

Vashon Island Strawberry Festival

July 15, 16, 17



The Vashon Island Strawberry Festival 2010 Grand Parade, photo © John Sage/FinchHaven

A jam-packed weekend of uniquely old-fashioned fun, food, arts and crafts, music events, parades, family activities, carnival rides, pancake breakfast, and much, much more...

Friday evening July 15 kicks off the 102nd Vashon Island Strawberry Festival and runs thru Sunday the 17th.

The Strawberry Festival is Vashon Island's largest and most celebrated community-wide festival hosting more than 30,000 visitors, 200 vendors, and featuring nearly 200 musicians. There are approximately seventy-five sets on seven stages playing over three days, from Friday night to early Sunday evening.

All your favorites are returning

in 2011! The Saturday Night Street Dances, the Traditional Grand Parade, Beer Garden, Wine and Jazz Fusion, the Classic Car Parade, Vashon Artists in Ober Park, Kid's Carnival, Kiwanis Pancake Breakfast, Bill Burby Fun Run, The Fireman's Water Challenge, Music, Music and MORE!

The music at Strawberry Festival is one of its biggest draws. Local musicians from Vashon Island are featured. Some are seasoned musicians, and some are performing for their first time. Five stages are hosted playing music nearly continuously from Friday night to early

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Low Tide Festival 2011



Low Tide Festival 2008, Point Robinson photograph © Ray Pfortner

This year, the Low Tide Festival will be held from 10AM to 3 PM, at Point Robinson Light Station and Park. The tide this year is at its lowest at approximately 12:15 PM, and will e at 2.6 feet below datum.

So what does it mean that the water level at Point Robinson will be more than two feet below datum? Over the years that tide levels have been recorded by hydrographic agencies, an average level for low tide has been determined. That low tide average level is shown on the nautical charts, and in several other places used by professional seamen. It be enough to say that when the tide levels are below that average, called datum, a minus tide is recorded.

And that manifests itself in a lot of beach out at Point Robinson. That is the result of all that datum stuff-the chance to see creatures and features that would not otherwise be visible.

I use Dot's Fishing Guide Tide Tables, available at many places on our Island. Although I am not a fisherman, I like the format in Dot's. It is compact, has an enormous amount of information, and the use of the tables can be learned by anyone. The only caveat I add is to not only look up the state of the tide in the main tables, but also look to see if there is any correction factor for your particular location.

The theory of tides is simple

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Road to Resilience

By Terry Sullivan, Transition Vashon

Public Transit?

Recent changes made or proposed for our public transit system reflect trends that are likely to continue as our production of fossil fuels decreases and prices rise.

As of June 11, Sound Transit Route 560 (Fauntleroy/Seatac) no longer serves the dock between 9AM and 3PM or after 6PM. You can still catch it in White Center with one bus transfer, but I don't know the time implications of that.

Metro is considering eliminating the 116, 118EX, and the 119EX. That would leave us with on island only, less frequent, daytime only service on the 118 and 119. Even if the county passes a 20% increase on our car tabs, the route eliminations are likely to go forward because they are priority one changes.

I am told that we can expect a 5% ferry fare hike before the end of the year.

Financial boondoggles and foreign wars may have played a part in this, but the main factors are these: the rising cost

of fuel and our preference for private automobiles. There also appears to be some politics involved, at least as the express busses are concerned. It seems to me that those routes are heavily used, and we should fight to retain those. Aside from that, transit authorities are simply reducing or eliminating routes with low ridership. They are doing it because they can no longer afford, ie. we are unwilling to pay the additional cost for, the service that we have had up until now. This is a classic dilemma: low ridership requires higher fares, but higher fares further depress ridership.

If we want to increase our resilience in this situation, we have to do one or all of four things: A) Increase our income so we can pay more, B) decrease our need to travel, C) devise more efficient ways to get ourselves around and D) organize ourselves to provide a tighter feedback loop in perceiving community needs and finding solutions.

A) Increase our income: most people

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Amanda Knox

The American Embassy Fail

By Karen Pruett

"Amanda Knox is just one person. She is not a war or an oil field. But in a spectacle that has unfolded before the eyes of the world, the rights, under Italian law, of that one American citizen have been trampled on beyond belief. The ongoing neglect of American consular officials in Rome to address this injustice sends a high profile message—our government officials are too busy taking care of business, to take care of our people." —Mark Waterbury, Michael Heavey, Thomas Wright and Anne Bremner. May 2011.

Amanda is the Seattle-native, University of Washington honors student, who was wrongfully prosecuted for the death of her roommate Meredith Kercher. Innocent of all charges, she was nonetheless found guilty in 2009, despite the Perugian court's flagrant and repeated violations of Italian law. Her friend and co-defendant is Raffaele Sollecito, a native of Bari, Italy, also an honors student with no prior history of violence. Both are tied to the crimescene with tainted evidence and questionable witnesses. In reality, they were a half-mile away when Rudy Guede brutally murdered Meredith Kercher. His DNA was all over the crimescene. All over Meredith. Only his.

Meredith Kercher's family is also a

victim of this debacle, despite this awful predicament, they are never far from our hearts. Exonerating Amanda and Raffaele will be true justice for Meredith and we hope will bring peace to her family.

The opening quote is from a letter to President Obama and all 535 members of Congress. The signers represent Friends of Amanda, the Seattle-based advocacy group, and they are hoping that the White House will take a lead in investigating the American Embassy in Rome. Michael Heavey, acting in his capacity as a private citizen, is a King County Superior Court Judge and a former Washington State Senator. Dr. Mark Waterbury is a scientist and engineer who specializes in anti-counterfeiting technology. His analysis of the DNA evidence can be found in his book "Monster of Perugia-The Framing of Amanda Knox," a fact-driven judgment of Amanda and Raffaele's arrest and trial. Thomas Wright, a screenwriter and filmmaker, is founder of Friends of Amanda and Anne Bremner is a Seattle attorney and spokesperson for Friends of Amanda.+

They and others have worked since 2007 to bring the judicial wrongdoings to the attention of the American government

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Get in The Loop

Submissions to the Loop

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

Vashon Island Chamber of Commerce Announces Move

The Vashon Island Chamber of Commerce and Visitor's Center has outgrown our existing space at Vashon Village. On June 8th, the Board of Directors made the decision to move next door to the Vornbrock property at 17141 Vashon Highway SW. The location was previously occupied by a real estate office. This move will afford more space at a lower occupancy cost.

Boat Licenses

All boat owners are reminded that all of their yachts and various waterborn vessels registrations expire the end of June and that it is time to renew. The Dept o Licensing is no longer sending out renewal notices (saving money they say). You need the WN number from the bow or the old registration to find it in the computer to renew. I understand that the fine for expired tabs can be \$224 . Salmon should be showing up soon and crabbing opens July 1st. Good luck.

Fruit Club Berry Tour

On Saturday, July 2nd, at 1pm we will be visiting the Orchard and Strawberry Fields of Club founder Dr. Robert Norton, followed by a tour of Helen Brocard's "Dockton Berry Patch". Please call Emily MacRae for details: 408-7072.

Bridge Classes Starting In July

Do you want to learn the fascinating game of bridge, or refresh your playing skills? Every Wednesday from 1:00 to 3:00 classes, with discussion and practice playing of hands, will be held at the Senior Center. The classes will be taught by Daphne Purpus and are offered free of charge to players of all abilities. No registration is needed - just come, learn and play! The Senior Center also offers weekly bridge play with regular bridge play on Monday evenings at 7:00 and duplicate bridge play on Friday evenings at 6:30. For information on these games contact: George Eustice (Monday bridge) at 567-4074 or Jim Dam (Duplicate bridge games) at 567-5279

Caregivers Support Group

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

Part Time Position Available

Part time position available with small Island non-profit. Highly organized and able to work with multiple deadlines. Strong working knowledge of Word and Excel, knowledge of Publisher and Power Point a plus. Send cover letter and current resume to: info@s4svashon.org. No phone calls or dropping by, please. EOE

Festival Parade Parking

Are you seeking a great place to park to view the Festival Parade? Vashon Presbyterian Church is offering reserved parking (by donation) again this year. Our Festival fundraiser will benefit both DOVE (an island organization offering support for victims of domestic violence) and relief efforts by the Red Cross in Joplin, Missouri. If you want to reserve parking/chairs, please contact beverlyskeffington@gmail.com or call 206/354-8921. Reserved spaces will only be held until 10:45am.

Thank You

Thank you so much. I love The Loop. I just haven't been out and about much so I forgot about the alternative paper. I just want people to know how much it has meant to me the kindness that has been extended to my family over this ordeal. Thanks again and have a great day.

Water District 19 Meeting

At the last regular board meeting, the Board of Commissioners of Water District 19 called for a special meeting on Wednesday, June 29th, 2011 at 10:00 AM here at the district office. The purpose of the meeting is to continue discussion on the Master Resolution and other business as necessary.

Strawberry Festival Looking for Honorary Mayor Candidates Support Your Favorite Non-Profit Organization!


Have you dreamt about a career in politics? Here is your chance to become the Unofficial Mayor of Vashon Island AND support your favorite non-profit organization at the same time! Politians could take a lesson from this one...candidates announce they are running, following very few rules and then proceed to collect as much money as possible (every dollar is one vote). People can vote as often as they like. All money goes to benefit non-profits on the Island. The winner is announced at 10 pm Saturday night in the Strawberry Festival Beer Garden. The new Unofficial Mayor's first, ok only, duty is to ride in the Sunday parade. (Just a word of caution, the Unofficial Mayor has as much power as they have budget for this position!) Contact the Chamber of Commerce office for details at 206-463-6217 or discover@vashonchamber.com.

Youth-led, Adult Supported Organization Closing After 12 years of service

The Vashon Youth Council announced today that they will officially close on July 29, 2011 after 12 years of service to the Vashon Island community. For several years the organization has struggled to raise sufficient funds to continue operations, an increasingly difficult task during the current economic downturn. "This was a difficult decision to make," says Klara Shepherd, Board President, "And one that was not made lightly." In April, the Board of Directors voted unanimously to cease operations. Over 12 years, VYC has been known for creating opportunities that meet the interest our Vashon's youth including founding programs like concerts at Ober Park, the Crux, drumming, silk screening, karate, 3-D art and film making classes to the most recent Mural Project at Ober Park, Challenge Day at Vashon High School and Blast @ the Green at Strawberry Festival. VYC is mostly proud of engaging hundreds of young people in many thousands of hours of service and community activism to make our Island and the world a better place. "Two years with VYC changed my life and taught me skills that I will carry with me forever." says Starshine Art dream project initiator and VYC program



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Vashon Chamber July Meetings

Chamber members are invited to attend the Vashon Maury Island Chamber of Commerce Board of Trustees Meeting. Wednesday July 6, 2011 8:30 AM - 10:30 AM PSE Conference Room This meeting is scheduled one week earlier due to festival. There will not be a General Membership meeting in July.

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

Next Edition of *The Loop* Comes out Thursday, July 7

Deadline for the next edition of *The Loop* is Friday, July 1

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

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.
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Free On Line Classifieds

www.VashonLoop.com

PANDORA'S BOX

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The Loop has a New Website New Look On Line Classifieds Weekly Updates

www.VashonLoop.com



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It's a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out July 7

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 Washington State Fairies Heard the SOS Call! Save Our Schools!



When the Washington State Fairies heard that the Vashon public schools were in trouble, they couldn't flit idly by. Kalakala and Klahowya-Tahlequah knew that their community was counting on them. The fairies announced on Saturday they will run for honorary Mayorettes in support of the Vashon Schools Foundation. The Foundation's purpose is to help bridge the gap between reduced public funding and the budget required to maintain current programs and excellence in the Vashon public schools. If elected, the fairies said they intend to "sprinkle a little extra fairy dust on our beloved schools."

