

Vashon Chamber Music Festival

Experience Schumann, Brahms, Beethoven's and more when some of the region's finest classical musicians gather for the annual Vashon Chamber Music Festival.

Island cellists Rowena Hammill and Douglas Davis have brought together a stellar list of musicians to participate in the three day celebration. Musicians include: ODEONQUARTET, Duo Patterson (viola, violin); Hammill-Davis Duo, Francoise Régnat, piano; Patricia Kostek, clarinet; Martin Kuuskmann, bassoon; Alex Shapiro, guest composer; and Karin Choo, violin.

At 7:30 p.m., Thursday, May 19 only, ODEONQUARTET will perform works by Shapiro, Golijov and Beethoven at Vashon Methodist Church. Hammill, who joined the group just over a year ago, loves that the quartet is constantly breaking new ground in classical works. "Beethoven's Opus #59 was composed at the beginning of his middle period. It's buoyant, youthful and fresh... enormously expressive and energetic; It's just glorious," adds Davis.

ODEONQUARTET will also perform two original works by guest composer Alex Shapiro, who composes acoustic and electro acoustic pieces known for their lyricism and drama. Her music may be heard in concerts and broadcasts across the U.S. and internationally, and can be found on over twenty commercially released CDs. Educated at The Juilliard School and Manhattan School of Music, Shapiro's honors and awards include those from The American Music Center, ASCAP, the American Composers Forum and more. Raised in Manhattan, Shapiro now lives on San Juan Island. She will discuss her work in an informal pre-concert lecture at 6:30 p.m.

By Janice Randall



Alex Shapiro, guest composer will offer a pre-concert talk at 6:30 p.m., Thursday, May 19, at the Vashon Methodist Church.

New this year, Hammill adds that ODEONQUARTET will perform a free concert for McMurray students. "It will be a potpourri, an introduction to classical music," she says.

At 7:30 p.m., Friday and Saturday, May 20 and 21, program will include works including Mozart, Brahms and Arvo Pärt. The group will also perform variations on Pachelbel's Canon, in the styles of various composers.

A condensed version of the

Continued on Page 15

Mike Heavey Tells Amanda Knox Story to Vashon Rotary

By Karen Pruett

Island Resident, Innocence Supporter

Never having been to a Rotary meeting, but knowing that we have a strong club on Vashon, I was pleasantly surprised by 50+ who arrived before 7am for a breakfast meeting. Along with the club's business regarding Festival, and other service work, was Chief Hank Lipe's induction into the Rotary. His sponsor, Father Tryphon, gave a charming speech and then the chief's told how he had been inspired by his old boss in New Hampshire and had planned to join Rotary one day. Well that day is here and the Island is very lucky to have such a wonderful addition to a club with a stellar reputation. Congratulations Chief Lipe!

As a guest of the Rotarians, I was there to see the presentation by Mike Heavey, King County Superior Court Judge, regarding the Amanda Knox case. Amanda, as you remember, is the University of Washington honors student falsely accused of murder and serving a 26-year sentence in Perugia, Italy. Joined by her father, Curt Knox, and his parents, Bill and Mille Knox, we watched the Power Point presentation and you could hear a pin drop.

Heavey is speaking out to Rotary



Clubs all over the Puget Sound as a friend of the Knox family and as a private citizen, not as a superior court judge. He opened his presentation with Proverbs 3:3-4, "Do not forsake truth and mercy; bind them around your neck, write them on the tablet of your heart. So you will find favor and good repute in the sight of God and man."

And he noted that the Knox family is "some of the strongest people I know" and commended them on their fortitude and ability to come together for

Continued on Page 8

Road to Resilience

By Terry Sullivan, Transition Vashon

Doing Business locally

In last week's column on Local Currency and in previous ones, I've called for the relocation of our Vashon economy as a hedge against the economic disturbances to come as a result of diminishing resources. I'd like to continue that discussion.

Right now, many of us know that if you purchase enough stuff at Costco, you can more than make up the costs of extra fuel, ferry fare and your time through savings on your purchases. Through economies of scale and limited distribution costs, Costco can offer a significantly lower price on a lot of items. Even a business-disabled brain like mine can understand that. I have usually defended my own trips to town, especially for more expensive purchases, by saying that I really couldn't afford to pay the higher prices here. So, what's wrong with that?

One problem is in the externalized costs: pollution from your mode of transport, your lost productive time, lost

potential Vashon wages from business not conducted here, costs of taking care of the people unable to find employment. The dollar you leave on the mainland may come back via a Vashon product sold there, but more likely will come back only via your or your neighbor's paycheck from a mainland job. That commuter traffic greatly magnifies those external costs.

Even if our oil supply was limitless, are we truly better off with our current system? The GDP (Gross Domestic Product) is the standard we use to measure how well our nation is doing. It is the sum of all goods and services delivered, regardless of whether those products represent a net increase in the welfare of the nation. Such a measure can be very misleading. Sending jobs overseas to save labor costs is a net plus for the GDP. So is the building of armaments bound for destruction in the act of destroying property and killing people. So were the costs of rebuilding

Continued on Page 10

Garden Tour is Coming

Summer's on the way and so the 21st Annual Vashon Island Garden - opportunity to stroll through six beautiful private Island gardens, view (and purchase!) original garden art, hear live music by local musicians and pick up gifts for your favorite garden lovers. Get inspired for your own garden and take home practical tips from informative seminars- included in Tour ticket. Celebrated Vashon garden designer and horticulturalist Jonathan Morse, presents Creating Space in the Garden: Design Techniques with Hardscape and Flora at Blue Heron Art Center, 11 am to noon, Saturday and Sunday. Consulting Rosarian and Master Gardener Cheryl Prescott, presents her rose-care seminar, For the Love of the Rose at the Farner Garden, 1 to 2 pm, Saturday and Sunday. Garden Tour tickets are \$25, with a \$5 discount through May 31. Call VAA at 463.5131 or go to www.Brownpapertickets.com.

New this year, Saturday, June 25 at 7:30 pm in the Blue Heron, best-selling author of Monet's Passion, Elizabeth



Murray will discuss Monet's color theories, design elements and use of light and shade. She will also discuss her personal involvement in the development and maintenance of Monet's estate. Book-signing, French wine and cheese tasting included. Tickets are \$45 (includes Tour ticket) or \$30 for event only.

Special thanks to this year's Garden Tour sponsors, Puget Sound Energy, Thriftway, John L. Scott, J.R. Crawford and Island Home and Lumber. For information go to

www.VashonAlliedArts.org

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.

1st Annual Dump Vashon Day

Seeking - neighbors, businesses, and island organizations to join in this youth leadership project sponsored by Vashon Healthy Community Network. Our goal is to secure a long term commitment to keeping Vashon roadways litter free by participating in an annual community litter free day and by adopting a section of road for participation in King County Adopt-A-Road program. Organize your neighborhood team, join us, May 21 for a 3 hour litter pick up morning, host coffee the morning prior to the event, get out with your neighbors and support Izak Anderson, Casey Gripp, & Kendle Hargrove, VHS students in this exciting project. For more information or to sign up your neighborhood team contact Robin Blair 206-910-3629 or email your info to dumpvashon@gmail.com.

Chinese Health Club

The club together with Chinese and friends who like Chinese way to do exercise and care health. Free to join the club, no any charge. Detail please email in Chinese language or English to huarenclub@sina.com

Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group. The group meets on the second Thursday of every month at 7pm. The next meeting is april 14. This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 206-567-6142

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

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

The Vashon Loop

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Power of Community How Cuba Survived Peak Oil

Transition Vashon, with help from Luna Vision and a Green Seed Grant from Sustainable Vashon, is showing the last movie in its film series On May 14, from 6:00 p.m. until 9:00 p.m. at the Lutheran Church, 18623 Vashon Highway SW. Please come out for this final movie and join us in what we hope will be a spirited post-movie discussion.

When the Soviet Union collapsed in 1990, Cuba's imports of oil were cut by more than half – and food by 80 percent. This film tells of the hardships and struggles of the Cuban people as well as their community and creativity during this difficult time. Cuba, one of the few countries that have faced a massive reduction of fossil fuels, is an example of options and hope.

Free. Donations accepted. Goodies provided.

Julian Smith Wins Award in Academics

Earlier this month, Julian Smith of Vashon Island, Washington, was one of two Washington State University seniors honored with the 2011 Big Ten Senior Award in Academics.

Smith graduated from WSU in May 2011 with a Bachelor of Science degree in physics and a 3.48 grade point average. As an undergraduate, he shared his affinity for physics by serving his department and the campus community as a teaching assistant for a calculus-based physics lab.

In addition to his rigorous academic course load, Smith was active in the WSU Physics Club and Astronomy Club. Nominator Gordon O. Johnson, director of undergraduate laboratories for WSU's Department of Physics and Astronomy, calls Smith a dedicated tutor who unselfishly shares his time to assist others. Smith is "interested in trying to get students to understand and enjoy physics as he does," writes Johnson in his nomination letter.

The Big Ten Senior Awards continue a longstanding WSU tradition by honoring one male and one female graduating senior in one of five categories: Academics, Athletics, Campus Involvement, Community Service, or Visual/Performing Arts. The awards date back to the early 1900s, when they were called the "Big Five Men" and "Big Five Women." Winners are selected by WSU's Student Alumni Ambassadors. For more information, visit www.alumni.wsu.edu/bigten.

Next Edition of The Loop Comes out Thursday, May 26

Deadline for the next edition of *The Loop* is **Friday, May 20**

Community Drumming

Join Vashon Drum Circle to drum and sing with Buffalo Heart, our big community drum, on Friday, May 13, 7 PM at Vashon Intuitive Arts. All ages are welcome. We will drum 4 rounds to explore the energies and wisdom teachings of each of the 4 directions. Sponsored by Woman's Way Red Lodge, donations help with facility rental.

The VMICC Town Plan Committee

The VMICC Town Plan Committee will hold its next monthly meeting, Wednesday, May 18 at 7:30pm at Cafe Luna. The committee is chartered to study the 1996 Vashon Town Plan and recommend changes to improve the well-being of the town and the island. The Town Plan Committee shall undertake the review on a timeline to guarantee inclusion in the 2012 King County Comprehensive Plan Update. Islanders are encouraged to come and participate in the discussion or become voting members. The committee usually meets on the third Wednesday, of each month from 7:30pm - 9:00pm at Cafe Luna. For more information visit: www.vashontownplan.com and www.groups.google.com/group/vashon-town-plan

What Makes a Jewish Story?

Could there be a better time than between Pesach and Shavuot--two Holidays framed around stories and the gift of words--to muse on the place of storytelling in Jewish tradition and in your own stories? Join storyteller and poet Merna Ann Hecht for an evening of listening to Jewish stories and poems and writing or telling a few of your own!

