



VASHON

# THE LOOP

Vol. 8, #4

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

February 17, 2011

## MRA Clock Running Out

By Steve Amos

For the roughly 210 Vashon Island properties directly affected by the Vashon-Maury Island Marine Recovery Area (MRA) the July 1, 2012 deadline for inspection, assessment and performance of any needed corrections to septic systems is looming ever nearer. 17 1/2 months may seem like a long time, but many of the affected properties may require complex and novel septic solutions, so every minute of that time could be necessary to a property in jeopardy.

Vashon Island is only one of several locales which have designated MRAs, an implementation outgrowth of RCW 70.118A, which provides for the identification, assessment and required correction to septic systems in areas where private residences have on-site sewage disposal systems which are negatively impacting their local Puget Sound water quality. For Vashon Island, these areas include Dolphin Point, Glenn Acres, Hawthorne, Klahanie, Shawnee-Magnolia Beach, Governor's Lane, Harbor Heights, Summerhurst, Tahlequah-125th Pl. SW.

In short, a sufficient number of properties in these areas have septic systems which have "failed" (meaning that sewage is either in evidence above ground or in the water) resulting in polluted local waters. As part of the program to correct the situation, each property owner must (quoting directly from the recitals of a Vashon Maury Island Community Council Septic Solutions Committee motion):

"Property owners within the MRA are being asked to have their On-Site Sewage System (OSS) inspected by a Licensed

Maintainer to determine if the system is functioning properly (not in "failure") and prepare a record drawing of the OSS if same is not already on file with Public Health-Seattle & King County (PH-SKC), Board of Health; and The MRA requires that when an inspection by a Licensed Maintainer finds that an OSS is failing, the property owner is required to repair or replace the OSS system, or implement another approved method of wastewater treatment for the property by July 1, 2012; and all property owners with an OSS in the MRA are required to annually inspect OSS function after July 1, 2012."

Where did all this come from, why is it happening now, and why would the Vashon Maury Island Community Council somehow be involved with it? Therein lies an epic tale...

It all began circa 1855 when territorial treaties were signed with tribes local to certain territories. From a tribal perspective, a major point within these treaties revolved around preserving their rights to fish and otherwise harvest local natural resources not only on their reservations but in "usual and accustomed places". This sort of language was relatively common to many of the treaties, the Yakima Treaty, the Hell Gate Treaty, and the Point No Point Treaty being good exemplars.

Fast forward to 1970. Washington tribes were finding that their treaty-granted fishing and hunting rights and privileges were being encroached upon by logging, development and other activities inherent to a swelling population in a growing state. By this time, governmental relationships between the

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## New Credit Union Announces Opening



Shannon Ellis-Brock, VP - Marketing & Business Development for Puget Sound Cooperative Credit Union stands next to the newly installed cash machine. The New branch opens March 1st.

As the countdown to the grand opening of the new Puget Sound Cooperative Credit Union Vashon branch approaches, the Island seems abuzz with excitement, as well as with many questions. What will the credit union offer? What are its days and hours of operation? How is it different from the three banks already on the Island?

Products and services PSCCU currently offers and will be offering when the Vashon branch opens:

- Savings, Dividend-Earning Checking with VISA Debit Card, Share Certificates and IRA's
- Loans to individuals including Auto, Boat & Recreational Vehicle, Mortgages, Home Equity, Personal, Energy Efficiency & Weatherization loans
- Business Savings and Checking accounts (low volume)
- VISA credit cards
- ATM - withdrawal only (already operational)
- Night Drop (will be before or shortly after the branch opens)
- Online and electronic services such as online banking, online bill pay, mobile banking, eStatements, and online member and loan online applications
- Other PSCCU branch locations in Bellevue, Tacoma and Renton, as well as thousands of surcharge-free ATM and branch locations nationwide through CU Service Centers (shared branching) and CO-OP ATM Network

PSCCU is currently looking into the viability of many different products and services to meet the needs of the community and will be seeking input from Islanders. For now, PSCCU does not offer the following services nor will they be available when the branch opens:

- High Volume Business Accounts
- Merchant Services

- Cash Services
- Business loans (however, shared secured loans can be made to businesses)

- Business VISA credit cards
- Deposit-Taking ATM

### Days and hours of operation:

- The branch will open March 1st with the "grand opening" event on Friday March 4th - to coincide with 1st Friday

- The initial hours of operation for the branch will be Tuesday - Friday, 9:00 am - 6:00 pm and Saturdays 10:00 am - 2:00 pm.

- Online banking, online bill payment and phone banking is available 24/7/365 at [www.pscu.org](http://www.pscu.org) and 800-407-3800.

- PSCCU's main office is open Monday - Friday, 7:30 am - 4:00 pm by calling 425-462-3811 or toll free at 800-273-1550 or send an email to [askus@pscuccu.org](mailto:askus@pscuccu.org).

How PSCCU is different from banks:

- PSCCU is a local, not-for-profit, member-owned financial cooperative.
- PSCCU is led by a group of volunteer Board Members that are voted-in by the PSCCU membership (Vashon-Maury Island residents John Staczek, Bill Moyer and Ken Atkinson are currently serving on the PSCCU Board).

- At PSCCU the money deposited into the credit union circulates throughout the credit union and membership for such things as loans. There are no stockholders or investors in a credit union

- PSCCU has the flexibility and willingness to work in cooperation with community organizations to create creative financial solutions to community needs. Low interest revolving loan funds, a.k.a. Savings Secured or Share Secured Loans are an example of local authority and community responsiveness not available through commercial banks.

*Continued on Page 9*

## Road to Resilience

By Terry Sullivan

### Engaging our future

In last week's column, I discussed the need to rein in our use of finite resources in light of their impending depletion, especially the use of petroleum as we approach global peak oil production. This week, Islander Scott Durkee discusses the impact this will have on our consumer economy.

"In these past weeks and months there has been so much news about our nation's economy. The news has been about unemployment, about jobs moving overseas, about urban centers turning to ghost towns as businesses move out to the malls. And even about the big box stores in the malls closing down in record numbers.

"In the weeks after 9/11, president Bush encouraged us to shop ourselves out of the tragedy and of the subsequent recession. That was a decade ago.

"Twenty years before that, M. King Hubbert, a geophysicist, put forth the idea that, since the amount of oil on Earth is finite, and since we are extracting it, then at some point on a timeline, we will begin to extract less and less rather than more and more. He called his theory "peak oil."

"Hubbert was ridiculed. His theory was dismissed. We continued to explore for and extract oil as though it was in

fact unlimited. And now we are quickly approaching the point on that timeline where that "peak" is actually going to happen. Peak oil may have some grave consequences on our already sliding economy.

"Can we shop our way out of this recession? Will increasing our consumption help us to revive our economy and create jobs? Unlike any other time in human history, the 21st century challenges us with a new dilemma: we need to consume to create and maintain jobs—even if we're buying goods that were made overseas—but everything we buy is created and transported using oil. And as oil becomes more expensive, we will be spending a larger portion of our incomes on driving our cars and heating our homes—and buying all of those consumer goods.

"Which will you sacrifice first?

"So at this time in history, though we may want to, we will not be able to shop our way into economic vitality. In fact, our ability to buy anything at all will be sorely stretched. Since everything in our world, food, building supplies, clothing, car parts and anything made of plastic, is absolutely tied to oil, everything in our world will begin to become very expensive very quickly.

"But we can begin to adjust to our future now. And though it will most certainly cost some jobs, we can begin

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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.

## Break Time, Vashon Community Care Center

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

This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 567-6142.”

**PLEASE COME TO A TOWNHALL-STYLE EXPLORATORY MEETING ABOUT REDESIGNING GOVERNANCE FOR OUR COMMUNITY SUNDAY, FEB. 20, 2011 1 PM TO 3 PM LAND TRUST BUILDING**  
**Questions?**  
**Norine Grace**  
**206-390-5846**  
**email**  
**[norinebernie715@gmail.com](mailto:norinebernie715@gmail.com)**

## Water District 19 Meeting Change

At our last regular board meeting it was announced that two of our Commissioners were not going to be available for our March 8th, 2011 regular board meeting. As this will cause a quorum, the Board of Commissioners have called for a regular meeting on February 24, 2011 in place of our March 8th, 2011 meeting. The meeting will take place at the district office board room at 4:30 PM.

**Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com).**

**The Vashon Loop**  
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## Moving & Sitting in awareness with Goerge Draffan

A workshop from 10:30am to 3:30pm, Saturday, February 26th at Hanna Barn Studio, 7712 Point Robinson Road, Maury Island. Instruction and practice in moving and sitting meditation, including SHIBASHI/QIGONG and SHAMATHA/VIPASHYANA. Suitable for beginner or experienced practitioners of any tradition. Suggested donation \$35. Gluten free/vegan soup provided for lunch. Bring bread/salad to share. For more info phone 206-659-1954, e-mail<[george@naturalawareness.net](mailto:george@naturalawareness.net)>, or web [www.NaturalAwareness.net](http://www.NaturalAwareness.net)

## Take Time to Read Book Cover Walking Tour begins March 1

Book cover posters began appearing on Vashon, turning buildings into outdoor art galleries with a twist. Each poster is accompanied by an audio tour guide available by cell phone or MP3 download.

Placed by the King County Library System (KCLS) in collaboration with community organizations and local businesses, the literary artworks will mark the first-ever book cover walking tour.

The Take Time to Read program is sponsored by the King County Library System Foundation. Details and an interactive map of book cover locations and audio access codes will be available at [www.kcls.org/taketimetoread](http://www.kcls.org/taketimetoread).

**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)**

## AmeriCorps NCCC Team Joins Camp Sealth

Eleven members from AmeriCorps National Civilian Community Corps (NCCC) are working with Camp Sealth through February 25.

The NCCC team is currently serving with Camp Sealth staff to remove floating docks and also to clean and treat trails around the camp. The members are also going to remove downed branches from recent storms.

The team is very excited for the opportunity to work with Camp Sealth, carrying out the mission of building caring, confident youth and future leaders. Camp Sealth is a camp, retreat facility and environmental learning center. It is owned and operated by Camp Fire USA Central Puget Sound Council. Camp Sealth serves both boys and girls who are entering grades 1 through 12.

Kristen Taylor, a NCCC Member, says “I am excited about working at Camp Sealth. The team can use past experiences to help improve the facilities. We are looking forward to making improvements to the camp so that future campers can have a memorable

## The Rocky Horror Show Auditions!

For those who were unable to make the first audition date :) Drama Dock is excited to announce upcoming auditions on Saturday, February 19th at 6 pm, at the Ober Park Performance Space. This is your chance to come audition to be in The Rocky Horror Show!

Please be prepared to sing a song – or part of a song from Rocky Horror!

And there will be a Dance Audition this time – dress accordingly :)

Perusal script available at the library. Questions? Can’t make this date either!?

Contact Elizabeth Ripley: [eripley13000@hotmail.com](mailto:eripley13000@hotmail.com) or 463-6388

Performances for Rocky Horror will take place between July 7th & 17th in 2011.

Please note: I will not be auditioning anyone under the age of 18 years – bring I.D.

