

THE LOOP

Vol. 7, #19

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 16, 2010

A Fall Festival Becomes Tradition on Vashon Island

Combine the country's recent craze for hard ciders, 58 ambitious Vashon Rotary members, and a family-friendly barn dance ... you get the third annual CiderFest, one of the Northwest's very best fall festivals.

Misty Isle Farms will host Vashon Rotary Club's CiderFest on October 9, a fund raiser for scholarships and other education support. The Rotary Club has long given great support to the schools and students on Vashon including thousands of dollars annually to the Vashon Scholarship Foundation, dictionaries for every third grader, and "buy the house" night for the VHS winter musical. "Our Rotary club hopes to knock it out of the park this year as our schools have greater needs than ever," said Rotary President Jan Milligan.

This year's docket at Misty Isle includes:

1:00-4:00 Seminars on tasting and selecting ciders, making cider and growing apples for cider.

4:00-7:00 Hard cider tasting (age 21+) and live music from Vashon's Poultry in Motion, with their lively country - bluegrass - cajun fusion .

5:00-8:00 BBQ chicken dinner with all the fixins, soft drink and dessert (cash bar).

6:00-10:00 Barn dance with Poultry in Motion and a live square dance caller.

A silent auction will take place all



Hans Youngman, manager at Misty Isle Farms, gets the scoop on a premier hard cider from Verne Johnson, coordinator for the October 9 cider tasting. Both men are Rotarians involved in planning Vashon CiderFest.

day.

Several island organizations are sponsoring additional CiderFest activities at the Village Green ... all of these are free of charge. A Childrens' Fair from 10:00 until 2:00 is sponsored by the Park District and Vashon Youth & Family Services, the Vashon Fruit Club is doing a fruit show, cider pressing and raffling a cider press, and of course the traditional

Smart Dogs for Smart Kids



This fall, Vashon Partners In Education is teaming up with the Vashon Sheep Dog Classic to help support our island teachers. On October 1st, 2nd, and 3rd, the Vashon Sheep Dog Classic will be held at Misty Isle Farms from dawn to dusk. Spectators are encouraged to bring a picnic and watch some amazing dogs compete in the sheep dog trials. Competitors will include dogs and their handlers from all over Washington, Oregon, and British Columbia as well as a couple from right here on Vashon Island. Novice classes will run on Friday with the more advanced Open classes on Saturday and Sunday. Admission is

Saturday market will run their usual hours.

Rotary President Jan Milligan said, "CiderFest is a fun family event with something for everyone. Last year's barn dance was a hit and people encouraged us to offer it again. So we added a great dinner, even more music and an expanded auction, all to support our island's students plus provide a full day

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Only On Vashon

Fourteenth in a series

Spandexalot

By Peter Bond

There are many advantages to living on Vashon and many societal ills we experience less of here. We rarely have smog, there is a low crime rate, not too much traffic, graffiti is rare etc. But we do have some of our own issues, and one of them seems to blatantly get a pass, like an emperor with no clothes. Well, today I'm going to blow the whistle on that. Yes, this emperor is wearing something, but just barely.

It's spandex.

We have a spandex crisis on the island.

Have you ever been to Burton on a nice weekend morning? It's like a spandex convention. Aside from the mobs of spandex-clad bicyclists at the coffee stand, children sell spandex instead of lemonade at roadside stands, signs point to spandex sales instead of garage sales, and Quartermaster Inn serves "sprunch" instead of brunch.

When did it become mandatory to wear spandex when you ride a bike? What happened to good ol' shorts and a T-shirt? I'm not trying to be mean but there are plenty of people who should NOT be wearing spandex and yet, here they are! We had a similar problem in Santa Monica, only with Speedos. I'd be innocently shopping for cantaloupe, for instance, look up, and there'd be a pasty-white European in what was barely a thong, pirouetting thru Safeway as if

he was on a nude beach.

And folks, it's starting to happen here. If I hadn't been down this dark path before I wouldn't sound such an alarm. But already it's hard to go to Thriftway without running into someone who forgot his or her codpiece.

I had to curtail visits to the Burton coffee stand for fear that I'd be sitting in an Adirondack, leisurely enjoying a cup, when somebody would inch towards me in all their spandex, um, glory, and I'd have to either get up out of the chair or learn to enjoy the ringside view of the family jewels.

Would you go out shopping in your ballet leotards? I rest my case.

Lately I've had a recurring nightmare in which I am speaking to a very large crowd, wearing nothing but fluorescent spandex boxers. I wake up screaming and drenched in sweat. It's horrible. The doctor said I might have to start taking Latexiophobia drugs.

I get it that serious cyclists wear this material for a reason, I have gear I wear for my outdoors adventures too. But there are other folks who, for whatever reason, need to show the rest of us that they ride a bike. Like people who keep their ski tickets on for weeks, months, years. Yes, we see that you ski. Cool.

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Comedy Back at the Red Bicycle Bistro

Back by popular demand, this will be the fifth showcase of local comedians doing stand-up comedy. COMEDY NIGHT IS COMING !!! This Friday, Sept. 24th, 8pm, at the Red Bicycle Bistro and Sushi bar.

The evening is hosted by local humorist and provocateur, Steffon Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

The show line up includes the more than sub-famous Kevin Joyce, formerly of UMO & Teatro Zinzanni! And, back by popular demand, PerLars Blomgren, with his 3rd generational Scandinavian stylings, and handy rock wall tips! And, returning from points beyond, International traveler, local feather ruffler and gap-toothed yukster, Andy Royer! And not to be missed, the incredible Jon Whalen, moving at the speed of.... Jon Whalen! And, the master of the uncomfortably long pause Jim Farrell!

Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at this bi-annual Yuk fest. These island comedians will sink or swim in death defying comedy routines. That's right!



Death Defying Comedy! Please don't try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.

Cover charge is \$5, and the show starts at 8pm, but show up early and get a seat, because it is always packed! (Also note, that children may be altered in unknown ways as a result of exposure to Comedy Night. If you feel they need to be altered, you may want to bring them. Just sign the liability release at the door.)

See you then and there!

www.RedBicycleBistro.com

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.

Overflight Committee News

There is a pivotal meeting to be held on October 27 in Des Moines at Mt. Rainer High School. This is one of the key Part 150 Studies gatherings, where all the experts listen and make note of our experiences, complaints, recommendations, etc. And then compile this info for the FAA.

Car pooling will be arranged. The meeting is slated for either 5:30 or 6:30 PM, in the school's cafeteria. We'll keep you posted on final time and car pooling options. Read more about the Part 150 Study here: <http://www.airportsites.net/SEA-Part150/>

Join us on Facebook
www.facebook.com/vashonoverflight

Please help us grow. We need more folks involved in this effort. Everyone talks about the huge increase in both flights and decibel levels over the island, but aren't sure about what can be done. That's why we're here. SPREAD THE WORD please. Your friends and associates and neighbors can email us here for inclusion on our mailing list. vashonoverflight@yahoo.com

Growing through Grief

Providence Hospice of Seattle Grief Support Services is offering a 6-week support group on Vashon for adults who have lost a loved one in the past year. The group will meet Thursdays, October 7th through November 11th from 6:00 to 8:00 pm at JG Commons. Please call Jane Fleming at 206-749-7704 for more information and to register.

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 www.VashonPages.com

The Vashon Loop

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Dockton Trail Project History

The Dockton Historic Trail project began three years ago when a group of local residents came together to discuss the maritime history and culture that was the focus of the community from 1892-1940. It was a community of mostly Croatians and Scandinavians who immigrated here to supply the necessary labor to build and repair ocean liners, fishing boats and vessels that transported people and goods throughout Puget Sound. It was decided to move forward on formal recognition of the strategic part that Dockton played in the maritime history of our region. A committee was formed, a public slide show of the history was presented and grant applications were submitted under the auspices of the Vashon Maury Island Heritage Association, a 501c3 non-profit entity.

The project received approximately \$50,000.00 in grants from 4Culture, King County Parks and private donations. This money was used to design, fabricate and install ten interpretive signs with historic photos, publish a brochure about the project and design a trailhead site at the park. A highlight at this site will be the historic bell that hung in the dry dock in the late 1890's and then was moved to the first school in Dockton and later to St. Patrick's Church. St. John Vianney's Catholic Church recently gifted it to the trail project. The first two signs will be near the bell tower. The remaining signs have been installed along the half-mile trail that meanders through the community.

Many individuals and groups have volunteered their services to support this project including the Vashon Tile Guild who offered to create a piece of public art commemorating the history of this once thriving community. After much discussion, it was decided that an obelisk like monument with a mosaic using hundreds of colorful shards, remnants of the early settlers' dinnerware that have been gathered from the Dockton beach, would be most appropriate. Professional tile/mosaic artists created and will install the 8-foot obelisk at the trailhead.

The Opening Day Celebration for this historic trail will be on Saturday, September 25, 2010 at Dockton Park.

Festivities begin at 1:30pm with music. The Ceremony takes place at 2pm with master of Ceremony, Frank Chopp and speaker, Anita Halstead. It will include the ringing of the Dockton Ship Yard Bell. Followed with a trail march led by Anita & committee members to the Dockton Community Hall where refreshments will be served.

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Island Governance Forum

Sunday, September 19, 12:30-1:45 PM
Open Space for Arts and Community
18870 103rd Ave SW

This forum will build upon the Community Dialog on Island Governance by providing additional background on current realities, future possibilities, and information to help community members more effectively participate in the Sept. 20 VMICC meeting.

Expanded Information will be provided regarding:

1. VMICC participation in the Unincorporated Area Councils
2. Process and hurdles of creating an Enhanced Community Council: and
3. Clarification of responsibilities of VMICC board member service, including PRA & OPMA* compliance.

This gathering will be facilitated by John Runyan and is being convened by concerned islanders: Gay Rosser, Bill Moyer, Noreen O'Malley, Dan Schueler, Carl Sells, and Kyle Britz. The above informational gathering may be followed by a discussion of proposed procedure for Monday meeting from 1:45-2:30. For links and video from last Sunday's dialog visit VoiceofVashon.org

* PRA = Public Records Act; OPMA = Open Public Meetings Act

Community Council Meeting

The Vashon Maury Island Community Council will meet on Monday September 20th at 7PM at McMurray. While VMICC no longer has a board of directors we are still a functioning organization. The meeting will start with a request for a chair, from those present, to run the meeting. The first order of business is to solicit agenda items for discussion. Come to this wide open meeting and help be part of the solution of "Where do we go from here?".

