometer recorded a little over 900 miles, which is about right for the distance between Marin County, California, and King County, Washington. What I found interesting was the reading on the Family Dog's odometer. It registered over 1800 miles, or roughly the equivalent of two trips along the same route.

The extra mileage represented the number of trips to various parts houses, repair shops, and junkyards that had to be made over the course of the voyage just to keep old Oatus running.

We remained with Lou and Rita for three weeks. Jeri Ann continued on to Canada minus MeToo, who went missing shortly after our rescue from the parking lot at Southcenter, or where ever that was. Chris and I, Nigel and Felix, found ourselves four castaways thrown ashore in a strange land, our vessel disabled by time.

We spent the winter moving, first to Capitol Hill where we found a job with the Seattle Repertory Theater building props and sets, and then we moved to the Central District where we got mugged by a street gang on our way to work one evening. We began planning our escape from the city and used the money from our stage hand work to restore the Family Dog to good running order. He became our shuttle craft as we began reconnoitering what we now

considered to be enemy terrain.

I got Washington plates and removed all traces of the California plates, gave Family Dog a quick coat of hardware store spray paint and as an afterthought changed its name from "Family Dog" to "Wreckage." The camouflage was effective and for the first time since leaving California the police were no longer able to detect us. We were now free to safely scout the terrain for a safe place to settle. As our confidence grew, we increased the range of our search area which expanded immensely once we discovered the ferry system.

February 10, 1971, was a pleasantly warm springlike day and we were enjoying the weather as we waited for a ferry to take us to the Kitsap Peninsula. Whole new worlds were opened to us for a car and driver plus a passenger ticket. Lou had whetted our curiosity with tales of rural outlying areas that he described as being similar to our former home in Marin County: forested, scenic, and fairly rustic, with friendly neighbors and a sense of community. A place that required a certain amount of self-motivation from its residents and where the lack of a few amenities would not pose a problem.

We got off the boat with eager anticipation but were surprised to learn that this was not Kitsap County after all, so we stopped at a restaurant on the end of the pier called the Dock and Dine to get our bearings. There, high on a hillside perched above the intersection between two roads were two sizable signs, impossible to miss by arriving ferry traffic. The highest of the two read, "Welcome to Vashon" but the one beneath it, to our eyes, only embellished the warm greetings of the higher one. It read, "DANGER! DO NOT DRINK VASHON WATER! CONTAMINATED!" It was signed, "King County Health Department."

We were delighted. We thought that no one would want to live here. As far as we were concerned, we were home at last.

It could have been The End, but it wasn't. It was another beginning. At this point in our lives Chris and I agree that we must have been crazy to think we could pull off a stunt like that. What continues to amaze us is that we did.

Oatus was towed to the island, and Chris lived in Oatus for a time, and later fixed the truck up neatly for use as a guest room or child's room as the need arose. In the mid-90s, Chris and his wife Irene moved to a small town south of Spokane to start a new life, and custody of Oatus was passed to Rick and Mary Tuel. Oatus lived peaceably in their yard for about ten years, a summer studio for Rick and a refuge for many outdoor cats year 'round. Then some anonymous someone complained to the County about this old truck, and Rick and Mary had to have Oatus towed away. Where? Well, that is a mystery. You can see Oatus on Google Earth if you know where to look, but we aren't telling. And that, my friends, is the end.

Next Time: the Spiritual Smart Aleck returns.



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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 Place gets a \$50 gift card from Vashon Island Day Spa & a \$30 Gift Certificate from the Spice Route. Second place gets a \$30 gift card from The Red Bicycle. Winners will be announced and read at the Only On Vashon book event coming soon. First place winner will be published in an upcoming 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

## Only on Vashon

Continued from Page 1

"Germany!" I practically yelled, like an overeager schoolboy.

"No silly" she said. "Why would you say that?" It's from Kentucky.

Meantime she'd been quizzing me on my Germanic knowledge, did I know any German words? German history? German people? German films? Etc. Luckily for me I minored in history so could hold my own but I felt like a high school swimmer in a meet with an Olympian.

Almost needless to say, turns out Gertrude's a professor of German Studies at the University, here on a five-year assignment from a town near Hamburg. Hamburg is very close to Denmark, which is probably where all her "Yahs" come from. The house was built by an ancestor in 1908 and has remained in her family ever since. She uses it as a summer place and rents it out during winters.

This Germanathon went on for about an hour and we got along pretty good and had some laughs, so by the end it seemed I had done well enough on my German exam to get the lease, and I felt confident enough to ask when I could move in.

But I never got the chance.

Just as we reached the front driveway to seal the deal her next interviewee pulled up in a (German) sports car. A perky young woman hopped out.

"Guten tag" she practically sang, mostly to Gertrude.

"Willkommen!" Gertrude shrieked back.

I already knew it was over for me.

Apparently they immediately recognized each other's accents and were both from the same area. I guess in the old country this means you greet each other like you were twins separated at birth, or secret lovers from boarding school who haven't seen each other in ages.

It was almost embarrassing. I turned away in case they started French/German kissing. As it was Gertrude nearly carried perky girl inside over the threshold, as she waved a (permanent I guessed) goodbye to me.

"Wiedersehen Peter" she said.

"Yah." I replied.

Peter@vashonloop.com

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# What's Your Take ... On Prop 8?

By Peter Bond

It was an emotional roller coaster of dueling court decisions this past week in California. First Prop 8 was struck down, then that decision was appealed and the whole mess put on hold again. Since Vashon has a large percentage of same-sex domestic partners, and we're generally pretty progressive folks, I think we should have some say in the matter. But that's just my opinion, what's yours?



Camille - Vashon

I think when the wording of Prop 8 was actually read by the courts it appeared to be more anti-gay than anything. I see a near-future where Americans are embarrassed that this was once a major issue.



