



# THE VASHON LOOP

Vol. 8, #16

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

August 4, 2011

## Vashon Winery Folk Festival



Larry Murante will perform at the Vashon Winery Folk Festival, Saturday, August 20, at the Vashon Winery.

Vashon Winery's fourth annual music festival, featuring many local musicians, takes place Saturday, August 20 at Vashon Winery.

Opening up the Festival at 2pm will be local Vashon band Riverbend. A popular island band with members that played for many years as part of The Garage Boys, as well as The Colwell Brothers and The Riptide Rambles and the Up With People groups. This band has a wide breadth of musical experience and talent sure to please. With instrumentation ranging from guitars, banjos, mandolins, fiddles, accordion, harmonica, clarinet and upright bass, their songs range from traditional old-time country favorites, folk songs, Cajun and new twists on old time rock to original songs. Riverbend will provide a variety for everyone to keep the toes tapping and the hands

clapping.

Headlining for the 2011 Vashon Folk Festival is Larry Murante.

It's no surprise that Seattle-based Larry Murante is gaining a reputation as one of the finest contemporary singer songwriters to emerge from the Northwest in recent years.

Larry grew up in the small rural town of Nazareth, Pennsylvania (also the home of Martin Guitars). In high school, Larry began singing in working bands of every kind. "In my late teens I was singing in a wedding band that performed a variety of styles including jazz, pop, swing, R&B and top-40," he recalls. "In those early years I was also singing in rock cover bands and playing in top 40 groups in town on the weekends. And when I wasn't doing that, I was listening to and playing acoustic folkrock music. My biggest influence

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## Road to Resilience

By Terry Sullivan, Transition Vashon

### The Non-Monetary Economy

As you now read this, the fate of our monetary economy will be known, but as I write this on Monday morning, I am still in suspense. As important as that is, I'd like to remind you that there is much more than money that keeps our society healthy and functioning. In previous articles, we've touched on aspects of the non-monetary economy, such as the commons, barter/alternative currencies, and community building. Recently, I found a great article on this topic by Edgar S. Cahn, which you can read here: <http://www.timebanks.org/documents/Non-MonetaryEconomy.pdf>

I highly recommend that you read it, but here are some highlights:

- Various studies around the world equate household labor to ¼ to ½ of the GDP of any given country. In developing countries, where ... more of women's work is unpaid, the percentage is even higher.

- "... 80% of the labor that keeps

seniors out of nursing homes, and the government's Medicare and Medicaid expenditures within bounds, is unpaid labor provided by family and friends."

- A 2001 study found that 83.9 million Americans volunteer roughly \$239 billion in unpaid work. This doesn't include children and adolescents who also volunteer.

- Studies in poor inner city neighborhoods have found that "collective efficacy" is by far the greatest determinant of crime. "Collective efficacy stems from a shared vision, a shared willingness of residents to intervene, and social trust, a sense of engagement and ownership of public space. ... Whether we call it "collective efficacy" or "social capital," there is a non-monetary infrastructure of trust, reciprocity, and civic engagement that is just as real as the sewers, water lines and electric lines that can be measured in dollar terms."

- "When economists measure

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## Wagons of Steel!



Vashon's own drag racing team is entering the second half of an eventful season of NHRA drag racing. We started in Boise, Idaho at the NHRA Division 6 race with Brutus, our newly completed 1966 Plymouth Belvedere II Stock Eliminator car advancing to the third round with partner Mark Maez behind the wheel. We were then denied entry into Canada so we missed the next Divisional race in Mission, B.C. but we had no problem getting to the Divisional race in Spokane, where we had a great time dodging rain drops enough to lose a close race in the first round. Three weeks later we loaded up and headed to Woodburn, Oregon for the fourth Divisional. Woodburn is usually hotter than Mars but this time it was moody and damp. The event went off under threatening skies all the way through qualifying on Friday and Saturday but on Sunday it soaked in with steady rain and we had to go home. The event is rescheduled for Friday, September 16. Two days later we were on the road to

Infineon Raceway in Sonoma, California for a Division 7 race. California was beautiful and there was a great selection of race cars that we had never seen before. One that we had seen before was hired gun Dallas Glenn's Dr. Injector '96 Corvette. He showed us why he is currently #9 in the country by beating us like a drum in the first round.

In the past we have stayed on at Infineon for the National Event the following weekend but this year our resources are limited by the arrival of the repaired 426 Max Wedge engine for our '64 Savoy wagon. We are going to debut the wagon at the NW Nationals this weekend so we need every dollar and every hour we can spare! Between the wagon and Brutus, we will have two cars competing at the National Event! Please come out to Pacific Raceway and watch August 5-7! If you do, stop by our pit and check it out! If you can't, we will be at the Seattle Divisional race August 19-21. Feel free to email me for more details. [gaffo@wagonsofsteel.com](mailto:gaffo@wagonsofsteel.com)

## Amanda Is Not Afraid Of The Truth

By Karen Pruett

Amanda Knox's dad, Curt Knox, has said these words over and over from the moment she was arrested for the slaying of her roommate, Meredith Kercher. For nearly four years he and his entire family have sought the truth of how Meredith died and now the Perugian courtroom, resided over by Judges Claudio Patillo Hellmann and Massimo Zanetti, would listen to the long-awaited Independent Review.

The defense had been denied the right to access of the DNA Evidence during the Trial of First Instance. Not anymore. Welcome Fair Play, it's good to have you here.

On July 25th the judges presided over a tense and excited courtroom, portions of the report had already been leaked to the press and speculation agreed that it looked bad for Dr. Patrizia Stefanoni, the police DNA expert. At one point Judge Hellmann slammed his hand down on the desk saying "Quiet!" to yet another interruption by the prosecution. Professor's Conti and Vecchiotti finished their report unmolested as the prosecution sat sullenly.

At the core of the expert's 145-page report were 54 instances of forensic protocol being mishandled or not

followed, including changing gloves after the collection of each piece of evidence. Dr. Stefanoni testified in the trail of first instance that she changed gloves only if they were "especially bloody." The use of plastic storage bags was also at issue, protocol is a paper bag so that condensation does not occur and the bra clasp was destroyed by storage in a plastic bag. And a crime scene video, long available on Youtube, clearly showed several examples of improper collection of evidence, including the bra clasp.

<http://abcnews.go.com/International/amanda-knox-appeal-hearing-puts-day-closer-freedom/story?id=14151113#.TjYTKLG0hGI.facebook>

The video shows Dr. Stefanoni and her assistants collecting the bra clasp from under a dirty rug, 46 days after the murder, handing it back and forth, then setting it back down on the floor to photograph before putting it into a plastic bag, the close-up shows obviously dirty gloves.

Correspondent Elizabeth Vargas put it succinctly: "There are three things that can destroy DNA's value, moisture, heat and law enforcement."

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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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### South Sound Pink Salmon Derby

When: Sat. Aug 27th Weigh-in from 10:00 AM – 1:00 PM  
Where: Dockton Park, Vashon Island (Accessible by boat or car)  
First Prize\* – Adult \$3,000, Youth \$250, Child \$150  
Tickets\*\* – Adult \$50, Youth \$20, Child \$10

The IFCH (Interfaith Council for Preventing Homelessness) is asking you to turn “Pink” into “Green” at the 1st annual South Sound Salmon Derby. This year, the Pink Salmon are in, and the Derby will only be focused on Pink

Salmon. So, get your fishing poles ready, purchase your tickets, & get out fishing! In the process of filling up your freezer, you may be able to fill up your wallet. With a \$3,000\* first prize, the lucky one could be you! This is a great event for the youth and children to be involved in as well.

\*Based on number of tickets purchased. Please see [www.vashinifch.com](http://www.vashinifch.com) for more info and rules.

\*\*Tickets can be purchased at [www.brownpapertickets.com](http://www.brownpapertickets.com) – Search for IFCH Salmon Derby.

### Community Forum on Senior Services

There will be a Community Forum highlighting Senior Services available on Vashon on Friday, August 5 from 4:00-6:00 at Vashon Community Care. Speakers and presenters will discuss services for seniors and take questions on island transportation options, food & meal delivery, health maintenance & wellness activities, and housing options. All islander families are welcome to participate in this discussion. This forum is sponsored by Vashon Social Services Network.

### Ferry Fare Increase

Are you prepared for the new Fare increases proposed by the Washington state Transportation Commission? They are summarized below. If you like them you need take no action. If you don’t approve please make your opinion known to the transportation Commission. If we don’t speak out they think we don’t care.

- Here are the Fare Increases.
- 2.5% in October and 3% in the Spring.
  - 5 cents per car and driver ticket to subsidize the new reduced fare for cars Less the 14 feet in Length
  - 25 cents per ticket to make a down payment on new 144 car boats - No one gets a vote on this as the legislature imposed the 25 cents directly by law.
  - Fuel surcharge of up to 10% depending on the price of fuel. This will be imposed quarterly when the price of fuel to WSF exceeds \$3.86 per gallon.

You can express what you think about this by writing to the Transportation Commission care of Transportation Commission Director Reema Griffith at [<griffir@wstc.wa.gov>](mailto:griffir@wstc.wa.gov). Also a letter or Email to the Governor would be helpful.

### 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. If interested, please make a reservation by calling Julea at 567-6142.”

### Who Lives Under the Dock?

Saturday, August 6, noon-2pm, Tramp Harbor Dock  
Karlista Rickerson and her dive buddies will scout the waters around the dock and send up buckets of specimens. Vashon Beach Naturalists topside will gently place them in seawater swimming pools and tell about them. Co-sponsored by Vashon Audubon, Vashon Beach Naturalists, Vashon Park District, & Vashon College. More info: Rayna Holtz, 463-3153.

### Public Notice

STOLEN from FIR RIDGE on the night of Thursday, July 21st  
1 ceramic bird bath – green base/blue bath  
6 solar powered night lights in the shape of assorted bugs  
4 Hibiscus bushes – pink, yellow, orange and red (in 2 gallon black Home Depot pots)  
1 daisy in a one gallon terra cotta pot  
Contact with information:  
206-660-6871  
Thank you for your help.

### Two Bridges Classes Offered

To accommodate the needs of many different bridge players, two levels of free bridge classes are now being offered to all islanders:  
BRIDGE CONVENTIONS and ADVANCED BIDDING TECHNIQUES will be taught by Daphne Purpus every WEDNESDAY from 1 – 3 for those players already very familiar with bridge play.  
BRIDGE BASICS will be taught by Ellen Trout every THURSDAY from 1 to 3 and will be aimed at people who want to play bridge and learn the basic fundamentals of the game. It will also be a good “refresher” course for those who play infrequently.

No registration is needed – just come, learn, ask questions, and practice this fascinating card game! Both classes are being held at the Vashon Senior Center on Bank Road.

