



VASHON

THE LOOP

Vol. 7, #18

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 2, 2010

Seeing the Fruit of my labor

By Maridee BonaDea

When the second literacy serious held their graduation ceremony thirty five Malians received certificates. They learned adding, subtracting, multiplying, the metric system, reading, writing and some even wrote poetry. The mayor and the prefect (kinda like a county executive) came to the ceremony. I gave a speech in French. In the middle of the ceremony the Mayor presented me with a banner that read in Bambara "Kori de la pe Sababula Kucala boloa baara law ya kalan soro. Which means Peace Corps works with artisans of Koutiala.

The same week Koro, Malian counterpart and I did math together. We were going over the cost of some new products for pricing and sales calculation. There have been many times in the past months that I tried to facilitate tracking expenses, reassessing prices, and just crunching the numbers as a routine business practice. Little did know of Koro's limited math skills but since the literacy formation she takes an interest in numbers.

When I first arrived here in Koutiala I saw so many things the Bogolan Association could do to improve their business. In the last several weeks many of these have been implemented successfully. There were things like pricing, product development which included new motifs, colors, products, and marketing; business practices such as calculating the price of raw materials, product pricing and sales calculations, just to name a few.

Last week Peace Corps held an In-service Training Session (IST). Koro spent several weeks preparing new products with all the skills she has been developing over the last year and a half. This included new designs, new patterns and new colors. A lot of these skills were acquired during the bogolan



A bogolan banner is presented by the Mayor of Koutiala to Maridee BonaDea

training in Segou (which is known as the bogolan capital of Mali). We were going to the IST with this product debut for Peace Corps volunteers to browse, buy and give feed back for improve. We didn't sell as much as we wanted to but you never do, do you. Koro did get some good feed back manly on quality control.

What I didn't know then that I know now is that no one in the Bogolan Association knew much math. As a Small Enterprise Development volunteer I did get some training in Illiterate Bookkeeping which seems like an oxymoron. Now that most of the Bogolan Association has gone through

two of the three series in the Literacy program they now know what we in the States would call basic math.

At the ceremony for the Literacy II class all of this came together for me so when the mayor presented me the bogolan banner I got so emotional I had to hold back the tears because tears just are not appropriate in public here in Mali. I am going to miss everyone here so much as my time here is almost at an end.

I am coming home in November so my time is short. Hope your having a good summer there on Vashon.

Quartermaster Inn Announces Changes

Troy Kindred and Marie Browne, owners of the Quartermaster Inn & Restaurant in Burton, announced a major change to the restaurant. After Labor Day the restaurant will be open for breakfast, lunch and dinner on Fridays, Saturdays and Sundays through the winter months. Last fall and winter they learned that winter business dropped so dramatically mid-week that it just did not make sense to be open for regular lunch and dinner service. The good news is that these limited hours will allow them to put on more special events, and make the Inn available for private parties and events.

"We are really looking forward to having the time and energy for putting on some fun events all winter long. We have lots of ideas, all of them involving food, wine, music and friends," said owner Marie Browne.

There are several things already planned for September. First, on September 3rd it's First Friday Art Walk featuring the art of Will Forrester, music by Alison Shirk, and wine tasting by Ron Irvine.

On Sunday, September 5 favorite Island musician Steve Amsden will be at the Q for a foot stompin' slightly irreverent gospel brunch. Praise the lord and pass the Bloody Marys! In the evening, the talented and funny Pat Reardon plays sing along hits during the dinner hour.

Wine lovers will have another opportunity to enjoy great wines on Thursday, September 16, when Ron Irvine and Mardi Ljubich

Continued on Page 10

Only On Vashon

Thirteenth in a series

Barnyard Sounds

By Peter Bond

Just days ago I was working on a story about what instruments certain languages sound like. Doing the column about my German lady friend, I'd noticed that her voice ascended and then plunged with her native language, like a trombone (a friend says it's more like a Tuba). That got me to thinking about what other languages might be as instruments, and I came up with English as a clarinet, Spanish as a guitar, French as a flute, etc.

This week my life is all about barnyard sounds, as I have just moved to a farm. There's a symphony for you, a cacophony of otherworldly cackles, wails, grunts and bays.

My first night I was jolted up at 2 AM to Dad! Dad! Dad!, which was strange since my son left home several years ago. Nonetheless somebody was bellowing for me from outside, and in the spirit of formulaic suspense films, which always seem to take place on stormy islands with no way out, I peeked through a window expecting to see a ghost. Instead, there was a very large sheep, a mutant sheep, shelving any quaint notion I might have had about the cute bah-bah sounds they are supposed to make.

In fact the farm animals in my new area are quite the dispellers of nursery rhyme myth. Geese, for instance, do not just go honk-honk, but can make a sound much like glass shattering, or your girlfriend when you throw her off the dock into freezing cold water.

Chickens often make whooshy sounds like fireworks between the ignition and the explosion, horses megabelch, goats

whine, ducks yelp. Even my dogs have surprised me on the farm, producing bizarre new octaves depending on their location relative to the geese.

One morning we all awoke to a strange deep bark in our yard. My dogs recognize the barks of their housemates, and will generally ignore it when one or the other is getting worked up about something, unless it's a stranger arriving. But this time the bark was foreign and of course that makes the pack go ballistic.

There was an interloper! A canine intruder! And in our yard!

So off they went in a fierce tizzy, me right behind them to spare the neighbors. This was a big deal, that foreign woof was nearly downstairs, so the beast had infiltrated right up to the front door. What audacity! What cojones! What folly!

But wait. What did we have here? We screeched to a halt at the foot of the stairs as we came face to face with our nemesis.

Peering through the door glass was little Nicky, the four-month-old pup. He was proudly showing off his new bark, no longer a high-pitched puppy yap. His voice had changed overnight. And his face and tail seemed to show he knew it, that he was one of the big dogs now.

If a dog's voice were an instrument it'd be a drum of course, and Nicky's would now be a bass drum.

Next issue: Spandex Island
Peter@vashonloop.com



Preview Party



By Janice Randall

All are invited to come aboard, pull up anchor and Cruise Into the Arts to support Vashon arts and artists in our community at VAA's annual Art Auction extravaganza. The fun begins at 6 pm, Friday, Sept. 3, when Blue Heron Art Center swings open its doors for a free party and preview of more than 100 art pieces, experiences and fabulous silent auction items. Mingle with artists, friends and neighbors at the biggest gallery opening of the year! It's also a great opportunity to find your favorite piece of art under \$600 for the Silver Raffle. Taste of Vashon will serve up scrumptious delicacies from Island eateries and libations will be plentiful.

Auction begins Friday, September 24, with entertainment extraordinaire

Continued on Page 11

Todd Zimbergs Long Lost ...



Todd Zimberg, Micheal Gotz and Keith Lowe bring some cool Jazz to the Red Bike! Long Lost Island drummer Todd Zimberg will reunite with two of his closest musician friends, guitarist Michael Gotz and bass player Keith Lowe. Last year, this trio blew everyone away at the Red Bike. It should prove to be another great a night of jazz, rock and blues.

"We have been looking forward to playing together again for a long time, Keith and I worked together with Duffy Bishop and with other blues artists. Michael and I went to Alaska with Maggie Laird in 1989 and we played

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Get in The Loop

Submissions to the Loop

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

Vashon Bookshop Events

First Friday Art and Music for September 3

7pm at Vashon Bookshop
Art: Barbara Gustafson's Handwoven Colonial-Style Baskets on display all month

Performance: Open Mike Literary Reading by the girls in Merna Hecht's summer writing workshop: "The Write Sisters."

Friday, September 10

Islander David Smith will be speaking at Vashon Bookshop at 7:00 pm about the making of his book, "Javanese Antique Furniture and Folk Art." Owner of David Smith & Co. in Seattle, David will also talk about his extensive travels in Indonesia while building one of the most noteworthy collections of Javanese antiques and folk art in the world. Please call 463-2616 or visit vashonbookshop.com for further information.

Compost the Loop

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

Vashon's Yellow Pages on line. Find it on

www.VashonPages.com

Kronos, Polouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House, Vashon Business Info
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PLEASE REPORT LOCAL WHALE SIGHTINGS
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Vashonorcas@aol.com

Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats

vashonorcas.org

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Salmon Chanted Evening

Join us for Salmon Chanted Evening. A community celebration of our land & waters. Saturday, September 11th, 5pm at Fisher Pond

An Evening under the stars featuring a wild Salmon BBQ wine & beer, dancing to music by Waterlogged and strolling around Fisher Pond.

Tickets \$30/\$100 Patron, kids (12 and under) free *Tickets \$40 after 9/3. Purchase tickets at Land Trust Office, Books by the Way and Vashon Bookshop.

Ticket price includes a complimentary glass of wine or beer. For more information contact the Land Trust at 206-463-2644 or visit

www.vashonlandtrust.org

Transportation Meeting

There will be a Transportation Meeting devoted to King County Ferry District and Metro topics on 9/23 at 7 pm at McMurray Middle School multi purpose room or next door. Guest presenters will be Jan Drago - KC Council Rep, Hank Myers - KC Ferry District, Doug Johnson - Metro Planning, Scott Davis - KC Marine Division and Lauren Smith- KC UAC rep. I don't know if Chris Arkills, KC Exec Transportation will be attending yet.

All of this ties together with our concerns regarding WSF continued level of service as well. Please bring your additional transportation concerns as well pr contact me beforehand so that I can put them on the list.

Some of the topics/concerns would be of interest and we would like explore together are:

Metro connectivity to PO Boat and car ferry

- Chris Arkills told me that Vashon has the most expensive route in King County and it got us thinking what the effect would be if the 118 and 119 did not board the ferry?

- Could KC save money by NOT boarding the ferries but establishing a small bus yard on Vashon? Money saved? Better service on island?

- Could the money be used to help support visitors and tourism on the island by providing limited service on Sundays?

- Emergency response to probable prolonged WSF two-boat schedule due to severe maintenance problems over next several years (until 144's built)*

Future of King County PO boat

- Explain what happened to the tax increase for KCFD and it's partial withdrawal to pay for Metro bus service

- 7:10 am and 5:30 pm overloads

- Continuation of service

- Possible expansion of service (just asking!) due to viaduct/99 construction, etc.

- Emergency response to probable prolonged WSF two-boat schedule due to severe maintenance problems over next several years (until 144's built)*

ADA issues

- ADA issues getting people to dock on both sides of water. What would impact be if 118 or 119 did NOT drive to front of dock at Faunteroy?

- Would 5 minute earlier arrival be possible so people didn't have to run for ferry at Faunteroy?

* Estimated 250 cars minimum will be left on dock at Vashon if on a two boat schedule. That means possible 250+ people needing to rely on public transportation to get to work.