Bill - Vashon

It's the natural progression of things to allow same-sex marriage. What I see is the middle coming around to favor it. We'll always have the two polarized sides, but the moderates now see that the world didn't come to an end when certain states allowed it.



Duskin - Vashon

It's like the last gasp of an era, similar to Apartheid and the civil rights struggles in the 60s. Already the cultural consensus is rapidly favoring same-sex marriage, as evidenced by recent polls.



Eric - Seattle

I think it's ridiculous that it's such a big deal. In ten years nobody will care.

## Don't Forget the Birds Baird's Sandpipers

by Ed Swan



Saturday morning the 14th, Adam Sedgely found a juvenile Baird's Sandpiper at KVI Beach. The monthly Audubon field trip also found it later in the morning. It associated later with about 40-50 other "peeps," the small members of the sandpiper family. A first of season Semipalmated Plover, from another part of the shorebird family also put in an appearance.

In fall, Baird's Sandpipers tend to be uncommon to fairly common on the west side of the Cascades and fairly common to the east. Vashon sightings come on the rare side, with reports coming in every one to three years, from mid August to the third week of September.

Baird's Sandpipers make a long journey out of breeding grounds stretching from northeastern Siberia to Baffin Island and then down to parts of South America for winter. Adults predominantly head down the center of the continent, but juveniles spread out heading south from coast to coast.

Observers separate Baird's from the more common Western and Least Sandpipers by their larger size, an inch bigger compared to the Western and an inch and a half for the Least. Their shape appears different, their longer wings presenting a body looking more elongated than the other species. They appear buffy brown with stronger scalloped plumage on their backs.

Other interesting sightings recently include another shorebird, the Solitary Sandpiper, on August 10 at Mukai Pond, seen as I led a bird tour for some visitors. I also noted a Heermann's Gull at the north end dock on August 12. Ron Simons had a rare summer sighting of a Merlin at his place near Reddings Beach on August 14. Interesting land bird sighting include a MacGillivray's Warbler seen by Barbara Chasan at their place along Westside Highway on August 6. I received a number of calls and emails about Brewer's Blackbirds, including some recent confirmed breeding evidence. Thanks for all of your reports and questions, they help document our Island birdlife. If you have a question about Vashon birds or a photo or sighting to share, call me at 463-7976 or email at edswan@centurytel.net.

I'm also available as a guide for finding birds around the Island and the Puget Sound region. June presents a great time to learn all of the warbler and flycatcher songs of the Puget Sound area right here on the Island. 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.



The August 14 Audubon field trip to KVI Beach produced this Semipalmated Plover (left) and Baird's Sandpiper. Photo by Gary Shugart

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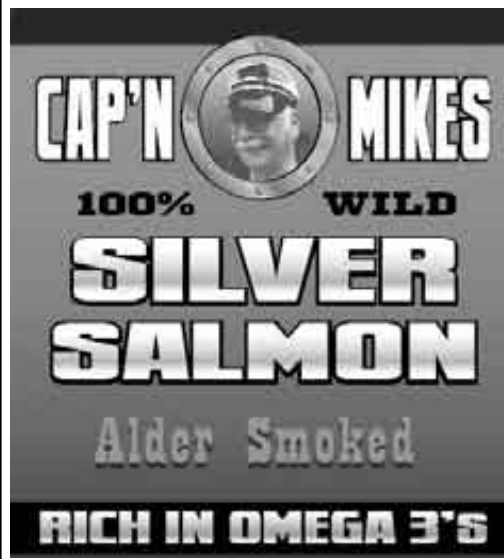
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## Vashon Maury Overflight Committee

Continued from Page 1

(SeaTac only) overflying in each 24-hr period = 73,000 to 91,250 flights in one year at current numbers. These numbers will be expanding exponentially if we do not change VMI commercial overflight through FAA and Port Seattle SeaTac.

This increase of lower louder overfly is a concern as it greatly impacts our quiet rural life with excessive NOISE pollution as well as a concern in the increase of JP-8 jet fuel exhaust emissions filtering down upon us into our food chain, water systems and breathable air.

Additionally this will result in diminishing property values as we (Vashon-Maury) are slated to become a main overflight pattern for SeaTac as more airlines use the new systems.

The FAA allows airlines retrofitted and updated with new Naverus systems to fly lower altitudes, closer radius turns on landing and departures to SeaTac, arrivals and departures to operate with heavier gross weight, (longer louder departures over Vashon-Maury lifting

heavier aircraft off ground using more fuel) and aircraft are allowed to fly parallel patterns much closer to the 3 runways.

Think future NOISE and POLLUTANTS 24-7 ever increasing.

Vashon Maury Overflight Committee (V-MOC) schedule of meetings. Aug 25th, 7PM (1900 hrs) @ the Chamber of Commerce Office located @ Village Green across the street from the Library. First and third Wed evenings of each upcoming month @ 7PM and first and third Wednesdays @ 10 AM at Luna Cafe. V-MOC will be at Saturday Market Aug 21st. Please join us, together we CAN make a difference!

Please contact us: vashonoverflight@yahoo.com or join us for a meeting or come see and visit with us at Saturday Market 21 August. Phone (206) 605-4776

# Positively Speaking

## "The Urge to Merge With Twenty Five People"

By Deborah H. Anderson



The cop was standing right next to my open car window. We were piled up by the ticket booth waiting out the Friday night crush.

"So...as long as you are standing here, can I ask a question?" I says.

"Sure" he answers back.

"Well" I continue, "Who has the right of way when we are turning left out there?" (pointing to the off loading left turn we all so frequently make).

"Really" he says, "No one. But it makes an easier merge if you let the person on the inside lane merge first. That's what's causes most of the problems in America" he says. "Nobody knows how to merge"

Ok...didn't see that coming. Deep truth revealed in the blazing summer sun waiting my turn to get back to paradise.

