

# THE LOOP

Vol. 7, #6

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

March 19, 2010

## Vashon Island School District Looks for Budgeting Solutions

By Michael Soltman, Superintendent, Vashon Island School District

Next school year, Vashon Island School District faces an estimated \$550,000 - \$650,000 shortfall due to state-funding cuts. While it's inevitable that we will make some cuts, there's a lot we can do to fill the gap.

First, we may be able to collect \$250,000 in local revenue that you, the taxpayers, have already approved. This will depend on the Legislature lifting the levy lid, which was originally put in place to equalize school-district revenue across the state.

We can also invite more students from the mainland to attend our schools. Each "off-island" student brings in \$5200 in state funding, which could add up to \$100-150,000, if we are able to fill available spaces

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## Farmer's Market Opens

Saturday, March 20th marks the return of our Farmers Market to the Village Green. We will welcome our customers with free soup made especially for the occasion by Paul Motoyoshi of Sol Source, and free chard and sweet pea seedlings lovingly started by Zilla Copper of Calypso Gardens.

Vashon's own buskers, the Diggers, will warm up the Green with lively music. Look for veggie starts from Pacific Potager, Fieldstone Flowers, and Lisabuela Gardens; landscape plants from Deer Proof Gardens, and beautiful natives from Judd Creek Nursery. Many of your favorite crafters will be there as well - including Dragonfli's Woods and Tahlequah Woodworks. And there will be local greens from Calypso Gardens and Sun Island Farm and fresh eggs from Bad Bunny - because that's what's growing on Vashon right now!

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## Vashon Music Festival Benefit



Rez 1 Productions & Vashon Events presents The Vashon Music Festival Benefit with John Browne, Subconscious Population and Stoney Beach at the Red Bicycle on March 20th.

"Progressing from college sophomore to folk-music groupie-worshiper of Tom Rush, Fred Neil, Buffy St. Marie & Bob Gibson in early-60s Miami, John Browne's musical career has been what he jokingly refers to one long, downward spiral to this present time.....but we all know differently.

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## What's all the hype about vitamin D?

Saturday, March 27th 10am at the Library, Dr. Angela London will be talking about the benefits of Vitamin D3. Vitamin D deficiency is an epidemic. Find out the health benefits of this 'hormone' and what it means to you in terms of prevention

of cancers, autoimmune diseases, allergies, mental illness, autism and many other diseases. Dr. London will discuss the latest research on Vitamin D3. Suggested donation is \$5 and all proceeds will be donated to Vashon's food bank. Call 408-7400 to register.

## Only on Vashon

By Peter Bond

I spent three idyllic summers on Vashon Island during my youth, over thirty years ago now. They were almost clichéd versions of teenage hormonal angst and young love, looking back. But at the time of course those summers were as deep as anything I'd encountered. The memories of endless nights on the beach, grouped around a bonfire with close friends and early loves, have stayed remarkably close to the surface of my brain.

When people ask me these days why I have just moved here, and I answer that those summers had such an impact I knew I'd return some day, I'm sometimes accused of being too pat. One person even pointedly accused me of giving a false answer; he said that I was being evasive. But it's that simple. I knew I'd eventually return.

The earliest of those summers was at Camp Burton at age 12. While

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## THE DORSAL SPIN: Blubber Banquet

By Orca Annie Stateler, VHP Coordinator

For several days in mid-March, Puget Sound's apex predators, marine mammal-munching Transient killer whales casually dispatched an unknown number of hapless pinnipeds near the Vashon-Fauntleroy ferry lanes. Every local news helicopter captured graphic, bloody footage of the Transients toying with prey or bits of prey.

After a few exasperating missed

opportunities, VHP associates finally documented a superb encounter with the five Transients on March 15. Preliminary IDs include females T30, T88, and T90, plus an adult male and a juvenile. The Transients lingered in one area south of the ferry lanes for hours, shredding their lunch.

Mark and Maya Sears were our Orca Heroes. They did outstanding boat-based work, obtaining splendid ID photos and collecting small samples of blubber along with gelatinous globs of guts. By the time

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Transient orcas savor a seal near the Vashon-Fauntleroy ferry lanes. Photo © Maya & Mark Sears, 3/15/10." Note: Orca Annie reminds us to call directly from the ferry when we see whales - that's why we all have cell phones! Call 463-9041 to report your whale sighting!



# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Marie Browne, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Fruit Club

Vashon Fruit Club's next event is scheduled for 1 p.m. Saturday March 20th . It is a grafting workshop, conducted by Jim Hunziker.

Location is Bruce Jackson's, at 17920 94th Ave SW. Experience is not necessary. Please contact Emily MacRae at 408-7072 with any questions regarding this event.

### Spring Retreat for Caregivers

If you are a professional caregiver or a family member caring for a loved one, consider taking a few hours for your own self-care. The third of four seasonal retreats for caregivers will be offered on Wednesday, April 14, 2010 from 9:00 a.m. to 1:00 p.m. at the Burton Retreat Center. Darsie Beck, journal master and watercolor artist, will share his wisdom and insights around writing as a tool for self-discovery and healing.

A wholesome lunch and snacks will be provided. Cost: \$30. For information or to register, contact Carol Spangler at 206.567-5302.

### DATE CHANGE

The Lenten Workshop "The Essential Jesus:Savior, Redeemer, Friend" will be held at Camp Burton on Saturday April 3, 2010 from 9:30 - 3:30. the cost remains the same \$15 which includes lunch on site. Register by calling 206.853.2388 or writing to [dha@lgcmin.com](mailto:dha@lgcmin.com). Those contacts are also good for questions regarding the event. It will be led by the Rev Deborah H. Anderson.

### Vashon Havurah Community Potluck Seder

The Vashon Havurah will be holding its annual community seder on Saturday, April 3, beginning at 5:30 pm, at Havurat Ee Shalom, 15401 Westside Hwy SW. Reservations are absolutely essential, and may be made by calling Gayle at 463-4687 or emailing her at [leftwingjew@gmail.com](mailto:leftwingjew@gmail.com). The Havurah provides the ritual items for the seder, as well as wine and grape juice. Please don't bring anything with flour, rice, dried beans, corn or yeast (this includes bread). Donations are appreciated. We are also seeking canned goods for the food bank. If you have any questions, please feel free to call Gayle.

### ANNOUNCING SPRING PARENTING CLASS SERIES: VASHON YOUTH & FAMILY SERVICES OFFERS THE INCREDIBLE YEARS

For parents of children ages 2-10 2 sessions: Morning class beginning Wednesday, March 24th 9:15 - 11:15am Evening class beginning Tuesday, March 23rd 5:30 - 7:30pm Held at VYFS PlaySpace facility; 9822 SW Gorsuch Rd. Corner of Vashon Hwy. and Gorsuch. Vashon Youth & Family Services is pleased to announce its upcoming spring parenting series, The Incredible Years, a parenting class for parents of children ages 2-10 years old.

The class is a 12-week series of facilitator-led discussions and interactive group exploration of the joys and challenges of parenting.

The class is based on the research-based curriculum, the Incredible Years. Cost on a sliding scale ranging from \$18-\$125 based upon income, with a discount for PlaySpace members. Childcare provided for additional cost.

### Caregivers Support

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

Deadline for the next edition of *The Loop* is **Friday, March . 26.**

### Who Do You Think You Are?

Where do you begin to trace your family roots? What can be learned about Great-grandfather? How long has my family been in this country?

March 27, 2010, from 1:00 to 3:00 p.m., the Heritage Association is sponsoring a beginning class in Genealogy. Ed Swan (Ed: not our Ed, a different Ed) is coming from Olympia to present his program "Who do you think you are". Mr. Swan ,with a Masters degree in Educational Psychology, was a school counselor/teacher for 35 years. He has been working in genealogy since the mid sixties and has taught the subject for more than 20 years.

Swan is not only a teacher, but an active genealogist, a charter member of the Olympia Genealogical Society, the Maine Genealogical Society, and the New England Historic Genealogical Society. He is currently gathering materials needed to prove his lineage needed to join the Mayflower Society.

The meeting will be held in the Gordon Building, behind the Museum, 10105 Bank Road, SW. There is no charge, but Heritage Association memberships will be offered to those who are not members. Please call 463-7808 to reserve your space.

### 2010-11 Preschool Wait List

Beginning March 15th Chautauqua Elementary School will open up its Wait List for those interested in attending our Preschool Program next year.

How many slots are available, tuition amount and the days and hours the classes will run are just a few of the many components that will be developed over the coming months.

Once the program details are finalized, we will take the wait list and use a lottery system from the students who will appropriately balance the classes based on the needs of the program.

It is possible that final notification of placement in our program may not happen until June.

If you have further questions, lease contact our Registrar, Gillian Callison, at 463-2882 or [gcallison@vashonsd.org](mailto:gcallison@vashonsd.org).