"We believe every child deserves an education that will enable them to succeed. We are running on a platform of education and also of love and magic and sparkliness," said Kalakala after declaring their campaign. "We believe the children are our future," added Klahowya-Tahlequah.

The fairies, while known for their singing telegrams, are no strangers to

politics. They are co-founders of NAFTA (National Association of Fairies, Trolls and Assorted) and have been involved in civic issues including heading the community effort to repeal the archaic bridge crossing tax imposed for centuries by the CTG (Congress of Trolls and Goblins). They are also well known for championing progressive leprechaun legislation that would relax the stringent pot of gold policy. The fairies have received endorsements from such notables as The Tooth Fairy, Tinkerbell, and the queen mum herself, Titania, queen of the fairies.

The fairies will be campaigning at the Saturday market and all around town. They will be accepting donations at various island businesses. Checks made out to "The Washington State Fairies for Mayor" may be sent to The Vashon Chamber of Commerce at PO Box 1035, Vashon, WA 98070. You can contact the fairies directly at fairies@washingtonstatefairies.com.

New! Loop Free Classifieds

The Vashon Loop along with our partner website www.VashonGuide.com are now offering a new online classifieds section. The classified ads run online for a period of 14 days and can include photos and description. The new classified ad section can be found on the Loops website www.vashonloop.com and click on the classified link in the menu bar.

Since the introduction of the new loop website a month ago, I have been busy updating the back-end of several Vashon website I operate. VashonGuide.com is being re launched to engage anyone interested in visiting Vashon or living on the island. VashonLoop.com will be linked to VashonGuide.com

which will host many new features like the classifieds. There is a new coupon section that is for island business to help better promote Vashon businesses and what they have to offer.

The classifieds section runs it's self since it is more user interaction than original content posted by authors or editors. It now just needs users to put it through its paces. There are links on both the Vashon Loop and VashonGuide.com websites to the classifieds to help people easily find it.

There is a paid level for Vashon businesses, services or anyone wanting a featured classified

God is love

By Mike Ivaska

In our culture today, it can be a sticky thing to talk about "God." God, it seems, has been very busy offending people. So much so, that he has found himself replaced. God is now only working part time, getting political gigs mostly. Around Christmas time, Santa Claus rents out space on metro busses to remind our children that God isn't real. Perhaps Santa is just trying a slick new marketing technique to take over some of Jesus' Christmas slots. Kind of a Coke versus Pepsi situation.... Having been deemed a sexist, many have forced God to resign in shame, being replaced by Goddess. Yes, it sure is tough for God lately. As author Douglas Wilson has pointed out, even people who deny God's existence still hate him.

Of course, there is another route being taken by some. God can still stick around and get work if he is willing to be flexible. As long as he doesn't insist on always being referred to by specific names or being understood in specific ways, he can stay. It is sort of like you or I being allowed to stay at our jobs as long as we are okay with having one co-worker refer to us as Becky, another called us Bill, a third call us Steve, and a fourth simply, "that Presence in the room." Some people believe we like drinking coffee, others are offended at the idea. Some picture us as quite tall, while others don't. To some, we are thin, to others a bit on the heavy side. And to a few, the very idea of being able to know our level of physical fitness seems presumptuous and arrogant. But they are all talking about us, and as long as they are willing to get along and we are willing to "be all things to all people,"

we've got the job. And above all, no one is allowed to be considered more correct than anyone else. After all, that's just mean and narrow minded. If I must be Becky Bill Steve Presence CoffeeNocoffeeTallShortSkinnyFat, so be it. Who am I to insist that anyone relate to me on terms that I am comfortable with, anyway?

Such it seems to be with God lately. But there is one more possible slot for God: love. "God is love." That's in the Bible. It is in 1 John 4:8, to be more exact. And this seems to be a good slot, a good solution to the dilemma. God is love. But how is this true? What does this mean? An easy route to take with the sentiment, "God is love," would be to make it an equation, "God=love." An equation, of course, is the same either way. "God=love" "love=God." So now we have found a spot for God, or rather a new definition of him. He is love. He is that good feeling you get when you give a person a flower or a

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Starts June 24




Starts June 29



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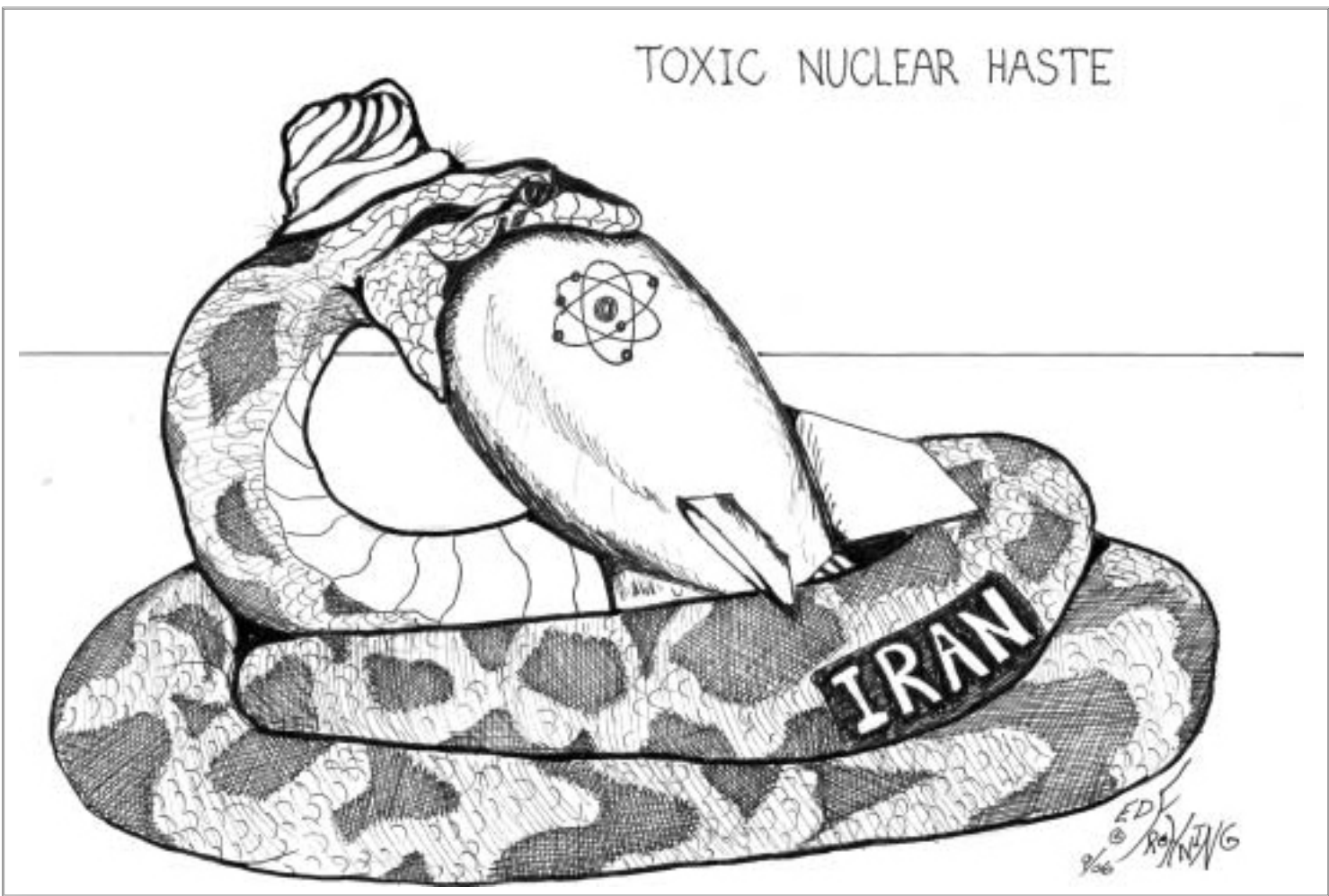
by Peter Ray

It's not that I couldn't think of anything better to call it- I just wanted it to sound fun. It could have been a Bicycle Workshop, or a Bike Intensive or even a Two-Wheeled Tutorial. In many ways, it hopes to be all of the above, but mostly it should be fun. As with the old bugaboo of getting back in shape, enjoyment of your exercise regimen of choice is key to being able to stick with it. Riding a bike is one of those workout options which could be combined with your search for transportation alternatives. Riding a bike, like walking or running, also involves movement from point A to point B and back, but generally in a quicker fashion, due to the magic of gearing that even a single speed bike can provide.

The bicycle has a problem, though. Actually it has a number of them , but through no fault of its own. The bicycle is a kid's toy, and has no place on the road. The bicycle hurts when you ride it, so obviously those that say it's a kids toy were probably right. The road is a scary place to ride, because cars go by too fast. Cars, and the drivers who manipulate them, have all the rights to the roads, which of course were made just for cars. All cyclists are scofflaws and anarchists with no concern for the rules of the road and a devil-may-care attitude about their own safety and the well- being of all of those around them. Everything in this paragraph after the first two sentences and before this one is utter nonsense, although all of it combines in various real world ways to make cycling more of an effort and certainly way more dangerous than it needs to be, which is why I'm writing this article. And it's why I'm about to make this offer.

For years I've been talking with Jeff at Vashon Bikes about reasons I've heard as to why people don't ride more. The top two I've heard are that Island roads are dangerous, and that people generally don't understand how and when to shift gears. There are some of us who feel that Vashon is one of the safest places around to ride, and that shifting is one of those second nature things. In order to pass that knowledge on and help promote biking in general, I decided to move ahead on the Vashon Bike-O-Rama, which for now will consist of four, once a month clinics at the Vashon Bike Shop- next to the post office for those uncertain of its whereabouts. The dates will be all Saturdays, and for now between the hours of noon and 2pm. At this point we are looking at June 25th, July 23rd, August 13th and September 24th. Besides being a way to become more familiar with your bike, it is also a lead up to what is being billed as a worldwide event- Moving Planet- which is being driven by the folks at 350.org. Being somewhat of a skeptic regarding one day events, it seemed to make more sense to have a number of days leading up to the big one so that bikes are not just dusted off and then re-garaged after the hoopla has died down.

At this point I don't want to be too rigid about what each Saturday will include. Things I would like to offer are basic riding tips, rules of the road advice, basic bike maintenance (fix a flat and grease your chain and beyond) and a primer on shifting. This will be followed up with a group ride where we head out at a conversational pace and tackle some flats and a few hills to see how easy it all can be. At the moment I have commitments from five or six people from various parts of the cycling community to be on hand for help in helping. And the invitation is out



there for all who are interested- kids to seniors.

Being involved in a number of challenging new learning curves at the moment myself, I know, and am constantly being reminded of the comfort in knowing, that there is someone there who can answer a question about an issue I'm faced with along the way. As stated at the beginning, I know there are questions out there about biking- here is your opportunity to get them answered so that you can see the bicycle as something more than a dust collector or as something to wedge in the crook of a tree. While helmets are a must, no one here will require you to where lycra/ spandex, although we might explain why it is a part of the uniform of choice- that is of course until the price of oil skyrockets, at which point both bikes and old school wool shorts will be looking pretty good from where you're sitting. For further info I can be contacted at pgr42@att.net.

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Friday, July 1

Vashon Island Strawberry Festival 2011 Grand Marshal

It is an honor to name Kay White as Strawberry Festival's Grand Marshal for 2011. Kay is a long time Islander. She has been a generous supporter of the Garden Club, Senior Center, Vashon Island Chorale, Vashon Opera, and Vashon Chamber Music, among many others. Her wide interests include the arts, gardening, and social services. Her home has been on the Vashon Allied Arts Garden Tour twice in recent years.