Not since one of my little ones sang 'Play That Monkey Music Wide Boy' have I given such pause to words. I've carried them with me for weeks testing empirically their veracity. Here's a situation...yep...a merging problem. Here's another situation...yep again...merging ignorance or rebellion. Everywhere I looked things would have been easier if people had been better at merging.

Now much has been made recently that only twenty five people are running Vashon. But I say...true but not true. Twenty-five people may be running community council, but there are twenty-five other people running the food bank. Twenty-five people running the Friends of the Library programs. Twenty-five people running the Film Society. Twenty-five people running the Garden Club. Twenty-five people staffing the quilting show. Twenty-five people running chorale. Twenty-five people running PTSA. Twenty-five people running the horse events. Twenty-five people running the Eagles and the Country Club. Twenty-five people advocating for the homeless whether people or animals. Get my drift?

Yes...there are usually only twenty-five people as the critical mass behind any social or political issue. But they are twenty-five DIFFERENT people. There are probably a hundred different organizations from Chamber of Commerce and Rotary, to the Land issues and water rights people. Let's not forget Strawberry Festival, First Night,

and...twenty-five businesses keeping the downtown core...then twenty-five business anchoring the outer limits of the Island, from farmers to restaurants.

There are probably a thousand different little groups on the Island from churches to historical societies. Beekeepers to pick up basketball and softball teams.

One thousand times twenty-five is... wait a minute...let me pull up calculator out of the accessories...yea.... I did do it right in my head (take that Ms. Fox...fifth grade teacher who told me I couldn't do math) Twenty five thousand. So some people are in more than one group.

The issue isn't getting more people involved. The issue is merging our interests in the stewardship of what might benefit someone else. Whatever twenty five people we belong to, we need to remember to do is so well the other ten thousand and more in the summer, less in winter, benefit from our efforts. I'm a kid person, a music person, and a faith person...so...since eighty five percent of the Island has no faith association, I need to be extra faithful in my integrity and 'edge of adventure' kind of living. When I see a tent card out, I pray for them...whatever it is.

My twenty five of children's interests needs to bless the community who has no children or is glad they are grown and gone with the benefits of wee ones delight and curiosity and trusting natures.

And so forth and so on. The challenge is learning what merge makes the most sense, is safest and will keep traffic moving forward best for all who live here. With so many interests there is no right of way. All lanes have the right, the issue is the merge. We must communicate with those who aren't part of our twenty-five about our issues and how it touches them and stop doing what we're doing when we stop enjoying it.

Truth from the ferry cop....take it to heart. Let us merge without regards for right of way.

Love

Deborah



## Vashon Filmmakers Bring their film home

Continued from Page 1

*Her dramatic congressional testimony is credited in passing Washington State's historic Domestic Partnership laws. As Charlene finds her voice to speak out against injustice, her journey takes her across the country, finally meeting with President Barack Obama and securing his commitment to equality for all LGBT Americans.*

For this encore screening and the final Director's cut, which celebrates the release of the DVD, an epilogue has been added to punctuate events that have unfolded during the film's run, including Charlene's appointment by Governor Gregoire as a Commissioner for Human Rights. Charlene will also appear at the screening.

According to the last census our

island is home to the largest per-capita population of same-sex domestic partners in the state, which adds yet another important local element to this event. It is a triumphant distinction for our community, this documentation of a classic struggle and ultimate victory over injustice.

We hope you'll make a sincere attempt to join us, on Friday August 27, at the Vashon Theatre. The doors open at 8:30pm for a reception with the Filmmakers and Washington Human Rights Commissioner, Charlene Strong. The Screening starts at 9 PM, tickets are \$10.

All are welcome at the after-party which follows the screening down the street at The Hardware Store Restaurant.

## Ray Pfortner Presentation and Workshop



Oliver Van Olinda - Vashon Town 1932

Island Photographer Ray Pfortner has an upcoming workshop and presentation at the Land Trust Building.

**Van Olinda - a century later Insights from the curator** -- a slide presentation with Ray Pfortner accompanying the current exhibit at the Heritage Museum. Land Trust Building, Thurs, Aug 26, 7pm, Free.

**Then and Now** - A Photography Workshop with Ray Pfortner & Vashon-Maury Island Heritage Association, Sat & Sun, Aug 28 & 29, 9am-4pm. Take Photographs at

many of the locations photographed by Oliver Van Olinda in the 1890s while learning how to develop your own personal style and apply the principles of good composition. Submit your results for a juried show including Van Olinda's prints at the Heritage Museum in 2011. Open to photographers of all ages and levels of experience with any camera, simple or fancy. \$120 for Association members/\$140 for non-members. For registration call Barbara Steen at 206-463-9355; for information, contact Ray Pfortner at pfortner@centurtyel.net or 463-3043

## Wine Tasting & Music

Continued from Page 1

and alcohol use, providing recreational programs for youth also promotes health and fights the growing rate of obesity in youth. In Washington State, only one-third of youth reported being active for at least one hour every day. Research indicates that the primary motive that typical children give for participation in physical activity is fun and enjoyment. According to a recent survey for the American Public Health Association, 75% of adults believe that parks and recreation are essential to fighting obesity.

In recent years, youth sports activities on Vashon have become limited by the lack of fields. They struggle to find field space during the wet and dark months when the sun sets at 4 p.m. These improved fields will allow many more teams to practice at once and into the dark hours and provide quality field space for games and tournaments. Unlike other communities, it is not practical for island residents to travel to neighboring communities for routine evening use of fields. Although the island has increased in population by roughly 57% since 1970, the general field inventory has declined during this time. This increased use and decreased inventory has led to a serious degradation of field conditions through overuse.

For example, the Vashon Island Soccer Club has grown 93% in the last four years from 250 players to over 500, according to Scott Rice. Many of the programs are on hiatus because there simply are not fields available.