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



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## Help Wanted

**Wolftown! needs an able bodied person for part time help doing basic chores. Must be able to pass a background check. Priority will be given to individuals willing to donate their labor to a community based 501c3 non-profit organization. Call 206-930-3761 and ask for Pete.**

**Wolftown!**  
**[www.wolftown.org](http://www.wolftown.org)**

## Retreat for Cargivers

If you are a professional caregiver or a family member caring for a loved one, consider taking a few hours for your own self-care. The second of four retreats will be offered on Thursday, March 3, 2011 from 9:00 a.m. to 1:00 p.m. at the Burton Retreat Center. Jeri Jo Carstairs, Island Therapist and Carol Spangler, Retreat Facilitator will offer simple rituals for healing and daily renewal.

A wholesome lunch and snacks will be provided. Attend a single session for \$30; register for two or more sessions for \$25/session. For information or to register, contact Carol Spangler at 206.567-5302.

## Fruit Club Winter Pruning Workshop

On Saturday February 19th, Vashon Island Fruit Club will have their second workshop on winter pruning. At the first location will be the pruning of young fruit trees and berries. The workshop will begin at 1:00 in the orchard of Susan Hautula, at 10724 SW Sylvan Beach Road (far north end). Fruit Club members helped plant this high-density orchard of various fruit trees and berries several years ago when the property belonged to Carol Eggen. Our annual return to the site has provided a special educational opportunity as the plantings continue to mature. Park on Sylvan Beach Road and walk up the driveway.

Our second location will be at the home of new members Stephanie and Jennifer Gogarten, at 10920 Palisades Ave SW. They have an older orchard in need of repair.

Bring your clean, sharp pruning tools, if you have them. In order to avoid spreading disease from orchard to orchard, it is recommended that you wipe your blade surfaces with a 3% hydrogen peroxide or 10% bleach solution, or with isopropyl alcohol.

**Next Edition of The Loop Comes out Thursday, March 3**

Deadline for the next edition of *The Loop* is **Friday, February 25**





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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.

**Advertise in the Loop!**  
Winter is a great time to get back in the Loop.  
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Next Loop comes out March 3

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5x5	\$150.00	\$135.00	\$120.00	\$105.00
5x6	\$180.00	\$162.00	\$144.00	\$126.00
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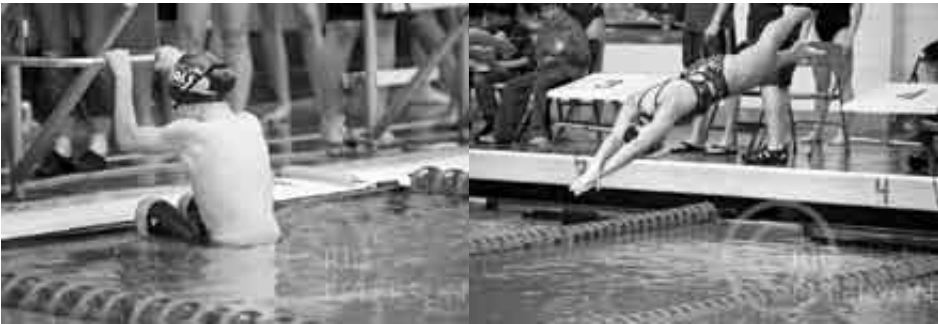
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# Vashon Seals Win January Swim Meet

By Karen Hedlund and Ted Nelson



Photos by Ric Peterson

Vashon Seals Swim Team wins the January Challenge at Mt. Tahoma High School, beating seven other Western Washington swim clubs with 2614 points. The closest challenger was Tigersharks Swimming of Mukilteo with 2465 points!

It truly was a great meet. Incredible organization of athletes, volunteers and officials! Engaged young athletes smiling, reflecting, encouraging teammates and giving each event entered their all. Coaches focused on coaching. Family members volunteering and supporting with smiles, hugs and words of praise and encouragement.. These were sights from the January Challenge swim meet held over the weekend of January 16,17. This was the second January Challenge swim meet hosted jointly by the Vashon Seals Swim Team and Tacoma’s Metro Ducks.

Thirty-one Vashon Seals participated in the event over the weekend. The age groups 10&Under through 15&Over were represented. Twenty-nine swimmers posted new best times in one or more events. The team had some incredible performances from each age group.

Sue Bell (age 9) dropped slightly over 8 seconds on her 50yd breast. Jeremiah Bogaard (age 9) reduced his 100yd breast by 8.26 seconds. His sister, Liesl, swam hard to reduce her 500yd free by over 63 seconds and reduced her times in her other events by over 15 seconds.

Taylor Brooks took nearly 7 seconds off his 100yd breast. Teammate Maia Cunningham swam to a gold time standard of 42.02 seconds, a reduction of 3.03 seconds. Ethan Davis was another swimmer that took significant amount of time off several of his events. The greatest reduction being 6.28 seconds from his 100yd free.

Hannah Cunningham (age 13) took a big chunk, nearly 21 seconds, off her 400yd IM, one of the toughest events in swimming, earning a gold time and a new team record that has stood for more

than two years. Hannah also earned a new team record for the 50yd backstroke which has also stood for two years.

Tazi Flory (age 16), our team captain, earned three new personal best gold times in the 100yd fly, 500yd free, and 200yd fly. Tazi placed first in these events. Her time in the 200yd fly also earned her a new team record that was set back in 2007.

Sage Everett continued to improve his 50yd free time, earning a first place and a gold time of 24.68 seconds. He also placed first in 200IM, 100yd fly and 50yd back.

Kyra MacLeod (age 11) dropped her 200yd IM by 22.35 seconds and gave her a silver time.

Diego Gray-Wishick had a meet to remember. He posted six new best times to silver time standards and dropped over 36 seconds on his 500yd free for a time of 7:30.14.

Kasey Kirschling (age 9) earned a gold time on his first time out in the 50yd breast.

This being Landon Summer’s (age 16) very first swim meet he broke the 50yd fly team record by more than a second with a time of 32.51 seconds. Not many swimmers can make that claim! In a later heat Sage Everett improved his time by more than 6.5 seconds to maintain his status as the team record holder with a time of 28.03 seconds.

All swimmers participating deserve a round of applause for their hard work and dedication to improvement of their strokes and supporting their team members through thick and thin.

Refer to the Seal’s website at [www.swimvashon.org](http://www.swimvashon.org) for all the swimmer’s times for every event swam at the January Challenge and check out the new Seals’ swim record times. Follow the swim team results of the travel meet to Port Angeles on the team’s website. The Vashon Seals Swim organization is a 501C non-profit organization sanctioned under USA Swimming.

# THE DORSAL SPIN: Unprecedented

By Orca Annie Stateler, VHP Coordinator



Vessel impacts: Polaris (J28) and family crowded inshore at Pt. Robinson. Jeff Webb photo, 2/3/11.

Until the mid-1990’s, Mark Sears routinely saw Southern Residents in Puget Sound in February and March. In the last decade, late winter encounters with Residents in Vashon-Maury waters were infrequent. L Pod was in Colvos Pass on February 20, 2009; 40-plus K and L Pod orcas traveled north through Colvos on March 4, 2006; and Mark Sears encountered J Pod off northeast Vashon on March 8, 2005. Prior to that, the VHP has one documented sighting of J Pod in Colvos on February 19, 2002 (avoiding Keetla/Springer when she was here), and no recent record of K Pod at Vashon in February. Since the winter of 2000, members of K and L Pods have made regular trips to the central California coast for Chinook salmon. Indeed, L Pod was in Monterey Bay on February 10, 2011.

This week’s photo, courtesy of Jeff Webb, is from a February 3 sequence showing vessel impacts on the orcas at Point Robinson. Polaris (J28) is the female with the nicked dorsal fin at right. The boat, still under motor, is less than 100 yards from her family, pinning them inshore -- violations of the Marine Mammal Protection Act (MMPA). The photographer described this crabbing boat as being “on top of the whales.” I sent the photos to NOAA and expressed my concern that these boaters disturbed our endangered orcas. To avoid disrupting orcas in a sensitive location such as Point Robinson, boats not engaged in research should ideally stay 400 or more yards offshore.

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 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).

The VHP is deeply grateful to everyone who called us with whale reports this month. We cannot be everywhere at once, and your calls are invaluable in helping the VHP establish a timeline for the orcas’ travels around the Island. For service above and beyond, we must acknowledge Bob and Colorado Jeff for sending video and photos.

We expect time will heal, but we could not yet bear to face Point Robinson without Stogarita, our precious VHP spokesdog and wiggly friend to orcas. She loved it there. To Colorado Jeff and others who called us from Maury Island, you were a godsend.



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# Island Life Dark Light

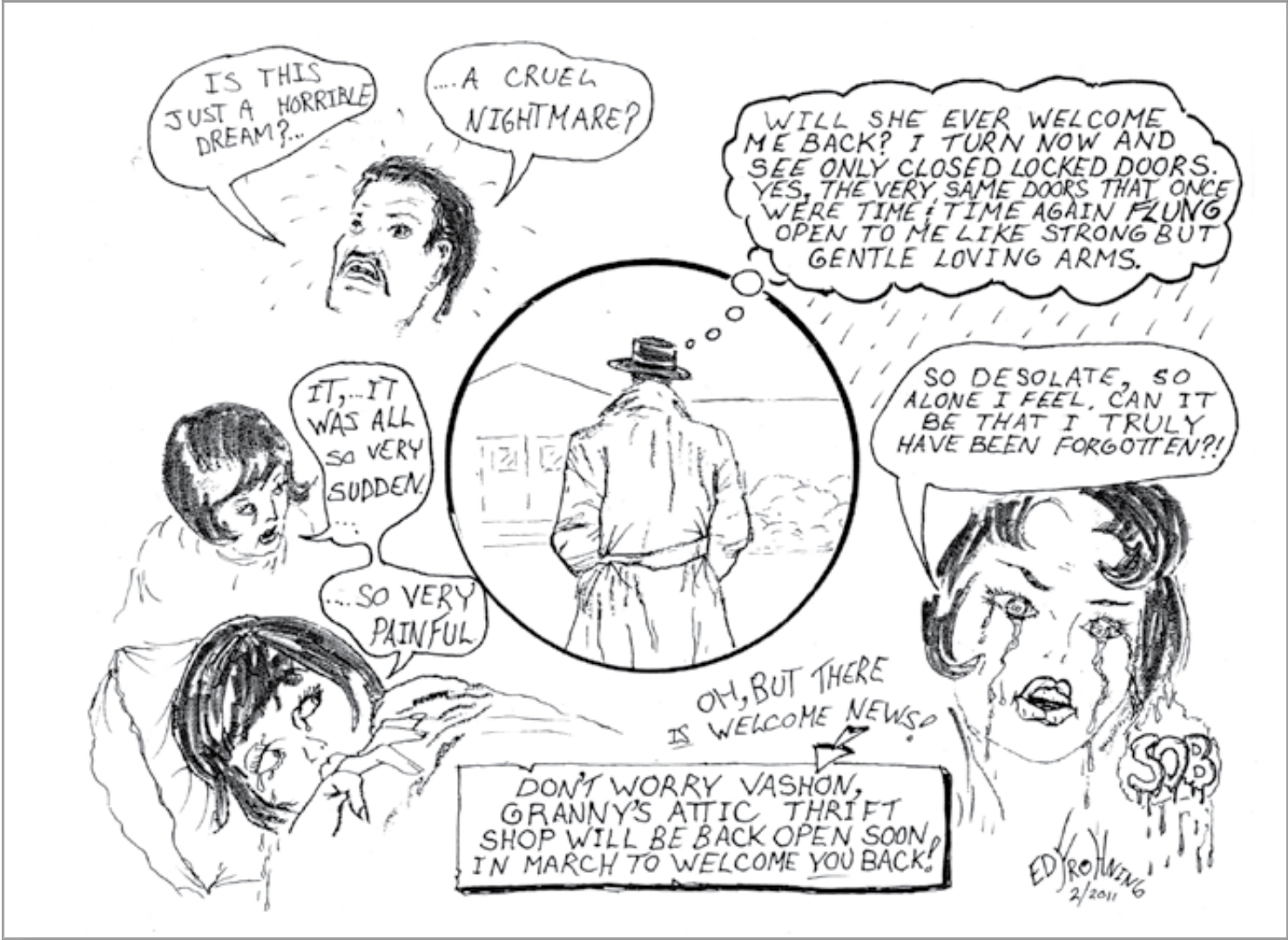
by Peter Ray

I was wandering the aisles of the daily, impromptu community forum the other day, and somewhere between the corn chips and the cheesy puffs I ran into Dave-squared. I was informed by the two of them that I had just missed out on experiencing Dave-cubed. This gave rise to my recalling a time long ago that a name convergence of semi-epic proportions occurred at a table in the dining room of a craft school I was attending. There was in attendance one of the resident glass instructors who I always had known as Richard. He was generally quiet but insightful. This came to the fore, when part way through lunch during a pause in the conversation and after his making a long, sweeping glance around the table, he let out a knowing “hmmmm”, and then noted matter-of-factly: “Five Peters and a Dick.” I never quite saw him in the same light after that. Like most things, perspective is everything.