Merna is a poet, teaching artist and Nationally recognized storyteller who has lived on Vashon for over twenty years. She is the Project Director and Teaching Artist for the Stories of Arrival Project with immigrant and refugee high school students at Foster High School. She teaches a literary arts course at the University of WA in Tacoma and works on a number of other community poetry and storytelling projects.

PTSA Meeting Change

The May PTSA meeting has been changed from May 17 to May 24. Same time/place (7pm McMurray).

Community Cinema Vashon Presents: Welcome to Shelbyville

Sunday, 5/22 from 3-5p at the Ober Park Performance Room, free of charge

The second in a program of Community Cinema Vashon's free monthly screenings and moderated discussions of documentaries from the Emmy Award winning PBS film series Independent Lens is brought to you courtesy of We All Belong, a project of Welcome Vashon.

Set in the heart of America's Bible Belt, "Welcome To Shelbyville" focuses on a small Southern town as they grapple with rapid demographic change and issues of immigrant integration. The film captures the complexity of the African American, Latino, white, and Somali subjects as their

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Edible & Medicinal Plants of Vashon

EDIBLE AND MEDICINAL PLANTS OF VASHON CLASS: The non-profit Cedarsong Nature School hosts this class led by Ethnobotanist Erin Kenny which is designed to excite your senses, give you a new appreciation of nature, and allow you to discover the rich variety of unique northwest plants, including their fascinating history as edibles and medicinals. You will learn how to safely forage for these plants and we will collect some to prepare into food or medicinal remedies that you will be taking home each month. May 21, 10am-2pm. \$55 includes all supplies. Register online at www.cedarsongnatureschool.org. Financial aid is available.

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lives intertwine against the backdrop of a crumbling economy and the election of a new president. In a year of historic change, one town in the Heartland questions what it means to be American.

Mark your calendars for June 5th and join in the Vashon Premiere of "Two Spirits", at the Ober Park Performance Room from 3pm-5pm. www.communitycinema.org

For further information, contact Jane Berg - jane.e.berg@gmail.com or 206 567-4532



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**Care Packages Sought
for Fallen Soldier's Platoon**

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

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

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

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



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The board member will be sworn in at the beginning of the next regular meeting of the board, 6:30 pm, Tuesday, June 14th.

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dayna@islandescrow.net
www.islandescrow.net

Deadline for the next
edition of *The Loop* is
Friday, May 20

We ask that those interested in completing the survey or those that would like to leave a comment about this topic, do so no later than **June 15, 2011**. This will allow us enough time to compile and analyze the data in a timely fashion.

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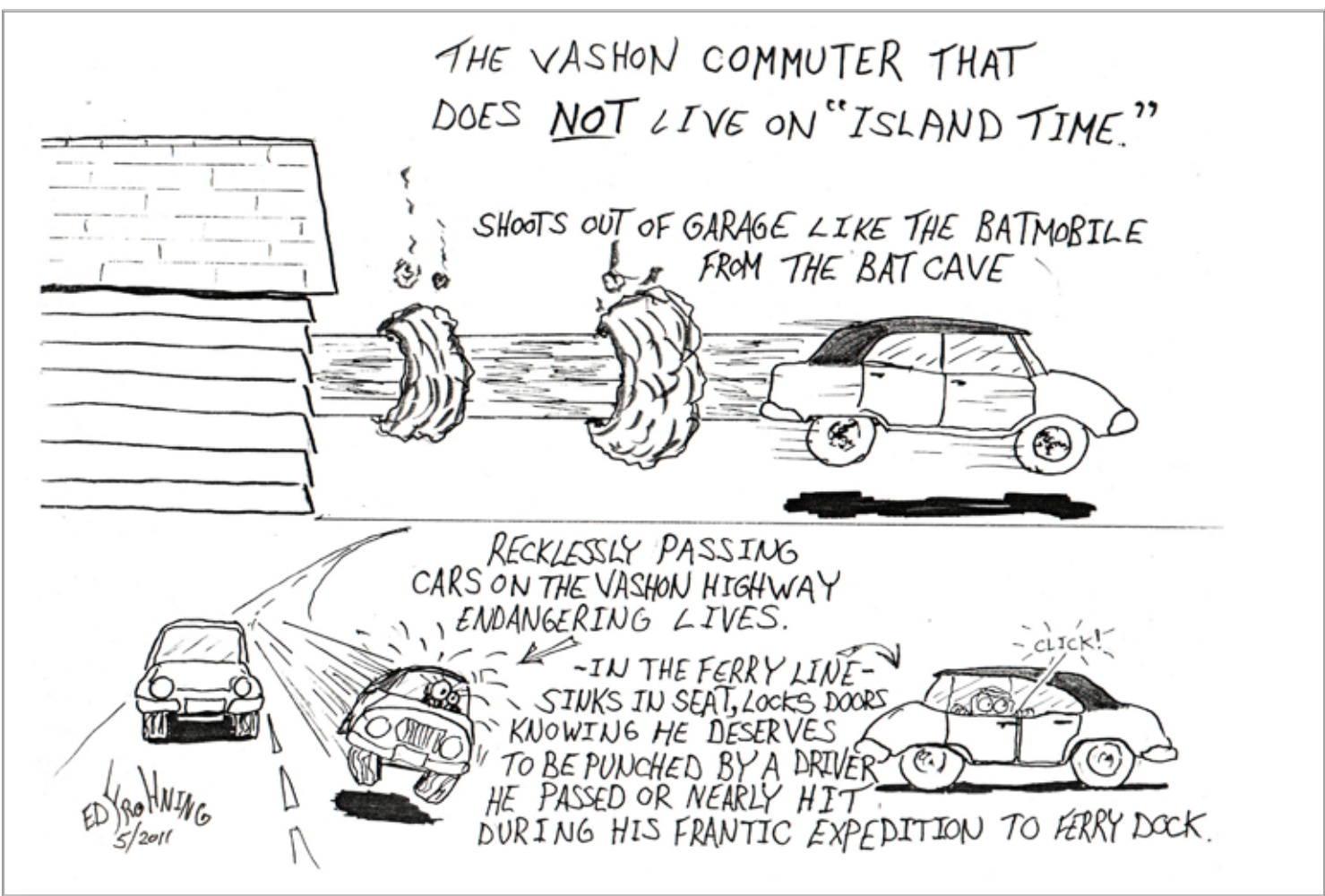
by Peter Ray

I have decided to stay back in New Hampshire for another week- there were still a few things that the doing of other events had left undone. It was the participating in these other events that brought me back here. Unlike in the past, where coming here to my parents' house was usually the obligatory annual visit to check in from across the country and generally set out to set right, on my mother's terms, what was wrong in the garden. I had my small victories in not using this chemical or not chopping that bush into the shape and size of its imagined dwarf , mutant cousin. I learned not to turn these differences in battles, since after I was back in to the Island, if it mattered that much to her, Mom would hire somebody to put it "right" anyway. It was her money.

This time around was different though. This time around Mom was residing in the closet in the front hall in an urn of green marble alongside an enlarged, smiling photo portrait of her taken by my brother-in-law last fall near the family cemetery plot that was to be the destination of the second significant event we were pointing toward during my stay. The first event was the second memorial service we've had for her in order to accommodate friends and relatives in both Florida and New Hampshire. I chose not to say anything this time around at the church service. I had felt I'd said all that was necessary in Florida back in December. One of my earliest childhood friends, who has become a minister in the long interim agreed to do the service, and she covered all the good things to be said about Mom with anecdotes and snippets that were better than anything that even a detailed family written bio might have revealed about her.

I had hoped that all of this was going to take place later in the year, as I was looking for more time for a small surprise I was wanting to bring to the ceremony in the graveyard. While I don't use it as any of my passwords, Mom's maiden name is McLaren. As an extra incentive toward learning to play the bagpipes, I'd had it in my mind that piping out Amazing Grace with Mom and her parents and two brothers as captive audience would be the best thing I could offer to the proceedings. Since things never go quite as one plans, I semi-scrambled to follow up on a mention I'd made to John Dally last summer that the pipes were on my list of learning curve items for the near future. When I got back from the ceremonies in Florida I started to make further inquiries, and sometime in late February I had my first lesson.

One of the odd things about the



bagpipes is that you learn to play them in pieces, starting with scales and simple tunes played on the practice chanter. The blow pipe, the bag and the drones all come along later after you have mastered the non-intuitive, seven holes in front, one in back fingering. And then there is the tedium of the scales that tests your willingness to go on. I am still trying to figure out why treading up and down the do-re-mi's is way more odious a task than turning laps in the pool or racking up bike miles on the road, but they are boring while remaining just as necessary- the scales that is.

About two weeks before heading to New Hampshire John showed me the fingering for Amazing Grace. Unlike Mary Had a Little Lamb, this involved moving from the bottom four to the top three holes as a part of the playing, which sounds simple but requires an entire shift in the lower hand fingering in order to climb the scale. Fortunately the chanter is more forgiving than the full set of pipes and allows one to cheat a bit without missing key notes- I don't ask why, I just welcome the beginners latitude. Once we had gotten to the family plot in downstate New York I reassembled the chanter and tried a few notes. Everything seemed to be fine, although the reed had slipped further into its socket than it had previously, causing me a slight bit of concern. At the end of the service I was given the nod by the minister and I offered a bit of a disclaimer about the brevity of my bagpipe tutelage. When I blew into the chanter, nothing came out. The fingering didn't seem to be to blame, so I twisted apart the two chanter sections and readjusted the reed. This time I got some awkward squawks out of it, so I paused, pulled it apart again and made more quick tweakings in the string that wraps the base of the reed. Feeling confident that things would work this time I took a deep breath and let fly. The notes played out as my fingers raised and lowered, and as I finished, the minister who had been a bit stand-offish at the start of the ceremony was now beaming and heartily shook my hand. I didn't look to the trees as I had during my uncle's ceremony there many years before when I thought I had caught just a glimpse of his approving gaze from the leafy boughs, but I did feel as though I had spoken to everyone in attendance, both the living and the dead.

Archives – An Art Sale

by Susan Sullivan



Third Annual Sale of Island Artists' Archived Works

Imagine you're one of Vashon Island's many treasured artists. Now imagine that in your studio (or basement, attic or under the bed!) you have stored works of art. They didn't go at the last art show, but perhaps the reason was that buyers who might love them missed seeing them!

That's the premise behind Vashon Allied Art's Third "Archives - An Art Sale." Once again, the last weekend in May, Blue Heron Gallery will be bursting with art for sale by many of Vashon's fine artists. They will scour their storage places and bring these finds for patrons to peruse, fall in love with and take out the door! All artworks will be significantly reduced in price to guaranteeing everyone will find something to love.

