



VASHON

# THE LOOP

Vol. 8, #9

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 28, 2011

## Jewels sparkle, Monsters whistle on VHS stage

By Janice Randall



Whistling Monsters take a moment to pose in character. Photo by Mike Urban

This May Blue Heron Dance honors the art and legacy of George Balanchine, with the company's first performance of Jewels. The second half of the show will debut The Whistling Monster, a colossal collaboration between Island students and artists of all ages, Chautauqua's Andy James, VAA's class program, VAIS and Blue Heron Dance.

Performances will be held at 7 p.m., Friday and Saturday, May 6, 7 and at 1 p.m., Saturday and Sunday, May 7, 8 at VHS Theater.

VAA's involvement in The Whistling Monster began when Blue Heron Dance Director Christine Juarez met Andy James at Chautauqua Elementary. "Andy approached me about stage choreography for this CD he created with students, based on a South American tale," she explains.

Since January, Wendy Finkleman, Director of VAA Arts Education offered multiple classes at the Blue Heron to

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## An Afternoon with Brigadier General (Ret) Joe Ulatoski

### The Life and Times of a Soldier



During his life to date, Islander Joe Ulatoski has held 47 different jobs, lived in 26 different places and worked in 47 different countries. This fact alone tells you what a remarkable life Joe has led. On Sunday, May 15th, Joe will share interesting stories from his unique and varied life experiences as part of Vashon Community Care's Telling Stories, a

Speaker Series by and about Vashon Locals.

Joe will share his own view of history, as he saw it as a teenager and after joining the army during World War II. What led him to go into the army and why did he stay in the army for so long and during such a period of history?

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## Road to Resilience

### Local Currency

Islanders responded to the recent opening of Puget Sound Cooperative Credit Union by opening accounts already totaling more than 2 million dollars. Clearly, many of us consider it important that our money be invested exclusively in our community. The Chamber of Commerce is always exhorting us to patronize island businesses so that our dollars continue to circulate amongst islanders and provide livelihoods for more of us right here on Vashon. Wouldn't it be great if we all had an opportunity to make a living without having to commute to the mainland?

Michelle Pratt contends that we have another powerful tool we can use to both promote our local economy and insure that the greatest amount of locally produced goods and services will be available to all: local currency. Say you are currently unemployed, low on cash, but have goods or services you can offer; you can receive or offer goods and services at any time: no need for US dollars or paying interest on your credit card! As Michelle says:

"At the recent We All Belong event sponsored by Welcome Vashon, my husband Johnnie and I were able to

By Terry Sullivan, Transition Vashon launch a vision we had brought with us when we moved to the island last year - Life Dollars, an alternative currency that supports a cooperative economy and builds community and resilience. Soon after our arrival on the island from Tacoma we connected with SEEDS, a local nonprofit focused on sustainability. They gave us their green map of Vashon that had 'wishes' radiating from the map of what they envisioned for the island's community that included alternative currency. We knew then it was possible. As we began to know the community more intimately, we saw how many of its members already practiced an 'assets based community' -- sharing resources such as the No Trash Bash Stash, bartering their needs and services, and caring for each other, as exhibited when John Browne was hurt last winter and the community came together to care for his needs. Everyone can contribute, young or old, rich or poor, we all have something of value to offer toward the economic enrichment of this community; and as such can thrive in an assets based paradigm.

"Life Dollars can provide an

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## Amanda Knox: Keep The Faith

By Karen Pruett

Island Resident, Innocence Supporter

evening on All Saints Day when no buses were running. The defense produced three disco owners who affirmed that no buses ran on November 1, 2007.

Then the Chief of Homicide, Monica Napoleani, "could not be found," she was to testify about interviewing Toto; the judge leveled a fine of 300 lira and compelled her to appear. The absence of Napoleani is significant as she has never missed a day in court and is a key player in Amanda's ordeal. This woman is one of the directors of the Illegal Interrogation and the source of the "cartwheel" legend.

Mrs. Capazelli, the "Ear Witness," is an elderly lady who lives across the street and claimed to hear a scream the night of the murder. When police saw her interview on TV, she was subpoenaed, but never actually interviewed by them. An acoustical test proved that it was impossible to hear a scream through her closed double-paned window. The defense witness, a tow-truck driver, was outside in the general area and never heard a scream.

Although this is good news for the defense, we do not trust the Office of Public Minister Giuliano Mignini, as they are adept at manipulating Italy's Laws. Currently he

*Continued on Page 8*

On May 6, 2011, Amanda Knox and Raffaele Sollecito will have spent 1,277 days in prison for a murder they did not commit. One week longer than Meredith Kercher's actual murderer, Rudy Guede.

May 20, 2011 will be an important day in appellate court as Judge Claudio Patrillo Hellman rules on the admissibility of challenged DNA evidence and witnesses. In late March the Roman experts conducting the independent review advised the court that there was "not enough DNA to test" on either the Knife or the Bra Clasp and the clasp was rusted from incorrect storage. We are cautiously optimistic that the judge may consider throwing out both pieces of evidence which would clear the way for Amanda and Raffaele's release.

So our hopes are that Judge Hellman will follow the law and rule fairly.

Two prosecution witnesses were also challenged by the defense. "Toto" Curlatolo, the homeless heroin addict who hangs out in the plaza above the cottage, and Nara Capazelli, a neighbor who lives across the street. Toto described for the court, six times under oath, the night of Halloween with kids in costumes getting into disco buses as he watched Our Kids "watching the cottage" until midnight. Meredith died the next



# Get in The Loop

## Submissions to the Loop

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

### Democratic Club Meeting

The Vashon Democratic Club will be holding a spring meeting/party at 4 pm on Saturday, April 30th. The meeting will be held at Ellen Kritzman's home. Please call 567-4837 for directions. It will be a potluck with a salad theme.

The Vashon Democratic Club provides a comfortable setting for people to gather and discuss current events: local, national and international. It serves as a platform for current politicians and enables them to report to their constituents. We also provide an opportunity for those who want to run for office, especially island offices, to talk to islanders about themselves and their goals.

So, bring your favorite salad and come on the 30th to Ellen's house and celebrate Spring!

### Chinese Health Club

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

### Caregivers Support Group

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

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

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

### The Vashon Loop

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### Get a HAM Radio Technicians License

Vashon Maury Island Radio Club in conjunction with West Seattle Radio Club are sponsoring a weekend class designed to help interested individual's secure their ham radio technician's license.

The class will start with lecture & practice, on Friday evening(3 hours) May 20th, Saturday & Sunday, (lecture & practice)each 8 hours, and end with the test being given (May 22nd)Sunday evening. This is a course that will --teach to the test-- Great for folks who are in, or want to volunteer for emergency services.

The course is FREE, the Technicians textbook costs approx. \$30 and the test is \$15.

If interested, please contact kharazi@aol.com for further information.

### The "Big Picture" Series at VICC

Beginning on Sunday, May1st, and going for seven weeks, Vashon Island Community Church will be hosting a sermon series called, "The Big Picture: Walking through the basics of belief in Jesus." The series will be taught by Mike Ivaska.

The series is designed to inform, not indoctrinate, and the goal is to allow the people of Vashon Island to more clearly understand the basics of Christian belief and how one becomes a Jesus follower. All are invited.

Service times are every Sunday, beginning at 10am and ending around 11:45. Vashon Island Community Church is located at 9318 SW Cemetery Rd, across from Chautauqua Elementary. Childcare is provided.

### Vashon Intuitive Arts Celebrates Their First Year

Saturday, May 7th from 10am to 10pm is Vashon Intuitive Arts celebration of their first year anniversary. VIA began August 2009 when Lorna Cunningham held the Inner Twinings Spiritual Festival. As a result, many people requested more ongoing spiritual connections and nine months later the member run organization of VIA was born.

The mission of Vashon Intuitive Arts is to facilitate ones' personal journey of empowerment.

Speakers, Presentations, Experiential opportunities, Personal consultations available all day including: Tarot, Astrology, Intuitive Readings, and Massage. Music outside throughout the day.

10:00am to 10:30am	Opening Ceremony with Crystal Bowls and Toning
10:30am to 11:00am	Elise Morrill: Reiki
11:00am to 11:30am	Frederick Woodruff: Astrology in the Revolution of 2012
11:30am to 1:00pm	Dr. Matthew Howe, DC/NSA Practitioner. Center of the Universe Network Care: Experience unique body centered methods than turn pain and stress into fuel for transforming how you live your life and embodying your awakened self
1:00pm to 3:00pm	Kim Newall: Despacho Peruvian Prayer Ceremony Celebrating VIA.
3:00pm to 3:30pm	Ruth Huffman: Mayan Abdominal Massage
3:30pm to 4:00pm	Keith Wang, Lifeline Technique Practitioner: Healing through the infinite Power of Love and Gratitude
4:00pm to 4:30pm	Ginny Ciszek: Fundamentals of Channeling
4:30pm to 5:00pm	Troy Huffman: Mankind Project
5:00pm to 5:30pm	Bill Champlin: Tarot
5:30pm to 6:00pm	Adam Stone: Dream Work
7:00pm to 10:00pm	DJ Music: Tribal, Transdance and lots of other dance music!

This is a great opportunity to celebrate and experience Vashon Intuitive Arts. Vashon Intuitive Arts, 17333 Vashon Highway, 206.463.0025, www.vashonintuitivearts.com.

### VCSF Award Ceremony

The Vashon Community Scholarship Foundation (VCSF) Award Ceremony is scheduled for Wed. May 25 at 6:30 in the VHS gymnasium.

### Water District 19 Board Meeting

Pursuant to our bylaws, you are being notified of our next regular Board meeting which is scheduled for May 10th, 2011 at 4:30 PM here at the district office.

At our last Board meeting, the Commissioners also called for a special meeting for Thursday, May 12th, 2011 at 10:00 AM. The purpose of the special meeting is to continue discussion on the Master Resolution, Accessory Dwelling policies and other business as necessary.

### Calling All Composers

In April, 2012, the Vashon Island Chorale will present a concert of music written by local composers or composers with "ties" to the community.

Composers who currently live on, have lived on, or have been somehow affiliated with Vashon Island are invited to submit their manuscripts to Chorale Artistic Director Gary D. Cannon at P.O. Box 2325, Vashon WA 98070-2325. Preference will be given to choral scores. The deadline for music submissions is June 1, 2011.

For additional information, contact Chorale President Jo Ann Bardeen at jbardeen@yahoo.com.

Are you a female living near town or on the northend?  
Looking for support and encouragement to lose 10 lbs in May?  
It's spring and 10 lbs is a begining-towards better health, more confidence, transformation! Share the commitment, confidentiality, information and inspiration.  
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### Wendy Braicks Leaving Park District Helm



Thank you Vashon! This will be my last year with the Park District. I had a personal goal to stay in this position for 20 years. I reached my 20th anniversary with the District last June but couldn't bring myself to let it go at that time. Since then, however, I've come to realize that my own inner timetable was right, I'm ready to move on to other things. When I hand the reins over to my replacement this coming fall, I will be reflecting on the wonderful experience I've had serving in this position for over 21 years. First, as the one and only employee - opening gyms and scheduling fields - and ultimately serving as the Executive Director overseeing this island of parks. Over those many years, the District has grown and become a vital and important part of the community. This was not done by me alone, but by hundreds of volunteers, many hard working staff members, and 28 commissioners. So many wonderful programs developed, partnerships formed, land protected, projects completed, levies won, and families having fun.