At any rate, as Dave-squared became just plain Dave, the conversation turned to the films I have been showing at Café Luna. Dave the Solitary admitted that he wasn’t allowing himself to be a part of the brow-beaten masses in attendance because, well, “...those films are just too depressing...” In truth, I really didn’t have an argument with him there. I have long been aware that the material contained in much of what I screen tends to fall toward the heavy end of the spectrum. I have had conversations with people about the nature of too much bad news and what it might do to you. This same logic is not applied to the nightly TV “news”, where the repeat menu of tragic fires, spectacular car crashes with ensuing miles long traffic backups and daily confessionals by baffled neighbors admitting that their gun-toting person next door always seemed like “ a quiet guy who I never would have imagined could do a thing like this.” Again, we are talking perspective here.

From my view, much of what is shown on nightly news shows is not really news at all, but rather a tape loop of personal tragedies that are just that, personal. As the same story seems to repeat itself over and over each night one could start to question the precarious nature of the human condition, not to mention the apparent warped sense of human sensibilities that accepts singular human tragedy as something that aids and abets the selling of soap, so to speak, while attempting to pose as something we should all be “informed” about. In the same mental breath, one is lead to wonder why the larger problems of global significance and real consequence are seen as too depressing to deal with. Perhaps it is the fact that what the nightly news reports is other people’s problems, and that the other news, the real news, of over population, pollution, climate change and epidemic medical nightmares are all problems that more directly involve us, and by logical extension, what we plan to do about it. It is the difference between a call to feel sorry and a call to act.

It is a bit like moving to Vashon, or exurban areas of way more isolation. Once you have made that transition, all of a sudden it becomes quite clear that the idyll of the rural lifestyle is not one of easy living, but of taking more responsibility for daily living, as well as not allowing other forces to harm or destroy what attracted you to that place to begin with. A quote from Anthony Lane, writing in a recent New Yorker movie review comes to mind here. It is out of context, but it seems to fit this one. What I would hope people would see in the Lunavision films





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is that their messages are not something to be feared, avoided and depressed by, but rather as a conduit that would help to facilitate “the unlearning of old certainties in the face of the new and the strange.”

There is another quote that seems relevant here. It is from a copy of Yes! Magazine that I was gifted recently. It is from the Resilient Community column by Robert Jensen.

It goes like this: “ There’s no way to be awake to the depth of these crises without emotional reactions, no way to be aware of the pain caused by these systemic failures without some dread and distress. Those emotions come from recognizing that we humans with our big brains have disrupted the balance of the living world in disastrous ways that may be causing irreversible ecological destruction, and that drastically different ways of living are not only necessary but inevitable, with no guarantee of a smooth transition.”

Lunavision screenings are free and happen every first and third Saturday at Café Luna at 6pm. Upcoming on the 19th of February we have Escape From Suburbia, the more upbeat sequel to End of Suburbia, with a presentation from the folks at Transition Vashon. On March the 5th we will show the Age of Stupid- one of my new favorites. Happy Unlearning. Reactions, responses, rebuttals and requests can be addressed to: pgr42@att.net

## Vashon Gets More Color

By Rod Smith

An Island already widely renowned for its local color, has recently gotten a WHOLE lot more colorful due to the arrival of Peace Wurkz Tie Dye and Patchwork. So where else would you expect to find the Pacific Northwest’s cutting edge tie dye lab?

Yano, Mama Donna and Papa Jay are tie dye artists who’ve recently moved from Salt Lake City to Vashon. They specialize in deeply saturated, electric colors and ties for deep dye fractalization. The result is exuberant, throbbing color that’s REALLY fun to wear.

In addition to t-shirts and tapestries, they dye new and used clothing, linens, and draperies of all sorts as long as the fabrics are 100% cotton, rayon, hemp or bamboo. Towels and robes of 100% cotton towels really take the dye like crazy. That’s my favorite so far.

New designs are rolling out weekly including the new Banana Slug and our fresh fruit and vegetable series. On the horizon are blue herons, anchors and life size chakra systems on long johns! We can also dye shirts with screen print logos and have recently turned out two rocking designs on Vashon Fire Dept and Rockbusters t-shirts. We looking forward to future collaborations with Island screen print maestro, Chris Barnes and the fabulous Eric Hoogan.

Call the lab to schedule tie dye birthday parties and classroom art projects.

Donna also creates classic hippie patchwork garments. My favorites are her Phat Lidz of tie died corduroy. She made me a beautiful beret from a wool dress jacket I bought from Granny’s. It’s snazzy and it’s perfect for this climate. I wear it to bed!

Got cherished old t-shirts and other clothing items that you can’t bear to part with but can’t wear anymore? Work with Donna to create deeply personal and meaningful fabric collage art from them. Hey, they’ve got your energy all through them!

A word from Yano, aka “Grandpa Tie Dye” ... “My old Hippie writing professor at



U of U once sent me off on a walk through an old cemetery in the middle of the night to inspire a cadence to my words and walking is just that.... a cadence to my words...So as you see me in my journeys as I walk around the Island and learn more about this incredible place, now called home, please feel free to stop and talk about anything on your mind. It is that which has so left an imprint on me as this island slowly washes over me with its tentacled pleasures.”

And from Mama Donna, Papa Jay and Cheech...

“Since we started our journey together ten years ago, we have traveled many miles from Seattle to the southeasternmost point and many beautiful places in between in our VW bus. We have lots of stickers on the bus. One says, ‘Happiness is a journey not a place.’ But this special Island is our new happiness. Thanks, Vashon, for the warm welcome and we’ll do our share to help to keep Vashon weird! When you see our bus with the big peace sign, that’s us. Stop by. We want to meet you all! Look for us at The Saturday Market!”

Contact Yano at (206) 423-7480 and Jay and Donna at (305) 731-6391. The website is coming together at [www.peacewurkz.com](http://www.peacewurkz.com). Peace!

**Find it on**  
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**by Rochelle Gravance**

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Ladies have the salon. Guys have the barber shop. And I get the leftovers that couldn't get in to see their stylist or barber this week.

That's not completely true. I wouldn't refer to my clients as leftovers. It's just that someone has to take the overflow. And really, I don't mind. Truthfully, it makes my day knowing I helped someone work through a situation that had been previously confounding.

Most of the time when I lend a patient ear to a client in need, I am confronted with quasi-ordinary dilemmas and burdens. So I listen intently, lend some empathy and allow the burdened soul to work their problem out as a result of the conversation.

Sometimes the problematic situation burdening my client/friend is a bit more challenging, such as when a decision needs to be made between two equally heavy choices. This situation requires a list comprised of the pros and cons and everything else we can come up with that may affect the outcome. Eventually, the choice and decision becomes more clearly defined.

It seems to me quite a few entanglements we find ourselves in are reflected in our health and wellbeing. A client may come to me with the intent of losing weight or getting fit which is a conscientious and admiral undertaking. But why? It's never the first or second thought that comes to mind. The reasons are hidden much deeper in the shadows and it takes time for those uncomfortable realities to surface.

What's most significant is that time ultimately determines a client's success. Short term health and wellness attempts do not produce long lasting results. We must remember we are dealing with potential lifelong struggles. So in the end, it is the relationship between the client and I that begins to peel away the layers to unveil the reality.

Recently, I started a new group of health conscious individuals concerned with losing weight and making lifestyle changes. After just two sessions I know

who will be successful and who will be challenged to stick with their original plan. Many years in this field of “human behavior” has groomed those instincts.

Facing seemingly scary realities about ourselves can place a heavy load on our psyche's ability to withstand the elements of discovery. Unfortunately, we sometimes talk ourselves into believing giving up the struggle will unload these burdens. That notion is only a temporary fix. What remains is a low level of frustration that continues to fester with every heart beat.

What should be understood is every individual that plants foot to earth has come here with the inherent intent to work themselves out whether they know it or not. If you misread those around you it may lead you to believe you are the only one with a heavy sack of stuff draped over your shoulder that you've been dragging along since you were two. Some of that stuff you put there; some of it was shoved into the sack for you.

But you are not alone. We all have a sack of stuff. And what better venue to pull your stuff out and look at it, maybe for the first time, then among friends. Admittedly, this too is a scary proposition. But it is only when we decide to look within that one will find the landslides that have blocked our paths to wellness.

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Lil Rev calls his style of performance...  
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It is a combination of songs, history, stories, poems, quotes, and jokes all wrapped up in a cloak of exuberance and gratitude for those moments when we can all come together and rise up singing... and celebrate life!

Playing at the Vashon Theatre, Sunday  
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# OSCAR NIGHT

## AT THE VASHON THEATRE

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Sunday, February 27, 2011, 4 pm

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# ON VASHON

A grid of 24 logos for various businesses and organizations, including DVA-SIX, KINGS, KAYAKS, MIKO'S, and others.

# Oscars are in the Air!

One of the many reasons why our local Vashon Theatre won the distinction of Best Rural Movie Theatre 2010 by the Seattle Weekly: "There's something for everyone, a sentiment amplified by the fact that the theater also hosts ... an Oscar-night party, replete with a red carpet and snazzily dressed revelers. It's not just a great place to take in a flick; it's a community anchor..." Yes, there are few events on the island that involve such a cross section of our community as Oscar Night at the Vashon Theatre: over 30 businesses; Vashon Rotary Foundation; singles, couples, and families with kids—the glamorous as well as the pajama-clad; tons of volunteers; to over \$9000 given to the VHS Scholarship Award Fund

since 2002. We're keeping our tickets at recession-proof prices, so get them ahead of time at Vashon Theatre, Books by the Way, Vashon Bookshop, or online at <http://www.brownpapertickets.com/> for only \$10 in advance; \$12 at the door. Join us to celebrate films on the big screen. Enter a costume contest to win great prizes donated by our generous community of businesses. Feast on a delicious meal from Shefidgets Catering. And celebrate this community treasure! Sunday, February 27, 2011. Doors open at 4 pm. Produced by the [www.VashonFilmSociety.org](http://www.VashonFilmSociety.org), a 501(c)3 non-profit organization. This 14th annual events raises scholarship dollars for graduating seniors.