The sale (not an auction - find a piece, bring it to the cashier, pay and take it with you!) will be held May 27, 28 and 29, 2011. Featured artists include

Penny Grist, Gay Schy, Don Cole, Joan Wortis, Al Bradley, Charlotte Masi, Kira Bacon, Sue Willingham, Linda Yurisich and dozens more. The sale is invariably one of the Island's largest gatherings of art every year.

Discover the diversity created by Island artists: jewelry, paintings, textiles, cards, sculpture, photography and more. Over the brief history of this art sale, Island artists have earned almost \$44,000 from the sale of their works - a significant contribution to Island economy.

Post this on your calendar for Memorial Day Weekend, Friday through Sunday, May 27 - 29. It's a fun activity for holiday guests too. Friday May 27, Blue Heron Gallery is open 5 to 8 pm for members only (join at the door). Saturday and Sunday, the sale is open to everyone. Saturday May 28, the Gallery is open 10 am to 4 pm, and Sunday May 29, 11 am to 4 pm.

For more information, please call Janice Mallman, 463.5131, or Susan Sullivan, 463.4164.



Top 10 Workout Mistakes
Mistakes 7-8

by Rochelle Gravance

NAFC Master Level Certified

IYCA Level 2 Conditioning Specialist

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7. More is not always better. The more in this case is repetition. If your workout is based on high repetition sets you are losing out on the benefits of hard work. This is especially true when combining high repetition sets (15 or more) with single joint exercises like the bicep curl and tricep extension.

RESOLUTION:
Exercising outside the box. This often means doing the exercises that are the hardest for you to accomplish which are the same ones you avoid like the plague every time you workout. And guess what...these are also most likely those big, multi joint exercises we've been talking about all along. When you can correctly perform 8-12 repetitions of those tough body weight exercises like the squat, pushup and body weight row for three to four sets, then you are maximizing your return on your exercise investment.

Now, let's say that you really put your time in and are able to perform those big body weight exercises correctly with great form for the recommended sets and repetitions. It's time to raise the bar... and that doesn't mean completing more repetitions. Instead of just doing a body weight squat, hold a pair of dumbbells at your sides or a medicine ball over your head while squatting. Same can be said for the pushup. Once you're able to complete 8-12 pushups for 3 or more sets, begin to master decline pushups. By increasing the intensity of your workload and not necessarily your repetitions, you'll realize better results and find less stress on your joints, seams and zippers.

8. Restricting energy from natural resources. We've established that if you want to see your dress size fall

to single digits or the inches of your waist line to be less than your age, you must base your workouts on multi joint, compound exercises like body weight exercises. These are those tough exercises that because of their intensity restrict repetitions and require at least a few beads of sweat to form on your brow line. So if these exercises are intense and utilize a lot of energy to perform, then you must have that energy available to you come workout time. It's like beating a dead horse when you attempt a workout without eating all day or improperly choosing the wrong foods before your workout.

RESOLUTION:
Plan a pre workout meal 30 minutes to an hour before your workout that won't weigh you down and that will provide adequate energy to complete said workout. Cheeseburgers and pizza won't do the trick and aren't the answer even though they are energy dense. These foods will weigh you down and make you feel sluggish as well as sabotage your weight loss goals. Choose natural, organic foods that will meet your energy requirements while promoting fat loss all day. Fruits are a great source of energy not to mention healthy. It's helpful if you experiment with the quantity and intake timing of these foods since you may be sensitive to working out too soon after a meal. Also, if you find yourself without energy, feeling nauseous or dizzy before you complete your workout, you may need to increase the calories prior to your workout. Often, these are symptoms of low blood sugar. Once you arrive in this state, there's no recovering from it to finish your workout which impedes your progress.

Two more mistakes to come...

Public School Fundraising
Kicks Off This Week:
\$550,000 Goal by June 11 to Save Programs

By Anne Atwell and Erin Sheridan

This week the Vashon Island Public Schools Foundation (VSF) kicks off a campaign to raise \$550,000 for our schools. This mammoth fundraising effort will bridge the gap between the amount of money the state provides and what the district needs to simply maintain existing academic and extracurricular programs.

Why is this important to all of us? Because, whether it has to do with real estate, business growth or cultural and recreational breadth, the quality of our schools directly effects the well being of our community.

State funding cuts are deeper than ever this year. As a result our little district is tackling an \$850,000 deficit. Imagine, if left unchecked, what damage that would do to our academic and extracurricular programs. We would lose sections of critical college-prep classes like physics, chemistry and Spanish, as well as other electives at the high school; art, music, library, counseling and athletic programs at all the schools. Funding will also help us keep our class sizes reasonable at all three schools and preserve electives at the middle school.

We are not alone. Every other district in the state faces the same challenge: We must call on our community to help. Schools foundations are the "new normal" in public education funding. Mercer Island, Bainbridge Island, and San Juan Island all have them. And, they all fund operating expenses.

Last year, before we were officially incorporated as a schools foundation, our volunteers worked with the school district and school board members to raise \$430,000. This year VSF is officially a 501©(3) nonprofit. Our mission is to provide ongoing, long-term operating support to our public schools.

How do we differ from PTSA and PIE? While the Foundation seeks funding for basic operating expenses, including teaching positions, PTSA provides critical financial support for curriculum. PIE makes small grants to support materials and activities in the classroom. But, we all share the same mission: maintaining quality programs in the Vashon public schools.

It is important to note that VSF is not a grant-making organization. We make no program decisions for the district. Funding and program decisions are the province of the superintendent and your elected school board.

When you consider what you might give, think about this: if each parent and/or community member gave \$1 per day per student, for the length of the school year (180 days), we would be over half way to our goal. A donation of \$180 (\$15/month) for each Vashon student yields \$270,000!

While some may not be able to give that much, others will need to give much more. In fact, a number of very generous donors have already stepped up, contributing a total of \$130,000 so far. We will continue to need larger donations if we are to realize our goal of \$550,000.

Our fundraising campaign ends on June 11, the same day we see the next class of VHS grads go out into the world. Some will go straight to work, some will pursue music or the arts, and yet others will matriculate at two and four year colleges, including some of the country's finest universities.

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Aries (March 20-April 19)
You now have access to parts of your psyche that are so different than who you usually consider yourself to be, that you may feel compelled to reconsider your identity from top to bottom. If your mind is alert and alive, these things happen from time to time; the current theme is how you relate to your feminine side. Until now you may not have fully taken ownership of this aspect of yourself -- but then, you may have never associated it with the kind of creativity and passion that you can tap into right now. If there's a part of you that's feeling overwhelmed or intimidated, this might be the spot to focus on; to tap into and access some unusual ideas or strength. Even if you do nothing but observe yourself, you will notice something truly different over the next few days, and that something different points to a new source of wisdom. Here is the thing: you are an Aries and this astrology is happening in your sign. You make your awareness real by acting on it.

Taurus (April 19-May 20)
What seems to be a hidden matter or cause is not so hidden at all. In fact, it's everywhere you look. You're not sleeping, so what transpires in your life follows the logic of the waking world and not a dream. For the conscious, denial is not an option, and besides, nothing happening in your charts suggests you have something to deny -- except for one thing. You seem to be struggling to come to terms with fear. Fear comes in response to what you think of as 'the unknown'. There seems to be so much, but I assure you, it's not so unknown. You merely need to look at your life and collect evidence of what is so. I suggest you consider strongly what you think of as your potential, including your unexpressed talents. What is your reasoning process as regards these sources of energy, pleasure and abundance? What do you tell yourself, when it comes to your ideas about your own development and growth? Check your logic.

Gemini (May 20-June 21)
Think of all the times you felt excluded: too special to fit in, too ordinary to fit in, too smart to fit in. Then in some odd way you emerged as a leader. Remember all the times you felt insecure, only to discover that you were really the dependable one, in possession of some actual confidence. There is something to be said for this approach to life; it's a way to cultivate modesty, and you've used it as a way to focus your objectivity. It's also a form of camouflage. But let's consider something else. Imagine you enter the situations you encounter without making any of those assumptions. Neither do you assume you're better in any way; but let's start by removing any possibility of a handicap. Let's start assuming you have a leadership role; that you know your mind is the most creative one around; and that your intellect has a mobile quality that allows you to see above, beneath and around every situation. Use what you've got, kid. And don't hide it.

Cancer (June 21-July 22)
There is something about your professional aspirations, or your potential, that is truly unusual -- and now is the time to put that where the whole world can see it. Stay visible; make sure people know your accomplishments. Be absolutely real, and forget all the ways you think you've failed, or haven't lived up, or have taken too long to get where you're going. Tell yourself the other side of the story. You dare. You persist, even when you have your doubts. You may need proof to believe you're an innovator, but let me speak for your astrology. You are one, and that quality is emerging from you at its strongest (probably ever) in these very days and weeks of your life. One factor of success of any kind is thinking of yourself as that successful person. If you can identify with the notion of achievement,

or of yourself as a person who is talented and accomplished, you can be that person. Give it a try.

Leo (July 22-Aug. 23)
It's time to set one new goal. You may have more; but pick the most important one, and pick a timeframe wherein you want to make it happen. I suggest giving yourself a little more time than you think; perhaps double what you think would be a best-case scenario, so you have space to get your work done. Then break down the steps to making it happen, and go for it -- one meticulous step at a time. Remember that step one is the vision. It's knowing what you intend or desire to create, and then putting the full focus of your mind behind it. This is partly an exercise in how it's possible to accomplish anything at all, so remember the steps you took on the way to this particular project, because you'll need them for the next. Now is the time to create and refine your method, because you will get to use it over and over again during the next few months.

Virgo (Aug. 23-Sep. 22)
Now is the time to consider your investments -- and any debts you may have -- in a new way. Debts, even small ones, can be a significant mental burden for many people, equivalent to the financial burden. It's the idea of owing money that becomes as difficult as any other part, and that has a way of taking over one's identity. I suggest devising a way of thinking of any money you owe as something other than who you are. On the other side of the ledger are your investments. What have you put your energy into the past few years? What commitments have you made, and what agreements are you in? Looked at rationally, are you getting a sufficient return on your investments? In what form does that return arrive? There seems to be a question, because your charts speak of both a drive to do something innovative, and a longing for freedom. As you shift your identity from what you owe to what you give, you will get a more authentic idea of who you are.