Kay is the catalyst behind the development of the new Vashon Center for the Arts that will be transformative for Vashon. Kay is fun, engaging, and is enjoying participating in the process of seeing the dream of a performing arts center on Vashon come true. Last summer Kay celebrated her 90th birthday with her "roll up her sleeves" attitude, her good nature, and generosity.

Look for Kay, 2011 Grand Marshal, in the Grand Parade on Saturday and the Tom Stewart Memorial Classic Car



Parade on Sunday.
Grand Marshal Nomination
Committee, Strawberry Festival 2011

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Fireworks Safety on Vashon

By: Gabriel Felix of Vashon Fireworks Co and Assistant Chief George Brown of VIFR.

Fireworks season is upon us once again. The community of Vashon did a great job last year keeping safe during fireworks season with no fireworks related incidents requiring anything more than a band aid. For the last six years Vashon's fireworks related incident rate has been very low which is common where fireworks are thoughtfully regulated by the government. Communities which have banned fireworks typically have much higher fire and injury rates due to the use of dangerous, illegal products.

To help people be safe this year, Vashon Island Fire and Rescue will be holding fireworks safety classes at Sound Food. The classes are short, and are open to all audiences. Classes will be held on Saturday, July 2nd at 10:00am and Sunday, July 3rd at 1:00pm.

Please be thoughtful about where you discharge fireworks, and try to keep them away from animals. As an alternative, quiet fireworks that have all the beauty, but very little noise are

available on Vashon. If you are lighting fireworks in a grassy area, it is a good idea to water the grass a couple of hours before lighting things.

Be safe and always supervise your children when using fireworks. Read and understand the directions, and never let children play with fireworks alone.

Watch out for illegal fireworks that are commonly sold by unlicensed stands. Most serious fireworks injuries are caused by illegal fireworks which include: firecrackers, rockets and 1.3g (professional display) fireworks. If the stand you buy from is licensed by WSDOT you can be sure that you are getting legal products.

Be safe, and have a happy, beautiful 4th of July!




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Low Tide Festival


Continued from Page 1

in concept, and very complicated in the derivation of the tables. The tides happen because the sun and the moon exert a gravitational pull on the earth. When the sun and the moon are in line, and on the same side of the earth, their gravitational pull, especially of the moon, is additive. That is when the tides are the lowest, and the closest high tides are high. And if the moon is at the same time closer to the earth, that makes for even higher and lower tides. And without getting into the theory, leaving something for you to figure out, there are no tides on our Great Lakes. However, wind can move the water in the lakes, especially Lake Erie, from one side of the lake to the other, causing as much as a two foot drop in water level on the upwind side.

So come and join us on Saturday, 2 July, for a day filled with exploration, guided by your neighbors in their role as beach naturalists. There will be displays, I will be giving tours of the lighthouse, food, and the chance to expose the youngest of our citizens to Good Beach Behavior.

Written at 8 bells of the Morning Watch by Captain Joe, President of the Keepers of Point Robinson

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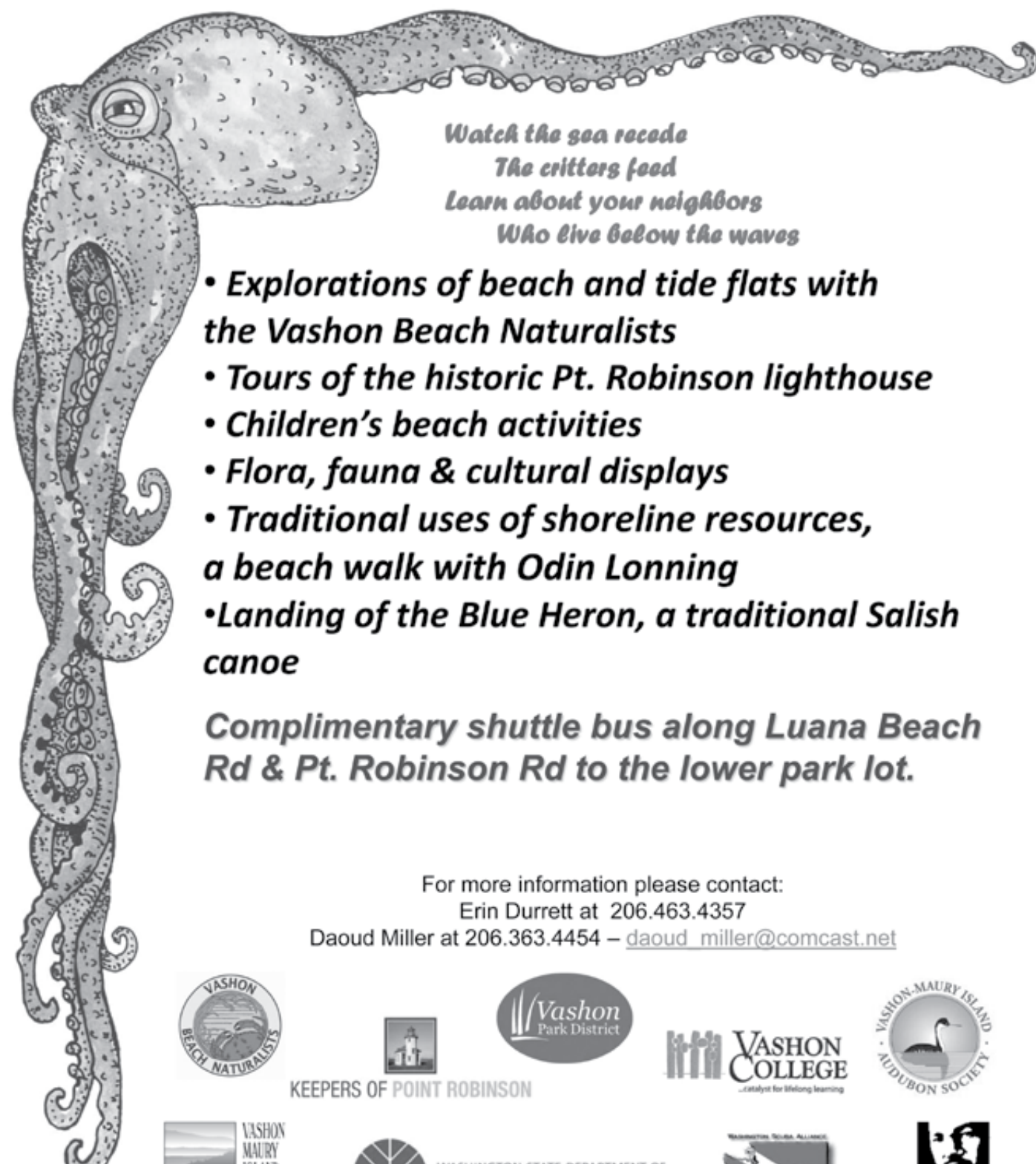


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- **Tours of the historic Pt. Robinson lighthouse**
- **Children's beach activities**
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- **Landing of the Blue Heron, a traditional Salish canoe**

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For more information please contact:
Erin Durrett at 206.463.4357
Daoud Miller at 206.363.4454 – daoud_miller@comcast.net





Aries (March 20-April 19)
It may take you a while to figure out that you’re aggravated or a bit shocked by something, but make sure you don’t take anything going on at home into your work environment. That’s not a solution, however -- what you’re blessed with at the moment is one of those situations where discord or strife can be turned around and developed into an opportunity for healing and growth. Some people seem to understand this concept (and potential) exists, and for others it’s not quite believable. The proof is in the experience, and you’re in a position to guide things in this direction; this would begin with openly stating your willingness to participate in that. Remember that it is participation more than ‘making’ something happen. Your willingness may not seem like much, but it’s the very key to healing. And once you’re in the flow, it’s much easier for others around you to get in the flow, often without even having to say anything. Healing always proceeds from the inside-out.

Taurus (April 19-May 20)
You have some unusual ability to focus your wisdom and intelligence. Jupiter in your sign is offering you plenty in the way of longterm gifts if you will focus your mind on what you want. This really is the issue for most Earthlings -- having this clue what you want and all kinds of excuses why you shouldn’t want it or why it’s not possible. Of course as a Taurus you’re good at both. What would it take to emphasize the first part and skip the second part? The key to that riddle seems to involve what you do with guilt, and releasing your investment in that emotion. I realize that for most people this is a little like not eating sugar or salt; guilt is considered a normal emotion; a flavoring and not a toxin. But it is the glue that binds us to everything we don’t want, and I would point out that at the moment there is a lot you want and a lot that you can have, if you would only embrace your desire and receive authentically. That, basically, is the opposite of guilt.

Gemini (May 20-June 21)
Intelligence works best when it’s combined with emotional sensitivity. You have an excellent opportunity to experiment with that, and in a sense redefine what you think of as an idea. Most of the time an idea merely has to be smart; the notion of useful or worthwhile can be expanded to smart and feels good. Remember this about people you encounter, what people offer or invite you to be involved with. The distinction between ‘it sounds good’ and ‘it feels right’ is perhaps less noticeable at first than the difference between ketchup and mayo, however after a while it becomes something you cannot avoid noticing. The tricky part seems to be saying to others, ‘I don’t want to do that because it doesn’t feel right,’ which could of course go against all the reasons that someone has for you to do something. What I’m talking about is described by most people as intuition -- which is a body sense of right and wrong. From childhood we are taught to ignore this feeling.

Cancer (June 21-July 22)
Finally you’ve got some energy moving in your relationships. You’ve spent many months going through some kind of process of getting unstuck, which has meant clearing away the past so that you have some space in your life. One thing that’s changed is that you’re more welcoming of the energy of others in your life, even though it causes you to come out of your comfort zone. The other thing that’s evolving is your sense of equanimity, which is to say a deep kind of fairness. It’s vital to be able to take are of others without any sense of resentment; I think you’ve discovered that this really amounts to deciding who you want to share your nurturing, and recognizing that expecting something in return may work in business but it does not work in the personal sphere. Yet there is also a sense of balance that you’re coming to understand. Balance in

relationships begins with emotional balance within yourself. Once you can reach that spot, sharing intense passion can become truly pleasant.

Leo (July 22-Aug. 23)
The Sun making its last moves in Gemini may be reminding you of certain factors from the distant past, including some things you would prefer to forget. You might forget the event but not the feeling associated with it; I suggest you stay focused on the feeling, which might be lurking just outside the range of your normal perception. There is something here about approval or acceptance among a group of some kind -- it could be your family, it could be your friends, it could be a circumstance that reminds you of both. In case you get the idea that you’re avoiding something, I would propose that actually, you’re doing your best to immerse yourself in something deeply personally relevant, creative or daring. If you’re wondering what that is, consider the experiences that you wanted to have as a child but were not able to have. You may still be feeling a hankering to try some of that, or a lot of it. When you shift in that direction, notice the social rules that seem to hold you back. Observe whether you think you have any power over them.

Virgo (Aug. 23-Sep. 22)
The next few days will be an emotionally deep time for you, and I suggest you take the opportunity to go there. Part of you may feel like it’s dying, though that is more like an emotional reaction to the deep impulse to grow and transform yourself. One thing you can count on is that this process has a life of its own; it is as alive as you are, because it’s part of you. I understand how you may be reluctant to let yourself go in this direction, or to allow yourself to even take a conscious step. Yet that consciousness and willingness are precisely what will make this experience the most valuable, even if it is inevitable. Your willingness will be met by some unusual, unforeseen support. This is likely to demonstrate how the lesson of healing is that in the end, the choice to receive it is yours alone. While others play a role, most likely by being an example of what is possible, we’re talking about something so intimate that can only come from you to you.