VPD has received a commitment of funding support for \$443,000 from the Washington Wildlife and Recreation Program, but we are required to match the funds. The park district has also received a grant of \$25,000 from the Norcliffe Foundation and \$75,000 from the King County Youth Sports and Facilities Grants. The park district is hoping to raise \$300,000 in local support for the capital campaign and also seeks donations of professional services, particularly related to ground work, for the additional \$43,000 match.

Community support for this project is high. The park district asked the community for letters of support for this project and received over 300 in less than two weeks. An Interlocal Agreement between the VPD and Vashon Island School District is in place. Sports teams coordinate through the programming at VPD. Partners include Vashon Pirate Youth Football, Vashon Youth Soccer, Vashon Youth Baseball/Softball, Vashon Youth Soccer, Vashon Lacrosse, Vashon Adult Softball League, and Vashon Island School District.

The capital campaign to raise the \$300,000 and begin to solicit professional service donations kicks off Friday, August 20th. Wine tasting featuring five local wineries, appetizers, and music by Corroero Aereo are part of the event to be held at the Sound Food Building, tickets are \$20

"We are trying to keep costs low for the event so that we can raise funds for the

fields. I was amazed at the support from local wineries, many of whom have been volunteering their time in youth athletics for decades" said Allison Shirk, fundraiser for the Vashon Athletic Fields. "I think it's perfect that now these wineries are helping kick off this event and I hope the community will come out to support it.

Maury Island Winery grows its grapes on the island and they don't have very many bottles available after the Strawberry Festival. It will be really special that they are able to come out and be there with their remaining bottles from last year and a few special bottles that are soon to be released. All of the wineries were happy to contribute and they should all be recognized for their contribution."

Vashon Park District provides recreational programming, parks, and facilities for community members of all ages. It hosts eighteen parks that provide a mixture of wildlife habitat, resource activities, trails, athletic fields, indoor community centers, and special purpose meeting and interpretive centers.

The programming at VPD supports active lifestyles that improve health and quality of life. Physical activity helps prevent disease; increasing physical activity reduces stress and improves mental health. Parks and trails are readily accessible and free of cost. They are found in a variety of attractive settings and can provide moderate or challenging activity for the widest range of people, including persons with disabilities, children and youth, the elderly and others who are known to be less physically active. Finally, VPD offers volunteer opportunities for community members to work together and share in meaningful activities, supporting a strong sense of community.

VPD's ability to carry out its mission is exemplified by its excellence in providing recreational opportunities for the community - including stewardship of its parks and facilities, focus on improving the quality of life for islanders, and strength of leadership. A top priority for VPD is the responsible stewardship of natural resources including trees, natural areas, native vegetation, and wildlife for both present and future generations. Natural history and interpretive information kiosks provide environmental education. Finally, Vashon parks have benefited from the high quality of park maintenance service levels by the use of qualified staff. Environmental protection is basic to every master plan in Vashon's constellation of parks.

Vashon Park District on line:  
[www.vashonparkdistrict.org](http://www.vashonparkdistrict.org)

Event Friday, August 20, 7-9pm  
At Sound food Building  
20312 Vashon Hwy, Vashon

Tickets are \$20, available at Books by the Way, Park District office (Ober Park) and at the door

## Island Epicure



By Marj Watkins

### Beating the High Cost of Eating

Chicken is still the meat that yields the most protein for the least money. Right now, fresh grapes are available, inexpensive as they will ever be, more healthful than the over-sprayed, long-traveled Chilean grapes on the market in winter. Four servings of this dish cost a little over \$3.00 to make. Though red grapes are the ones with anti-inflammatory and anti-oxidant resveratrol, green grapes yield many other ingredients that help keep your memory sharp.

#### SUMMER CHICKEN VERONICA

4 servings  
4 large chicken thighs or 1 chicken breast, boned and cut in 4 pieces  
Cooking oil spray or 2 Tablespoons light olive oil or butter  
½ cup diced onion  
1 teaspoon dried tarragon or 1 Tablespoon fresh tarragon leaves  
2 Tablespoons sherry wine or lemon juice  
Salt and pepper  
½ cup chicken broth or water  
1 cup green seedless grapes  
Rinse and pat the chicken pieced dry. Oil-spray your largest skillet or put a pat of butter or the olive oil in it and heat it until the butter bubbles or the oil shimmers. Brown the chicken on each side. That takes five minutes or less.

Push the chicken aside, or remove it from the pan temporarily. Stir fry the onion with the tarragon until the onion is semi-transparent. Add remaining ingredients. Reduce heat, cover and cook gently until the chicken is tender, about 30 minutes. Add the grapes and continue cooking about 10 minutes more, until chicken is very tender, but not falling off the bones if you used thighs. Grapes will be heated through and start to split.

There will be enough delicious but rather fatty sauce to thicken for ladling over

steamed brown rice. Or you can transfer the sauce to a wide mouthed jar, refrigerate it so that the fat comes to the top, congeals, and is easily removed. Return the defatted broth to the pan, bring it to boil and stir in cornstarch mixed with a little water, using the proportion of 2 teaspoons cornstarch to 1 cup of broth. Stir-cook until thickened and clear, about 3 minutes.

Remember that chicken skin contains a magic protein, cysteine, that helps you ward off colds and the flu. That's good to keep in mind as we move into fall and any kids in your life bring home germs and viruses from school.

My husband doesn't feel he's had a meal unless it contains potatoes. Usually we just zap a couple in the microwave, but that gets boring. As an alternative to rice, try the recipe below. Lemon and garlic flavored potatoes need only 15 minutes cooking on the stove top.

#### LEMON AND GARLIC POTATOES

4 Servings  
4 large or 5 medium size red, pink, or Yukon gold potatoes  
1/3 teaspoon salt  
Water to cover plus 1 inch  
2 to 3 teaspoons extra virgin olive oil  
2 teaspoons fresh lemon juice  
2 smallish cloves garlic, minced and mashed with back of spoon  
Black pepper to taste  
Cube the potatoes, skin on. (That's where most of their magnesium is, plus other nutrients). Rinse them to remove excess starch. Put them in a 6-cup saucepan along with the salt and enough water to cover them plus 1 inch. Bring to a boil, reduce heat to medium, and cook until fork-tender, about 15 minutes.