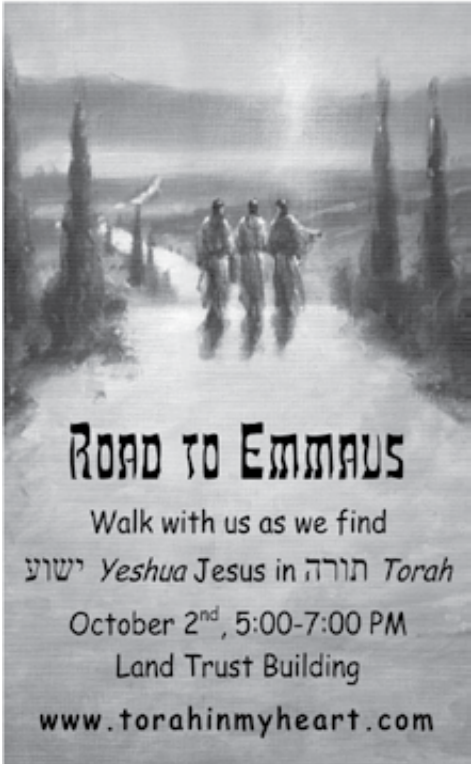
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Got Questions? KCLS Has Answers!

Though the Seattle Public Library is closed, the King County Library System is open as usual from August 30 through September 5.

So, if you're eager to get answers to your questions—or just to find a book, magazine, or new music to enjoy--turn to the King County Library System: online at kcls.org

Both library systems will be closed for Labor Day on Monday, September 6.

Next Edition of The Loop Comes out Thursday, September 16

Deadline for the next edition of *The Loop* is

Friday, September 10



HOME TEAM REALTY

Troy and Marie Have Incredible Listings

Call us if you are interested in seeing any of these properties, or any others that are listed for sale.
We can be reached at 206.463.LIST (5478)

4.3 Majestically Forested Acres

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Majestically forested land featuring Douglas fir, western red cedar, western hemlock and red alder awaits your peaceful and private dream house. Mostly level, with some gentle slopes. Currently in forest stewardship plan with a 10,000 sft area set aside for building. Excellent county maintained dead end road ensures easy access while maintaining privacy. Fully fenced, with water available from existing well. Owner will consider financing.

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The Great Awakening

Church of Great Rain Rocks the Red Bike with a Revival

Are you feeling weighted down by summer’s many transgressions? Do you need a little laughter to assuage your guilt? The Church of Great Rain is opening its doors to sinners far and wide for a “best of” revival at the Red Bicycle on Sunday, September 12 at 7pm.

Church of Great Rain, Vashon’s very own comedy/ music variety show, is led by the Right Reverend Hunter Davis and the Holy Roller Radio players with the Church House Band providing divine backup. Their mission: To inspire belly-deep laughter in parishioners.

Inspired by Prairie Home Companion and Monty Python, the sho++w sheds light on the absurdity of everyday life on Vashon and beyond with sketches written and performed by some of the rock’s wittiest talent.

Greg Parrott, Church producer notes that this revival celebrates our third season of full-on religious fervor for the Church. “By our end-of-season show last May, we were filling the O Space. It’s a new twist on the variety show theme, and people have really responded well. We’re hoping this season to take it to a new level with more sketches online through Facebook and YouTube.”

The Church of Great Rain originally found inspiration through music. The Church Band was formed in 2007 by Greg Parrott and Frank Hein, of folk rock duo Great Rain, following an invitation from Vashon Island music promoter Pete Welch to perform a monthly Sunday night gig at The Red Bicycle. Great Rain had been hosting jams at their Lisabeula studio every Sunday morning with a gaggle of island musicians - a gathering they jokingly referred to as ‘church’.

Church was moved to The Red Bicycle for ‘evening services’ once a month and incorporated sketch comedy and variety with the vision of becoming the Northwest’s answer to A Prairie Home Companion - with a Monty Python



twist. The result is Church of Great Rain, the music / comedy / variety show that has taken Vashon Island by storm, now drawing near capacity crowds at Open Space for Arts & Community.

The cast includes Cindy Hoyt, David Godsey, Jim Farrell, Jeff Hoyt, Lyn McManus, Jeanne Dougherty, Karen du Four des Champs, Mik Kuhlman, Jon Whalen and Janet McAlpin. Church House Band members are Greg Parrott, Adrienne Mildon, Doug Ringer and Fletcher Andrews with frequent appearances by legendary Vashon music icon John Browne.

Whether you’re an evangelist (unable to miss a single performance and bringing in new converts for every show), a backslider (feeling shameful for missing out on a show or two last season), or somewhere in between, this revival is sure to awaken your silly side.

Cover is \$8 for adults and \$5 for kids at the door. This show is rated PG-13 so parental guidance is suggested. For more information about Church of Great Rain go to

www.churchofgreatrain.com.



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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



Treatments for pain and conditions
non responsive to other modalities.

STAS KUDLA N.D. L.Ac
Vashon and West Seattle
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Vashon Deportation Law Headed For Vote

Is Vashon Too Weird? By Peter Bond

Backers of a controversial measure to rein in Vashon’s weirdness have produced enough signatures to put the measure to vote on November 2nd. The law would establish Vashon Island as a private community with a governing board, similar to an HOA. This board would have the authority to question persons on specific weirdness hotspots, and judge whether they are “too” weird, according to a chart. If judged “too” weird the person(s) could then be fined and/or deported off island.

For instance, if your ten-year-old daughter enjoys skinning roadkill as a hobby, you’d be automatically charted as weird, just for giving birth to her, but if you simply name your kids after characters in The Lord of the Rings trilogy, you might qualify for arbitration.

The campaign was the brainchild of local activist Amber Waves, who found herself one day sitting next to a woman at a café who demanded Water Rights!

“I simply ordered a glass of filtered tap water, and the woman beside me went ballistic,” Ms. Waves told us in an exclusive interview.

“She said all living organisms have a right to live, and that I was messing with the universe’s natural order of things. She claimed I might be killing the very organisms that the universe intended to cure cancer! Or Republicanism!”

“I didn’t know what to say so I looked away, around the café, at the other patrons. And the room was full of men in handlebar mustaches. It was like being in a 70s porn flick, or a civil war battle reenactment.”

“That’s when I knew enough was enough. Vashon was finally getting too weird.”

“I’d already spent the morning dodging the guy who rides his pig to work and visiting a friend who trained her pet raccoon to brush her hair, so I

was ripe for a meltdown. And it seems I’m not alone here.”

Indeed, the measure has divided Islanders. While many locals are trading in their “Keep Vashon Weird” stickers for “Vashon is Too Weird” stickers, an equal number of islanders can be seen sporting “Proud to be a Vashon Weirdo” T shirts.

We also spoke to the Honorary Mayor, who said she opposed the measure because Vashon has a long history of weirdness.

“We were settled by the weird and super-weird, “ she said, “it’s in our blood. I mean those were people who arrived to find thick forests of gigantic Fir trees and decided it would be a great place to farm!”

But Ms Waves doesn’t see bigotry here. “Look, I’m half weird myself. My dad was really weird, so this is not about hating. But the sheer volume and levels are overwhelming Vashon, and many of us are just weirded out!”

Some local businesspeople feel if the law passes the population of the island could drop by half, or more. Others are scratching their heads at just what should be considered weird on Vashon. In such a skewed environment could it not be said that what is “weird” elsewhere is not weird here at all, but the reverse? Some folks have even proposed a challenge measure to discharge anybody “not weird” from the island.

“Then we’d really have a situation, Mayor Thea said. We’d be ghettoized, like McNeil Island or the Island of Forgotten Toys. Do we really want that?”

“It’s probably unconstitutional anyway”, she continued. “And I’m embarrassed at the national publicity this has brought to our island. It just feels weird. Doesn’t it seem weird to you?”

Reporting from Burton,
Peter Bond.



17618 Vashon Hwy SW
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Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

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

Live Entertainment Weekly

September 3, at 9:00pm
The American Night
The Doors Tribute

September 10, at 8:30pm
Todd Zimberg’s Long Lost...

September 11, at 9:00pm
Gargo Jam

September 12, at 7:00pm
The Best of
Church of Great Rain

September 18, at 9:30pm
Jon Whalen & Azure Knot

See our schedule on our Website
www.redbicyclebistro.com

Island Life Of Chicken and Cow

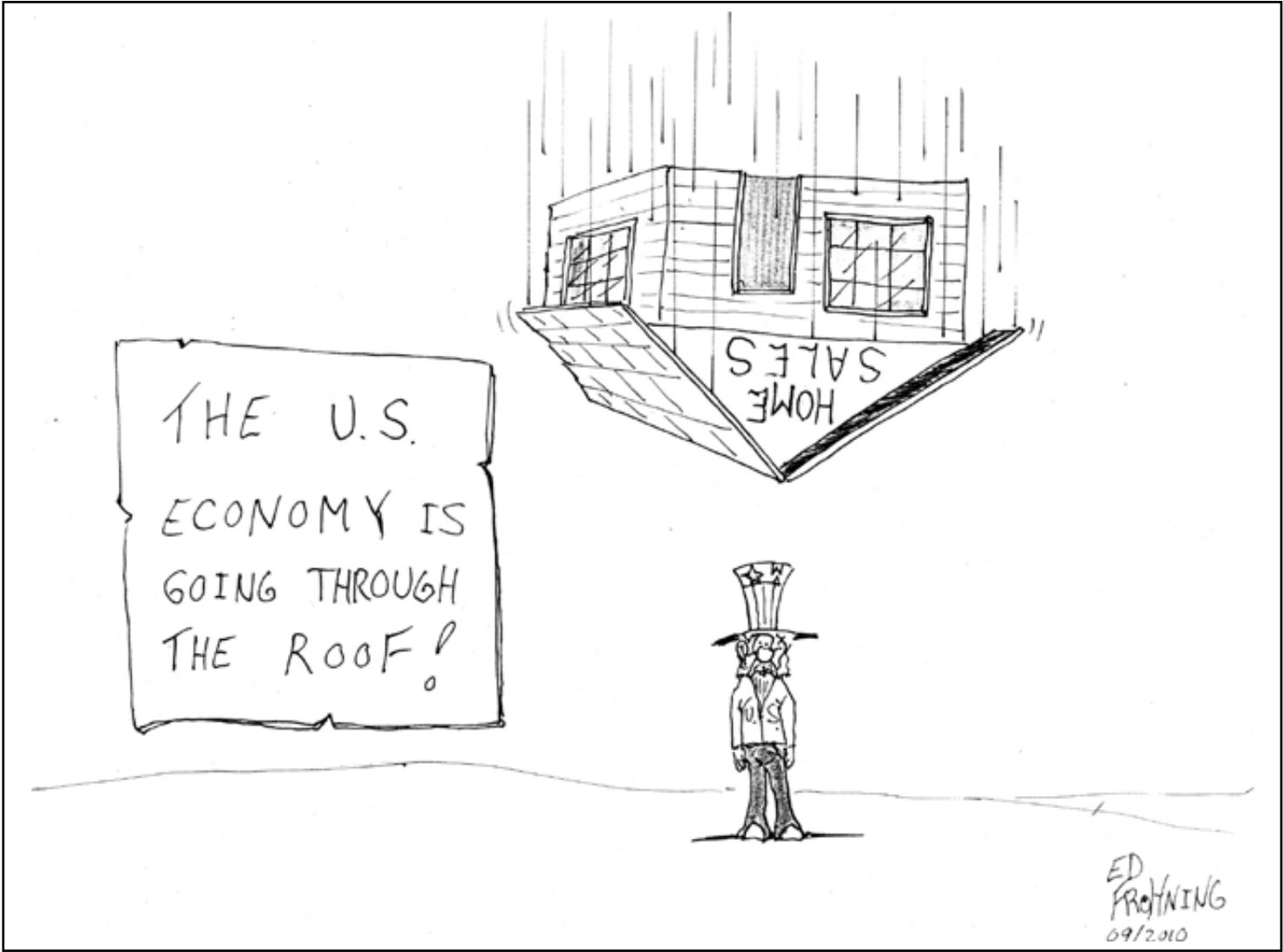
by Peter Ray

I was listening to a story on a Not Particularly Relevant (at least not anymore) radio station the other day. It promised to look into the secrecy behind a privately held, large, food-oriented American corporation. This earnest investigation did not take on the shadowland dealings of Monsanto or Archer Daniels Midland because, well, they are NPR sponsors and we can't piss off the paycheck-writers, can we? No, instead we got a rather benign and nowhere look into that looming menace on the horizon- Trader Joe's. For some reason, this and the Susan Stamberg puff piece that followed all got me thinking about the etymology of a term that seems to describe most news items we are forced to deal with in pretty much any mass media situation, and that term of course would be: a cock and bull story.