Drumming A Worldwide Wave of Unity

The heartbeat of Mother Earth vibrates through the drum. Vashon Drum Circle gathers to feel, hear and see the drum connect us with people all over the Earth. Initiated by a small drum circle in Ontario, Canada, the call has gone out to drummers around the world to send out a simultaneous heartbeat. The Global Drumming begins at 11 AM and lasts for eight minutes. We will come together at 10:45 AM, join the worldwide drumbeat for unity and then share songs and prayers until around 11:30.

Bring your drums and rattles and join us! This is a free event. Vashon Drum Circle is sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

Saturday, September 18, 10:45 - 11:30 AM
At the Peace Pole in Ober Park.
Everyone is welcome! All ages.

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

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Apron Calling

Calling All Aprons to Museum on Oct 10th & 12th

Aprons tell stories. And Vashon Heritage Museum hopes to tell the stories in an exhibit, "A String of Aprons" opening December 3. If you have an apron or two, please bring to the Museum for photographing and documentation. Forms to tell your apron story can be obtained by writing to apronstories@gmail.com or www.vashonhistory.org/apron and come on Sunday, Oct. 10 (1-3PM) or Tuesday, Oct. 12th. (9-11AM). Bring aprons of all types: grandmother's, working, handmade, store-bought, worn or not, doll's.

Break Time Social Workers

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.

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

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
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Next Edition
of *The Loop*
Comes out
Thursday,
September 30

Deadline for the next edition of *The Loop* is

Friday, September 24



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Vashon Island School District Administrators Support PTSA!



Putting the "T" back in PTSA, Vashon Island School District administrative staff turn in their membership forms to join the Vashon Community PTSA. Left to Right, Greg Allison (McMurray Principal), Michael Soltman (VISD Superintendent), Cathy Lambert (Special Services Director), Stephanie Spencer (VHS Vice Principal), Jody Metzger (Chautauqua Principal), Susan Hanson (VHS Principal), Roxanne Lyons (Curriculum Director). You too can join PTSA by visiting www.vashonptsa.org.

An Afternoon with Mary Matsuda Gruenewald

Vashon Community Care is very excited about our next speaker in our Telling Stories speaker series, by and about Vashon locals. Mary Matsuda Gruenewald will share what life was like for a young girl growing up on Vashon Island and what Vashon Island was like during the years 1927 through 1942. Mary first lived on Shawnee Beach, then in 1931, Mary's family moved to their new home in Center where the Matsuda family worked hard to build a thriving strawberry farm. Their family home still stands behind the K2 Building.

Everything changed for the Matsuda family in 1942 when they were evacuated to an internment camp for Japanese-Americans. Mary was 17 years old at the time, and the experiences that followed have affected Mary for the rest of her life. Mary will tell her story of imprisonment and share with the audience the emotional and psychological effects of growing up in the midst of this profound dislocation and injustice.

You won't want to miss Mary's talk on Sunday, September 19 at 5 pm at Vashon High School Theatre for what



promises to be an absorbing presentation. Mary will show photographs on a large screen, bring artifacts from internment camps and answer questions from the audience.

Seating is limited, so purchase your ticket ahead of time at Books by the Way, Vashon Book Shop or Vashon Community Care. All proceeds support Vashon Community Care.



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IFCH Hires Meal Coordinator

The Interfaith Council on Homelessness (IFCH) announced today that they have hired Islander Ed Swan to be their meal coordinator. According to board president Emma Amiad, "Our meal program has grown so large that we really need a coordinator to manage it". The job is part time, about 8 hours per week, but it will relieve the small number of IFCH board members who have been shouldering the duties of keeping the meal program going.

The IFCH began serving two dinners per week during the winter months about five years ago to provide warm food and some comfort to the Island's homeless population. At that time the group served six to eight people each meal for about three months of the year. Due in part to the recession, the meal program has grown to the point that it is common to serve 20 people or more and it now runs eight months of the year.

The food is provided by dozens of individuals and families who volunteer to provide a meal for those in need. The coordinator will be responsible for scheduling the meals, opening and closing the facilities and making sure things run smoothly. The meals are served in the Presbyterian Church which has generously donated the use of its space for the meal program.

Ed Swan, well known on the Island as an expert birder, writer and environmentalist has a long history

of working in low income housing projects and volunteer coordination. "His experience and know how really matched our needs," Amiad noted. "We are thrilled to have someone with his expertise to help us out."

Jim Dam, the IFCH vice president, explains that the funds to pay for this position will not be coming from the general treasury of the organization. "We have solicited a special gift from a generous family on the Island that will pay for the meal coordinator position," Dam states. "Every other dollar we raise goes directly to helping Islanders with housing and other needs".

"The needs of our community have really grown" according to Nancy Vanderpool, the group's volunteer case worker. "We see more and more families falling through the cracks. High medical costs, utility bills, and rental assistance, among other needs, have all increased."

"The meal program is one way to stay in contact with those who are in need," Vanderpool added, "and it gives Islanders the chance to help each other and work together for the common good."

Ed Swan is busy getting things set up to begin the meal program in October. He's anxious to encourage Islanders to volunteer their time and cooking skills to this wonderful effort. If you are able to help with this program please call Ed Swan at 463-7976.



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John Whalen & Azure Knot

September 24, at 7:00pm
Comedy Show
with Steffon Moody

See our schedule on our Website
www.redbicyclebistro.com

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

New! The Loop's Vashon FAQ Guide

By Peter Bond

At The Loop we're always getting letters and emails with questions about our island. Folks want to know what to expect when visiting, what considerations they should have about moving here, practical island advice etc. So we've prepared a handy guide, available soon online, which will quickly advise and answer. As a teaser here are some of the most frequently asked questions and our up-to-date responses:

1. Is there one place to see the Hippies, like a museum? Or are they all spread out?
2. Does it hurt to change physical planes, into the Vashon dimension, and when does that happen? When the ferry docks?
3. Do you eat real food? Or just healthy stuff?
4. Do I have to change my name if I live there, like to Wind Beneath My Wings or Wapi Pahana or something?
5. Do I have to grow a beard to visit? Or do you just need one to live there?
6. Can we visit if we're Republicans?
7. Do you have indoor plumbing?
8. What if I don't like marijuana? Can I still come but just not inhale?

Answers:

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Island Life

Between Bliss and the Unreal Gods

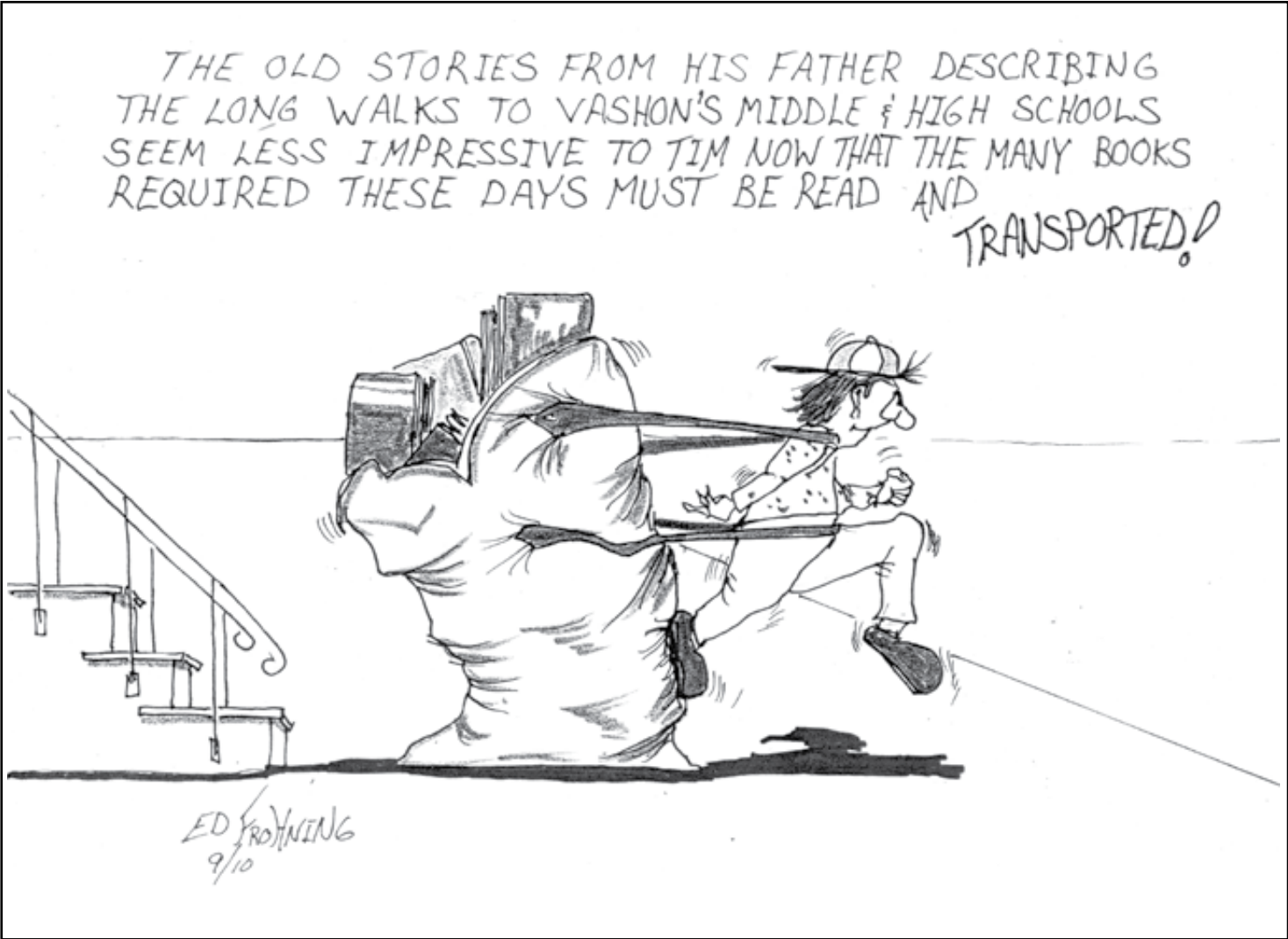
by Peter Ray

People seem to be inclined to seek stuff, both the real and the unreal. I've never really understood the unreal part. There is always that mountain that is standing there demanding to be climbed because it exists. Or on the other hand, there is the unknowable truth that will remain unknowable until one is dead, regardless of how many righteous steps one takes toward its attainment. All in all, I'll take the mountain, unless, of course, you bring up the conundrum of art and the creative process. There is just something about taking an idea or concept that appears out of thin air and turning it into a dimensional object or collection of notes (hopefully not too many) or a pile of words stacked on a page that is just more satisfying than almost anything, once one has moved it all from the unreal to the real. Even the failures are important.