Libra (Sep. 22-Oct. 23)
Your future self is speaking to you. Imagine who you would become if you developed your talents, your personality and your deepest level of personal evolution over a long period of time, say 10 years. Now imagine that this person exists and can speak to you, guiding you along the way to becoming this person. This might seem like a scenario out of science fiction, and indeed it may help you to visualize the process if you think of it as a story. From your perspective, your future self is a kind of fictional entity, and you seem to be the one creating the character. Yet looked at another way, we’re talking about the idea of the ‘higher self’, a kind of archetype of who you are at your most evolved, mature and content. More than anything your higher self understands your purpose for being on this planet, and you will benefit from a direct conversation with this being. Does he or she exist only in your imagination? Time and experience will reveal that.

Scorpio (Oct. 23-Nov. 22)
I trust you’ve discovered the benefits of opening up to others about what you think of as your most intimate details. For weeks you’ve had a desire to let something out -- the truth of what (or perhaps it’s who) you truly want, and if you see an opening to speak over the next few days, I suggest you take it. One thing you would benefit from is experimenting with your environment so that you begin to get some confidence that you’re in safer territory than you might otherwise believe. This kind of confidence is gained not in theory but in practice. You are in a different environment -- an entirely different

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one, in fact -- than you’ve ever experienced. By that I mean you have access to a softer world, one more sensitive to your feelings, and people you can trust are at least able to recognize who you are. Therefore you have no need to be any form of adversarial. The more open and trusting you are, the more open others will be. This is the chance you will have to take.

Sagittarius (Nov. 22-Dec. 22)
You may have become so accustomed to struggle that you’ve forgotten what ease is, or that it even exists. Now is the time to remember. And once you remember, make sure you don’t forget. Write it down, draw a sketch or take a photograph that reminds you. Better yet, keep coming back to the feeling until the gesture of seeking out a space of ease comes naturally to you. One quality of your perception now is the ability to keep a bit of detachment on the emotions of others. You don’t need to fully experience or be subject to what others go through in order to appreciate it or have empathy for them. In truth what is difficult for others right now is easy for you, and you can offer support at no expense, no loss and with no drama. You may indeed doubt whether you’re actually being helpful, and I would assure you that you are. When your life is going smoothly, you are the most available to others, and to receive the gifts of others in whatever form they may come.

Capricorn (Dec. 22-Jan. 20)
Look for the unusual points of contact. That is to say, ideas you might not consider, people you might not consider, courses of action that you might have avoided on a different day, and ways of approaching the situation of your life that defy your usual conventions. The people around you will be receptive to anything you propose, because they’re receptive to you personally. That receptivity also means they’re extra-sensitive, so keep that in mind, but I suggest you not attempt to cater to that sensitivity, scale down or be less intense; merely be aware. The floor is open for a real conversation of your needs and your desires. Though you’re accustomed to putting these very discussions aside for various reasons, I suggest you allow yourself the trust and faith in the people around you, and see what happens. Small, seemingly subtle acknowledgements of who you are have the potential to open doors in your relationships -- leading places you never believed it possible to go.

Aquarius (Jan. 20-Feb. 19)
There’s a spirit of adventure in your charts: a human adventure. A line of communication is now open, and that is bridging the gap between two seemingly different or distant entities. I suggest you use this availability for contact as a way to explore both yourself and someone you care about. Seeming gaps in experience, gender or social status mean less than they might appear to. Similarity is emphasized over difference. This moment can, if you allow it to, lead the way to many other experiences. The thing is, you would need to actually take the steps, start the conversation, or reach in the direction of someone or something you truly want to experience. You might hesitate for what seem to be a mix of emotional and mental reasons, but that hesitancy is a small obstacle or opportunity to check in with your feelings for a moment before you go forward. Yes, you may go deep, though only as deep as you want.

Pisces (Feb. 19-March 20)
You have a lot of ideas right now, and a lot going on -- but I suggest you focus on one thing, or bring some energy to one thing, that you’ve been wanting to do for a long time. How long? How about the thing you’ve been wanting to do the longest but have not had a chance, or the energy, to do. A little focus will go a long way. It may not feel like it now, though you’re at the beginning of a useful, even highly beneficial phase of your life, and I suggest you trust that. This idea, project or experience that’s waited the longest has the element of healing, and this will become apparent as soon as you take some tangible steps toward bringing it into reality. You don’t need to travel far or work hard to get this started; you merely need to allow yourself a little space and time, enough to feel the rewards. That will provide additional motivation. One clue as to the subject is that it may involve healing your relationship to women. Certainly that will be one benefit.

Read Eric Francis daily at www.PlanetWaves.net.

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Sonya Makes Ginger Beer
by Mary Tuel

My old friend Sonya is here this week. Our friendship goes back to the mid-1960s, when we were alternate lifestyle ladies together, sashaying around in our long skirts and thrift store glad rags.

In 1972 I rented a room from Sonya



and her husband Randy. They lived with their infant daughter Mackedie in a house in San Jose just off the Alameda. That summer Sonya, Mackedie, and I hit the thrift stores and nurseries and tofu factories of San Jose, and went to the Rosicrucian Museum, the Montalvo mansion, and the Winchester House. We took long drives on Skyline Boulevard where the San Francisco Bay area fell away to the east and the Monterey Bay area fell away to the west. The following winter I decided to move to Vashon, and that was the end of my time there. Last night she told me the story of the time she made ginger beer. Sometime after I moved up here, when Randy and Sonya were still living in the San Jose house, Sonya decided to make ginger ale. Verner's, "the notorious ginger ale from Detroit that actually has some real ginger in it," was not strong enough for Sonya's taste. Did I mention that Sonya is addicted to ginger like some of us are addicted to chocolate? Well, she is. She decided she was going to make ginger ale strong enough to meet her

standards. Her husband, Randy, said, "If you're going to go to all that trouble, why don't you make ginger beer?" She said okay, but a couple of days later, before she'd got around to the brewing, Randy was talking to an old-timer friend of his and came home to tell Sonya, "Mac says to drop a couple of raisins in each bottle." Old timer ginger beer brewing wisdom, they thought. Randy brought home two 24-bottle cases of long neck bottles and a bottle capper, and Sonya made the mash following a recipe she found in an old book with recipes for home made beers, wines, and cordials. When after a few days the frothing of the liquid stopped, she bottled up the liquid, dutifully putting two raisins in each bottle as advised by Randy's friend. Randy then took the two cases of bottles down to the basement, putting them on a shelf on the other side of the washer and dryer. You can guess what happened next, especially if you've ever bottled your own fizzy liquids. One night when Sonya was lying in bed she heard, she thought, a truck backfire nearby. Didn't give it much thought. A couple of days later she heard two shots, bang, bang! That sounded like it was right under the bedroom, she thought with alarm. Then she thought some more. She went down the stairs to the basement. As she opened the door, BANG! As she suspected, the ginger beer bottles were exploding. For the next few weeks whenever Sonya wanted to do the laundry, she held up a metal garbage can lid as a shield in one hand, while carrying her bundle of laundry in the other. She and Randy were afraid to touch or move the bottles because they were so sensitive - opening the door would set off an explosion. Any jiggle or disturbance would set off a bottle or two, and bottles exploded randomly at other times. She said that eventually all but one of the bottles exploded, and they were afraid to touch that one. Sonya swept up the glass, and decided the raisins had been a mistake. The raisins increased the fermentation to unprecedented heights. She declined to make ginger beer again, though, even without raisins. Being able to do the laundry safely was more important. I've heard similar stories from other friends who have tried bottling their own fermented or carbonated beverages. Even without raisins it's a tricky business, and explosions often result. You probably shouldn't try it unless you have nerves, and a garbage can lid, of steel. They ought to list those two things in the recipes.

Amanda Knox

Continued from Page 1 and the world at large. This letter highlights the legal failures of the American Embassy in Rome whose ball-dropping failed to adequately address US Citizen Amanda Knox's plight. And they have drawn attention to the failure of the Italian Supreme Court to protect the rights of Italian Citizen Raffaele Sollecito. It's shocking to see the US and Italy fail their citizens at a very elemental and obvious level. No one cared about these kids, except for their families and friends, and our systems just ground over the top of them. The letter to the President states that Article 111 of the Italian Constitution and Article 104 of the Italian Code of Criminal Procedure were broken by the Perugians. The American Embassy in Rome is required to be aware of Italian law as outlined in 7 FAM 415.1.4 of the US Department of State Foreign Affairs Manual (FAM). www.state.gov/m/a/dir/regs/fam/ 7 FAM 011a states that "The US Department of State and our embassies and consulates abroad HAVE NO GREATER RESPONSIBILITY than the protection of US citizens overseas." It cites Article 5 of the Vienna Convention Consular Relations (VCCR) that consular functions include: "(a) protecting in the receiving State the interests of the sending State and of its nationals, both individuals and bodies corporate, within the limits permitted by international law." The American Embassy in Rome willfully ignored a number of FAM statutes and stood by as the Perugian court broke several laws in the Italian Code of Criminal Procedure. Embassy officials should have been aware of a complaint against Perugia's PM Giuliano Mignini by another American, filed a year and a half earlier. Douglas Preston was detained and interrogated by the PM in 2006 for writing a book about an Italian serial killer, the Monster of Florence. He remembers an embassy staffer telling him, "We can only send you addresses of lawyers and report the incident." Mignini's detention of another, more vulnerable, American should have been a Red Flag. Ultimately, as the layers of deceit and corruption by the Perugians have been peeled away, it was glaringly apparent that Amanda and her friend Raffaele Sollecito, both innocent students, were utterly failed by Italian and American safety nets. The American embassy, the Italian police, the University of Washington and the University of Foreigners never questioned the bazaar theory being put forth by the Public Minister; instead they filed their reports and left the helpless young adults to a horrible fate. In late 2007 and early 2008, American Embassy officials did not protest, repeatedly, on behalf Amanda. They are required by law to do so, as verified in 7 FAM 412 and 7 FAM 426, but there were no protests lodged after Amanda's illegal interrogation even when it was learned that she was denied access to the American Embassy, food, water, and bathroom breaks, as well as, reporting being slapped in the back of the head and mentally abused. They did not protest when she was denied access to an accredited interpreter and a lawyer. They did not protest that her interrogation was not recorded, illegal under Italian Law. Or when the Perugians leaked a steady stream of information breaking their own 'judicial seal,' the duty to not release information about an accused that would create public criticism. Thereby breaking yet another law. US officials did not protest when PM Mignini demanded solitary confinement for a young woman with no prior history of violence. They did not protest when the Perugians paraded Amanda through the streets of the city in a shameless act of braggadocio. They did not protest when a prison official, costumed as a physician, tricked Amanda into giving up personal information regarding sexual partners by telling her she was HIV, a callous and blatant lie, causing her more emotional harm. During the 2008 preliminary hearing,