I have a great sense of accomplishment when I reflect on my years with the District. I'm a list maker and a goal setter. As each list was completed and each goal achieved, I looked forward to the next challenge. The District moved slowly but surely creating new programs and facilities as the community stepped up to support and participate in the process. It has always been a successful and collaborative effort and along the way I have met and worked with the most wonderful people who are passionate about their sport, program, or park. I know I'll miss the work and the people here when I'm gone, but I'm looking forward to having more time to spend enjoying the many wonderful parks and programs provided by the District.

The board is now beginning the process of searching for the next executive director. Over the next few months, interested applicants will come forward and share their own vision of the Park District. I'm excited to move on in my own life and also to see the District grow in new ways under new leadership. I will leave the District in the good hands of experienced staff, caring commissioners, and dedicated volunteers with a huge thank you to everyone who has supported and loved, yes, loved, the Park District!

Wendy Baicks

### Next Edition of The Loop Comes out Thursday, May 12

Deadline for the next edition of *The Loop* is **Friday, May 6**



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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.

# Got Drugs?

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# 1st Annual “Bunny Hop”

The 1st annual “Bunny Hop” took place at Chautauqua Elementary on April 14th, replacing the “Turkey Trot” from November 2010 cancelled for a snow day. Fourth and 5th graders chased their “Bunny” - a highschool cross country runner- from the H.S. track back to CES. Prizes were awarded to the first four boys and girls in each grade to cross the finish line. Prizes were: 1st a chocolate bunny; 2nd a bag of carrots; 3rd a cabbage; and 4th a small chocolate egg. Teachers Rochelle Munger and Ken Larsen organized the event.



left to right 5th grade, Presley Roggenbuck, Clare Lawrence, Emily Wilson, Riley Lynch, Bunny Savannah Krug, Jahmiah Hoogen, Bjorn Lynge, Ryan Weller, Andrew Walker



left to right 4th grade, Lydia Butler, Kassidy Wickman, May Gould, Olivia Larson, Bunny Ryan Krug, Sol Denhert, Tommy Delarge, Phinley Oswald, Ari Duffer

## THE DORSAL SPIN: Odin’s May Art Shows

By Orca Annie Stateler, VHP Coordinator

This May, Tlingit artist Odin Lonning has shows in Seattle and on Vashon. Lonning is the featured artist at Chief Seattle Club’s Ron Hilbert Gallery, 410 2nd Avenue Ext. S. in Seattle, where he will perform welcoming songs and discuss his work at the First Thursday Pioneer Square Artwalk on May 5, from 5:00 – 9:00 PM.

Art sales support Chief Seattle Club’s mission to provide vital services to urban Native peoples, such as daily meals, health care, housing, and education assistance. Call 292-6214 or visit [www.chiefseattleclub.org](http://www.chiefseattleclub.org) for more information.

On Vashon, Lonning will have supernatural themed pieces on display at Vashon Intuitive Arts, where he will be present for First Friday Gallery Cruise on May 6. Visit [www.odinlonning.com](http://www.odinlonning.com) to learn more about his work.

This week’s photo is of Odin’s award-winning carved mask-panel, “Natsiclané: Creation of the Killer Whale,” a shamanic piece in homage to Transient killer whales.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Call the VHP about dead, injured, or sick marine



“Natsiclané: Creation of the Killer Whale,”  
© 2010 Odin Lonning

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).

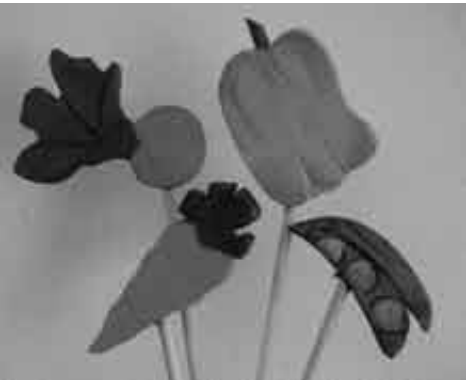
# Annual Garden Club Plant Sale May 7

The biggest and best Plant Sale in Puget Sound happens right here on Vashon, Saturday May 7. That’s the day before Mother’s Day, so you can shop for Mom at the Plant Sale!

Vashon’s most enthusiastic gardeners grow the plants for this sale themselves. The Vashon-Maury Island Garden Club has been busy all year growing thousands of offerings, including fuchsia baskets, tomato starts, and if you like exotics, Kangaroo Paw and Banksia from Australian seed, and Cardoon from Chile. You’ll find perennials, herbs, geraniums, and lots more too. Great variety and really great prices have made this annual sale an Island favorite.

New this year, in our Shabby Chic Garden Boutique, you’ll find Garden Art made by the members( and really charming, we know you’ll agree.) Colorful plant stakes will identify your vegetable rows, bright peppers and radishes, peas and carrots. And we’ve created garden angels, to hover in your garden, or beautify a pot by the front door.

If you’ve never shopped the VMIGC Plant Sale before, be aware that quite a crowd gathers before the doors open! There will be coffee for sale outside to help the early birds stay warm



as they wait. Once the doors open at 9:00 am sharp, the sale runs until Noon, or until the last plant is gone, whichever happens first.

The fun happens Saturday, May 7, starting at 9:00 am sharp at the old Napa store, across from the Post Office.

About our Club; the Vashon-Maury Island Garden Club began in 1952, and currently has nearly 100 members. Your support at our Plant Sale enables the Garden Club to award scholarships to Vashon High seniors, and support elementary and high school programs on plant propagation. We also care for public garden patches on the Island, and recognize exceptional Island gardens each year. Thanks for shopping the VMIGC Plant Sale !

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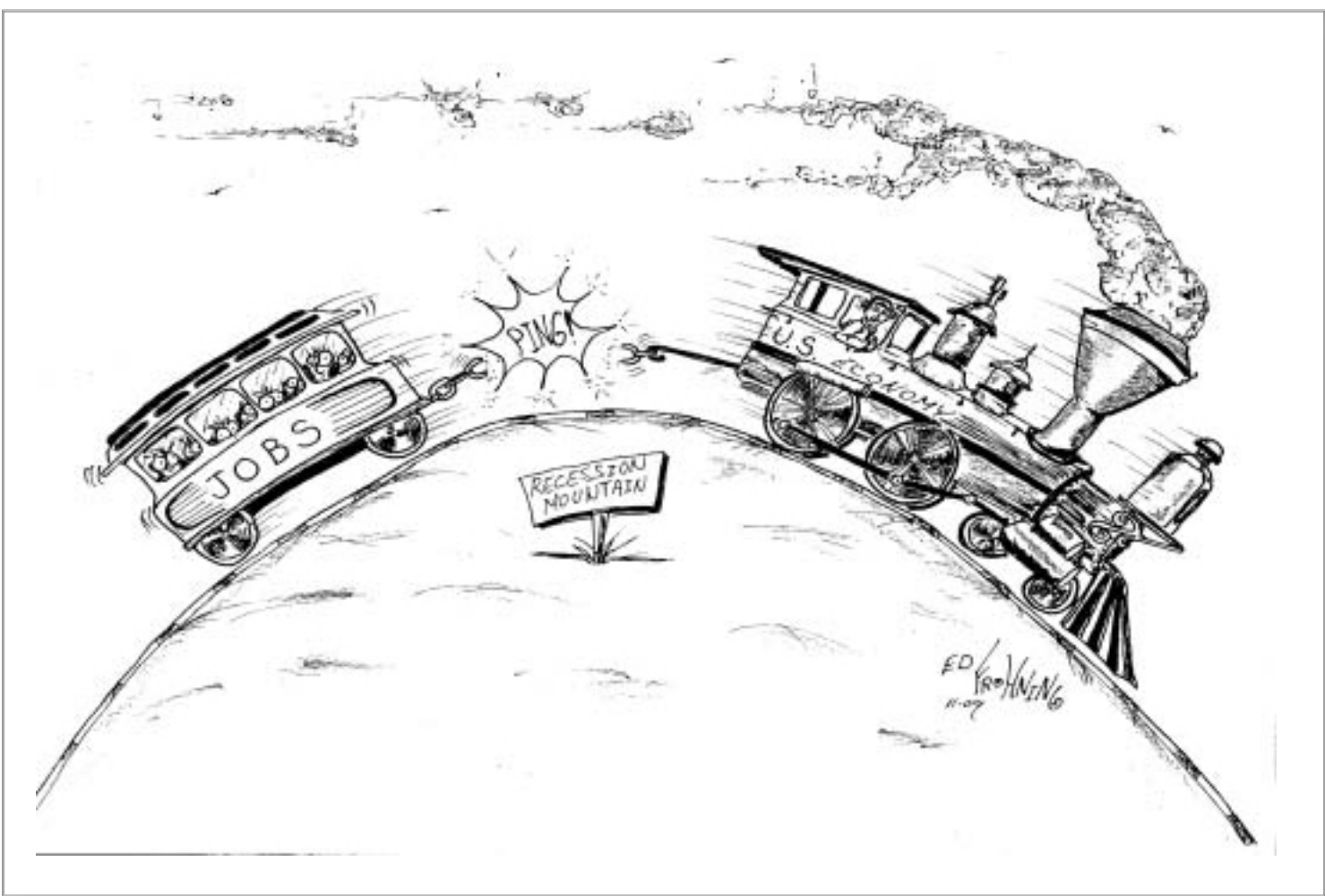
# Island Life

## An Outbreak of Truth

by Peter Ray

I sent an email to a friend the other day. It was in response to the recent Island screening of the film the Economics of Happiness and the panel discussion that followed. As it turned out, I had seen the film a while back and had been underwhelmed by it. In the email though, I had promised I would give it a second viewing at some point. But in there I also said that what we really needed was not so much an outbreak of happiness, but rather an outbreak of truth. Given that the persistence of prevarication seemingly clouds our vision everywhere these days, it seemed that truth should take precedence over happiness. There is, however, an element of verity to Jack Nicholson’s often quoted statement as Col. Jessep in A Few Good Men- that being: “You can’t handle the truth!” One can see evidence of this in the day to day of things in that certain truths are being made less evident, and that the only people dealing with any sense of real truth in the media are comedians. It is easier to handle the truth when it’s funny, even if it isn’t. The problem is that laughing at it doesn’t make it better or cause it to go away- it just gives you a pass to ignore it.