Libra (Sep. 22-Oct. 23)
For all you've been confronted with lately -- and there is a lot -- you know where your true loyalties are. Remember them. Your charts speak of many options open, many possibilities, new horizons and a few disruptions. While you're in the midst of navigating all of this, you're figuring out what means the most to you, and why. It's excellent to have a solid feeling about at least one thing. Lest you think you should have it about everything, imagine what it would be like to have no solid ground at all, nobody you can trust, no assurance that there is someone who truly values you. There are plenty of people who have no idea what any of this feels like, or it's been so long they've forgotten. Remind yourself what helps you keep your sanity and your grounding. And remember that being this person to others counts, even if it's in subtle ways.

Scorpio (Oct. 23-Nov. 22)
Please stop obsessing over your health. I know the environment and most of the food we eat are toxic. We're all getting older. But your mental pattern is not helping -- and you're well positioned to change your mind. I suggest you start with an idea of what it means to be healthy. Create a concept of wellbeing. Make it original. I suggest you include your idea of relationships that support your presence in the world, your sense of belonging and most of all, your productivity. It's essential that you not compromise who you are in order to be acceptable in a relationship. This should go without saying, but the world has some rather different notions of what it means to 'be together' that we do need to keep the topic upfront in your mind. Remember -- your concept of relating to others needs to be flexible, as do the people you relate

to. You'll figure out whether that is true soon enough.

Sagittarius (Nov. 22-Dec. 22)
You are still in the idea phase; you've yet to really get down to work, though now is the time for that. Yes, it's definitely still the time to focus on the concept of what you're doing, and the chance you want to take on something -- however, the moment is ripe to start doing the real work. That should feel like construction of some kind; a transition from paper to wood, from a sketch to clay; from entirely flexible ideas to an experiment with the materials you will use. You need to get your body into the project, and get your hands dirty. As you do this, you'll feel the change in your thinking; there is a dimension shift involved, and once you move into 3D, that will have the effect of sculpting your thoughts and ideas. And you need to be shaped by them as much as they need to be shaped by you -- though it's only going to happen in physical reality, in real time. Perhaps even with a welding torch.

Capricorn (Dec. 22-Jan. 20)
For the past few weeks it's like you've been running the triathlon. One emotional challenge after the next has surfaced; one fear after the next, compelling you to take charge of your life in what seems like a different way every day. Now that whole sequence of challenges has passed. It's gone on so long you may still be braced for the next one. You still have body memory of one day delivering a challenge different than the next. I suggest you take a moment and appreciate the relative calm. But do so only long enough for you to take action on what you kept wanting to do before, but which kept getting interrupted. You have much more support right now, and you're feeling stronger. One by one, planets are about to enter your fellow earthy sign Taurus, which is going to feed you energy. Use it well, while you have the opportunity -- and it is truly an opportunity.

Aquarius (Jan. 20-Feb. 19)
Yes, what you're thinking is original, yes, it's a little weird, and yes, it's a good idea. There are a lot of good ideas -- so many in fact, it's a little tragic. I say that because most of those ideas don't ever get applied to the problems they were intended to solve, or manifest in the form of something useful; that's the part that takes work. Yet it takes discernment to recognize that what you're thinking has a value. I assure you that it does, and that it has a value beyond what you can imagine now. Now, this whole concept of value is going to be the big question over the next few years, and I strongly suggest you put your mind to this question -- the value of ideas, and of your ideas. Value must be recognized and acted on; if you hesitate between the two, ask yourself why you're doing so. Time does not last forever. Meditation is a virtue; hesitation is not.

Pisces (Feb. 19-March 20)
You're well on the way to figuring out you exist. I'm not kidding when I say that most people don't know they exist. If they did, they would live differently than they do. And as you make the latest in your ongoing series of self-discoveries, you will choose to live differently, in ways both subtle and bold. You're in the process of making a discovery that has not quite come into focus yet, though as it does, you will see that the way to certain decisions is open, where before it seemed blocked. One important dimension of this discovery is about your relationship between self-esteem and money. Said another way, it's about self-respect and power. Once you respect who you are, your power ceases to be compromised. You are less vulnerable to manipulation. And success will seem less like an alien thing and more like something you do naturally every day.

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Grandma’s Diary: Nine by Mary Tuel

When I started writing a column for this paper nine years ago I wrote about you and titled the column, “Grandma’s Diary.” You were my newborn grand daughter then, and the apple of my eye.

You gave me a lot of material to write about when you were small.

There was the time you threw the package of ramen noodles into the dishwasher when I wasn’t looking and I didn’t find out until after the load was done washing. Man, those noodles were clean.

Then there was the time I went to the bathroom, leaving my laptop computer out, and when I came back not three minutes later, you were busy writing on the computer screen with a black marker. When you saw me, you dropped the marker, said, “I done,” and ran away. I went to look at the computer and found you had colored almost the entire screen black.

Handy tip: acetone will remove black marker from a computer screen, but try not to inhale the fumes.

We had a lot of fun together back in the day. Once you and I traveled to California to visit my cousin Nancy, and coming home Nancy came with us up the coast. The three of us went swimming in a motel pool in Crescent City. Like your dad and your uncle when they were little, you enjoyed riding on my back like a cow girl as I plunged through the water.

After a few years I decided not to write stories about you for the paper any more. I figured it was hard enough growing up in a small town, without having people know stories about you and come up to you in the store or at school and say, “You’re the girl who...” whatever the story was. I made this decision after a woman came up to us at the supermarket one day, looked at

you, and said, “Oh, you’re that naughty little girl!” She was kidding around, but I figured you didn’t need anyone saying anything like that to you, even kidding.

Now you are about to turn nine. You are half-way to eighteen, which is considered adult in many ways. I thought I was adult when I was eighteen. Now in my 60s I think people in their 40s are kids, so an eighteen-year-old is practically a baby, but when you are eighteen, you will not think you are a baby.

When your father turned nine I remember the shock of realizing that he was halfway to adulthood and I hadn’t done a fraction of the things I’d wanted to do with him. We never drove a van across the country to visit all the parks and monuments and historical sites I wanted to see and show to him. We didn’t go live on the beach in Mexico for six months so we could all learn to speak Spanish. Stuff like that. We did once take a train trip across the country and back, visiting family in Ohio and New Mexico, and we drove to California to visit the grand parents several times, so we did some traveling. It’s just that I had these ideas about what I wanted to do with my kids, that’s all, and when your dad turned nine I realized that there was so much I’d never get done.

Now we’re sitting here on the couch together and you’re watching me write this letter about your turning nine, which you’re going to do any minute now, and I find myself thinking of the things I wish I could do with you – train trips, road trips. I wish I could be like Auntie Mame (I’ll explain who Auntie Mame is later) and take you to see the wonderful things this world has to offer, the places and people. But instead you have to stay here and finish second grade.

That’s life. We dream about flying to Maui, but we have to stay home to finish second grade, and turn nine with our mom and dad and grandmas and grand dads and our friends around us to eat cake and give us presents and wish us well and try as much as possible to make right where we are the best place for a beloved child to grow up.

We grandparents know that at nine you will not be a child much longer. Adolescence will soon begin creeping in, and then you’ll be a teenager, and the beautiful talented brilliant child you are will be gone forever. Instead you’ll be a beautiful talented brilliant young woman, but you know what? I can wait for that. I can wait, and I can savor this brief time before you emerge from childhood.

In closing, I want to say: you rock, grand daughter, you rock now and you always will, and I am so blessed, so fortunate, so lucky that I get to know you. Happy Birthday. Love, Grandma

PANDORA'S BOX

Don ‘t put away that dog outerwear just yet! It may snow again. It will definitely rain some more. At least we don’t have tornadoes!

In and new: Natural Balance cat treats...favorite flavor is the politically incorrect rabbit. Cat’s love it. Also, new Alpha Cat cat food.

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Mike Heavey Tells Amanda Knox Story

Continued from Page 1

Amanda’s sake.

In keeping with the 4-Way Test, a hallmark of the Rotary International, Heavey spoke truthfully and fairly regarding Amanda’s plight creating goodwill and benefiting the Knox family as folks are realizing that we were lied to. They have been coming to the aid of the Knox’s with love, understanding, donations and a special gift of spreading the truth on Amanda’s behalf.

Then he went on to tell of Amanda as the person who lettered in soccer all four years in high school, an artist, a musician and a scholar on the Dean’s List at the University of Washington. Someone his own daughter, a classmate of Amanda’s, described as “the most genuinely kind person that I know, she doesn’t have a mean bone in her body.” It was that conversation with his own daughter that made sense of the ‘major disconnect’ he experienced while watching the sordid coverage on TV. He realized that the press got it wrong and his daughter got it right. Amanda’s character and compassion are points that Heavey uses to remind listeners that this young woman is not a murderer and has never shown any propensity for cruelty, unlike the many criminals he has become acquainted with in his capacity as a judge.

And Amanda has shown amazing courage and grace during her ordeal, never giving up hope that the truth will come out.

She and her friend, Raffaele Sollecito, are serving 26 and 25-year prison terms after being found guilty in 2009 of the murder of Amanda’s English roommate, Meredith Kercher. Meredith’s real murderer, Rudy Guede, is also serving a prison term for her murder, but in a tragic twist the prosecutor, Giuliano Mignini, decided to press charges again the innocent students despite lack of evidence. Heavey pointed out that the Italian police were under a lot of pressure to find the killer, that they made a premature announcement of “Case Closed” before any evidence was processed. He also discussed the horrifying press that followed the pronouncement and how it “hardened the hearts of Italian people” before the trial began; there was no chance for fairness.

The judge outlined many aspects of the case and in particular discussed why Rudy Guede is the sole perpetrator of this heinous and tragic crime. The audience

also learned that Giuliano Mignini has been convicted of prosecutorial misconduct and abuse of power. He is currently threatening legal action against both U.S. and Italian journalists who are covering the appeal and, as a result, The Committee to Protect Journalists has sent a letter to Mignini stating that it is “particularly troubled by the manifest intolerance to criticism.”

Heavey also highlighted that InjusticeInPerugia.org and AmandaDefenseFund.org have detailed information about the case and encouraged the Rotary members to investigate on their own and to write letter to the officials whose addresses are listed on both websites. He wrapped up the presentation with a quote by Martin Luther King Jr.: “An injustice anywhere is a threat to justice everywhere.”

Many thanks to Mike Heavey for his poignant and succinct lecture. Many thanks that he would go the distance in bringing this message to the Rotarians. And many thanks to the Rotary Club for allowing Mr. Heavey to tell Amanda’s story.

Regarding the appeal, on May 5, 2011 the DNA experts appointed by the court have requested a 40-day extension and access to documents of the original DNA testing. These are documents that the defense has been denied access to and they fully support the request of professors Stefano Conti and Carla Vecchiotti of the Institute of Forensic Medicine at the University La Sapienza in Rome. The professors told the court that the Knife and Bra Clasp they had been asked to reexamine did not have enough material to test in the case of the knife or was destroyed as in the case of the Bra Clasp, which was improperly stored. The professors also suspect that both items were contaminated prior to testing or from the lab itself.