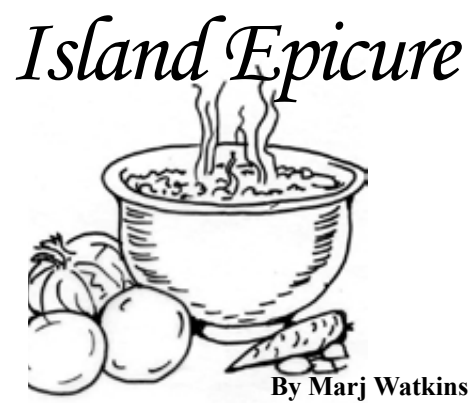
PM Mignini claimed that "the crime was a sexual and sacrificial ritual in accordance with the rites of Halloween." Again the consulate did not raise any alarms although this statement is blatantly irrational and completely unsubstantiated. Consulatory reports in 2009 show a threadbare account of what was happening to Amanda at the hands of the Perugians during her original trial, although the press was having a hay-day broadcasting the lurid account of the prosecution while ignoring the defense. Are these not Red Flags? These points represent violations of a number of laws in the Italian Constitution, Italian Criminal Code and US State Department Foreign Affairs Manual and no protest lodged. It is alarmingly apparent that there are serious issues to be raised with the failure of the American Embassy in Rome to protect US citizen Amanda Knox. Apparently a Public Minister that detains two Americans in less than two years is commonplace to the staffers at the embassy. Both Italy and the US adopted the aforementioned Vienna Convention in the 60's; it is the protocol for international members who host consulates. The Foreign Affairs Manual is a reflection, reiteration and expansion of much of the Vienna Convention. Italy's laws are referenced on the US Department of State's website. Italy's judicial system works well, when it's working, just like the US judicial system. The US judicial system is based on many of Italy's 2000-year-old principals. We both have systems in place to help our citizens in a respectful and humane way. So why did both countries ignore so many Red Flags? Amanda and Raffaele's plight has highlighted the danger everyone is in. Every American abroad. Right now. I personally know hundreds of Islanders and university students who have traveled to the far reaches of our beautiful little planet. I'm 100% sure that you do too. They have had thousands of wonderful experiences and we have delighted in their stories, but the Law of Averages caught up to Vashon and proved It Can Happened Here. It proved that we need to talk about safety abroad, especially with our students. It proved that our embassies might not lift a finger to help us, even if we fill out their online forms. And although we want to trust and help public officials, perhaps our first lesson needs to be "no matter what happens, leave first and answer questions later." Each citizen must have 'emergency exit' travel plans. But what can you do? Look at your hands, there is power in those pinkies. Send a letter (The White House, 1600 Pennsylvania Avenue NW, Washington DC 20500) or an email (www.whitehouse.gov/contact) to the White House. Let President Obama know that you support the efforts of Friends of Amanda. Let him know how the plight of these innocent students has affected you. These letters, these emails arriving in the company of each other will get noticed. Recent efforts on Facebook have already generated several hundred emails but we need more. Send a powerful message that will draw attention to the American and Italian laws that were broken when Amanda and Raffaele were targeted, interrogated, arrested, tried and imprisoned. Innocent university students whose lives are being swept away by callous, corrupt, selfish people. You do have the power and influence to help these poor kids, but only if you speak out and keep speaking out, like the proverbial squeaky wheel. Let the Loud Crowd be the loudest squeaky wheel that DC has ever heard. And parents should be asking universities for stricter regulations regarding what a student should do when dealing with the police of any country; for the price you pay, your student's safety should be the top priority. In recent appeal news, Amanda and Raffaele had another day in court on June 18 Continued on Page 9

Joanna Gardiner

Loving care for animals,
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Gourmet Eating at Budget Prices

As food prices rise, we scale down on what we eat. Fresh salmon at \$18 and up per pound--\$4.40 per 4 oz. serving? No way. A can of canned wild red salmon at around \$5 gives you the same Omega 3 fats and natural Vitamin D. Sure, it doesn’t look as imposing on the table nor have quite the same flavor, but it makes a handsome and satisfying salmon loaf or patties or salmon with peas in Béchamel sauce. I haven’t figured out the cost per serving of all the recipes below, but you can get an idea by comparing the price of salmon with the price of mackerel.

Salmon Cakes
4 servings
1 lb. can red wild salmon
¼ cup cooked rice or 2 Tablespoons oat bran and
2 Tablespoons flour
½ teaspoon dillweed
¼ teaspoon black pepper
1/3 cup minced onion
2 eggs
2 Tablespoons oil for frying
Mix all ingredients, but hold the oil. Heat 1 tablespoon oil in a wide skillet. Spoon in half the salmon mixture forming 3-inch cakes Fry until bottoms are crisp and brown. Turn over. Reduce heat. Cook until cakes are solid. Repeat with the other tablespoon of oil and the rest of the salmon mixture. Transfer to an oven-proof platter and keep warm in oven while you cook the rest of the cakes. Or use two skillets and save heating the oven. Serve with salsa if desired.
The mixture salmon mixture may be baked in a 350 degree oven for 25 minutes for a salmon loaf. Cost per serving: \$2.00

Creamed Salmon with Peas
4 to 6 servings
2 cups plain white sauce, see below
1 lb. can red wild salmon
½ to 1 cup frozen peas
½ teaspoon dillweed
1 green onion, thinly sliced, optional
Break up the salmon chunks into bite size pieces. Add to the sauce with the peas and dillweed. Cook until peas are almost done, about 3 minutes, while stirring. Add green onion and stir-cook 1 minute. Serve over rice, polenta, or bread cubes.

White Sauce
Makes 2 cups
Roux:
¼ cup oil
¼ cup flour
Dash salt
Dash pepper
2 cups milk
In a wide, deep skillet, stir-cook the oil, flour, salt and pepper. Cool. Stir in milk. Or heat the milk in a saucepan while making the roux and gradually stir hot milk into hot roux.
An even thriftier, but tasty, loaf that also yields Omega 3 fat, but no Vitamin D, uses mackerel. I used corn flour in my mackerel loaf this time, but could have used sorghum flour or any other gluten-free flour.. The loaf below, if made with canned salmon would cost about \$1.80 per serving including the herbs. Made with mackerel, it costs approximately 85 cents per serving

Mackerel Loaf
4 Servings
1 lb. can mackerel
1 teaspoon dillweed
½ teaspoon ground ginger
¼ teaspoon black pepper
2 eggs
½ cup cooked rice
2 Tablespoons flour
2 green onions chopped finely
Mix all ingredients well. Bake in a glass or ceramic casserole at 350 degrees 25 to 30 minutes. Good with salsa.
Serve with potatoes, scrubbed, dried, oiled and baked in their skins. They will need to finish cooking in a microwave, or spend at least 1 hour in the oven.
Steamed broccoli with ranch dressing as a hot salad and sliced tomatoes garnished with minced parsley complete the menu.

Amanda Knox

Continued from Page 8
as five prisoners claiming to have information about Rudy Guede were heard. They claim that Guede said that Our Kids were not present when Meredith Kercher was killed and that he is remorseful for involving them. Italian prisoners who write a letter to the court claiming to have knowledge of a case must be heard and the claim investigated. The original trial judges would not hear the claims, in essence breaking the law. Judge Hellman heard these prisoners despite Prosecutor Maresca’s protests. Maresca is an associate of PM Mignini and well known for his courtroom theatrics.
June 25th Judge Hellman will be asking for the review of the DNA evidence and we hope the report from the experts in Rome will be complete. Everyone is anxious to hear what they have to say about the documents from the original DNA tests, the same documents that the prosecution was compelled to give up after a three-year battle to keep them from the defense; another broken law. We expect to hear that pages are missing, information is blacked out and my dog ate my DNA report, but we hope that the documents will convince the experts that the original testing was flawed. The best case scenario is if the court throws out the DNA evidence connecting the kids to the crime, this one act may clear the way for dismissal of all charges. Judge Hellman

will rule on the case in the Fall.
July 8th the Showbox at the Market, in Seattle, will host a benefit for the AmandaDefenseFind.org featuring three local rock bands. For more information about “Music for Amanda’ visit www.brownpapertickets.com/event/180335.
The kids are understandably nervous right now and messages of hope or a funny card is a wonderful distraction, however, please do not mention the trial. Their addresses are:
Amanda Knox, Casa Circondariale Capanne di Perugia, Strada Pievaiola, 06100 Perugia Italia
Raffaele Sollecito, Casa Circondariale de Terni, Via Delle Campore 32, 05100 Terni Italia
Or email: letterstoamanda@live.com and freeraffaele@gmail.com
So there is a lot happening right now, when you see our friends give them a hug and tell them you are praying for Amanda. Many good people are trying very hard to free her and Raffaele. They need your support. And please remember this is Italy we are talking about, not Iran. We can make an impact on this case if we work together.

Let your fingers do the talkin.

God is love

Continued from Page 4
gift. He is the chemistry between two young lovers. He is the kindness that people need to express that will one day bring world peace. There, that is a good definition of love, I mean “God,” that requires no dogmas, doctrines, or disagreements, right? But even here, are we selling ourselves short? Are we robbing ourselves of really meeting God? Are we impoverishing ourselves with false riches? I think we are.
To get to know me, you must come to me (on some level at least) on my terms. I am not absolute, so of course this is not absolutely true in my case. You could manipulate or overwhelm me in some way and learn something of me without my consent. But to know me in the sense that most people understand the phrase requires my consent and participation. It requires my own decision to communicate myself. And whoever and however I turn out to be, that automatically limits your conjecture as to what I am like. How many times in our teen years have we “fallen in love” with some boy or girl only to be disappointed once we actually spent any time around them? How many of us have done this as adults? But thus it can be with God. To know him can be frustrating. To know him involves me having to let go of certain cherished notions of who he is and what he is supposed to be like. And above all, to know him depends on him choosing to communicate himself with me.
Fortunately, God is love. But this is no equation. It is intentionally poor grammar. To say, “God is loving,”

Vashon Island Strawberry Festival

Continued from Page 1
Sunday evening. Music ranges from jazz to reggae, country to rock. All concerts are in an open air setting. Most of the seven stages are all ages. Two are located in a 21 and over setting.
Peter Welch has been producing and booking music events for the past ten years. He currently books music for the Strawberry Festival, Red Bicycle Bistro and Sushi, and the Church of Great Rain. Pete will be responsible for all the music production during the event.
With seven stages including our beer garden and wine & jazz, and two street dances, your weekend will be filled with Vashon’s best musicians and entertainers!
The Parade begins at 11 am on Saturday, July 16th! Some of the best viewing can be found south of Bank Road and in front of our Beer Garden located right across the street from the library. Booths are open at 10:00 am for shopping prior to the parade.
The Classic Car Show & Parade have been renamed in honor of Tom Stewart and Misty Isle Farm who began this car parade and show over a decade ago. Vashon’s event continues to gain momentum with our new marshaling area, shorter parade route, and downtown car show placement. We will again have the “Vashon Strawberry Festival 2011 - Best of the Show” award. The cars will park for viewing on Vashon Hwy SW, south of Bank Road immediately following the parade. Don’t miss the chance for a close up look at these hot machines and cool classics. Parade begins at noon on Sunday, July 17th. Grand
PLEASE NOTE-The main highway is closed several blocks away from the main Festival activities. Disabled parking passes for Ober Park are available through the Chamber Office. Please call in advance. 206-463-6217
Festival Shuttle Provided by First Student Services

would be an understatement. To say, “God is the most loving being in the world/universe/whatever,” still doesn’t come close. To say, “God created love so he is better at it than anyone else,” also fails to say enough. So what did the writer of 1 John 4:8 choose to say? “God is love.” But what kind of love is God? The very next two sentences tell us (1 John 4:9-10), “In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the propitiation for our sins.” What is a propitiation? It is a payment or sacrifice that turns away wrath.
You see, God does love and he is love, but you and I get so selfish that his love manifests itself in a desire for justice. When we do wrong, his love becomes anger because of how we treat him, ourselves, and each other. And his justice demands our punishment. But it is right here that God’s love and justice intersect. Atonement has been made. Wrath has been turned aside. God the Father has poured out his justice upon God the Son. It happened the day that Jesus of Nazareth died upon that cross. Forgiveness now is offered to those who realize they need it. Why? Because God is love.
Mike Ivaska is associate pastor at Vashon Island Community Church. He blogs regularly at www.vicc4life.com/blog. Service times at VICC are every Sunday from 10am until 11:45am, currently in the multi-purpose room at McMurray Middle School while their building gets remodeled.
Saturday and Sunday, July 16th & 17th there will be a shuttle leaving the north Vashon ferry terminal approximately every 30 minutes from 9:00 AM -6:00 PM on Saturday and Sunday dropping off riders at Ober Park. The last shuttle leaving Ober Park will be at 7:30 pm to catch the ferry back to Fauntleroy and Southworth . The shuttle will wait for incoming boats rather than leave at strictly scheduled times. SHUTTLE PICK UP IS LOCATED AT THE END OF THE DOCK. The shuttle will run both Saturday and Sunday. The cost is \$1.00 each way. Children under 5 are free. Please plan to bring exact change.
NEW THIS YEAR - Festival goers from Tacoma and Pierce County will be happy to know we are now offering shuttle service from the Tahlequah ferry dock. Shuttles will meet arriving ferry boats and drop visitors at the Vashon Senior Center. The last shuttle leaving Vashon Senior Center for the south end ferry dock to Point Defiance, Tacoma will be at 7:00 PM. The cost is \$1.00 each way per person. Children under 5 are free. Please plan to bring exact change.
For Island Festival goers, a shuttle bus will also run from Agren Park to the Festival area on Saturday and Sunday from 9:30 AM to approximately 6:00 PM . The drop off will be the Vashon Senior Center. The last shuttle leaving Vashon Senior Center for Agren Park will be at 7:00 PM. The cost is \$1.00 each way per person. Children under 5 are free. Please plan to bring exact change.
The regular Saturday Metro schedule will also be in service that weekend and will be following a detour around town. Times will vary slightly from the schedule. There is no regular service on Sundays.
More information visit www.vashonchamber.com/strawfest