*Make a date with Vashon!*  
**[www.VashonCalendar.org](http://www.VashonCalendar.org)**  
Vashon Library Events  
Art & Music Events  
Submit your Event on line at [www.vashoncalendar.org](http://www.vashoncalendar.org)

**Free On Line Classifieds**  
**[www.VashonLoop.com](http://www.VashonLoop.com)**

**Vashon’s Yellow Pages on line.**  
**Find it on**  
**[www.VashonPages.com](http://www.VashonPages.com)**  
Kronos, Palouse Winery, Pandora’s Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar,  
Vashon Business Info  
[www.VashonPages.com](http://www.VashonPages.com)

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateler and Mark Sears  
[Vashonorcas@aol.com](mailto:Vashonorcas@aol.com)  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
**[vashonorcas.org](http://vashonorcas.org)**

### Patriot Guard Riders Film

The Eagles Club is hosting a showing of a new documentary film about the Patriot Guard Riders. These are the kind biker souls that do all the escorting and flag lines at military funerals. They were here is force last year for the memorial service of Lt. Bennedsen. American Legion is sponsoring this free showing and providing movie food and drinks. This will be Sunday August 7th at 7 PM at the Eagles Club.

### Open Auditions

Open auditions for the new play “ATTICUS,” adapted by Marc Powell from the New York Times bestselling novel by Ron Hansen. At Blue Heron Art Center Thursday Aug. 18th at 7 p.m. and Saturday Aug. 20th at 3 p.m. Male adult-age actors needed. Prepare one short monologue. Scenes from script provided. For more info. and an emailed copy of script, please call Marc at (206) 225-8058.



“Open my eyes, that I may see wonderful things in Your Torah”  
Psalm 119.18  
[torahinmyheart.com](http://torahinmyheart.com)

### Now Playing



### August 12

#### Midnight in Paris



**Vashon Theatre**  
**17723 Vashon Hwy**  
**206-463-3232**

For show times and info check  
[www.vashontheater.com](http://www.vashontheater.com)  
*Best Rural Movie Theatre*  
*2010- Seattle Weekly*

**Next Edition of *The Loop* Comes out Thursday, August 18**  
Deadline for the next edition of *The Loop* is **Friday, August 12**

**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.  
Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger  
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NW Protective would like to thank everyone for participating in our recent survey. After careful consideration of the results, we have determined that there is not enough interest to bring our security services to the island at this time.

Thank you again!

**-Randy Neely, President & CEO**  
www.nwprotective.com  
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## The Loop has a New Website New Look On Line Classifieds Weekly Updates



# www.VashonLoop.com

**Advertise in the Loop!**  
It's a great time to get back in the Loop.  
ads@vashonloop.com  
Next Loop comes out August 18



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## Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. Come learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.



Tuesday Classes begin right after Labor Day and (fingers crossed) will include a plan book and cookbook. Classes also offered in Burien, West Seattle, Seattle, and Live Online.  
Advance registration at [www.TQIDiet.com](http://www.TQIDiet.com) is required.

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# Youth Day Camp for Emerging Writers

By Alyn J. Burroughs

I was ecstatic to hear through a friend that a writer’s day camp for young adults will be underway in early August. What’s compelling about this day camp is that Mel Michaels, the project’s mastermind, has also started a local publishing company, aptly named, Frog Holler Press. Frog Holler Press will be publishing an anthology twice year with the creative work produced by local Vashon young adults.

The director of the program has been in the literature and publishing industry for over a decade and is finishing his doctoral studies in Transformative Education. I asked Mel where the idea came from and he said,

“Well, I have passion for sharing our narratives and I feel it’s something we are losing contact with. I believe that social networks like Facebook and Twitter have misplaced ‘the story’ but then again perhaps ‘the story’ has misplaced us. I see a lack

of funding in arts education for young adults and I want to share my knowledge with them as well as sharpen their strengths. There is no such thing as a weakness in my program. I believe we all have a story to tell.”

Camp Project Scribe begins on August 8th, with the first session on Anime/Manga Essentials. And then on August 10th – 12th, your young writer can register for Introduction to Short-Story Writing. The camp will conclude with Poetry Week. You can register for one session or all sessions.

The project is about empowering youth to use their voices in a manner in which can be heard by all. Mr. Michaels would eventually like to turn his project into a non-profit after school program. For prices and program location please visit [www.campprojectscribe.com](http://www.campprojectscribe.com).



# Community Cinema Ends Its First Season

By Mel Michaels

On August 13th & 14th, Community Cinema Vashon will be showing two films at Ober Park that speak out on social activism and choosing one’s life calling. For those who have not heard of this exceptional and FREE program, I encourage you to come and participate in this nationwide event. Community Cinema Vashon began in April of 2011 and will be ending the first season with two sensational films that will surely bring your consciousness to a new level.

Community Cinema premieres films that air on PBS – KCTS – Channel 9 – through the Award-winning Independent Lens Series. Community Cinema is located in more than 95 cities across the nation that bring together “leading organizations, community members, and public television stations to learn, discuss, and get involved in key social issues of our time.” After the film we support participation and discussion. I think one of the most powerful aspects of this program is that Community Cinema is a way for us to share meaning and learn to live together in a changing world. Community Cinema, I feel, is a way for us to recognize that we cannot separate ourselves from the whole. To awaken to a broader truth means we need to see our part in it and Community Cinema is one avenue in which this participatory consciousness is taking place.

On Saturday August 13th, from 2:30-4:30, Community Cinema will be showing, Deep Down. Deep Down is set in the Appalachian Mountains of eastern Kentucky and is about the battle over mountain top removal for coal. This film brings to the table an exceedingly important argument over energy in the 21st century. Bill Moyer will be the film’s discussion facilitator and The Backbone Campaign is a co-sponsor. This film echoes the very recent struggle over the Glacier Maury Island gravel project.

On Saturday, August 14th, from 3:00-5:30pm, the sixth and final film of the first season will be shown. The film is titled, The Calling. This film follows



four young adults in their respected faiths on their dramatic journey to become professional clergy. This calling to serve a higher good is demanding and their sacrifice is incredible. This film provides a lens in which to view faith in America but more importantly it “calls” into question, “how can we best serve our communities?” Anyone can have a calling and it doesn’t necessarily mean it has to have a religious component, quite the contrary. How can we serve humanity and ourselves in a creative, humane, and passionate way?

What is your calling? Please come and share your experiences. We invite you to join us at a Celebratory Potluck out in the park after this event.

Mark your calendars for Community Cinema Vashon 2011-2012 season every 3rd Sunday at the Performance Room in Ober Park from 3-5pm. Watch for colorful filers about town and announcements in the papers and on island event calendars. All films are FREE and followed by moderated discussion.

Please visit [communitycinema.org](http://communitycinema.org) and [vashonmovies.blogspot.com](http://vashonmovies.blogspot.com) for more information or contact: Jane Berg @ 567-4532.

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# VMIGC Flower Fair Voting Results In

Of the 220 specimen entries there were no survivors  
By Steve Amos

At length and at last the waiting is over. After a tension-filled two days and an additional day to tally and collate the results, voting returns are in for the 2011 Vashon Maury Island Garden Club Flower Fair. No longer will we have to suffer the agony of not knowing.

Carol Ahlfors, the Flower Fair Chair for 2011 reported the following information to J.R. Crawford, the current VMIGC President.

There were 155 formal signatures within the guestbook, noting that this number does not represent the actual number of attendees since attendees are not required to sign the guestbook. The inside track is that there were many people that declined to sign the guestbook. Estimates for unsigned attendees fall somewhere less than 1 million.

We do know that there were 165 ballots turned in with over 1700 votes cast, bearing in mind that each voting attendee can cast a vote in many categories. Chads did not appear to have any effect on the tallying process.

220 specimens were submitted for judging.

And the winners in all the categories are:

### ANNUALS:

1. Kay White, Nemesia
2. Kay White, Salpiglossis
3. Jaralene Spring, “Love in a Mist” (Nigella)

### BULBS:

1. Susan Hedrick, Oriental Lily
2. Kay White, Oriental Lily
3. Judy Burwell, Freesia

### DAHLIAS:

1. Cristel Stierle, Red Pom Pom Dahlia
2. Jane Rosen, “Sunrise”
3. Judy Burwell, Dahlia

### ROSES:

1. Kay White
2. Kathy Bosler
3. Judy Burwell

### PERENNIALS:

1. Sally Fox, Purple/pink dianthus
2. Marlyce Dixon, Gladiolus
3. Marlyce Dixon, Acanthus or “Bear’s Breech”

### GRASSES:

1. Kay White, Unnamed
2. Kay White, “bunny tails”
3. JR Crawford, Black Mondo Grass

### HERBS:

1. Jaralene spring, Bronze Fennel
2. tie for second place= Jaralene spring (lavender); Linda Campbell (sage); Jaralene Spring (oregano)
3. Jaralene Spring, Pineapple Mint

### SHRUBS:

1. Cristel Stierle, Brugmansia
2. Kay White, Hydrangea
3. Jaralene Spring, Himalayan Honeysuckle

### TREES:

1. Kay White, Pinus trobus tortosa, curly pine
2. Linda Campbell, Japanese maple
3. Kay White, Cotinus (Japanese Smoke Tree)

### VEGETABLES:

1. Jean Andrus, Walking Onion
2. Marlyce Dixon, Elephant Garlic
3. Jet Wakeman, Artichokes

### FERNS:

1. Joyce McClure, Black-stemmed Maidenhair fern
2. JR Crawford, Shield Fern
3. Joyce McClure, Japanese Painted Fern (Athyrium)

### FLORAL ARRANGEMENTS:

1. Jet Wakeman, “Country Garden”
2. Jean Andrus, Succulents planted in driftwood
3. Jean Andrus, Garden style arrangement

### HOUSE PLANTS:

1. Pat Nesland, purple clover
2. Helen Puz, Bouganvillea

Vashon’s Yellow Pages on line.  
Find it on

[www.VashonPages.com](http://www.VashonPages.com)

Kronos, Palouse Winery, Pandora’s Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info  
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Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
[www.vashoncalendar.org](http://www.vashoncalendar.org)



# Island Life

## Floating World

by Peter Ray

I think I may have used this title before, although this time around it is for something altogether different, on first look. Floating World, the earlier, was about my first experience at Burning Man, and a year in which the aforementioned title was the theme for the festivities there. Floating World, the latter, is intended this time as an all encompassing file name for the activities experienced throughout the weekend just passed. The former takes place annually on a dry lake bed in northwestern Nevada. The latter has occurred annually as well, but in an alpine lake (this year muchly overfilled) in a wilderness area 32 miles south of Bend, Oregon. The Burning Man Festival is in many ways about extremes of experience- dust, heat, party-hardiness. The Cascade Lakes Swim Series & Festival is about extremes, too, but those of cold water tolerance, endurance and fitness- sort of. Burning Man sends out a Survival Guide that outlines the basics of how one can make it through a week of dust devils, 107 degree temperatures at altitude and binge-driven memory loss. For participating in all the Swim Series events, including the 500, 1000, 1500, 3000 and 5000 meter swims over three days, the event organizers from Central Oregon Masters Aquatics (COMA) will present you with a blue glass mug that has a representation of Mt. Bachelor



strokes and techniques that passes one by out on the high seas. Wow- that gut has a great glide; no- you are bending your elbow way too much; more kick- slower turnover. But then you catch yourself, or get caught in the process. You are using multiple senses as you paddle along. You scan with your eyes, but

swims, and a few that were throw aways- she did get her prized Survivor mug. As the race buoys were being collected and dragged to shore for deflation and storage I did think of Burning Man and the leave no trace ethic. By the time the awards ceremony on Sunday was underway there was no evidence that a race of any kind had taken place out there, although I had learned from one of the other kayakers that a sailboat race, the so-called Not-a Regatta was to be held later that afternoon. He was wearing a cap emblazoned with an Elk Lake Yacht Club imprint, although he assured me that no such organization existed. I thought about Burning Man and its inherent mythology. You could pretty much come up with any story you like about that event and chances are that at some time it might have some basis in truth. I thought about possible mythologies around this race which might develop around water temperature or wind-driven chop. Or perhaps there might be stories about Martin Held, the butterfly guy, who did the 3000k and 5000k races entirely with the butterfly stroke. Make up any tale of super human strength you like- he did it, and that seems to be quite enough for me.