**Aries (March 20-April 19)**  
Are you at the end or the beginning? They're closely connected. I suggest you take care of endings first. In particular, focus on any growth projects you've initiated the past seven years. There have been a few. Seven years is a while; dredge up the whole agenda, remembering the things you've forgotten. Take a look on your bookshelf for some ideas; take anything from the 'self-help' genre and remember your intention behind acquiring or reading that particular book. How many of the ideas did you put to work? If you take a subtle approach, you may discover that you applied more of them than you think. What you may not have done is assemble the various pieces into a cohesive notion of what you think growth or spiritual development is about. Pause and reflect -- it will be obvious.

**Taurus (April 19-May 20)**  
The time has arrived to notice that you actually have dreams -- specific dreams, not vague ones. While it's true that manifesting the visions for what you want your life to be takes some action, mostly it takes focus. And all the action in the world will get you nowhere without a concept, an idea or an objective of some kind. You may need to go against your practical and/or humanitarian nature and choose something like ballet dancer, filmmaker, novelist or erotic party hostess. What you may encounter as you remember what you want is how much you wanted to do in the past that you didn't get around to doing. Let go of your regrets quickly, so you can move on. Some of those dreams still have plenty of life in them -- much more than you think.

**Gemini (May 20-June 21)**  
Having tangible professional goals may not be one of your strengths. Having a healthy imagination about what you can potentially do, however, definitely is. Your planets this week offer two bold suggestions. One is to set a career goal based on a longstanding plan. The second is notice what happens when you focus and invoke your desire. Try it as a mental exercise. Concentrate on something you want, and sense how you feel. Do you feel clear, or do you feel guilty? Do you feel that the actual possibility is available, or do you hear any voices telling you that it's not the right thing to do? You have an opportunity to claim back something that was taken from you. It seems like you're taking it back from a collective of some kind, such as a church, your family or your circle of friends. Once you see the group psychology involved, you can claim what's rightly yours.

**Cancer (June 21-July 22)**  
I suggest you hold off on making contractual arrangements or initiating new collaborations for a few days. Stick to doing what you want to do, going where you want to go, and developing the abundant ideas that are running through your mind. Though you may not have noticed yet, your horizons just got a whole lot wider, and in truth those of the people around you are apt to be somewhat narrower. So keep your ideas to yourself; let them cook in your notebook or a document stashed off to the side of your screen. There are moments where something potent germinates, and you're in one of them now. Honor that, and soak in the feeling of true creativity. Feel the movement and the shifting sense of perspective. Remember, you'll feel more like you're dancing than like you're in church.

**Leo (July 22-Aug. 23)**  
It's amazing how many people are hurt. It just seems to go on and on, and most people you meet limp around on their injuries without paying attention to what's going on. You have insight into their situations, but what's more interesting is the insight they can give you into yours. Nearly all illness is caused by, or comes with, a delusion of some kind. It's difficult to see one's own delusions, but others around you are providing a kind of mirror. It's not that you have their problems; it's that you can apply to yourself the logic you use when you figure out what they have going on. Look at what the people around you believe that makes no sense, and look at what they think is funny. Everyone will become mysteriously transparent, and the issues (along with how to handle them) plainly obvious.

**Virgo (Aug. 23-Sep. 22)**  
Chiron has made its way into your opposite sign Pisces, where it will be every day from now until April 17, 2018. This represents an extended phase of your growth and exploration in relationships. It's nearly coincidental with a seven-year phase that is ending, wherein you may have decided that relationships are either not dependable or too much trouble to bother with. It's true, there is something well deserving of deep questioning. Yet you can be sure that your relationships from this point on will be taking on a new purpose. For a while there will be a phase where the themes of the old and new cycles overlap, and you'll need to consciously choose who represents your past and who represents your future. That is a great skill to have. Practice while the contrasts are particularly bold.

**Libra (Sep. 22-Oct. 23)**  
Your charts are telling me how close to the hot core of your reality you're reaching these days. Whatever you may be experiencing, you're very close to doing this thing called 'finding yourself'. Yet at the same time you may have the sensation that you're being forced to give something up. What exactly would that be? A combination of factors point to some deep emotional evolution. The theme involves a nexus of where commitment meets guilt meets you're the emotional dimension of your erotic nature. Whatever it may seem based on your circumstances, the thing you're giving up is guilt. Straight away you can dismiss that this is a useful emotion. It is merely toxic and oppressive. It is not evidence of being wrong; it's evidence that you were made to feel wrong. Encountering guilt in any form means you're moving in the direction of your freedom. Keep going.

**Scorpio (Oct. 23-Nov. 22)**  
Your sign is most famous for its sexual prowess. Whether you feel you deserve this distinction is another question, but sex is quickly becoming the theme of your charts. I see this coming from two angles. One is that Chiron has ingressed Pisces, your 5th house of creative love and passion. The 5th is sexuality without any trace of power trip. Its purpose is pleasure and exploration. The other angle involves the viewpoint that a close partner (or potential partner) may be adopting, which is that sex has an important role to play in emotional healing. Most of that healing involves learning to feel deeply and to let go of guilt. The two positions are perfectly compatible. As you begin to see the ways in which your sexuality is changing, I suggest you assess carefully whether you're with the right lover. You

have a specific mission in these years, and your whole life must support that.

**Sagittarius (Nov. 22-Dec. 22)**  
Don't worry, you're not crazy. Your mind is not broken beyond repair, or broken at all, for that matter. And in case you don't get reminders of this regularly, you're more intelligent than you think, not less. What you would benefit from is learning the art of drawing light from dark; of letting uncertainty be a kind of foundation on which you build your sense of who you are. I know this sounds like a contradiction here on Planet Cocky. Insecurity is a reminder that life is transient; uncertainty is a reminder to pay attention, to take care of yourself and to reach for your goals from a deeper place. True confidence must always contain a bit of its opposite. This is precisely the opposite of stoking your fears. Rather, it's giving them a productive use, tapping into energy that would otherwise be wasted.




**Capricorn (Dec. 22-Jan. 20)**  
I suggest you be aware of a quality of polarization that may be developing in your life. There are a few possibilities for how this might feel. One is that you are struggling to reconcile your professional life and your home life. Both want attention but you feel like you have to give more attention to one. Here's a thought about that particular polarity. You've made some tremendous strides professionally the past two years. I say this knowing you may have faced some significant crises and growing pains. But the main lesson you've learned is that you're a lot more than a survivor. So I suggest you honor the calling in the direction of home, and in the direction of your interior life. You will refresh who you are, and one side benefit will be a wealth of ideas that help you build your fortunes.

**Aquarius (Jan. 20-Feb. 19)**  
You may be feeling like you've got some serious self-improvement to do. I suggest you not fall for this trap. The notion of 'making yourself a better person' is not like going to the gym. When people grow, the main thing that changes is their perspective. Often that perspective involves taking a more compassionate view of what's happened to you in the past. There's also the step of not inflicting what has happened to you onto others. What you may be experiencing are the remnants of psychological abuse, as well as some form of betrayal. If you have the feeling that 'something is going to come back to you', you know you've got the thing right in your hand. The part about expecting karma to bite you on the ass is a direct outgrowth of the abuse. It is not the truth. It is, however, a thought form, and with a little awareness, you can unravel it. Writing to someone is likely to help.

**Pisces (Feb. 19-March 20)**  
Chiron arrived in your sign earlier in the week, and Neptune (the modern ruler of your sign) is on its way. You may have the sensation of standing out; you may not appreciate the attention you're getting. While you've often lamented feeling invisible, there's a kind of psychological -- or maybe it's emotional -- sensation of safety in not being seen. There is more going on than you think. What you're actually doing is negotiating a new position in the world. Your ego structure is taking a new shape. The inner light that can shine through a healthy ego is coming in stronger. And this is going to alter your relationship to the people around you. For a while their responses may be more intense than usual, or seem a little weird. Take it in stride and keep remembering who you are.

Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net).

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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## Island Legends: The Secret Ferry by Mary Tuel

The story as I heard it went like this: a few years ago, one Sunday morning, a Big Important Business Man was having brunch at Sound Food. His cell phone rang. He answered it, and received a Very Important Business Call.

He needed to get to an Important Business Meeting off the island. He went up to the hostess and asked, "What's the quickest way to get off the island?" The hostess told him to head north on the road outside the restaurant until he came to the ferry dock, and then wait for the next ferry, and he should be able to get off the island in an hour or so.

The Big Important Business Man was distressed. An hour? That was much too long. He had Important Business and had to get to the mainland right away, and wasn't there a quicker way to get there than the ferry?

No, the hostess told him. The ferry was the only way off the island.

"OK," he said. "I know how things work in places like this. Where is the secret ferry?"

"The what?" asked the hostess.

"The secret ferry," he said, "the one only you islanders know about so you can get off the island any time you want to."

The hostess was non-plussed. She explained that there is no secret ferry, only the public state ferries that come to the ferry docks.

The man refused to believe her. He

insisted that there must be a secret ferry. She was concealing the information because we islanders were selfishly keeping it to ourselves and didn't want anyone else to know. He was too smart to be tricked, he said. He wasn't born yesterday, he said.

Finally, in exasperation, the hostess said, "OK, OK, you're right. I can't fool you. There is a secret ferry."

He smiled in victory. "Where is it?"

So she told him how to drive down to Manzanita Beach.

He left, and did not return.

End of story.

A friend told me that story in the supermarket. She said she had heard it from the grand daughter of another friend. I called my friend, the grand mother, and asked her where she got the story. She said her son was working as a chef at Sound Food at the time of the incident, and he had told her the story.

Soon after that I ran into my friend's son and I asked him about the story. He confirmed that the story was true, although he wasn't sure if the hostess had sent the man to Manzanita or Point Robinson.

He said that for a while after that the staff at Sound Food joked about "bippies," or "Big Important People."

This island legend was fairly easy to track because I knew all the people in the chain of the story's telling. I wanted to track it down because when I heard it, it sounded like one of those urban legends, a fantastic story that is supposed to be true. These stories begin: "This is a true story! It happened to my cousin's step-brother's next door neighbor's dog trainer's niece..." and goes on from there.

Many of these stories circulate on the internet. I have learned to check with snopes.com before believing anything I read, because I hate to pass on rumors, libel, and outright lies.

Island legends are easier to trace. For example, I believe it is true that the late Joe Chambers set a ferry dock to ferry dock land speed record of 9 minutes. His friends have confirmed this. He did it late at night and had sentries posted at intersections to make sure no one would turn onto the highway and get in the way. Whether he did it on the Main Highway, or more incredibly, the Westside Highway, I do not know.

## MRA Clock Running Out

Continued from Page 1

United States and "indigenous peoples" had devolved entirely to the federal government. So in September of 1970, the United States on behalf of itself and as trustee for several Western Washington Indian Tribes, sued the state of Washington seeking injunctive relief to provide enforcement of the tribal treaty rights in "United States Of America v. State of Washington".

This case is not so much a court case as a towering legal saga. Stunningly, "United States Of America v. State of Washington" is a legal case that has been ONGOING for 40 years, nonstop, with no final disposition. Many attorneys have spent their entire career on this single case, and the legal ramifications thus far stem not from the resolution of the case itself but merely various rulings and decisions WITHIN the larger case.