Positively Speaking

Vetting Avatars

By Deborah H. Anderson

He slipped off my lap with a worried look that told me he was afraid he was going to miss something.

“I have to go pee”, he said in his charming three and a half year old voice.

“I won’t keep reading” I reassured him as he eyed his four-year-old playmate still seated on the other half of my lap.

Raising his left hand palm upwards, with his right index finger he gently pushed the pads underneath his left fingers and said deliberately, “PAUSE” and dashed off to the potty.

Returning not more than forty seconds later, he stopped by the side of his chair, placed his two hands in the same position as before, and laughing, said ‘PLAY’ reaching for my arms to lift him up after he gave the command to begin again.

My generation began with no TV and progressed to eleven channels. My kids, by the time they were teens, had ninety-nine channels. This generation already has a thousand plus.

I made a major decision when I moved into this house. I dropped television service. It saves me, with taxes and fees, about a hundred dollars a month.

I’m not a purist. I watch movies from the library and my own collection. I catch various topics of interest from TV channels I can get on my smart phone. I watched The Amazing Race on my computer and, well, ok...the rest of Harry’s Law episodes.

But gone is the blare and glare and offensive assault of the medium that was created to better hook people into advertising than radio could and as a byproduct has birthed an epidemic of ADHD and mass consumerism and a lot of violence giving us all the unhealthy eye movements that thwart our brains from behaving appropriately and make us intolerant of anything longer than a seven minute time span of interest.

A friend warned me the first few months would be rough. There was a kind of withdrawal. But I’ve found more and more people who are not using TV that is streamed by cable or dish and like it which means camaraderie. And I have grown to truly love my new relationship with time and things.

I am more present. I am more connected to my own self, my experience of being home. My perspective is unedited. The fear, guilt, and inadequacy that advertisers constantly feed into are gone. I have a new confidence. The result of all this has been delicious (without watching the Food Network). A full, rich



engagement with the present is mine for the taking.

Fran Liebowitz once remarked something to the effect that today’s technology engendered a desire on everyone’s part to be anywhere but where they are. True dat as they say in the hood.

I have essentially given up vetting avatars. I’m content to miss some pop culture. For example, vetting, that oh so important term that rose to popularity during the last election and is now used for everything actually came from the fact that in horse races they sometimes have to call the vet to see if the horse can physically run the race....vetting. Life is a horse race for sure and pop culture makes it all the more impressive by elevating ‘in’ terms.

And Avatars? That’s a Hindu term for the incarnational process of their gods. It has come to be used for something larger than life and big blue creatures that save the forest. Not quite the proper use of the term.

Instead of examining gods of many arms up close and personal, whether they are on the book channel or the weather channel or HGTV who vets the avatar of color, I stand alone. Gone from my life are the racehorses and myths the business world needs me to buy.

‘Fessing up to reality, I still hit the remote when I’m in a position to do so outside of my house. Like recently I had a chance to be in front of a TV and ended up watching Suze Orman’s new Money Class on PBS. Feeling guilty, I was reminded of how pleasant my experience was as she expounded on the pleasures of moving away from a life of purchasing various commodities we’ve been told will improve our lives and instead focusing on our relationships and joy in our work.

I’m running my own race more deeply seated than ever in the faith that is Truth to me with fewer interruptions. Peace, patience, kindness, love, joy, gentleness, self-control are the revenue that gives me life. Now that’s a profit margin!!

Love,
Deborah



What would you say if you had to share your faith story? Deborah will offer a workshop at Vashon Presbyterian Church Saturday 25 June 2011 from 10-4. Lunch is included. No charge but a freewill offering will be taken to defer costs. For questions and registration call 206.853.2388.

I am looking to gather perhaps six to eight (tops ten to twelve) participants for tweeners and teens both typical and special needs kids for a one shot workshop on developing and using social skills this summer on the Island. I’m looking for interest first and then we will coordinate time. It would run three to four hours(with appropriate breaks and snacks, games and fun as part of the learning) and cost wouldl be \$60 on a sliding scale. If you have a child or children you would be interested in attending please let me know at dha@lgcmin.com or call 206.853.2388

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

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

Vashon Library Calendar July 2011

Children & Families

Toddler Story Times

Tuesday, July 5, 12, 19 and 26, 10:40am
Ages 18 months to 3 years with adult.
Come for 20 minutes of stories and songs just right for toddlers.
Registration not required.

Preschool Story Times

Tuesday, July 5, 12, 19 and 26, 11:30am
Ages 3 to 5.
Come for 30 minutes of stories, songs and fun!
Registration not required.

The Town Mouse and the Country Mouse Play

Thursday, July 7, 4pm
Held next door to the library in the Ober Park Performance Room.
Presented by Last Leaf Productions.
Ages 4 and older.
Set in Spain, this is a fun retelling of the classic story of two mice who think the grass might be greener on the other side of the fence.
Registration not required.
Sponsored by KCLS and Friends of the Vashon Library.

World Art Explorations: Ancient Egyptian Portraits

Thursday, July 14, 9:30am
Presented by Jeanne Dodds.
Ages 5 to 11.
Create a portrait of yourself in the style of an Ancient Egyptian Pharaohs! We will travel to Egypt through our imaginations to learn about the art that decorated the walls of pyramids and buildings of ancient times. Working with acrylic paint, we will use techniques such as flattened space, color mixing, and adding specialized attire to paint a historical Egyptian-style image of ourselves.
Space is limited. Please register beginning Thursday, June 30, 206.463.2069.
Sponsored by Friends of the Vashon Library.

Friends of the Library Book Sale

Friday, July 15,
Saturday, July 16
Sunday, July 17
During library open hours.
Presented by Friends of the Vashon Library.
Your annual opportunity to find bargains and to support library programs.

Jack and the Dragon Puppet Show

Thursday, July 28, 2pm
Held next door to the library in the Ober Park Performance Room.
Presented by Oregon Shadow Theater.
Ages 3 and older.
Watch an Appalachian fairy tale come to life as Jack’s Ma sends him out in the world to seek his fortune and along the way Jack kills seven flies with one whack. The King and Princess Polly could use someone to deal with troublesome varmints so they call on Jack!

Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Show performed in a darkened room, not appropriate for very young children.
Registration not required.
Sponsored by Friends of the Vashon Library.

Teens

Make Your Own Comic Book

Tuesday, July 12, 6pm
Presented by David Lasky.
Ages 11 and older.
Create a short comic book! Award winning cartoonist, David Lasky will show participants how to design a simple character and plan a short story. No drawing experience required.
Please register beginning Tuesday, June 28, 206.463.2069.
Sponsored by the Friends of Vashon Library.

Read Three, Get One Free Summer Edition & Read•Flip•Win

Read 3 books, write 3 reviews and take home a free book. During the summer months you are automatically entered into a drawing for monthly prizes and a chance at winning a Grand Prize. Create a short video book review and enter it into our Read•Flip•Win contest. Who knows, you may just win! Ask at the library for details.

Adults

Opera Preview: Porgy and Bess

Sunday, July 24, 2pm
Presented by Norm Hollingshead.
Porgy and Bess was first performed in 1935, with music by George Gershwin, libretto by DuBose Heyward, and lyrics by Ira Gershwin and DuBose Heyward. It was based on DuBose Heyward’s novel Porgy and his subsequent play Porgy and Bess which he co-wrote with his wife Dorothy Heyward. All three works deal with African American life in the fictitious Catfish Row in Charleston, South Carolina, in the early 1920s.
Sponsored by the Friends of Vashon Library.

Computer Class: Internet Level 2

Monday, July 25, 10am
Review and extend the knowledge and skills covered in Internet Level 1. Explore fun and helpful websites, discuss printing from the Internet, explore blogs, and discuss Internet Security. Prerequisite: Ability to use the mouse and ability to type web site addresses.
Please register beginning July 11, 206.463.2069.

Computer Class: Microsoft Word Level 1

Monday, July 25, 12:30pm
Learn basic skills for entering, correcting and revising text on a computer.
Prerequisite: Ability to use the mouse and keyboard.
Please register beginning July 11, 206.463.2069.



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Fireweed

by Kathy Abascal

Every year, I tell myself that this year I am going to gather and eat the little shoots of fireweed (Epilobium angustifolium). Those shoots are supposed to taste like asparagus. But this year, as in all previous years, by the time I go looking for fireweed the plant is already knee-high and ready to bloom. Next year. . . This year, I will once again instead watch its purple flowers begin to open at the base of its stem, then work their way up until finally the tips of the plant are in bloom. When that happens, summer is just about over. Fireweed is reasonably common on the island, so you can watch summer progress simply by keeping an eye on this plant.

There are about 200 species of fireweed, and they usually prefer to grow either at relatively high latitudes or high altitudes. This plant is found in all parts of the world but the further north you go, the bigger and more abundant it gets. I used to gather it in the Colorado Rockies, where it was only a knee-high plant. It was a joy to come to Vashon and find plants towering over the blackberries along the side roads. As you go further north, to places like Sweden or Alaska, you can find meadows of large fireweed plants. Fireweed is a perennial, and its flowers range from lavender to pink to carmine-purple, turning into long, narrow pods filled with feathery seeds.

Fireweed has been widely used both as a medicine and a food in many parts of the world. Young shoots were eaten and used as fodder for animals. The seed fluff was used as a fire starter – some say its common name comes from the ease with which the fluff catches fire – but it was used to weave cloth and make thread as well. The Swedish name for fireweed is ‘milky’ because cows fed on ‘milky’ produce more milk. At Minglement, Gail and I often add fireweed to our

galactagogue tea mixes for new mothers. If you raise goats, sheep, or alpaca you should plant some fireweed in your fields for your ladies to graze on.

The Native Americans used fireweed for burning urination, male urination problems, coughs and sore throats, stomach aches and intestinal discomfort, intestinal bleeds, gastritis, and as a panacea for pain. They also used it as a poultice for boils, abscesses, bruises, infected sores, cuts, wounds, and other skin ailments. Various Eskimo and Siberian tribes used the plant similarly. Different species were used in both Egyptian and European folk medicine to treat inflammation, adenoma, and prostate tumors. The Europeans also used the plant to treat skin problems such as eczema, dandruff, as well as for menstrual disorders. The Eclectic physicians considered fireweed unequalled as a treatment for diarrhea. According to the Eclectics, fireweed works best as a tea. They recommended frequent small doses of the tea for diarrhea, recommending a dose as often as every ten minutes.