on it, under which resides the word SURVIVOR, seemingly flanked on either end by blue and silver flames. I should mention that I did not participate directly in this hooplah, although I have done just the 5K swim in this same locale and venue six years ago. At that time I was in better shape, and the water was a balmy 71 degrees. This year, as Wendy was signing up for it, the report from Elk Lake was that they were at a new record low race day temperature of 62 degrees- I gracefully declined to enlist. I did however engage in one of the mainstays of both Burning Man and most any of the enduro-distance sporting functions- I volunteered to paddle my kayak around all the race courses as a safety person. In some ways this could be seen as an act of sporting altruism, in others it could be something of a bit of self-indulgence. In truth, I was offering an important service to the organizers and the participants. It is equally true that as I followed along with the rhythmic splash and pull of each swimmer, I also had one of the best seats in the house in my own private, floating grandstand for every race. It is tempting as one floats along, to analyze and correct the myriad of

sometimes what you hear somewhere else- a break in stroke rhythm of an exaggerated cough, gets you twisting around to find the source of the audio aberration. There was the time that I was watching a group when the man in the middle stopped with his head buried deep in the water and his back arched strangely upward. You pause and run an imaginary countdown to when this behavior should stop. In this case, he had lost his cap, and I think maybe his goggles, too, and was attempting to put everything back on mid stroke. And then there was the time I was following the last of the swimmers on the long race. I paused to look back because I knew that the first swimmers were coming up from the rear to lap the stragglers on this triple loop course. When I looked back forward again I saw one of the swimmers I had been following and a rather disturbing burst of bubbles coming from somewhere below. I imagined the worst and sped forward, not quite understanding where that much air was coming from. A glance through the clear, ice melt lake water revealed the form of a scuba diver who had entered the water unannounced. My heart rate ratcheted back to normal. Wendy had a couple of her best

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# We've Got a Lot of Kids

## The Complaint Department

by Kevin Pottinger

It's an anniversary: I've been writing We've Got a Lot of Kids for six years, and we still have a lot of kids, and I'm still writing columns about them.

Over the last year our kids have grown a little taller, a little smarter, more graceful; they've shed baby fat and grown into semi-sophisticated grade-schoolers with quickly formed, quickly changed and vehemently held opinions. And they've developed into expert whiners, our four midget maestros of belligerent complaint.

They'll whine masterfully about their supper, breakfast, lunch, dessert: the size, the portion, the shape and texture, while drawing detailed historical comparisons to meals previously eaten last week, last month or in another, more suitable family's home, where dessert is served more often.

They'll complain loudly at having to do the slightest bit of work, or work disguised as play, such as cleaning up a mess while singing a dumb song and clapping their hands, or any play that involves work such as setting up for badminton. They'll decry the rotating seating chart for supper, or the back rows of the minivan, when it inevitably falls from favor.

At the heart of all the wailing and gnashing of teeth is usually a perceived violation of the principle of fair play. Our kids will complain vigorously about their siblings to anyone with at least one good ear to listen, and they'll find something to detest in almost anything: all manner of activities, ideas, experiences; foods animal, vegetable or mineral; toys real, imagined or longed-for; compliments from one or both parents, both sincere and insincere; insults, slights, intensely irritating copy-cat little brothers and sisters; in short, any person, place or thing not completely, perfectly and equally divided or shared with beneficent fairness with every one of our four children, aligned in perfect accord with each child's constantly shifting vagaries of whim.

One of our sons recently complained of having to eat birthday cake.

Their whining complaints are as

skillfully composed as any Scandinavian saga, with distinct beginning, middle and ending sections; employing melodic themes with repeating sequences and colorful melodic contour. The climax of the recitative most often centers on the words "I", "me" or "mine".

Our dour four use what sound to my ears like the modal scales of Gregorian chant, sometimes three or more within the same complaint.

It begins with the familiar whiny descending three or four-note motif, in Aeolian mode, to introduce the theme (I hate zucchini, why do we always have zucchini?) transitioning to Phrygian mode for the exposition (fettuccine alfredo is my favorite but we never have fettuccine alfredo anymore. They have fettuccine alfredo three times a week at Cameron's house.), and Locrian or hyper-Locrian for the final supplication of intervention: the plea for fairness amid foul-play (do I have to eat the zucchini? Do we have dessert?).

Obviously, such masters of complaint have a number of dramatic techniques they've borrowed from courtroom litigators. Recently our youngest boy made use of actual tears to further his cause, during several increasingly convincing attempts to sway his dinner companion's opinions concerning a particularly gristly pork chop. It worked ably to counter his cruel sentence before the pork chop, but the quavering lip and blinking-back-hot-tears approach backfired when he used that exact technique for his next several complaints, in a row, one of which was a simple request that he brush his teeth before bed.

Our kids are in constant competition with one another, Himalayan blackberries and English ivy; in a complicated and hotly contested game of pick-up-sticks, and shifting, malleable alliances that quickly form, stretch white and then snap like strands of sticky pulled taffy.

Apparently the principle of perfect fairness extends even to the complaints themselves. When one child complains, whining in a surfeit of melismatic discontent, the next may enthusiastically join the protest, to not be left out, to get their turn: me too. In constant competition, narrowing the whining gap.

I've discovered that I can't write about our kids whining and complaining, without actually whining and complaining. However, when one or more of our kids are droning on in discontent about something, I've found it effective to whine right back. "Honeyyyyyy, they're whiiiiining agaaaaaiin! Make them sto-o-o-op!"

Works every time.

# A Day in the Life of our Vashon Center for the Arts

*Time: The future...a (warm) day in late June*

Place: The newly completed arts campus encompasses the area from the parking lot south of the Blue Heron building to the north, ending at the corner of Cemetery Road and Vashon Highway SW. The campus features a new building which houses an art gallery, an acoustically wonderful space for chorale, opera, chamber music, jazz, rock and roll, dance and theatrical performances, as well as a dressing room, greenroom and loading dock, all of which double as classrooms, prop and costume areas, a kitchen and administrative offices. The space also features the rehabilitated and reconfigured Blue Heron building complete with two large classrooms and a refurbished upstairs dance studio upstairs. The new arts center building and the historic Blue Heron building are connected by paths which pass through a landscaped area lined with trees and plantings. East of the campus parking area, accessible by path from the arts campus and from Cemetery Road, is a wetland and sculpture garden.

Morning: - People arrive at the Blue Heron for a Fusion Exercise class and VAA staff arrive at their offices in the Blue Heron and new arts building at the north end of the campus.

Mid Morning: - A group wanders over from a morning coffee klatch at the Roasterie. They enter the corner door of the art center to check out the new gallery show, their curiosity piqued by glimpses through the large windows on the building's north end of the lobby.

All Day Long: - Kids arrive (lots of kids!) for summer camps. A musical theatre group meets in the performance space, a clowning class meets in the greenroom of the new building, art camp begins in the Blue Heron classrooms and spills out onto the commons between the two buildings and the lawn behind the Blue Heron building. A photography camp group walks into the wetland to explore and photograph the thriving flora and fauna. As always, the sound of many

dancing feet pounding the floor above may be heard as Blue Heron Summer Dance classes unfold.

(100% of requests for scholarship assistance to all classes are met by partial or full tuition assistance).

Afternoon: - Volunteers arrive for a planning meeting for the Art Auction. They stop in to the administrative offices and are directed to the dressing room/classroom space at the south end of the arts building. Technical helpers enter through the shop door on the east side of the art center and head to the performance space to place portable acoustical structures and set lighting for tonight's performance of the Vashon Chamber Music concert. Other helpers arrive at the Blue Heron to set up for a poetry reading in one of the large classrooms.

Evening: - Volunteers arrive to prepare beverages and appetizers for tonight's performances; the gallery and lobby spaces of the new building are abuzz with people checking out the artwork, a large sculpture placed to take advantage of the barnlike height of the ceiling in the lobby catches their attention. People enter the performance space and settle into their comfortable, padded seats. They look around and see fellow islanders easily in this warm and inviting hall. Lights dim, performers enter and the music begins. The sound is acoustically perfect.

A poetry reading begins at the Blue Heron. The audience is at home in this space; they've been coming here for years and love the feel and smell of the creaky building (but are grateful for newly installed ventilation!) on this warm evening in June.

Late evening: - Staff locks up the art center and the Heron building and head home, ready for another full day tomorrow and many years to come of community art on Vashon.

Susan Kutscher,  
*Parent and arts advocate, currently serving on the Board of Vashon Allied Arts.*



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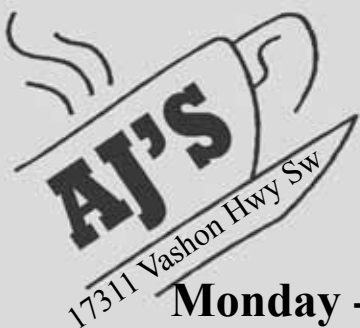


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# Planet Waves



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

## Aries (March 20-April 19)

If you have the impulse to help someone, make sure your resulting gesture is actually going to be helpful -- in advance. Perhaps go one step deeper and question your motives, and your perception that anyone in particular needs your assistance. If those checks tell you to proceed, I suggest you then call the person up and ask if there is some way you can help, rather than just taking it upon yourself to do so. Meanwhile the focus of your life really needs to be you right now. You're entering a phase ideal for inner questioning, and seem to be seeking the resolution and completion of certain stories that have gone on seemingly forever. Your first impulse to cut yourself off from the past may be followed by the recognition that you have yet to do precisely that, but remember what you're seeking is not 'cutting off' but rather emotional closure.

## Taurus (April 19-May 20)

Pay attention to the conditions at the beginning of any story or circumstance to get a sense of how it's likely to work out. Pay attention to the presence of unresolved material from the last cycle, because it's likely to be carried over into the next one. Aspects of yourself that you think of as inherent or unable to change are the ones that are caught on this treadmill. It can, at first, take an enormous amount of will power (conscious intention, followed up by action, with the results reinvested in intention) to get out of a cycle wherein history repeats itself. But there is something else at work. It's about belief. Usually, belief is an unconscious process; the decision to accept something as true or not is rarely preceded by actual thought and contemplation. I suggest you watch this process in action -- particularly when it comes to what you believe about yourself. It's not all true.