Some people say that Burning Man is about art. They may or may not be at odds with the people who buy the "World's Largest Cocktail Party" t-shirts being sold in Cedarville, CA on the final stretch to Black Rock City, who would also be at odds with the guy camped two spaces up from us in the back of his pickup who wore mostly nothing except playa dust and pretty much kept to himself. Some contend that Burning Man is about community, others would opt for it being defined as a spiritual quest or a degree in survival. All would be right, and like the religions of the world, some among the various factions would find and create a sense of competition and contentiousness in pursuit of what the "right" definition should be. Like the religions of the world, the answer to the unknowable answer to what the Burning Man experience is all about could be: to get along and see what we can do. Unfortunately, others sometimes disagree- I'll get to that part later.

We were hoping for a better year at the Man this time around. We had done all we could to insure that our vehicle of transport would get us there and back in a timely fashion, unlike last year. But when your chariot is thirty years plus (or indeed, thirty days for that matter) anything can happen. All was going well just three hours from that desert in the northwest corner of Nevada when a cluster of three deer on the right side of the road distracted me from the fact that a fourth member was attempting to join the party from the other side of the road. Then, all of a sudden, there were pieces of stuff flying over the windshield, while the deer cartwheeled sideways through the air and landed in a cloud of dust like a marionette with its strings cut. Our bikes, that were strapped to a rack on the front, will be resurrected- Bambi was not so lucky.

This death and destruction did not set a good tone for the week, but we got things set up in camp on Monday just before the heaviest rainstorm I've ever seen out there briefly left the desert surface the consistency of wallboard mud. This was followed by a double rainbow which astounded many and seemingly made everything alright again. Tuesday brought the most pleasantly mild and sunny playa day I've experienced, and we seemed to be on track for better burn days ahead. Wednesday I awoke to hotter temperatures and a frustrating void in the energy tank which I had learned to correct in the past with more water and salt tablets. This seemed to help at first, and having missed the day to enforced rest, we decided to see what was happening that night. Thursday brought a return to more heat and an overwhelming lethargy which salt and Nuun hydration tablets failed to help. Sleep was easy and long that night, and after getting up Friday morning only to visit the port-a-potties and go back to bed, I found myself obsessed with the questions of: why aren't these salt tabs working and, what in the hell am I doing here? It was then that I opted for the table salt cocktail. It had worked in the past and I'll be darned if within a few hours after slugging it down I wasn't feeling my old self again. Later that day after a particularly



Caption- Bliss Dance by Marca Cochrane

hard wind stopped blowing I found a black and white, square bumpersticker at our back door. It read: Mean Gods Suck. Sometimes we need reminding. The gods of heat and excess weren't trying to keep me down, just testing my radical self-reliance- among other things. Sometimes, however, the reminder is a few degrees less subtle.

Having powered through the rest of the burn, on the way home we met a fellow Burner named Jeremy. He related the story of having had the misfortune of trusting in a shared Burning Man experience, which is something that, in the best of all worlds, should not have been a problem. Jeremy had some acid (LSD) and these two guys, that just happened to have popped into Jeremy's camp, were looking to get high. After a bit of discussion where a degree of trust and a sense of shared experience had been established, Jeremy pulled out the hits, at which point the undercover cops pulled out the handcuffs and did not read him his rights. Jeremy was transported from his camp in a large, dark vehicle to a detention facility ten minutes away which he described as Guantanamo like. There were mobile trailer jail cells, one of which he was strong-armed into and strapped to a chair in an overly air-conditioned room where he was asked for "information" by surly cops with bad attitudes. He was subjected to intimidation by snarling German Shepherds while still strapped to the chair. He was not allowed water or bathroom access for ten hours. His bail was \$4000. And I thought my Burning Man experience was bad. Mean gods do suck. But a country, or a state, run by people that believe in these gods sucks even harder. I am not talking about God- we're speaking here

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of the lesser gods of fear, control, power and money, all of which are supposed to have no place at Burning Man. But then again, at the last check I found we were still living in the singular, stellar example of what a democracy is supposed to be all about. How's that working out for you?

MOVIES AND MORE...

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Salt
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Island Birding Guide

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by Rochelle Gravance
NAFC Master Level Certified
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Arthro: joint
Itits: inflammation
Arthritis is joint inflammation. With over 100 clinically diagnosable arthritis conditions, the one thread that remains common among the various forms is pain. Regardless the form of arthritis, expect to experience pain.
For this article we will be focusing on the most common and most preventable form of the disease, osteoarthritis. OA affects over 27 million individuals in the United States alone and is the number one cause of chronic disability. Once thought of as the Golden Years Disease, osteoarthritis will soon transition into the new “trendy disease” affecting those in their 30’s and 40’s.
Why trendy?
Well, because as society continues to eat more and more processed foods that cause inflammation and increase fat mass and as we continue to sit more and move less, OA will begin to affect this society at an alarming rate at a much earlier age than ever before. That’s the trend.
And when a condition such as OA begins an upward trend, drug manufacturers make it trendy by developing so called remedies marketed with cool commercials using actors to play the role of average Joe’s that look and sound just like you.
Trustme...you don’t want to be trendy and you don’t want osteoarthritis.
So, what can you do to prevent and/or control OA?
3 Factors to Prevent and Manage Osteoarthritis
1. Eat only healthy, organic, grass-fed, raw, wild, whole foods. No processed foods.
2. Move your body everyday...a lot.
3. Lose excess body fat.
Each factor is considered a “controllable factor”. If you follow the proven and effective guidelines you will greatly reduce your chances of developing OA. If you already have OA, following the guidelines will dramatically reduce your symptoms and increased wear and tear on your joints.
Processed foods increase internal inflammation which places the body in an acidic state. Collagen, which makes up the cartilage that protects the ends of bones within a joint structure, is more rapidly eaten away when the body is out of flux and acidic.
Processed foods along with lack of

movement also increase the body’s mass. Heavier loads (fat mass) in addition to a decrease in the joint’s support structure (muscle tissue) caused by a lack of movement increase the rate of joint degeneration and OA.
Movement, even though initially painful if you already have OA, is critical to managing and/or preventing the disease. Flexibility and strength of the muscle tissue is the support system for your joints. When that support system becomes weak, imbalanced and tight, the joint is forced to handle uneven, heavy loads that force the joint into unnatural movement patterns.
These unnatural movement patterns and the subsequent wear and tear associated with those patterns cause the most common joint conditions the population experiences.
1. Bulging discs
2. Torn meniscus
3. Torn anterior cruciate ligament
4. Damaged rotator cuff
5. Plantar fasciitis
6. Arthritis
Unless you have experienced an injury caused by trauma, each of these conditions is preventable and manageable (including traumatic injuries).
When designing your exercise programs, think “pre-hab”. Focus on flexibility work, strength work for the large and supportive muscle groups and equally as important, think MOVEMENT. The more, the better. Not just workouts. And finally think long and hard about cutting out all processed foods. You have one vessel to move you through this life. Take great care of it.

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Smart Dogs for Smart Kids

Continued from Page 1
\$5.00 per person, and children 12 and under are free.
Sponsor a dog at the Classic and you’ll have a chance to win a Family Weekend Getaway at Whistler. Sponsors may choose the dog they sponsor and have the option to meet the dog and handler on Saturday or Sunday. If your smart dog is the High Combined Point Earner by completion of the trials on Sunday, you will win a 3 night stay at a beautiful vacation home in Whistler Village. All sponsorships are 100% tax deductible with the funds going directly to PIE. To sponsor a dog or learn more about the Vashon Sheep Dog Classic, see the website at www.vashonsheepdogclassic.com.
The dog trials are non-profit and

all proceeds from admissions and dog sponsorships will be used by PIE to help grant teacher wishes this fall. Last year PIE dollars helped fund 54 public school grants, including Vashon Artists in the Schools, a native plant garden for Chautauqua, robotics at McMurray and the high school, bikes for special education students, and a new potter’s wheel for the high school. (For a complete list of grants and more information on Partner’s In Education, visit our website at www.VashonPIE.org.)

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

Vashon Library Program Calendar
October 2010

Great Books Discussion Group
Monday, October 04, 7:00 PM
The Great Books Discussion Group meets on the first Monday of the month, September through June. The selection for October is Jane Eyre by Charlotte Bronte. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.
Toddler Story Time
Tuesdays, October 5 and 12, at 10:40 AM
Ages 21 months to 3 years with adult. Enjoy 20-minute program of stories and songs just right for toddlers. Registration not required.
Preschool Story Time
Tuesdays, October 5 and 12, at 11:30 AM
Ages 3 to 5.
Join us for 30 minutes of stories, songs and fun!
Registration not required.

ESL Classes
Tuesdays, October 5, 12, 19, 26, at 6:00 PM
Adults
Presented by Rebecca Cullimore, teacher
Come to the Vashon Library for free weekly lessons in speaking English as a Second Language.
Child care can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206.463.2069.
Baby and Me Story Time
Wednesdays, October 6 and 13, at 10:00 AM
Newborn to 20 months with adult.
A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver.
Registration not required.

Introduction to Computers
Thursday, October 07, at 10:30 AM
Adults
Presented by Amber Slaven
Practice the skills necessary for using a computer including using the mouse, selecting items and text, arranging windows, browsing the Internet and library catalog. Space is limited. Registration is required; call 206-463-2069 to register.
Internet, Level 1
Thursday, October 07, at 1:00 PM
Adults
Presented by Amber Slaven
Learn how to browse the Internet, type addresses, understand basic Internet vocabulary and use search engines. Prerequisite: Ability to use the mouse. Registration is required. Call 206-463-2069 to register.

Public Meeting & Open House: Vashon Library Expansion
Thursday, October 07, at 6:00 PM
You are invited to see the current designs for the expanded Vashon Library as presented by KCLS’ architects. Following the presentation, KCLS representatives will be available to hear your comments and answer questions. The location is

McMurray Middle School, 9329 SW Cemetery Road, Vashon, WA 98070
Opera Preview: Lucia Di Lammermoor by Gaetano Donizetti
Sunday, October 10, at 2:00 PM
Presented by Norm Hollingshead
Gaetano Donizetti (1797-1848) amazingly composed 73 operas in 27 years. Of these Lucia di Lammermoor is by far Donizetti’s “Greatest Hit”! Lucia has everything a romantic “bel canto” opera needs: a tragic story of young love torn apart by a family feud; gorgeous music, especially for the soprano and tenor including Lucia’s incredible “Mad Scene” and the amazing “Sextette from Lucia;” most importantly, opportunity after opportunity for singing of such beauty it will break your heart. In this lecture Mr. Hollingshead will illustrate his commentary with recorded musical excerpts from his own collection of recordings, many quite rare.