Another basic truth is that there are some things that just aren’t funny. One could make the argument that the folks who have brought us Monty Python and South Park and the National Lampoon, among others, have done their best to tack on the parenthetical “and funny” to the end of the statement, “that’s not funny, that’s sick.” A prime example of this is the Gulf oil disaster, whose one year anniversary we just observed. The South Park boys did their best to take on BP in a three part series recently, but the funniest parts involved the imagined demise of both Justin Bieber and Burning Man. While their doe-eyed portrayal of BP CEO Tony Hayward’s attempts at apologizing for the environmental nightmare (“We’re sorry”) were biting, they were more sick than funny. The truth as it played- and plays- itself out on the water, shore and land was neither happy nor economical, so it simply had to go away. In the worlds of virtual reality and Glenn Beckian logic, this was not a stretch to accomplish- you simply made it so by saying so. If one had been living in a logical world and/or reading the Gulf reports on the website Truthout, or if one considered for a few seconds that both the Star Trek teleporters and Wonkavision are still fictions, one would have had a hard time handling this stated media truth- oil does not sink on water and being of mass and weight cannot disappear. In drinking this particular disappearance myth Koolaid, one could avoid asking why Mr. Hayward couldn’t have dodged from the beginning having



to repeatedly say he was sorry by simply bringing Harry Potter’s cloak and wand out of the wardrobe a lot earlier with a wave and a wrist flick and a bit of gusher motion-reversing magic.

There was another story that surfaced recently that was potentially devastating in its simplicity. It had to do with author and climber and self-described humanitarian Greg Mortenson. In many ways, the truth that emerges from this tale could match the exposed truths of the Gulf in their devastation of a vision, if nothing else. It is one of those things where, having read his book Three Cups of Tea and visualized through the writings the good work and deeds of building schools and bringing teachers to devastated and impoverished areas of Afghanistan and Pakistan, one feels that hearing, let alone handling, the truth is difficult at best. Pulling the strings of heart and trust are of course the realm of philanthropists and con-men alike. But then there is the side that says, why is this really happening and who has what to gain from it? Mortenson has been creating goodwill and trust for a fraction of the cost of our military operations in the region that are serving to do the complete opposite. He has been accused of extravagance in air travel and using foundation funds to finance promotion of his books. I have not yet read of any mansions or yachts in all of this, which apparently are okay perks as long as you are a high-rolling banker or wall street financier, regardless of who you ripped off to get them. I am willing to give Mortenson the benefit of the doubt, but as with any of the rest of this, all I want is the truth- I can handle it.

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Here’s the second installment in the series outlining the 10 worst and most often committed workout mistakes.

4. 10,000 crunches and counting. Nearly everyone knows what a crunch is even if they’ve never worked out. This is an unfortunate truth and one to take note of. Attempting to crunch the belly fat away is a waste of time if you compare it to the value one reaps from performing more effective exercises. This act of performing certain exercises to reduce fat in particular areas of the body is called spot reducing. This technique is anything but beneficial and as is often the case, time consuming. Why spend time on inefficient techniques when you could be challenging your midsection with more effective exercises?

RESOLUTION:  
Core competencies. If you are concerned about losing belly fat then ditch the crunches, acquire better eating habits, use compound exercises to stimulate fat loss and implement exercises that will build and support the body’s foundation. Exercises like the plank, side plank, physio ball exercises like the rollout and ball plank. These exercises will sculpt and support the midsection allowing you to safely perform compound exercises and ultimately keep your spine healthier as you age.

5. Unnecessary outsourcing. One of the biggest mistakes often made is outsourcing your exercises to machines. You have every resource you need to complete a fantastic workout in house using your own body weight. Underutilization of body weight exercises often proves to be the weakest link in your workout routine.

RESOLUTION:  
Cash in on your assets. Always incorporate body weight exercises in your workouts. There are countless versions of body weight exercises that

also happen to be compound exercises which we talked about earlier that are most beneficial when it comes down to the nuts and bolts of your workout routine. Squats, lunges, pushups, pull-ups (regular or assisted), planks and body weight rows should be placed high on your exercise agenda. Not only will these exercises blast away at unwanted body fat and help you to get stronger, they are also confidence builders. With confidence comes empowerment. With empowerment comes desired change.

6. Wasting resources. Just like choosing spot reducing exercises over compound exercises is a waste of valuable time and energy, it is also true for endless hours of cardio. What you will more likely achieve with this mode of exercise is overuse injuries and burnout. The body is so well adapted to preserve itself that it will quickly adjust to constant state exercise and eventually become well suited to use fewer calories to accomplish the same workload.

RESOLUTION:  
Variety is the spice of life. One of the most effective forms of cardiovascular exercise as it relates to burning body fat and improving one’s general conditioning is interval training. Next time you plan a cardio session try the following technique:  
Warm up 3-5 minutes  
Perform 30 seconds of intense work (effort scale of 1-10 performed at 7)  
Actively recover 1:00-1:30 (effort scale of 1-10 performed at 3-4)  
Repeat 3-7 more times (depending on your conditioning level)  
Cool down 5 minutes  
Done  
Exercise intensity is the key, not duration when it comes to fat loss and conditioning.

Much more to come next week.

Vashon Library May Program Calendar

*Opera Previews: The Magic Flute by Wolfgang Amadeus Mozart*  
Sunday, May 01, 2011  
2:00 PM  
Adults  
Presented by Norm Hollingshead  
In late 1791 Mozart needed a “big hit” to pay off some pressing debts. He got it with his Magic Flute, popular from its opening night on September 30. Sadly Mozart did not live to enjoy Magic Flute’s profits, dying on December 5, at the age of 35. Magic Flute has everything an opera audience loves: low comedy, high drama, a handsome prince, a beautiful princess, a wise sorcerer, a wicked sorceress, dazzling high notes, and beautiful melodies. Veteran opera lecturer Norm Hollingshead will explain what makes this such a special opera for our times, illustrating his commentary with musical excerpt from his own collection of recordings, many quite rare. Sponsored by Vashon Friends of the Library.

*Great Books Discussion Group*  
Monday, May 02, 2011  
6:30 PM  
Adults  
The Great Books Discussion Group meets on the first Monday of the month, October through June. The selection for May 2011 is “Interpreter of Maladies” by Jhumpa Lahiri in “Great Books #3”. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

*Toddler Story Time*  
Tuesdays, May 03 and May 10, 2011  
10:40 AM  
Ages 21 months to 3 years with adult.  
Enjoy 20-minute program of stories and songs just right for toddlers.  
Registration not required.

*Preschool Story Time*  
Tuesdays, May 03 and May 10, 2011  
11:30 AM  
Ages 3 to 5.  
Join us for 30 minutes of stories, songs and fun!  
Registration not required.

*Study Zone*  
3:00 PM  
Teens, Children & Families  
Drop in for homework assistance during Study Zone hours: Tuesdays, 3-6pm, Wednesdays, 3-5pm, Thursdays, 3-5pm, when school is in session. Study Zone tutors cover all subjects for grades K-8 and specialize in one or two topics at the the college prep level.

*ESL Classes*  
Tuesdays, May 03, 10, 17, 24, 31, 2011  
6:00 PM  
Adults  
Presented by Rebecca Cullimore, teacher  
Come to the Vashon Library for free weekly lessons in speaking English as a Second Language. Childcare can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206.463.2069.

*Baby and Me Story Time*  
Wednesdays, May 04 and May 11, 2011  
10:00 AM  
Newborn to 20 months with adult.  
Enjoy a 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver!  
Registration not required.

EARLY LITERACY PARTIES IN SPANISH / FIESTAS DE ALFABETIZACIÓN TEMPRANA EN ESPAÑO  
Fridays, May 06, 13, 20, 27, 2011  
10:30 AM  
Adults  
Spanish-speaking families with children ages newborn to 5.  
Eight series of FREE workshops. Families learn about Early Literacy and how to prepare their children for Kindergarten.

- Free books in Spanish
- Registration is not required but space is limited
- Craft materials
- Snacks and beverages.
- Sponsored by the KCLS Foundation.

http://www.kcls.org/fiestas/  
FIESTAS DE ALFABETIZACION TEMPRANA - PROGRAMA GRATUITO EN ESPAÑOL  
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8 series de talleres GRATUITOS. Las familias aprenden acerca de Alfabetización Temprana y como preparar a los niños para el Kindergarten.

- Libros gratuitos en español,
- No se requiere registrarse pero el espacio es limitado
- Materiales y manualidades
- Bocadillos y bebidas
- Subvencionado por la Fundación del KCLS.

http://www.kcls.org/fiestas/

*Breakfast at Sally's*  
Wednesday, May 18, 2011  
6:30 PM  
Adults  
Presented by Chris Szala, Director of Vashon Household  
Join the discussion of this memoir written by a formerly homeless Bremerton businessman, Richard LeMieux, and be part of the long term conversation about and with islanders struggling to get by. Co-sponsored by Vashon Island Network for Essential Services and Friends of the Vashon Library.

*Open Up and say HA!*  
Thursday, May 26, 2011  
6:30 PM  
Children & Families  
Presented by Rick Huddle  
This show is a laugh-filled experience with stories about expectations, getting teased, and killer bees. Kids and families will sing along with the guitar. Audience participation keeps young listeners involved by letting them get up and move around, while creating a kinesthetic experience for all.

*Poet's Magic*  
Saturday, May 28, 2011  
1:00 PM  
Children & Families, Adults, Teens  
Presented by Tom Pruikisma  
Tom Pruikisma shares the poet’s magic in deeds and words  
for an audience of all ages. It is fun, participatory and, well, poetic; using magic (sleight of hand and illusion and puffs of smoke) to create poetry.  
Sponsored by Friends of the Vashon Library.

*A Haiku State of Mind*  
Sunday, May 29, 2011  
12:30 PM  
Adults  
Presented by Kaj Berry and Ann Spiers  
In this workshop, learn to use haiku to explore writing creatively and thoughtfully, with in-class writing and discussion. This class will consider conciseness, concreteness and the more intangible aspects of writing purposefully. Sign up for this workshop at vashonpoetryfest.com. For more information about the festival, contact info@vashonpoetryfest.com. Sponsored by Friends of the Vashon Library.

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Deadline for the next  
edition of *The Loop* is  
**Friday, May 6**





Planet Waves

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



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

The thing that you feel is in the way is actually your balancing point. It may be annoying for being in the way, though it's vital as a counter-balance to the energy pouring through your life. For the moment, you have to live with this situation and, I trust, learn to turn it into an opportunity. While you may not think you have any real freedom, you have many viable options available, though they aren't opportunities in the sense of five job offers. It's more like you have five talents that you know it's time to get working in harmony with one another rather than competing with one another. If you seem to be facing a limit, think of it as a container. For example, let's say we're talking about a job situation that you want to change. How much can you bring your talents into your current situation, despite its drawbacks? The more you can, the more you will open the way to a future where all of you is welcome.

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

Remember that meaning is only meaningful in context, and currently most of that involves your experience of your own mind and emotions. Typically we cannot see this because we see everything through the filter of our own mind. Yet for the moment, you have a window into a kind of blind spot in your psyche. That's the place where so much is influencing you, but which is so difficult for you to get a grasp on. It's the source of the pressure you're feeling, and the volatility. You may not be able to resolve those feelings now, but you can ground yourself in productive or creative activity that will at least give you the opportunity to put your energy to use. What you're doing may not live up to your imagination, but actually it looks like a great opportunity to bring your creativity into a project or task that will benefit from some love -- and which will benefit you as well.

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

Mercury is still shell-shocked after its retrograde phase in Aries. The feeling reminds me a little of the Earth vibrating after a quake. Aries is a bold sign, though what it represents -- our sense of identity -- is a fragile thing. For you, Aries represents how you are perceived, where you fit into your social scene, and how you define yourself as a 'public' individual. Yet there is a deeper theme to this house, which is what you want out of life. This, you seem to be grappling with. There are days when everything seems like a fantastic possibility. Other days it seems like you have no options at all. Yet in both of those scenarios you are watching life like a movie. At this stage of your growth it's essential that you take up the charge of visioning your own way in life. You will know the difference because a movie screen reflects some other light, and a vision gives off a light of its own.