## Gemini (May 20-June 21)

You seem to be focused on the distant past. I suggest you sort out the difference between your opinion of things, and how you feel about them. Your mind seems to be overrunning your emotions, and your emotions are trying to come to the surface. One way to work with this is to set aside your opinions and stick to the basic facts of any situation. Given that certain key parts of this scenario are related to the history of your life, and the history of your family, that may take some research, though that will serve a few purposes. One will be to correct any misconceptions you may have; incorrect facts have a way of leading to frustrating or useless opinions. Second, you'll get a chance to be a bit more detached about your situation, which will allow your perceptions some space to take in the nature of reality. Remember, the 'nature of reality' is best explored as an experiment in perception. You don't need to come to any conclusions; anyway I don't think they will help you, because what you'll benefit from most is an open mind.

## Cancer (June 21-July 22)

There are two really good ways to work with money. One is to treat it as a science. The flow of wealth has certain properties that are rather unrelated to what you may have been brainwashed with as a kid. Careful study of people, of how they conduct transactions, and where you fit into the equation will tell you a lot. The second way is to treat money as energy, which can flow or get stuck. You can have a lot of energy, and it can get hung up; you can have relatively

little and it can flow nicely and you feel successful. Yet the thing that will prevail over both is how you feel about yourself. This is the one essential thing that will have a way of dictating all the terms of your existence. No matter what else you may feel, believe or be up to, how you feel about yourself is both cause and effect; origin, journey and destination. Question your judgments. Embrace and share your gifts.

## Leo (July 22-Aug. 23)

This weekend's New Moon in your birth sign is the harbinger of great beginnings. I suggest you take the long view, however, and not let any questions or doubts get in your way. Keep them on your shelf, where you can see them, but you don't have to take them down and play with them every 20 minutes. It's true that to 'succeed' means being on the brink of failure; to 'have' is right on the edge of not having. It is this line that so many people fear getting close to, opting instead for the supposedly safe ground of mediocrity. That is not your fate, though the coming few weeks represent a time of re-evaluation of your goals, your plans and more than anything your deeper sense of purpose. You were given the talents that you have; what do you plan to do with them, and more significantly, for what purpose? You are in a time in your life when great things are possible, and perhaps when you're experiencing more truly positive developing than you give yourself credit for.

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

It is sad but true that most people who pass through our planet don't go much deeper than the surface of who they are. One tradition I respect describes this as "the fear to look within," which emerges from one thing -- the fear of what we think we will discover. Borrowing from Christian terms, we fear that we will find sin. Translating that from Latin, we fear lack of some kind. In modern psychological terms, there are a great many people who are terrified that they are empty inside, and therefore spend their lives existing on the shell of their psyche. There is really only one way to find out the truth, and that is to dive inside. Yes, there can and often are challenges associated with entering unknown inner territory. But much like diving into water, the fear is all in the anticipation. You have recently embarked on some kind of unusual inner journey. Yes, this is real; and so far as I can see, once you pass through the narrow gap of self-judgment, you have nothing to fear.

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

It is amazing how different your perception of yourself can be from how you're perceived by those around you. I would say that on the whole, most people have a much higher opinion of you than you do of yourself. You might doubt them, but that doesn't mean they're wrong. It also doesn't mean that you can live by allowing your friends to shore up your self-esteem. You can, however, make careful note of what you observe outside you contrasted with what you observe inside you. You can notice the filter through which you're seeing yourself, and through which you are perceiving what others say about you. On a good day, you will simply trust. The notion of whether you're a 'good person' or a 'bad person' is made irrelevant by something, for example, like trusting the love that you feel. That said, if you have anything for which you want to make



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amends, now would be a great time. Acknowledging where you feel you have fallen short commands something more important than the respect of others: and that is self-respect.

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

I strongly suggest you go out of your way to play fair the next few days, and while we're at it, keep that as a goal for the next month. One hint that you may need an ethics check is if you're perceiving differences between yourself and others that are translating into rationales for how you, in turn, might act toward them. The operative device here is rationalization. Listen for moments when you are stating reasons to yourself, which you then build into strategies. Others don't have to be wrong for you to be right, and further, they are entitled to be wrong and you don't have to do anything about it, or even have much to say about it. Part of why this mode is so problematic is because in getting into the 'me vs. them' state of mind, what you're really doing is cutting yourself in half. If you approach the world from a whole state of being, you will see a lot less conflict, and the conflict you do see will mean a lot less. And for you to succeed, nobody has to fail.

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

The professional move you're contemplating is going to come in three phases, the first of which you seem to have embarked upon this week. Consider this the test phase of a new project or journey. Note carefully your environment, including what influence you seem to have, and what influence you lack. Check carefully the extent to which certain details need attention, and what practical matters fall into place. Then, get ready for a total reassessment of your plan. At this point it does not matter whether you seem to succeed or fail. Stick to your vision, indeed, nourish it and let it nourish you. The relationship between your vision and any particular outcome is like the relationship between the Earth and a tree. The tree is rooted in the Earth; it grows from the Earth, but the world that supports it is far greater. Then, let that guide you through the next few phases of your movements.

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

You may be feeling a kind of anticipation anxiety, as if something big is about to happen. The way the world is, I would not call you paranoid; the current structure of consciousness is all about something big happening, to which we all respond like criminals when the lights are turned on, then we go back to sleep. In this environment, anticipation anxiety can be a real problem, a kind of lurking psychic sensation that something is about to pop up. I suggest you channel that feeling directly into a creative outlet of some kind. That could be anything from making music to listening to it; express some wholesome indulgence in pleasure; get around some people you

love and trust and make food. The kind of fear you may be processing is a lot more poignant if you think you live in a vacuum, and if your creative energy gets bottled up. And it's likely to vanish entirely among trusted friends and when you take part in any form of play or loving communication.

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

You need to figure out a way to vent some pressure. Obviously, make it constructive, though I can tell you from your charts that this is the deep underground kind of pressure, unlikely the kind you can work out with a stroll in the park. I suggest you work your way down to that level gradually, but steadily. This is one of those psychic equations where there is always a little deeper you can go, so I suggest you just move inward toward the direction of any tension you might feel. There comes a moment when the energy you're holding starts to release. Then you can relax into a new layer of yourself and keep going. As you explore and experience, notice how your relationship to existence changes. Notice what happens to your tension level, your anxiety level, and your perception of your problems. Notice how you think others feel about you. Notice, more than anything, changes to your sense of what you think is possible.

## Pisces (Feb. 19-March 20)

Mars is about to enter your sympathetic water sign Cancer. That's another way of saying how much fun you have will be matched by how much fun you think you deserve. While Pisces has a reputation for being hedonistic, I have found that more often the opposite is true: those born under your sign who are obsessed by ethics plunge themselves into service. This may be a defensive reaction of some kind. It may also be a common-sense response to existence in a world that, frankly, needs a lot of help. Anyway, I would propose experimenting with a new kind of common sense, the one about you experiencing some of the pleasure and nourishment you want. The key word here is want rather than need; needs are great, but that concept seems to be a hedge against the guilt typically associated with desire. I'm suggesting you jump over the hedge and go right into the garden.

Read Eric Francis daily at  
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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## For Susan as She Starts Chemo

by Mary Tuel

A couple of months ago I found out that I didn't have cancer. It was a huge relief. Not two weeks later I found out that a dear friend of mine has stage 3 lung cancer.

Her name is Susan.  
Susan lives in Texas. She is an email buddy. We were introduced, electronically, by David and Jane Shepherd, who used to live down south of Houston and whose daughter Laurie worked with Susan on a few newspapers. A few years ago David told me to check out Susan's column. She wrote a column, usually funny, for an online newspaper, the Angleton Journal, that she and her husband ran (the Journal is gone now – Susan and her husband retired it in June). I did go online and read her column, wrote to tell her I enjoyed it, and she replied, "Let's be friends." We've been email friends ever since.

We have a lot in common. We're both smart aleck writers, we both have two adult sons, we both have grand children we adore, for starters.

Susan had quit her high pressure job as a reporter on the police beat in Houston a few years ago, and was enjoying not being a working stiff. She wasn't going to the doctor, though, because without a job she didn't have insurance.

A little over a year ago, she died. "Just a little bit," as she said afterward. She had a heart attack one day, and one of her sons found her passed out on the kitchen floor. The EMTs managed to resuscitate her in the ambulance. No, she did not "see the light," and no angels spoke to her sending her back, but she came back all the same.

Following that experience she applied for disability status and got it, which meant she started receiving a monthly income and that she received Medicare. She was over the moon about that. "I finally have insurance!"

She began going to doctors to catch up on all her neglected health conditions. Her

heart, her cataract, and so on. She'd been having difficulty breathing, and that led to a series of tests which showed a tumor in her lung, a tumor which had grown around her heart. Inoperable cancer.

This next Monday (last Monday by the time you read this) she starts chemo and radiation. She knows, we all know, the odds are not great, but as I told her, I don't know any statistics, I only know people. I know people who have been diagnosed with cancer, had treatment, and lived: my cousin Nancy; my friend Alice; my father-in-law Mark (twice); my husband Rick (twice). For starters.

As Alice said recently, I'm pretty fed up with this cancer crap.

I can't do much but pray, and send white light and energy to my friend who is facing cancer. Though words seem awfully puny in the face of this plague, this poem came through last night, and I dedicate it to Susan, and to everyone facing cancer,



Susan blowing bubbles with her grandson, Ian. Photo by Micheal Boddy.

surgery, chemo, radiation, and whatever else as they fight for their lives:

Here's what I want you to do:  
I want you always to remember  
That you have a heart that a lion would  
envy

And we all love you  
You have shown us the way, times past  
Now it's between you and this disease  
All we can do is cheer you on  
And we do  
And we all love you  
You made us laugh at our pain  
And spit in the eyes of our enemies  
You cut our troubles down to size  
And flicked them away  
And we all love you  
If the outcome of this war  
Depends on your greatness of spirit  
If it depends on how much you are  
loved

If it depends on how much you and  
we want you to win  
You shall win  
You have all of us fighting for you  
however we can  
Always remember:  
We all love you.

## Amanda Is Not Afraid Of The Truth

Continued from Page 1

Chuckling and gasps were heard in the packed courtroom as the experts showed a DVD of their findings and verified what the defense has always maintained: collection and processing of the infamous knife and bra clasp did not meet international standards. The experts alluded that there was reason to believe that that contamination occurred at the crime scene itself, in Dr. Patrizia Stefanoni's lab or by malice. Read that as: the evidence was planted.

So what does that say about the rest of the DNA evidence?

The testimony about the knife elicited laughter from the courtroom as it came to light that the DNA found on it was from starch. Rye bread to be exact and an Italian-American Innocent Supporter summed it up succinctly, "Today it was proven beyond a reasonable doubt that someone stabbed a loaf of bread." The experts also confirmed that the knife had not been bleached, but merely wiped after cutting the bread, leaving an abundance of Rye bread DNA and not a trace of blood.