Drain the potatoes and return them to the pan. Gently stir in the lemon juice, garlic, and black pepper. Transfer to a serving dish. May be served hot, at room temp, or chilled as a salad.

Potatoes are an excellent source of potassium which offsets the acidic effect of eating meats, preserving calcium that otherwise would have to be drawn you're your bones.

Potatoes have a reputation as healers, too. The carbohydrate in them eases calms and helps you fall asleep. An old-timers remedy for a bruise is to put a raw potato on it. That's supposed to work better than beefsteak.

For sunburn, a raw potato lightly rubbed over the red, painful area is said to both take away the heat and ease the pain.

## 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](http://www.vashonchamber.com)

Email your cover letter and resume to [application@vashonchamber.com](mailto:application@vashonchamber.com)

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## Two Wall Gallery September Geo sapiens II, Geology and Art



Obsidian lamp, by Al Dahlstrand

Two Wall Gallery announces the upcoming exhibit Geo sapiens II, Geology and Art, to be shown during September, 2010.

About 35 geoscientists from around the world are represented in this show, which is a sequel to Geo sapiens I, held in November of last year. Each of the geoscientists relies upon his/her experience in the field and familiarity with the natural world to express connections with geology and the Earth, and to show reverence for the nature and structure of our planet. Works in many media are presented, including oil, watercolor, pencil, stone sculpture and mosaic panels, stained glass, photography

Deadline for the next edition of *The Loop* is **Friday, August 27**

(including microphotography), and even calligraphy and a lamp made from obsidian. Exhibitors hail from across the US, Canada, the UK, France, Italy, Australia, New Zealand, Japan and eastern Europe. This is quite literally the largest and most comprehensive collection of art works done solely by earth scientists and students of geology since Geo sapiens I, which was the first such attempt.

Be sure to catch this event because no future Geo sapiens shows are currently planned for Vashon. The next such event will be in May, 2011 at the annual meeting of the Geological Association of Canada in Ottawa. One is also being planned for the southern hemisphere, but Geo sapiens may not be coming back to Vashon anytime soon.

There will be an opening reception Friday evening, September 3, from 6 till 9 PM. Please join us and meet some of the earth scientists, several of whom will be coming to the opening from faraway places. For more information, contact Greg Wessel at

[TwoWallGallery@aol.com](mailto:TwoWallGallery@aol.com) or 206-250-2222.

*Cobbles, a drawing by Catherine Bohlke*



## Vashon Library Programs September 2010

### Toddler Story Time

Tuesdays, September 07,14, 21, 28, 2010  
10:40 AM

Ages 21 months to 3 years with adult. Enjoy a 20-minute program of stories and songs just right for toddlers. Registration not required.

### Preschool Story Time

Tuesdays, September 07, 14, 21, 28, 2010

11:30 AM  
Ages 3 to 5. Join us for 30 minutes of stories, songs and fun! Registration not required.

### Baby and Me Story Time

Wednesdays, September 08, 15, 22, 29, 2010

10:00 AM  
Newborn to 20 months with adult. A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver. Registration not required.

### Friends of the Vashon Library Meeting

Saturday, September 11, 2010

10:00 AM  
Join the "Friendliest" group on Vashon Island! We support the Vashon Library by raising funds that provide free programs for all ages, with our book,

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

### Great Books Discussion Group

Monday, September 13, 2010

7:00 PM  
The Great Books Discussion Group meets on the first Monday of the month, September through June. The selection for June is Jane Eyre by Charlotte Bronte. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

### ESL

Tuesdays, September 14, 21, 28, 2010  
6:00 PM

Adults  
Presented by Rebecca Cullimore, teacher. Come to Vashon Library for free weekly lessons in speaking English as a Second Language. Child care can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206-463-3153.

### Study Zone

Tuesdays and Thursdays, 3 - 7pm, beginning September 14th

Grades K-12  
Drop in during scheduled Study Zone hours for homework help from volunteer tutors.



# Quartermaster Inn & Restaurant

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We have several venues available for private parties, including the dining room of the Quartermaster Inn and the Sound Foods building.

## 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.

Check [www.quartermasterinn.com](http://www.quartermasterinn.com) for a complete schedule of entertainment at the Q

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# Lopy Laffs

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. The various appliances of old age, particularly the canes, walkers and wheelchairs, unfailingly intrigued her. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

With the recent heat wave - it so hot here that...  
The birds have to use pot holders to pull worms out of the ground.  
Farmers are feeding their chickens crushed ice to keep them from laying hard boiled eggs.  
The cows are giving evaporated milk.  
The trees are whistling for the dogs.  
I've been eating hot chilies to cool my mouth off.  
The temperature drops below 95, you feel a bit chilly.  
You discover that in August, it takes only 2 fingers to drive your motorcycle.  
You discover that you can get a sunburn through your face shield.  
You notice the best parking place is determined by shade instead of distance.  
Hot water now comes out of both taps.

I was driving around and around a parking garage in search of an available space. Nothing. Then I noticed a couple walking ahead of me.

"Going out?" I called to them hopefully.

"No," said the man. "Just friends."



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Join us and talk about your favorite books!  
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Great prices all night on all of our drinks!  
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## Espresso

Latte and Wisdom  
To Go

Come in and see us soon

Monday - Friday 5:30am - 3:00pm

Saturday 7:00am - 3:00pm

Sunday 8:00am - 2:00pm

17311 Vashon Hwy Sw

A minister delivered a sermon in ten minutes one Sunday morning that was about half the usual length of his sermons.

He explained, "I regret to inform you that my dog, who is very fond of eating paper, ate that portion of my sermon which I was unable to deliver this morning."