The overall case has the complexity of a Mandelbrot set and so all that can be accomplished here is to break off a tiny piece and follow it downstream: the Rafeedie Decision. In 1994, federal court judge Edward Rafeedie issued a ruling that has become known as the Rafeedie Decision asserting that tribes have the right to harvest shellfish in Puget Sound, including on private tidelands. The reason private tidelands are included is because not until 1889, well after the treaties were signed, did Washington State begin selling tidelands to private owners. The 1994 decision, amongst others, makes it clear that there is nothing about private tideland ownership that substantively diminishes treaty-based rights.

To fully understand the ramifications of this ruling, one must also understand something of the context of the 1855 treaties and how that context flavors the Rafeedie Decision. The court decided that part of what it must consider when issuing the ruling was the mindset of the tribes at the time the treaties were signed. At that time, much of the tribal fishing (and shell fishing) activity centered around commercial activity, with the tribes selling their harvests to the settlers of that time. It was the presumption of the court that the tribes would not have signed treaties to diminish not only their fishing activities in their "usual and accustomed places", but the nature of the activities themselves, to wit, commercial fishing.

Today, commercial fishing or shell fishing must take place in non-polluted waters ONLY due to the high standard of quality required of sea life entering the commercial consumption chain.

As tribes can hardly be said to be enjoying the historical commercial fishing rights granted by their treaties when polluted waters prevent such fishing, the existence of polluted waters are as impermissible as any other barricade to their enjoyment of treaty rights. Hence, anything causing such pollution, such as private septic systems, are also impermissible.

But what about private property rights? Officially there are two answers to this issue:

1) even if a property owner can make the case that they have the right to pollute their own property, when that pollution extends beyond the boundaries of private property then that is a "downhill consequence", philosophically much the same as if you clear your property which results in downhill flooding; a property owner is responsible for the "downhill" effects of their actions and this is the really important bit...

2) The Supremacy Clause fully applies.

Article VI, clause 2 of the United States Constitution is what is known as The Supremacy Clause which "asserts and establishes the Constitution, the federal laws made in pursuance of the Constitution, and treaties made by the United States with foreign nations as the supreme law of the land". Indian tribes are sovereign foreign nations, and this makes treaties with Indian tribes part of the supreme law of the land. So any rights granted by treaty trump any other

rights which are not also part of the supreme law of the land. In general, private property rights must give way to tribal treaty rights, particularly when those private property rights did not begin to accrue until AFTER the relevant treaties.

The full ramifications of all this is yet to be felt. For example, culverts used in many roads projects by Washington State effectively cut off salmon spawning routes, therefore diminishing the salmon population therefore negatively affecting fishing rights. It is not difficult to predict the outcome of the issue.

While there is no language directly dealing with pollution issues within the context of the Rafeedie Decision, the connection is obvious and apparent. RCW 70.118A establishes the MRAs and the general process whereby the pollution issues shall be remediated which would likely have been an inevitable court case had not the state taken the initiative in view of the context and outcome of the recent cases.

Historically, Vashon Island residents have been able to take advantage of a certain amount of bureaucratic inertia on the part of the Health Department; Health Department initiatives were ignored and frequently the Health Department did not take proactive action. In this situation, there can be no question of the forward progress of the MRA process, glacial though it may be. Implementation of MRA processes is an absolutely foregone conclusion for the State, and therefore the County, are all obliged to make good on the issue, and the affected property owners may find their only advantageous strategy is to begin the process as quickly as possible.

Seeing the handwriting on the wall, the Vashon Maury Island Community Council took the initiative years ago and created the Septic Solutions Committee to research the problems and investigate possible solutions. In recent years this committee has been chaired by Bill Tobin, a local island attorney. As any Island resident can testify, working with King County can be problematic. Rather spectacularly, Bill Tobin and the Septic Solutions Committee have worked tirelessly to help mitigate the potentially devastating impact of MPA compliance. A partial list of their accomplishments includes:

Secured an agreement with the Health Department that assured and protected the rights of the property owners, and affirmed that there was a technical solution for every property.

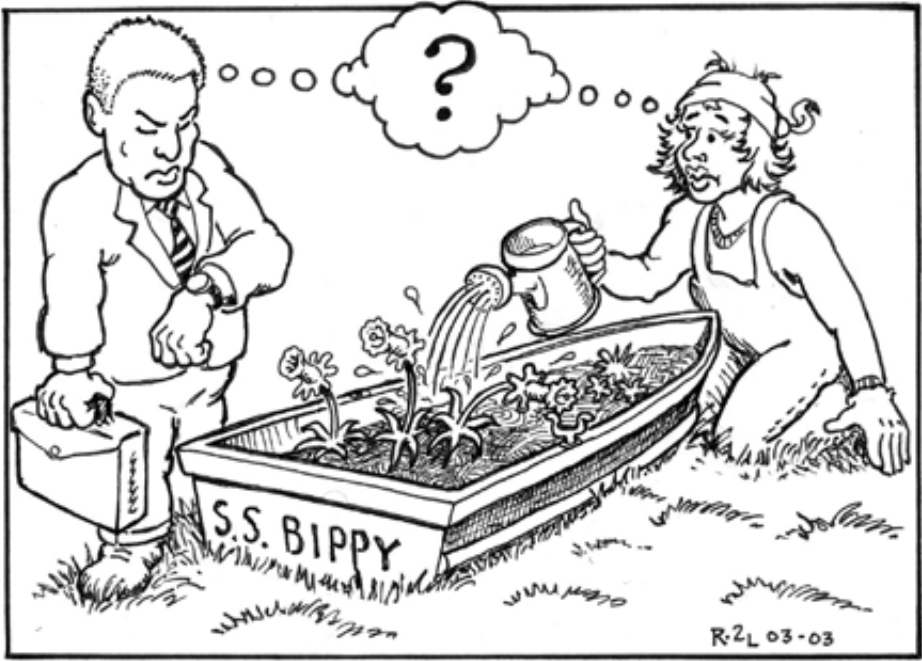
Sponsored two "Sludgefest" events, in conjunction with the Health Department, showcasing the latest developments in alternative septic treatment technologies. These were very well attended by Islanders.

Distributed free septic tank testing dye to 40 property owners to permit them to test their own systems, allowing them to know their situation without having to report the results.

Supported a Health Department grant request for funding to put on a forum, sponsor a model project and give stipends of \$100 to \$200 to every one of the 200 property owners in the MRA to help defray the cost of locating, inspecting and preparing drawings for their systems. That grant request was approved.

Sadly, direct grant funding or low-interest loans to help mitigate the financial impact of septic system repairs/replacements has not materialized. Personnel in the Environmental Health Services Division put a great deal of effort into trying to find appropriate financing in one form or another but have not been successful. Interestingly, a major contributing element to their lack of success is thought to be the lack of response to County overtures from the MRA area property owners themselves. Larry Fay and Laurence Stockton from King County have been working diligently to reach out to affected property owners but have found the response to be disappointing. There is some funding available in the form of rebates

Continued on Page 9



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# Should You Toss Your Olive Oil?

By Kathy Abascal

Latest news: It is time to toss your olive oil and replace it with canola oil. This news spread rapidly across the internet: It is time to “burst the bubble.” NEW reports have emerged indicating that olive oil is not so great after all. In the “most remarkable recent discovery” about olive oil, it was found to damage blood vessel walls. And, citing this research, Dr. Dean Ornish wrote an article for Readers Digest recommending we switch to canola oil, purportedly a much more healthful oil.

The actual facts underlying the latest recommendation: Back in year 2000, some ten years ago, a Dr. Vogel did a study on the Mediterranean Diet. It was not a big study, only ten people participated. These ten ate three different meals: Whole grain bread with either olive or canola oil or white crackers with canned salmon. Then blood samples were taken. In a follow up, these ten also ate two more meals: Whole grain bread, olive oil with vitamins C and E and a meal of whole grain bread, olive oil and a nice salad mixture of romaine lettuce, a carrot, a tomato with balsamic vinegar.

All threeof the original meals raised blood fats equally. However, olive oil also affected a test that “may” reflect a tendency to cause atherosclerosis (hardening of the arteries). This effect was attributed to oxidative stress. To prove this hypotheses, the volunteers were fed the olive oil along with antioxidants. The vitamins or a salad added to the olive oil completely overcame any potentially damaging effect of the olive oil. Thus, olive oil was only potentially damaging if eaten alone or alone with bread.

The purpose of Vogel’s study was to look more closely at why the Mediterranean Diet is healthier than the typical Western diet. People eating the Mediterranean way also have high levels of cholesterol and other blood fats but do not suffer heart disease to the same degree that the typical American does. Vogel wanted to know if it was the olive oil in the Mediterranean diet that was beneficial. His study indicated that, no, vegetables and antioxidants are probably the benefactors, not the oil. A few years later, Dr. Vogel went on to show that taking a variety of antioxidants appeared to be able to counter the damaging effects of a meal of an Egg McMuffin, a Sausage McMuffin, two hash brown patties and a non-cafeinated drink. He has not published studies concluding that we should toss our olive oil. Nor does he claim to have proved that we should be eating large quantities of canola oil.

Some good take-away lessons here: First, we tend to place too much weight on science and experts. Doctors are trained in the treatment of diseases. They are not necessarily good at reading nutritional studies, and often only read summaries of the studies they rely on. Nonetheless, they are typically our nutritional “experts.” Moreover, not all studies are of equal



weight. A study of the effects of a food on ten people may be interesting but will never be definitive. Ultimately, we all need to be less impressed with summaries of studies. If you do not actually read the study itself, you simply cannot tell what it means – if anything. And all nutritional studies should be evaluated in light of the dietary history of humans.

Second, these “experts” often ignore or place too little value on the knowledge humans have gained over time. Apparently, Dean Ornish gave little weight to the fact that olive oil has been a part of the human diet for thousands of years. It would not have been if olive oil made us sick or were bad for us. In contrast, canola oil was not much of a food oil historically.

Third, it is easy to read the Vogel’s study as indicating that canola oil is better for us than olive oil. However, remember: The premise of the study is that the test they were using might perhaps measure the ability of a fat to eventually cause atherosclerosis. The study lasted only hours. It certainly does not speak to whether the cumulative effect of a lifetime’s worth of erucic acid, a toxin in canola oil, is safe. It simply showed that it is the fruits and vegetables that make the Mediterranean diet heart healthy. It absolutely did not show that substituting canola for olive oil in that diet would be better.

On my anti-inflammatory diet, olive oil is the main dietary fat. We avoid canola oil because of its erucic acid content, its lack of history in the human diet, and because so much of that crop is genetically modified. In addition, we know that canola growers are selecting varieties of plants that are lower in omega-3 fats (the potentially healthy part of the oil) and that many of the canola oils in our foods have been deodorized (high-heat treated). Then, we never eat olive oil, whole wheat bread, or salmon alone. Our meals always include ample amounts of antioxidant-rich fruits and vegetables. And, as the Vogel studies indicate, those fruits and vegetables protect us from the potentially detrimental effects of other foods in our diet.

## MRA Clock Running Out

Continued from Page 8

for septic risers and some of the initial evaluative costs of the MRA process, but the funds are going begging and will soon be lost to other programs. Fay and Stockton are continuing their efforts with a series of mailings to affected property owners.