Although there is little clinical research on the plant, studies show that most species of fireweed have properties that indicate that its many folk uses may indeed be valid. As a result, gathering fireweed and drying it for tea makes a great deal of sense. Then you could simply brew a cup of tea when you have a sore throat, the beginnings of a bladder infection, or a stomach upset. The best time to gather it is right when the plant starts blooming. If you wait until the pods form, the flowers remaining on the stalk will instantly mature and fill your house with fireweed fluff.

Finally, if you have prostate issues, you may want to use the plant regularly. Tinctures of various fireweed species inhibit aromatase, an enzyme that converts testosterone into estrogen. In one study, two of fireweed’s constituents had a considerably greater inhibitory action on 5 alpha-reductase than the prostate drug Finestrade. This, of course, strongly supports European and Egyptian folk uses of the plant for prostate tumors, and Native American uses for “male urinary problems”. Unfortunately, there are no clinical studies on fireweed which is a shame, given that fireweed may be more effective than drugs such as finestrade and indomethacin.

Fireweed has no known toxic effects, a fact borne out by its world wide use as food for both humans and animals. It is a lovely plant that makes a quite pleasant tea. If it is growing along your roads, I suggest harvesting it rather than mowing it down. If it is not, you might want to gather some seed fluff this fall, and plant the seed in some sunny spot to remind you to enjoy summer while it lasts.

Advertise in the Loop!
ads@vashonloop.com or call 253-237-3228
Next Loop comes out July 7

Toby Needs A Home...

This super sweet, adorable Dobie loves to run in the woods, on the beach ... anywhere. You wouldn’t know he has a balance problem until you see him try to make quick turns in a small space. It may be a vision problem as he has been checked out for more serious issues and given a clean bill of health. He is at his best with open spaces and off leash, so if you have some room to roam, you will love this boy! Toby also loves sitting quietly beside you with a chew toy while you are working, reading or watching TV. If you would like to meet Toby, contact Vashon Island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.



Go To www.vipp.org Click on Adopt

Interested in a Summer Class?
Eating To Quiet Inflammation.

By Kathy Abascal

Summer is a great time to eat to quiet inflammation because of the abundance of fresh, tasty food. It is, however, also a time for trips, vacations, and guests. I always hesitate to schedule summer classes because I worry that many cannot commit to a 5-week series. But just to make sure, we have added a page to our website (TQIDiet.com) where you can express an interest in a Vashon or a live online summer class. So, if you are ready to dive in and improve your health, take the time to let us know you are interested. Otherwise, classes will resume after Labor Day



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BIKE
RENTALS
FOR
ADULTS
AND KIDS

Road to Resilience

Continued from Page 1

are already full tilt on that one.

B) Decrease our need to travel: Commuters could investigate telecommuting, move closer to your job (a tough one for island lovers), or take a job on the island. Taking a job on the island usually involves a substantial pay cut, but think of the great garden, alternate profession or hobby you would now have the time for. Plan for fewer trips. Reestablish neighborhood stores.

C) More efficient transport: Plan your trips around the bus schedule. This seems like a royal pain to us go-any-time-you-feel-like-it car drivers, but people actually used to do that. The more we ride our busses, the more frequently they would come. Carpooling anyone? For most of us that don’t happen to be on the bus route, certainly, we can figure out an organized and reliable way to share our vehicles. When I was in the Peace Corps in Venezuela, we had public transport cars called porpuestos that ran routes. You hailed them like a taxi, but they already had people in them, and you just piled in until the car was full. We might be happier with 2 or 3 extras rather than cramming 6 or 8 in like we did down there, but even that would reduce our miles by a half to two thirds. This could be an income opportunity if

there aren’t any arcane laws that make it impossible. On the other hand, we have a “gentleman’s agreement” to gift a driver with a buck. Who’s to know or care? Then, of course, walk, ride a bike, use an alternative vehicle (electric, wind, large animal?).

D) Organize ourselves: I understand that we are a bit challenged in this area. But I really think we have a lot in common and that we could make some great decisions once we figure out the format. The prosperity of petroleum has allowed us all to be lords on our own little fiefdoms, but now our hope lies in our ability to cooperate and work closely together.

As we pass global peak oil production, there will be minor price fluctuations, but the trend is definitely ever higher. We will manage this challenge only if we remain flexible, focused, and creative. Although we will need to keep pushing our larger institutions to make appropriate decisions that could vastly mitigate the difficulties we face, it doesn’t look like they are up to it. We have to start doing for ourselves and being an asset to our community. The people in charge will not and cannot save us; only we have the possibility of doing that.

Comments?
Terry@vashonloop.com



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206.463.5355
In the heart of Beautiful Burton By the Sea...

Garden Tour is here!

By Janice Randall



we are hosting more than 20 artists this year,” say Garden Tour art coordinators Mike Urban and Catherine MacLean.

Also new this year, author Elizabeth Murray will discuss her book, *Monet’s Garden*, at a special event 6:30 p.m., Saturday, June 25, at the Blue Heron. French wines and cheese tasting included in the \$30 ticket.

Sunset Garden Gala, the garden party of the year, happens Friday, June 24, in a beautiful, serene North End garden, complete with libations and gourmet dinner, catered by The Hardware Store Restaurant and live entertainment by RedPerl. Tickets are \$125 per person; Call 463.5131 to reserve your seat.

Special thanks to this year’s major Garden Tour sponsors, who help make this fabulous FUNdraiser possible: Puget Sound Energy, Thriftway, JR Crawford, John L. Scott and Island Home Center & Lumber.

Make a date with Vashon!
www.VashonCalendar.org
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Vashon’s Yellow Pages on line.
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Next Edition of *The Loop* Comes out Thursday, July 7

Deadline for the next
edition of *The Loop* is
Friday, July 1

Garden Tour is almost here! Vashon Allied Art’s 21st annual Garden tour takes place this weekend, 10 a.m. to 5 p.m., Saturday and Sunday, June 25 & 26. Since tickets are valid for both days, you’ll have plenty of time to savor the details of six totally different private Island gardens. From Dockton and Pohl Road to Pt. Robinson, mid-Island to Cedarhurst this year’s Tour offers inspiration for all the Island’s microclimates and all types of gardeners. Carpool if you can, ride your bike if you’re hearty. Tickets, \$25 each, are available now at Blue Heron, Heron’s Nest, Books by the Way, Kathy’s Corner, Dig and Books by the Way, or by calling 463.5131. Every ticket helps support Vashon Allied Arts’ programs.

Tickets also include seminars both days with garden designer/ horticulturist Jonathan Morse and Master Gardener/Rosarian Cheryl Prescott. Live music may also be heard between noon and 2 p.m. both days: Leslie McMichael, harpist; Dan Brown and Friends, guitars, bass and fiddle; Richard Person, horns and Jim Hobson, piano; and DeGuzman dueling violins.

New this year, Garden Market will be open to the public. Located on 107th, across the street for Garden #3, at Cynthia Johnson’s Fox Farm, this is a great opportunity to stock up on gifts for everyone you know with fused glass, scarves, painted furniture, cards, painted gourds, hand made soaps, birdhouses, jewelry and much more. “Between Garden Market and art in the gardens,

Stories from Junk Puppet Land

Using whimsical characters constructed from re-cycled, discarded, and second-hand stuff, Stories From Junk Puppet Land is a fun and imaginative, 40 Minute show, that brings-to-life a series of multi-cultural stories and funny vignettes through the simple magic of object puppetry.

The Australian Aborigines of the Kimberley region have a term called "Yorro Yorro" meaning: "Everything standing up alive", which refers to the life in rocks, trees, and all inanimate objects. We believe that concept even applies to the everyday



Coyote (a combination of bar-b-queue tongs, paint brushes and salad forks)

household items that people use and discard. Using whimsical characters constructed from re-cycled, discarded, and second-hand stuff, Stories From Junk Puppet Land is a fun and imaginative, 40 Minute show, that brings-to-life a series of multi-cultural stories and funny vignettes through the simple magic of object puppetry.

Laugh at the curious caterpillar (a bit of dryer hose) that gets scared by a little flower. Listen to the Eastern European yarn about the chatty gossip (an old broken phone) that gets tangled up in her own rumors. Watch the magical Native American legend of how Coyote (a combination of bar-b-queue tongs, paint

brushes and salad forks) stole fire from Thunder. Stories From Junk Puppet Land is presented with wit, invention, and a unique creativity that is the hallmark of Zambini Brothers Puppets.

This show is suitable for kids of any age and their parents too, presented by Bill Jarcho of Zambini Brothers Puppets

June 24th at 6:30pm
Ober Park Performance space, \$5 admission for adults and children
All proceeds donated to the Food Bank

Compost the Loop

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

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Lopy Laffs

I had been teaching my three-year old daughter, Caitlin, the Lord's Prayer. For several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some E-mail."

On the way back from a Cub Scout meeting, my grandson asked my son the question. 'Dad, I know that babies come from mommies' tummies, but how do they get there in the first place?' he asked innocently. After my son hemmed and hawed awhile, my grandson finally spoke up in disgust. 'You don't have to make something up, Dad. It's OK if you don't know the answer.'

Two little boys were sitting on the front steps talking. One turned to the other and said, "My grandfather has a wooden leg."

The other little boy replied, "My grandma said she has a cedar chest."

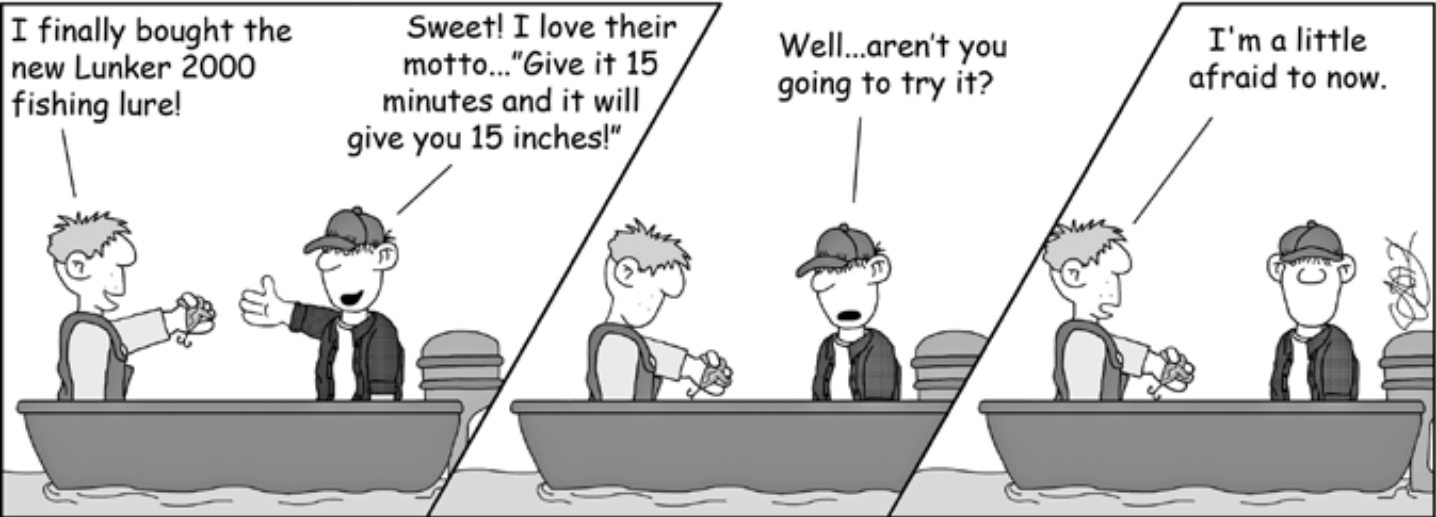
Moose Lake

I finally bought the new Lunker 2000 fishing lure!