### Compost the Loop

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

### PUBLIC NOTICE

**King County Department of Natural Resources, Solid Waste Division has applied to Public Health – Seattle & King County for reissuance of the solid waste handling facility permit for the Vashon Closed Landfill. Information concerning the landfill and the permit reissuance application is available at [www.kingcounty.gov/health/Vashon Closed Landfill](http://www.kingcounty.gov/health/Vashon%20Closed%20Landfill) or by appointment by calling (206) 263-8518.**

**Written public comments about the permit may be submitted no later than May 3, 2010 to:**

Public Health – Seattle & King County  
Environmental Health Services Division  
Attn: Ed Davis  
401 Fifth Avenue, Suite 1100  
Seattle, WA 98104-1818  
Fax (206) 296-0189

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Licensed, Bondable, Insured, Great Rates  
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### Spring news from Wolftown

Hello everyone, spring wildlife season is upon us.

If you find babies please leave them alone. Most mother animals must go and find food and leave their children unattended while they do this. They are not abandoned.

If you have questions or concerns, or injured wildlife do not hesitate to call me. 463-9113. The more we disturb wildlife the least likely chance it will have to survive.

Wolftown is working under a very tight budget. So extra help from you dear Vashon will be needed. If I and Pete and our volunteer staff are to continue to do this. This will involve, transporting wildlife, fund raising and volunteering.

Wildlife of note- I have had a few more coyote sightings and a couple of bobcat sign. We did have a Mountain beaver hit and killed on cove road. These animals do not do well with speeding traffic. The best thing we can do for wildlife in my opinion is change the way we live, buy local! And preserve habitat. Check our website [www.wolftown.org](http://www.wolftown.org) and the new story blog [www.T-wolfinsheepsclothing.blogspot.com](http://www.T-wolfinsheepsclothing.blogspot.com)

Thanks for being there, I could not do this without you!

### The Vashon Loop

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**Paid advertisements in The Vashon Loop** in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!

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**Don't miss an issue. Really. We are in our 7th year of publication and still not bankrupt! (Yet) Wow!**





# HOME TEAM REALTY

## Troy and Marie Clean Up the Yard

**Marie:** Honey, doesn't this beautiful sunny weather just make you want to get out in the yard and do some digging in the dirt?

**Troy:** Actually, I'd rather be sailing.

**Marie:** Oh, that's right. I forgot that I have been replaced by another woman. It's a good thing I'm not the jealous type. You won't find any boiled rabbits on the stove of the Antigua. Does it even have a stove?

**Troy:** Well, yes. But I thought the point of this column was to talk about gardening, not my boat. But if you want to write about it, maybe you should actually go for a sail with me.

**Marie:** I will. When it's 80 degrees out. I had enough of being cold out on the water when I was a kid. Did I ever tell you that I learned to swim at Dockton Park? I remember shaking so hard from the cold that I couldn't even talk, and my sister's lips actually turned blue. Amazing that we survived, and that no one called CPS. No wonder I am such a poor excuse for a Viking princess. Anyway, let's talk about gardening and yard cleanup.

**Troy:** Specifically, let's talk about what to do in the yard when you are putting your house on the market. People often ask us what kinds of things they should do. It's a good question, because there is a fine balance between making the house look appealing, and overdoing it to the point that you are broke and stressed – and may be spending money on landscaping that a prospective buyer won't even care about.

**Marie:** Good point. The best advice we can give our listing clients is to put yourself in a prospective buyer's shoes, and approach your house with open eyes. First, if your driveway is rutted and muddy, and blackberries and tree branches are scratching your car as you head down the driveway, that needs to be addressed. No one wants to feel like Indiana Jones every time they drive home.

**Troy:** In fact, blackberries, ivy and mud in general need to be addressed. Cut any out of control growth that is creeping into the landscaping, or blocking the view, or blocking access to any part of the property. If there are trees that need to be limbed to give a better view, then take care of it. No one but you will know that Mount Rainier is right behind that tree unless you show them. Bring in some gravel to fill the muddy walkways. Mow the lawn, and then talk to your agent about what other exterior projects make sense to tackle.

**Marie:** Planting things that screen eyesores is a good idea. Also, some pots of colorful flowers on decks and patios are good. You don't have to re-do the entire landscape, but you do have to make the house look pretty and inviting.

**Troy:** And speaking of eyesores, if you have messy neighbors who collect a lot of "stuff," see if they might be willing to do a little cleanup to help the neighborhood look nicer. Many of us tend to get a little sloppy over time and collect a lot of things that are just not that beautiful to look at. I know I am guilty of that myself.

**Marie:** I'm so glad you mentioned that. I've got a crew scheduled to come to our house next week to do some spring cleaning.

**Troy:** Wait! What do you mean? All my stuff is very valuable!

**Marie:** Well, you've got till Wednesday to sell it then. And I'll take the money, thank you.

*Interesting times, aren't they? If you are wondering if you should sell or not, give us a call. We can help you evaluate your options, as well as give you an idea of what your house would sell for in this market.*

*No cost, no obligation. We're at (206) 463-LIST (5478), or write [marie@yourHTR.com](mailto:marie@yourHTR.com).*



What .....I'm a Sails man right??

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# Don't Forget the Birds

by Ed Swan

## Coots

While guiding a mix of visitors and Islanders recently, I came upon an American Coot at Mukai Pond. Coots continue to show up rarely on Vashon with a sighting of at most one individual a year. Over the past decade, most records came early on from birds occasionally seen at Ellisport or more regularly around the piers of the Burton marina. These consisted of scattered late spring and

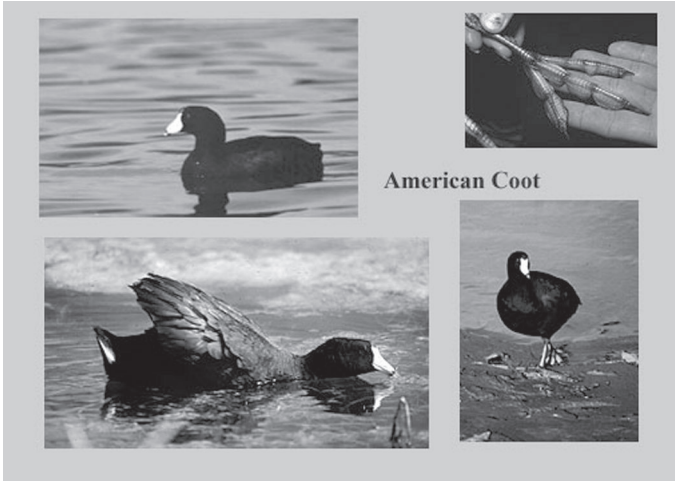
like small to middling, bulky ducks. They have stubby tails and short wings. Coots look solid dark grey with black heads and white stout bills. Some white shows on the tail, especially during displays to other birds. Around Vashon, they usually bob along like a cork and pop straight down looking for water vegetation. In more typical habitat elsewhere, they engage in much social behavior, chasing each other both through swimming but also by getting up out of the water and "splattering," running across the water beating it loudly with wings and feet.

Local birding seems rather slow lately. Brant only just recently started to show up off KVI Beach in low numbers and no new spring returnees showed up yet as of mid-March. Gary Shugart provided the one sense of migratory movement with a sighting of at least 20 Dunlin, a rare to uncommon shorebird for Vashon, at KVI Beach during the Vashon Audubon field trip for the Chautauqua Elementary School 4th grade bird program field trip on March 12. On March 15, Orca Annie came in with the only unusual sighting of the late winter with a Brown Pelican on the north end. If you have a sighting or a question concerning local birds, call me at 463-7976 or email at edswan@centurytel.net.

I'm also available as a guide for finding birds around the Island and the Puget Sound region. The coming months through mid-spring provide the best birding of the year with winter waterfowl being joined by returning breeding birds in April and May. At a recent trip up to the Skagit, we had great, close-up views of 7-10,000 Snow Geese and a couple of hundred Trumpeter Swans. This is still possible until early April.

March sighting for our area. Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. In addition, call the VHP about dead, injured, or sick marine mammals on Island beaches. We are grateful to ferry commuters and others who call us directly, and to Richard for his help with sighting calls. Timely reports to the VHP vastly improve our research efforts.

Send photos to Orca Annie at Vashonorcas@aol.com. Check for VHP updates at Vashonorcas.org.



Photographs of American Coot by Jim Rosso

late fall occurrences. During the last few years, the opening of the Island Center Forest and Mukai Pond to public access resulted in finding a bird a year, from late January to late March. My research into regional bird history found one interesting note of a bird seen on saltwater at Vashon by J.W. Slipp of the Slater Museum at the University of Puget Sound on 26Jan1941.

Coots prefer larger freshwater ponds and lakes and require large quantities of emergent vegetation for nesting. This habitat preference makes them fairly common in the Puget Sound at locations like Lake Washington in the parts where development has not wiped out cattail areas and that possess some protection from recreational and other motor boat usage. With only one large freshwater pond and one small pond with a significant patch of cattails, coots do little more than visit Vashon.