As a final interesting and odd twist to this convoluted story covering decades, Bill Tobin, the Island attorney that worked so hard to negotiate implementation concessions from King County in an effort to mitigate some of the MRA impact on property owners was the attorney for the Nisqually Indian Tribe representing them in the 1994 Rafeedie Decision; he is still their attorney to this day.

Resources for MRA Affected Property Owners  
[www.tinyurl.com/4t3ngkp](http://www.tinyurl.com/4t3ngkp)  
VMICC negotiated goodwill with King County; if you’re an MRA affected property owner, this is an absolute MUST-read.

[www.tinyurl.com/4rltjtn](http://www.tinyurl.com/4rltjtn)  
King County soup to nuts website for information for MRA property owners, including maps.  
Larry Fay, 206-296-9733, Environmental Health Services Division Health Service Administrator and contact point for MRA affected property owners  
Laurence Stockton, 206-296-1910, DNRP/WLRD/RRS Groundwater Protection Manager and contact point for MRA affected property owners.

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**February 26, at 9:30pm**  
**Publish the Quest**

**March 4, at 8:30pm**  
**Greggory Stockert & Tasche de la Rocha**

**March 11, 8:30pm**  
**Ken Jacobsen’s Vashon Music School All-Star Jam**

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## Road to Resilience

Continued from Page 1

now to change our consumption habits. We can begin to buy goods that are made locally. We can begin to shop at 2nd hand stores—not just for clothing, but also for anything we need that’s available at thrift stores or in the classified ads of our local newspaper. (Or check out [vashonfreecycle.com](http://vashonfreecycle.com) - Terry). And we can begin to buy less.

“This transition will require cooperation and community, conservation and cleverness. And the sooner we start, the smoother it will be for all of us.”

Thanks, Scott. I might add that the time when one economic regime is collapsing and another is forming is certainly a time of loss, but also a time of great opportunity. Those jobs lost will increasingly be replaced by smart entrepreneurs anticipating the needs of the emerging local economy. We will need food producers (about a 20 fold increase), repair shops, fabricators, energy producers, retrofitters; the list goes on and on!

## New Credit Union Announces Opening

Continued from Page 1

PSCCU has already worked with WisEnergy to create an innovative loan for simple home weatherization.

Island resident and new PSSCU Board member John Staczek said, “There’s nothing better than an auspicious beginning and the PSSCU branch on Vashon-Maury Island is just the new beginning we need for Islanders to have a choice in their financial lives. The Credit Union will create value and return value to the Island.”

Islander Bill Moyer and new PSSCU Board member adds that “The CUVashon initiating committee worked under the motto of “Our Community, Our Money” and the vision of building a financial institution that would help islanders invest in our community, grow our economy, and sustain our environment. PSSCU’s partnership with the Vashon-Maury Island community is a victory to celebrate and an unprecedented

opportunity to realize that vision.”  
Puget Sound Cooperative Credit Union has offered financial services to the Puget Sound region since 1934. Formerly the credit union for Puget Sound Energy employees and their families (Puget Sound Energy Credit Union, PSE Credit Union or PSECU), in 2009 the credit union decided to change its name to Puget Sound Cooperative Credit Union (PSSCU) and open its charter to anyone who lives, works, attends school or worships in Washington state.

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# Positively Speaking

## “Asking for Help”

By Deborah H. Anderson

Did you ever have that moment when you were exactly where you were meant to be and truly never expected to be there? This is now. Dutifully before this move I spent two weeks mapping out the rough drafts for the next four columns. But now , as I see the precious packing papers rise instead of disappear unpacking, thoughts fly in and out of my brain and my heart. God fixed it. I followed the breadcrumbs and God made it all better.

It all began when I was preparing for a job interview with no real sense of ‘should I take this?’ within my spirit. New to that way of walking my journey I did what most everyone at that stage of development does. I threw a fleece. For those of you new to that metaphor it’s based on a story about a guy named Gideon who was entering into a battle and put a sheep skin out and said variations on ‘if I’m meant to do this the dew will be on the fleece in the morning. “ “OK so do it the other way around and then I’ll know for real what to do”. It’s primitive at best .

So...heading to this interview I said I’ll know if I’m meant to take this job if they offer me a thousand a month. ( What our family needed me to bring in at that time). They said ‘We’ll give you \$800 before you ( attain this particular educational milestone) and a thousand after.’ And I thought...well that’s close. Only God is not a God of ‘close’. God’s pretty exact. When you go somewhere you’re not meant to be it’s always a bad fit.

Some of you may not believe there’s a path that’s yours. That’s a discussion for another time. Perhaps over tea ( see previous column on coffee, tea or a meal). I do believe I’m known and was planned for and there is a calling in and on my life.

So too I knew there was mercy and I could say, “Please fix this”. By the by, if you ever ARE in the wrong place or the right place at the wrong time be sure and still do excellently. Always do excellence in all circumstances

I had a mentor who said “Anything worth doing is worth doing poorly”. I guess that means making mistakes as well. Mistakes, risk taking when you’re dead on right about something, and having a vision of a place or idea no one else has thought of are the kind of experiences we’re told by our culture to keep hidden. But if I hadn’t chosen when I ought to have passed I wouldn’t have learned everything I did in the last fifteen years. From that place of ill choice I found places of Grace and happiness and adventure and authenticity and love and the most wonderful fascinating people. And I learned to ask for help. I’d



only ever done that once before and got turned down.

The only way God could fix it for me was to lead me through the inside of dozens of dozens of peoples’ lives. And you know what I saw?

People are either trying or their faking it. I learned it was better to try.

People are carrying around cartloads of baggage and their fingers are curled around the handles . I learned to put the suitcase down

People mean well and truly do the best they can with who they are at the moment. Do the best you can with who you are at the moment.

And I saw it was always OK to ask for help.

In our family I raised the kids with a couple of rules. First, you get in less trouble if you tell the truth than if you lie to me. Second ( and I think I’ve mentioned these before) don’t ever join a record club. (Well...my kids are pretty old now. Some of you might remember record clubs). Third, anything can be fixed. And last...you can ask for help and still have your power.

I have constantly had to ask for help. That changes a person.

Inside my heart is deepened and enriched. I’ve been places and seen things I wouldn’t have seen if I had sat on that couch and said, “Close is OK”. Don’t get me wrong. Spiritually I place high value on obedience to the still small voice and my mistake notwithstanding I’m still focused on being as obedient as possible. BUT , if you do happen to find yourself in the wrong place at the wrong time, I will tell you to pay attention. And learn to ask for help.

Especially on a small Island where your past flies in your face repeatedly and people make up their own versions of it and pass it along whether it strays from the truth or not, walking through a situation that’s in the process of being fixed is an opportunity to grow, deeper , better, and stronger. I used to say, “I hate what I’ve been through, I love what I’ve learned’. Now I know I wouldn’t have learned what I learned if I hadn’t been what I’ve been through. It’s the ultimate in Green Living. Compost every moment of your life. And ask for help.

Love  
Deborah



Deborah will be at Books By the Way on  
Saturday 19 February from 2-4pm

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# Save the Date for the Greatest Show on Earth! Vashon PTSA Auction May 14, 2011!

The Vashon Island Community PTSA continues its annual tradition of putting on a dinner auction and this year’s promises to be a really great show! “The Greatest Show on Earth” will take place Saturday evening May 14, 2011 at the “O” Space, a perfect venue to carry out the circus theme.

Although there had been some discussion on taking a hiatus from the auction, it became clear that that the auction proceeds have become an important and valuable part of the Vashon Island School Districts yearly budget for curriculum materials. With the current economic climate, this on-going support is more critical than ever, so the show will go on.

Several big ticket items have already been procured including a week’s accommodations in the Bahamas, and artwork from well known Vashon artists, Pam Ingalls, Carol Schwennessen, Margaret Tylczak, Eric Heffelfinger and Gretchen Hancock. The ever popular student projects will return with artistic guidance from more gifted artists, Mary Margaret Briggs, Tara Brenno and jewelry design with Heffelfinger. Procurement is on-going and event organizers would welcome a few more enticing items to cap off the evenings offerings.

Popular emcee/auctioneer Kevin Joyce will oversee the festive atmosphere. PTSA President Lauri Hennessey reports “I am excited about the quality of the items we already have committed - what we really need now are sponsors to make sure costs are covered so every dime earned will be available for our

schools.” There are opportunities for business and individual sponsorships both large and small. Those donating over \$100 will receive acknowledgment in the evening program. Keeping in line with the circus theme, sponsorship levels are: \$2,500+ Ring Masters; \$1,000-2,499 Strongmen; \$500-999 Lion Tamers; \$250-499 Acrobats; \$100-249 Jugglers. Any amount people can donate towards underwriting the event is welcome and appreciated.

The auction cannot happen without a cadre of volunteers, and those preferring to volunteer rather than donate underwriting funds will have opportunities to help out as well. Volunteers are already working behind the scenes and there will be many tasks to be done the week of the auction. The auction committee is busy with plans to ensure a good time is had by all at what is always one of Vashon’s most fun and lively events.

Mark May 14th on your calendar now and be on the lookout for tickets as they become available in the upcoming few months. To contribute funds, time, auction items or talent to this popular event contact:

Sponsorships/Lauri Hennessey  
lauri@hennesseypr.com

Procurement/Jackie Merrill  
ajmerrill@comcast.net

Volunteers/ Erica Davidson  
redpencom@yahoo.com

Or for one stop where you can donate, fill out a procurement form and/ or volunteer, visit  
www.vashonptsa.org.

## New Classes Starting: Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. 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.



**New 5-week series:** Mondays beginning March 7 at 7:00 to 8:30 PM.  
Note: No class on April 4.  
**Advance registration at [www.TQIDiet.com](http://www.TQIDiet.com) is required.**  
There are also classes beginning in Burien, Seattle, and Live Online.

# PANDORA'S BOX

Fight the February blahs...amuse yourself with amazing new uses for beef pizzle. Boiled down, emulsified and sprayed on all sorts of things like beef lung and ears! Who knew?

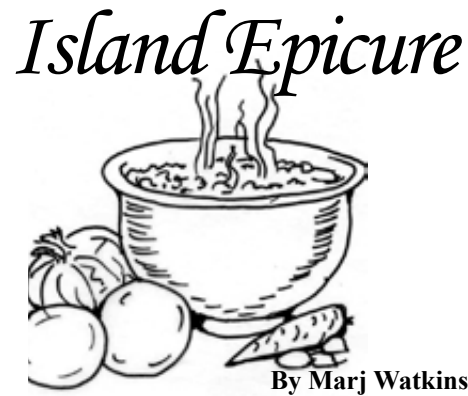


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Kale and other dark green or yellow vegetables such as carrots, green beans and broccoli yield Vitamin B2 to keep your eyesight sharp. Vitamin A in red, yellow, and orange fruits and vegetables protects and enhances your night vision.

Other super foods are bison for leanest protein, salmon, oysters, almonds, walnuts, soybeans, avocados, and olive oil for Omega 3 fat. Protect yourself from diabetes or mitigate its effects with the Vitamin B6s in sunflower seeds. Apples help defend yourself from diabetes, too, with their alpha lipoic acid. Eaten raw, sans peanut butter or dip, a medium-size one contains only 21 carbohydrate grams.

Oysters’ zinc contributes to speedy healing and a strong immune system.