After the service, a visitor from another church shook hands with the preacher as he was leaving, and said, "Sir, if that dog of yours has any pups, I sure would like to get one to give to my minister!"

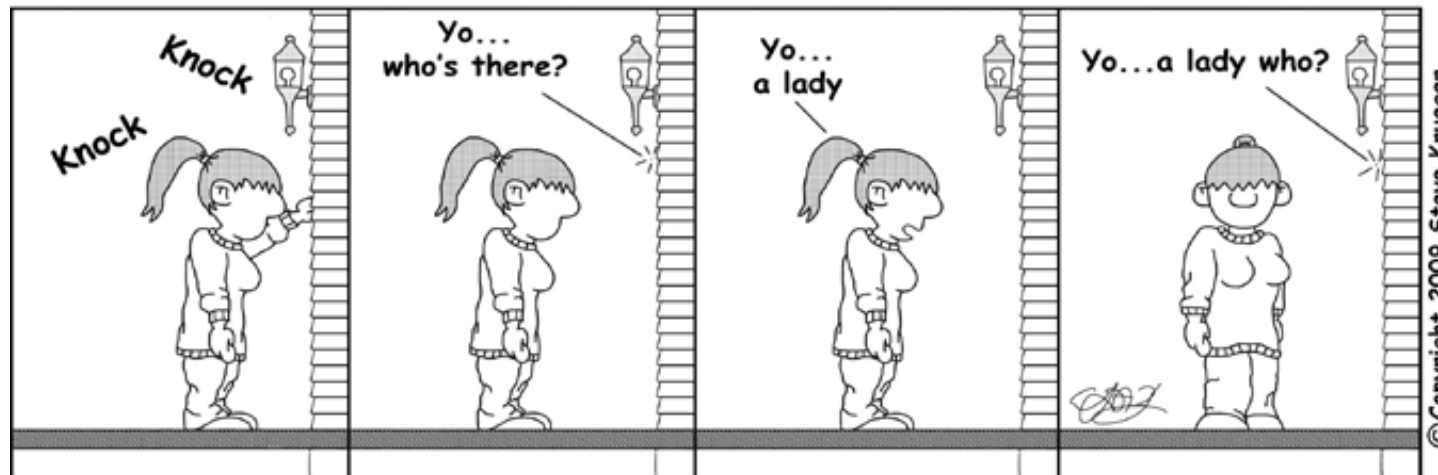
Two little boys were sitting on the dock talking. One turned to the other and said, "My grandfather has a wooden leg."  
The other little boy replied, "My grandma said she has a cedar chest."

How do you fix a flat pumpkin?  
With a pumpkin patch!

A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

What did the dust say to the rain?  
"If this keeps up, my name will be Mud."

## Moose Lake



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## V.I.P.S. VASHON'S CSI DETECTIVE DROIDS ARE STILL IN THE GREAT VASHON UNDERGROUND ON A RESCUE MISSION...



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## LOGJAM



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**Performing August 20-21  
Soul Senate**



Soul Senate is a 7-piece, high-energy, adrenaline-inducing, audience-oriented, original soul/funk party powerhouse.

Friday, August 20, 9:30pm  
At the Red Bicycle, 17618 Vashon Hwy  
www.redbicyclebistro.com



**May Stands Still - Acoustic Folk Pop**  
May Stands Still is a San Diego-born pop/folk band that has quickly established

itself and its sophisticated sound as featured performers on the San Diego music scene.

Friday, August 20, 7:30 pm. At Cafe Luna, 9924 SW Bank RD

**Fern Cove & Doseywallips**



Doseywallips is a garage pop 3 piece hailing from Seattle Washington. Specializing in hook-filled tunes with catchy sing-a-long choruses, they blend elements of country, roots, and a bit of punk into upbeat and engaging live performances.



Fern Cove formed in February 2010 at Fern Cove on Vashon Island, the result of the serendipitous meeting of three very good listeners, each contributing a unique and harmonious voice.

Saturday, August 21, 9pm  
At the Red Bicycle, 17618 Vashon Hwy

**Kathryn Logan (Lanusa) - Acoustic Folk**



Brooklyn, New York's Kathryn Logan (Lanusa) hits the halfway mark of her national tour at Luna. Growing up in Nashville, Kathryn spent a lot of time behind a sound board thanks to her father's sound engineering company.

Saturday, August 21, 7:30 pm. At Cafe Luna, 9924 SW Bank RD

**Clinton Feron on Quatermaster Harber**



Saturday August 21, at 6:30pm

Reagga Artist Clinton Feron will perform a top an Argosy Cruise ship in Quatermster Harber.

Feron will perform Just off Jensen Beach on

the Burton Loop at 6:30pm. The concert is free to all, sponsored by the Hardware Store Restaurant and Waterbrook Winery.

Clinton will play until 8:30pm as he entertains people from Dockton to Burton and around Quatermaster Harbor.

# Vashon Winery Folk Festival

Bring your picnic basket and your guitar to Vashon this August 21 and 22, as musicians from around the Sound relax in an ancient apple orchard on Vashon Island for two days of traditional, Celtic, and contemporary acoustic folk music. Performances span the musical spectrum at this third annual folk event at Vashon Winery.

In addition to a variety of wines and hard cider, non-alcoholic beverages and delicious locally-prepared food will be offered by island chef Paul Motoyoshi throughout the event. Parking is free and admission to the festival ranges from \$15 for the day to \$20 for the weekend. Children under 16 are free and students receive a discount.

The Vashon Winery Folk Festival began in 2008 with a handful of musicians and an orchard full of folks stretched out in lawn chairs and on blankets and young children chasing each other barefoot across the lawn. A good time was had by all, and a new tradition was born!

This year, the festival has expanded to fill two days with notable Puget Sound performers. Panel discussions begin at 10AM on Saturday and run until noon when the music starts. Performances end Saturday night with headliners Kat Eggleston and Kate Macleod on stage just after 6PM. The day wraps up with a campfire and BBQ.