Coots taxonomically reside in the same family as rails and appear



## The Dorsal Spin

*Continued from page 1*

Mark saw the carcass up close, it was mangled beyond recognition, but tests on the samples will determine whether it was a seal or a sea lion.

When the killer whales moved north in the late afternoon, they brought the carcass with them. Mmm, how about a to-go order of pinniped pulp?

Countless tiny blubber bits floated on the surface in a "seal slick," attracting hundreds of Mew and Glaucous-winged Gulls, as well as a Brown Pelican at one point. According to Ed Swan, that is a rare

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## School Budget

*Continued from page 1*

at Chautauqua and McMurray. To save money, we are splitting some maintenance and utilities costs with Vashon Park District, improving operational efficiencies and exploring ways to partner with private schools on the Island. To cut costs in this current year, we have reduced bus service, library staff, school nurses, art classes, and co-curricular programs. We also raised some fees.

Donations have become absolutely essential to our basic instructional needs. This year, your contributions to the Save Our Teachers Initiative let us restore a high school counselor position and part-time librarian. For several years, the Parent Teacher Student Association and Partners in Education have raised hundreds of thousands of dollars to buy text books, science kits, and equipment and help pay for curriculum development and teacher training.

The Scholarship Foundation awards money for college. Athletic

supporters help keep sports programs alive. The Rotary donated dictionaries to third graders. The "Dreamboats" calendar raised \$18,000 for curriculum and professional development. And, a bequest from James Bruchas paid for repairing and purchasing musical instruments. A long-term fund-raising strategy, with multi-year donations and bequests, could be key to the future viability of high quality of public education on Vashon.

By mid July, we must approve a balanced budget for 2010-11. Though we are working to increase revenues locally, inevitably more programs and services will be cut to close the funding gap. We remain committed to communicating the challenges and possibilities and look forward to input from parents and community members as we go forward.

## Spice Route Helps Seniors

The Spice Route has chosen the Senior Center as their community organization of the month which will get half the money taken in by the Indian restaurant on March 23 from 11:30 a.m. to 9:30 p.m.

Law Offices of

**Jon W. Knudson**

Parker Plaza \* P.O. Box 229

**Bankruptcy -- Family Law**

463-6711

Deadline for the next edition of *The Loop* is

**Friday, March . 26.**



# Inspire The Shire ~ Invigorating the Mythic in Everyone

By Rod Smith

Hello, Loopers. This is Rod Smith calling. I've not appeared on these pages for many years now. Some of you may recall my column, "The Natural Philosopher", in the august and venerated Ticket.

As in the old days, I'm still working on experiments designed to catalyze the Vashon Group Genius in new and invigorating ways...to create contexts where the whole can become greater than the sum of its parts. At that point, something like magic can start to happen. I'm back to propose my latest experiment that I'm calling, "Inspire The Shire! ~ Invigorating The Mythic in Everyone".

Islander Janet Welt refers to Vashon as "The Shire", and I absolutely love that metaphor. It's apt in so many ways. It's so like HobbitLand here, isn't it? The imaginal energy here is off the charts. The Mythic is that SUBSTANTIAL part of us that dreams and that lives above the myriad absurdities of modern life. The Vashon Youth Council says it very well, "Wake up and dream!"

You've probably noticed the present cash shortage in the economy. I'm one of the many Island advocates for the idea that if we could figure out how to harness the talent and creativity we have here, we could make dramatic progress with regard to our community's economic needs. And the world as a whole would greatly benefit as well, to be sure. It's a win-win. This is what I am after.

I recently got the opportunity to put my money where my mouth is. I recently took part in and provided much of the funding for, an expedition of Island musicians to The Sundance Film Festival. One of my primary goals was to establish the relationships and the know-how to do this on a yearly basis...to take Island talent and put it on the world stage every year. My investment paid off handsomely as I'm sure you can confirm by asking around a bit:).

I'm betting either you or someone you know well on the Island, are like me. I aspire to "market" the products of my creativity and know-how out into the world. I've said for many years that I know, for certain, that the connections I need to get my work out into the world effectively are here on Vashon. I just need to figure out how to connect with them. There is such a staggering breadth of knowledge and world experience here, after all.

This latest experiment is an effort to engage the group mind to reveal those very connections. As with the Sundance experience I'm conceiving this to be the first of many. The first round is largely about using trial and adjustment to learn how the goal can be accomplished. I've opened a Facebook page titled, "Inspire the Shire". I'm providing the bulk of the details there.

My first focus is my own Natural Philosopher education project. I'll make the case for this on the Facebook page. Literally, one well directed

email could do the job for me. And, I definitely need to replenish my cash supply after the Sundance investment. That's the completing of the feedback loop that lets the process continue and evolve.

Then, I want to take this network and this learning and focus it on local music impresario, Reuben Arnot of Rez 1 Productions. I want to engage the group mind to discover ways that Reuben can do more of what he has done so well, in generous service to this community.

I'll be listing references for my character and for the quality of my work on the Facebook page. I'll also be listing Islanders who have benefited directly from my friendship and support in the past and those who will benefit directly from my success in the business context. (I've been dying to have the resources to get Chris Barnes to start printing T-shirts for me, for example.)

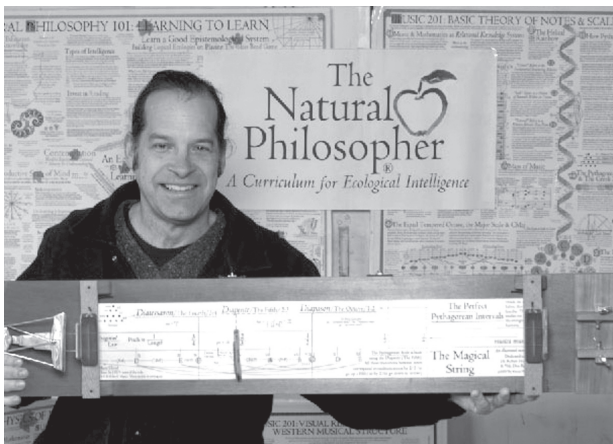
I want to tap the profound relational wisdom embedded in our community. And I'd suggest you do the same thing. Ask around to people whose judgement and intuition you trust about the quality and economic viability of my efforts. Get multiple points of view and observe your own intuitive reactions to it all.

I have about 350 copies of the first edition of my first print, MUSIC 201: VISUAL REPRESENTATIONS OF WESTERN MUSICAL STRUCTURE for sale at [www.naturalphilosopher.org](http://www.naturalphilosopher.org) and at Good Merchandise in downtown Vashon. Selling lots soon would be great!

I'm also selling my collection of handcolored originals. There are collections of my work at Trinity College Dublin and in the library of Les Compagnons du Devoir in Paris. The set for sale, is by far the largest.

If you feel so inclined, visit "Inspire the Shire" and "The Natural Philosopher" on Facebook or contact me directly.

Thanks Vashon! Stay inspired! As the Poet said, 'We will climb higher in Time!'



Afterthought: This project will coincide with my release of a piece I premiered at Sundance, NATURAL PHILOSOPHY 104: TOOLS FOR AN EMERGENT GROUP MIND onto the Web.

Rod with his custom designed music and mathematics demonstration instrument, The Harmonochord.

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Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond.  
Marie and Troy





By Kathy Abascal

## Spring Time is Nettle Time

The nettles are up and it is time to remind you to go gather some. Young nettles a couple of leaves high are there for the taking. Before you know it, they will be tall and gnarly. So, do take the time to go gather some this week.

Nettles and man have evolved together, and nettles are extremely good to us, an occasional nettle burn notwithstanding. We have used nettles as a food, as a medicine, and as a fiber for a very long time. Before flax was introduced to Northern Europe, nettles were used to make an extremely fine cloth. In fact, a Bronze Age man found in Denmark was buried in nettle cloth. You may have read the Hans Christian Anderson fairy tale of the Wild Swans in which the sister wove nettle shirts to break a spell cast on her brothers. As a child I thought that seemed a bit mean as my experience with nettles was limited to welts from nettle burns. Only later did I learn that nettle fabric can be as fine and soft as silk.

Nettles are very rich in vitamins and minerals. In days before vegetables were flown in from South America or grown in greenhouses, nettles were a godsend at the end of a long nutritionally challenged winter. Nettles remain a godsend (although underutilized today) because they are a gourmet food that is unparalleled nutritionally and energetically. You can use them in any recipe calling for baby spinach or greens like chard or kale.

Nettles are equally wonderful as a medicine. They are especially renowned for people with allergies, and small studies suggest that something in nettles lessens or prevents allergic symptoms. As the alders release their pollen, those of you with spring allergies should be doing nettles. Nettles are available in capsules or tinctures but most practitioners agree that fresh young nettles deliver more punch and should be used when they are around. Nettles also benefit people with

chronic ailments such as rheumatoid arthritis, acne rosacea, and hepatitis C. This may simply be due to the plant's ability to deliver good nutrition in a way that is easily absorbed. Or it may be that the plant's interesting chemical constituents have a positive effect on the body's inflammatory response. Or both -- we do not really know at this point.