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

You've been spun around recently, and may be struggling for some direction in your professional life. There are many things you want to do, while you're confronted continually by one thing that you have to do. Looked at one way, this is a crisis; looked at another way, it's a sign that your creativity exceeds your current structure or framework, particularly your mental structure. In order to work this out, I suggest you take a long-range view; think in terms of two to five years. Yes, this seems like a long time, but the years go by quickly, and most of why we seem to fall short of the progress we want involves the lack of long-term self-guidance. If I am not mistaken, there is one thing you've wanted to do, or accomplish, for a very, very long time. Somehow you keep missing that goal, or forgetting it. I suggest you make a series of decisions, starting now, to guide your life in that direction. Keep your focus, and don't

worry about the results.

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

You've been running an obstacle course lately. Many plans, revised plans, possibilities are flying around your head like so many airplanes at O'Hare. I trust that over the past week some of them, at least, have come in for a landing and others have flown off to different horizons. You're now free to take some tangible action and accomplish something you've put off for a while. I would point out that amidst all of these different concepts for what is possible, there is something that is particularly alluring; it has a mix of daunting and inevitable. It may be the least predictable among your many objectives -- or the one that causes the most disruption when you try to get it going. That is a sign that your idea contains energy, which is, in turn, a sign of its actual potential. As for the lack of predictability -- you might call that the 'god factor' -- the unknown element that leads to a truly creative outcome.

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

Remember that you're still in the early phase of a long process of establishing your relationships, and your relationship to existence, on new ground. At times it may not feel like ground, any more than the floor of a canoe does as you're coasting down a river. Yet this floating, moving surface area is providing you with a stable enough platform to stand on. At the same time, you seem to be surrounded by a diversity of people who are making various offers and demands. I strongly suggest you look for the one or two that are in close harmony with your values. By close, I mean truly, authentically connected to who you are and what is important to you. Learn to identify this point of contact when you encounter someone, and moreover, to identify when it's not present. The key is to not be guided by prejudice; you might find this bond with those significantly different than yourself, and be absent in those you consider more similar to you.

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

You may be under more stress than you think. The fact that you're able to handle a lot of push, pull and delicate balancing doesn't change the fact that it affects you. You may not be able to tell how you actually feel until you get away from people and tune into your inner being. I suggest you do this as much as possible. At the moment you live between two worlds; one is more obvious, louder and full of commitments; the other is subtle, it's quiet and it's easy to distract yourself from. But both are real and vital parts of your life. It is the inner calling that is drawing your attention now; it is the source of your energy and the way to orient on your wellbeing. If you're looking for a way in, start with silence and solitude. From there, any meditative act will take you deeper, such as drawing or music. Deep within the many swirling activities of your world is a deeper place that you are craving.

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

You seem to be in the place of renewing a relationship, or are feeling a new experience on the horizon. This could be truly beneficial, as you may be feeling. I suggest, however, that you make peace with two possibilities: one is how you might feel if you're actually desired. Usually, you're the one that does the desiring. Often, being wanted can stir up a lot of controversy, among other things, because one has the feeling of being seen and noticed. When someone, indeed, anyone wants you, you cannot feel invisible, no matter how much you want to. Second, there is the possibility that you will have to engage with a kind of conflict that you have often vowed to leave behind. You can leave it behind, if you remember (ongoing) that the shadow material that comes up in

relationships relates directly to the shadow material you are carrying. Address it within yourself first, and the relationship is more likely to follow your example.

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

You should now be able to get a little more traction on your creative plans. Even if you've been beset by various delays and mix-ups, and even if this has hurt your confidence, I suggest you take a few solid steps and see where you end up. You're not lacking for bold ideas, that's for sure. As for confidence, you seem to live in two realities -- one in which you've got what it takes, and another in which that can evaporate in doubt. The only way to resolve this is through action, which is to say, by daring and seeing what you're capable of. Once you get the hang of that, and see how much you're capable of, you may still experience doubt -- but at that point it's merely a thought that doesn't have to take over your life in any way. But in my opinion, the one and only key to freedom is experience.

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

This must be an emotionally complex time for you. If so, I suggest it's time to apply what you learned recently about your attachment to the past, and to who you thought you were in the past. I would also suggest that you ask yourself whether you're becoming more like your parents, or less like them. This is the question. You have the power to take that process in any direction you like. You can integrate their positive attributes, and outgrow their anxieties; you can take on the worst of who they are (or were). In our time, in your generation, the choice is yours. Yet this is a bigger choice than you may imagine. Collectively, we are at a moment when we need to make a break with the past. That is not about flying cars or solar panels. It's about how we experience fear, and what it means. It's about how we think of ourselves; it's about who we think we are, and what choices we make as a result.

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

You may get a clear idea where you want to put down some new roots, be they emotional, physical or both. You may not be able to act on it right away, but you can create a strategy based on a calling or devotion that you feel. These three concepts are grouped as one idea: roots, calling and strategy. The feeling, when you tune into it, is one that comes with an unusual sense of depth. It's something you know and feel in your body. In a sense, you're not making a decision, it is making you. Meanwhile, your mind may have a diversity of opinions, doubts and thoughts of its own, and you can watch those go by like a movie; you don't have to react or even respond to them. Yet the thing you're most likely to get is confirmation of some kind that what you're feeling is authentic and solid. What to do next will follow logically.

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

I'm always impressed how messed up so many people are when it comes to money -- how mystified, closed-minded and afraid. Money is tied for first place with sex on the list of things people get weird about. The weirdness seems to run in the same basic direction -- a crisis over sharing, by which I mean giving and receiving, which can then culminate in withholding and being taken from. It's as if when we shut down the voluntary process of exchange, and refuse to do what we actually want, some other system takes over. This is the time to own your money, to own your desire, and in fact to own any other resources that you consider your own. The reason to do this consciously is so that you can give and receive as you choose, with what is rightfully yours, undaunted by anyone who refuses to actively, consciously possess what is their own. Your power is your power. You can go anywhere from there.

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



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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## Doggerel and Other Invasive Species

by Mary Tuel

It’s been a good week for doggerel here at Casa Tuel. It started out innocently enough. It began as I was digging out buttercups:

The buttercup, a pretty flower  
Bright and cheerful in the yard  
Once it’s rooted in your garden  
Getting rid of it is hard.

Hardly Shakespeare, but it amused me and led to other rhymes:

Morning glory climbs the fences  
Choking out the plants you want  
You can pull and pull and pull  
But get rid of it you cahn’t.

After that I was on a roll:  
Blackberries grow arching canes  
That will rip you with their thorns  
You might think that you have killed them

But next spring, ta-da, reborn.

Dandelions dot the yard

Golden flowers, gossamer spheres  
Blowing in the summer breeze  
Multiplying every year

Quack grass frolics through the orchard  
Sending rootlets underground  
I believe there is one plant that’s  
Sprouting up the world around

Ivy, once put in on purpose  
Chokes the land with vines and leaves  
Housing raccoons, eating houses  
Sucking life out of the trees

Scotch broom ate the horse’s pasture  
Now it’s started on the lawn  
Push it back with a bulldozer  
And delude yourself it’s gone

Finally, I was practicing the Irving Berlin song “Easter Bonnet” to sing for a gathering of elders, and found myself writing doggerel to that old tune:

Spring is being tardy at starting up the party

I look out my window and it’s raining again

I’m so tired of waiting. The weeds are germinating

But I look out my window and it’s raining again

In the front yard, in my front yard

All the soil is soft mud

that’s up to the knees

of my old dungarees

Oh, I could use some sunshine

To dry out would be so fine

But I look out my window and it’s raining again

You can see how insidious the urge to write doggerel can become. I pass the bug along to you. Go ye forth and write bad rhymes! It’s something to do while you wait for the rain to let up. Cheers.

## Amanda Knox:

Continued from Page 1

is ‘assisting’ the prosecutors, but by Italian law he not supposed to have anything to do with the appeal, yet he continues to work the system.

On April 20, 2011, CBS News reported that longtime Innocence advocate, Frank Sfarzo, the Perugia Shock blogger who lives and reports from Perugia, was arrested by the police, beaten up and then charged with police abuse. Doug Longhini reported that “The New York based Committee To Protect Journalists (CPJ) wrote a letter to Italy’s President Giorgio Napolitano expressing concern about the continuing harassment of journalists covering the Knox case in Italy. The Committee complained that journalists had been threaten and harassed by police and prosecutors in Perugia for the past several years; the worst case being Sfarzo’s.” PM Mignini is trying to silence him with the same tactics he used on Doug Preston and Mario Spezi in 2006. The prosecution is calling Frank ‘crazy.’ Sound familiar?

I cannot make this stuff up.

For the Knox family it means everything to change the perception of Amanda as the “crazy, murderous slut acting out in a foreign country because she is a spoiled, entitled American.” It means everything to tell the truth about the real Amanda, the kind, compassionate, scholarly, fun-loving girl caught up in this tragedy precisely because she was compassionate and kind.

In small communities like Vashon we live 6 Degrees of Separation. (Hey, Kevin!) Close enough to make Amanda’s situation relevant to thousands on Vashon, if not the entire Island. Neighbors and friends are wondering: How is Amanda doing? How is her family? Will the court be fair this time? And you are passing those people on the street everyday.

So Amanda is not just ‘some girl’ sitting in a foreign prison, she is Our Girl. Her family is not ‘some family’ in another state or another country, they are Our Friends. They are relevant to Vashon.

And they deeply appreciate the Vashon Loop editor, Steven Allen, for giving Amanda a voice in their hometown after the Beachcomber refused. The Loop is a true community newspaper for allowing her story to be told fairly and accurately from her point of view, because Islanders are sick of seeing the sordid and false tabloid trash. And the Loop did not conform to the mainstream media’s derogatory, and painful, titling of ‘convicted murderer,’ instead we were free to describe Amanda honestly: wrongfully convicted, unjustly incarcerated, a victim. An incredibly relevant and precious gift of 11,275 words in seven issues.

Change the words and you change the message. The Loop did that for the Knox family.

“Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.” —Robert F. Kennedy.

“Amanda is one of the most selfless, compassionate people I’ve ever known. She has been a positive influence in my life since I met her and continues to be one even now. Her optimism, kindness, care for others, and hope for this world will always inspire me. Even now, in complete Amanda-fashion, her letters home are filled with concern for her loved ones instead of complaints about her own plight. The emptiness we feel without her is testament to the type of person she truly is.

I miss you Amanda. Seattle is even more gray without you here. —Madison Paxton, a friend who moved to Perugia in 2010 to help Amanda’s family care for her, AmandaDefenseFund.org.