They were due to give their report to Judge Claudio Patrillo Hellman on May 9, but that date will be pushed back if he grants their request. Although we would all like Amanda and Raffaele to be released as soon as possible, if the mistakes made by the original DNA test are confirmed, it will finally prove to the world what the Defense has maintained all along, the evidence was tainted and should never have been admitted.

These next few weeks will be important and, as always, we invite our friends to continue to Pray for Fair Play!

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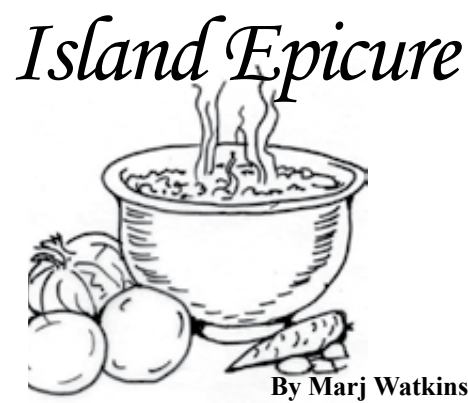
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A Mideastern Dinner

It’s still the season of the lambs as I write this on May Day, 2011. But lamb meat is somewhat expensive. The logical, and mouth-wateringly aromatic solution is to convert those expensive sirloin pieces to a stew and serve it with a Mideastern style lentil side dish. Brown rice and a vegetable salad complete the meal.

Though it’s a stew, it cooks fairly fast. Lamb is a meat you could actually eat raw, as the Mideastern people do. Our western palates prefer it cooked. Simply cut it in bite-size pieces, dredge it in flour and brown all sides, sprinkling with salt, pepper, thyme, and garlic powder. It will be cooked through but very tender. Combine it with separately sautéed and braised onions, carrots, and celery. Voila, a stew in less than an hour.

LAMB STEW
4 to 6 servings
1 to 1/12 pounds lamb sirloin cut in bite size pieces
Dredging flour, see below
1/3 to 1/2 cup olive or canola oil, divided
1 large yellow onion, coarsely chopped
5 long carrots, sliced
½ teaspoon thyme
¼ teaspoon crumbled sage
2 garlic cloves, sliced or ½ teaspoon garlic salt
Salt and pepper to taste
Dredge the lamb in the flour mixture. Shake off extra flour. I put the floured meat into a sieve and shake excess flour into a bowl. Then I return that flour to my Dredging Flour .

Heat the ¼ cup of the oil in a wide skillet. Brown the meat on all sides. With a slotted spoon, transfer to a large bowl and reserve. Add remaining oil to the skillet. Add the onion and carrots. Stirring occasionally, lightly brown. Add water to cover. Bring to boiling, reduce heat to medium low. Cover and cook 10 minutes, or until the carrots are tender. Return the meat to the pan. Cover and cook just long enough to reheat the mat. Transfer to a serving bowl or serve from

the skillet.
DREDGING FLOUR: 1 cup sorghum flour (gluten free) or barley flour (low-gluten and low on the glycemic index), 1 teaspoon salt, ½ teaspoon coarsely ground black pepper, 2 teaspoons paprika (optional). Store in a small, tightly covered jar.

LENTILS WITH ONIONS
4 to 6 servings
1 cup lentils, soaked overnight or barely sprouted
Water to cover plus 1 inch
½ yellow onion, chopped
2 Tablespoons olive oil
2 garlic cloves, sliced
¼ teaspoon crumbled dried sage or oregano
½ teaspoon salt
¼ teaspoon black pepper
Start the lentils cooking while you prepare the onion and garlic. Bring the pan to a boil. Reduce the heat, and cover.

In a small skillet, heat the oil and sauté the onion and garlic with the herb of choice.
Add the sautéed onion, etc. to the lentils. Cook gently, covered, for a total of 25 minutes. Add salt and pepper, stir, recover and continue cooking until lentils are tender, about 20 more minutes.

GREEK SALAD PLATE
6 servings
6 leafy red lettuce leaves, washed under running warm water and dried
2 large, ripe tomatoes, or 4 to 6 smaller tomatoes, sliced
3 or 4 eggs boiled 17 minutes promptly cooled under running cold water and shelled
Large black olives, drained
1 English cucumber, washed and sliced
4 radishes, sliced
Cut the tougher, whiter ends of the lettuce leaves off, shred them, and mound them in the center of a platter. Arrange the more decorative part of the lettuce leaves on a platter. Halve the eggs. Separate the whites and the yolks. Chop and keep whites and yolks separate.

If using large tomatoes, cut each slice in half. Arrange the tomatoes in a par of rows with a little space in the center. Down the center of this aisle between the tomato slices, put the chopped egg yolks. Arrange the chopped egg whites along each side of the yellow strip. Put a circle of English cucumber slices around the tomato ring. Ornament this edible still-life with the black olives.
On the side, offer mayonnaise flavor-enhanced with a garlic clove you’ve mashed through a garlic press.

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The Hawthorns Bloom

by Kathy Abascal

Now that the elder flowers are dying back, the hawthorns are blooming . Their white flowers are covering trees and shrubs all across the Island, and they are absolutely gorgeous.
Herbalists gather hawthorn flowers, leaves, and small twigs in the spring for tea and tinctures. Although hawthorns are a bit thorny, they are still very pleasant to gather. And they are so very good for you. All of us over what the French call “d’un certain age” – basically over forty – should really be using hawthorn on a daily basis. It is a mild but wonderful heart and circulatory medicine.
Hawthorn flowers and leaves are rich in flavonoids, and the plant has been used to help the heart for at least two thousand years. It increases the blood flow to the heart which ensures the heart muscle more oxygen and nutrients. The Eclectics physicians said it also helps prevent



Hawthorne, by Kathy Abascal.

pressure is creeping up. It just helps the heart work better by ensuring that it has a good supply of nutrients, and that will benefit your circulatory system as a whole.

The German phytotherapist, Dr. Weiss, M.D., called hawthorn a tonic for the ageing heart. He also used it in hypertensive patients not to reduce blood pressure but to prevent or treat heart complications that can result from high blood pressure. He also favored it to help treat minor arrhythmias in the elderly. Hawthorn is called a tonic because it needs to be used long-term as it may take many months for full results. It is not a magic bullet with an instant effect, especially in the elderly. Fortunately, hawthorn is completely safe for long-term use, and has shown no toxicity in any of the many clinical studies. Moreover, many of the patients studied were on a variety of other prescription medicines but no negative drug interactions were noted.

In folk medicine, the berry was the primary medicine although there is documented folk use of the leaves and flowers in parts of England. The Eclectics used the leaves, bark, and berries; Dr. Weiss used the leaves and flowers. The clinical studies mostly tested the leaves and flowers but some tested a combination of leaves, flowers, and berries. I, like many herbalists, prefer the latter combination but believe that any combination can be used successfully.

I highly recommend that people dry some hawthorn flowers for tea. It does not have an especially memorable flavor but it is pleasant and can be used by itself. For more flavor, you can add a teaspoon of hawthorn flowers to any tea blend you like. Even if your daily dose of hawthorn will be small, I believe a daily cup of hawthorn flower tea will gently but significantly protect your heart from some aspects of aging and poor life style. I use more substantial doses of the tincture for people with heart issues or hypertension, usually as the tonic part of a formula. I particularly like it for people with familial high cholesterol because I think it over time will counteract some of the ill effects of fat filled blood.

The constituents of hawthorn extract in a fairly low alcohol content, so you can make your own tincture using vodka or brandy. To tincture hawthorn, you simply chop the hawthorn flowers, leaves, and small twigs into little pieces and weigh it. Then you put it in a jar and press it down in the jar as much as you can. If you do not compress the herb, you will not be able to fit enough alcohol to the jar to make a proper tincture. Pour in twice the weight of the herb in alcohol. That is, if you have four ounces of hawthorn, pour in 8 fluid ounces of alcohol. Cap the jar, label it, and put it in a cupboard away from light to steep for at least two weeks. It is a good idea to shake the jar every now and again.

The weather is nice right now, so it is a good time to take your snippers and a paper bag and find a hawthorn blooming in some quiet, pleasant place. There may well be one

atherosclerosis but that aspect of the plant has not been studied. On the other hand, there are many well designed research studies that show that it, combined with other medicines, significantly helps people in chronic heart failure.
Used regularly, hawthorn can also help lower blood pressure. It is not a dramatic blood pressure reducing-herb, and is usually not enough by itself to handle hypertension. Nonetheless, it should be part of your life if your blood

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Don't Forget the Birds

by Ed Swan

A Very Rare Spring Sighting

Jeff Adams sent in some good photos of a pair of Cinnamon Teal along the shore just north of the Cove Hotel May 1. This gives Vashon only its second record for this small duck. The first sighting for Vashon came from Russell Rogers, a biologist for the Washington Department of Natural Resources, spotted a Cinnamon Teal at a marsh in central Vashon, probably Fisher Pond or Mukai Pond, on 27May1993 as part of the breeding bird atlas work occurring at that time. Jeff Adams' record presents us with the first photos and definitive location, though it is a strange one.

The typical habitat for Cinnamon Teal consists of small ponds with dense aquatic vegetation. They rarely show up on saltwater. Cinnamon Teal used to be the most common teal in Washington State but habitat change changed that situation in the last half of the 20th Century. Large reservoirs created by agricultural changes and dam building in Eastern Washington tweaked the freshwater/wetland habitat balance such that Blue-winged Teal, which like larger wetlands and water bodies, went from very rare to fairly common.

Vashon has a number of small ponds, so I'm not sure why Cinnamon Teal only have two sightings for the Island. Most of the small ponds don't have much in the way of native aquatic vegetation, which may account this duck's rarity here.

Migration seems to be late this year. There are quite a few winter birds

delaying their departure and summer birds arriving later. Of the winter birds, Rich Siegrist noted a Hermit Thrush May 10 and I heard and saw Varied Thrush and Ruby-crowned Kinglets into the first week of May. Orange-crowned Warblers and Common Yellowthroat were particularly late this year. Some birds came early like the single Barn Swallow Brenda Sestrap found in her barn (what a surprise!) April 7. The biggest swallow, the Purple Martin appeared about two weeks later with Rich Siegrist discovering them back in the first week of May. Mourning Doves may becoming more common on the Island, Marie Blichfeldt, Ron Simons and Pam Dawdy all some them multiple times at widely separated locations in late April and early May. I'd be very interested in hearing about any potential nesting activity. If you have a returning or interesting bird to report or a question about 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. This is a great time for a birding tour. With the warmer weather finally starting to arrive, bird activity by returning nesters is really beginning to ramp up. If you're interested for yourself or you have birding friends or relatives coming, give me a call or visit my website at www.theswancompany.com to find out more.