SAT Preparation with Daphne Purpus
Saturdays, October 16, 23, 30 and November 6, at 1:00 PM
Teens
Presented by Daphne Purpus
Four sessions will help you prepare for the SAT. They will focus on the exam format, how the questions are ordered, when to guess, how to guess, and general test-taking strategies. Students will receive suggestions about how to prepare further on their own. Prerequisite: students must take the SAT practice test online BEFORE the first session. A library card is necessary to log in to the Testing & Education Reference Center, a database that can be accessed from the KCLS website. Register at the Vashon Library, 206-463-2069.

The Three Little Pigs
Friday, October 22, at 2:00 PM
Presented by Rowbes Puppet Productions
Three brothers set out to make the perfect house, but a pesky wolf is intent on doing a little unwanted redecorating! Experience this classic story with modern updates sure to tickle your funny bone.
All ages welcome. Registration is required and begins Friday, October 8- please call 463-2069.

Late Night @ the Library for Teens
Saturday, October 30, at 6:00 PM
Teens
Bead a bracelet with Mary Ann. Watch a LateNight Film Festival featuring short films by Vashon teens, and vote for your favorite. To enter your film in the contest, pick up an entry form at the library and submit it by October 23. Limber up with Dance Dance Revolution, play Super Smash Brothers Brawl or Outdoor Challenge on our new Wii, and join the strummers at Guitar Hero open play. Enjoy the Vashon Library Cyber Café and surf the web or play a game. Refreshments! Door prizes! Security will be provided.
For students entering grades 6-12. Sponsored by Friends of the Vashon Library.

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.



Aries (March 20-April 19)
In many relationships there is often that feeling of one person being ahead of the other. This might involve personal growth, apparent commitment to the relationship, desire to experience new things within or outside the partnership, and many other possibilities. The current distinctions may involve whether one partner is more into sex, more into relating, or able to understand the way that these things integrate. With Venus and Mars doing an interesting dance in your partnership angle, this theme may surface, and the way the planets are arranged, the story is going to evolve. One day someone may seem to be running ahead of you; another day they may backtrack or need to revisit something from the past. I suggest you participate in this dance as an active partner, which means knowing what you want, and listening to what others want. Remember, desire is subject to change.

Taurus (April 19-May 20)
The most dynamic and creative angle of your solar chart is connected to the sign Virgo, which suggests that your passions can get bogged down in many layers of psychology. By passions, I mean your creativity, your curiosity, your sexuality and your desire to experiment with anything new. By psychology, I mean things like rationalizing, guilt, denial or critiquing your desires and ideas out of existence. You alone know how much time you waste doing these things, and by time I mean hours and years. Mercury is about to end its retrograde phase in this part of your chart, suggesting that you can work out a chunk of this material with something that equates to a single idea. You may not be familiar with the power of ideas to transform your life; to you, one may seem like another. Yet ideas are no more abstract than you are. If you are handed a solution or an approach, I suggest you try it for a while and see where you end up.

Gemini (May 20-June 21)
Lately, it seems that everything comes back to safety and security. From airport screening, to every package coming with two or three safety wrappers, to Net Nannies and spam filters and a password for everything, we are a world obsessed with security. Yet rarely do we notice that security is in our minds. Whether we actually feel safe is a thought; it's not connected to how many locks we have on our door. You inherited your concept of safety from your elders, who in turn got it from your mutual ancestors. If you're a clear observer of yourself, you see the way the ideas of all these other (mostly neurotic) people influence whether you feel safe at night. Yet you're entitled to your own absolutely unique concept of what constitutes peace of mind. If you're paying attention you might notice that it has very little to do with secrecy, guns, locks or things that filter your email for you.

Cancer (June 21-July 22)
Mercury's retrograde in Virgo, your 3rd solar house -- communications, ideas, writing, state of mind, your neighborhood -- has likely come with a reassessment or a crisis. Let's talk about mental health first, a topic we need to consider in how colonized our minds are by a constant barrage of 'information' and messages, all of which we're supposedly responsible for. This is enough to drive anyone into madness and frustration. You've seen the need to not only reorganize but to also be vigilant about the workflow and the impact of data as it moves through your life. But there is something deeper, which is an idea that may be deeply meaningful to you, and something you've wanted to act on for a

long time. I suggest you do what you need to organize your life around making that happen. Small moves will mean a lot, and one step will lead to another.

Leo (July 22-Aug. 23)
How is your financial reassessment coming? Have you figured out that your resource base comes in many different forms, not just money? We're obsessed with cash in our current era, to the extent where there is a price connected to very nearly everything. Yet when your neighbor knocks on your door to borrow a cup of sugar, do you write it down in a book? Or have we stopped depending on our neighbors for that kind of thing? I suggest you consider what you've learned about how resourceful you are, and how this connects to the diversity of forms of wealth. What they all have in common is that they arise from the Earth. That makes a case for developing grounded ideas about how you come to have enough. Meanwhile, cash itself is the focus, and as I mentioned at the beginning of this Mercury retrograde, taking a look at your accounting methods and, at the least, knowing how much money you actually have.

Virgo (Aug. 23-Sep. 22)
I am going to take an educated guess that these have been psychologically trying weeks for you. That won't be true for all Virgos but I know that this has been a particularly challenging Mercury retrograde for some, given its presence in your sign. What may be making the difference is how much progress you've made, till now, addressing the past. If you're someone who lives with a sense that the past is unresolved, you may be feeling this more than others. It's true -- family history presents us with many challenges. Ghosts of the past can arise in the form of people with new names and faces. Old relationships can haunt our current ones and patterns tend to repeat themselves. However you may handle the past, you still need to navigate through the present, and this comes down to making decisions. Once Mercury stations direct this weekend, you'll be working with information or at least an angle you haven't considered yet -- and this will make the correct choice seem obvious.

Libra (Sep. 22-Oct. 23)
If you hesitate, you're in a position where someone else might make a decision about what is important to you. The thing is, you may not be sure quite what to do, or what feels right. And you may need some time to decide, especially if the question involves a relationship. I suggest that, despite however much influence someone has had on you, that you pause for long enough to get a sense of where you're really coming from. That may take you a couple of months. This is a deep situation, and parts of it are veiled in shadow. But here is what I can tell you at the outset. Relationships are based on shared values. Yes, they are based on chemistry and other kinds of attraction, but what makes a relationship last, and grow, is a foundation on values. So I suggest you evaluate this carefully in your inner world, and listen to those you meet and get a sense of what is the very most important to them. Make this a way of life.

Scorpio (Oct. 23-Nov. 22)
I don't think anyone has to encourage you to experience desire, but what I think could be meaningful to you is some encouragement to explore that desire on the level of curiosity, creativity and play. You don't need to participate in the exceptionally uptight times in which we live. I don't think you want to. However,

it may be that 'other people' have an idea of commitment that interferes with your concept of what it means to simply be free -- to breathe, to socialize, to explore your curiosity, to explore your feelings, to experiment. You know, all those things that commitment supposedly prevents. I suggest you not be afraid of what you want. I would also suggest that you ask directly and find out what the people or person closest to you wants. And if you're not in a relationship situation that prevents you from being a different person every day, well -- there are some amazing options available to you.

Sagittarius (Nov. 22-Dec. 22)
The next few days offer something of a cosmic trigger for you to move forward on a career or professional matter that has taken its time, and recently been beset with delays or complications. I suggest that you go over all of your prior work; sort through your files and correspondence records, and give yourself a sense of perspective. You need to know enough of the details to make a timeline, and to have a sense of how this idea has evolved. Remember, you need this overview because you're the one who has to manage the project. Your role is in part political -- that of getting people to work together toward a common goal. For that to happen, you have to know what the goal is, and that means what it was and what it is becoming. And the missing factor you've been seeking for so long -- it may well make itself known this weekend or early next week.

Capricorn (Dec. 22-Jan. 20)
Be particularly mindful of any correspondence that goes across the ocean or the continent. You can also put this to work for you. If you're trying to figure something out, call your friends on the other coast, or across the pond. Look for someone with a distant, removed or elevated perspective. In fact whatever mystery you're now facing would look easier to solve if you personally traveled and looked at it from across the plane of reality. If you're trying to solve a problem, look carefully about how your beliefs influence your perspective on the situation. You seem to be caught in a small idea where a big one is called for; you're using an analytical tool where a creative solution is what you need. What you think is the issue may not be the issue at all -- and as the next month or so progress, you will focus on what you're trying to change and become, within yourself.

Aquarius (Jan. 20-Feb. 19)
You have more freedom than you think; you've done the deep work of breaking free, you've endured the pain and the struggle, and you have experienced many enforced changes. Now comes the greatest challenge and the true reward -- taking up life as a creative journey. That journey, if you allow it to, could take you far from where you are today, but you still seem to have some lingering emotional attachment or nostalgia. Just remember, that's what's keeping you tethered rather than some huge obstacle or impossible task. Yet if you're not accustomed to the idea that you create your reality, the notion of doing precisely that may itself be daunting. I suggest you tempt yourself with the idea of what you truly want, especially if it seems impossible to attain.

Pisces (Feb. 19-March 20)
Once people start cooperating with you, you will recognize how vital it is that you cooperate with yourself. Or perhaps if you are true to your own cause, others will feel compelled to get behind you. Either way, this is the time to focus on your deepest, highest or best vision. It's also time to stop assuming that it's not going to happen and, to the contrary, assuming that it is going to happen. Indeed, what is possible, even probable, is something



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extremely rare, in fact, a development that may be unprecedented. And while others may play a supportive or pivotal role, I suggest you not delude yourself with any idea of not having exactly what you need right now. The more you focus on the truth that you are exactly who you need to be, and that you have exactly the resources you want the most, the more you will let go of your resistance, get into the flow and let your dreams manifest.
Read Eric Francis daily at PlanetWaves.net.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Hemodialysis Gets Serious

by Mary Tuel

Dr. Willem Kolff built the first dialysis machines, but they were made practical for treating end stage renal failure by Dr. Belding Scribner at the UW.

Scribner grew up in Chicago, got his medical degree at Stanford and did his post-grad work at the Mayo Clinic. He joined the faculty of the School of Medicine at the UW in 1951. Like Dr. Kolff, he was deeply affected by the deaths of renal patients.

Dr. Kolff's dialysis machines could get acute renal failure patients through a crisis until their kidneys began to function again, but patients with end-stage renal disease could not be saved. Surgery to open up access to veins and arteries damaged blood vessels so that after a few treatments it became impossible for doctors to access a patient's blood.



Dr. Belding Scribner, who had the idea for the Quinton-Scribner Shunt. Photo property of the University of Washington.

Scribner said that one night in 1959 he woke up with the idea for a shunt in the patient's arm, using plastic tubes, one inserted into an artery and one into a vein, with the tubes connected by a piece of tubing in between dialysis sessions. He brought his idea for the shunt to Wayne Quinton.