“Meredith Kercher was murdered in Perugia Italy, November 1st, 2007. Investigators were aware early on that there was no evidence at the crime scene to suggest that Amanda Knox and Raffaele Sollecito were present at the time of Meredith Kercher’s murder. They were also aware of

the fact that the lead prosecutor on the case, Guiliano Mignini, was telling them the two were involved. With this in mind, they would try desperately to find incriminating evidence to satisfy Mignini’s request. This approach led to a rush to judgment long before a single piece of evidence was tested and more importantly before the real killer, Rudy Guede, had even appeared on their radar.” — Bruce Fisher, moderator. InjusticeInPerugia.org, author of “Injustice in Perugia.”

“None of the pieces taken from the crime scene pointed to Knox or her ex-boyfriend, Raffaele Sollecito – the evidence all pointed to Rudy Guede. Guede’s DNA was everywhere, in the victim’s room and on her body. Guede has been convicted of murder, but why they persisted in still charging and convicting Knox and Sollecito, I don’t know. It’s a pretty simple story, if they waited for the DNA first, they would have solved this quickly without any kind of mess.” — Dr. Greg Hampikian, Boise State University, Director of the Idaho Innocence Project.

“The more I investigated, the more I realized that Amanda Knox and Raffaele Sollecito could not have had anything to do with the murder of Meredith Kercher. Moreover, one reason that they were falsely convicted was that every rule of a good investigation was violated.” —Steve Moore FBI (ret), Special Agent and Supervisory Special Agent.

“If they are innocent, then how did they get convicted? Amanda and Raffaele were detained and held without charge before the forensic evidence came back implicating Rudy Guede. The day of their arrest the police paraded them through the old town with lights on and horns blaring. By the time Guede was becoming a suspect, a major figure in the Rome police department had put Ms. Knox’s picture in the hallway, right next to the arrest of Bernardo Provenzano. I think it is a case where the police and Public Minister Mignini had made a bold claim about Knox and Sollecito’s involvement and could not back down.” —Christopher Halkides, University of North Carolina at Wilmington, Associate professor of chemistry and biochemistry, “View From Wilmington,” blogspot.

“The Massei Motivation is important evidence. Very poor evidence against Amanda and Raffaele, but very telling evidence against Giuliano Mignini and the judges that made this decision. As we analyze it, we see a pattern of contortions that go well beyond bad judgment calls or mere incompetence. Instead we see sign after sign of willful and deliberate twisting to achieve a desired result. It is a critical fact for the understanding of this trial that guilt was preordained; the evidence was an afterthought.” —Mark Waterbury, PhD, Science Spheres, author of “Monster of Perugia, the Framing of Amanda Knox.”

“Despite Mignini’s having been convicted of abuse of office for his Monster of Florence activities, he’s still being allowed to participate in Amanda’s appeal, a most-unusual occurrence since appeals are supposed to be do-overs. Even Amanda Knox’s lawyers have not escaped Mignini and the Perugia police’s legal wrath, nor have her parents, who are being sued for slander. The father and sister of Raffaele Sollecito, her co-defendant, are also being brought to court for leaking a crime scene video—despite the many, many leaks from police and prosecutors during the so-called “trial of the century.” —Candace Dempsey, Seattle PI, author of “Murder in Italy.”

“This is going to make you laugh. Guess who the prosecution, now, thinks to be involved with the crime? Me. It’s no surprise. It’s perfectly consistent with everything else. The great psychologists who thought that a girl first watches Amelie and then goes and kills her housemate must of course think that the one who writes about a crime is the criminal. Five cops, then, reported to have been beaten by me and they proved it with a medical certificate. Will the great judges be fooled again by a couple of cops and a piece of paper? Of course. It’s their specialty! This is the local mind. Have you all now figured out

Continued on Page 9



Sunday - Thursday  
Bistro & Sushi service  
11:30am to 9pm  
Lounge is Open  
11:30am to midnight

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**Mike Dumovich SR & JR**

**May 7, 8pm**  
**Islewilde Mother of all Shows**

**May 13th, 9pm**  
**The Dove Project**

## The Life and Times of a Soldier

Continued from Page 1

We will follow Joe to Korea during the occupation and during the Korean War when he volunteered to be a Ranger. He will share his experiences on the front and operating behind enemy lines in North Korea as well as his experiences during four tours in South Vietnam.

We will also hear what it was like to be an assistant Army attaché in the former Soviet Union at the height of the Cold War and about life in Moscow at this time of mistrust between two nations including experiences encountered with the KGB. At that time Joe was one of only 13 US military officers in the Soviet Union who were responsible for observing the capabilities of the Soviet military. We’ll hear about things which none of us living in America ever knew.

After retirement from the Army in 1978, Joe became involved in the business world. This led to even more travel and

living in those countries of the world that were emerging from command or planned economies into some form of market economy or that were undergoing major economic difficulties. Again, Joe was able to observe history in the making from a viewpoint that most Americans did not see or appreciate.

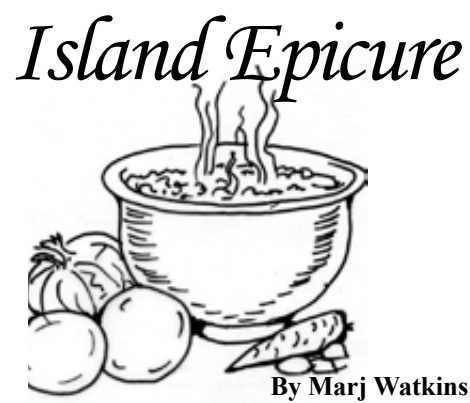
Come hear General Joe’s stories and his view of the world stage as seen through the eyes of both a soldier and civilian. Seating is limited. Purchase your tickets ahead of time at Books by the Way, Vashon Book Shop or Vashon Community Care. Tickets are by donation and all proceeds support Vashon Community Care.

VCC is delighted to offer Islanders the opportunity to hear and learn from the stories of our Island elders. Telling Stories Speaker Series is made possible by a generous donation from the estate of David W. and Catharine A. Carr.

Deadline for the next  
edition of *The Loop* is  
**Friday, April 22**

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





The Blessed Bean

Meeting an entrepreneur friend recently, I asked her, “How’s business?”

“Slow,” she said, “but we’re still eating beans.”

Bless the bean, so thrifty yet adaptable to a thousand different, delicious recipes. I could write a whole book of bean recipes, and did decades ago. Unfortunately “Beans, Rices, and Pastas” is out of print now. Shucks, I could write a book just on bean soups. Leaving room for other news and columns in The Loop, I’ll content myself with including just a few in this issue.

Here’s a slow-cooked dish for the vegans among us. I make the standard serving size, four, It serves John L. and me twice, with a few spoonfuls left over for the subsequent minestrone, and can be frozen.

LIMA & BROWN RICE CASSEROLE

- Prep and cook: About 2 hours
- 4 servings
- ½ cup dry large lima beans, sprouted, or at least soaked overnight
- ½ to 1 medium yellow onion, chopped
- 2 Tablespoons canola or olive oil
- 1 clove garlic, copped
- 1 teaspoon paprika
- ½ teaspoon dried thyme
- 1 teaspoon dried savory
- 1 teaspoon minced fresh ginger
- ½ cup brown rice
- 1 large potato, peeled and quartered
- 1 teaspoon salt and several dashes pepper, or to taste
- Water or vegetable broth to cover.

To sprout beans, soak them overnight starting in warm water. Drain and let breathe. Every few hours, give them a rinse and drain again. They will stick little white tails out after 18 to 24 hours in spring and summer. Sprouting increases their Vitamin E and cuts their cooking time.

Stirfry the onion, garlic and herbs briefly in the oil, until onion is glossy. Add rice and potato. Add salt and pepper. Add broth. Bring to a low bowl. Reduce heat and simmer until beans, rice, and potato are fork-tender.

- MINESTRONE
- Prep time: 15 minutes    Cooking time: 15 minutes    Servings: 4
- Combine in 6-cup saucepan:
- 1 cup or more leftover Lima & Brown Rice Casserole or 1 cup cooked beans of any kind
- 1 large or 3 small potatoes diced small
- 3 carrots, chopped
- 1 quart vegetable broth, chicken broth or consommé
- Water to desired consistency
- Garlic salt and pepper to taste
- 1 teaspoon Italian herb mix or 1/2 teaspoon dried oregano
- Hot pepper flakes to taste
- Bring to boiling. Reduce heat. Simmer 10 minutes or more. Two minutes before serving, add:
- ½ cup cooked kale or
- 1 large handful fresh spinach

Menu: Minestrone, antipasto of red and green bell pepper cut in thick slivers, carrot curls or sticks, cherry tomatoes, and pickled peppers; Italian bread or sourdough bread, red wine or juice of choice.

Another favorite, very easy bean dish:

- THREE BEAN BAKE
- 6 servings
- ½ cup chopped onion
- 1 carrot, grated
- ½ cup water
- 2 Tablespoons minced fresh parsley or 2 teaspoons dried parsley
- 1 15-ounce can pinto beans
- 1 15-ounce can large white beans
- 1 15-ounce can red or pink kidney beans
- 2 Tablespoons molasses
- 1 teaspoon dried marjoram
- 1 teaspoon ground cumin or coriander

In a small saucepan or skillet, pre-cook the onion until transparent. Combine in a baking dish with all the other ingredients. Bake at 300 to 350 degrees for 25 minutes, or slow-bake at 275 degrees for an hour or two, occasionally stirring down the crust that forms on top.

Salad suggestions: Ranch dressing goes well with any of these.

PEAR AND CHEESE: Lettuce, diced pear dipped in salted water to prevent browning, and sprinkles of crumbled blue cheese and dried cranberries. Lay a base or torn lettuce. Drain the pear pieces and add. Garnish with blue cheese and cranberries.

ORANGE AND AVOCADO: Lettuce or spinach as a base for a peeled, diced orange or a couple of small tangerines or mandarins, and garnish with whole or quartered walnuts.

APPLE & CELERY SALAD: Boston or Bibb lettuce cups filled with diced organic apple, thin-sliced celery and chopped walnut or sliced almonds.

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Amanda Knox:

Continued from Page 8

why this judicial disaster happened?” – Frank Sfarzo, PerugiaShock.blogspot.com, March 26, 2011.

“Amanda had absolutely nothing to do with the murder. The outpouring of abuse toward her is extremely disturbing. I am convinced she is innocent and I cannot understand why there has been such a bloodthirsty rush to judgment. The ugly anti-Americanism in the Italian and British press is perhaps understandable (although inexcusable), but why the same in America? Some of the comments posted in blogs verge on the psychotic.” – Douglas Preston, author of “The Monster of Florence.”

“It’s a railroad job from hell. Say goodbye to Amanda, she’s been so convicted already that it’s scary. She’s gonna be gone unless people rise up and fight.” – Paul Ciolino, CBS News, Afterword from Monster of Florence, by Preston and Spezi.

“No one can put Amanda with Rudy or Raffaele with Rudy. I believe that Italian authorities railroaded Amanda for the crime after theorizing Meredith was killed because she refused to join in a drug-fueled orgy with Amanda and the two men. The citizens of Italy have been given misinformation about her. Their justice system is great, but like our justice system, it is run by people and can be abused, mistakes can be made, they took a good person and they demonized her. Amanda was unjustly convicted due to the ill-will of the prosecutor and the media’s assault on her integrity.” –Michael Heavy, U.S. Superior Court Judge.