Sweet! I love their motto..."Give it 15 minutes and it will give you 15 inches!"

Well...aren't you going to try it?

I'm a little afraid to now.



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THE FEDERAL FOOD POLICE DEMONSTRATE TO THE VASHON P.D. THE USE OF THE FATOMETER...

SO... EVERYONE WHO WILL ATTEND THE STRAWBERRY FESTIVAL HAS TO WEAR A FATOMETER?

AS PART OF THE UNIVERSAL HEALTH CARE PROGRAM, EVERYONE ON THE ISLAND WILL HAVE TO WEAR ONE!

I SEE WHAT YOU MEAN...

WHEN THE ALARM SOUNDS, THE LOCAL POLICE (OR MY SIDE-KICK) WILL FIND IT EASY TO ARREST THE TRANS-FATS ABUSER!

THUD!

GOOF!!



©DEE

LOGJAM



BY Jeff Hawley

SAYS HERE THAT TREES CAN GENERATE A TEENSY AMOUNT OF ELECTRICITY!

TRUE!

OKAY-- BUT WHAT GOOD DOES IT DO YOU?

YOU'D BE SURPRISED



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Weekend Entertainment June 24-26

Garth Reeves



the song craft and production style of Nothing But Time, while continuing to mine that albums musical landscapes.

This show is going to be a real treat for Vashon – don't miss it! This is an all-ages free cover show 'til 11pm and 21+ after that.

Garth Reeves has been playing professionally for over 18 years. After cutting his teeth in the halcyon days of the Olympia scene, Garth moved to Seattle to explore that cities burgeoning music explosion. A short of list of bands Garth has been in include: Dangermouse, Nubbin, Goodness, Blue Spark... and now as a solo artist and in collaboration with others, Garth is expanding on a catalog of solo work that mines the roots of American musical vernacular.

After returning to Seattle from a stint in Brooklyn, Garth and producer/keyboardist (and Vashon Island resident) Jason Staczek began recording the follow-up to Garth's first record Nothing But Time in several Seattle studios. Collaborating notably with Ian Moore, Timo Ellis, Pete Droge and Garth's regular touring band The Unfaithful Servants (Jeff Fielder, Andy Stoller, Mike Musburger), Garth and Jason are honing

Friday, June 24, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

James Coates - Folk/Pop



Hailing from Sumner, a small town in Washington between Seattle and Tacoma, James Coates is a singer that carries with him a vocal raspiness usually reserved for Bob Dylan or Tom Waits, as well as a pension for personal, emotional songs that you'd only expect to hear from Neil Young or Joni Mitchell. He portrays all this through a rootsy tapestry to create songs that are soulful and spiritual. www.coatesmusic.net

Friday, June 24, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

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.....

Friday, June 24, 9pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

Bill Carter & Eric Apoe



Out of Austin, Texas, Bill Carter and Ruth Ellsworth have been writing songs together for more than three decades. Their hits cover a broad range from Stevie Ray Vaughan's only Number 1 song "Crossfire" to the theme song for the King of the Hill Christmas Episode, "Ballad of Hank Hill."

Ruth won't be at the Red Bike for this trip, but Bill Carter will play solo and it is not to be missed, this guy can rock the house. Along with Bill will be Eric Apoe, who makes his home in Seattle.

Saturday, June 25, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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

Saturday, June 25, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Rouge Launches Free Music Series

By Janice Randall



Rouge plays French music and more at Ober Park June 23, 7 to 9 pm

Seattle based group Rouge will open Vashon's free Summer Concerts in the Park series, 7 to 9 p.m., Thursday, June 23, at Ober Park. Co sponsored by Vashon Park District and Vashon Allied Arts, this free Thursday night tradition brings together family and friends with lawn chairs and picnics to enjoy community evenings in the Park for a variety of musical offerings. This first concert in the series will include lots of love and kudos for VPD volunteers and rumor has it there may be cake.

Together for over a decade, Rouge will delight and entertain with their traditionally based music and unexpected improvisations. From Edith Piaf to Pink Martini, Rouge bring passion and playfulness to their renditions of famous and obscure French tunes that will have children dancing, couples kissing and hearts opening!

Comprised of internationally touring musicians Steve Rice, Ruthie Dornfeld, Janet Rayor, Carey Black

and Julian Catford, their vocals, violin, accordion, guitar and double bass make the ensemble irresistibly listenable. "We love to play on Vashon," exclaims Rayor.

For more information about Rouge, go to www.rougemusic.com. Mark your calendars for July 7, when the Sedentary Sousa Band returns to Ober Park!

Artist Reception Kathy Larsdotter

Kathy Larsdotter, a long time Vashon potter, and former Harbor School art teacher, is showing a new series of oil paintings at Cafe Luna this month. Painting is a relatively new passion for this Dockton resident. This series of images, called "Outside Time", explores moments losing oneself in the simple acts of watching water, sky, children, and dogs. Ordinary experiences become extraordinary when viewed with gentle awe and gratitude. The show will open Friday, July 1st and run throughout the month.

Friday, June 24, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com



The Howdy Boys Hot Honky-Tonkin' Bluegrass



THE HOWDY BOYS return to Café Luna to set the joint jumping with great old bluegrass, classic honky tonk, and inspired original material. Since the band's formation in 2008, Jeff Brohier, Rob Bulkley, Doug Bright, and Bill Scott have combined their considerable vocal

and instrumental abilities with their love of hard-driving '50s style bluegrass to create high-energy, infectious, exciting music that leaves the audience calling for more. For a preview of the band visit www.thehowdyboys.com.

Saturday, July 2, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

The Ultimate Doors Tribute Band



The Doors were the quintessential American rock band of the late 60s. Their unique sound which blended elements of rock, blues, jazz, psychedelia, poetry, shamanism, rebellion, and live theatre has captured the imagination of every generation. Their iconic front man, Jim Morrison, a leather clad demon poet along with the talents of Ray Manzarek, John Densmore, and Robby Krieger gave audiences a glimpse of ‘The Other Side’.

The American Night, a touring Doors tribute act from Seattle, will treat Vashon with a live recreation of a Doors concert at The Red Bicycle. The American Night is a highly acclaimed tribute act that

tours throughout the Pacific Northwest. Authentic instruments, costumes, and psychedelic lighting are used to recreate the experience of a live Doors concert.

This stop at The Red Bicycle will be the third time the band has traveled to Vashon. Says the band’s singer, Nate Christian “we hear there are a lot of true blue Doors fans on Vashon and we can’t wait to perform for them again. We are really excited about this show.”

This show has a \$5 cover at the door and is open to all-ages until 11pm, then it will be 21 and over. More information about the artists is available via the Internet at www.theamericannight.com.

Friday, July 1, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Bill Brown & the Kingbees



Bill Brown will be bringing his Kingbees to Vashon for return visit at the Red Bicycle Bistro & Sushi. Many folks in the Northwest are familiar with Bill’s high energy ‘rockin’ blues show that he’s been performing in the Northwest since 1986. Islanders will also remember Bill from his performances at the Beer Garden during Strawberry Festival in years past. Bill Brown & The Kingbees will be performing again at this years Strawberry Festival on Saturday, July 16th in the Beer Garden!

Bill has been likened to Paul Butterfield in his use of the harmonica and his vocals have garnered many a discussion concerning his cultural background. Bill grew up in a farming area outside of Columbus Ohio, listening to his Mothers Lionel Hampton records. Later on, his tastes went to Paul Butterfield’s Blues Band. He actually learned how to play harmonica from a guitar player, Gary Watson, while hitchhiking from San Diego to Seattle in

1969. Bill was also heavily influenced by Muddy Waters, Little Walter, and Sonny Boy Williamson.

Bill’s love of this genre is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus and Mike Stango toured Asia with a band called Cece Rider. Tony Handy toured with Rose Royce from Los Angeles; many know them from their #1 hit Car Wash. More often than not, they are joined by Jim Smiley on keyboards. Jim toured with Bill Brown from 1990 until 2003 and then went on to do solo performances....but he’s back, playing with Bill Brown full time and busy writing and arranging music for Bill’s next album of all originals!

All of these road veterans of the music business are sure to entertain you at this upcoming show at the Red Bicycle. This is a all-ages event until 11pm, then 21+ after that. Free cover!

Sturday, July 2, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Annual Shoot to Show Photo Exhibit

By Ray Pfortner

My annual Shoot to Show class exhibit opens at the Hardware Store July 1 and the quality of both the students and the panel of jurors is exceptional.

The group is small - 6 this year - but their talents and enthusiasm rival any of the larger classes over the years. This is the 15th of these I have offered on Vashon, including 3 featuring Land Trust properties, 1 to benefit Wolftown, and 1 to help Preserve Our Islands raise consciousness about the Glacier issue and property. (A number of the photos from the last one were used by POI for many years on their website and press materials to support their efforts to stop Glacier.)

This year the group selected the theme - CHANGE. It was a bold move, selecting a theme so broad and all encompassing but also so challenging to illustrate in a single frame.

The panel of jurors is as amazing as the students’ talents: Natalie Johnson, the Beachcomber Melinda Sontgerath, The Hardware Store Restaurant and Gallery Wendy Finkleman, Director of Arts Education, VAA Michael Feinstein, Principal, Feinstein Group Doug Kim, former Arts Editor of the Seattle Times, now Senior Editor at Microsoft Barbara Kinney, White House Photographer for the Clinton Administration



Bamboo Pt. Defiance © Karen Woodworth McMurray Photo Exploratory 2011 Show

Melinda always says this is one if not the best attended openings of the year at the Hardware Store. With your help I know it will be again.

As always there will be public balloting for the Peoples Choice Award. A strong turnout means lots of balloting and lots of feedback for all the artists - the 6 adults in the Shoot to Show and the 11 students in the Exploratory.

The McMurray Photo Exploratory 2011 Show will share the space at the Hardware Store for 1st Friday with the annual Shoot to Show exhibit.

There were 11 8th graders in the Photo Exploratory this year, which ran from June 6-10. Karen Person nd I coled the program. This is my 11th year working with the Exploratory students and they never cease to amaze me - as you can see from the attached photos.

We photographed Pt Defiance Zoo and Gardens, Pike Place and the Waterfront and the SAM Sculpture Park, the Wing Luke Museum and the International District, plus Engels and Portage and Tramp Harbor and KVI Beach over the 5 days of the program.

The results were shared on Flickr. com and selects juried by me for the final show.



Above, Dandelion © Ashlle Denherder 2011 VAA Shoot to Show

Right, Out There © Andrew Johns 2011 VAA Shoot to Show

Bottom, Urban Abstract © Jack Msask McMurray Photo Exploratory 2011 Show



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Titus Needs A Home...

Talk about a very handsome gentleman! Meet Titus - a sweet and loving 8 year old chocolate lab mix. Titus has a patch of white on his chest which only makes him more handsome! Titus is very energetic and fun and loves his walks and playing fetch...and watch this guy swim! Titus loves/thrives on glucosamine for his joints and at his age, is doing very well. Titus is a wonderful and sweet guy and deserves a person or people who he can love and bond with. Older children, please...and a person or family who has the time for a dog who is so very loving and deserves the best home ever. For more information on visiting with Titus, please contact Vashon Island Pet Protectors at 206-567-5222. There is a \$100 adoption fee.



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