Nettle leaf is diuretic and seems to increase the excretion of uric acid. It is a wonderful tea to reduce premenstrual or perimenopausal bloating, and it is a good helper for people with a tendency toward gout or some types of kidney stones.

In addition to the leaves, the nettle root is also medicinal. At least four double blind clinical trials show that it, usually combined with other herbs, improves the symptoms caused by an enlarged prostate. These symptoms, to one degree or another, tend to begin bothering men around the age of forty. Nettle root and saw palmetto berry (another herb) was as effective as the prostate drug finestrade but the herbs did not share the drug's side effects of erectile dysfunction and headache. Unfortunately, I think you need to be careful gathering nettle root in the Puget Sound area. Nettles are fairly long-lived plants and they concentrate minerals. This area, thanks to the Tacoma smelter, has been overexposed to cadmium, lead, and arsenic and it is possible that these minerals are concentrated in the roots. (The young shoots, however, should not present this problem, in case you were wondering). As a result,

you should get a medicine made from nettle roots gathered or cultivated in more pristine areas if you want a prostate medicine.

Gathering nettles is easy. Put on some gloves, wear long sleeves, and simply clip off the tops of the nettle plant, taking the top pairs

of leaves. Carry them home in a bag and handle them carefully until they are cooked. Once blanched in hot water, steamed or sauteed, the little stinging hairs melt away and the danger of nettle burns is gone. Experiment with steamed nettles sauteed with mushrooms and aged balsamic vinegar. Or try a rich nettle & potato soup. You could also make your own nettle vinegar for use later this summer. Just fill a jar with chopped up nettles, cover with a good vinegar, and let it steep for a few weeks or months. Then, strain the vinegar and use. You can also blanch and freeze young nettles for use later in the year.

So, here is hoping this is the year you try eating a "wild" food, it is a wonderful experience!



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## Farmers Market

Continued from page 1

This year VIGA is offering an additional way to support local agriculture --a Friend of the Market program. Join at the level that works for you, and receive, as a thank you, Market Bucks to spend at the Farmers Market. The money raised through memberships will help keep the Market vibrant with music, educational programs and activities for kids and

adults. All of us in VIGA hope you will join us this Saturday to welcome Spring, celebrate local food and crafts, and renew our community ties. The Vashon Farmers Market is located on the Village Green. The hours are from 10 AM – 2 PM. We will again take Debit, Credit and EBT cards at the Market Booth.

## New Classes Starting: Eating To Quiet Inflammation.

By Kathy Abascal

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

New 5-week series: Thursdays beginning April 8, 7:00 – 8:30 PM.  
Back on Track (5 week series, repeat students only) Mondays beginning April 5, 7:00-8:30 PM  
Support Breakfasts (past & present students only) Wednesday March 25 7:00-7:45 PM (\$8.00)  
Advance registration at the Roasterie/Minglement and prepayment is required.  
There are also classes beginning in Burien, West Seattle, Seattle, and online. For information on these classes go to [ToQuietInflammation.com](http://ToQuietInflammation.com)







Planet Waves



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

**Aries (March 20-April 19)**

Aah, the mysteries that spring from women. But I would ask: is it the girl, or the grown adult? Is it a mix of both? And what is their relationship? I suggest that you discern the difference between them. They may show up in the same place, with different needs and agendas. The girl needs protection. She has a fragile quality to her psyche and is touching her nascent sense of identity for what may feel like the first time. The woman has held down an enormous amount of energy and feels like she's going to explode, melt down or go mad from lack of attention. Here is what's going on a few layers down: the source of inner chaos is the sense that her gifts are not being received by the world, or that she lacks the courage to offer them.

**Taurus (April 19-May 20)**

You may be figuring out that there is a difference between who you think you are, and who you really are. To some extent this is true for everyone, but your sense of yourself seems to be rather fired up these days. You seem to be concerned about how you're perceived, and you are doing your best to hold your attention on a concept of yourself that you want to emphasize and then broadcast that into the world. Here is what I am inclined to ask: are you angry about something? Does that something involve whether you feel safe? I suggest you address the safety issue first, which may involve some actual question about how you feel in your environment. Stick to practical issues rather than trying to compensate with the force of your personality. If you have something to say to someone, say it directly -- not in fantasy.

**Gemini (May 20-June 21)**

"Friend" is the most trampled word in English, and Facebook is not helping matters. For you this word needs to be connected to an actual idea of what constitutes an authentic friend. Checking the history of this word, it is connected to the idea to love. So someone you love is one version of who you might consider a friend. If you can say the words to them, that is a good indication; if you can say what you love, that's even better. Researching deeper, the word friend is indirectly related to fiend or enemy. It's vital that you know the difference. Perhaps someone who causes a disruption in your life is a friend, but it's not likely. It may be that someone centered on themselves is a friend, but that is even less likely. Someone who speaks the truth to you, sincerely and clearly: that is a friend.

**Cancer (June 21-July 22)**

You have all the luck you need to succeed; you have the talent; now you need focus and efficiency. If you're going to begin anything this week, limit that to two items, preferably related to one another. You are in the mood to get things going, yet you need to be careful and discerning about your motives, and the speed with which you attempt to accomplish anything. Be mindful of people around you who stir up conflict or strive to get attention. One way you can cut back on this phenomenon is by being clear with yourself about who you are, and why you do what you do. This will set a boundary; your clarity will, at least, help you see when others are not clear, or when their agenda does not match yours. What you do with that information is another issue, but the fact that you will indeed need to have it is clear.

**Leo (July 22-Aug. 23)**

Your ideas about life are moving faster than your life, but that's about the speed of things: fortunately ideas take

time to manifest, because not all of them will serve you. Mars is moving slowly -- and I would add, with extra potency -- through your birth sign now. That is a clue to strive for progress one day at a time, but even that might be a bit too fast some days, because it would seem that your intention is to do deep work and lay a solid foundation. I suggest you set an agenda for the week, and contrast that with your agenda for some longer stretch of time, such as a year. Make sure the items on your weekly agenda match some items on your longer one. Then, yes, take existence one day at a time -- and remember what happened yesterday.

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

You've been on quite a ride in the relationship department the past few weeks, but I would ask: what in life does not involve relationships? Even when you're walking around your apartment alone at 3:30 am, you are in relationship to everything you see. The thing about your connection to a vase, a television or a book is that you know you bring the energy. You make up the story. This is more challenging to see in dynamic, live-action situations. That's partly because they involve two or more people bringing their energy. Yet the same value holds: you continue to evaluate everyone around you. The question is, on what basis are you making that assessment? Or maybe this is the question: in what ways do you feel your mental state is compromised by a relationship in which you have a vast investment of 'self'?

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

It may surprise you who turns out to have what opinion this week, or what experience you learn that someone close to you has been through. Whether you identify with it is another question, but I suggest you do your best to empathize in any event. That seems to be the whole point. The problem with allowing yourself true empathy with something you may not relate to is that you will reveal things about yourself (to yourself, and to others) that you were not expecting and that you may feel uncomfortable with. However, if you stick with the process, you will learn something about yourself -- quite potentially, something that's been eluding you for years. One of the core issues involves how you see yourself in your relationships: is your self-image the one with gifts, or one who brings problems?

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

Mark Twain joked about not letting one's schoolin' get in the way of one's learnin'. I would say: don't let your work get in the way of your professional aspirations; don't let your professional aspirations get in the way of your ability to get things done. After considerable frustration and confusion, you can now get the two going in the same basic direction; at least tuned to the same key. You may have to do this in manual mode. I suggest you see where your smaller efforts add up to drive forward your larger objectives. See where your larger objectives can call on you to scale back what amounts to busy work -- but not your dharma. That is, some things that feel like busy work are actually actual, authentic committed duties. Just because you don't like doing something doesn't mean that it's not truly vital.

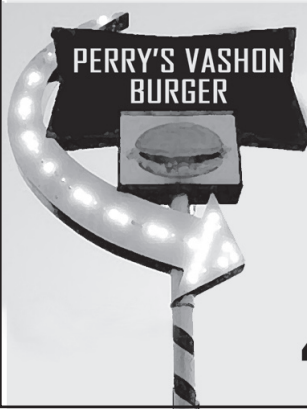
**Sagittarius (Nov. 22-Dec. 22)**

There seems to be some family or tribal drama threatening your peace of mind. Since I know how delicate that peace of mind has been for you, I'm feeling a little protective: and that's who you need to surround yourself with. Meanwhile, you're facing a complex

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psychological situation that you would be wise to handle mentally rather than emotionally. I am not saying you need to run from the emotional dimension, but rather that at this phase, your emotions are an indicator of what you can work out through awareness, analysis and most of all, through an understanding of your family history. What you are going through may feel like it's 'in the present' but I would say it's more of the 'the past is the present' variety of personal material. Where to begin? If you can, talk to your mother.