“I am continually impressed by the caliber of people who are speaking out for Amanda and Raffaele. Some are dealing with irrational barriers as they advocate for these innocent kids, yet continue despite the hate mongering and slander. No one does that for a guilty person.” – Karen Pruett, Vashon Island Resident, Innocence Advocate.

“The time is always right to do what is right.” – Martin Luther King, Jr.

“I don’t know if I can really express what it means to me to have the people who have known me (and even those that haven’t) by my side throughout all of this... After a year I at least have learned to respond to the negativity of my current environment as peacefully and calmly as possible, but my family is still out there in the world that just can’t seem to make up its mind about what to do with my life. So thank you, thank you, thank you. Io lo so che non sono sola anche quando sono sola. Even when I am alone, I’m not alone.” – Amanda Knox, Capanne Prison, December 2009.

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# Positively Speaking

## The Strength of Pretend

By Deborah H. Anderson

OK, OK, OK. So maybe you poured your heart and soul into it and it was just thrown in your face. Maybe it was a dying business. It was a great idea, a good location but not the right time and it just wouldn't fly.

Or maybe it was a social cause. You had the vision. You had the energy and darned if you could get anyone to listen.

Or maybe it was about health issues. You wanted to gather together some people to work on improving their health and it just didn't work.

We're surrounded by success and growth all the time on this little Island. We beat a huge multi national corporation at their own game with the help of die hards and a good recession.

Hundreds have cleaned out their bodies with gluten free anything and more vegetables on their plates than other stuff.

Our schools thrive despite cut backs because people go back and dig deep.

We haven't planted a white cross on the highway for a teenager in years because enough parents said enough kids have died.

But just as strong are the things that haven't worked. Good ideas that couldn't find an audience. Or things that took a whole lot of time. Everything in the above list that succeeded took a lot of time and patience to build.

There's one thing I think the Island is getting better and better at. We are calling people into the truth of their own stories. Nowadays one doesn't have to have a cataclysmic event to get people to rally around. Daily people are finding help and support for their everyday lives.

We are becoming more and more willing to be engaged with those popular culture calls the disenfranchised. While there are certainly still people who rely on the strength of pretend to construct life or their story into whatever they wish it was and spin it that way, there are a steady stream of people who have healed on this Island by confronting their story the way it is and living through it. It's inspiring.

There is more and more transparency. There is more and more encouragement.

But here's the caveat. In this kind of victory, there is always a period of unfruitfulness as kind of a pendulum swing. So may I say to those who gave their best and had it thrown in their faces in a most ungrateful manner, stay the course.

There are four holidays that cross the time zone of deadline to deadline during this issue: Passover, Easter, Holocaust Observance day (May 1st), and Mother's



Day. Each of those holidays could be celebrated for the victory of endurance and steadfastness and seen in the eyes of success and celebration. At the core of each of those holidays, however, the stories that make up 'success' are ones of redemption. People who were willing to give their lives that others might live redeemed a situation that could have gone south.

I have a lot of friends rooting for me right now. They see some pretty adventurous doors swinging open and it's fun to dream about being on the other side of those accomplishments as I work towards them. To ensure I don't get caught up in the strength of pretend, I repeatedly ask myself "What am I willing to lay down my life for?" My children? Certainly. My needs have always come second to them even it is caused unbearable heartache. My faith? Would I risk my life for my faith? Well...actually that one has already been tested and the answer is 'yes', life and livelihood. My Jewish friends and relatives? Yes, everyday I remind myself that I must be willing to do that or I can't have a friendship with them. A cause? Like child advocacy? Of course.

We have people who have been willing to go to jail for what they believe on this Island. We have people who have been willing to suffer scorn and mocking from other Islanders for a cause or in service to them.

We've still a ways to go. The business of tagging is still all too prevalent. You know, where someone is pegged like they were a character from central casting and no one lets them evolve or drops the tag so they can really get to know them. And we still get caught up in a bit of pretentiousness every once in a while. But the more we develop avenues for sharing from our hearts, the more that dissipates.

If you find yourself trying to impress someone or worrying about what others think, drop it. It's the slippery slope of the strength of pretend.

We are in the season of holidays that are very real. Let real happen to you. It's truly a wonderful way to live.

Love  
Deborah



## Duke Needs A Home...

This English Cocker Spaniel gentleman "Duke" is seeking his loving and forever home. Rescued from a kill shelter in California and transported to Seattle to save his life, "Duke" is a most special and deserving pooch in search of a family who will adore and protect him for life. Duke is a young guy (3-5 years of age/we're not sure), healthy, up-to-date on his shots, loves people/older kids and gets along well with other dogs and cats. He loves his daily walks, car rides and family activity and is also a lap dog. Duke is a beautiful golden/red color and quite the character - he's playful, upbeat and knows some commands. He loves to please and sleeps peacefully on his bed each night. This is a dog who will thrive in the home of an experienced dog owner and we want to place him in a home where someone is around a lot. For more information, contact VIPP, 206-567-5222 for an adoption application. There is a \$150 adoption fee.



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Click on  
Adopt

# The DoVE Project Uses Singing & Dancing to Raise Awareness About Domestic Violence

By Tavi Black  
The DoVE Project

Women on Vashon are taking a stand against domestic violence with two upcoming fundraisers to benefit the new island DV organization, The DoVE Project. The first event, a Zumba class (the Latin rhythm dance fitness sensation), will take place on Mother's Day, May 8th, from 6-8pm. The Vashon Dance Academy has kindly donated their space for the fundraiser. Revered island instructors Dari Haffie and Sara Van Fleet, who have also donated their time and skills, will trade off leading the high-energy two-hour class. All levels (and genders) are welcome to the drop-in class for a suggested donation of twenty dollars. If you've never taken a salsa step in your life, don't worry, one of the instructors will be teaching beginners the moves. This is a great chance to try out the class while helping raise funds for this very important issue that our island is addressing.

The second fundraiser, Friday, May 13th, at the Red Bicycle will host an evening of female singer-songwriters

interspersed with survivors of domestic violence telling their stories – the struggles they went through, the heartache of making a new life for themselves after leaving domestic violence behind.

The DoVE Project hopes that as an island, we can band together to change the way we talk and think about domestic violence. We can collectively say that domestic violence of any form is unacceptable. We can do better than cope.

For more information:  
[www.vhcn-dfc.org](http://www.vhcn-dfc.org) and click on  
"Subcommittees" then "Domestic Violence"

Even if you cannot make these fundraisers, you can still help by sending a check to Vashon Youth & Family Services, P.O. Box 237, Vashon, WA 98070



## The DoVE Project

Ending Domestic Violence

## HELP WANTED

The Quartermaster Inn is hiring for housekeeping positions. Flexible hours, free shift meal.  
Email [marie@quartermasterinn.com](mailto:marie@quartermasterinn.com) if interested.

# Road to Resilience

Continued from Page 1

infrastructure for what already exists to a great extent here – community and caring, resourceful, skilled people. In these times, we already know the importance of strengthening our local economy both for resilience and for the future of our community, both local and global. Life Dollars is already flourishing in the nearby communities of Bellingham and Port Townsend; and has recently been launched in Graham, Tacoma, and Lakewood. Its founder, Francis Ayley of Fourth Corner Exchange, is also bringing it to parts of Europe. His vision is to go global. Our vision is to start with our own community, Vashon.

"We couldn't have had a more appropriate forum, thanks to Dan Kauffman and friends' vision -- We All Belong; as well as the resilience movement driven by Transition Vashon, The Backbone Campaign, The Loop and others. As members of Sustainable Tacoma Pierce, a local organization whose resilience work is based primarily on Permaculture principles, we first learned of Life Dollars and became committed to establishing it in the greater Puget Sound. We were able to present the idea at the We All Belong breakfast (not having been the first we learned), and harnessed the interest and commitment of a small group. We've

since held our first event, which garnered another twenty prospective members and a wave of enthusiasm. The recent Island Earth Care event, Economics of Happiness, was the perfect venue to gather more interest, and another twenty or more potential participants. It seems we have something here.

"Check out [www.LifeDollars.org](http://www.LifeDollars.org) to learn more. Contact Michele Pratt of Heart & Soil at [monkey.mermaid@gmail.com](mailto:monkey.mermaid@gmail.com) to get on the list to learn about upcoming events or to volunteer in the launching of this promising community venture."

Thanks, Michelle. Don't feel bad if you don't readily get this. I didn't. I encourage you to read more about it online. It really works!

Be sure to catch the ongoing discussion of poverty, homelessness, and community engendered by the book Breakfast At Sally's. This meeting at Café Luna on April 30, 5 -6 PM will feature Alan Berliner who promises to show us what we can do here to make a difference.

If you are interested in immersing yourself in Mexican culture, come to the Vashon Playspace (Vashon Hwy and Gorsuch) on Sunday, May 1, from 4 -6 pm to play Mexican Lottery.

Questions, comments, ideas for columns? [terry@vashonloop.com](mailto:terry@vashonloop.com)



# Shoot to Show



Teens and Adults can polish photography skills by shooting an assignment as a team and participate in a juried show under instruction of respected Island photographer Ray Pfortner. Class will decide theme; the July show will include a framed work at The Hardware Restaurant Gallery. Classes are 7-9:30 p.m., Friday, May 6, 5-7 a.m. (shoot), 7:30-11 a.m., (class) Saturday, May 7, 7:30-11 a.m. (class), 4-7 p.m. (class), 7-9 p.m. (shoot), 5-7 a.m. (shoot), 7:30-11 a.m. (class), 3-6 p.m. (class) Sunday, May 8.

Also coming up this summer is the Teen Photography Work/Play Camp for grades 8-12, Mon/Wed/Fri, July 25, 27, 29, 8 am-5 pm, with instructors Christine Beck, Ray Pfortner and Sy Bean. Shoot off-island locations, experiment with creative techniques and develop your eye. Bring seven photographs as small prints to share the first day. Photographs from each day's shoot will be posted on Flickr.com and selects brought to share in person on a DVD or flash drive the next meeting. Shoots include: downtown Tacoma, Pike Place Market and Point Defiance Gardens and Zoo. Open all levels of experience and digital cameras,

photos by Ray Pfortner



point and shoot or dSLR. Scholarships available; call Vashon Allied Arts to register, 463.5131. Scholarships available; call Vashon Allied Arts to register, 463.5131.

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# Vashon PTSA's Ninth Annual Auction

## The Greatest Show on Earth

### Saturday May 14

Where can you be entertained by lively young circus performers and aerialists, have a great meal, enhanced with local wine, purchase wonderful artwork and fabulous adventures, all while supporting a great cause? Right here on Vashon at the ninth annual PTSA auction of course! Come one, come all to "The Greatest Show on Earth" and support Vashon schools! Festivities commence Saturday, May 14 at the "O" Space. The big top opens at 5:30pm with young entertainers at the ready to greet and amuse.

The PTSA Board and energetic volunteers have been working hard to once again make this one of Vashon's best events of the year. Generous supporters have jumped in to ensure every dollar raised will go right where it belongs - supporting our public schools. Lead sponsors include Matthew Bergman, Vashon Thriftway, Vashon Pharmacy, Henrybuilt, Palouse Winery, Michael and Krissy Soltman and the Harbor School. The dinner menu will be created by Chef Tom French, the creative source behind the Experience Food Project at Vashon schools and this year's highly successful Community Dinners and will be complimented with wines from Vashon's own Palouse Winery.