Every single one of us yukked it up because there was just no way to not laugh at what was found on that infamous and hated knife.

Although the prosecution's sordid case is now in tattered shreds, they refuse to give up. The key evidence has fallen, the witnesses have been discredited, the prosecution has failed to prove motive (or Satanism), the Supreme Court said the interrogations were against the law, the investigation is shown to be sloppy and mismanaged and forensics did not follow international protocols. There is nothing left. So what did the prosecutors do? They relied upon the words of Rudy Guede, the murderous burglar and liar whose DNA is the only DNA found at the crime scene and they threatened to sue the court-appointed experts for slander. Really?

On the 26th, the Perugians sent two squads of police to Rome to try and seize the DVD used by the experts in court. They were unsuccessful and, after Judge Hellmann was alerted, were simply given a copy by the court. Their intimidating behavior has not gone unnoticed.

On the 27th came the shocking news that one of the prisoners who testified in court in June, Luciano Aviello, said that the Sollecito's had paid him 30,000 Euros for his testimony so that he could get a sex-change operation. Not only is this a blatant lie, but can be backed up by the fact that the Sollecito's finances are tied up in court, the same as the Knox's, and no one has extra money lying around to pay off a habitual liar. Plus why would the Sollecito's screw up what are obviously positive proceedings in the appellate court.

Then on July 28th, Francesco Maresca, the prosecutor who is also the lawyer for the Kercher family, announced that he was seeking life in prison for Amanda and Raffaele. During the trial of first instance and the appellate sessions, Maresca became renowned for his theatrics by yelling, interrupting and distracting the court proceedings and witnesses. He is the same person that caused Judge Hellmann to slap his hand on the desk and call out, "Quiet!" It was also reported that when asked whether he was "seeking vengeance over seeking justice" no answer was given as he "glared and turned away."

By Saturday, July 30, you could sense some desperation from the prosecution, we had been watching their gyrations during the previous week with a curious mix of amusement and concern, wondering, "What will they do next?"

The Next was prosecutor Maresca presenting a loophole to the court that allowed questioning of the independent experts. The display of foot-dragging that followed featured a seemingly endless procession of meandering questions by

Prosecutor Comodi to the experts. But the bombshell was when she produced a document claiming that it was the negative control tests. This test is done to rule out contamination and, for years, Dr. Stefanoni has said that she did not do it. The defense complained that they had never been given access to what was evidentially a very poor-quality photocopy, so the court recessed for 30-minutes to search for the original documentation. No original could be found and it became clear that the 'lost' test results had been forged. The judges were not happy. The defense was angry by the deception. The prosecution was humiliated.

All of this distraction and vindictive behavior underscores what the Knox's have been dealing with for nearly four years and brings into question if is money or justice for Meredith Kercher and her family that the prosecutor's seek. If it is justice, then they should recognize that Rudy Guede is the only killer, as there is no DNA evidence of Amanda or Raffaele at the crime scene, while there is an abundance of Guede's.

If it is money, then there is a despicable injustice occurring in Perugia. We hope that judges Hellman and Zanetti will put an end to this heinous behavior whose only real aim, it seems, is to keep two innocent kids in prison simply to preserve reputations.

Edda Mellas, Amanda Knox's mother, told CBS News that the family is becoming more hopeful, but warned, "It's not a done deal until Amanda walks out. She's still locked up there, (it's) still horrible for her, especially now when she can see an end. Sitting there and waiting, it's horrible." Edda is in Perugia for the summer and was joined in court by several family members. Because the prosecution is trying to draw out the drama as long as possible, Amanda and Raffaele must remain in prison while the Italian court takes its break in August. One more hot, humid summer in prison. It is a heartbreaking shame.

The court will resume around Sept 5th and Judge Hellmann has ruled that once in session, he will convene a hearing everyday until the conclusion. Highly unusual, given that court was held on Saturday, with an occasional weekday thrown in.

But we have hope, throughout the appeal the judges have been fair and allowed access to evidence that had previously been denied. We hope that court will reign in further antics by the prosecutors and simply finish. Everyone is very tired of the circus and we are ready for a decision. We are hoping for an innocence verdict, but if the worst happens and someone somewhere is able to throw a wrench in the works, we will keep fighting. All the way to the Italian Supreme Court.

We are continuing to encourage all of our supporters to write to the White House and protest the State Department's handling of Amanda's case. In short, the behavior of the Rome Embassy to not intervene on her behalf and lodge protests to the State Department is reprehensible. By one count nearly Ten Protests should be sitting on the desk of Secretary Clinton and to date there are Zero. Had the embassy done their job, there is every indication that Amanda would not be sitting in prison today. Please email the White House at <http://whitehouse.gov/contact> and express your concern as Italy hosts many Islanders on a yearly basis and their safety is at stake as well as justice for Amanda.

And we encourage Islanders to support the Knox's by donating to [AmandaDefenseFund.org](http://AmandaDefenseFund.org); many Americans have also donated to [RaffaeleSollecito.org](http://RaffaeleSollecito.org).

Amanda Home in the fall? Now there is a lovely thought. Hold that close to your heart and continue to pray for fair play, your support is welcome and cherished. And please remember something that Amanda has said over and over:

"I would never harm my friend."

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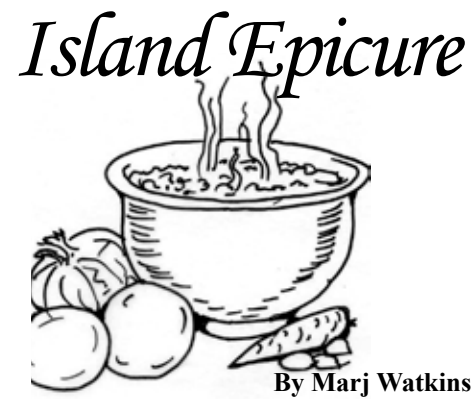
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By Marj Watkins

The Best of Birthdays

A couple of Sundays ago, all my descendants except for the son who lives in China and one grandson who had to work, gathered to celebrate my birthday with shish-kabobs, watermelon, and birthday cake. A son-in-law whose birthday falls on the same day as mine helped blow out the candles, and be assured there were lots of them.

Most of us are gluten-sensitive or celiac, so – non-traditionally – I made my own birthday cake, a non-traditional, unfrosted almond meal torte that performed deliciously as the base for strawberry shortcake.

The recipe appears on page 12 of my cookbook, formerly titled Bake Gluten Free, and its more recipe-filled successor, Wholegrain and Gluten Free. Don't be confused by the word "free" in the title, as a couple of readers evidently were since they walked off with the book without paying for it, the dawgs, building up a lot of bad karma for themselves. (If you are the person or persons who made that mistake, please admit your error and go back to Minglement and pay them the \$12.50 per copy that book cost. Since the price was not stated on the back of the book, I assume you thought it an advertising ploy for the gluten-free flours. But no; the book was for sale alongside the flours.)

As stated in my column of July 7th, the book, Bake Gluten Free, existed not only to benefit people with celiac or sensitivity to gluten but also to benefit the Vashon Food Bank.

The new edition of the book, retitled Whole Grain and Gluten Free, with more recipes in it and a color-illustration cover, costs you \$15.00. You can get it at the Minglement and at The Country Store. When you pay the money at the register, you can feel like a mini-philanthropist. All the money I get for that book, except for the basic cost

of publishing it, goes to help support Vashon Island Food Bank. Rip me off for a copy and you also cheat the food bank. That would build up lot of bad karma for you, canceling out any benefit you get from baking sans gluten.

But getting back to my Almond Torte birthday cake, here's that recipe.

High Protein Family Size

ALMOND MEAL CAKE  
9-12 servings  
Preheat oven to 350 degrees  
Bake in 9x9x2-inch pan or baking dish

Stir well in mixing bowl: (Break up lumps with fingers if necessary)  
1 ½ cups almond meal  
½ cup quinoa flour  
2 teaspoons baking powder  
½ teaspoon salt  
¾ cup brown sugar  
or brown Splenda®  
Separate, yolks one bowl, whites in another:  
4 eggs  
Combine and stir into egg yolks:  
¼ cup water  
¼ cup orange concentrate  
1/3 cup brandy (cherry, apricot, or crème de banana), or Madeira  
1 teaspoon vanilla

Start oven. Oil glass or ceramic baking dish. When oven heats, put baking dish in and heat it for 7 minutes.

In large bowl, beat egg whites to soft peaks. Add:  
¼ teaspoon cream of tarter.  
Continue beating to stiff peaks. Beat in 1 tablespoon sugar or Splenda®.

Stir egg yolk mix into dry ingredients. Stir brandy and vanilla into batter. Fold in egg whites. Pour batter into hot oiled baking dish. Bake in center of oven 35 minutes. Test with toothpick. If it comes out clean, remove cake from oven. Invert on rack. Cool 10 minutes. Lift off baking dish.

Serve warm or at room temperature with fresh berries, peaches, or nectarines. Top with whipped cream or vanilla yogurt.

For more recipes for delicious, gluten-free baked goods, look for the new edition of my baking recipes, Whole Grain and Gluten Free. Its price is \$15.00

Remember that you will not only do yourself a favor by acquiring healthy, no-gluten recipes but also help to support Vashon Food Bank.

You'll find more recipes on my blog at <http://island-epicure.blogspot.com>

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Positively Speaking

Fighting

By Deborah H. Anderson

Picture this... Mayfield Mall in Mountain View California. The JC Penney Auto Center....1973-74. It's the oil embargo. Lines form around the block for gas when it's available. We were paying, I think my records said, 29cents a gallon. But we would wait for maybe an hour to get to a pump.

Me? I'm the young woman behind the customer service desk. I'd been hired for evenings and told them I was not available on Sundays because of my faith commitments. The embargo changed all that. Everyone had to work whenever. I couldn't. Sundays were out of the question.

So Mr. Arnold Grey --- God bless ya' wherever you are --- calls me into his office. He's the manager of the Auto Center. We got toe to toe about Sundays. I offer him every other hour in the week he wants to work me but not Sunday. Quite frankly, he was a power hungry jerk about it. Now he was gonna make me work Sundays just on principle that no peon worker should ever have the privilege of commandeering the situation.

I point to my nametag. "What does this say?!!" I ask him. "It says 'the friendly place,'" I answer before he can take the stunned look off his face. "I just don't think this is a friendly way to negotiate with the workers."

Defeated I walked out of the office back to my little cubicle. The other workers had had their ears pressed up against the adjoining wall. Not only had I lost my argument, but also I lost my cool. That was the real defeat.

Raised in a household of boys where testosterone ruled, I had been taught to fight like a boy. In her book 'Knowing Your Value' by Mika Brzezinski outlines how guys just shout in each other's faces like they were standing out at the pitcher's mound arguing over a ball's trajectory and then two minutes later they're pounding each other on the back laughing.

When I revert to those tactics, I know I've lost. I am a woman. I don't like fighting at all. I have a magnet on my fridge that says, 'Speak when angry and you'll give the best speech you ever live to regret.'