Blueberries, famous as antioxidants, also boost your memory and protect against cancer. Garnish your apple salad with blueberries and add chopped walnuts for Omega 3 fat. We’ve been getting splendid, plump, fresh blueberries from Chile this winter.

Eggs are a prime source of biotin. Tofu, another biotin source, yields vegan protein that makes your hair grow thick and works in metabolizing fats, carbs, and other proteins.

Cayenne and jalapeno peppers boost your metabolism and raise our heart rate.

Carrots are great source of Vitamin A and a very user-friendly kind of calcium.

Integrate some of these super foods into your menus. Try kale with garlic and ginger; granola with yogurt and blueberries, tofu and Oyster Stew, below.

**BISON STEW**  
3 servings  
About ¾ lb. bison meat  
½ to 1 cup dredging flour  
¼ cup olive or canola oil  
3 long carrots cut in ½ inch chunks  
1 large onion cut in chunks  
½ to ¾ teaspoon caraway seeds  
1 teaspoon dried marjoram  
1 teaspoon salt or to taste  
½ teaspoon black pepper  
2 teaspoons paprika, optional  
2 cups water  
1 zucchini cut in large bite-size chunks, or 1 ½ cups broccoli florets  
2 Tablespoons dried parsley or 1/3 cup minced fresh parsley  
2 Tablespoons cornstarch  
¼ cup cold water  
3 red potatoes or scrubbed russets  
Put the bison pieces and the dredging flour into a paper bag. Shake it vigorously. Pour it through a sieve so that the flour falls into a bowl—a flat soup plate works well for this. Or toss the meat in a bowl with flour, then sieve the flour out. The meat stays in the sieve, nicely floured on all sides.  
Heat the oil in your largest no-stick skillet or a wok. Brown the meat. Add

the vegetables and toss-cook them with the meat about five minutes, until the onions are glossy. Sprinkle with the caraway, marjoram, salt, and pepper. Add the water. Bring to a simmer, reduce heat, cover and set a timer for 30 minutes. Check to be sure the ingredients still have water. Add some if needed. Add the salt, pepper, and paprika if using. Stir. Cover again and cook another 30 minutes, or until the meat is tender. Add the broccoli florets or zucchini chunks. Cover and cook until they are tender but still bright green, about 10 minutes.

While this last addition cooks, microwave the potatoes.

With a large, slotted spoon, transfer meat and vegetables to a serving dish. Combine the cornstarch and water. Increase the heat and bring the broth to boiling. Stir in the cornstarch mixture and continue stirring and cooking until the sauce thickens and clears. Transfer it to a gravy boat. It’s great both on potatoes and stew.

All you need to complete this meal is a salad, Bavarian rye bread or 100% whole wheat bread, butter, and something to drink. Merlot would be good. If you’re not into wine, cranberry juice, carrot juice, or pomegranate-limeade offer good choices. Or water with a slice of lemon.

Kale may be added to the bison stew. My basic recipe for kale as a stand-alone vegetable came from my late son-in-law Bob McKnight, but I added the ginger. Cooked this way my husband, who thinks he doesn’t like kale, eats and seems to enjoy it. It’s rather like a warm salad.

**KALE WITH GARLIC & GINGER**  
4 servings  
2 fat garlic cloves, sliced  
1 bunch kale,  
4 slices ginger root  
2 Tablespoons olive oil or canola oil  
½ teaspoon salt  
Sprinkle of rice vinegar  
Peel and slice the garlic. Let it breathe while you remove the tough center ribs from the kale and cut it in 2-inch squares. Mince or sliver the ginger slices. Heat the oil to shimmering. Add the garlic and ginger. As soon as the changes color but before it browns, add the kale and sprinkle it with salt. Toss. Reduce heat. Cover. Let steam in its own juice for 15 to 20 minutes. If it threatens to go dry, add a little water.

Let each diner sprinkle his or her serving with vinegar, each to his or her taste.

Oysters are zing-giving champions. Zinc speeds healing, is part of at least 25 digestive enzymes, is a component of insulin, helps bone breaks mend, keeps your skin healthy, and your hair and finger nails strong and supple. It even offers protection against free radicals. You also get zinc from almonds, walnuts, and red meats (think bison and lean, free-range beef steak).

**OYSTER STEW**  
2 servings  
1 10-ounce jar fresh oysters  
2 Tablespoons butter  
2 Tablespoons minced fresh parsley  
or 1 Tablespoon dried parsley  
1 cup whole milk  
About 1 teaspoon paprika  
4 drops red Tabasco Sauce  
Salt and black pepper as desired  
Melt the butter and heat it, but don’t let it brown, in a skillet or saucepan. Fork the oysters from the jar to the pan. There will be five or six if large. Cut them in bite sizes as they simmer in the butter. Add the oyster liqueur from the jar. Reduce the heat to medium low. Cover and cook 5 minutes. Add milk to almost cover the oysters. Sprinkle with paprika and black pepper if desired. Sprinkle with parsley. Cook until the milk steams. Serve hot with toast, garlic toast, or oyster crackers.

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Go To [www.vipp.org](http://www.vipp.org) Click on Adopt





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## Lelavision Presents Physical Music

By Janice Randall



*Lelavision's Physical Music - Courtesy Photo*  
series of International Children’s Festivals.  
“We are having a crazy new year flurry of unexpected adjustments and shifting plans,” exclaims Mann.  
Lelavision’s Physical Music  
Sunday, Feb 27, 2 pm  
Tickets: \$7 VAA members, seniors & all children/\$10 general  
Blue Heron, Heron’s Nest, Books by the Way and BrownPaperTickets.com

## The Second Adventure of Life: Living with Purpose and Meaning

Author and mythologist Michael Meade brings his vital blend of storytelling, poetry and discussion to Vashon on Friday, February 25th, 7 p.m. at the Vashon United Methodist Church. In this compelling and dynamic evening Meade reveals the connections between finding purpose in personal life and returning culture to a context of myth and meaning.  
This event coincides with the release of Michael Meade’s timely new book, *Fate and Destiny: The Two Agreements of the Soul*. Meade shows how the limitations of family and fate form the inner threads from which our individual destiny must emerge. Weaving stories within stories, lacing pertinent psychology within cultural analysis, and mixing autobiography with myth, Meade opens the territory of fate and destiny to new interpretations and deeper meanings.  
A New York native with a razor sharp wit, Meade’s insights are especially valuable since they have been hard won through decades of work in the trenches of mentoring youth, visiting prisons, assisting war veterans and fostering dialogues between genders and races. Through story, poetry and discussion, he is able to find common ground on hostile turf, working with Chicago gangs, in ‘barrios’ in LA, on Native American reservations and with Sudanese refugees.

“Carefully re-teaching us words we think we know: genius, destiny, fate, soul, gift, fame and infamy – Michael Meade introduces us to our own soul’s interior meanings and our unique life’s divinely imprinted designs. I love the threading of these teachings with stories from Meade’s own remarkable life. It is a relief to witness the glory of an awakened elder, here. There is brilliant medicine in this book.” - Alice Walker, author of *The Color Purple*  
“As vital and compelling as Michael Meade’s work onstage is - telling stories and poems, teaching serious truths in doing so - it is on the page that what he is working on comes across even more tellingly. In *Fate & Destiny*, he delves into cultural, personal, and cosmological realms with language that’s rich, textured, and resonant - an arresting pleasure for eye and ear as one reads. I know of no one else in this country writing this kind of book.” - Rick Simonson, Elliott Bay Book Co.  
Friday, February 25th, 7:00 PM  
Vashon United Methodist Church ~  
17928 Vashon Hwy SW, Vashon WA  
Tickets are \$12 ~ order at  
[www.mosaicvoices.org](http://www.mosaicvoices.org)  
Proceeds support at-risk youth and Intercultural Projects

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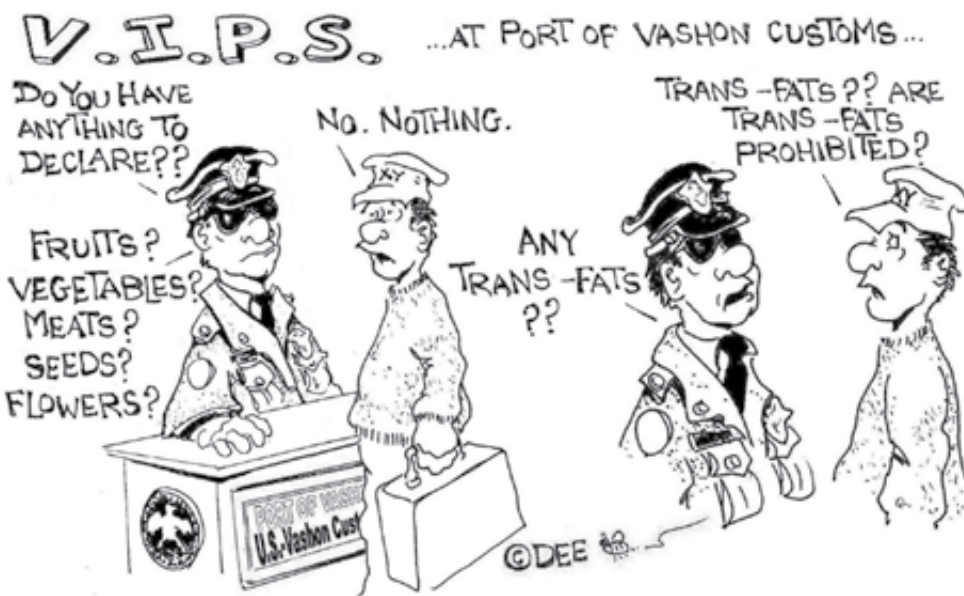
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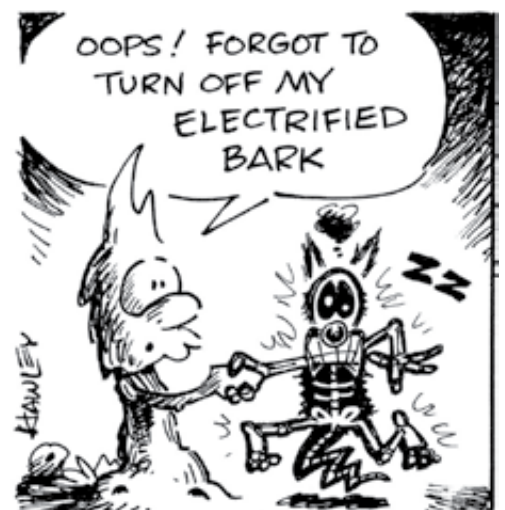
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Deadline for the next  
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**Friday, February 25**

# Lopy Laffs



## LOGJAM





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and get included in The Vashon Loop.  
Editor@vashonloop.com

Performing & Showing February 18-20

Blue Monster & HiFi Reset

The wily and elusive “blue monster” was first sighted on Vashon Island back in 2005. Since then there have been numerous reported sightings, although none have been confirmed or documented, leading many to brush aside such tales as a hoax. Though the exact description of the creature varies from one witness to another, most agree that it has blue fur, three-toed feet, googley eyes and super-funky dance moves.