Lisa Elliott, aerialist and instructor with UMO School of Physical Arts, is bringing her students to welcome the crowd and entertain them circus style, and will be treating the audience with her own performance. There will be appearances by other special surprise guest performers as well. What would be a circus without a great ring master? Entertainer Kevin Joyce will be on hand to serve as auctioneer and host.

What more can one expect at "The Greatest Show on Earth"? Fabulous auction items of course! Wine tastings galore, spa services, golf, kayaking, Mariners Diamond Club tickets, jewelry, Husky football tickets and admission to just about any theater in Seattle will go home with the highest bidders. Like adventure? Plan to bid on a week in the Bahamas, a condo at Big White Ski Resort or time in the Methow Valley. Have a need for entertaining? There are unique birthday packages for kids including events at Books By the Way, Vashon Athletic Club, and a tea party. For adults there are private dinners with local chefs and Vashon luminaries, a water ski party

and much, much more. The ever-popular student art projects will showcase a great cross-section of student talent and includes jewelry pieces from Eric Heffelfinger's design class at VHS, mosaic projects from Chautauqua and wire art creations from McMurray students. Artists have jumped in with creative ideas for these projects including use of recycled materials. Local artists are well represented and you will find artwork with familiar names such as Ingalls, Hancock, Heffelfinger, Schwennessen, Tylczak, Peters and Pawlowski with more expected by auction night.

This year's auction goal is to raise \$100,000 for the Vashon Island School District and will feature a Raise the Paddle to target funds for Literacy and Language programs at the schools. Over the years, the auction has raised nearly \$700,000 for the Vashon Island School District and has grown in revenue year after year. In this era of major state budget cuts these funds are more critical than ever. This year, the Vashon Island School District will experience an \$800,000+ budget deficit and PTSA auction funds are essential in providing curriculum and training support.

PTSA President Lauri Hennessey encourages the community to come one come all, stating "This year's auction comes at a critical time for public education. Nowadays, the auction fills the gap for funding that simply no longer happens at the state level. We have pulled together wonderful food and wine, generous sponsors, talented performers and terrific auction items. Now it's up to the community of Vashon to come and support this great event. Not only is this event great for parents in our community...there'll be something for everyone!"

Tickets are on sale now for this important fund raiser are \$50 per person, or a table for 10 can be purchased for \$450 for a savings of \$5 per ticket. It's a great value for a full evening of dinner, wine and entertainment while supporting Vashon's children - our leaders of the future.

Vashon PTSA Auction - "The Greatest Show on Earth"  
Saturday May 14, 5:30 pm at the "O" Space  
Tickets available at Movie Magic and www.vashonptsa.org

# Valise to show CM Day

Vashon artist, CM Day (Carver Fishman), who moved here from Montana, will be showing his work at Valise Gallery, where he will be in a group show during First Friday. His piece entitled, "Nothing Left to Give," is a wooden abstract carving from alder and plum showing one of his unique styles.

His work will also be on display during First Friday at Urban Cottage on Vashon Highway, where his totem pole, entitled 'The Spawn is on, featuring two Sea-Run cutthroat trout in full spawn colors, hand carved, and hand painted with acrylics will be on display for First Friday and both weekends of the art tour.' The pole is a 7ft three-dimensional totem. This style is representative of Day's love of fish and his carvings show it. He has won awards for his work and has been featured in many fine art galleries.







# Quartermaster Inn & Restaurant

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In the heart of beautiful Burton by the Sea...

## Jewels sparkle, Monsters whistle

*Continued from Page 1*

support the production including music, set building, mask making and more. Thanks to committed efforts by Island artists, Steffon Moody, Geoff Johns and Patricia Toovey, an additional 30 students will perform on stage.

Jewels, the first half, is a three part ballet featuring dancers as emeralds, diamonds and rubies adorned in vibrant jewel-colored costumes. Music from three diverse composers provides the opportunity for creative choreography. A wonderful representation of different ballet styles, Jewels is ‘pure dance’ without narrative.

Emeralds, set to music of Fauré, is ephemeral, whimsical and fairy like; Rubies, set to music by Stravinsky, emphasizes dynamic, contemporary, playful movements; and Diamonds, set to music by Tchaikovsky, offers classical, regal ballet.

Kate Guinee and her creative team created all new costumes. “The richness of the costumes is wonderful-vivid, colorful and bold; there’s shape and lots of sparkle,” exclaims Juarez.

Lead Emerald, the company’s only senior, will be performed by Haley Mosteller. She will dance a pas de deux with guest Cornish College of the Arts dancer, Sam Opsal. The Lead role for Rubies, choreographed for Meg Sayre, will be danced by understudy Camille Kappelman due to an injury sustained by Sayre. Ballet 5 and 6 dancers will join



Blue Heron Dancer and VHS Senior, Haley Mosteller will dance a pas de deux with guest Cornish College of the Arts dancer, Sam Opsal. Photo By Mike Urban

Kappelman on stage. Kappelman will also dance lead Diamond and perform a duet with guest dancer Opsal. Mara Drape will dance a solo and the whole company will dance in the grand finale.

Original, student choreographed works, will also be performed in the first

set.

Tickets, \$10/\$13 are available at Blue Heron, Heron’s Nest, Books by the Way, Vashon Bookshop and Thriftway (primary supporter for VAA Family events). Call 463.5131 or go to [VashonAlliedArts.org](http://VashonAlliedArts.org) for more info.

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# Men Who Don't Work



Andrew Franks and Alexander Atkins

Andrew Franks and Alexander Atkins have been making movies together for more than a decade. They planned their first film in the hallways of McMurray, and by high school they were utilizing the talents of their teachers and showing their films at the Vashon Theater. The enthusiasm that the island showed for their passion motivated them both to pursue filmmaking in college. Now, they have reunited in Portland, OR, and have set out to create their most ambitious and promising short film to date, "Men Who Don't Work".

Adapted from Raymond Carver's short story, What Do You Do In San Francisco?, it tells the tale of postman who develops a strange concern for a family that moves into a house on his route. Both challenging and cinematic, this film's major strength, much like Carver's writing, will be its authentic and minimalist look at the intricacies of

day to day life.

Set to be shot the last week of May, Alex and Andrew have already assembled the majority of a talented and entirely volunteer cast and crew. Much like Vashon, Portland's arts-oriented, volunteer-driven community will allow them to produce a high quality, festival-worthy short film for a fraction of what it might cost to make elsewhere. To raise the funds necessary to do Carver's words justice, they have turned to Kickstarter.com, the largest funding platform for creative projects in the world. The success of this type of fundraiser rests on the small contributions of many, and they need your help to spread the word further. Andrew and Alex wouldn't be where they are today if it wasn't for the people of Vashon, and they want to keep it that way, making Vashon part of their future.

Check out [www.menwhodontwork.com](http://www.menwhodontwork.com) to watch a short video about the film, and to find out how you can help!



# The Mark Growden Trio



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

Rehearsed and recorded in live studio sessions in Tucson, Arizona, Lose Me in the Sand is intentionally infused with the desert's eternal expanse. Its sparse arrangements are steeped in the enduring qualities of patience, surrender and acceptance. Lose Me in the Sand is Growden's second place-based album with Porto Franco Records engineered by Oz Fritz (whose resume includes Tom Waits and Caetano Veloso). It follows on the heels of his Oakland recording of Saint Judas, a bold and highly praised exploration of universal love and redemption.

Growden's musical influences are broad. His parents relied on Motown vinyl to rock him to sleep as a baby. Growing up, he sang in his father's church, played saxophone in elementary, middle and high school bands and discovered death rock and

the alternative music scene as a teen. These days Growden listens to contemporary classical and jazz music and Alan Lomax field recordings. But, the underlying quality heard in his music has roots elsewhere. "I grew up with a lot of alone time - in the woods and wilderness - with coyotes, trumpeter swans, geese, deer and antelope," says Growden. His music moves with a natural flow reminiscent of the patterned hushes in bird trills and blowing winds. Lose Me in the Sand croons, howls, stutters, laughs, and runs, but always around a central stillness. Growden uses music to carve out silences most of us don't pause to hear.

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

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

Saturday, May 14, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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

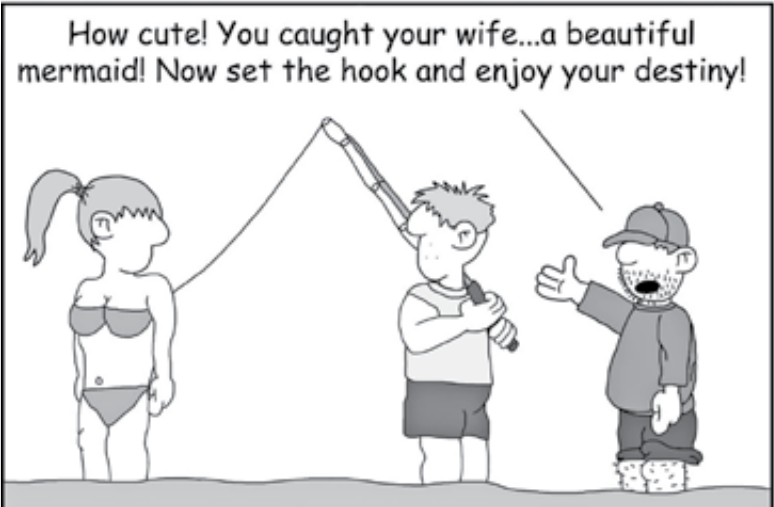
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Deadline for the next edition of *The Loop* is Friday, May 6

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Loopy Laffs

## Moose Lake



Okay, looking back I admit the phrase "set the hook" was not appropriate. Either way, run the line out a bit next time since you obviously couldn't outrun a flightless duck even if you tried.

© Copyright 2010 Steve Krueger





Performing April 29 to May 1

## Guys and Dolls hit Blue Heron boards this weekend



Max Lopusznski as Sky Masterson and Abigail DeGraaf as Sarah Brown in *Guys and Dolls Jr.*, one weekend only at the Blue Heron Art Center. Janice Randall photo

Don't miss *Guys and Dolls, Jr.*, staged this weekend only by Vashon Teen Musical Theater Project and Vashon Island Youth Chorus, both under artistic direction of Marita Ericksen and stage director, Sue Wiley. The Blue Heron stage will rock when nearly 30 talented Island teens and pre-teens bring this Oscar-winning play about 1930s New York gamblers and missionaries to life at 7:30 p.m., Friday and Saturday, 2 p.m., Sunday. This G-rated performance is

appropriate for all ages. Vashon Island Youth Chorus will perform a prelude set comprised of Broadway favorites from *Mama Mia*, *Into the Woods*, *Fiddler on the Roof*, *Annie* and more. They will also participate in the *Guys and Dolls* cast. Tickets are available now at Blue Heron, Heron's Nest and Books by the Way. For more information, please call 463.5131 or go to [VashonAlliedArts.org](http://VashonAlliedArts.org).