Cinnamon Teal 3 By Jeff Adams

Passport to Poetry

Vashon Poetry Fest

The Vashon Poetry Fest will produce its second bi-annual literary festival devoted entirely to poetry. The events begin on Thursday, May 26 with a variety of poetry readings and workshops happening in Vashon town-center through Memorial Day, May 30. The range of poets is being expanded from the previous festival in order to reach a multi-generational audience with a broad taste range. The Fest has added a selection of younger poets, many of whom will be 'spoken word' poets, action poets, and slam poets.

Two years ago, under the leadership of Ron Irvine, owner of the Vashon Winery the first Vashon Poetry Fest was held. It was highly successful – Sam Green, then poet-Laureate of Washington State, was the featured poet and there was a strong range of performers/presenters and well-attended workshops.

The theme for this year's Festival weekend is 'A Passport to Poetry.' It will emphasize poetry's power to cross and erase borders and boundaries. To heighten the passport theme, everyone attending the readings and workshops will receive a passport designed specifically for the Fest.

The three featured poets this year will be Sam Hamill, Tess Gallagher and Lawrence Matsuda. Gallagher and Matsuda's Friday presentation will

be as much about culture and politics as about art. Matsuda was born in the Minidoka, Idaho War Relocation Center during World War II, and his poetry in A Cold Wind from Idaho is about this experience. Gallagher, a nationally and internationally recognized Northwest poet needs little introduction, since she is known and loved by many. Saturday evening will feature Storme Webber, Jourdan Keith, Karen Finneyfrock, and Seattle Slammaster Daemond Arrindell in performance at the Red Bicycle. Sunday's reading will feature American Book Award winner Judith Roche, Floating Bridge Chapbook contest winner Holly Hughes and Cal Kinnear. Founder of Copper Canyon Press and esteemed Northwest poet, Sam Hamill, will be Monday's featured poet. In addition to a reading, he will offer a talk on the relation of poetry to war and cultural memory. A former Marine, Hamill is the founder of the Poets against the War movement.

Additional events include a variety of workshops and a celebratory dinner on Sunday evening at the Hardware Store Restaurant. The public is invited to attend all events. Times and details are available at the Poetry Fest web site www.vashonpoetryfest.com or email Ron Irvine, info@vashonpoetryfest.com, (206) 931-4703.

Road to Resilience

Continued from Page 1

New Orleans after Katrina. Are we better off when we lose jobs, go to war, or fail to prepare for disasters? We need a new standard for success that does not incentivise negative or unwise social behavior, but does incentivise positive, life affirming decisions.

Using standards that monitor satisfaction, happiness and well being, investing locally, while it may not give you a good, quick return on your monetary investment, will provide what is important: a self reliant community, better service from people you know and will see again and again, more products available because of increased patronage, more incentive to produce for local consumption, i.e., more local production and jobs, more likelihood that we will have what we need in an emergency situation. And a more or less permanent emergency due to the lack of fossil fuel at some time in our future is, in my opinion, a certainty.

Economies of scale, the idea that costs of production decrease as the scale of production increases, needs to be looked at more closely. Large-scale production allows for the use of machines that produce more efficiently, while reducing labor costs. The economies achieved are utterly dependent on cheap and abundant energy, both to run the machines and to distribute the goods to the larger market area. As energy becomes scarce and expensive, these economies will disappear. The loss of jobs also needs to be weighed against the end product cost savings, especially when it entails outsourcing work to exploit cheaper labor markets. This system of production will shrink to esserntials as fuel becomes scarce.

So, is it good to invest in Vashon even though it may not bring the best monetary return on your investment? Yes, because the intangible benefits of a stronger, self-reliant community is your best long-term investment. When bad times occur, Vashon will have the

resilience to continue to take care of its needs.

What can you do? Above all, patronize Island businesses whenever you can.

If you can't find what you need, consider starting a business that will provide that good or service. Look ahead, research, and make plans to start a business providing goods or services we will need to obtain locally in the coming times of diminishing resources. A bit of foresight, imagination, and courage are all you need to set yourself up with the Island business that you always wanted! Learn a skill that you can offer your neighbors for cash, local currency, or barter.

In all cases, make your decisions based on whether you and others will truly be happier, more satisfied, more secure, not just on monetary savings or profit.

Transition Vashon will be showing the last film in its series, The Power Of Community: How Cuba survived peak oil, this Saturday, May 14, 6 -9 pm at the Lutheran Church. When the Soviet Union collapsed in 1990, Cuba's imports of oil were cut by more than half – and food by 80 percent. This film tells of the hardships and struggles of the Cuban people as well as their community and creativity during this difficult time. Cuba, one of the few countries that have faced a massive reduction of fossil fuels, is an example of options and hope.

Stay for community discussion afterwards. Free, donations welcome.

Comments?
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Schedule For The Poetry Festival

The week of May 16, Merna Ann Hecht, poet and teaching artist works with Anders Bloomgren’s Creative Writing Class at Vashon High School in preparation for their scheduled time with Larry Matsuda and Tess Gallagher the following week.

Merna visits two primary classes and two upper elementary classes and sets up for Tom’s visits and generates poetry writing toward younger children presenting at the Thursday evening open mic on May 26.

Wednesday, May 25
Tom Pruiksma presents his Poet’s Magic in an assembly and students from the VAA Community Arts Grant Vecinos Project present their poetry.

School Poetry. Presentations in the schools.
School Liaison for Chautauqua is Glenda Berliner <gberliner@vashonsd.org>; 567-4562

Thursday evening:
Young Poets Perform (ages 30 and under)
Takes place at Café Luna
Annie Brule is the M.C. and the closing reader

Friday, May 27
Friday, Vashon High School:
9:20 – 10:30 am - Larry presents to approx. 100 students-Classroom teachers are Harris Levinson, Martha Woodard, Mike Zechner and Steve Floyd

12:20-1:30 pm- Larry and Tess work with Creative Writing students (no more than 40 students). Anders Bloomgren teaches the class

Friday evening: 7:00 – 9:30 pm
Finding Our Way: An Evening with Lawrence Matsuda & Tess Gallagher
Terry Hershey is M.C.
(at Ober Park)
Music is Japanese (Mako Willett, flute) & Celtic (Kat Eggleston, guitar), to honor the poets’ heritage
Featured Readers: Lawrence Matsuda opens for Tess Gallagher

Saturday, May 28
Saturday Workshops
10:00 – 11:30 am
Karen Finneyfrock: It Happens Here, Writing about Place (Vashon Presbyterian Church)
Jourdan Keith: Shadows and Light (Vashon-Maury Senior Center)
David Whited & June O’Brien: The poets read from their poems. (Vashon-Maury Land Trust)

1:00 – 2:30 pm
Daemond Arrindell: Identity Poems - Who are you, Really? (Vashon-Maury Land Trust)
Storme Webber: Literary Performance (Vashon-Maury Senior Center)
Tom Pruiksma: The Poet’s Magic (Vashon Library)
Mel Michaels: Visionary Outbursts: The Poetics of Presence (Vashon Presbyterian Church)

4:00 – 6:00 pm:
Community Reading: From Page to Stage
Open Mic at the Red Bike
Merna Ann Hecht is M.C.

Saturday evening: 7:00 – 10:00 pm
Words Alive: Spoken-Word & Slam Poetry
Anders Bloomgren is M.C.
(at the Red Bicycle)
Featured Performers:
Daemond Arrindell
Karen Finneyfrock
Jourdan Keith
Storme Weber

Sunday, May 29
Sunday Workshops
10:30 am-12:00 noon
Judith Roche: The Poetics of Place: A River Runs Through Us (Vashon-Maury Senior Center)
Holly Hughes: Poetry as Practice, Poetry as Witness (Vashon-Maury Land Trust)
Merna Ann Hecht: Writing Against Borders (Vashon Bookshop)

12:30 - 2:00 pm
Cal Kinnear: Reading Poetry, What to Make of What You Hear (Vashon-Maury Senior Center)
Tom Pruiksma: Passing Between Words, Between Worlds (Vashon-Maury Land Trust)
Kaj Berry & Ann Spiers: A Haiku State of Mind (Vashon Library)

Sunday afternoon: 2:30 - 4:00 pm
Under Washington Skies (Vashon-Maury Land Trust)
Featured Poets:
Judith Roche, Holly Hughes, Cal Kinnear

***Sunday Evening 6:30 – 9:00 pm
Poets’ Dinner
(at The Hardware Store)
Terry Hershey M.C.
Tom Pruiksma offers a toast.

Monday, May 30
12:30 pm
In Difficult Times: Sam Hamill
(at Ober Park outdoors or indoors depending on weather)

Gypsy

Gypsy. The word may bring to mind lively, soulful music, exotic dance, fortune tellers. For many of us, that’s about all we know of the Gypsy people, more accurately called Romani. That’s as deep as my understanding went, until I met Morgan Ahern.

I recently had the pleasure of working with Morgan Ahern and her organization, Lolo Diklo: Romani Against Racism. Here’s what I learned: There’s a lot more to the story of the Romani people than most of us have heard. Morgan’s own personal story is haunting and left me with my jaw hanging open, eyes wide, cheeks stained with tears. When she was seven years old Morgan and her brother were taken from their family by government authorities. Their traditional homeschooling was classified as truancy and child abuse. Her hair was cut, her name was changed. She was forbidden from speaking her native language. Her grandmother tried twice to reunite the children with their family and was arrested for kidnapping. All school-aged children in her community were removed from their homes in raids. Morgan grew up in foster care, and never saw her mother again until as an adult they happened to cross paths, quite literally, while crossing the street in Colorado.

This heartbreaking story, with echoes of the moving Australian film “Rabbit Proof Fence”, seemed unimaginable to me. This could only happen in some small-minded, backward country. This could only happen in a different time and place. But the most shocking part of the story is that it happened in New York city in 1955.

Morgan’s story filled me with sadness and anger. I couldn’t believe this sort of outrageous thing could have happened as recently as the mid 20th century in the United States. I couldn’t believe the gut-wrenching pain her parents experienced. I couldn’t believe the deep hurt this sweet little seven year old had to endure. I couldn’t believe this kind of oppression and discrimination was a part of our recent American history.

I couldn’t believe I had never heard about this.