While it has been said that the truth is out there, the truth actually is that one has to be careful, and extremely skeptical, as to what one accepts as the real, final word in truthiness. As I typed that word- truthiness- I expected it to light up in spell check red- it didn't. Apparently the Colbert Nation has infiltrated our language more than we might ever know. In looking into the origins of cock and bull, we find ourselves first in Stony Stratford, Buckinghamshire, England in the 1600's (instead of on the Comedy Channel with Mr. Colbert). And as this story goes, we can watch as a local tale is told at the public house called The Cock. And then, in the process of traveling across Watling Street to the pub known as The Bull, the story becomes embellished and twisted through the wonders of the essence of John Barleycorn and the machinations of the human mind. In grade school we used to call this the telephone game, but that doesn't have the same ring as cock and bull story, and they didn't have phones back then, let alone all those crazy apps. While one could fairly easily imagine the same thing happening here, it would seem that a Sporty Bike story just wouldn't catch on in the greater lexicon of the English language, but then again, who would have ever thought that "I tweeted" would have come to mean what it does today?

If one reads on, however, it turns out that this tale of origin may just be another cock and bull story, and that it was the French term, du coc a l'ane, that was more likely the genesis of this colloquialism, with its apparent (I don't parlez vous) literal translation being- "from rooster to jackass" -which seems a bit more on the mark. Where is John Ciardi when you need him? Besides the fact that he's dead, explaining the meaning of words, let alone the events that shape our lives, all seems to be a concept that is irrelevant and anathema to NPR's purpose these days. So where does one go for the truth now? What I find to be both humorous and sad is that the biggest truths can be found only on the Comedy Channel. One of my favorite sources, and the partial inspiration for this rambling, is the wit and perverse wisdom that one can glean from the gang at South Park.

The episode I had in mind was a parody of the movie The Cove, where the twisted minds of South Park creators Parker and Stone had ninjas making random attacks on the Seaworlds of the world in order to slaughter the dolphins and whales in residence there. Being upset about this, the boys of South Park decided to go to Japan and ask why this was happening. (Interesting concept, asking the source.) What they found was that- spoiler alert- the U.S. government had sent the Japanese government a picture of the Enola Gay on its way to bomb Hiroshima, and in the cockpit was, of course, a dolphin and a whale delivering the payload to its target. This, of course, deflected all blame for the bombing to the aquatic evil-doers, and was why the revenge slaughterings of their brethren and sistereen had to continue. What the boys decided to do to remedy this situation was to, of course, shift the blame. To this end they turned to more photo-trickery and came up with their own photo that showed a chicken and a cow in the bomber's cockpit which, of course, immediately shifted the slaughtering to milking barns and chicken



coops everywhere. It's amazing, that power belonging to a cock and bull story, but only in Cartoontown, right?

There was that story in the default world about a little problem at a prison known as Abu Ghraib where a bunch of grunt-class military personnel rewrote the protocol for handling prisoners of war because they could, and you just can't find good volunteer help these days, at least that was the word over at the Cock. And then there was that little matter of some oil, nobody is really sure how much oil, that spewed into the Gulf of Mexico for forty, or a hundred- nobody knows for sure- days and nights and became the worst environmental disaster in U.S. history, and then it all went away, but not before we learned that BP was not to blame after all, it was Obama's Katrina- whatever that means. So he (Obama) decided to get out of town and go to Seattle where a float plane, whose pilot had missed the restricted airspace message, sparked an alert that resulted in a sonic boom that shook the Minglement I was standing in at the time. But wait. A small plane off course resulted in two F-15 fighter jets traveling from Portland to here in about six minutes, while on September 11th 2001, four commercial aircraft went off course almost immediately out of Logan International Airport in Boston and nobody noticed and/or did anything? The accounts of that day keep being recounted to the point where we just don't know if it was a dolphin or a whale flying Flight 93, and nobody has come up with a good reason for the collapse of Building 7- Google it and see. Or instead, you could just fret over whether Bristol Palin might twist her ankle when she steps up her game on ABC's Dancing reality doodah. Why did the chicken cross the road? Well, you see, this cock and this bull went into a bar...

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

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THE DORSAL SPIN: Seal Sermon

By Orca Annie Stateler, VHP Coordinator

"Dear Vashonites: Cute Baby Seal here. In late summer, you may see my mother giving birth to me on an Island beach. Perhaps she looks sick or hurt to you; far from it, she is engrossed in the miracle of life.

Soon after I am born, I will rest on a beach, raft, or boat ramp. Do not be alarmed: I am waiting for my mom to return from hunting. If humans or dogs are near me, she will not come back. That could be the death of me -- do not scare off my mother!

Humans cannot parent me as well as my seal mom can. Mom will abruptly wean me in a mere three to four weeks, so I have precious little time with her to learn the basics of how to survive as an adult harbor seal.

I will appear awkward and tentative when I reach "weaner" age; I will likely haul out in some strange places, such as the boat ramp by La Playa Restaurant. No leftovers, please! If in doubt about whether something is wrong with me, call Orca Annie. A phone call can resolve many situations, without upsetting my mother or me. Now, I need a nap, so I will let Orca Annie finish writing this."

Harbor seal pupping season is July through September in central and southern Puget Sound. Concerned Islanders are calling us about baby seals hauled out on local beaches, ramps, stairs, and decks. Most seal pups on shore are not abandoned or ill.

Hauling out is normal pinniped behavior. Seals and sea lions must do it everyday. Pinnipeds come ashore to rest, thermoregulate, mate, give birth, nurse young, and molt. In urban Puget Sound, pinnipeds resort to using manmade structures and even large marine debris because shorelines are often unnatural and highly developed. Odin and I have seen tiny seal pups clinging pitifully to floating driftwood and styrofoam chunks.

Mother seals leave their pups on land when they go hunting for food, sometimes for many hours. It bears repeating that humans and dogs hovering nearby deter the mother



from returning for her baby. Moreover, frightened seals will bite and they can transmit diseases to dogs and humans.

Alarmingly, pup mortality is 50%. Disrupting feeding and maternal bonding further jeopardize pup survival. When well-meaning but ill-informed humans interfere with natural behavior by attempting to "rescue" seal pups who are not in distress, the wee waifs inevitably go to wildlife rehab centers where they face an uncertain future. Humans are poor substitutes for seal moms.


Disturbing marine mammals is a violation of the Marine Mammal Protection Act (MMPA). Disturbance occurs when people impede a marine mammal's ability to hunt, feed, rest, breed, communicate, socialize, or care for young. Report egregious harassment or harm to NOAA Enforcement at 1-800-853-1964.

Newborn seals look adorable and helpless on land, but resist the urge to touch or feed them. Do not try to move them, put blankets on them, pour water on them, or put them in a car or bathtub (I kid you not). Stay at least 100 yards away from pups on shore -- respect their space.

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. Check for updates at Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.


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Summer's Over: Back to School

by Rochelle Gravance

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Did we even have one? I mean summer. Seems like we went from winter to fall in one fatal swoop. Regardless, it's time for the kids to get back to school. What are you going to do for school lunches?

It would be foolish to start the discussion with school lunches before dissecting what could be the most important meal of the day.

Breakfast. Sending your kids off in the morning without a healthy start to the day is sending a message loud and clear: Caring for yourself plays second fiddle to all other daily priorities.

An easy egg omelet packed with veggies served with baked sweet potato home-fries takes only minutes to prepare. Maybe a slice of home-grown ham with fresh baked chickpea flour toast.

Childhood diabetes is on the rise and the CDC reported that 32 percent of U.S. children fit the definition of being overweight, 16 percent were obese and 11 percent were extremely obese. This is a real problem that's not going away.

The solution can be as simple as stocking your cupboards and frig with only healthy, whole foods. Organic fruits and vegetables, grass-fed and finished protein sources, wild caught fish, raw nuts, legumes, beans and grains like quinoa, amaranth, brown, black and wild rice fit the bill nicely.

Meals made from whole foods are not troublesome or time consuming to prepare if you "get prepared" ahead of time. When putting together a meal for the family, make extra portions you can ration out later for quick and easy healthy breakfasts and packable lunches.

Here's what a typical lunch might look like:

- 1/2-1 cup lentils
- Mushrooms, spinach, onions (or veggies of choice)
- Salt and pepper to taste
- Sautee veggies first
- Mix with lentils-place in heat preserving container

In addition, throw in some packable fruit and raw nuts for snacks. Carrot sticks and hummus for dipping is a great option. A small container of your child's favorite raw nut butter with cut celery sticks is a fun meal for the communal lunch break.

How about creating your own raw,

home-made trail mix? Just be sure to select dried fruit without added sugar of any kind.

Raw cashews, pecans, walnuts, almonds (any nut of choice)

Dried apricots, apple, mango, papaya (all cut into pieces) and raisins

Mix together, add unprocessed sea salt (if desired) and put in sealable baggies

Quick, easy, healthy and fun to eat.

Don't forget to send along water in those lunch pails as well. As much as 75% of the population walks around dehydrated each day. Fruit juices loaded with sugar and sodas won't do a thing for the health of your child. Add a few slices of fruit to your child's water container for an out-of-the-box healthy alternative.

And how about you?

If you're not practicing healthy eating habits those habits get passed down to your children by default. Maybe starting at the source with your own eating habits is more appropriate.

If you stop buying ugly, processed food and bringing it home it's much easier to keep to the healthy-living lifestyle. When unhealthy food is within reach, it gets eaten first.

Don't leave the health of your family in the hands of our current food system's offerings. Educate your children about healthy eating practices, practice them yourself and send your kids off to learn and play with a bounty of whole foods.

Still Trying To Lose Weight?