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

Make sure you're kind to the people who feed you; make sure that you choose to feed the people who are kind to you. Make sure you feed yourself. This is the moment of the equinox, when night and day are balanced around the world, symbolic of a state of equilibrium. Ceres in your sign is suggesting strongly that you consciously balance out all the exchanges in your life. Evaluate carefully and be mindful of your prejudice. What you think is a loss might not be a loss. What you think is a gain might not be a gain. The basis on which you need to evaluate is on what nourishes or depletes you. Be clear about this. We are all accustomed to situations where we give more than we receive; where generosity works against us. Make your decisions with no hard feelings; just gratitude that you can indeed get your life in order.

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

You're starting to understand what changes you need to make. The feeling has been intuitive till recently, and you've

had some radiant moments of clarity. That's different than observations that you can refer back to, which reveal what you're actually experiencing. Even in considering your healing process, you've been idealizing matters in a way that has not, until now, stood up to the evidence. I'm describing a few of the properties of Chiron, which is gradually separating from its conjunction to Neptune. You're encountering a new kind of clarity, and a new depth of intuition. Honoring this, I suggest that you have no opinion that you cannot support with data; that you have no hunch you cannot support without actual observation, preferably something that you've written on paper or typed in an email.

**Pisces (Feb. 19-March 20)**

I know, you still can't see around that corner -- the one that seems to be behind you but is really in front of you; the one that seems to have defined a decade of your life, but which is really right in front of you. The way to work with this uneasy tension is to choose where you want to be. Get out of automatic mode and make your decisions with full awareness of what you are choosing, and what your options are. You have, at the moment, an overwhelming amount of potential, and this may not be making your life any easier. So you need to focus, and you need a basis for what you choose to focus on. You have three choices, approximately. One is what you perceive as necessity. One is what you perceive as crisis. The last is what you want, and that may be the most difficult to see -- but it's clearly the most important to look at.

Eat at the...



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Deadline for the next  
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Friday, March . 26.



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## The Copgoblins of Crescent City

by Rick Tuel

Our story: Rick and Chris have finally arrived in Crescent City with Oatus, their 1946 Dodge flatbed truck, and after many mechanical failures, Oatus finally runs afoul of the law:

November 19, 1970, Friday, continued

In the opinion of the gentleman at the California Highway Patrol Motor Vehicle Inspection station outside of Crescent City, Oatus is evil in respect to his poor operational continuity and after liberally plastering us with citations, the inspecting officer suggested we pull over soon and correct a few dozen of them.

God knows we'll do that. We don't like them any better than they do. Because of them we are eighteen days out of San Francisco and still not out of California.

Tonight, however, would bring an end to that we thought, totally unaware that we were under siege. We had just turned off Highway 199 onto Highway 101 and were looking forward to a mere twenty minutes of remaining California citizenship. We pulled over to the side of the road to let a few cars pass and then pulled out again.

Bang! A Copgoblin passed up my Port side, cut directly in front of me and sandwiched himself between us, a maneuver he would not have performed successfully if I hadn't stood on my brakes hard.

After such a jugheaded stunt, I figured we would probably get a safety lecture along with another generous sprinkling of citations. And so we did.

The citations were for having nonfunctional brakes, one nonfunctional brake light, and for willfully refusing to pull over and fix these things after being supposedly directed to do so three separate times by the officer at the Crescent City check stop. First time I had heard of it. Chris attributed the whole misunderstanding to semantics.

At any rate, since the shoulder we were parked on was much too steep to do any work, we were told to find a place that was suitable and get to work!

Then, after taking numerous pictures of the truck, he took his leave of us.



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We rolled slowly down the road, sadly looking for a spot to accommodate us. We pulled over once to let a car pass but the car pulled over with us.

It was another Copgoblin and we had just saved him the trouble of having to turn on his Agatcha light.

This fellow was six feet, two inches of chinless God's Wrath named John Lewis. He was not amused; this was the "worst operational hazard" he had ever seen on the road (he must be new on the job)!

He would not be placated!  
His judgment was final!

For two cents he would impound the vehicle as unsafe and we damn sure better know that he was vested with the power to do so! In fact, he was so emphatic that we understand the vast extent of his powers that he repeated the fact several times during his righteously indignant tirade!

"THERE ARE TWO LICENSE PLATES ON THAT VOLKSWAGEN! TAKE OFF THE TOP ONE SO I CAN SEE THE ONE UNDERNEATH! IS THIS A STOLEN CAR?" he cried.



He was now operating at such a peak of efficiency that he was asking us questions that he would not allow us the time to answer. He, Officer John Lewis, had all the answers here and was functioning accordingly, totally in control of our situation, our little drama here at the side of the road.

To ring down the curtain on his triumphant performance, he accused us of trying to escape again

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A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website www.threedampduck.com.

and issued another citation to us for disobedience of a direct order to stay put, which we were now subsequently directed to do, without recourse or appeal.

To further clarify to what extent we must stay put, he began playing the Flawless Organizer Amidst Morons game with perfect exaggeration.

"When I say stay put I don't mean stay put fifty miles down the road! I don't mean stay put over there..." (he indicated the other side of the road)

"I mean stay put! HERE! RIGHT here! Do not go one inch that way..." (he pointed north) "...and do not go one inch that way!" (he pointed south)

We managed to get out one sentence, by refusing to be interrupted, to the effect that we really weren't liars; that if we had stayed back where we were stopped the second time to work on the violations, we would have capsized Oatus into the sloping ditch there when we jacked him up.

Officer John Lewis knew he had caught us for sure this time; in fact,

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we had caught ourselves with our own words.

"We-ell now! After you were stopped at the inspection point you totally ignored the cutoff to Highway 199, didn't you?"

Caught by hard fact again, since we were, clearly, northbound on Highway 101, we had to admit we did and this caused Officer Lewis to go into spasms of great delight.

"There are plenty of flat places out that road to pull over onto. Plenty! I know! I've been out there hundreds of times!"

Smitten to the dust, our lying deceitful selves exposed for what they were by the scalpel of Badged Truth, Officer John Lewis, Copgoblin Extraordinaire, drove off in triumph to locate more evil.

Captured as we were with absolutely no possible alternative, we bit off our curses and prepared to tear into the brakes again.

Deadline for the next  
edition of The Loop is  
Friday, March . 26.



# We've Got a Lot of Kids

## Throw It All On The Bulkhead

by Kevin Pottinger

Spring! It's time to blast out the leftovers and scrub down the fridge, after months of vitamin-D-deficient semi-hibernation.

My Mom tells the story of a young wife who lived years ago with a bunch of little kids in the lighthouse-shaped beach house on what's now called the Bunker Trail (it was known as the Lower Trail then) and every year after another wet, dreary winter was over, and the tentative sunshine and brisk north winds of spring finally arrived, the young mother would open all the doors and windows of the cabin and throw every single thing in her house out the windows onto the bulkhead.

So, spring's a good time for a fresh start. Yes, let's: open all the windows, and throw it all on the bulkhead. Here are several vaguely related leftovers that have been taking up precious space in my midget mental refrigerator:

Our youngest daughter, age five, often gets sleepy too early: too early, because if she's allowed to go to sleep when she wants, she wakes up again well before dawn hoping for a bowl of Cheerios and a chipper chat with one or preferably both groggy and somewhat stunned parents blinking in the harsh three-AM kitchen glare. So we try to keep her awake for as long as we can, for as long as she can keep it together. Later, she'll lie on the red couch and ebb into slumber, with her thumb in her mouth and one of my sport coats that I tossed on the couch after work pulled over her.

One night my wife Maria gave her the usual nudge and told her gently that it was time to get ready for bed. She gave an irritated growl, "But I don't WANT to go to bed!" Maria answered calmly, yes, but it was time for her to brush her teeth. She wailed in confused disbelief, "Why? Why do we ALWAYS have to BRUSH OUR TEETH?"

I imagine that at that precise moment, our youngest daughter learned a lot about how the world works. Message: we ALWAYS have to brush our teeth.

Plenty of things work just like that. Getting off the boat after a long work day, watching the single-file line of commuters trudging up the hill ahead of me, toting bags and laptops and sports bottles, looking like a stream of machine-muscled, pheromone-driven carpenter ants dragging sticks and leaves to an ant hill, I momentarily pictured an ant hill of bags and laptops and sports bottles somewhere in the upper lot.

And one night I almost got in the wrong green minivan waiting at the end of the dock. It was pitch dark, I actually had my hand on the

door handle. Later, I wondered when we'd have discovered I'd gotten in the wrong green minivan? After supper?