So it was that afternoon. I'd tackled the situation the way my older brothers had trained me to survive, not the way that represented my values and my gender.

Mr. Gray pulled me into his office again the next day. Losing my job was inevitable I knew. He looked quite serious, took a breath. I prepared for the scolding and the release.

"I've talked to the people in the main building about our conversation" he began.

"I understand" I replied in my most conciliatory, humble voice. No sense burning my bridges completely.

"They want to know" he paused and took a breath. "Would you be interested



in entering management training?"

I couldn't speak? It was one of the greatest life lessons of my short journey and has carried with me. How on earth could my behavior have ever been considered anything except completely inappropriate?

Over the years I've held that story as an example of how confusing communication and cultural values and my own walk as a woman has been.

This week, my youngest daughter and I have had to walk on either sides of a line of demarcation in our family that neither one of us is comfortable with. We have no control over the situation involving a third party and we are deeply grieved by it. We discussed the situation, at the top of our lungs. Because of our grief that was about the only way two estrogen driven people could do it. We came to new understandings, sang a duet and then ate pancakes together. We've got a new strategy now for dealing with the situation.

There are lots of fights on the Island. Some are civilized. Some are personal. Some are disguised as other situations; some have no meaning at all. Some are incredibly passive aggressive. Others are downright confrontive.

But this I am assured. Fighting will always continue. A pacifist organization will have a dispute over management. Business, the arts, countries, health alliances...oh and how about the government of the strongest country in the free world, all will have fights.

I have an enormously long fuse. I'm pleased for that. But there are still times when I reach my limit. Here's what I offer about fighting. "In so far as possible live peaceably amongst yourselves...". Seek reconciliation. Think of fighting as failure and search for what you are trying to make happen. Resist being baited into a fight. Keep to those who hold flowers not rocks. Keep short accounts. And remember 'love covers a multitude of sins.

My daughter and I? She says I should tell the truth (which I'm afraid to do because of my stance on that alcohol thing). We are going to sit on the deck and watch the sunset together. She (who is over 21) says "Tonight we are popping champagne, celebrating the victory that comes from committing to resolution". To which we both say, "L'chaim"

Love

Deborah



Vashon Winery Folk Festival

Continued from Page 1

from that period (and even today) were the early 70's singer/songwriters like Joni Mitchell, James Taylor, CSNY, the Eagles and Jackson Browne."

Larry's voice today is a testament not only to good pipes but to years of training --- which he's done, logging over a decade of study with opera, jazz, and musical theater stylists among which was Metropolitan Opera veteran baritone, Frank Guarerra (Larry continues to lead a double life as a jazz/rock/R&B singer in his ten piece variety band, Second Wind, which has been together for over 15 years).



Riverbend kicks off the music festival at 2pm

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vashonwinery@yahoo.com



Music Schedule

- 2:00 Riverbend
- 2:40 True Wind (Bev Barnett & Greg Newlon)
- 3:20 Tanya Opland
- 4:00 Jeff Kanzler & band
- 4:40 Cat Loves Crow
- 5:20 Watermark
- 6:00 Rose Laughlin
- 6:40 MiddleMarch (Wally, John Dully, & Kat)
- 7:20 Larry Murante (Headliner)
- 8:30 Bluegrass band (Rochelle, Cliff, Paul, Steve Meyer, Mark Wells)
- 10:00 finish



Watermark plays at 5:20pm

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Want to read more of Deborah ? You can find her at three separate blogs:  
www.onewiththerootbeer.blogspot.com Simple Parenting in Challenging Times is a blog for parents offering practical advice and observations on a raising children from pregnancy through the teens.

www.mealsandmoments.blogspot.com Real Encouragement in a Virtual World is a blog for personal growth recreating those conversations that helped us grow around the dinner table. Musings and observations encouraging each person to push the envelope on how they can grow in healthy ways emotionally and socially.

www.socialcontemplative.blogspot.com Under the Rock:Encouraging Faith Based Leadership is a blog for pastors and lay leaders eager to have more salt than shaker in their ministries offering spiritual development as opposed to the perpetuation of arbitrary or traditional church culture.



# Preventing Mosquito Bites

By Kathy Abascal

It is mosquito time again and time to worry a bit about avoiding mosquito bites. In many areas, mosquitos now carry the West Nile virus. n most cases, the virus may pass almost unnoticed but in some people it causes a devastating illness. The unlucky few will have meningitis-like symptoms and after-effects that may interfere with normal life for many years. There is no known treatment for the virus and no reliable way of predicting which people will suffer the more serious symptoms although those with chronic illnesses and a weakened immune system are more likely to suffer the worst cases. Eventually that virus will arrive here so it is important to avoid thoses pesky bites. I have recently been asked for directions for my herbal bug spray, and so decided to go over herbal bug sprays again.

The primary insect repellant today is DEET. It is a chemical that damages plastic and also has potential for side effects in users. Eye irritation has been the most frequently reported adverse effect but there have also been reports of central nervous system problems, more frequently reported in children than adults, ranging from slurred speech and confusion to seizures and coma. The risk of adverse effects increases the longer you use DEET or the stronger the DEET product.

The CDC also endorses the use of an herbal essential oil as an effective mosquito repellant. The essential oil of lemon eucalyptus (*Eucalyptus maculata citriodora*) proved equally effective to DEET in those trials. The study I read compared a 40% and a 75% lemon eucalyptus/oil blend to similar concentrations of DEET and found that both the essential oil and DEET deterred mosquito bites effectively. Interestingly, both the essential oil and the DEET may work better at the lower dilution. And in case you were wondering: In mosquito repellant studies, volunteers cover their legs with a repellant and sit in lawn chairs and let mosquitoes bite them. A monitor stands next to them to make sure all bites are recorded. After a few hours, they total the number of bites to determine the effectiveness of the repellant. Some of the volunteers end up testing the placebo, suffering numerous bites (150 or more).

Most of the lemon eucalyptus oil sprays on the market appear to contain about 30% eucalyptus oil with the remaining 70% a mixture of water, alcohol, emulsifiers (to keep the oil suspended) and preservatives. Should you prefer, it should be fairly easy to make up your own blend at home. In the study, the lemon eucalyptus oil was diluted with coconut oil but rubbing alcohol might also be a good solvent for



the oil. I am going to make a blend of 40% lemon eucalyptus and 60% coconut oil this year as I think the essential oil will dissolve better in the oil than in the alcohol. If you use alcohol, remember to shake the bottle before spraying to keep the oil in solution.

If you do not want to make your own, be careful choosing sprays on the market to make sure they contain enough essential oil. Some online recipes recommend 28 drops of essential oil to 8 oz of solvent – a much, much weaker solution than used in the study. And some people say that just dabbing the essential oil on various spots on the body also works but again, that type of use has not been studied and may not be as effective. The repellant effect should last for around 4 hours.

Of course, neither DEET nor lemon eucalyptus have shown 100% effectiveness but deter 92-93% of the mosquito bites (based on a comparison with the number of bites the person without repellant suffered). This means that no matter what you use, you may still get a few bug mosquito bites but dramatically fewer than without a repellant.

Herbs can also help reduce the itching and inflammation of those occasional bites as well as bites and stings from other insects. A common home remedy is to put mashed plantain on the bite. Plantain grows abundantly on the island, and many of my colleagues swear by it. Unfortunately, it has never soothed my itchy bites very well. Instead, I first try an echinacea tincture which I drip directly on the bite. It usually abates the itching and is nearly miraculous for spider bites or other venomous bites that eat away the flesh. I also use echinacea in a spray form combined with several other herbs for dog's itchy, gooey hot spots and similar afflictions in humans.

So, get out there and empty out all containers with water in them. Not growing mosquitoes goes a long way toward not getting bitten. Slather on some herbal bug spray, and you should be good to go, but keep some echinacea tincture on hand just in case. And, in case you heard that taking B vitamins will deter bites: The research is not definitive but the mosquito experts say that taking extra B vitamins will not affect how desirable you are to a female mosquito.



## Art for Fins and Flippers

By Orca Annie Stateler,  
VHP Coordinator

This column was on hiatus for a bit while Chez VHP dealt with what Jon Stewart cleverly dubs “the bubons,” and we traveled to several off-Island gigs such as the OrcaSing on San Juan Island and another fabulous event at the Evergreen State College Longhouse. At both places, we memorialized our beloved orca patriarch Ruffles (J1). How fortunate we could sing his praises twice in the Longhouse this year!

Summer is art market season, and Odin has two shows in early August.



“Eagle’s Pride,” © Odin Lonning, 2010.

“In the Spirit” Native Arts Market and Festival is on August 6 from 10:00 AM to 7:00 PM, outdoors at the Washington State History Museum in downtown Tacoma. Due to the lousy economy, this year’s market is a one-day event instead of a weekend show. Get there by 10:30 on Saturday if you want to see Odin perform with Alaska Kuuteeya Dancers. Admission is free.

On August 13, from 9:00 AM to 7:00 PM at the Seattle Center’s Fisher Pavilion, Odin will sell artwork at the 2011 Indigenous Cultures Day Celebration. This event features Indigenous dance from around the world, including powwow dances.

Many thanks to the person of refined taste who bought Odin’s painting “Eagle’s Pride” at the Vashon Island Coffee Roasterie in July. Odin’s “Eagle’s Pride,” shown in this week’s photo, looks quite contemporary; however, highly abstract imagery is intrinsic to centuries-old traditional Tlingit formline. Think Chilkat weaving.

Speaking of the abysmal economy, Odin’s art sales provide much-needed support for VHP education, research, and marine mammal stranding response. By the way, scrumptious Orca Blend purchases at the Roasterie also help the VHP, for which we are eternally grateful to Eva.

We appreciate everyone who called us with various reports of seals, Dall’s porpoises, the Humpback at the south end (now gone), and the poor, shockingly thin young Gray whale who eventually stranded in Bremerton on July 27. Read about the necropsy at [www.cascadiaresearch.org](http://www.cascadiaresearch.org).

The VHP anticipates more calls regarding seal pups this month, as pupping season is upon us. Take care not to disturb the little cuties as they wait ashore for their moms to return.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and contiguous Central Puget

Sound waters, initiated more than 30 years ago by researcher Mark Sears. Call the VHP about seal pups as well as dead, injured, or sick marine mammals on Island beaches. Check for updates at [www.Vashonorcas.org](http://www.Vashonorcas.org) and send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

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## Brazilian Carnival sambas in to Ober Park

By Janice Randall



music video, Born at the Right Time.

Rio De Janeiro native Claudia Castello grew up listening to samba. She moved to Los Angeles six years ago. An accomplished samba dancer as well as filmmaker, she is currently completing her Master's degree from USC in film production. In addition to private and corporate weekly gigs in and around the greater Los Angeles area (including the Hollywood Bowl) Castello has performed in Las Vegas, San Francisco and Palm Springs. She considers herself a passista, the dancer who inspires the drummers.

"I love what I do; it keeps me healthy," she says. "I look forward to bringing part of Brazilian Carnival to Vashon Island." She will collaborate with Mendonça.