## Cascadia 10

Cascadia '10 is the echo of Afrobeat in the Pacific Northwest--a sound resonating from Nigeria to the Emerald City. They are a small army of 11 experienced musicians, bringing hypnotically funky music to hips and feet where ever they go. They have opened for national acts, such as Garaj Mahal, and they will be recording a live radio broadcast for KEXP in May, which will be available for download this Summer.

C10's music consists mostly of original pieces, but it inherits from the rich legacy of Fela Kuti, Tony Allen, Femi Kuti & Seun Kuti, and the wellspring of music from Nigeria and throughout western Africa. Their goal is to lift people up by playing



tight in the groove, making a night with Cascadia '10 a party that is not to be missed, and one that will not easily be forgotten. Free Cover, All ages till 11pm, after that 21+ only.

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

## Open Mic Returns to Cafe Luna



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

Saturday, April 30, 7pm, At Cafe Luna, 9924 SW Bank RD - [www.cafelunavashon.com](http://www.cafelunavashon.com)

## Vashon Artist's Open Studio



I've long appreciated the reliable history of the Vashon Artist Studio Tours... always the first two full weekends of both December and May. I have come to set my studio's seasonal clock by that schedule. Its logic is simple and useful for me who's bells often become gifts for either the winter holidays or Mother's day, That schedule is one of the reasons I have participated for so many years, but I wondered how some other artists on the tour felt about those rhythms... and why they become regulars.

I think most artists on the tour would agree that the process of inviting folk into the work spaces we more usually occupy in solitude becomes an important teach / learning experience. We obviously want to share, promote... and sell... our work. We thus teach through our craft and technique... AND we look forward to learning in turn from everyone accepting our invitation... purchasing patron or not, your feedback helps complete the cycle of communication which art is about.

To explore the back lanes of our Island in the bloom of spring is an opportunity in itself. Then to be invited to explore behind the fences and gates, into the newly aired and tidied-up working spaces of such a wide variety of creative Islanders allows you to co-create the excursion in your own flavor. It is doubtful you will be able to cover it all.

One way to start might be to find a "neighborhood" of studios, like ours here on Dilworth Point with three artists sharing paintings, jewelry, garden sculpture and small wearable bells. The driveway to Steve Zartman's metal working studio is indeed next door to Kristen Reitz-Green's small carefully handmade pentagonal studio full with large paintings.

Steve was surprised one year to see a large bus, chartered for the excursion by a group from the city, moving up the single lane drive without first checking

to see if there was room to turn that rig around! Somehow they managed, and while he appreciated the business from such a crowd, I suspect there was some cost to his landscaping! He is, like many of us, a gardener. His garden sculpture is designed to enhance such living spaces, while his jewelry works on a more intimate scale.

Before moving to the Island five years ago, Kristen was a professional musician, playing & teaching the French Horn. Now she's made a huge leap into boldly painting oils on canvases -- ranging from the small studies, which become her bread and butter sales, to richly colored large images of food [...think 4 foot bowls of Fruit Loops or a huge glistening close-up of a succulent sandwich!] That she began her first study of painting with Pam Ingalls is obvious, yet that she has moved [with even more obvious individuation] gracefully into her own style in just a few years is impressive. She raises chickens & paints them alongside sensitive studies of children. One year when she had an excessive gaggle of roosters she gave several away to studio visitors... unpredictable opportunities abound on this tour!

Because I love and collect eggs, even making some myself, I'm pleased that the calendar this year makes for a late Easter so that Emily Pruiksma's Ukranian decorated eggs will be quite in season! We share the use of wax in our work, although the hard wax I use to make the models for my lost-wax cast bells is of quite a different nature from the bee's wax used to make the hand dipped & often sculpted candles made by Fiddle Home Studio, Additionally the technique of decorating blown egg shells involves wax to develop the complex traditionally geometric patterns of a culture celebrating the spring holiday even more than the winter.

Emily's studio is a quintessential Island experiment & experience... bringing the cycle of living & working with nature closer to completion. They keep bees, using the wax produced to add with other, sometimes also local, sources of their organic raw material. Bees are a currently newsworthy important part of our ecology, so the cows which pose on this farm for the cameras of studio visitors & the window looking from the yurt into the chicken coop, dubbed the "chicken TV" to occupy younger visitors all necessarily depend on the cross-pollination of species, including artists!

Event information:

The 2011 Spring Art Studio Tour will be held May 7-8 and 14-15 from 10am-5pm. Maps for the tour can be found online at [www.vashonislandartstudiotour.com](http://www.vashonislandartstudiotour.com), or you can pick up a brochure at most island businesses.

## Lunavision Presents: Dive

Inspired by a curiosity about our country's careless habit of sending food straight to landfills, the multi award-winning documentary DIVE! follows filmmaker Jeremy Seifert and friends as they dumpster dive in the back alleys and gated

garbage receptacles of Los Angeles' supermarkets. In the process, they salvage thousands of dollars worth of good, edible food - resulting in an inspiring documentary that is equal parts entertainment, guerilla journalism and call to action.



Saturday, April 16, 6pm, At Cafe Luna, 9924 SW Bank RD - [www.cafelunavashon.com](http://www.cafelunavashon.com)



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# Islewide Mother of All Shows



Sat May 7th Mother's Day Eve at the Red Bike with Islewilde Comedy, Music and Clowning around.

Celebrate Mom on Mother's Day Eve at the Red Bike, Saturday May 7th starting at 8pm. Suggested donation is \$10. Come honor Mom and have a great time while supporting Islewilde, Vashon's quirky little festival. Since 1992 Islewilde has produced a free, public festival on the Vashon every August- this year will mark the 19th year of the performance festival.

To fund raise for this island tradition, Islewilde will host a variety show with some incredible local volunteers performing. Our special guest performers include Jim Farrell comedic genius of Church of the Great Rain fame; John Browne legendary island folk guitarist; Katherine Daves star of Vashon Comedy night; Steve Lipke, sage island clown; Rob Strausser and Iris Spring will reprise their sweet sounding duet from last year; Patrick McManus fresh from Einstein impersonations, will once again

channel the great thinkings of Albert; Ubiquitous They a sketch based comedy troupe who have been performing in the Seattle area since 2007, They have become a mainstay of the Seattle comedy scene; and Thaddeus Jurczynski, a comic scientist from Port Angeles and last's years Islewilde Art Director. More acts are being added, please check back for more information.

As you can tell this is going to be a fun night. SO please join your friends and family and celebrate your Mother (or someone else's) at Islewilde's Mother of All Shows.

The 19th Annual Islewilde Performance Festival will be held from August 6th-21st at our Old Mill Road meadow camp. Please see [www.islewilde.org](http://www.islewilde.org) for more information or call Doug Skove at 206-795-4344. Islewilde is made possible by a grant from 4Culture.

This is an all-ages event until 11pm, then 21+ after that. \$10 Cover

Friday, May 7, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

# Artist Reception for Paula Allegrini



Paula Allegrini was trained in woodworking while working for the forest service in the late seventies creating hand-carved forest signs. She took these skills into a business of crafting wooden acoustic percussion instruments. Her business, Moondance, soon became world renowned for exceptional quality percussion instruments. Her work is published in the book Rhythm and

Beauty by Rocky Moffit. This book features 44 percussion instrument makers from around the world. She branched out into furniture making in the mid 90's and has been creating functional custom furniture since then. She received the Jurors Choice award for the VAA 2009 art auction and the Peoples Choice award from the Silverwood Gallery Flower Power show spring 2009.

Friday, May 6, 6pm, At Cafe Luna, 9924 SW Bank RD - [www.cafelunavashon.com](http://www.cafelunavashon.com)

# Mike Dumovich SR & JR Perform at Red Bicycle



.. by Brian J. Barr, Freelance Writer (No Depression, Harp, Seattle Stranger): "A few years back, Mike Dumovich played an entrancing set opening for Jesse Sykes & the Sweet Hereafter. Slouched over his guitar, grinning sheepishly from under his ball cap, his notes rang as clear and as true as anything I'd heard since laying ears on John Fahey many moons ago. Since then, I've been anxious for this impending full-length. Mesojunarian reflects the plaintive picking and singing he's known for, but also brings to light his remarkably original songwriting approach. Structured around razor-sharp fingerplucks rather than chords, Dumovich's lyrics often draw a chilly parallel between geography, weather, and human emotions, a condition we Northwesterners are well familiar with. Joined by Seattle's genius violinists Eyvind Kang and Anne Marie Ruljancich, Dumovich is given the damp atmospherics his words require: words that are barely sung. Instead, he melodically speaks quite matter-of-factly about 10,000 storms over 10 counties (Warm Territories), discarded engines and one dead bee (Wasps of Rain), and how Saturdays the third in a long series of planets that have been burned (5 Dollars). Mike is deeply thoughtful in the Nick Drake/Townes Van Zandt tradition. However, with producer Tucker Martine at the knobs, Dumovich shows he can also craft a catchy rock tune, such as Sand and Swallow, which borders on the Long Winters more somber moments. With Mesojunarian, we finally have a recorded document of one of Seattle's most treasured songwriters."

Says Brian J Barr with Seattle Weekly: Dumovich sings pensive songs, delivering them in a matter-of-fact voice and radiant guitar plucking that can put you in a trance. His lyrics are weighted down with chilly imagery and a very Pacific Northwest gloominess. Dumovich is an idiosyncratic character whose music and personality cannot be neatly boxed up — which is to say, he's a true artist in

a music scene full of phonies.

Joining Mike Dumovich Jr. on this double bill is none other than his father, Mike Dumovich Sr. in a rare appearance together. Both Mike's blew away the crowd in last December's "John Browne Appreciation Night" with Mike Sr. playing a slide guitar tune that brought everyone to their feet with a standing ovation.

Mike Dumovich Sr. began performing in 1964, playing washtub Bass at Olympia's Null Set Coffee House behind such NW legends as Barefoot John Hendericks. Influenced by the live acoustic players such as John Browne and Gene Jaleski, and the recordings of Leadbelly, John Fahey and Robert Johnson, Dumovich teamed up with Dan "Mudcat" McKinstry doing blues in the NW college and Coffee House Circuit.

After moving to Vashon in the 70's, The Islander Bar manager, Doug Royce, hired Dumovich on for a weekend single. Mike unretired his bass the next night and with Jack Cook (Of Jack Cook and The Phantoms of Soul) formed the first Hokum Blues Band. Thru the 70's Dumovich and Royce were joined by Mindy Manley and Bob Hayworth for a couple of months and later The New Hockum Blues Band included Dumovich, Royce, Dan McKinstry and Bambi Smith culminating in a wonderful live KRAB Radio recording at Folk/Life.

As a single, Dumovich Sr. has played Coffee Houses, Bars (some sleazy) Folklife and Bumbershoot. Credits include NW Choreographers and Musicians performances in the Opera House during Bumbershoot. His song Billy's Rag was used by a KOMO TV production of the artistic contributions of Billy Sandiford. Upon retirement, at 68, Dumovich produced his first CD and original DVD. Another CD and two DVD's are in the works.

This will be another rare show that you don't want to miss! It's an all-ages show 'til 11pm, then 21+ after that. Free cover!

Friday, May 6, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Send us your Art, Music or Show information and get included in The Vashon Loop.  
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**Next Edition of The Loop Comes out Thursday, May 12**

Deadline for the next edition of *The Loop* is **Friday, May 6**





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