The Festival has partnered with



Kat Eggleston & Kate Macleod



Mark Graham & Orville Johnson  
"The Kings of Mongrel Folk"

Vashon's famous Ranch Hostel to provide discounted camping and teepee accommodations for festival participants. Mentioning the festival when reserving will save guests 20%! In addition, Ranch Hostel will pick guests up at the ferry and will make two runs each way between the hostel and the festival - music lovers can leave their cars at home! Call 206-463-2592 for rates and reservations.

Sunday morning holds workshops for musicians from 10AM until the music starts up at noon. Seattle folk icons Mark Graham and Orville Johnson close out the weekend with what is sure to be a performance to remember at 4PM.

Whether you're an aspiring musician - there'll be plenty of open mic opportunities - a lover of acoustic music, or just a family that enjoys good company in an idyllic setting, come to Vashon to rest and relax for the day or the weekend at the Vashon Winery Folk Festival!

www.vashonwinery.com  
10317 Southwest 156th Street  
Vashon www.myspace.com/vashonwineryfolkfestival

## Big Band music fills Ober Park

By Janice Randall



Portage Fill photo by David Hackett

Two mega-groups team up for a grand finale of this summer's Concerts in the Park. Hear music from the 1930s and '40s, performed by Portage Fill Big Band and Vashon Island Chorale, both together and separately.

When Lou Engels and several other musicians formed Portage Fill in the late 1970s, they rehearsed at the Portage Store and thought the name would be a fun play on words. The name stuck and more than 30 years later, Portage Fill currently boasts 17 members: 5 saxophones, 4 trombones, 4 trumpets, guitar, string bass, drums and piano. Music Director is Tony Willing. Young VHS musicians often join the twice weekly rehearsals at Williams Heating garage.

"We're the ultimate garage band," says lead trombonist Jim Arthur. "I like playing this kind of music; it's especially rewarding when people are dancing, smiling and tapping their feet."

Portage Fill plays for weddings or special events/occasions and holidays.

Chorale's Artistic Director Gary Cannon has chosen music from Gershwin, Ellington and other jazz composers for

singers to perform along with the band. Established in 1989, Chorale is dedicated to the promotion of fine choral music and membership is open to all who are interested in singing great music, without audition. Chorale varies in size from 50 to 80 members from year to year. Skill levels vary from dedicated amateur to 'semi-pro' and professional musicians. They rehearse Tuesdays, 7:15 to 9:15 pm.

All ages are invited to enjoy this last free concert of summer. Bring picnics, and chairs or blankets and be prepared to dance if the spirit moves!

At Ober Park, Thursday, August 26 at 7pm.



Chorale photo by Mike Urban

## Heather's Homegrown Grill

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## From Island to Island

Continued from Page 1

Also, if anybody has any instruments that they would like to donate, then this would be the best way to get them directly into the groups hands..

Also, while in Cape Verde, the group will be performing at Festival Santa Maria, an international music festival, on the island of Sal. They will also conduct music workshops for local children and collaborate with local musicians. Cape Verde is an archipelago in the mid-Atlantic, off the coast of Senegal. Most of the islands' inhabitants are descendants of Portuguese settlers and African slaves, and this heritage is reflected in the diverse culture, music, and dance.

Publish The Quest's music is a combination of Groove Music and World Pop of some-kind and something else mixed and then decolonized; dance music melodies and powerful lyrics.. thumping bass, and stout snare shots coupled with sassy horns and some wicked guitar lines.

Band members Jacob Bain, Jeffrey DeMelle, Mark Oi, Samantha Boshnack, Izaak Mills, Adam Kessler, and Chris Poage will be traveling with Johnny Fernandes, director of Salt, an effort to preserve the musical traditions of a people whose daily struggle is to put food on the table. Salt is a project of A World Institute for a Sustainable Humanity (A W.I.S.H.), an international non-profit organization registered in Washington state that helps to provide models for solutions to poverty while fostering self-reliance.

Salt was established after Fernandes visited Cape Verde in 2000 where he saw incredible talent being overshadowed by poverty. "How can it be that such gifted musicians do not own any musical instruments?" said Fernandes. "What will happen to their musical traditions that have been passed down for generations?" The project's mission is to provide practical resources and training as part of a long-term approach to economic empowerment.

In 2005 Fernandes lead a successful trip with Quasi Nada, another Seattle band. On that mission they collected dozens of instruments that allowed the music school to be formally launched.

The group will be joined by Mell Dettmer, a music producer and engineer, and Shannon Welles, a photographer that is collaborating with Johnny on a book to raise funds for the project. TACV, the Cape Verdean airline, is assisting with travel, and the municipal government on the island is providing accommodation.

Friday, August 27, 7-10pm  
Paradise Ridge Park  
118th Ave. SW, Vashon  
\$15 donation.

## The Raggedy Anns & The Country Lips

Since his impulsive relocation from London to Seattle in Sept 06, lead singer/songwriter Tom Beecham has watched what began as a friendship in a music class with bassist Austin Jacobsen evolve into what has become, not only an energetic five piece gypsy swing driven rock n' roll band but also a professional touring band actively playing functions from weddings and wine tastings, to steady bar gigs; and then loosening our ties and rocking the dive bars and house parties afterwards.

With the addition of Calvin Havnaer on guitar, soon followed by the recruitment of Tony Moore on trumpet and clarinet, and most recently Garrett Lunceford on drums, our project had evolved into the outfit that has become known as The Raggedy Anns.

Being fans of American roots, klezmer, gypsy swing, 60s pop and British rock, we've found that our style allows us to amuse ourselves with the rampant folly of jangly old-timey fun whilst applying that to contemporary pop and rock, winning the enthusiasm of both young party goers and old music lovers alike.

Over the years, our unsigned band has accomplished a strong following of regular gig goers, completed three self-sustaining tours of America, and independently released our debut album winning over fans like KEXP music director Don Slack resulting in our songs being granted regular radio play on local airwaves here in Seattle.