Morgan aims to make sure that her story and the story of the Romani is heard. Along with her cohort Kate Van Houdt, Morgan has put together an incredibly beautiful traveling museum that shares the rich and fascinating story of the Romani people. The museum resides in a vardo, a tow along camper or caravan, and is the only one of it’s kind in the United States. It’s a little jewel box overflowing with colorful textiles, traditional garb, photographs and items of historical and cultural interest.

As you enter the vardo, one of the first things you notice is a picture of a seven year old Morgan, shortly after she was taken from her family and put into foster care. This angelic little face, with her new “American” haircut has stuck with me, a reminder that oppression is not yet a thing of the past. And sadly, Morgan’s story isn’t unique. Romani people all over the world continue to face discrimination and oppression.

One display that struck a chord with me includes pictures of the stereotypical Gypsy, novelty knick-knacks and an old book with a caricature of a Gypsy woman reading a crystal ball on the cover. This installation highlights the narrow way many of us view the Gypsy. Indeed, this vardo, known as the Traveling Museum and Education Project of Lolo Diklo, is all about broadening our understanding of the Romani. And it’s about storytelling, something Morgan Ahern is an expert at.

If you want to learn more, I encourage you to visit The Traveling Museum and Education Project of Lolo Diklo. You can make an appointment to visit the museum, which is housed in Burton, by calling 206-463-1940. I also encourage you to check out Lolo Diklo’s blog at www.lolodiklo.blogspot.com. Updated nearly daily, the blog is dedicated to raising awareness about the history, culture and true lives of Romani people worldwide.

THE DORSAL SPIN: Ethereal Native Art

By Orca Annie Stateler, VHP Coordinator



“Raven Steals the Sun,” © Odin Lonning

Dear readers, your eyes will thank you for checking out Odin Lonning’s supernatural-themed Tlingit artwork at Vashon Intuitive Arts this month. Titles such as “Shaman’s Wand,” “Spirit Canoe,” and, of course, “Supernatural Allies: Thunderbird and Seawolf,” reflect the essence of the pieces.

Two traditional Tlingit stories represented in Odin’s show – “Fog Woman” and “Boy Who Fed Eagles” – embrace shamanic motifs and mystical transformations. Other works speak to the powerful bonds between the Tlingit, their ancestors, and crest animals; e.g., Wolf, Killer Whale, and Salmon.

This week’s photo shows Odin’s yellow cedar carving of an iconic Tlingit story, “Raven Steals the Sun.” Gallery wall space is best left uncluttered, so Odin will provide

elaborate stories and descriptions to interested art buyers. Moreover, he generously donates proceeds from his art sales to help whales and wolves: the Vashon Hydrophone Project and Wolftown.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. We want to thank Mark, Bob, and Bart for their recent Gray whale and Dall’s porpoise reports. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and contiguous Central Puget Sound waters. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.

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Having a hair of the dog

A Slice of the Big Apple, Facing NYC

Pam Ingalls' fifth annual portrait show at The Hardware Store is called "A Slice of the Big Apple, Facing NYC." After a show of Vashon Islanders in 2007, she has been connecting Vashonites to other small communities around the world with her oil portraits. This year's subjects are from one apartment building on the upper west side of Manhattan called "Turin House." "The building turned out to be VERY diverse, so I painted people from Eastern Europe, Africa, the Caribbean and many, many native New Yorkers," says Pam. "New York has always been a little intimidating to me - so I decided to face the beast. People were definitely more intense than those I've painted in Jamaica, King Island, Alaska or Guatemala. But as I painted, I slowly I began to see common ground - the humanity in each person. I've tried to show that in these 50 new portraits."

The exhibit will open first Friday, May 6th from 7-9 at The Hardware Store- with guitarist Daryl Redeker accompanying the party. Pam's show is part of the Vashon Island Art Studio Tour - open Saturdays and Sundays May 7-8, and 14-15, 10am -5pm. The paintings will be up until June 1st. See pamgingalls.com for a sneak preview!



"So Much Ahead" oil on board, 8"x10

Are you a female living near town or on the northend?
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Friday, May 20

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Burlesco Notturmo.....“ssssh.... a saucy, sexy soiree”

Open Space for Arts & Community quietly introduces a dazzling new event, Burlesco Notturmo: a sexy, saucy soiree on Vashon.

In the nouveau burlesque tradition that waves back to Gypsy Rose Lee, Burlesco Notturmo brings some of the Northwest’s most extraordinary burlesque and performing artists together for an evening of exotic entertainment on Vashon. The nouveau burlesque tradition is firmly rooted in Seattle, and is celebrated in venues such as The Triple Door, The Pampas Room, The Pink Door, Teatro ZinZanni’s “Mezzo Lunatico” and many others.

Hosted by the infamous Mme X and Teatro Zinzanni star (and Vashon favorite) Kevin Kent, Burlesco Notturmo also features international burlesque stars Inga Ingenue and Miss Indigo Blue – and sumptuous musical and aerial performance as well. Broadway veteran Rebecca Spencer sings to the musical orchestrations conceived by pianist Philip Fortenberry, aerialist Esther Edelman performs with live accompaniment by renowned cellist Jami Sieber, and Seattle band the Zebra Kings will fill Open Space with wonder.

Janet McAlpin(Mme X) trained for two years at the School of Jacques LeCoq (Paris, France), co-founded UMO Ensemble and has been teaching, directing and performing physical theater for over 23 years. Janet has taught clown theater at Freehold Studio and Naropa Institute (Boulder, Co). She has directed UMO and Circus Contraption and other small groups. She has performed various characters on different apparatus (Hoops, trapeze, globes and stilts) at Teatro Zinzani, Cirque du Flambe, the Moisture Festival and with UMO Ensemble.

Kevin returns to Vashon for this inaugural Burlesco. After having lived on the island for a number of years, he now resides in Northern New Mexico. Kevin has performed in and around Seattle since the swingin’ 1980’s. He arrived in Seattle with an improvisational company called Kings’ Elephant, performed under the direction of Dan Savage for his company Greek Active, and on the radio as his sidekick for Savage Love Live. He has worked with a host of amazing people as a developer/director and performer of New Works, including Kevin Joyce, Troy Mink, Sarah Rudinoff, Jennifer Jasper, and Dina Martina (Not her real name) just to mention a few. Kevin will be in residence at Open Space for a short time building a new show and is very happy to be spending time here on the Island.

Inga Ingénue, “The Little Blonde Bomb”, was the recent 1st place winner of the Miss

Open Space for Arts & Community
18870 103rd Ave SW, Vashon
Saturday, May 21, 8pm; Doors open at 7:30pm
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Inga Ingenue Photo by Debora Spencer

Viva Las Vegas burlesque competition. Since joining the Seattle burlesque community in 2005, Inga has performed in shows all over the world including the Burlesque Hall of Fame Competition in Las Vegas, the Amsterdam Burlesque Festival, and Lily Verlaine & Jasper McCann’s “Land of The Sweets: The Burlesque Nutcracker” and “Through The Looking Glass: The Burlesque Alice In Wonderland”. Inga is a member of The Atomic Bombshells Burlesque, as well as DANCE BELT--Seattle’s burlesque/dance super-group--along with Waxie Moon, Lou Henry Hoover and Ruby Mimosa, with whom she also co-teaches pop-culture choreography classes at Century Ballroom in Seattle. In addition, Inga Ingénue is an instructor for Miss Indigo Blue’s Academy of Burlesque, and was featured in the burlesque

documentaries “A Wink And A Smile” and “Waxie Moon”, as well as in the upcoming film “Waxie Moon in Fallen Jewel”.

Sexy, funny, irreverent and ingeniously clever, Miss Indigo Blue flirts with the edgy, exotic and erotic fringes of burlesque. Evoking the elegant tease of legend Gypsy Rose Lee, and inspired by the brilliant comic wit of Whitney Biennial recipient Julie Atlas Muz, Miss Indigo is more than just a great practitioner of the ol’ bump and grind; she enlivens her performances with a heady blend of brainy and bawdy that makes audience’s mouths water, as their minds whirl.

Esther has over 20 years of choreography, directing and performance experience that spans international stages and events. She is a co-founder of the groundbreaking UMO Ensemble as well as Aviatrix: a four women aerial troupe. Esther’s passion is the aerial arts, specifically the Silks, also known as Tissu or Fabric. She strives for a fluid mix of circus, dance, and character in her aerial performance to produce truly innovative work.

Electric cellist and vocalist Jami Sieber reaches inside the soul with compositions that are contemporary, timeless, lush, and powerfully evocative. An innovative musician, Jami’s music moves beyond the surface, seeking and re-seeking her truth by creating musical bridges and connections, committed to doing what moves her and inspiring listeners with her honesty, musical prowess, and humanity. In the 28 years since she began performing professionally, Jami has always done something unique – employing electronics and looping techniques to create sounds never before associated with the cello.

Lopy Laffs

After our friend Tom had been a bachelor for several months, we stopped by his home to visit him. My wife asked if he was eating properly. “Well, I do eat a lot of dog food,” Tom told her.

“Dog food!” my wife exclaimed, horrified. “I can’t believe you would be eating anything like that!”

“Come to the kitchen and I’ll show you,” Tom replied.

Opening the refrigerator door, he waved his hand at a row of doggie bags from half of the restaurants in town.

My mind works like lightning. One brilliant flash and it is gone.

Why does a chicken coop have two doors?
Because if it had four doors it would be a chicken sedan.

Be like a duck - keep calm and unruffled on the surface, but paddle like crazy underneath.

Moose Lake



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A 'REVEAL' IS TAKING PLACE AT THE MAURY ISLAND SPACE ALIEN HEADQUARTERS...



LOGJAM



LOGJAM



Performing May 13 to 15

The DoVE Project Voices Against Violence

For the past two years, Vashon Island has had no on-Island domestic violence services. The result of this lack of services is that women who are suffering have no place to turn for help. Domestic violence is real. In fact, it is estimated that more than fifty women in our community will be beaten or terrified by their husband or boyfriend this year. One woman being hurt is too many; fifty women being hurt is simply unacceptable. This has to end now.

On May 13 at 8:00 p.m., we will host a fundraiser to put services in place here on the Island for women experiencing domestic violence – the DoVE project.

Our vision is to have women musicians from Vashon and Greater Seattle sing their songs of hope and sorrow to be a voice for those women have not been heard for the past two years. Our goal is to raise \$10,000.

Some of the artists signed up to perform music or poetry so far are: Adrienne Selvy Mildon, Kelsey Bernheisel, Allison Shirk, Karen Hancock, Maya Battisti, Camille Coldeen, Donni Briar, Julia Hanowell, Madeleine Wolczko, Azula, Emma Amiad and Melody Zavis.

We hope that you will join us for what



we think will be an extremely powerful night. \$20 Cover, All ages till 11pm, 21+ after 11pm.