Seattle-based since 1994, Eduardo Mendonça, guitarist/vocalist and founder of music and dance ensemble, Show Brazil, will share the Ober Park stage with his musical guests (guitar, bass, vocals and percussion) and Los Angeles-based Copacabana Samba Show founder/member/dancer-extraordinaire Claudia Castello, Thursday, Aug 11, 7 to 9 pm. The free, all ages concert is cosponsored by Vashon Park District and Vashon Allied Arts.

Known for his dazzling smile and his innovative treatments for traditional Brazilian music, Mendonça will perform both traditional and contemporary Brazilian tunes. Born in Salvador, Bahia, Brazil, he is a renowned recording artist, vocalist, composer, percussionist, guitarist and musical arranger.

Mendonça was named Outstanding Brazilian Male singer based in the U.S., in 2007. His many performances include those for Brazilian President João Baptista Figueiredo and Pope John Paul II. He also played for former South Africa President Nelson Mandela. In 1991, Mendonça was featured in Paul Simon's documentary



## Blue Heron Gallery shows copper, acrylic and photography

By Janice Randall

A trio of talented artists will exhibit their work during August at Blue Heron Gallery; Abstract expressionist painter Kathy Kimball, stone and copper sculpture by Islander Lea Gerrard and impressionistic photography by Donald Simpson. The Gallery opening, 6-9 p.m., Friday, Aug 5, will include complimentary hors d'oeuvres and live music by Cinq a` Sept; Jack Barbash, piano and Steve Meyer, bass.

Focusing on life's emotion and human renewal, Kimball started her art career with children's illustrations before into abstract acrylic painting. Using vibrant color and geometric shapes over gold gesso base, Kimball's multi media approach includes bits of painted canvas or cheesecloth. A hospital nurse for many years, Kimball says of her approach to art, "I need to learn what the rules are so I can break them. Art is a commitment to myself. It's something I have to do."

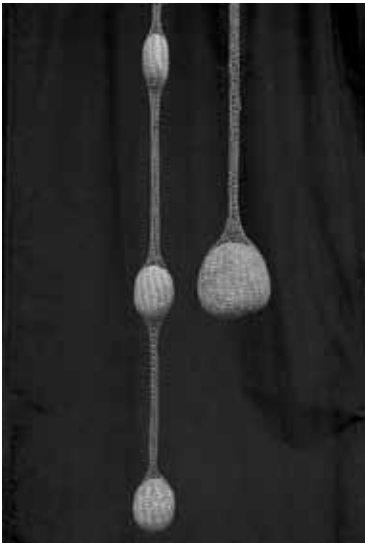
Leah Gerrard, moved to Vashon with her husband three years ago. She has always worked with metal, from jewelry to large architectural pieces. Part time Seattle chef and committed volunteer for Vashon Wilderness Program, Gerrard spends her spare time creating woven copper wire pieces with stones. Inspired by works of Japanese American sculptor Ruth Asawa, Gerrard's hanging sculptures may be bracketed to the wall, ceiling or free-standing. She says, "Similar to knitting, I do it with my hands. Sometimes the rocks suggest the shape. This is still a new medium for me; I'm exploring the potential." She will show all new work in this show.

Originally from Scotland and a retired Presbyterian minister, photographer Donald Simpson lived in

Australia, Chicago, Wyoming, Montana and Philadelphia, before finding his way to Bellingham. Using a Canon 5D and inspired by 'anything that lightens or surprises the eye,' Simpson will show what he calls photographic collages on archival paper taken from high summer harvest in the Palouse. He blends images with textures such as fabric, metal or stone to provide a painterly look.



*Country Road,*  
*photography by Donald Simpson*



*Untitled, copper and stones*  
*by Leah Gerrard*



# Road to Resilience

Continued from Page 1

productive capacity of the workforce, ... only paid work is 'real' work. We must draw a new map that includes what ... has [been] dubbed the Core Economy, which encompasses family, neighborhood and community."

• "In the market economy, specialization (or division of labor) reinforced by self-interest is the dominant principle. In the core economy, specialization is replaced by a combination of "do it yourself" that builds self-esteem and a voluntary interdependence that replaces the involuntary dependence that comes with industrial and market specialization. The relevant unit for attaining self-sufficiency is not the atomized individual. It is the family, the neighborhood, the village. Interdependence is a quintessential element of self-sufficiency. There is task differentiation, but nothing approaching what the market does. Specialists are a last resort."

• "Economists preoccupied only with the state of the market economy ... are neglecting the state of the operating system—family, neighborhood, and community. That means that the policies they recommend fail to examine the implications of whether that operating system is reliably performing basic functions such as transmitting values, rearing children, providing support,

maintaining safety, generating consensus, preserving memories, sharing limited resources, building trust." In other words, if we are not building community, the chances of success for the market economy are slim.

Another huge part of the non-monetary economy, or, perhaps, I should say the context in which our puny economies exist, is nature. By this I mean the services that nature provides to us for free, such as clean air, clean water, heat, light, growing media (soil and water), the ability to act (bodies), recycling, and resources of all kinds. In an act of intellectual fancy, someone has put a dollar figure on the more tangible of these services: 22 trillion dollars/year globally. I know we all get a little light headed when we start dealing in trillions, but suffice it to say that it is way more than we can possibly afford. So tell me again why it is we want to control nature and subject it to market forces?

To my mind, our real problem is not the size of the national debt. It is that we have lost our way. We have championed individualism and personal wealth over community interdependence, equality, and general welfare. We have lost sight of the abundance, which has been freely given to us, and the appropriate frame of gratitude and respect with which we should relate at all times to our natural world, and to each other. Until we learn

to share not only our wealth, but also our hopes and dreams, we will never engage the will to solve our problems.

The "We All Belong" people have the right idea; I recommend attending their movies at Ober Park: Aug 13, 2:30-4:30, Deep Down, a movie about mountain top removal and the effect on communities, and Aug 14, 3:30-5:30, The Calling, a movie about 4 youths thinking about joining the clergy asks the question, "How can we best serve society?" Discussion after both. Potluck after the Sunday movie.

Comments to  
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## Lopy Laffs

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

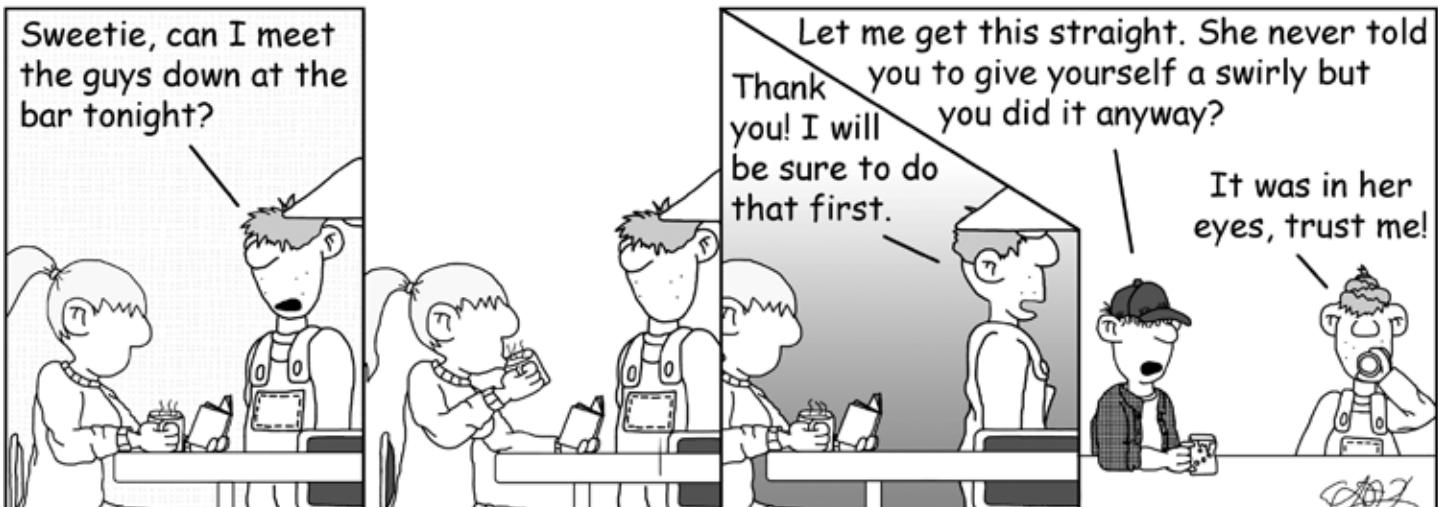
A man went to apply for a job. After filling out all of his applications, he waited anxiously for the outcome. The employer read all his applications and said, "We have an opening for people like you." "Oh, great," he said. "What is it?" "It's called the door!"

I got a job at a zoo feeding giraffes but I was fired because I wasn't up to it.

I'm hoping God grades on the curve.

### Moose Lake

By Steve Krueger



Panel 1: Sweetie, can I meet the guys down at the bar tonight?  
Panel 2: Thank you! I will be sure to do that first.  
Panel 3: Let me get this straight. She never told you to give yourself a swirly but you did it anyway?  
Panel 4: It was in her eyes, trust me!

© Copyright 2009 Steve Krueger

IT SAYS HERE THAT IN COMMEMORATION OF AN ISLAND ENGINEERING FIRM WRITING THE GLOBAL TECHNICAL SPECIFICATIONS FOR YURTS, THE ORGANIZATION, Y.O.W. (YURT OWNERS OF THE WORLD), WILL HOLD THEIR ANNUAL CONVENTION ON-ISLAND!

MOTHER GORP, A PROUD YURT DWELLER IS TO BE THE KEYNOTE SPEAKER...

... THE TITLE OF HER TALK IS, "YURTS AND OTHER UPSCALE ISLAND LIVING!"



Panel 1: V.I.P.S.  
Panel 2: (Reading newspaper)  
Panel 3: (Reading newspaper)

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### LOGJAM



Panel 1: HELLO, FOLKS - I'M LOGJAM! WELCOME TO MY COMIC STRIP!  
Panel 2: YOU'LL FIND THE JOKES HERE ARE A BIT OUT OF THE ORDINARY --  
Panel 3: FOR INSTANCE -- IT'S IMPOSSIBLE FOR ME TO SLIP ON A BANANA PEEL!

BY Jeff Hawley

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logjamcomic.blogspot.com



## Weekend Entertainment August 5-7 The Winterlings

Wolff Bowden grew up in a house on concrete stilts, fifteen feet above a Florida swamp. Summer nights brought symphonies of alligators, owls and frogs. But in Wolff’s recurring dream, it was always winter, and he walked out among the cypresses to sit by a blazing fire where he would sing to a strange collection of forest beings he called The Winterlings.

Opening for The Winterlings is Caitlin Cannon and The Artillery.