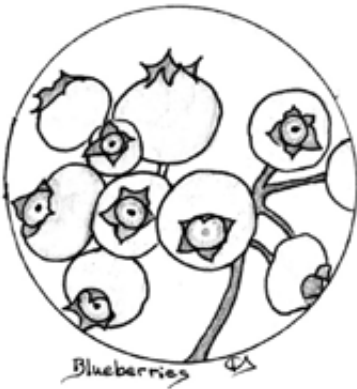
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Plants To Ward Off Cataracts

By Kathy Abascal



In order to see, the lens of your eye needs to be as clear and translucent as possible. If cloudy areas develop, you have cataracts that left untreated lead to blindness. Cataracts are common in the US and about half of those over 65 have them. Nearly everyone over 75 has cataracts. When the cataracts reach a point where they substantially interfere with vision, they are treated surgically. In this operation, the clouded lens is removed and replaced with a single-focus lens. This lens cannot change its shape to bring objects at different distances into focus, so the person usually needs to use glasses for near vision after the surgery.

Obviously, it would be better to prevent cataracts from developing and there are good indications that we can do that. Smokers, people with diabetes or exposed to heavy metal poisoning or who have been using steroids for long periods tend to develop cataracts. This means that cataracts are not an unavoidable disease of old age but instead are caused by accumulated oxidative stress.

There is much we can do to prevent oxidative stress from causing cataracts: Quit smoking, if you do. If you use steroids to treat conditions like asthma or arthritis, explore the use of herbal anti-inflammatories. These herbs can allow you to "save" steroids for more serious flare-ups and greatly reduce the amount of steroids you need. Finally, eat an anti-inflammatory diet so that on a daily basis you get enough antioxidants to minimize the damage caused by the oxidative stress you simply cannot avoid.

Some antioxidants seem particularly good at preventing cataracts. Bilberry and other dark berries get their color from antioxidants called anthocyanosides. In one study, a mixture of bilberry anthocyanosides combined with vitamin E halted the progression of lens clouding in 97% of people with early stage cataracts. A good extract should contain 25% anthocyanosides (sometimes listed as anthocyanidins) and a dose of 80-160 mg three times a day is recommended. Other useful berries include blueberries, cranberries, huckleberries, blackberries, raspberries, grapes, and wild cherries. The ideal would be to eat a cup of berries a day but it might be wiser simply to eat as many berries as you can and supplement with a good extract.

Another way to ward off cataracts is to make a tea of 2-4 tablespoons of crushed blueberries to which you add a teaspoon of dried catnip. Catnip is high in many compounds that prevent cataracts in animals. Jim Duke (author of the book The Green Pharmacy) recommends two cups of catnip tea a day to prevent cataracts -- with or without the blueberries. Catnip, hot or iced, is tasty and is rich in many compounds that prevent cataracts in animals. It has

other benefits as well. Catnip calms the stomach, prevents flatulence, and is a mild sedative so you will feel more mellow and probably sleep better if you drink it regularly.

Cataracts are also associated with a deficiency in selenium. The lenses of people with cataracts often have only about 15% of the normal amount of this mineral. A tasty way to ensure that you get enough selenium is to eat a brazil nut a day. A less tasty way to ensure enough selenium is to take a multi-vitamin. Note though that studies increasingly show that getting your antioxidants, vitamins, and minerals from food is far superior to taking supplements.

The old adage that carrots are good for vision holds true when it comes to cataracts as well. Carrots contain carotenoids and carotenoids also prevent cataracts. In fact, all of your yellow to orange-colored vegetables and fruits have antioxidants that protect the eyes. So, work on eating carrots, pumpkin and other winter squashes, and sweet potatoes as well as those delicious apricots, and mangos. The yellow spice turmeric is rich in interesting compounds and prevented diabetic cataracts in mice. So eating curries is another way to ward off cataracts.

Finally, taking ginkgo leaf might be a good idea. Ginkgo reduced the incidence of cataracts in radiated mice. It also has many other effects that are useful as we age: It improves the flow of blood to the brain, slows the onset of dementia symptoms, and has compounds that strengthen blood vessels and prevent clotting. It is a safe herb but if you are taking blood thinners or other prescription drugs you may want to get some knowledgeable advice before taking it.

In summary: Avoid oxidative stress, particularly from steroids and smoking. Eat a healthy, anti-oxidant rich diet with an emphasis on yellow and orange fruits and vegetables. Eat even more wild, dark berries and take a good bilberry supplement when you are not eating a ton of berries and cherries. Eat a brazil nut and drink a couple of cups of catnip tea each day. And, if you are over 50, consider taking ginkgo leaf.

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.

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Aries (March 20-April 19)
Life has changed gears over the past season and this requires adjustment. Be patient as you move through this phase of discovering the ground rules of the new territory you find yourself in. You can have important conversations this week that bring you solid understanding of how to resolve a complex situation. Once you identify a problem, it won’t help if you continue to dwell on what’s “wrong.” Look for solutions and be realistic about the time it will take to integrate them in your life. Financially as well as emotionally, you have no reason to feel disheartened about the future. Be patient as you work through the details and you will be glad you did. When it comes to love and personal relationships remember no one is perfect although we can strive towards wholeness. It takes a lot of getting used to another’s idiosyncrasies. But the more you can learn to live with and accept another’s imperfections they will thank you eternally and return the favor.

Taurus (April 19-May 20)
There is a complex issue you’ve been wrestling with surrounding your sexual, creative power and sense of being. Rather than analyze the past or find fault with it or yourself, do what you can to connect with your inner child. There is a deep truth emerging that you’ve long buried inside you. You are a sacred vessel and your creativity, sexuality and “being” is a place where you channel the divine in the flesh. So then who are you to judge yourself? There is nothing wrong with you other than the “idea” that there is something wrong with you. Nor do you need to worry that you’ll never find the love, understanding or fulfillment you seek. You can’t hurry love, nor a divine plan; so allow certain processes to run their course, rather than criticize something that is less than “perfect.” In the meanwhile pour your energy into the things you love and be productive. Your life is a gift not just to you but to the many whose lives you touch. Live your passion with sincerity and you will receive recognition for your hard work. And there’s no reason you can’t have fun doing it.

Gemini (May 20-June 21)
Life is pulling you out of your comfort zone, presenting delicious tempting opportunities to explore. But there is a factor surrounding ‘home’ or family that may have you dwelling on the past. Whether your heart is pounding with fear or excitement, you can get to the bottom of an issue this week that has you perplexed or insecure. There is no reason for you to worry that you are trapped or that you’re on a sinking ship. Things may not be ideal but stay with a process, be creative and look for solutions. Release past emotional baggage and you can gain precious renewed understanding of the ground on which you stand. Financially as well as emotionally, there is more stability in the present than anything you may worry about. A dearly held heart’s desire or aspiration is not out of reach, but it won’t happen by you dwelling on the past or on something so long that you can’t see the wood for the trees. As long as you are grounded and realistic, you can afford to enjoy life’s finer pleasures guilt free.

Cancer (June 21-July 22)
An important conversation you have or information you receive this week is shedding new light on an old problem or complicated situation. Try not to force any issues or be too critical. You are incorporating major shifts in your world and your foundations are changing. This is a process of renegotiating important agreements with partners so there is a solid understanding of the ground rules. Listen to what is being said rather than think about all that can go wrong or criticize something. You can make minor adjustments in a situation that allow you plenty of breathing room until something

can be completely resolved. It takes effort to share your space with others, but the joys can be equally as rewarding. You can experience greater intimacy and even begin to breathe a sigh of relief financially. This will come whether you worry or fret about it or not, but the more you can be relaxed through this process the easier your week will progress.

Leo (July 22-Aug. 23)
The recent Full Moon may have triggered deep emotions within you, perhaps bringing unexpected developments in an intimate relationship or financial situation. You know something cannot continue in the form it has been, but don’t be too quick to judge something just yet. A heart-to-heart will help clear the air with some of the things or resentments you may be holding on to. But you cannot do this unless you are honest with yourself first about what’s really bothering you. As long as you are not finding fault with yourself or others, it will be easier to communicate honestly in a spirit of seeking understanding and acceptance. Deal with the sensitive issues first, then you can get back to whispering ‘sweet nothings.’ You can also renegotiate important financial agreements that go a long way in soothing your worried mind. Find your self-worth, overcome your doubts, be creative, think win-win and you could sail through this week with surprising ease.

Virgo (Aug. 23-Sep. 22)
There are deep issues being raised, making you question yourself on a fundamental level of who you are and what you want. Stay with the questioning process, but don’t doubt yourself. You are not the same person you were yesterday, but this is something that you can feel delighted about. You are soon to stumble on a core truth, which will likely come as an inner “knowing.” Stay true to this, your desires and values and they will guide you this week almost magically to the right place, at the right time. Work-wise and financially you have a real chance to make a difference in a set of circumstances that you may be concerned about. Be creative, recognize your worth and give your energy to that which heals and fulfills you. On a personal level as well, you have the chance to experience deeply rewarding encounters with everyone you meet. What matters is how open you keep your heart and how deep you’re willing to go.

Libra (Sep. 22-Oct. 23)
For all the excitement life is offering you right now, you’ve been struggling with deep doubt that you may not even have the words for. Even if you feel you don’t have all the information you need, pay attention to your intuition. If you can find a way to relax about what is bothering you, you are more than likely to see the perfect way forward. Ask yourself why you secretly worry that you can never have the pleasure or simpler life you seek. There is no reason for you to believe you can’t manifest a soul vision that fills you with a sense of purpose. Your dreams are more real than you may imagine, but if you think something is impossible then you will miss your chance to create something of true beauty that only you could bring to life. Be true to yourself above all and trust your instincts. You aren’t looking for hollow pleasure, but if you stay open you can have experiences that touch you deep in your heart and soul. Let your days on this earth be a song in your heart. Love yourself and let all else flow from that.

Scorpio (Oct. 23-Nov. 22)
You may be deeply concerned or feeling insecure about a financial issue or close personal situation or relationship. Recent events may have left you questioning the level of support in your world. But don’t hold on to past ‘issues’ under a microscope or be suspicious of everyone and everything.

You can reach a solid understanding of how you can move forward from something that has long been a difficult issue. No matter how complicated something seems, in truth things have a fairer than ever chance to turn out more divinely perfect than you imagine. Be wise and sensitive and you can have important conversations this week, that bring healing, understanding and open you up to new levels of trust and intimacy. Don’t be afraid to uphold your highest ideals or express your need for support. There is deeper security, camaraderie and intimacy in your world than any isolation you fear. Open yourself to trust. The truth is more subtle, sweet and heavenly than you think.

Sagittarius (Nov. 22-Dec. 22)
You may be rather stressed trying to figure out the details within a complex professional situation or relationship. You are closer to a solution than you think, so stay with a process and keep open your lines of communication. You are not just a visionary; or rather you are known as a ‘visionary’ because you are able to manifest a divine vision to perfection in this earthly form. To others this may seem like a breeze, but you know the hard work, dedication and teamwork this requires. You don’t have to do this alone, so be willing to ask for the help you need. Renegotiate important arrangements in a way that serves a greater purpose. What matters is how well something functions. If everyone understands their role then there can be equality, profit and benefit for all. Be creative and altruistic in your vision. You’ve been living with a dark cloud over your head for a while, thirsting for good news. What transpires this week should put your mind at ease, as you begin to see light at the end of the tunnel.