We're working on expanding that reach with your help. Thank you for taking the time to read this! We hope you enjoy our music.

I give you, One Limey Skank and Four Dirty Yanks more commonly



known as The Raggedy Anns! The Country Lips are a "Six piece country band influenced by such country greats as Patsy Cline, Willie Nelson, Johnny Cash, Bob Dylan, and The Band play a mix of country classics and their own originals." ....

Opening up for the Raggedy Anns will be The Country Lips, a six-piece country band influenced by such country greats as Patsy Cline, Willie Nelson,



Johnny Cash, Bob Dylan, and The Band play a mix of country classics and their own originals." All-ages 'til 11pm, 21+ after that. Free cover!

Saturday, August 21, at 9pm  
At Red Bicycle Bistro & Sushi,  
17618 Vashon Hwy, Vashon Island  
206-463-5959  
www.redbicyclebistro.com

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## Garth Reeves

Spending the last two years in Brooklyn, NY, Garth and touring partner Satchel Jones just released The Blackbird Pies Sessions, a collaborative effort recorded in their respective Brooklyn apartments. Recorded on four track with whomever and whatever was around, The Blackbird Pies Sessions explore their own vision of American music and culture through haunting original songs and slices from the American canon. (www.myspace.com/theblackbirdpies)

Garth Reeves' (Blue Spark, Goodness) album Nothing But Time was made using analog tape, an old Trident board, and a tight knit group of Seattle musicians (Jason Staczek, Pete Droge, Rob Brill, Jeff Fielder, Andrew McKeag, Carrie Akre, Danny Newcomb, and Dan Tyack, and others). The result is a stunning and emotional record deeply rooted in tradition. Although Nothing But Time is technically Garth's first solo album, it's his third as band leader, following up two successful albums with his Seattle-based Blue Spark.

From 1995-2000, Garth played in one of Seattle's best-loved bands, Goodness (Lava/ Atlantic, Sony). Garth formed the roots-rock band Blue Spark in 1998 as an outlet for his own songs. Blue Spark toured the Pacific NW, opening for The Jayhawks, Bobby Bare Jr., and Chuck Prophet, releasing two albums along



the way, 1998's Transmitter and 2002's Venus, Meet the Moon. Blue Spark was nominated in the Americana/Roots category for the Seattle Weekly's "Best of Seattle" issue in 2003. All-ages show 'til 11pm. 21+ after that. Free cover!

Saturday, August 28th 9pm  
At Red Bicycle Bistro & Sushi,  
17618 Vashon Hwy, Vashon Island  
206-463-5959  
www.redbicyclebistro.com

## Max Needs A Home...



This big, happy mastiff is very affectionate and loves to kiss! He loves to swim, is great in the car and fine with children and cats. Just over a year old, Hercules is playful and puppy like, and will keep you laughing and loving him for years to come. If you would like to meet Hercules, contact Vashon Island Pet Protectors at 206-463-0941. There is a \$125 adoption fee. Vipp# 379-10

**Go To [www.vipp.org](http://www.vipp.org)**  
**Click on Adopt**

## Save the Date!

All are invited to come aboard, pull up anchor and "Cruise Into the Arts" to support arts and artists in our community at Vashon Allied Arts' annual Art Auction extravaganza.

Friday, September 24, passengers will "Rock the Boat" bid on fantastic art and experiences in the silent and live auction line up and enjoy a delicious chowder buffet.

Then join us at the "Captain's Table" Saturday, September 25, for an elegant evening; enjoy a scrumptious salmon dinner and incredible live and silent auctions. Each night also features an entertaining voyage of oom paa paa's from the harmonium and comedy pandemonium that is Lelavision! The Hardware Store Restaurant will cater dinner both nights.

The Annual Auction is one of the most fun events on the Island and money raised stays on the Island to support our arts and artists. The annual Art Auction serves as a showcase for Island artists who donate original works to help raise money for scholarships,



artist commissions, instructor fees and operational support for education and development of artists of all ages. Special thanks to this year's sponsors: Puget Sound Energy, John L. Scott, Thriftway and Boeing.

Save the Dates:

Friday, September 24, 5:30 pm

Saturday, September 25, 5:30 pm

Location: Cruise Boat Tent at Blue Heron Art Center  
Tickets: \$45 Friday/\$120 Saturday  
Tickets may be purchased at Blue Heron Art Center, by calling 463.5131 or online at [brownpapertickets.com](http://brownpapertickets.com)  
Info: Call 206.463.5131 or go to [www.VashonAlliedArts.org](http://www.VashonAlliedArts.org)

### Vashon's Yellow Pages on line.

Find it on

[www.VashonPages.com](http://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](http://www.VashonPages.com)

## Next Edition of The Loop Comes out Thursday, September 2

Deadline for the next edition of *The Loop* is

**Friday, August 27**

## 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.

Cost is \$300 per day- 8 hour day - \$40 per hour  
This includes free fertilizer  
To figure how long a job can take please send us how big an area... or T will come look. 206-463-9113 or wolfstown@centurytel.net

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## PANDORA'S BOX

Well, Buddy has actually arrived and settled in very well. He's charming and handsome and taking his store duties very seriously. Come and say hello, and watch for his Facebook page and sign up to follow him on Twitter. Yep, we're making mom join the 21st century. We also have a new cash register with scanner!

**Buddy's Pick of the Week:**  
Well, all the beds actually...he's slept on all of them in an effort to provide good consumer product testing. New to the store are some lovely cat toys he would like you to come see.

**(206) 463-3401**  
\$8 Nail trimming with no appointment  
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

**Share office suite & waiting room**  
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Submit your Event on line at [www.vashoncalendar.org](http://www.vashoncalendar.org)

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[www.vashonislanddayspa.com](http://www.vashonislanddayspa.com)

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