Our two older kids are interested in playing the piano. I've taught our oldest boy, now nine, the Spiderman theme, and some simplified versions of hard-rock classics such as Smoke on the Water, while our oldest daughter, age seven, seems more willing to learn the simple eight-or-ten-note songs from the first John Thompson Modern Course for the Piano book, with titles like Baseball Days or Sandman's Near. They play their songs over and over on our battered Baldwin Acrosonic spinet with the custom-distressed finish. Each time they play their songs, they play them slightly faster, which is apparently proof of their mastery of the tunes, so that now the songs sound like they're on speed-dial.

Last night our church had a silent auction to raise funds for a churchy cause, and so we let the kids write down bids for a few items. Our youngest boy, age five, came home with some flat metal gecko wall ornaments for his side of the bedroom. He'd outbid two grownups, and during the final minutes of the auction he patrolled the area in front of the bid sheet, prepared to defend his bid with force if necessary.

Our oldest boy came home with a perplexing item: a gift basket filled with a rolled up fuzzy pink blanket, a pink beverage cooler, a butterfly-themed sports bottle and small pink clipboard. Clearly, enthusiasm carried him away, but he explained that he had been outbid for the blue boy's version of the same basket. He sighed and hammered out a speed-metal version of Smoke on the Water.

### Only on Vashon

*Continued from page 1*

living in a difficult situation with a very ill mother and an absent father our church had found a sponsor and sent me to camp. It was very much like those "Send a ghetto kid to camp" fund things you see in major newspapers. Even though I was just across the water in Seattle, we lived in one of Seattle's worst neighborhoods and my life as a child was filled with violence, so being at Camp Burton was beyond paradise.

So that's the first personal landmark I visited. I returned in February of this year but the weather that day felt like April, so I decided to check out the camp nostalgically before going to the rental house I'd booked online. Pulling into the main grounds the lawns were green and there were even budding trees. Flowers popped up out of the soil already.

I parked and stepped out of my truck and breathed in the gourmet air as if I'd been in a submarine for decades. Smiling the biggest grin and stretching my limbs I noticed a very large nun approaching me from the direction of the cabins. She was in high heels. Wearing more makeup than even Tammy Fay.

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I had always liked Vashon was its hybrid combination of rural and progressive, a place where it really seemed okay to be just who you are. Even back in the 70s I felt this. I was a weird kid and was accepted here, that's another huge memory that stayed with me.

So this vision was hardly startling. But I was amused.

"Hi," he/she said as he/she approached. I'm from "The Sisters of Perpetual Indulgence, we're on retreat here."

We both had Cheshire grins at that point.

"Well so am I, I guess" I replied...

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## Chopping for a Cause

Vashon Island, WA-A team of ten AmeriCorps National Civilian Community Corps (NCCC) Members is working locally on Vashon Island with Camp Sealth through the end of March. Wielding chainsaws, Pulaskis, McLeods, loppers-- and occasionally, paintbrushes-- they are assisting the Camp with various environmental and maintenance projects to enhance the safety and enjoyment of the many children the Camp serves.


Team members are certified as Type 2 Wildland Firefighters and they make up the first fuel reduction team the Camp has hosted. The team's primary focus is creating defensible space (fire buffer) around camp facilities, but they are also building



trails and working in reforestation in Kitsap County.

Camp Sealth is part of CampFire USA, a national youth development organization entering its 100th year of operation. Approximately 2,000 campers go through its summer programs alone. CampFire USA "builds caring, confident youth and future leaders" through outdoor programs, community service, environmental education, and recreational programs tailored to the social and emotional needs of each child.

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"After each day, I'm so exhausted-- but satisfied. We see all the work we've done and are pretty proud of it," says Ron Wheaton, Corps Member, nodding his head towards the large piles of bucked logs, tree limbs, and brush the team collectively amassed.

In just four weeks, Corps Members have already restored 30 acres of habitat, laid down a trail, planted 5,000 trees (in three days), and cleared just about 15 tons of underbrush, trees, and invasive species from around camp buildings. In addition, they have transformed 3,000 lbs of driftwood into 2 cords of firewood-- to last the Camp through the entirety of the next recreational season.

Camp staff are pleased with the team and impressed by the members' work ethic and fast pace. Martin Bremer, the Environmental Education Program Manager, glowingly describes the work the NCCC team completes at the end of their eight weeks on Vashon as equivalent to "what one person takes one-and-a-half years to do."

Members are deeply involved in giving back to their adopted community. On weekends, they have volunteered at local organizations like Vashon Pet Protectors and for events like the Food Summit. They will also be staffing the Saint Patrick's Day Dash in Seattle, and partnering with Seattle Habitat for Humanity and the Ryder's Children Center in the coming weeks. One of the mottos of Camp Sealth is "What I possess grows in value as I share it"-- and the NCCC team has boundless passion and energy to share.

AmeriCorps NCCC is a part of AmeriCorps, a network of national service programs created to improve the environment, enhance education, increase public safety and assist with disaster relief and other unmet human needs. The Pacific Region campus, located in Sacramento, Calif, serves Alaska, California, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, Wyoming and the territories of Guam and Samoa, as well as the Gulf Coast Region. The Pacific Region campus is one of five campuses in the United States; the others are located in Perry Point, MD., Denver, Colo., Vinton, Iowa and Vicksburg, Miss.

NCCC members ages 18-24, must complete at least 1,700 hours of community service during the 10-month long program. In exchange for their service, they receive \$5,350 to help pay for college or to pay school loans. Other benefits include leadership development, team building skills, increased self-confidence, and the satisfaction of knowing that they have made a real difference in communities across the country, AmeriCorps is administered by the corporation for National Civilian and Community Service. For information about applying to an AmeriCorps program, call 1-800-942-2677 (1-800-94-ACORP) or visit the website at [www.AmeriCorps.gov](http://www.AmeriCorps.gov).



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# Island Epicure



By Marj Watkins

## Edible Wild Vegetables of the Season

Emily Vogt’s presentation at the Food Summit March 6 drew a full house. She told us and showed us, and let us sample about a dozen wild edibles we can find in the forest right now. She also mentioned tame seasonal foods we can enjoy in the spring, and combined wild and tame edibles of the season in a delicious salad that she served, along with nettle tea.

You may have thought of nettles as a plant you hated, one that stings if you touch it, or accidentally brush against it with bare skin. The trick is to wear leather or plastic coated gloves when you harvest the tender leaves, and to take scissors along and sip the top few inches of the plant letting them fall into a paper bag. Enjoy them in soups, or as greens served with a dash of vinegar, or as a vitamin-filled, pleasant tasting tea.

According to Euel Gibbons who authored a series of books about wild edibles, nettles they lose their sting when dried. This happens when you cook them, too.

Nettles are rich in Vitamins A and C, filled with healing chlorophyll, high in protein and probably a source of many essential minerals. Adding dried nettles to animals’ and chickens’ feed is said to produce cow and goat milk and eggs with higher food value. Even manure from animals fed nettles is improved, Gibbons says.

In olden days European people used to make linen-like cloth from the fibers of nettle stems. To remedy nettle stings, people balled up the leaves of any tender-leaved plant— young dock was a favorite— squeezed them until juicy, and rubbed the juice on the sting. I’ve never tried that. I’ve always harvested with gloves on, but several people have vouched for it. A lacy-leaved little plant called sweet cicely grows on a forest trail not far from nettle stands. But any juicy green plant will counteract nettle stings.

NETTLE TEA: Amounts are not critical. Simply boil a few cups of nettle tops in a pan of water until they totally wilt and get tender. Strain.

Flavor with honey and a squeeze of lemon or a dash of rice vinegar.

NETTLE & MUSHROOM SOUP: 2 cups chopped cooked nettle greens— what’s left after you’ve made your Nettle Tea, for instance; 1 can Cream of Mushroom soup, ½ cup whole milk or half-n-half cream. You could use Cream of Chicken or Cream of Celery soup for variety.

NETTLE PUREE: Cook the nettles in a small amount of water. Puree

them in a blender or food processor, in several batches if necessary, using the liquid as well as solids. Return this puree to the pan and add 2 Tablespoons butter, plus salt and pepper to taste. Simmer about 10 minutes, stirring occasionally to let some of the moisture evaporate, but don’t let the puree go too dry.

NETTLE VINEGAR: Fill bottle with chopped fresh nettle leaves. Pour in as much balsamic or distilled vinegar as the bottle will hold. Cap it. Shake it every 2 days for 2 weeks. Use as a base for Nettle Tea; add water to taste, or combine with a good extra virgin olive oil for salad dressing.