Wayne Quinton, who built the shunt. Photo property of the University of Washington.

Wayne Quinton was a medical engineer at the UW in charge of building, maintaining, and inventing medical instruments for the Medical School. Quinton figured out how to build the shunt Scribner had envisioned. Suddenly it was possible for people to have long-term dialysis, and end stage renal disease went from fatal to treatable.

There were only six dialysis machines in Seattle, though, and there were more

renal patients than could be treated. Scribner decided that he would not make the decision of who would get dialysis. A committee was formed to review cases and decide who would receive treatment. The formation of this committee is recognized as the beginning of bioethics. Such committees decide who will and will not receive organ transplants, for example.

Dr. Scribner worked with the King County Medical Society to found the Seattle Artificial Kidney Center, which became the Northwest Kidney Centers, in January, 1962. It was the first out-patient dialysis center, and was the model for how hemodialysis is done today. Currently any patient who needs dialysis gets dialysis.



Drs. James Cimino, Kenneth Appell, and Michael Brescia, circa 1967, who pioneered the AV fistula which is now the "gold standard" for hemodialysis. Photo property of David Paul Appell.

Scribner and Quentin had revolutionized hemodialysis, but the shunt had problems – clots tended to form in the tubing, for example.

Comes now Dr. Kenneth Appell, who grew up in Queens, New York. After serving in the Navy in the South Pacific during World War II, he returned to New York to complete his medical and surgical training.

Dr. Appell installed many of the Scribner shunts, but was not happy with the problems they had, chiefly clotting in the tubing. He came to believe that it would be possible to create an arteriovenous (AV) fistula in a renal patient's arm. This means that an artery would be stitched together with a vein, with a hole (fistula) in between that would allow arterial blood to flow directly into the vein, thereby avoiding the problems of the shunts. Arterial pressure on the vein causes it to enlarge. It takes weeks to months for a fistula to "mature," but then two needles can be inserted into the vein regularly to remove blood for dialysis and put the filtered blood back into the patient's body. This is the "gold standard" for hemodialysis today.

Two of Appel's interns, Drs. James Cimino and Michael Brescia, began doing Dr. Appell's AV fistula surgery in 1966.

Since the 1960s, millions of lives have been saved by hemodialysis and the techniques developed by Drs. Scribner, Appell, Cimino, and Brescia and their teams.

As for Wayne Quinton – in 1959 he quit his job at the UW and started a business called Quinton Instruments to market his inventions which the UW declined to develop. Most famous of these were the Scribner shunt, and a treadmill he invented for cardiac stress tests. Every treadmill you see today can trace its history to the self-winding mind of Wayne Quinton.

Next time: peritoneal dialysis

**Vashon's Yellow Pages on line.
Find it on**

www.VashonPages.com

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

The Godfather; A Night You Can't Refuse

Vashon Theatre Fall fund raiser with Kenneth Taran; Film Critic for NPR & the LA Times (generous Vashon Theatre Patron); will be kicking off this 7:00pm event with a Lecture on the Godfather. Following will be a Special Screening of the Godfather which is has been Re Mastered on 35mm Film. Mr. Taran will close the evening with Q & A. Beer and Wine Service begin at 6:15; when the doors open. Discounted Tickets offered to Vashon Film Society Members.

Festival Seating.

Beer and Wine service proceeds go to Support the Vashon Film Society & Save the Stars Mural Restore

All Ticket proceeds go to Support the Vashon Theatre

Sunday, October 9th, doors open at 6:15pm.

www.vashontheatre.com

VASHON THEATRE PRESENTS
A NIGHT YOU CAN'T REFUSE
Saturday, October 9th, 2010

The Godfather
Remastered on 35mm Film
with
LECTURE and Q & A
by Kenneth Taran

Film Critic for **Los Angeles Times & npr**

Sat. October 9th
Doors 6:15 Lecture at 7:00 Film to Follow
Vashon Theatre FundRaiser

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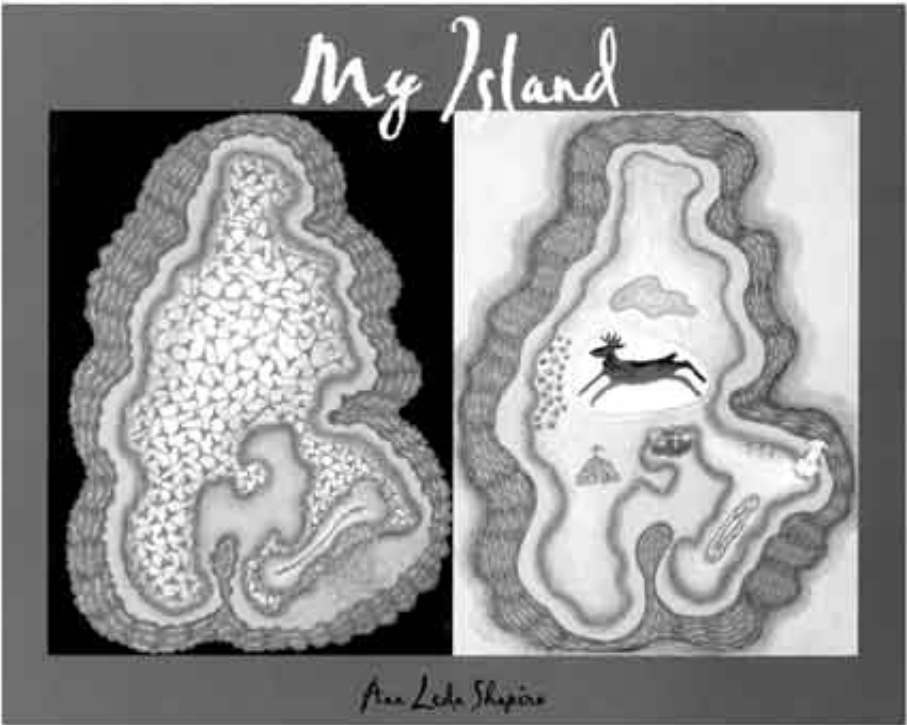
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MY ISLAND A book by Ann Leda Shapiro
This is the story of a precious place. Inspired by her love for her island home and worried about the threat of environmental damage, Ann Leda has created a picture book that tells the story of one islands' struggle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

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

What's Your Take ... On This Year's Harvest?

By Peter Bond

From my perspective, Vashon is one of the lushest places on earth, with more gardens per capita than almost anywhere else. Perhaps that's because I spent so many years in Southern California, where yes, there are wonderful gardens and crop fields, but they are almost always irrigated. Here we have mostly natural harvests, and a fairly long growing season. But everything is relative of course, and this year many Island gardeners are disappointed with the natural order of things. I'm lucky to have a windfall of blackberries at my place, and am perfectly satisfied with that bounty.

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



Paul - Maury Island

Everything was very slow coming this year, and I got about half my usual crop. A lot of beans though. I'm full of beans!



Laura - Vashon

I'm probably not a good authority on this subject. I've been out to my garden about three times this year. It's a jungle out there.



Gail - Ellisport

It was a poor year for my garden. I had no string beans at all, about half the squash, and no heirloom tomatoes. I did get some Sun Gold tomatoes though.



Pat - Burton

My garden was beautiful this year, but I only have flowers and bushes, so I didn't experience the disappointment some of my friends did. I did have to water a little more than usual.

Amnesty Period Expires Soon for King County Residents to License their Pets

Residents in unincorporated King County and 27 contracting cities have just 20 days left to take advantage of an amnesty period for unlicensed pets before they face a no-tolerance fine. As part of the new Regional Animal Services model for animal control in King County, residents were given a 90 day amnesty period to license their pets without facing a fine. The amnesty period expires at the end of the day on September 30, and starting Friday, October 1, residents who have unlicensed cats or dogs face a fine of \$125.00 for spayed or neutered pets, and up to \$250.00 for an unaltered pet.

Under the new model that took effect July 1, the cost for pet licenses for spayed or neutered animals remained unchanged at \$30.00, and the price for unaltered pets was reduced to \$60.00 (previously \$90.00).

"The amnesty period is a great opportunity for residents to comply with the law, protect their pets with a license, and avoid a potential fine," said Regional Animal Services Manager Ken Nakatsu. "After October 1, we have to comply with the code adopted by King County and 27 contracting cities and issue a fine if you are caught without a pet license. Now is the time to prevent that risk and gain the benefits of a pet license."

Residents can purchase pet licenses in person at over 100 locations in King County, including many QFC grocery stores, and online. Visit www.kingcounty.gov/pets for a list of sales locations or to purchase or renew a license online. Pet licenses are renewed annually and are good for one year from the date of purchase.

Under the new Regional Animal Services model, discounts are available for

disabled and senior residents, as well as for those with juvenile pets up to 6 months old. All dogs and cats over 8 weeks of age in unincorporated King County and contracting cities must be licensed.

King County Pet licenses come with many benefits including:

- * The first time your pet is found, King County will attempt to skip the shelter and deliver the pet to your home.

- * Licensed pets have a longer stray hold at the shelter to give residents a chance to locate a lost pet before it is made available for adoption.

- * The Vacation Pet Alert Program allows residents to provide contact information for a pet's caretaker while they are away so that King County will have the correct contact information if something happens while the owner cannot be reached.

- * Pet license fees fund programs that help thousands of homeless animals in King County find new homes each year, and pay for services such as spay/neuter programs.

- * Licensed missing pets are found faster by reporting them to Regional Animal Services. If a resident finds a stray pet wearing a pet license, they simply need to call the phone number on the license to get contact information for the owner, even after business hours.

Residents in unincorporated King County and 27 contracting cities should act by October 1 to license their previously unlicensed pets to avoid the potential fines:

For more information, or to purchase or renew a pet license online, visit www.kingcounty.gov/pets.

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

Find it on
www.vashonpages.com
Vashon Business Information

Positively Speaking

“Sacred Conversations” By Deborah H. Anderson



It was a shock. It was a mystery. It was a confusion. There were not people in conversation. Deep soul searching, transparent conversation. Business was flying at the speed of light. Crops were growing. Children were being born. But there were no transparent, life changing conversations.

People were talking but their hearts were not revealed. And the only people who seemed to like the idea of conversation were people in recovery.

Oh, there could be conversations around business transactions done with the fewest words possible. There could be conversations around illness and distress. There could be conversations about the ferries. And everyone was agreed on what a good deed was (is). Book clubs came the closest. People can share their hearts around someone else’s words sometimes.

But the art of revealing oneself was not present.

“They’re just not in touch with their pain” someone told me.