Capricorn (Dec. 22-Jan. 20)
The wheels are turning in your world and life is steadily thrusting you into the spotlight. Take the time to review your goals and be patient as you stay on the path, leaving no stone unturned. Avoid being too quick to judge a situation or worry too much about what is unfolding. Focus instead on finding solutions as you unearth your highest potential. Soon you will reach a solid vantage point or receive information that puts things in perspective. You are pretty much guaranteed success this week. But what matters is not “success” in the eyes of the world, but more how it makes you feel about yourself in your soul. It may seem like an impossible ambition to some -- but you know as long as you are being realistic, about the time and effort it will take, there is no mountain you can’t climb with your determination. Recognition is hollow, until you know you are challenging yourself and following your calling. When the time comes be humble, as you accept the applause.

Aquarius (Jan. 20-Feb. 19)
You are close to unraveling a deep mystery this week. You receive precious information or conversations you have are showing what lies at the heart of a complex financial or intimate relationship. Be fair in all your dealings and honest about what your needs are in a situation. As long as you let unconscious fears rule your reality, you will trip yourself up. You’ve learned a great deal about yourself recently and what you need to feel free to express yourself. This means extending the same freedom to another. Avoid being critical of a situation or partner and understand that something is still in a process of evolution. The more you can let go of the past, the easier it will be for you to see a way forward towards healing. You may be expecting trouble this week but in truth you have a very benevolent sky looking down on you; perhaps even an angel or two. In financial negotiations, be patient as you work through the fine print, then you can be free to enjoy the rewards. Through it all, keep the faith and invest in what inspires your heart and passion.

Pisces (Feb. 19-March 20)
Partners may have been rather erratic



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lately, but then again you’ve been pretty emotional yourself and you cannot deny your feelings anymore. But don’t be afraid that things will never change. You can have conversations this week with partners bringing you solid understanding of a complex situation: where things stand and what you can do to direct the course of the future. You can reach great depths of intimacy within a personal relationship if you are willing to speak honestly and fearlessly about what you most desire in your heart. Look for solutions even if others seem critical. Recognize this is a process of self-discovery for partners as well, and you stand in a position to bring real understanding that bridges a gap. This is true for business partnerships as well, take the time to sort through the details of an arrangement. You aren’t looking for a quick fix but partnerships that truly work, in harmony and support your deepest, most altruistic, soul vision.

Read Eric Francis daily at
www.PlanetWaves.net.



www.spiritualsmartaleck.blogspot.com

Rick, Meet Dr. Kolff
by Mary Tuel

Last October my husband, Rick, was diagnosed with “end stage renal disease.” That diagnosis is every bit as serious as it sounds.

There are levels of renal (kidney) failure. There is “acute renal failure,” in which your kidneys may recover enough function to carry on. Rick had that in 1997, which left him with partial kidney function for 13 years.

“End stage renal disease” means that your kidneys are done. Period. When Rick was diagnosed, what had been our normal life came to a halt, and we began living a “new normal.”

You learn a lot when the earth moves under your feet in a bad way. One of the first things you learn is how gracious and generous people can be when they see a need, and people have supported us in every way since last October. There has been so much kindness, there have been so many prayers, and people forwarded money that helped us pay the bills. It is a cliché to say that if I tried to thank everybody by name, I would no doubt leave someone out, which would be a pity. Like most cliches this is true, so I will simply say: Thank you. You saved us. Yes, you. Please take our gratitude to heart.

Last October 5, when Rick received this diagnosis, we had no idea what was going to happen to him, and where it was leading. Where it led was to home dialysis. I could do a lecture on dialysis. In fact, I think I will.

There are two kinds of dialysis: hemodialysis, and peritoneal dialysis. Hemodialysis is the cleansing and filtering of blood. The idea was around for centuries, but the process as we know it was pioneered by Dr. Wilhelm Kolff in Holland during World War II.

Kolff was born on February 14, 1911, in Leiden, Netherlands. He became an MD in 1938, and one of his early cases was a 22-year-old man who died of renal failure. Dr. Kolff thought there ought to be a way to save such patients, and he put his considerable mind to the task. In his research he found an article by John Abel, a pharmacologist from John Hopkins University, who wrote in 1913 about

experiments with dialysis in animals.

After the Nazis invaded Holland in 1940, Kolff persisted in figuring out hemodialysis despite the Nazi occupation. He and his family, friends, and colleagues risked their lives to invent a dialysis machine using what materials they had at hand, including cellophane sausage casings, a cooling system from an old Ford, parts from a crashed German fighter plane, and washing machine tubs. Kolff’s original idea was to give compromised kidneys a break so they could rest and resume functioning, then dialysis would be discontinued.

The first dialysis machine was completed early in the war, but the first successful treatment of a renal patient by hemodialysis was not until 1945. This patient was a woman in a renal coma. She had been a Nazi collaborator, hated by the people in the town where Kolff lived. He believed he was a doctor, not a judge, and treated her. She awoke from her coma, said, “I am going to divorce my husband,” and lived another six years.

After that it was a process of refining and improving hemodialysis machines. He sent five of his hemodialysis machines to countries around the world, including the United States. The machines evolved from helping people in acute renal failure through a crisis into also keeping people with end stage renal disease alive.

In 1950 Dr. Kolff immigrated to the United States, and in 1956 he became an American citizen. In 1957 he went to the University of Utah and started a Division of Artificial Organs and spent the rest of his life researching and developing artificial organs, including the artificial heart. Robert Jarvik, one of Kolff’s graduate students, was the project manager for the development of an artificial heart, and the Jarvik 7 heart currently is used in terminal cardiac patients as a bridge to heart transplantation.

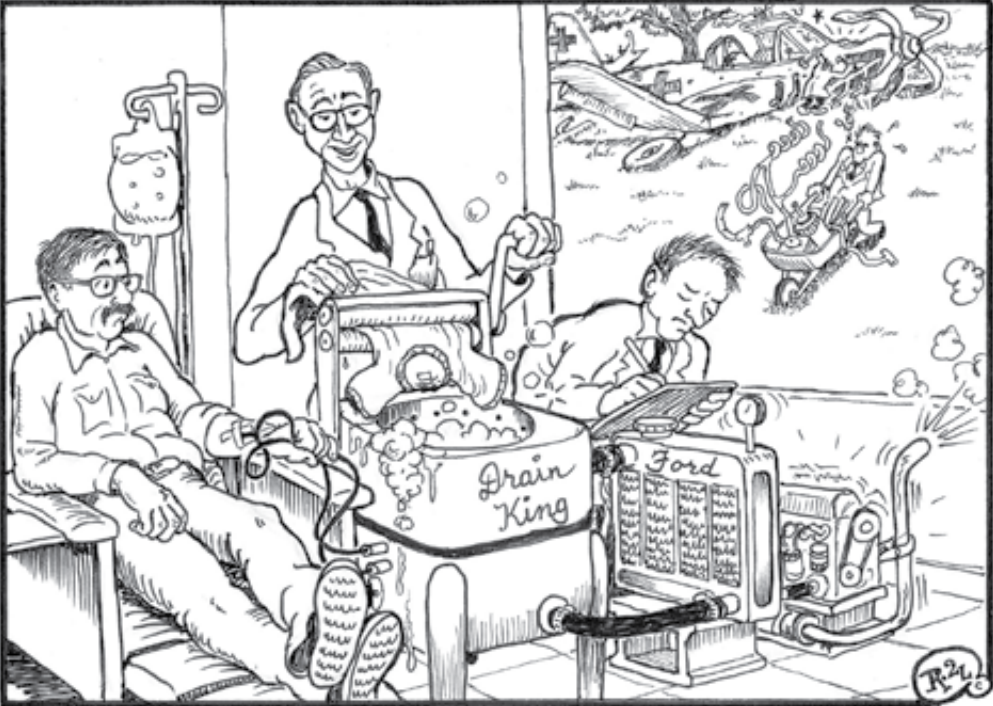
Dr. Willem Kolff died last year, February 11, 2009, four days before his 98th birthday. All hemodialysis patients alive today, including my husband Rick, and patients with many other terminal conditions owe their continued existence to Dr. Kolff and his insatiable drive to invent and improve machines that saved lives.

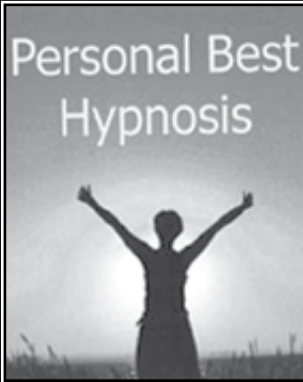
Dialysis machines gradually were refined and improved, but one of the main problems – how do you get a person’s blood out, cleansed, and then back into the person’s body? - remained a challenge. This brings us to University of Washington professor Dr. Belding Scribner.

Three facts about Dr. Willem Kolff:

- ~ He created the first blood bank in Europe when the Nazis invaded Holland in 1940.
- ~ He was dyslexic, a condition unrecognized in his youth.
- ~ He originally wanted to be a zoo director, but his father talked him out of it because a doctor would have more work opportunities.

Next time: Dr. Belding Scribner, the fistula, and modern hemodialysis





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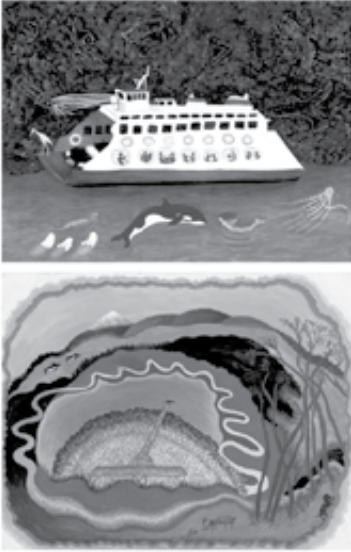
Only On Vashon Contest

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

First 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



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What's Your Take ... On Our Weak Summer This Year?

By Peter Bond

I hit the streets for these interviews on the last day of August. Or was it the last day of November? It's hard to tell the difference this year. First we didn't have a spring, and then we went without summer. Yikes! What if we don't have an autumn? Oh well, we do have each other, and isn't that good enough? Anyway, that's my opinion. What's yours?



Pearce - Vashon
This year was a perfect example of how summer is what you make of it.



Chuck - Tacoma
I like the rain. I get more work done. But I'm pretty new here so maybe I'll sing a different tune in a few months.



Laura - Vashon
I learned that my kids wouldn't go outside unless it's 70 degrees. So we went to California, and found summer there.



Chester - Seattle
Luckily my work takes me everywhere so I didn't really notice, but I feel bad for everyone else.

Don't Forget the Birds

Black Turnstones

by Ed Swan



The shorebird migration continued to bring in new interesting sightings in August. Gary Shugart found a Red-necked Phalarope August 25th spinning in a rip about a quarter mile of Tahlequah. Phalarope, while in the shorebird family, always show up swimming out in the water around Vashon, usually examining weed debris along the ferry route. Richard Rogers found a shorebird on the shore at Pt. Robinson August 20, a Black Turnstone, but in an unusual location.