Every few years, a band bursts onto the music scene with a new sound that blazes a unique musical path, while paying homage to their influences. Hi-Fi Reset is that band. Forming in June of 2009, the group’s style has covered genres ranging from Funk, Afro-beat,

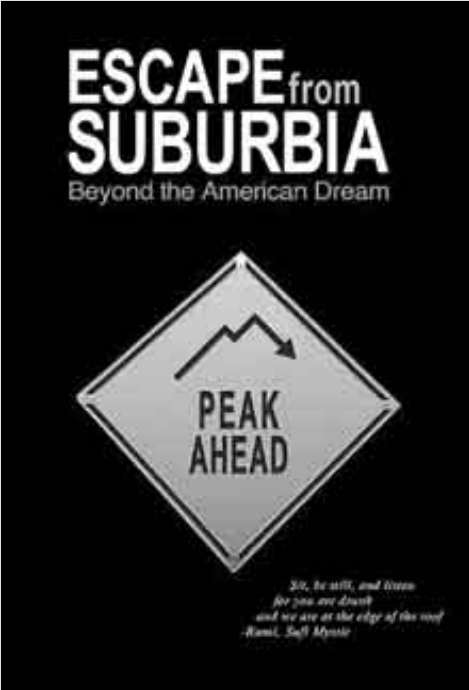


Latin, Hard-Rock, Pop and Acid- Jazz. It’s this diverse, yet inclusive attitude that has been gaining the attention of fans all over Western Washington. Based in Seattle, they’re been branching out to the East Side, the Olympic peninsula and Tacoma area.

Friday, February 18, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Lunavision and Transitional Vashon Present: Escape from Suburbia

Suburbia, and all it promises, has become the American Dream. With brutal honesty and a touch of irony, The END of SUBURBIA explored the American Way of Life and its prospects as the planet enters the age of Peak Oil. In ESCAPE From SUBURBIA director Greg Greene once again takes us “through the looking glass” on a journey of discovery – a sobering yet vital and ultimately positive exploration of what the second half of the Oil Age has in store for us. Through personal stories and interviews we examine how declining world oil production has already begun to affect modern life in North America. Expert scientific opinion is balanced with “on the street” portraits from an emerging global movement of citizen’s groups who are confronting the challenges of Peak Oil in extraordinary ways. The clock is ticking. ESCAPE From SUBURBIA asks the tough questions: Are we approaching Peak Oil now? What are the controversies surrounding our future energy options? Why are a growing number of specialists and citizens skeptical of these options?



What are ordinary people across North America doing in their own communities to prepare for Peak Oil? And what will YOU do as energy prices skyrocket and the Oil Age draws to a close?

Saturday, February 19, 6-9pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

Vashon Celtic Players and Knitters Too!

Here’s a Vashon institution that just happens to find its home at Cafe Luna every Third Sunday of the month. It’s the kind of music that you can enjoy with both ears, or just half an ear, while talking to a friend or quietly relaxing. So, grab a beer and have a great time with these fun-loving folks; at least a dozen of the 70 musicians show up to play most of the merry melodies (mostly Irish, jigs, reels, and polkas) from memory. Beginners are welcome; staying with the beat is the only requirement. Get a head start with the 250 tunes on their website, home.comcast.net/~saustin98/lark/. ...and, also on Sunday from 4 -6 pm Sunday Knitting! If fabulous music wasn’t enough... knitters of all abilities



are invited to drop in and bring their projects to the Cafe. Knit, schmooze, and learn from each other, while the Celtic Players work their understated and very merry music. What a fabulous combination!

Sunday, February 20, 4-6pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

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Harmony and Tradition  
Equal VOCO

By Janice Randall



VOCO mixes it up with urban street singing, first-rate musicianship, roots and traditions from around the world. LA based Moira Smiley & VOCO brings a powerhouse vocal performance to stage with stunning accompaniment of cello, banjo, accordion and body percussion. Smiley leads this ensemble of extraordinary women musicians who share a passion for spreading powerful, emotional music with lush three-part vocal harmony, cello, accordion and banjo. Smiley will be joined by Pilar Diaz (vocals, body percussion, guitar) and April Guthrie (cello, vocals, body percussion).

Known for their original improvisation-built songs steeped in Appalachia and Eastern Europe, the group was named #1 a cappella group in the U.S. in 2007. Recently featured in Dirty Linen Magazine and heard on more than 100 radio stations nationwide, VOCO released two critically acclaimed CDs in 2008-09, Small Worlds and Circle, Square, Diamond & Flag. Think sweet, hard-driving Americana mixed with crooked eastern European dance and dissonance rounded out with body-stompin’ percussive movement and joyous, magnificent, hair-raising harmonies - music that mourns and dances at the same time. “Their body percussion sets are a sight to behold,” said Folkworks Magazine.

Smiley (accordion, banjo, vocals and body percussion) travels the world and creates music for dance, theatre

and film. Her voice, improvisations and compositions may be heard on feature films, documentaries, BBC, PBS and over 40 recordings including her own. She has sung with leading ensembles and artists around the world including Paul Hillier’s Theater of Voices, Ladysmith Black Mambazo, New World Symphony and Shakespeare Santa Cruz.

Guthrie, Kansas City native and now Los Angeles based cellist, performs and collaborates with artists of all genres. Her musical style is influenced by studies with renowned Javanese composer Djoko Walujo WP among many other renowned world musicians.

Chilean-born Pilar Díaz learned guitar from her parents, both acclaimed folkloric musicians. She majored in classical voice (specifically opera), sang with a Bulgarian women’s choir and Balkan music group, participated in a gamelan ensemble that toured Bali and led a band with Ryan Francesconi, Joanna Newsom’s current musical director. Her vocals have been heard in films Spiderman and Sleepy Hollow. She has performed on Conan O’Brien and gigged with Sonic Youth and Neil Young.

Moira Smiley & VOCO  
Saturday, Feb 19, 7:30 pm  
Tickets: \$14/\$17  
Blue Heron, Heron’s Nest, Books by the Way, and  
www.BrownPaperTickets.com

Publish the Quest

Publish The Quest formed in 2008 and released there 1st album soon after, titled; The Threads. Produced and recorded by Mell Dettmer, the group is getting ready to release their second album, Then What!? Which features Femi Kuti, Matt Chamberlain, Eyvind Kang, and Radioactive.

The band blends groove music melodies with vocally driven compositions that seem to continually question social issues through story telling.

Songwriter Jacob Bain started Publish The Quest to record The Threads.. As a result of that experience, 7 passionate people that have come together to form a strong bond, and a band that is serious about keeping feet moving, bodies shaking, and minds engaged!

If you haven’t been to one of their recent shows, Publish the Quest is a combination of several members of well-established, popular bands in the Seattle area including Clinton Fearon’s Boogie Brown Band, Picoso, Reptet, Trolls Cottage and The Panda Conspiracy. Orchestrated by Jacob, he put together a stellar lineup and drew from a variety of influences...one of them a trip to Cuba, where he spent time with a number of local noted musicians who opened up a



whole new sound for him to explore.

The Quest is music and words tied and twisted together to make people move and think at the same time. PTQ is a combination of Blues, Rock, Ska, World Pop of some-kind and something else mixed in. Dance music, melodies and powerful lyrics.. thumping bass, and stout snare shots coupled with sassy horns and some wicked guitar lines....

This is an all-ages show ‘til 11pm, then 21+ after that. \$8 cover.

Saturday, February 26, 9:30pm.  
At the Red Bicycle, 17618 Vashon Hwy  
- 206-463-5959

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# Chamber Music Series Finale

Due to popular demand a Sunday evening has been added to the February Chamber Music Series concert. The 2010-11 Chamber Music Series grand finale, including guest performers John Covelli on piano and Mark Robbins on French Horn, will be performed 7:30 pm, Friday, Feb. 25 and Sunday, Feb. 27. Both concerts will take place at the Blue Heron Art Center.

Repertoire includes String Trio in G major by Josef Haydn, Horn Trio in Eb op. 40 by Johannes Brahms and Piano Quartet in c minor, op. 15 by Gabriel Faure. Additional musicians will include Ron Patterson, viola; Roxanna Patterson, violin, Rowena Hammill, cello and Doug Davis, cello.



Mark Robbins, associate principal French horn with Seattle Symphony Orchestra, also performs as principal horn with Seattle Opera, including the horn calls for Wagner's Ring Cycle. When the Ring Cycle is not being performed in Seattle, he spends summers in New York State with the Chautauqua Symphony Orchestra.

# Acoustically Electric Awesome Sonic Sauce Track 19



Take a pinch of swing, a little jazz, and toss in some blues. Add that to some rock n roll and you have the awesome sonic sauce called Track 19. The band is composed of Vashon Island music veterans Rick "3D" Doussett frying things up on guitar and uke, Bob "Rock" Kueker baking on the bass and guitar, and Eddy J mixing it all up on drums to round out the cooking collective. Track 19 will tickle your musical taste buds with a show that includes an acoustic set with 2 guitars, an electric set with bass and Friday, February 25, 7pm, At Cafe Luna, 9924 SW Bank RD  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

guitar, and then everything in between. Original songs are blended with flavorful covers from Stevie Ray Vaughn, The Kinks, Jeff Beck, Pearl Django, Everclear, and Johnny A. Track 19 released their first album in 2008 and are currently pursuing their second full length CD. Their upcoming dates will include most of their new album performed in a "small club" approach that is very listenable and stirring. Find out more at [www.myspace.com/track19band](http://www.myspace.com/track19band)

# 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](http://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, February 26, 7pm, At Cafe Luna, 9924 SW Bank RD  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

# House Concert with Scotland's Jim Malcolm

One of Scotland's premier folk performers is playing at a House Concert on Vashon on the 20th February, starting at 3pm.

The cost of this concert is \$20. Appetizers will be served at the interval and wine will be for sale if required. You could just bring your own.

Contact Wally Bell at [wbell@rei.com](mailto:wbell@rei.com), or call 206 200 8507 to reserve tickets and directions.

Jim Malcolm was brought up in Perthshire and Angus and was steeped in the traditional music of Scotland from an early age. He learned to play guitar while at school and by his early twenties was winning songwriting competitions and playing in folk clubs all over Scotland.

His career began to take off when he hosted the open stage at Edinburgh Folk Festival, and through his own playing there secured a contract with Greentrax for his first solo album, Sconeward. Acclaimed by critics and chosen as one of the year's best by Radio Scotland's folk programmes Travelling Folk and Celtic Connections, the album brought in bookings at folk clubs and festivals in Britain and abroad, and established Jim as one of the leading songwriters in the traditional idiom in Scotland. He was dubbed: "The new male voice of Scotland."

He was one of twelve leading Scottish singers who performed Andy Thorburn's epic work Tuath gu Deas, and has featured on volumes four, five and six of Linn Records Complete Songs of Robert Burns, produced by Dr Fred Freeman. In December 2002 Jim released his fourth solo CD, Home, again on Beltane Records, and again it made waves and won over new fans.

To date career highlights also include solo tours in USA, Germany, Canada, Denmark, Ireland and England, solo studio spots on Travelling Folk,



an appearance on STV's Hogmanay show and a tour in Uganda. His song Neptune featured on an award-winning documentary about a North Sea oil spill.

Early in 2007 Jim's seventh solo CD, Acquaintance, was released, a lovely collection of mostly well-known Burns songs, with a few less-well-known gems for good measure. When he's not on the road Jim likes to relax by the riverbank, trying, but rarely succeeding, to catch trout. He likes to read Private Eye, revel in the woes of the Conservative Party, and drink far too much coffee.

## Next Edition of *The Loop* Comes out Thursday, March 3

Deadline for the next  
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**Friday, February 25**

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