Coming from an organization (ok ... a church) of four thousand that was internally defined by over three hundred small groups of people from eight to twelve people sharing their hearts on a monthly basis I could not get a grip (and only now have just gotten it) on a place where people did their best to present well, but maybe not so much the truth about their lives.

And now...we are unraveling at the core. Yes, we are. At the core. We are unraveling because there were not sacred conversations. Sacred means, in this case, you hold the other person as worthy of life and living and respect and listen while they share their heart. When a whole council resigns because of a lack of conversation that would ease the transition of a business deal that has so many back alleys it’s its own city, we need to start listening and hearing in different ways. We can’t just rely on our ability to recover or be resilient. The fact that we can tank on our various community systems now and again and come back strong doesn’t argue the point that we can ignore the damage of the breaks.

Andrew Carnegie did a lot of good. But in the beginning he made his money by treating people atrociously with little regard for the life situations of others. JC Penney, in the beginning developed a whole system of making money by introducing the concept of workers as associates. Unions came about because of management feeling like their willingness to assume the risk of the business outweighed the worth

of their workers lives and quality of workplace.

Wars are happening because people can’t be in conversation. Change happens over and over again in Sacred Conversations.

So...while I, in some ways, wear as a badge of honor the condemnation of those who don’t, won’t , or can’t converse, I have not lost my passion to pass on the thrill of being real in a small group and the ripple effect for our community.

I’m starting a movement. Right here. Right now. Over the last fifteen years I have discovered that the only way to move past offenses and ill feelings on this Island is to have a cup of coffee with your opponent. But I want to move further. I want to back it up.

I’m starting a small group movement here on the Island. If you are interested in being a part of a small group call me or write me. It’s just a talking group and sharing group. No business, no agenda. Just getting to know people you wouldn’t run into or might share different interests and lifestyles. One two hour group a month.

When eight people have called me I will give them each others’ contact info and they can pick a time and place. Then the next eight and the next eight and so forth.

At the beginning of each month, I will provide an ice breaker (what did you prefer as a kid, cupcakes or full on cake?-- for example) and then a sharing question (what one change would you like to make in your life?—for another example).

Once a year we’ll get together for a potluck celebration.

The biggest damage done on this Island is the constant offense taking. The prevention and the cure is talking with someone outside your circle of influence.

Call me....206.463.4630 (yes...so simple it’s complicated...not a typo) or write dha@lgcmin.com. I’ll hook you up.

Don’t knock it before you’ve tried it.

Love
Deborah



We’ve Got a Lot of Kids by Kevin Pottinger The Leader of the Pack

Our oldest boy recently expressed a desire to join a different Cub Scout pack. One evening this week, he and I plus his little brother in the back seat roared across the mid-island valleys in tense silence, ten minutes late, past the cemetery and into the woods, to the first Cub Scout meeting after the summer break.

The meeting was held in a sort of Hall of the Mountain King fraternal-order lodge house, deep in the woods, built entirely of rough-hewn logs, with actual non-living stuffed animal heads mounted on the walls, big shiny brown marbles for eyes, and huge horns reaching almost to the ceiling.

I grew up more or less on the island, so very little fazes me in terms of interior decoration. I’ve had an off-island friend pointedly refuse to Facebook-friend me after she drove for a couple hours to meet me at this Hall of the Mountain King, one dark and windy December night. I’d asked her to sing with the band. “What’s WITH this place?” she demanded. The experience was so unsettling for her she ended up breaking up with her boyfriend on the way home.

When sons one and two slammed the car doors shut there was a rush of boys streaming out of the Hall of the Mountain King, screaming. An adult was lugging a giant bag of blown up balloons to be used in some sort of test of skill and strength, and apparently, screaming.

While our oldest followed the crush of boys and the bag of balloons, our youngest boy and I walked inside. The meeting was in full swing. Several adults sat in folding chairs with folded arms, while a grown man in a Cub Scout outfit outlined various opportunities for semi-indentured volunteer service to the pack.

While the headmaster spoke, we joined a friend of ours standing in the back. He was squinting at a printed sheet like it was this month’s Visa bill, pausing every so often to stare in the distance. I didn’t dare ask to see the list of opportunities; don’t ask, don’t tell.

Our host outlined this year’s fundraiser, and after passing around samples of the product, he requested that the kids be brought back in from their screaming contest to get the pitch.

After describing the product to the boys in finer detail, our host unveiled the prize for selling six hundred dollars worth of product: a marshmallow-firing

cross-bow, a prize so incredible that several boys shouted involuntarily.

The product our junior salespeople were going to move was relatively expensive, thirty dollars each, so the marshmallow-firing cross-bow represented twenty sales. Our host reminded us that twenty sales would most likely be a slam-dunk for kids as industrious and talented as these.

There were murmurs of an I-Pod prize, which I imagined to be akin to the super bonus all-expenses paid Hawaiian vacation in a high-pressure sales office; the marshmallow-firing cross-bow perhaps equivalent to the set of snow tires.

There was no mention of how many units a kid would have to move for an I-Pod, or even that an I-Pod existed. If you had to ask, maybe that kind of prize would never be yours.

As the adults pondered how in God’s Great Name they were going to move that much product so their kid could get the marshmallow-shooting cross-bow, our host reminded us that many of our Cub Scouts have devoted, kindly and possibly out-of-state Grandmas.

Oh, right. I felt the adults with the folded arms in the folding chairs almost imperceptibly relax. Sure. A call to Grandma.

And at that, we learned that just three hundred yards away, in the woods, the much older Boy Scouts were at that moment roasting marshmallows and singing songs around a roaring campfire, and the Cub Scouts were all invited, so the meeting ended early and the kids tore off into the dark, screaming, to join the Boy Scouts around their campfire, to roast marshmallows and sing campfire songs, huzzah!

When we got to the Boy Scout’s camp in the woods, we found the Boy Scouts drily wrapping up their evening meeting under a buzzing bug light in a picnic shelter, the fire pit cold and dark, full of ashes and a few crumpled Marlboro packs most likely left by target-shooting gun enthusiasts.

A couple of Boy Scouts hastily lit a damp, hissing fire that nevertheless managed to set most of the marshmallows on fire. The kids gobbled up the still-smoking marshmallows and after the fire sputtered out, they milled around in the dark, calling each other dude and throwing rocks in the pond. There weren’t any songs being sung, but as the pack’s new Coordinator of Campfire Song, I guess I’ll take the blame for that.

Vashon CiderFest

Continued from Page 1

of activities for everyone.”

CiderFest founders Rex Stratton, Rotary member, and Ron Irvine of Vashon Winery and Irvine’s Vintage Cider, put together the region’s first cider tasting two years ago on Vashon as a way to raise a little money for Rotary’s service projects and bring some top cider makers to Vashon. The event took off last year and is now expanded to the beautiful grounds of Misty Isle Farms. A dozen of the Northwest’s premier cideries will pour samples of 30+ ciders at this year’s tasting, an event that rivals other tasting events throughout the country. Vashon’s event is unique with live music on the beautiful grounds of Misty Isle Farms, the estate of the late Tom Stewart.

CiderFest details and tickets at www.vashonciderfest.org, Books by the Way, Essentials 4 and from any Vashon Rotary member. Events may sell out, so advance purchases are recommended, although remaining tickets will be sold at the door. All Village Green events are drop-in, free of charge. Most Misty Isle events are ticketed; two of the cider seminars are free.

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Only on Vashon

Continued from Page 1

But with bicyclists, well for God’s sake we already know that you ride a bike. You’re on one!

Except when you’re at Café Luna in your underwear, I mean spandex.

The situation has gotten so bad that the town council is secretly mulling over a proposal to license spandex users, like medical marijuana. You’ll then need to show a clear reason why you should be allowed in public in skintight stretch shorts.

Let’s not let this happen. Let’s demonstrate some self-control.

For those of you who absolutely must show the rest of us that you ride a bike, how about wearing your helmet around?

You can even wear the racing one with the full face guard if you want.

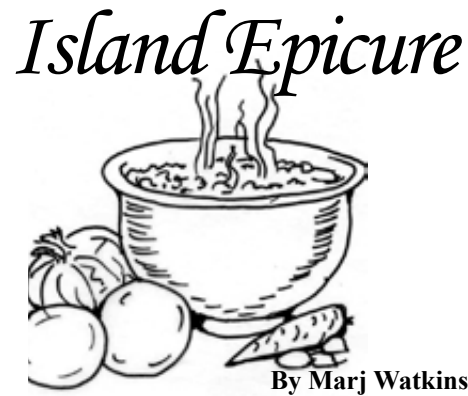
You’ll still look silly but in a G-rated way and the rest of us might be able to keep our dignity, as it’s been rumored that the Monty Python troupe is considering our island as the setting for their next production, the follow-up to their hit Spamalot.

It’s called Spandexalot.

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Cashew Chicken & with Oregano

Take One Chicken Breast

If you’re cooking for two or just you, one chicken breast will yield the main ingredient for two to four main dishes. If cooking for four, it makes enough for one meal. The first recipe below takes about an hour to make. Cooking time is ultra-short. Preparation takes a while, but you can do the cutting up of the meat and vegetables ahead of time for faster meal preparation.

CASHEW CHICKEN

2 servings

Prep time: 45 minutes Cooking time: 15 minutes

Combine and let rest 30 minutes:

½ chicken breast cut in 1 ½ x ½ x ¼ inch strips

2 teaspoons sherry, optional

2 teaspoons cornstarch

3 small slices ginger root, minced

1 large garlic clove minced

1 teaspoon sesame oil

Prepare:

3 or 4 scallions slant-sliced thinly, greenest parts placed in separate bowl

1 carrot cut in very thin 2-inch lengths with mandolin or food processor

1/3 to ½ cup pea pods, strings removed

or sugar snap peas

½ cup narrow bamboo shoot strips

½ cup cashews roasted in 300 degree oven or in skillet frequently shaken

Sauce:

¾ cup chicken broth or 1 bouillon cube + ¾ cup hot water

1 Tablespoon rice vinegar

2 teaspoons soy sauce

2 teaspoons cornstarch

Oil cooking spray or 3 Tablespoons canola or light olive oil

Spray your widest non-stick skillet with oil or heat 2 Tablespoons of oil in it.

Fry half the meat, making sure each strip lies down flat and turning as soon as it changes color. Remove and reserve. Add remaining tablespoon of oil and fry the rest of the meat. Add to reserved meat.

Deglaze pan with a little boiling water. Add the carrots. Reduce the heat, cover and cook until almost tender. Add

remaining vegetables except greenest parts of onion. Stir cook 2 minutes. Increase heat under pan. Add sauce and reserved meat. Stir-cook until sauce clears and thickens. Add greenest part of onion. Stir. Transfer to serving bowl.