Caitlin Cannon and the Artillery, a Brooklyn based Alt-Country dream-pop project, delivering touching originals and more. This summer, founder and songwriter Caitlin Cannon created the “Broken Elbow Show” after, well, breaking hers! The duo of Caitlin Cannon (Vocals, glockenspiel) and the Artillery (Vashon’s Pieter Van Winkle- guitar, backing vox) are touring the West Coast with a heart-warming set of original

Friday, August 5, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



tunes embellished with appalachian traditionals and western swing. Follow them online at brokenelbowshow.tumblr.com

This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

## Spotlights at Sporty’s



Join The Spotlights Danny Cadman, Lauren Sinner, Scotty Johnson with Steve Amsden and Troy Kindred for a great night of classic rock & roll songs.

At the Sporty’s,  
17611 Vashon Hwy SW  
Friday August 5.  
Starts at 8pm

## Damon Buxton Fingerstyle Solo Guitar



Damon is a fingerstyle solo guitarist and composer working in the tradition of the Windham Hill artists. His 2007 recording “Forgiving Dreams” was produced by Will Ackerman, the Grammy-award-winning founder of

Windham Hill Records. His newest release is this year’s “Rotation Of Earth,” now available at DamonBuxton.com, iTunes, Amadeo Music and Amazon.com. Featuring resonant, heartfelt explorations of open tunings, the fourteen songs of “Rotation” build on the “Dreams” disc. Applying what he learned from Ackerman, Buxton said, “Will taught me to pay attention to the emotion in my music, to feel it, and make it present in the performance.” Composed in the early hours throughout the four seasons of 2009, the pieces on “Rotation” are recorded intimately to make the listener feel as though they’re sitting is in the room with the guitar. RJ Lannan in New Age Reporter said of Buxton’s work, “Like a writer who speaks volumes in few words, Buxton’s sparse style shouts to the rooftops that the musical voice you hear is one to be reckoned with.”

Saturday, August 6, 7pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

## The Sour Mash Hug Band

The Sour Mash Hug Band is an eclectic, acoustic dance band that plays everything from Romanian couple dances to Appalachian Hymns to Klezmer to Harlem swing, They are especially known for their original tunes reminiscent of Kurt Weill and Danny Elfman.The band is led by Fiddlin’ Mickey Lee, grandson of a Hungarian violinist, and brought up in the old-time Ozark tradition he started fiddling at a very tender age. He has fiddled his way all around the country with many different bands. He also plays piano, accordion, and guitar, and spends his spare time studying Baroque music and building puppets.

Other members of the band are Shiri

Saturday, August 6, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



Goldsmith a multi-instrumentalist on Accordion, Trombone, and Banjo-lele. Blu Beverage on 6-String Banjo, and Tuba, and Aaron Goldsmith on Upright Bass, Gitaron, and Ukelele.

This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

## Mark Dufresne brings the Blues to Vashon!



*“Mark Dufresne is as distinctive as a vocalist as he is a fiery player; rather than recycling old riffs, his original compositions are tuneful, melodic and grooveworthy.”*

- Blues Review Magazine

Get ready for the hottest blues happening in the Northwest today. On August 20th, blues legend Mark DuFresne and his band are on Vashon for the first time playing a show to benefit Vashon Community Care. Without doubt, it’s going to be an incredible, tear the house down, kickin’ blues show you’ll be talking about for a long, long time.

Mark is one of the most sought after harmonica and vocalists in the Northwest. In 2002 he was lead vocalist with “Roomful of Blues” which won a Grammy nomination for “That’s Right”. They won the W.C. Handy award for Best Band in 2004. The New England Blues monthly awarded Mark Best Blues Vocalist, and The

Washington Blues Society chose him as best vocalist, songwriter and harmonica more times than any other artist...ever. Mark’s mastery of the chromatic harmonica is considered some of the most innovative in blues music. His ability to circular breath has left audiences amazed.

Thank you to the following sponsors who have covered the costs to bring Mark Dufresne to Vashon. All of the proceeds from ticket sales and donations at the show will benefit the residents and programs of Vashon Community Care. Sponsors include: MasiDesign inc; Bangasser & Associates; Maestro Conductive Heating Products, Truman and Mary O’Brien; The Red Bicycle; Vicki and Ted Clabaugh; Jan Kittleson; Charlotte Tiencken and Bill West.

Do not miss this show...The Mark DuFresne Band on Saturday, August 20 at 8 pm at The Red Bike. Tickets \$10 at Books by the Way, Vashon Book Shop, Vashon Community Care and at the door.

## Soul Kata

Soul Kata is a powerhouse soul / pop band that delivers their original music in the spirit of Stevie Wonder, James Brown and Alicia Keys. Stemming from Mo-Town and bridging from the Stax era, Soul Kata blends their catchy and feel-good music with a nice dose of humor and a light-hearted look at relationships and life.

For the past six years the members of Soul Kata have been playing the Northwest’s top venues and festivals from Bite of Seattle to Triple Door. Each player has their own successful career but when the powerful band meets Katrina Kope’s soulful voice the result is irresistible!

Soul Kata plays as a quartet but recently has added more punch by establishing a serious horn section for a number of their new and classic songs. The addition of the horns has been well received and often results in entire audiences having to get up and dance. Soul Kata is promoting their 2nd full length album called ‘Here I Am’. Through the years they’ve grown in new and interesting ways, but one thing



has always remained the same – they play so we may all exercise our inner spirits, hence the band name, Soul Kata.

“Katrina is one of the best and most hard working rising singers in Seattle!” ~Greta Matassa.

This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

Friday, August 12, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

## Vashon Opera - Carmen

Tickets on Sale Now

Vashon Opera Company’s production of Carmen will be performed in September. The 2 performances, given at the Vashon High School theater, will be on Friday, 9/16 at 8:00 PM and Sunday, 9/18 at 2:30 PM. Tickets are on sale now at Books by The Way and Vashon Bookshop. They can also be purchased through Vashon Opera Company’s website: vashonopera.org.

Opera aficianado Norm Hollingshead, who for 30 years has been delivering his

Opera Preview lectures in preparation for each Seattle opera, will give a preview lecture about Carmen on Sunday, August 28th. The lecture is scheduled for 1:45 - 4:15 in Vashon Library’s meeting room.

Carmen, set in Seville, Spain around 1820, is Georges Bizet’s opera commique, first performed in Paris in 1875. Since the 1880’s Carmen has been one of the world’s most performed operas.



# Americana Music Festival on the Sound

By Janice Randall

Stomp your feet and sing along when Vashon Allied Arts’ summer festival brings it home this weekend with Americana music at Camp Burton’s rustic outdoor amphitheater 5 to 8 p.m., Saturday, August 6. Stacey Earle and Mark Stuart, all the way from Tennessee, Seattle-based Rachel Harrington and the Do Right Boys and Vashon’s own Magpies will fill a summer evening with heartfelt tunes and lyrical magic.

With personality and talent to spare, Stacey Earle (Grammy winner Steve Earle’s little sister) and Mark Stuart play more than 150 concerts per year in theaters, coffeehouses, festivals and clubs across the country. This married guitar duo dishes up lively acoustic music, tasty lyrics and picture-perfect harmonies. They have recorded 9 CD’s on their own Gearle Records label. Their most recent, Stacey Earle and Mark Stuart Town Square, celebrates 17 years of beautiful music and life together on the road.

Rachel Harrington, penned an “ancient-sounding country noir” by one critic, serves up a compelling combination of twang and swing. She recently opened a show at Ballard’s Tractor Tavern to promote her latest CD, Celilo Falls. The album is well within the Top-40 on the Americana chart and held the spot as 5th most-played album on alt-country/folk radio in the US. She and the ‘Boys’ recently returned from a wildly successful European tour. She says, “The goal of my music is to play music that reminds us of who we are and of where we come from.”

The Magpies, a core trio comprised of Island luminaries will pick up the pace and get feet moving. Guitarist



Steve Amsden, bassist Dan Brown and fiddler Jean Richstad will be joined by musical guests mandolin marvel Paul Colwell, banjo queen Rochelle Munger and Cliff Simpson, guitar, mandolin and fiddle. All about down-home fun, this group sports an endless repertoire of songs, both traditional and original in musical styles that range from bluegrass and country to Celtic and American folk. “We have some surprised in store,” says Amsden.

Delicious treats from yummy salads to substantial sandwiches along with homemade cookies will be available, catered by our friends at Three Olive. All ages are encouraged to bring a few beach chairs and blankets for an evening of Americana Music on the Sound! No alcohol please.

Tickets are \$10 (21 and under), \$13 VAA members, seniors, \$16 general and are available now at Blue Heron, Heron’s Nest, Books by the Way and brownpapertickets.com. Call 463.4131 to reserve by phone.

## Poultry in Motion



Poultry in motion was formed a few years ago and hangs out at the Coop (The Society for Miscreant Musicians Music Hall on the North End of the Island) every Tuesday for rehearsal. The music swings around all kinds of styles from country through Cajun to rock.

Singer and multi-instrumentalist Steve Amsden (known as number one) brings his colossal knowledge of music to the group in many forms. Randy Bruce, local choral maestro, plays both piano and fiddle. Gib Dammonn, from the East Coast, is the drummer who has played with a number of unknown musicians from Virginia to Seattle. On bass, they have Doug ‘rock star’ Ringer, well-known bass player on the island.

Saturday, August 13, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

## Free Harp Concert

Vashon Park District will host a free noon hour harp concert presented by the Vashon Island Harp Camp student ensemble on Wednesday, August 10. Families and music lovers are encouraged to bring a picnic lunch to Ober Park for the spectacular ten-harp performance. The group of 12-15 year old harp players is directed by island harp teacher Leslie McMichael and will showcase music from folk to classical to a medley of movie theme songs.

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Love the Night Life, You Sexy Thing, Get Down Tonight, Do You Think I’m Sexy, and Nights On Broadway and turn

Friday, August 19, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

them into songs that make you want to put on your cowboy boots and do the doe-cee-doe. The Disco Cowboys are a high-energy band that is perfect for all-ages and a

guaranteed night of dancing and fun!

The Disco Cowboys formed in the Fall of 2009 in West Seattle and consisting of current and/or former members of Hartwood, Turd Helmet, Men From Mars, Roller and others.

This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

## Watercolor Show “Branches”

Chris Calori, a California native, began painting as the age of seventeen. Six years ago, he moved to Vashon Island. Chris is well know for creating delicious baked goods and savory meals in many of the island restaurants. He purchased his first watercolor set in Europe, which he describes as “small but gracious.”

His first watercolor painting were done on postcards to send to his friends. Observing the island’s monthly art shows, Chris was motivated to debut his own collection of paintings. During the month of August he will unveil intriguing watercolor pieces in his first show, BRANCHES. Chris’ artistic expression was influenced by drawing trees. “After some time I discovered I enjoyed



drawing trees. I loved capturing the way they grew. The way one branch grew out of another. It was peaceful. Then one day I came to the realization that all I liked was the branches. I stopped drawing the whole tree and....branched out.”

Friday, August 5, 6pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com





### Island Birding Guide

**Tours to the best Vashon and Puget Sound bird spots**  
**Species Identification**

**How to Attract Birds To Your Yard**

**Ed Swan**



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

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

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

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

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

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## The Loop has a New Website

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