Preferred habitat for Black Turnstones usually consists of rocky beaches but also includes cobblestone and sandy/muddy stretches to some extent. Vashon doesn't possess any rocky beach and the rock rip rap along Tramp Harbor for some reason fails to attract them. As I began birding the Island about ten years ago and also talked to other bird watchers on the Island, I originally thought this lack of appropriate habitat meant that turnstones could only be considered rare or very rare on the Island. But over time I discovered that their propensity to occasionally use a sandier beach brings them regularly to Fern Cove from October through March. Sometimes another "rockpiper," the Surfbird, joins them there.

Richard Rogers' sighting falls into the migration period when the Black Turnstone returns from its breeding sites in the far north. In August and September, they might show up at many different locations around the Island and often likely

go unnoticed and unreported. Past records include the beach at Ellisport, small boat dock/platforms and beaches near Fern Cove.

One group of interesting sightings this winter included observations by Sharon Helmick and Rich Siegrist of birds on the pilings of the Vashon ferry dock and the surface of the PO Boat dock. Rich speculated that the winter high tides had them using non-beach perches. Elsewhere around Puget Sound they often show up on docks and log booms, especially in Commencement Bay. I would expect more reports of birds around the ferry docks with increased observer awareness of the possibility of a turnstone presence.

Black Turnstones look dark brown above and white below with dark eyes and beaks. They have a very striking black and white pattern in flight with a vertical white bar down the middle of the lower back, horizontal white and dark tail bars and single horizontal and vertical white stripes on the wings.

In other local birding news, Rich Siegrist emailed the first interesting September sighting in on the 1st: 50 Greater White-fronted Geese migrating south. 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 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.



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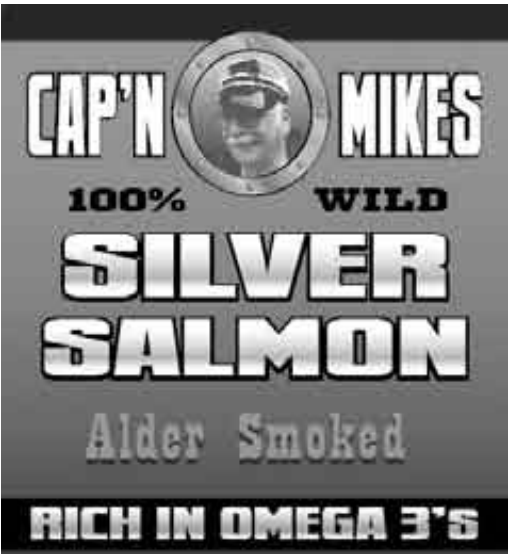
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Positively Speaking

“Fireflies”

By Deborah H. Anderson

As surely as he had spit verbal fire and nails across the table from me years ago, he now extended his hand in warm greeting. As we sat and talked, the conversation was punctuated with laughter and deep resonance of thought and faith.

Who has hated you? Who IS hating you? A co worker? You know they just came out with that study that said eager beavers at work are always resented because they set the bar too high. Are you an eager beaver? Is someone actively working to thwart your efforts to advance in the development of your passion or your purpose? Is it a family member who has felt slighted by something you didn’t even do? Maybe a teen who resents your limits and guidance. It’s the season of weddings. Did someone take offense at where you seated them?

Now imagine that person turns to you and says... “Whoa...really wrong dude. So sorry! Let’s shake on it. Better tomorrows.”

I’m wishing it for you. It’s a buoyant feeling. There is solidarity with what is utter and complete goodness in life when it happens. Reconciliation. The contemporary Gospel song says ‘...no limits, no boundaries, I see increase, all around me.’

With a nod of the head to Island doing’s...I was knee deep in the middle of the story (and had just written the rough draft of this column) when I happened into the Methodist church service on the Island. Joined with St John Vianney’s the two congregations are looking at the principles of reconciliation using the movie ‘Invictus’ as the center talking point. Summertime is a good time for gathering conversations.

I draw strength from the lushness and depth of summer. Full flavored foods. Long warm nights. The big dipper sits over my deck every night and I go out and pass the last minutes of the night with it before I go to sleep. Solid. Constant. Brilliant.

There’s one creature of summer I miss out here in the PNW. Fireflies. In my childhood, late at night I would lie in the hammock in the backyard where shadows seemed to rule. I would glory in the meaning and joy fireflies brought. With no power source other than their own metabolism, on oppressively sultry evenings, they visually distract like a good magic trick revealing what is really there.

People who speak to the excellence we have not yet seen in ourselves are like fireflies.



I’m not talking about atta boys and atta girls...affirmation. That’s concrete, hands on feedback. I’m referring to the excellence within us that hasn’t yet found an audience or perhaps we are not even in touch with ourselves.

There’s a scene in the movie “Awakenings” that grabs me every time. Maybe you’ve seen it. The dopamine which brought Robert DeNiro’s character back to life isn’t working anymore. With palsied ticks and halting distorted speech he’s saying goodbye to the lovely young woman with whom he had struck up a friendship during the peak of the drug induced recovery from catatonia. Ignoring his self-deprecating remarks about never having done any of the things she has just shared about (having friends over or going dancing) she rises to her feet as he is leaving. She takes his arm and places it on her waist and takes his other hand in hers. Slowly, gently, she dances with him. She places dignity and love and caring in his soul as a deposit to remain with him as he returns to his catatonic state.

Do you have the privilege of holding an excellent vision of someone? Are you someone’s firefly? I’m not talking about co dependence. Helping someone play pretend or covering for their shortcomings is not about excellence.

When, by the very essence of your being, your own excellence, you light up the dark night for someone else, you bring life. In that light they see themselves in new and exciting ways.

There is a great quote often attributed to Nelson Mandela (although actually it was written by Marianne Williamson in ‘Return to Love’) that, paraphrased, states we are not afraid of the darkness within us but of our light. ‘...as we let our own light shine, we unconsciously give other people permission to do the same.”

Blink. Flash that tail. Do what it takes to keep your own metabolism creating spontaneous light for others.

And when summer is over....another column on spontaneous combustion in the dead of winter.

Love,
Deborah



The Q Announces Changes

Continued from Page 1

of Shefdgets Catering team up to offer a tasting of Grenache wines from around the world accompanied by a fabulous communal meal. The plan is to hold wine dinners at the Q every third Thursday throughout the winter.

On Tuesday September 21, renowned bagpiper and whisky drinker John Dally will be at the Q with two of his associates from Scotland. Allan MacDonald is a prizewinning piper/scholar/Gaelic singer who teaches at the Piping Centre in Glasgow, Strathclyde University, and produces programs for BBC Scotland. Griogair Lawrie is a primarily known as a singer, but he also plays the smallpipes. The evening begins with a Scottish meal (no haggis) followed by a taste of Scotch whiskies from various regions of the country. There is bound to be a bit of music as well.

Details of all the events will be on the Quartermaster Inn website. Reservations can be made by calling 463-5355.

The Inn will continue to be open for guests seven days a week, and next Memorial Day the restaurant will re-open seven days a week again.

www.quartermasterinn.com



Vashon Women in Black

A group of Vashon women, along with male supporters, are uniting with Women in Black around the globe and will hold a silent vigil every Thursday afternoon from 5:00 – 6:00 pm at the corner of Bank and Vashon Hwy.

Women in Black is a world-wide network of women committed to peace with justice and actively opposed to injustice, war, militarism, and other forms of violence.

Women in Black was inspired by earlier movements of women who demonstrated on the streets, making a public space for women to be heard – particularly Black Sash, in South Africa, and the Madres de la Plaza de Mayo, seeking the “disappeared” in the political repression in Argentina.

Women in Black, as we know it today, began in Israel in 1988. In response to the Palestinian Intifada in 1987, Israeli Jewish women began to stand in weekly vigils in public places. Starting in Jerusalem, the number of vigils in Israel eventually grew to almost 40 and, in northern Israel, Palestinian women who are Israeli citizens were also active in Women in Black groups.

A landmark occasion in the 1990s was a massive Women in Black vigil (an estimated 3,000 women) in Beijing on September 4, 1995, that was organized by the Women in Black of India and the Asian Women’s Human Rights Council, at the time of the UN World Conference on Women. They called for “a world

safer for women” and an end to wars and armed conflicts.

After the attacks on US targets on September 11, 2001, WIB as an international network speedily agreed and issued a statement. Women in New York and other US locations were quick to stand with an appeal for “justice not vengeance.” Many groups have subsequently protested against the pursuit by the USA and allies of a “war on terror” in Afghanistan and elsewhere.

Women in Black locally and internationally have received a number of awards in recognition of their work for peace. The worldwide network was awarded the Millennium Women’s Peace Prize sponsored by the NGO International Alert and the UN agency UNIFEM, and the following year the network was a nominee for the Nobel Peace Prize. The Network was honored by Church Women United, USA. Israeli Women in Black won the Aachen Peace Prize (1991); the peace award of the city of San Giovanni d’Asso in Italy (1994); and the Jewish Peace Fellowship’s “Peacemaker Award” (2001).

Those interested in participating, weekly or on a drop-in basis, are encouraged to do so. Please dress in black and respect that this is a silent vigil. Signs appropriate to the message of peace, justice, and nonviolence are acceptable.

Martha Jordan presents The White Swans of Winter



Did you know that Trumpeter Swans occur ONLY in North America and that they are our largest native waterfowl? Although most populations are increasing from near extinction levels, they are still one of our least abundant native birds with about 35,000 Trumpeter swans on the entire continent. About 70% of North America’s Trumpeters summer in Alaska and winter in the Pacific Northwest! This information is quoted from the Trumpeter Swan Society website: swansociety.org.

Come, share and learn the facts, myths, and legends of Washington’s white birds of winter at Vashon Audubon’s September 15th program. Martha Jordan is a well-known wildlife biologist and is impassioned about swans. She will present a program about our native trumpeter and tundra swans and also shed some light on the problems and controversies these birds face on their wintering grounds, as well as how we can insure their future. She will talk about the continuing lead poisoning die-off and other survival issues swans face in Washington State as well as other parts of the country. Jordan writes: “The swans and their beauty and grace instill in people a sense of awe that makes us want to save them and their habitats. Swans are ambassadors, bringing people together when other aspects of an issue would divide them.”

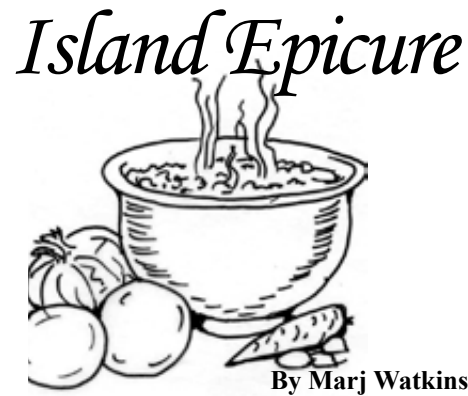
Martha Jordan has a degree in wildlife science from Oregon State University. Her interest in swans began in the late 1970s and she has been a major contributor of information to state and federal agencies on the status of Trumpeter Swans in the state of

Washington, including work on the first swan management plan. Jordan has been a board member of The Trumpeter Swan Society from 1985-2009 and currently chairs the Washington Swan Working Group.