Serve with steamed rice or cooked, drained noodles.

An easier, faster chicken dish is this favorite of Greek festivals. It’s a grand fall and winter dish. Once it’s in the oven you’re free to do something else for 25 minutes. Even then, all you have to do is put the cover on and reset your timer.

OVEN CHICKEN WITH OREGANO

4 servings

Preheat oven to 400 degrees

Prep time: 15 minutes Cooking time: 45 minutes

½ lemon

1 chicken breast cut in 4 pieces or 4 chicken thighs

Salt and pepper

2 Tablespoons chopped fresh oregano or 2 teaspoons dried, crumbled oregano

¼ cup minced fresh parsley, optional

Start oven heating. Rub the chicken pieces with the cut surface of the lemon. Squeeze as you rub so that the juice covers the chicken. Set them aside for 10 minutes, then arrange them in a large, flat casserole. Sprinkle the seasonings on them, stick the dish in the oven and set the timer for 25 minutes. When the timer goes off, put the cover on the casserole, reduce the heat to 375 degrees, and reset the timer for 20 minutes. Stick a fork into the thickest piece of chicken. If it’s tender and the juice runs clear, it’s ready to serve. If not, give it another 5 minutes or so.

Just before serving, sprinkle with parsley, if desired.

Serve with steamed brown rice or baked potatoes or jo-jo potatoes. Okra cooked with onion and tomatoes Greek style is a good vegetable for this meal. It’s easily prepared.

OKRA WITH TOMATOES

4 to 6 servings

1 package frozen cut okra

1 large or 2 smaller onions, wedge cut in ¼-inch thick slices

3 Tablespoons extra virgin olive oil

1 (16 ounce) can diced tomatoes

½ teaspoon dried crumbled oregano

Salt and black pepper to taste

Heat 2 tablespoons of oil in a skillet. Stir-fry the onion until it turns glossy and golden. Add remaining ingredients. Cover and cook until okra is tender, 10 to 20 minutes. Add remaining olive oil.

Serve with feta cheese and 100% whole wheat bread such as Poulsbo or Campagnolo.

Deer Hunting Safety

And Related Information for the Hunting Season of 2010 on Vashon Maury Island (A Firearm Restrictrd Area)

Deer Area 4013 - GMU 454

• Wear Fluorescent Orange clothing when hiking or riding in the woods during and around hunting season (September through December)

• Post your land if you do not wish hunting there. Though NOT REQUIRED, it makes your wishes unmistakable and aids in law enforcement.

• If someone is hunting on your property without your permission: Inform them that they are on private property and ask them to leave NOW; If they do not, call 911 and report an armed trespasser on your property; Write down the descriptions of people, vehicles, license number(s), etc.

HUNTING RULES

• Vashon-Maury Island is a restricted firearms area - NO hunting with rifles allowed at any time!

• Hunting on private property without written permission of owner actually carried on one’s person is illegal.

• Hunting is legal only between one half hour before sunrise and one half hour after sunset.

• Hunting with artificial light, spotlights, or from a vehicle is illegal.

• Shooting a firearm from, across, or along a public highway is illegal.

• Shooting a shotgun within 250’ or other firearm within 500’ of a building or trail is illegal.

(KC Code 12.68.030)

HUNTING SEASONS

• Archery

Sept. 1st- Sept. 24th (any Deer)

Nov. 24th - Dec. 31st (any Deer)

• Muzzleloader Sep. 25th - Oct. 3rd (any Deer)

• Special Permit Dates (Modern Firearm Dates - any Deer)

• Modern Firearm (Restricted): (Archery, Muzzleloader, or Shotgun, -depending on specific permit.)

Oct. 16th - Oct. 31st (any Deer)

Nov. 18th - Nov. 21st (any Deer)

Respect your Neighbors - A hunting license is NOT a license to TRESPASS. The Sportsmen’s Club loans Orange Vests to Islanders at: Island Lumber & True Value Service Center.

Information courtesy of: Rick Frye. Take the time to become informed and involved. For more information, contact: Rick Frye at 463-9851 (RickFrye@UMich.edu)

Vashon FAQ Guide

Continued from Page 4

Answers

1. Yes there is a Wild Hippie Park, where you can drive through and see the hippies in their natural element. The cost is \$10.00 per carload and you’re allowed two hours. Please keep the children in the car, as hippies are known to frolic naked thru the woods while throwing mud pies at each other. If they approach you and ask about your carbon imprint, toss them the magic mushrooms provided at the gate and roll up your windows quickly.

2. The sensation you’ll experience is like a mild electrical shock, akin to static electricity. This happens as you step onto (or drive onto) the island itself and enter the airspace. Once this happens you’ll be in the dimension and will be able to view Seattle from the beach as if you were on the moon and it was the earth. But locals will not consider you one of them until you have been here for 35 years. And you’ll have to start calling Seattle “overtown” for no particular reason.

3. There are five food groups on Vashon Island. Vegan Tofu, Vegetarian Tofu, Sustainable Tofu, Organic Tofu, and Local Source Tofu.

4. Yes you will have to change your name. We suggest using this easy format,

a variation on Dances with Wolves. Simply pick a synonym to “dances”, add a local animal, and you’re set. For instance, Waltzes with Raccoons or Shindigs with Sheep.

5. You’ll need to grow a beard, yes. If you are only visiting, stop shaving while you’re here, but if you move you’ll be expected to grow a beard of biblical proportions. There are no exceptions for the ladies.

6. We welcome Republicans, but only on the first Saturday of each month between noon and 3 Pm, and you must drive straight thru from ferry to ferry. Please note that Hummers are not allowed, so you’ll have to drive your smaller vehicle, like your Suburban or Navigator, and cover up your Palin2012 sticker, or remove it.

7. Some indoor plumbing is available in the more gentrified hollows, but mostly you should expect to use outhouses.

8. Exceptions to the inhaling law are allowed with a prescription/note from your doctor. This is highly regulated though, so petitions to avoid inhaling are especially scrutinized.

We hope this helps!



Espresso

Latte and Wisdom To Go

Come in and see us soon

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

Saturday 7:00am - 3:00pm

Sunday 8:00am - 2:00pm

17311 Vashon Hwy Sw



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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



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

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.

Wednesday night music moves to Fridays! Sunday night music stays on Sundays!
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Lopy Laffs

The Garfield Hut in Long Branch, N.J., is built with the ties used on a special railroad spur constructed by 2,000 residents of the community so that the fatally-wounded President Garfield could travel over it from the regular rail line to the Presidential Cottage. The spur, 5/8ths of a mile in length, was built between 6 p.m. on Sept. 4, 1881 and 1 p.m. the following day.



A minister who was very fond of pure, hot horseradish always kept a bottle of it on his dining room table. He offered some to a guest, who took a big spoonful.

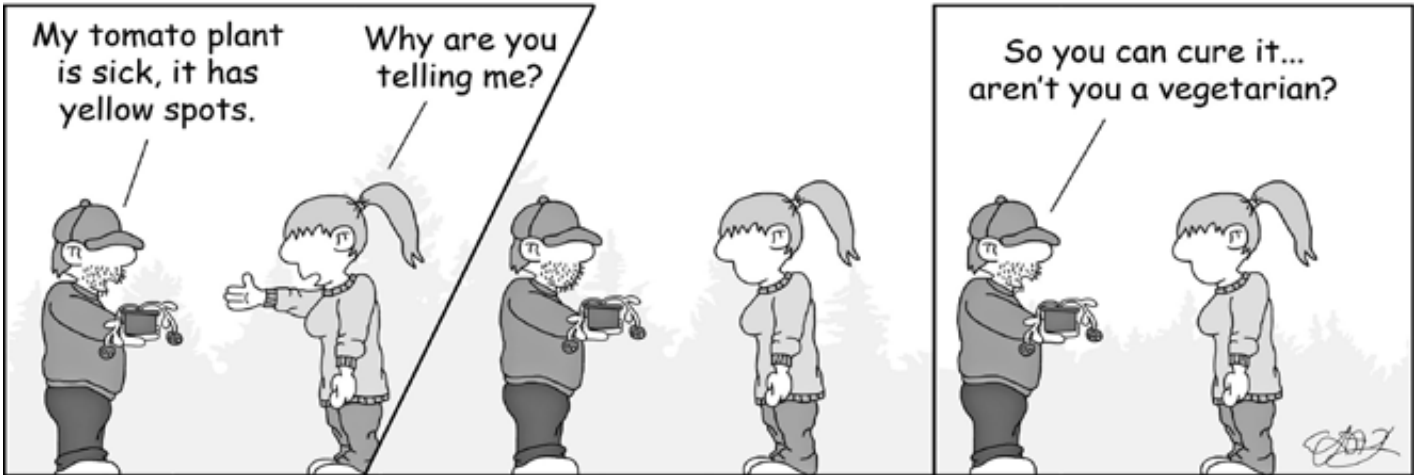
When the guest finally was able to speak, he gasped, "I've heard ministers preach hellfire, but you are the first one who passed out a sample."

Q: What do you call Bears with no ears?
A: B

A guy walks into a bar and sees a dog sitting at a table playing poker with three other guys. The guy asks, "Is that dog really playing poker?" "Yeah, but he's not very good," says one of the players. "Every time he gets a good hand he starts wagging his tail."

"I have good news and bad news," the defense attorney told his client. "First the bad news. The blood test came back, and your DNA is an exact match with that found at the crime scene." "Oh, no!" cried the client. "What's the good news?" "Your cholesterol is only 165."

Moose Lake



V.I.P.S. VASHON DROID DETECTIVES AFFECT THE RESCUE OF LOST PERSONAGES IN THE GREAT VASHON UNDERGROUND..



LOGJAM



Performing September 17 & 18

Murgatroyd



Murgatroyd, formed in 2008 combines the talents of four long-time island musicians; Brett Bacchus, “Rez” Arnot, Morgan Snyder, and Doug Spencer. This union, brings together for the first time, all the talent, power, raw energy, personality and swagger, reminiscent of 1970’s arena rock. Anchored by the thunderous rhythmic combination of Bacchus and Arnot, Snyder and Spencer’s guitars rip at the fabric of the weak and together deliver the final one-two punch, leaving the audience bloodied, yet satisfied. Take no prisoners, make no apologies, Big Rock is back! Free cover! Rock & Roll at it’s finest, bring your earplugs if you can’t handle the heat. All-ages ‘til 11pm, 21+ after that. Free cover!