- EMILY’S SALAD
- Sorrel
  - Coltsfoot
  - Chickweed
  - Sweet cicely
  - Young, tender plantain leaves
  - Salmon berry blossoms
  - Oregon grape blossoms
  - Dandelion petals and leaves (bitter center rib removed)
  - Watercress, leaves and flowers
  - Grated raw root vegetables, i.e., beets, carrots, yams, turnips
  - Kelp granules
  - Nettle vinegar
  - Nutritional yeast
  - Sea Salt
  - Black Pepper
  - Crumbled goat cheese
  - Chopped boiled egg
  - Nettle vinegar
  - Extra Virgin Olive Oil
  - Local Honey (from Minglement, or beekeeper)

Choose from the above list. Chop the leafy vegetables. Combine all ingredients, using your own judgment and/or availability as to amounts. Enjoy as a whole-meal dish that needs only a 100% whole grain bread and butter to complete the menu.

Emily also showed us a moss-like, pale green lichen that grows abundantly on Island trees. Its official name is utnea, common name “old man’s beard”. It’s a natural antibiotic, she says. She makes a tincture by steeping it in alcohol for two weeks. The tincture can be applied topically, or combined with a tincture of Oregon grape root to take orally. She recommends a dose of one dropperful every four hours.

Emily is offering a series of cooking classes this spring. The next will be International Salads on March 23rd, 6:30-8:15 p.m. at Cohousing Common House. To register or get more information, contact Emily at 463-6658 or eavlight@juno.com. Classes are \$40 each, two for \$70.

### Island Birding Guide

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### The Harbor School Announces a Transition

The Harbor School (THS) celebrates its fifteenth anniversary this year. It is a time for us to celebrate the vitality and magic of our school. It is also a time of change and opportunity. We would like to announce the departure of our Head of School, Steve Edele beginning in June of this year. James Cardo, our current Assistant Head of School, and Caroline Matter, our current Business Manager, will be combining their unique strengths to fill the Head position. James will become the school’s Interim Head of School for 2010-2011. Caroline’s role will expand to encompass some Head responsibilities as well, freeing James to continue teaching; her new title will be Operations Manager. Beginning in 2007, the THS Board of Trustees and Caroline Matter, began taking steps to financially prepare the school for its future. This advanced financial planning is allowing us to end this year in a positive financial position despite reduced enrollment. The recent restructuring is a conscious decision made by the school’s

Board to ensure that the school will continue to provide an exceptional program and individualized learning environment in which our children can thrive.

We are excited about the future of The Harbor School: both the staff and trustees are pulling together and enthusiastic about where we’re headed. The great spirit of The Harbor School’s early days came from an environment where there was little separation between administering and teaching. In many ways, this is a return to our roots. We will continue to keep our classes small and have our students benefit from the low student to teacher ratio. We are all incredibly appreciative of Steve Edele’s efforts and contributions over the past two years. Steve will continue to serve as Head until the end of this school year, and he will work closely with James, Caroline and the rest of the THS staff and board to facilitate this transition. For More Information, contact Caroline Matter at 567-5955.



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# Loopy Laffs

**Real Headline:  
Man Found Dead in Lake  
Was a Lonely Drifter**

I don't know why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

## One Liners

Find out what you don't do well and don't do it.  
Actions speak louder than words but not so often.  
Being normal is driving me crazy.  
Life is short – make fun of it.  
The more things change, the more they stay insane.  
It's too bad that stupidity isn't painful.

Vacationing in Alaska, I couldn't help but notice all the warnings about bears posted in campgrounds, visitors' centers and rest areas advising people not to feed the bears, how to avoid bears, what to do if a bear sees you, what to do if a bear attacks, and so on. My favorite, however, was a hand-lettered sign on the door of a small gas station in a remote area. It said: Warning! If you are being chased by a bear, don't come in here!

The teacher, during an English lesson, asked her students: "Now tell me, what do you call a person who keeps on talking when people are no longer interested?" Little Johnny, in the back row, raised his hand. "Yes, Johnny," said the teacher. "A teacher?"

A couple of dog owners are arguing about whose pet is smarter.  
"My dog is so smart," says the first owner, "that every morning he waits for the paperboy to come around. He tips the kid and then brings the newspaper to me, along with my morning coffee."  
"I know," says the second owner.  
"How do you know?"  
"My dog told me."



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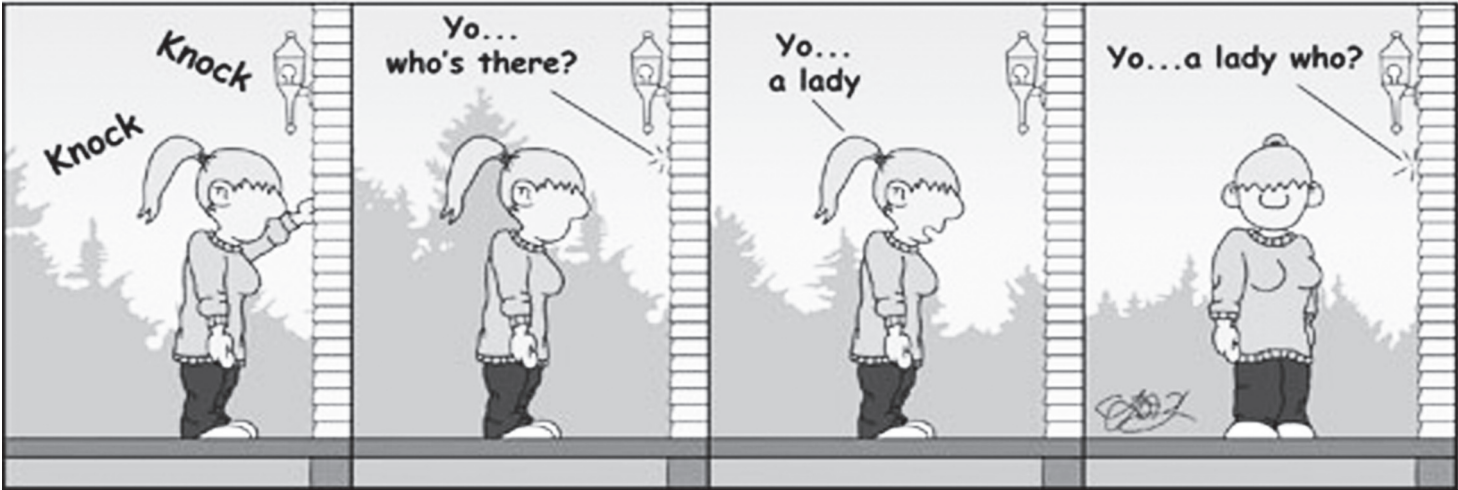
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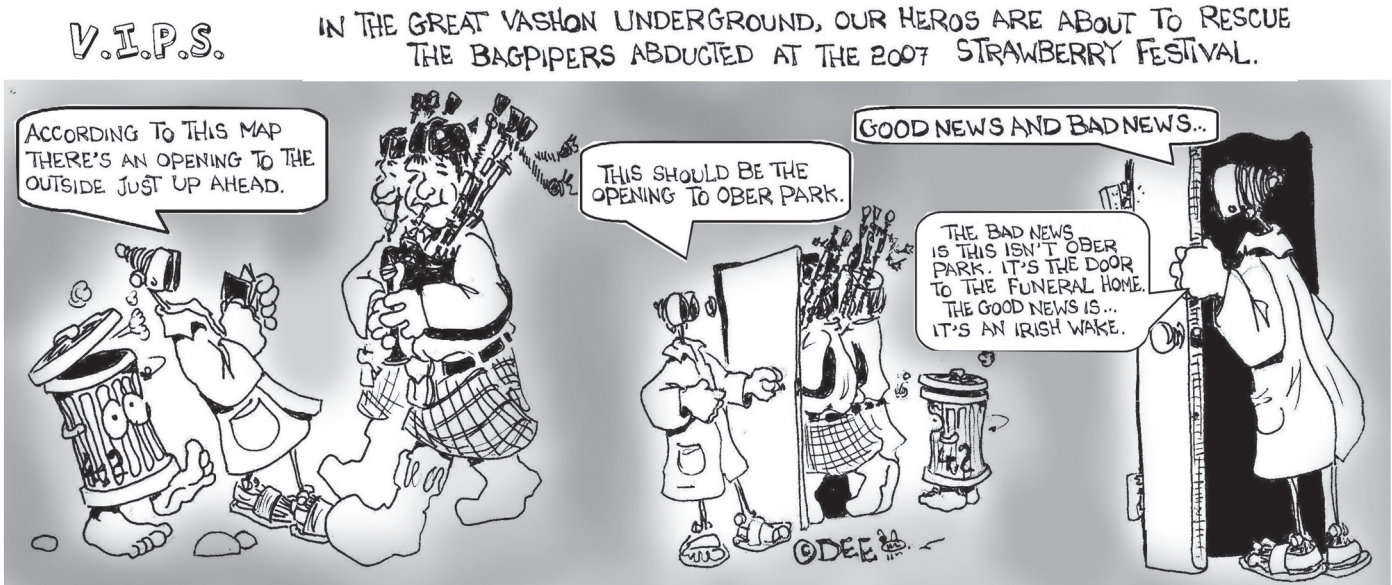
## Moose Lake

A patient at the dental office where I work stopped by my desk to pay her bill. She began rummaging through her purse, as so many patients do when they have a check to write. "Do you need a pen?" I asked, offering her mine.  
"Yes, thank you," she replied. She took it, put it in her handbag, and proceeded to pay in cash.