The program will be held at 7:00 pm on Wednesday September 15, 2010 at the Vashon Maury Island Land Trust Building located at 10014 SW Bank Rd. The evening is free and all are welcome to attend.

Next Edition of The Loop Comes out Thursday, September 16

Deadline for the next edition of The Loop is Friday, September 10



Bring on the Brain Food

It’s the time of year again when school starts, summer edges into fall, we wear more clothes, cook with methods that heat up the kitchen more, and consider ramping up our brainpower and immune systems.

In the ramping-up-brain power sector, fish comes to mind. Right now, we’re enjoying the best coho harvest in a hundred years, say the people who keep track of the statistics on the fisheries. Among the less pricey fish, are Dover sole, rock cod, and sometimes turbot.

The simplest way to cook sole is to dredge the little filets in a mixture of cornstarch and flour and briefly fry them to a luscious gold color on each side. They cook in seconds.

Another way is to batter and deep-fry them. One pound of fish will retain most of its moisture cooked this way and serve four. The turmeric gives the crust a golden color and the bit of sugar helps it brown as quickly as the fish cooks.

The deeper the oil, the easier it is to maintain even heat during cooking, but oil – especially olive oil – is expensive. I prefer olive oil because it has the highest smoke point. Smoking hot oil produces carcinogens. You want your oil to be hot enough to quickly cook your tempura, but not too hot. Japanese visitors showed me how they filter cooked oil through a paper towel formed into a cone so they can reuse it, but I think oil as thoroughly cooked as tempura frying make it has the life cooked out of it.

Gluten Free
SPICY SOLE TEMPURA
4 servings
1 pound Dover sole or turbot filets
Sift or stir well:
1/3 cup garbanzo or brown rice flour
1/3 cup spelt flour
½ teaspoon salt
½ teaspoon baking powder

½ teaspoon black pepper
¼ teaspoon turmeric
1 ½ teaspoons cumin powder
Dash cayenne, optional
½ teaspoon sugar, optional
Beat and stir in
2/3 cup water
1 egg
Oil for frying: 2 cups peanut oil, canola oil or light olive oil
Mix the batter first and let it rest 15 to 30 minutes; an hour is not too long. This allows the flour grains to drink in the liquid and swell, thickening the batter. If it gets too thick, add a spoonful or so of water. The ideal consistency is that of whipping cream or a little thicker.

Cut each filet crosswise in half.
Heat the oil until a drop of batter added to the pan first sinks to the bottom of the oil and then rises and begins to bubble around the edges. Try to maintain even heat throughout the frying of the tempura. The deeper the oil, the easier that is.

Have ready a platter lined with two layers of paper towels or with brown paper from grocery bags.

Dip filets one at a time into the batter. Let extra batter drip back into the bowl, but keep enough on the piece of fish to make a good coating. Transfer the filet to the hot oil. Repeat with two or three other filets, no more than four in the pan at the same time. By the time you’ve put in the 4th, the first filet may be turned. When each filet has a golden brown, crisp, but fluffy-looking, crust, remove it with a long handled slotted spoon and put it on the paper-lined platter. Cooked filets may be kept warm in the oven while you cook the rest of them.

Other fun things to tempura: Watercress, thin potato slices, parboiled carrot slices or green beans, onion slices.

Prepare a dipping sauce ahead of time, or serve the tempura with lemon wedges.

DIPPING SAUCE FOR TEMPURA
Makes 1 ½ cups
1 cup chicken broth
¼ to ½ cup sugar
½ cup wheat-free soy sauce
2 Tablespoons mirin* or sherry wine
½ teaspoon grated ginger root, optional
Combine and divide between four small bowls.
*Mirin is sweet. If using it, cut the amount of sugar.

Art Preview Party

Continued from Page 1

by the one and only Lelavision. Then join us at the Captain’s Table Saturday, September 25, for another evening of great art and scrumptious food and more Lelavision.

Friday’s commissioned artists are: Charlotte Masi, gourd, Kristen Reitz Green, oil, Rick Wallace, photography. Saturday’s commissioned artists are: Donna Botten, watercolor, Cory Winn, ceramic, John Lucas, sculpture.

Art Auction is one of the most enjoyable events on the Island and funds raised stay on Vashon to support arts programs and artists. The annual Art Auction showcases Island artists who donate original works to help raise money to provide scholarships, artist commissions, instructor fees and



operational support for the education and development of artists of all ages.

Special thanks to this year’s sponsors: Puget Sound Energy, John L. Scott, Boeing and Vashon Thriftway. Tickets for Friday, \$45 (includes food and beverage) are available at brownpapertickets.com. Call VAA, 463.5131, to reserve Saturday tickets, \$120 per person.



Cory Winn, ceramic and Kristen Reitz Green, oil are two of this year’s commissioned artists for VAA Art Auction. See all the art at Cruiseintothearts.com. For complete commissioned artist profiles go to VashonAlliedArts.org or find us at Facebook and check out photos from last year’s Auction!

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September is National Guide Dog Month

It’s September and that means the kickoff of National Guide Dog Month. The event raises awareness for guide dogs, who are the “guiding light” for so many visually impaired around the nation. Every seven minutes someone in America becomes blind or visually impaired, additionally recent statistics show that thirteen percent of our military return from war with eye injuries. Guide dogs are given to the visually impaired for free, yet it costs over \$40,000 to train a guide dog team.

PETCO has teamed with Actress Nicollette Sheridan and Natural Balance® Pet Foods in their goal to raise \$1M to support guide dog organizations

Throughout September, pet parents can visit any of PETCO’s more than 1000 locations to help PETCO and Natural Balance Pet Foods achieve their goal to raise \$1M for guide dog organizations across the country. Customers may contribute at the register by either

rounding up their purchase amount or making a donation of \$1, \$5, \$10 or \$20. In addition, \$1 of any \$25 purchase or greater of bags of Natural Balance dog food featuring Nicolette Sheridan’s photo will also go to funding guide dog training and support. Donations may also be made online at www.petco.com/naturalbalance through September 24.

For more than two years, a potential guide dog puppy learns, practices and trains for the day when it graduates as a certified guide dog. A puppy is raised with a trainer for 18-20 months before it is given to a guide dog school for four to six months of formal training work with a harness. For the last month, the dog is matched with a blind person and they train together at the facility.

100% of proceeds from these National Guide Dog Month fundraising activities will be donated to several participating guide dog facilities.



Quatermaster Inn & Restaurant

New fall and winter hours at the Q

Open Friday, Saturday, and Sunday from 8:00 am to 10:00 pm.

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Coming up at the Q

Friday, September 3 - First Friday Art Walk. Art by Will Forrester,
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Sunday, September 5 - Sunday brunch, with music by Steve Amsden
starting at 11:00 am. (Sunday evening music by Pat Reardon too!)

Thursday, September 16 - Grenache wine tasting communal dinner with Ron Irvine.
\$30 per person, reservations required. (Every third Thursday)

Tuesday, September 21 - Scotch whisky sampling and historical presentation.
Includes authentic Scotch salmon dinner. \$40 per person, reservations required.

Visit www.quatermasterinn.com for details of events.

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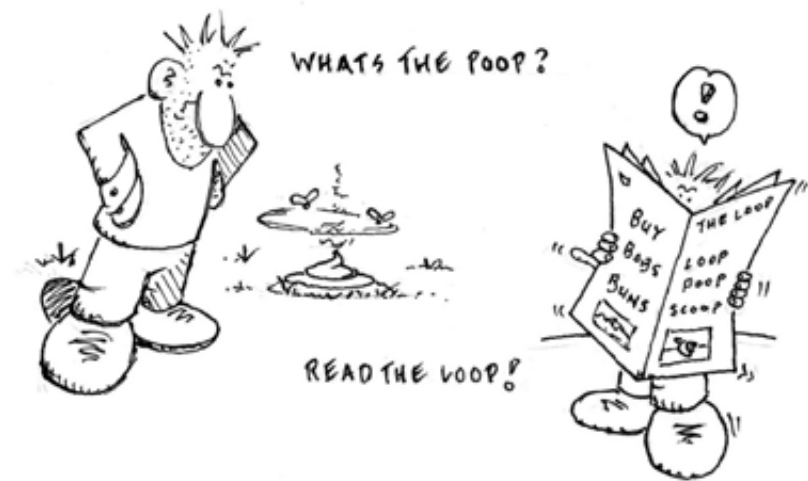


Lopy Laffs

In the examination paper, the professor wanted us to sign a form stating that we had not received any outside assistance. Unsure of whether he should sign the form, a student stated that he had prayed for the assistance of God. The professor carefully studied the answer script and then said, "You can sign it with a clear conscience. God did not assist you."

On the first day of school, the principal made his rounds, and heard a terrible commotion coming from one of the classrooms. He rushed in and spotted one young man, much taller than the others, who seemed to be making the most noise. He seized the lad, dragged him to the hall, and told him to wait there until he was excused. Returning to the classroom, the principal restored order and lectured the class for half an hour about the importance of good behavior. When he was finished, he said, "Now, are there any questions?" One girl stood up timidly and said, "Please, sir, may we have our teacher back?"

A dying granny was talking to her grand daughter, "I may die any moment so I want you to inherit my farm including the villa, the tractor, the farmhouse and all the livestock."
"Wow", said the granddaughter, "Thanks granny, I didn't know you even had a farm & all this wealth! Where is it?"
Grandma replies, "On Facebook."



"NEXT," the conference emcee announced, "we have the chief of the Minnesota State Patrol, Roger Ledding, who is here with his lovely wife, Beverly."
The chief took his place at the lectern. "I'm a little nervous," he began, "getting up before this distinguished audience and speaking today.
But not nearly as nervous as I will be tonight when I must go home with my wife, Audrey, and explain Beverly to her!"

Out bicycling one day with my eight-year-old granddaughter, Carolyn, I got a little wistful. 'In ten years,' I said, 'you'll want to be with your friends and you won't go walking, biking, and swimming with me like you do now. Carolyn shrugged 'In ten years you'll be too old to do all those things anyway.'

Our minister announced that admission to a church social event would be six dollars per person. "However, if you're over 65," he said, "the price will be only \$5.50."
From the back of the congregation, a woman's voice rang out, "Do you really think I'd give you that information for only fifty cents?"

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of music, poetic drama, and the unexpected. The show unfolds before the eyes of the audience who imagine they have witnessed a legendary Doors performance. Sonically and visually, The American Night hits the mark.

True to the original, The American Night employs no bass player, with the bottom end supplied by the unmistakable sound of a Piano Bass commanded by the left hand of the organist, Brian Hukill. On the opposite side of the stage, Milo Anderson performs the unique combination of blues, flamenco, and bottleneck slide guitar characterized by The Doors.