Friday, May 13, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Salsa Dancing with Instruction offered at Cafe Luna



The first 30-45 minutes will be instruction and then students are on their own to dance the night away. No previous Salsa experience necessary. No charge. Hosted by Assia Hamani.

Saturday, May 14, 7pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

The Mike Growden Trio

“I grew up in an old logging town, less than a hundred people, on the Sierra Nevada/Cascade Divide,” says musician Mark Growden. Lose Me in the Sand is a tribute to Growden’s rural mountain roots. His latest album is also a hats-off to the roughshod beginnings of American music and the spirit that music represents. Growden chose the banjo as the primary instrument for Lose Me in the Sand for both its timbre and history. An African-American instrument that made its way into minstrel shows and Appalachian folk music, the banjo resonates in our collective consciousness with the memory of poverty, oppression, resilience, and fortitude. “I’m aware of the choice of these songs and the era we’re living in,” says Growden. “Lose Me in the Sand is a banjo album. It’s about humility.”



Growden. “Making music with people is an incredibly powerful feeling....seeing people open up.... that’s important to me,” Growden says. “Music’s been my best friend. When I’ve been down, it’s a salve. It’s been an amazing blessing in my life. I’m really grateful, and I have to share that with other people. It’s just what I’m here to do.”

This is an all-ages FREE COVER show ‘til 11pm, then 21+ after that.

“My vision is to inspire people,” says

Saturday, May 14, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

The Doily Brothers



The Doily Brothers band is truly an Island fixture. The band was originally formed circa 1970 and some very talented Island musicians have been a part of its soul. Bringing you a well rounded mix of Classic Rock , Country & Blues, the energetic (and sometimes explosive) style of the Doily Brothers will keep you on your feet. So, for something unique and entertaining, this band delivers.....

Saturday, May 14, 9pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

7 on 7 Swing Band



What do you get when you combine a former city councilor, a local psychologist, a handful of veteran state administrative employees and a music teacher who are either former music majors or put themselves through college playing in bands? You get 7 on 7, a local band of veteran players who originally got together on 7th Avenue in Olympia in 2004 to play a variety of swing, jump blues, and jazz standards for the sheer joy of it.

Personnel include Pat Cole, guitarist and vocals, originally hailing from Chicago. Pat learned his chops throughout the country before moving to Olympia as a young man. He has played in local bands Love Bug and the Johnny Lewis Combo for a number of years before 7 on 7.

John Carleton, lead vocals and rhythm guitar, originally from the Boston area, came west in the 1970’s and became involved in the local folk music scene playing and recording with a number of acoustic groups in the area. 7 on 7 is a new direction for John and he has taken to the genre like a salmon to Puget Sound, as the sound of him will attest.

Gerry Gronseth, alto, tenor, baritone sax, flute, and vocals, is the senior member and a Washington native. Gerry’s playing career goes back to the bands he was in while in the Navy and such local groups as Darrel and the Diptones, Sounds Feasible, and the Happy Daze Band.

Chris Meagher, drums, another Washington native, has played in various rock and blues bands throughout the

Northwest since the 70’s including Annakonda from Spokane, Nite Life in Seattle, and Sundance in Portland. Local groups include the Sound Dogs and the Blues Monsters.

Steve Metcalf, soprano, alto, and tenor sax, is an Olympian who has been playing and expanding his jazz saxophone style for years. He is an annual participant at the Centrum Jazz Workshop and Festival in Port Townsend.

Don Morris, bass and vocals, is another local product who has played in bands in this area for 20+ years, including D’artagnan, the Blues Monsters, and Watermelon Sugar.

Tracey Hooker, flugelhorn and trumpet, is the newest member of the band and the youngster (he’s only 48!). He has long been a professional musician, music teacher and band director, a 22 year veteran of the US Navy Bands, a Cannonball Trumpet artist and Grammy Award Winner.

The band has performed in a number of local clubs and other venues both public and private. Gigs have included regular engagements at Tugboat Annie’s, Firecreek Ale House, Trosper’s, the Olympia Eagle’s Club, the Olympia Farmers’ Market, The Spar in Tacoma, and Panorama City. We have also played for City of Olympia Events including at the Washington Center and for Arts Walk, Puyallup’s Meeker Days Festival, Olympia Beer and Wine Festival, and many Old Town Tacoma music events.

This is an all-ages dance show from 8pm to 10pm! FREE COVER!

Saturday, May 21, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Lunavision Presents: Plastic Planet

Werner Boote presents an up-close and personal view of the controversial and fascinating material that has found its way into every facet of our daily lives: plastic. He takes us on a journey around the globe, showing that plastics have become a threat for both environment and human health.

Saturday, May 28, 6pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com



Get In The Loop
Send us your Art, Music or Show information
and get included in The Vashon Loop.
Editor@vashonloop.com

Passport to Poetry

Public Poetry Read 4-6pm

Words Alive: Spoken Word & Slam Poetry 7:30-11pm

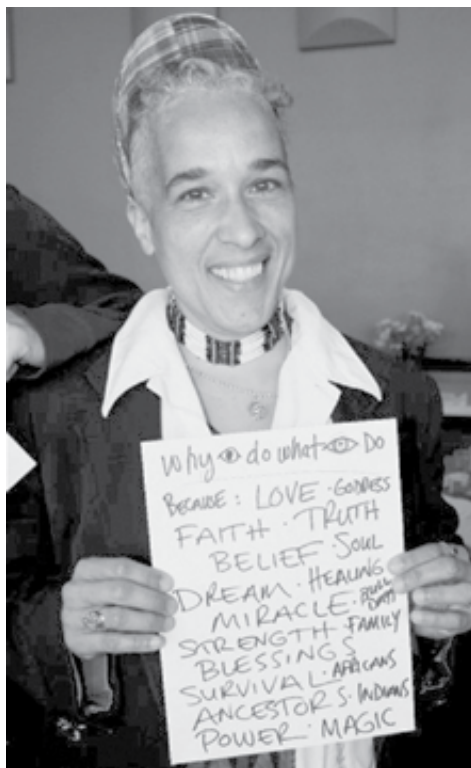
Memorial Day weekend, May 27-30, 2011 the Vashon Poetry Fest will produce the second of what we hope will be a long-lived, biannual weekend-long festival devoted to poetry. We're expanding our range of poets in 2011, adding to the more traditionally defined poets we featured last time (and will include again) a selection of younger poets, many of whom will be 'spoken word' poets, action poets, and rappers. And we're reaching for a multi-generational audience with a broad taste range.

Two years ago, under the leadership of Ron Irvine, owner of the Vashon Winery, we held the first Poetry Fest. The 2009 Festival was highly successful—Sam Green, then poet-Laureate of Washington State, was the featured poet, and stayed through the weekend to offer a workshop and participate in an 'open mike' event blending Island and off-Island poets. With him we had a strong range of performers/presenters and well-attended workshops over the weekend of Memorial Day.

Our overall theme/title for the weekend is 'A Passport to Poetry' to point to poetry's power to cross and erase borders and boundaries. Everyone attending the readings and workshops will hold a passport. Our two featured poets who will read the first evening have also offered to visit Vashon High School earlier in the day to make a presentation. The two poets are Tess Gallagher and Lawrence Matsuda. Their presentation will be as much about culture and politics as about art. Matsuda was born in the Minidoka, Idaho War Relocation Center during World War II, and his poetry in A Cold Wind from Idaho is about this experience. The session with students will be designed to bring to life for them this important piece of history.

Saturday evening will feature Storme Webber, Jourdan Keith, Karen

Saturday, May 28. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



Finneyfrock, and Seattle Slammaster Daemond Arrindell in an all-out performance at the Red Bicycle. Sunday's reading will feature American Book Award winner Judith Roche, Floating Bridge Chapbook contest winner Holly Hughes, and Cal Kinnear. Monday's poet will be founder of Copper Canyon Press Sam Hamill, who, in addition to a reading, will offer a talk on the relation of poetry to war and cultural memory. During the day on Saturday and Sunday the poets will offer a variety of workshops. Sunday evening there will be a celebratory dinner for poets and the Vashon community at the Hardware Store Restaurant. Times of events and other details are available at the Poetry Fest web site at www.vashonpoetryfest.com.

This a FREE SHOW, all-ages event 'til 11pm, then 21+ after that

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Rolf Jones-Moore

Blues, Boogie, Jazz



Pianist Rolf Jones-Moore has performed professionally for over 25 years, with many engagements, including opening for Ray Charles at the Sacramento Blues Festival. During this performance, he preceded the Soulsters, then followed by the great Ray Charles, Robby Krieger, guitarist for The Doors, and the Northwest's own Robert Cray. Rolf's performances have included many concert engagements throughout Northern California, Colorado, Oregon, and Washington. He began his career as a keyboardist with the Misty Mountain Sunshine Band, a local favorite in Denver. After several years in Colorado, he moved to San Francisco, performing numerous venues including the Archbishop Mansion for wedding engagements and special

Friday, May 20, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

events. Rolf was a regular recording artist at SIR studios, and played the Chi Chi Club on Broadway, and other San Francisco hot spots. From there, he moved to Nevada City, California, where some of his many local performances were recorded live, on the air, by KVMR, a Northern California public broadcast station. As a composer, Rolf Jones-Moore displays several styles. Jazzy blues, and boogie dominate his method, with a touch of classical movement in a number of his pieces. Although classically trained, Rolf displays a unique, energetic style. His sharp technical skills are complemented by vigor, vitality, and a soulful passion for his art. www.rolfjonesmoore.com

Open Mic Returns to Cafe Luna

Come share your joy and your talent in a relaxed, supportive and encouraging atmosphere. So enjoy taking those first steps to performing in public. Bring music, songs, poetry and any instrument of your choosing. The evening will begin with performances and we will finish the night with an impromptu jam session. Open Mic will be ongoing, on the last Saturday of the month. Come one, come all and join the fun. Sign-up starts at 7:00 PM



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Vashon Chamber Music Festival

Continued from Page 1

Friday/Saturday program will be performed at 10 a.m., Saturday in a free family concert at the Blue Heron.

Tickets are \$20/\$23 for single performances. A combined Thurs/Fri or Thurs/Sat ticket is \$34/\$39. Saturday morning Family Concert is free. Tickets are available at Blue Heron, Heron's Nest, Books by the Way and www.BrownPaperTickets.com.

Next Edition of The Loop Comes out Thursday, May 26

Deadline for the next edition of *The Loop* is **Friday, May 20**

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Deadline for the next
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21st Annual Vashon Island

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Pre-Tour Event
Sunset Garden Gala
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10 am - 5 pm
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Go To www.vipp.org Click on Adopt

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Next Loop comes out May 26

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