If your mind goes blank, don't forget to turn off the sound.  
~ Red Green

Other people's tattoos are like other people's children: Only you can see how bad they are.



# LOGJAM



**LOGJAM**

IT'S TIME TO UPDATE MY BLOG

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"I, Buster Boom, Monarch of The Forest, do hereby declare ..."

TAP TAP

"my top priority is the betterment of this majestic wilderness!"

TAPPITY TAP

"Should I rename it Buster Boom BURG? -- or Buster Boom ESTATES??"

TAPPY TAPPY TAP

HAWLEY

by Jeff Hawley



# Loop Arts

## Bling the Boots Free art party March 27th

Attention artists of all ages! We need creative people to gather and “bling” some rubber boots. Join us at Books by the Way on March 27th, 12:00 – 2:00 and help us transform a whole bunch of ordinary recycled Granny’s rubber boots of all sizes into fabulous fashion “wellies” worthy of the catwalk.

Show your support for BARC and utilize Book by the Way’s excellent craft zone where free art supplies, plenty of artistic doodads, multiple hot glue guns and tons of inspiration with be on hand. Feel free to bring your own boots and “blings” if so desired.

All boots will be displayed at Books by the Way until the upcoming “Rubber Boot Fashion Show” where they will be “modeled” by islanders, judged and the winners auctioned off.

All proceeds will go toward a \$5,000 challenge grant for the BARC (Burton Adventure Recreation Center) as they make a big push toward the next phase of building.

For more information call Jennie at Books by the Way 206-463-2696 or Shelley Dillon at 206-463-3256

## Tales of the Divine: an evening presentation with Michael Meade

**Thursday, April 8th – 7pm**  
**Vashon United Methodist Church, Vashon, WA**

Author and mythologist Michael Meade brings his vital blend of storytelling, poetry and discussion to Vashon on Thursday, April 8th, 7 p.m. at the Vashon United Methodist Church.

Amidst the increasing dilemmas of the world, it becomes more important for each of us to become “fully alive” and able to express our inner Uniqueness. In this compelling and dynamic evening Meade will address how to become a disciple in one’s own life and how to find one’s true worth in the world.

“In times of uncertainty what is needed is a touch of the divine and a sense of being woven into the ongoing story of the world.” ~ Michael Meade

A New York native with a razor

sharp wit, Meade’s insights are especially valuable since they have been hard won through decades of work in the trenches of mentoring youth, visiting prisons, assisting war veterans and fostering dialogues between genders and races. Through story, poetry and discussion, he is able to find common ground on hostile turf, working with Chicago gangs, in ‘barrios’ in LA, on Native American reservations and with Sudanese refugees.

“Michael Meade is magical and profound, unlike anyone else one is likely to encounter. A gifted writer, Meade is one the greatest living teachers of our time.”

Alice Walker ~ Author of The Color Purple

Suggested Donation - \$12; proceeds support at-risk youth and Intercultural Projects. For more information visit [www.mosaicvoices.org](http://www.mosaicvoices.org)

## Dockton Seawall Project Meeting

The project team working on the Dockton Road Project invites the Vashon-Maury Island Community Council (VMICC) and members (this means all Islanders over the age of 18) to attend the next meeting of the Dockton Road Project Community Advisory Group (CAG) scheduled for Wednesday, April 7, 7:00 to 9:00 p.m. at the Courthouse Square. Please circulate this invitation to your board and members as you deem appropriate.

At the April 7th meeting, King County and consultants will present preliminary study findings and presentation materials in preparation for a public open house scheduled for April 22nd at McMurray Middle School. The purpose of the April 7th meeting is to receive feedback from CAG members and the VMICC board and members on presentation materials, as well as the findings themselves.

In reviewing the schedule, staff realized that waiting to meet with the VMICC at your regular meeting on April 19 would not allow enough time to incorporate VMICC feedback into the public meeting. We are therefore proposing to present preliminary findings to both the CAG and the VMICC together.

Every household on Vashon and Maury Island will receive an invitation to the April 22nd open house. We will solicit public comment on all the options, and the public comment period will extend into May, allowing the VMICC to formulate its own response, if appropriate.

We look forward to this opportunity to meet and discuss preliminary study findings with both the CAG and the VMICC as we approach the end of Dockton Road Project Concept Development Report Phase



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—Gayle Kellner, THS Faculty

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## Two Wall Announces Judges for Vashon Flag

Two Wall Gallery announced the names of the five judges who will serve on the panel to choose the “official” Vashon flag, following a call for entries last month. Greg Wessel, co-curator of the gallery, invited all island residents, artists and non-artists alike, to submit their ideas for the design of a flag for Vashon and Maury Islands. The gallery is accepting entries up to April 1.

The five judges include Wessel, George Wright (artist and manager of the Heron’s Nest), Janice Mallman (artist and Associate Director of Vashon Allied Arts), Anita Halstead (historian, community activist, and past Director of Education for the Frye Art Museum), and Jean Bosch (20-year islander, board member of Vashon Household, and current Community Council President).

Two Wall urges anyone with a flag idea to submit it to the Heron’s Nest, c/o George Wright, or contact Greg Wessel at 206-250-2222 (twowallgallery@aol.com) for more information. Flag designs should be submitted in color on paper or board (any media) that is no larger than 11x17. Designs can be hand-drawn or otherwise created, and will be judged on content rather than execution. You don’t have to be an artist to submit an award-winning entry. Include contact information and a short description of your design.

## Odin Lonning’s “Stories in Cedar” at The Q and Books by the Way

By Orca Annie Stateler



Ever wonder how to interpret the story designs in Northwest Coast Native art? In conjunction with his March show at Quartermaster Inn and Restaurant (The Q), Tlingit artist Odin Lonning will explain how to read the rich imagery in “Stories in Cedar,” a family-friendly talk at Books by the Way on Saturday, March 20, at 1:00 PM.

In the Tlingit clan system, many crests originated from extraordinary encounters between animals and humans. Through his artwork and ancestral stories, Lonning will describe these crest origins and their enduring bonds with Tlingit art and culture.

Visit [www.OdinLonning.com](http://www.OdinLonning.com) or call 463-9041 for more information.

## Book-It Theatre comes to Vashon

By Janice Randall

VAA’s Family Series continues when Book-It All Over, the educational outreach department of Book-It Repertory Theatre comes to Blue Heron Art Center Sunday, March 28, at 2 pm, with the inspiring, true story about a young girl who loves nothing more than baseball. Catching the Moon, based on a delightful book written by Crystal Hubbard, tells the tale of Marcenia Lyle who grows up in the 1930s. She chases down fly balls, steals bases and dreams of becoming a professional baseball player.

Marcenia overcomes unbeatable odds to become the first woman to play for an all-male baseball team. Based on a true story, Catching the Moon is a testament to the resilience of the human spirit and belief in oneself. Geared for grades K-8 (and



anyone who loves baseball and/or theatre!) tickets are only \$8/VAA members/seniors/all children

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## Vashon Music Festival Benefit

*Continued from page 1*

In the guise of 1/5 of the Ph Phactor Jugband in the ‘Frisco of ‘66,

John was present (if stupefied) as an opening act for a number of notable performers- many of them dead- including Frank Zappa, Lenny Bruce, Dan Hicks, The Dead, The Doors, The Quicksilver Messenger Service, Blue Cheer, The Byrds, The Airplane, Lightnin’ Hopkins, Mance Lipscomb, Country Joe & the Fish, Art Linkletter, The Congress of Wonders, and others.

Subconscious Population....a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of “Jah Lee Kali”, “Funkified” or “One In A Million” floating through the air... you just might have. Yes, one of the island’s most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on some very cool covers. Like Pink Floyd’s “Wish You Were Here”....or Jimi’s “All Along The Watchtower”. These boys are having some fun

and if you’re lucky, you’ll hear some of that from your porch, if the wind carries it just right.

Stoney Beach has a style that compliments their well-polished talents with a laid back approach. With a sound mostly inspired by blues, punk and American rock, the tunes they produce are genuine and soulful. They play several covers and have been cranking out originals since the beginning. Most of the members have been spotted in other island bands, including Bob Scott and the Pockets, Chomage, Tribal Voices and Innocent Criminals.

Stoney Beach hit the Vashon scene in June of 2009 and they have been going strong ever since. After just a few months of practice together, the band eagerly performed at Lisabeula and the 2nd Annual Vashon Island Music Festival at Agren Park this summer. They also recorded a three-song EP at Bear Creek Recording Studio in Woodinville, WA with plans to record a full-length album in the future. The show starts at 8:00pm, with donations accepted to benefit the Vashon Music Festival coming up this summer. It is an all-ages event until 11pm, 21+ after that.



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