As any true Doors fan will attest, the jazz inspired rhythms of John Densmore are a crucial piece to the The Doors sound -- percussionist Brett Rudy delivers! Last, and certainly not least, the part of Jim Morrison, the Lizard King, is recreated on the stage by Nate Christian, tugging and tormenting the audience into frenzy. The American Night provides the total package and wraps it in a bow of joy, horror, confusion, puzzlement, ecstasy, and rock theatre that was...THE DOORS! All-ages 'til 11pm, 21+ after that. \$5 cover

Friday, September 3, 9pm
At the Red Bicycle, 17618 Vashon Hwy
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Is Everybody In? Experience the Ultimate Doors Tribute Show...

The American Night, from Seattle Washington, takes the audience on an entertaining journey with the sound, theatrics, myth, and experience that were The Doors! The music is performed with an authentic live feel, using original vintage instruments to recreate the unmistakable energy and rock theatre of a live Doors performance!

The American Night is a complete Doors tribute experience with the parts of Jim Morrison, Ray Manzarek, John Densmore, and Robby Krieger faithfully delivered on stage. To experience an American Night show, is to step back in time to an evening

Track 19 “Spicy Stew of Sonic Sauce”



kit with a spiciness derived from his love of jazz, atop a rock solid cadence of modern rhythms. Track 19 has that “indie” rock handle that includes an acoustic set with 2 guitars, an electric set with bass and guitar and everything in between. Their original songs are blended with a pinch of flavorful covers from Stevie Ray Vaughn, The Kinks, Jeff Beck, Pearl Django, Everclear, and Johnny A. Track 19 released their first album in 2008 and are currently pursuing their second full length CD. Their upcoming dates will include most of their new album performed in a “small club” approach that is very listenable and stirring.

www.myspace.com/track19band
Saturday, August 21, 7:30 pm. At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

First Friday Art and Music at Vsahon Bookshop

First Friday Art and Music
Art: Barbara Gustafson’s Handwoven Colonial-Style Baskets on display all month

Performance: Open Mike Literary Reading by the girls in Merna Hecht’s summer writing workshop: “The Write Sisters.”

Vashon Bookshop at 7pm
17612 Vashon Hwy SW
Vashon WA 98070
www.vashonbookshop.com

Toby Needs A Home...



This super sweet, adoring Dobie cross loves to run in the woods, on the beach ... anywhere. He also loves sitting quietly beside you with a chew toy while you are working, reading or watching TV. He is at his best with open spaces and off leash, so if you have some room to roam, you will love this boy! If you would like to meet Toby, contact Vashon Island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.

Go To www.vipp.org
Click on Adopt

Cargo Jam



Car/go Jam is an eclectic group of island musicians playing blues, funk and jazz flavored rock, a conglomeration of styles synthesized by who they are. And when playing their music, they really get lost in the creativity of the moment. They’re a wildly eclectic & lovable bunch of guys who will change your mango into a passion fruit.

Car/go Jam plays mostly original compositions along with a sprinkling of John Mayer, Eric Clapton and B.B. King covers. With two guitars and a sax working together, their dueling harmonies provide a plethora of musical inspiration and tempos that make you want to tap your foot and say “Yeah!” Their experiences cover a broad spectrum of musical tastes and backgrounds.

This is an all-ages free cover show until 11pm, then 21+ after that.
Saturday, September 11, 9pm
At the Red Bicycle, 17618 Vashon

Paul Mauer & Karl Penn
“Acoustic/Indie/Rock/Folk”



Cafe Luna welcomes Paul Mauer and Karl Penn, Friday, September 10, 7:30pm

Paul Mauer was raised in the tradition of music. At 7 years old he was taught piano by his mother who was a music instructor for the public schools. Starting his first band when he was nineteen “josette’s eye” which released 2 EPs and a full length album in their 6 year stint. After a series of other relatively successful groups. Paul decided to move in the direction of solo singer/songwriter a position and has stayed in since late 2007. He is currently in the studio recording his debut studio album with producer Ryan Hughes. website: www.euphoria-tea.com

Karl Penn (with 16+ years of guitar playing experience) brings a brand of sometimes dark, sometimes pop acoustic driven music to the masses. Always being merely a guitarist Karl has now taken the step forward to solo singer songwriter. While still playing guitar for his current hard rock band “Wide Eye Panic” who are signed with Bieler Brothers records have their debut album “Modus Operand i” in stores now and are planning their second west coast tour. He too is working with Ryan Hughes on his debut solo EP. website: www.wideeyepanic.com

Billy and Grace Tea
“Lyrical Gypsy Jazz Folk”



Billy and Grace Tea perform Saturday, September 11, 7:30 pm. At Cafe Luna, 9924 SW Bank RD

www.cafelunavashon.com

Billy and Grace Tea bring their deep love of the natural world to their music with charisma, chemistry, lyrical prowess, and coyote wit. They jump from fiddle to bass, guitar to alto saxophone, picking up rattles, bells, slapsticks, and shakers between. Their sound holds gypsy jazz, blues, hip hop, folk, delicious words, danceable grooves, and earthy beats. Moving through moods, slipping into stories, weaving many tales into one web, Billy and Grace Tea wish to nourish the collective creative imagination with their music and enthusiastic presence. website: www.billyandgracetea.com

Fall Into Art at VAA

Classes in Dance, teen theatre and music at Vashon Allied Arts begin soon! Complete schedule, registration and scholarship information available online at Vashon AlliedArts.org or call 463.5131. VAA offers scholarships for all classes.

Always wanted to dance in Nutcracker? Now's your chance! VAA dance classes for all ages begin Sept. 7, with several new offerings including Parent Toddler Two Step, Boys Sports Dance and World Funk for Tweens (ages 8-12). Nutcracker magic happens in performances held at VHS Theater Dec.3-5.

Teen thespians, grades 6-12, can write, improvise and perform their original production in Teen Performance Lab, a new theatre class taught by Deborah King. Perform for the public in November at Blue Heron Art Center. Class begins at 3:15 pm, Sept. 16.

Singers and movers, grades 1-5 and grades 6-9, will recreate holiday classic, A Charlie Brown Christmas under the auspices of Vashon Island Youth Chorus, directed by Marita Ericksen. Younger group meets 4-5:30 pm, grades 6-9 meet 3-4:30 pm, Mondays,

beginning Sept. 13. Final performance will be held at Blue Heron Art Center, Dec. 10-12; additional performance opportunities included.

Complete fall class schedule may be found on-line or in Island Arts.
www.vashonalliedarts.org



A Charlie Brown Christmas stage veterans (photo from 2006) by Janice Randall

Bosnian Blues Plays Last World Music Concert

Basnian Blues will perform at Vashon High School at 7:30pm. Saturday, September 11.

The emotive and culturally complex rhythms of Bosnia and Hercegovina will be performed by four accomplished Bosnian musicians who played together in Sarajevo as young people, and then reunited years later in Seattle. All four musicians fled their war-torn country in the mid-1990s. The quartet plays sevdah that is also known as Bosnian blues. Sevdah is the traditional music genre of urban town centers of old Bosnia and Hercegovina, where merchants from many cultures mingled to create a vibrant city life. Sevdah's rich melodies and poetic text reflect all these influences.

The performance is the last of six free world music concerts this summer sponsored by the Vashon Park District and Vashon Folkdancers.

Todd Zimberg

Continued from Page 1
together in a trio I put together in the early 1990's. Michael and Keith have done duo work over the years. It is finally time for us to get back together again and play some music!" -Todd Zimberg.

The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing.

Michael Gotz has been performing as a guitarist and pianist for 35 years. He has performed in a variety of genres including Reggae, Pop and Country... in venues ranging from the infamous Pioneer Square Tavern to Tulas, Town Hall, the Lido Bar of the Sea Princess and the Paramount Northwest Theater in Portland.

Keith Lowe in over thirty years of playing has yet to meet a musical style that he doesn't like. He has played and recorded in many different genres, including orchestral, pp, rock electronic ambient, folk, bluegrass, jazz roots and country. Some artists he has worked with include, David Sylvian, Wayne Horvitz, Skerik, Fiona Apple, the list goes on.....

Zimberg is a music educator and performer and has a long history in jazz, blues and rock. His credits range from Raggae/Soca with Jumbalassy, to blues rock with Sam Andrew and Big Brother and the Holding co. 10 years with Northwest blues icon Tom McFarland. He has also played timpani for 18 seasons with the

Into the Wood Junior Auditions!

Drama Dock is excited to announce upcoming auditions for Into The Woods Junior, music and lyrics by Tony Award winning musical theatre composer Stephen Sondheim, and book by James Lapine.

Into The Woods Junior is a Youth Musical Theatre Performance Project, and interested participants will need to be Grade 6 thru Grade 12, or ages 11 thru 18.

Auditions will take place at 6:30 pm on September 2nd & September 3rd at the McMurray Middle School's Multipurpose Room. Please wear clothing you can move in and do bring a bottle of water!

The musical intertwines the plots of several Brothers Grimm fairy tales and follows them further to explore the consequences of the character's wishes and quests. Performances will be on October 29th, 30th & 31st at the Vashon High School Theatre.

Casting 20 plus roles for girls & guys.

To request additional information contact Elizabeth Ripley: eripley13000@hotmail.com or 463-6388

Drama Dock Seeking Directors

Drama Dock seeks Directors interested in directing our Spring production of the 2003 Tony Award Nominee for Best Play: ENCHANTED APRIL. For more information, please contact Elizabeth Ripley: eripley13000@hotmail.com or 463-6388

Vashon's Yellow Pages on line.
Find it on
www.VashonPages.com
Kronos, Polouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House,
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Federal Way Symphony, Todd is a member of island blues rockers Shakey Jake and is a founding member of Island Jazz Quintet with his vocalist, wife Maggie Laird.

Come out and hear a great night of inspired music!! Free cover. All ages 'til 11pm.

Friday, September 10, 9:30pm
At the Red Bicycle, 17618 Vashon

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John Anderson at Linda Hodges Gallery



For his third exhibition at Linda Hodges Gallery, John Anderson explores the interaction between light and water through the medium of large format color photography. As he focuses on pristine wilderness scenes of water falling, pooling and flowing, Anderson explains his attraction and thoughts on the interplay between light and water: " Each place has its own light and often it is water that most effects the quality of that light. Water reflects and refracts light, holds it in stillness and makes it move... Light striking water both conceals and reveals depth."


John Anderson has been photographing since he was a teenager studying with Ansel Adams and Brett

Weston. He received a BFA from Bennington College in 1981. He is a published scholar of comparative Mythology and an award winning film maker. He was recently selected for a Merit Award by B&W Magazine.

Reception for the Artist: Thursday, September 2, 5-8 pm. Linda Hodges Gallery. 316, 1st Avenue South, Seattle 206-624-3034

Gallery Hours: Tues.-Fri. 10:30-5:30, Sat. 11 - 5 or by appointment

Additional information:
Linda Hodges (206) 624-3034
lhodges@lindahodgesgallery.com
www.lindahodgesgallery.com



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PANDORA'S BOX

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www.vashonislanddayspa.com

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