Friday, September 17, 9:30pm
At the Red Bicycle, 17618 Vashon Hwy
www.redbicyclebistro.com

John Sparrow
Original Story & Song



The songs of JW Sparrow have been sung by literally dozens of recording and performing artists in such diverse places as Iceland, Germany, Japan and in all corners of the US. This veteran performer presents audiences with characters drawn clearly from life, his own and that of others, illuminated with a sharply defined poetic sensibility. In performance he draws upon a charismatic appeal that compels listeners to enter into a world of singular uniqueness. Alice Winship of Victory Music and the Northwest Seaport writes, “J.W. Sparrow is known for his sly wit, eloquent storytelling voice, and versatile musicianship.” His songs have been recorded by Northwest luminaries such as Vashon’s Kat Eggleston, Hank Kramer, Dan Roberts, Victory Sings at Sea, Shanghaied on the Willamette, Dave Roberts, The Shifty Sailors and Allen Ross.

Friday, September 17, 7:30 pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Vashon Celtic Players & Sunday Knitting

Here’s a Vashon institution that just happens to find its home at Cafe Luna every Third Sunday of the month. It’s the kind of music that you can enjoy with both ears, or just half an ear, while talking to a friend or quietly relaxing. So, grab a beer and have a great time with these fun-loving folks; at least a dozen of the 70 musicians show up to play most of the merry melodies (mostly Irish, jigs, reels, and polkas) from memory. Beginners are welcome; staying with the beat is the only requirement. Get a head start with the 250 tunes on their website, www.home.comcast.net/~sAustin98/lark/ Sunday, September 19, 6-8 pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Tim Fast
Folk/Americana
Singer-Songwriter



Minnesota native Tim Fast knew in third grade that he wanted to be a performer after he and three other buddies mimicked the words and music to the Beatles’ song “Nowhere Man” for show-and -tell. For 20 years he put together bands and played shows from the Midwest to California until he decided to go it alone. A Folk/ Americana singer-songwriter, Fast has performed on live radio shows, been featured on cable television, and has been nominated for and received, many awards for his skillful songwriting. In 2003, he released his self-titled debut CD and in 2007, his second CD, Starlite Drive-in. He’s currently working on his third album, to be released sometime this year. For more in formation, visit: www.myspace.com/timfastmusic.
Friday, September 17, 7:30 pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Jon Whalzen &
Azure Knot



Jon Whalen and Azure Knot are a new mix of island talent playing mostly original music with Jon Whalen on lead vocals and guitar. Sharing the singer/ songwriter duties is Dorsey Davis on bass. Simon Martin, who also plays with the Vince Martinez Band in and around Seattle, holds down the rhythm sections. They will be accompanied by renowned lead-guitarist Richard Lipke. Their original music, ranges from folk-rock and blues to countrified ballads. All-ages ‘til 11pm, 21+ after that. Free cover!
Friday, September 17, 9:30pm
At the Red Bicycle, 17618 Vashon Hwy
www.redbicyclebistro.com



If fabulous music wasn’t enough... knitters of all abilities are invited to drop in and bring their projects to the Cafe. Knit, schmooze, and learn from each other, while the Celtic Players work their understated and very merry music. What a fabulous combination! For more information about the knitting, contact David Guion, 463-1680.

Cruise into the Arts!

By Janice Randall

VAA Art Auction will be docking in the big tent adjacent to Blue Heron Art Center, September 24 and 25, so cruise on in and check out all the wonderful art and experiences donated by generous Island artists. All art is on view at the Blue Heron until Friday, Sept. 24.

Art Auction is VAA’s biggest fundraiser of the year and in addition to supporting artists, raises funds for VAA arts and education programming. In 2009-2010 VAA dance program alone gave out nearly \$30,000 to aspiring young dancers.

Six commissioned artists create a piece for the live auction, three for Friday and three for Saturday. This year’s honored artists are: ceramic artist Cory Winn, photographer Rick Wallace, painter Donna Botten, sculptor John Lucas, gourd artist Charlotte Masi, and painter Kristen Reitz-Green. Pick up your Silver Raffle tickets for a chance at any piece of art up to \$600 in the live auction each night of Art Auction.

In addition to beautiful paintings, sculpture, photography, ceramics, jewelry and more, there are many experiences to be had! Experiences include something for everyone: a Round of Golf for four (with carts) at Vashon Island Golf and Country Club, two nights at Maury Cottage B& B, wine tasting for four at the Columbia Tower Club, a guest



“The Dowser” acrylic painted clay sculpture by John Lucas, captures the mystical essence of one who divines groundwater.



“Water for Life,” photography by Rick Wallace-African triptych about the joy of clean water; rarely found in African nations.

opportunity on the set of Emmy Award winning television show The Closer and a Glam Slam Evening of Art as guest of Ted Kutscher, Eric Heffelfinger, Margaret Tylczak and Ivonne Escobar de Kommer, where the high bidder will be escorted from studio to studio, wined and dined and treated to a piece of art by each artist! For a complete listing of art and experiences, please go to Cruiseintothearts.com and click on the evening of your choice.

Heartfelt thank you’s go to Auction sponsors: Puget Sound Energy, John L. Scott, Boeing and Vashon Thriftway. Tickets for Friday, \$45 (includes food and beverage) available at brownpapertickets.com. Call VAA, 463.5131, to reserve Saturday tickets, \$120 per person. See you at the Auction!

Attention all
Performing Artists

Vashon resident performing artists are invited to join a long tradition of New Works performances and apply for Vashon Allied Arts’ New Works Series 2011. VAA’s New Works Series provides the Blue Heron venue for artists from all disciplines, music (all genres) dance, literary, theater, to premiere new work and/or new collaborations between January and November, 2011. Application forms are available now at Blue Heron Art Center or on-line at www.vashonalliedarts.org. Deadline is 5 pm, Saturday, October 2, 2010.

An inter-disciplinary panel of Island performing artists meets in early October to review and select recipients. VAA New Works Series was established in 1989 for Island resident artists to present new work to the community at the Blue Heron. New Works Series performances have spawned many memorable performances in a variety of performance disciplines. Join the ranks of New Works Series alumni! Please contact JaniceR@VashonAlliedArts for more information or go to VashonAlliedArts.org to download a New Works form.

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Church of Great Rain Season Premiere



Photo by Jeff Dunncliff

The Beginning is Near...in fact it's on September 26th at the O Space - 6 pm. Join the congregation for the Church of Great Rain's season premiere, featuring celebrated singer songwriter, Danny O'Keefe. Sit back and soak up the celestial music of the Church House Band and enjoy the Holy Roller Radio Players as they poke fun at life on Vashon and beyond. The show will conclude with a sure-to-be inspiring, if not a little wacky, sermon by the Reverend Hunter Davis. Fupps® Beer, wine, soft drinks and snacks will be available during the show. Tickets are available at Books By The Way and The Vashon Bookstore and at the door. Admission: \$8.00 adults/\$5.00 children.

Allison Shirk & Kelsey Alina Infectious Americana & Soulful Girly Acoustic



Allison Shirk has a distinctive voice with a slightly southern accent. Her songs take life experience and weave stories to which people can connect. She describes places and people that linger in your mind long after the song ends. Heartache with a sense of humor and stories of life in the country are prevalent in her songwriting. Allison gives a provocative performance - haunting, sultry, and sincere. She fronted a punk rock band in Honolulu called the Mellow Drips and then the Sunday Night Music Club in Waimanalo, before recording the solo demo album in 2000, "Reason to Believe." Moving to Vashon Island in 2001, she formed the alternative country band, American Standard, switching to playing the bass. She took a short break from playing gigs while she started a family, and re-emerged with a new band called The Shirks in 2009 as the lead singer and bassist playing all original songs. This year, Allison is playing solo again around the Puget Sound and audiences are stopping to take notice.



Kelsey Alina Bernheisel started singing at the ripe age of one, and singing solo's in church when she was three. Already starting to pursue music, she began taking piano and singing lessons at five years old. As she grew up, her singing career expanded. Through Junior High School, she sang at different sporting events and started to write her own songs. Senior year was a big year for Kelsey, taking on the challenge of making her own CD for her senior project and recording the final cut in a Bay area recording studio. Although it was just a school project, it showed Kelsey that music is really where is heart is and made her more determined to succeed. After High School she was in a local singing competition, "Fair Idol", and made it to the top two, becoming the runner up in the contest. In early July she auditioned for American idol, making it through many rounds, but was rejected from the competition because of her young age. Kelsey has a voice that emotionally connects people to the words and heart of the songs. Her passion is obvious in the way her fingers play the piano and the way her soulful voice sounds as she describes things around her in songs. Kelsey makes her home on Vashon Island now and is continuing to write more music to add to her personal library of songs, as well as recording another CD.

Friday, September 24, 7:30pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

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Deadline for the next
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Somewhere Swan Colby Stead and Amy Robin Acoustic Music Performance



Somewhere Swan is an acoustic duo from the strange & beautiful state of Utah. Colby Stead has performed at Cafe Luna twice in the past few years. This time he is returning with partner, Amy Robin as Somewhere Swan. Together they blend accordion, guitar and their voices to create music that is emotionally explosive and dynamic. Their songs are thought provoking as well as entertaining and reveal a unique perspective that brings relativity to the human experience.

Each Somewhere Swan performance is a journey...to somewhere...and it's always different.

Friday, September 24, 7:30pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Drama Dock Auditions

Drama Dock is excited to announce upcoming auditions for NUNCRACKERS, our annual holiday collaboration~celebration with Vashon Allied Arts. Director Christopher Ott teams up once again with Elizabeth Ripley to bring you another hilarious holiday treat! Performances will run between December 17th and 26th: Merry Christmas!

Auditions will be held on September, 24th from 6:30 to 9 pm at Vashon High School Band Room. Please prepare a short modern comedic monologue-- of no more than 1 minute in length. Please also prepare a short song 16 to 32 measures.

Parts are available for five women aged 18 and up!; one man; four children: two boys, two girls, age 8 to 17, also calls for whistling!; some small adult ensemble

roles as well.

Script is available for review at the Vashon Library.

If you have an questions, do not hesitate to contact Elizabeth Ripley at 463-6388 or eripley13000@hotmail.com

Vashon's Yellow Pages on line.

Find it on

www.VashonPages.com

Kronos, Polouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House,

Vashon Business Info
www.VashonPages.com

Spanish Studio Vashon

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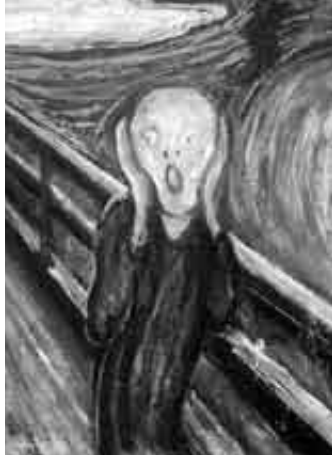


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