

5th Annual Father/Daughter Dance



Photo courtesy of John Sage/FinchHaven

Vashon Allied Arts is sponsoring its fifth annual Father/Daughter Dance, to be held at the Vashon Island Golf and Country Club on Saturday, May 19th. Last year's event was a huge success, and most of the dad's were left breathless by the end of the evening. Smiles and fun are guaranteed. Uncles, Grandfathers, and other stand-ins are also welcome. Proceeds from the event will benefit

VAA's Blue Heron Dance program.

The theme for this year is Midnight in Paris, complete with the Eiffel Tower, albeit a bit smaller in scale. The dance will be semi-formal, with coats and ties for dads and dresses for the ladies. Desserts and drinks will be provided, along with a complementary photograph, a small gift for each daughter, and memories to last a

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Age of the Fittest Lawn

By Harmon McKendrie Arroyo



Sketch enjoys his natural chemical free lawn.

Mary G. L. Shackelford in her commentary "What's happened to the bees and why should we care?" made an irrefutable case for the elimination of petrochemical pesticides and herbicides everywhere - and now.

Setting down The Loop, I went out among the fruiting trees in my neighborhood to see the truth of the matter. Abundant blossoms of cherry, apple, pear, and plum trees were gracefully flouncing on the breezes. The purity of their color was a gift to the eye, and closer up their faint perfume was a gift to the nose.

But as I stood enthralled, I noticed that the sphere of space encompassing each tree was as empty of life and as silent as a death house. The moment darkened as I counted in my mind the thousands of honey and mason bees that were NOT thrumming amid the blossoms. The wind, fresh with promise, suddenly became sterile. The ripening fruit of a future season became a mirage and the trees themselves extravagant exercises in futility.

Blossoms without bees. Ovums without pollinators. Expectant trees awaiting the touch of benediction. All doomed to nullity for want of a humble insect to close the circle of procreation.

With typical pride and hubris, we humans continue to stumble and fumble along our exalted Path of Progress. As we go, we spew all manner of poisons made available to us to exterminate without thinking any other living thing we deem not worthy. We stride through time a toxic colossus, having ascended from Age to Age to become a race of lawn-tenders with a frenzied hatred for bugs, dandelions, and moles.

We inaugurated this Path of Progress by pounding one another, our animal victims, and some cereal grains, with rocks. The Stone Age. When we rose on our hind legs and freed our hands, we ate better and when necessary laid waste to the tribe in the next valley to prove that only the fittest survive.

With the discovery of fire and malleable metals, we pulverized and heated rock until it could be pounded with another rock into a blade. Thus we entered The Bronze Age, built cities, laid waste to other cities and, again, only the fittest survived.

Mastering slavery in order to make

humans more malleable toward the mining of less malleable ores, we refined and melted iron and then quenched it in water. Thus we entered The Iron Age with harder and sharper blades, polluted streams, and an even more desperate need to prove our fitness to survive. Our cities burgeoned into city states which required the gargantuan organization of hundreds of thousands of warriors in order to seize destiny and annihilate adjoining city states.

Eventually becoming disgusted with the magnitude of killing and oppression, human beings began to turn the technologies they had mastered as weapons into the tools of enlightened advancement. Thus began The Age of Faith. Swords became plowshares, horses drew plows instead of chariots, men carved less flesh, more wood, and hordes of marauders bent their spears into crooks and watched peacefully over their herds.

New developments in trade and literacy birthed The Age of Reason, which lasted until the synergies of mechanization, new sources of power, and the forced dislocation of millions of agrarians augured in The Industrial Age. Densely-crowded cities of commerce and finance wrapped themselves in clouds of toxic smoke and the flags of nation-states. Laying claim to the resources of the planet, these nation-states unleashed vast new levels of slaughter via steel guns and iron projectiles leaving only the fittest untouched.

With the near limitless extraction of coal, oil, and natural gas, The Industrial Age exploded into The Age of Global War. The first such war gifted us phosgene and mustard gas, and the second such war graced us with Hiroshima and Nagasaki. We then morphed into the Age of Poison. The atom and the hydrocarbon molecule were routinely blasted to smithereens a billion times and billion times and the deadly results allowed to waft the world over until not a farm, field, yard, garden, window box, or single childish dream could escape the kiss of contamination.

It's a long, long way from crushing a skull with a rock to killing off all the pollinating insects upon which our food supply depends. Or is it?

What New Age should this one be called?

Road to Resilience

Feeding the Bees

By Terry Sullivan, Transition Vashon

Last week, Mary Shackelford wrote a great article about how pesticides and herbicides are poisoning our bees. One more caveat, which I think is mentioned on many products, is that even organic poisons must not be applied to plants when in flower, and that, of course, is because bees will be visiting those flowers.

Maintaining a healthy population of bees also requires a steady food supply. What I would like to talk about is what you should grow if you want a healthy and vigorous bee population and a lot of local honey. Bees need forage from February until October. There are plenty of flowering plants with nectar from April through July, but there are often gaps before and after, which can mean the difference between a healthy hive and a dead one.

Bees forage over a 2-3 mile radius around their hive. That means they require millions of flowers. A small patch in one person's garden or another isn't going to make the difference by itself. It is important that we all plant to fill those gaps.

Our native chickweed gets special mention as an almost year round source of high quality nectar and pollen, so leave the chickweed in your garden. The bees don't get out much in February, but for the occasional nice day, natives such as willow, hazelnut, and miner's lettuce are also important sources of nectar

and/or pollen. You should consider planting heather and crocus, both great early sources of nectar, heather being one of the highest in sugar content. March is not too bad as alder provides a huge source of pollen and big leaf maple provides both nectar and pollen.

During the main growing season, three of the most nutritious sources of nectar are also often unwanted species by humans, blackberry, clover, and dandelion. You might give them a reprieve, but if you must remove them, be sure to do it manually, not with chemicals! The same goes for buttercup, ivy, holly, and Scotch broom (no reprieve recommended there).

For the fall, one of the most prolific and nutritious sources you can plant is asters. Borage and poppies are good also, and your chickweed, clover and dandelions will still be providing.

My main recommendation would be to plant more flowers, but, in particular, to plant heather, crocus, and asters in your garden and sow clover in your lawn. The bees will love it and will provide us with pollinated fruit and "nectar of the gods".

I want to thank Toby Nichols for his respectful and articulate response to my article on ferries. I think he mischaracterizes my position on our current easy access to good jobs and

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Get in The Loop

Submissions to the Loop

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

Vashon Community Scholarship Foundation

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

Caregivers Support Group

The Caregivers Support Group at Vashon Community Care is experimenting with a change of time. For the next few months, the group will meet at 1:30 in the afternoon, on its usual second Thursday of the month. This group is geared toward family and friend caregivers, as opposed to professionals. Interested in attending? We'd love to meet you and hear your story. Please leave a message for Julea at 567-4421.

Annual Kite Day

Annual Kite Day on the beach at Pt. Robinson sponsored by the Board of the Keepers of the Lighthouse, 10 am -3 pm. on May 19th. There will be music by Geordie's Byre and food for purchase. Tours of the lighthouse will be held and you might also enjoy the photo exhibit on display there. The Ship's Store will be open if you need to buy a kite. As many as 200 kite flyers have been to the event in the past and organizers are hoping for a good turnout again this year.

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

The Vashon Loop

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Dump Vashon

Sponsored by Vashon Alliance to Reduce Substance Abuse in partnership with several island businesses and organizations was designed to bring awareness to drinking & driving in addition to promoting clean, litter free roadsides. During the first two events ~ April 2011 and October 2011, over 300 lbs of roadside litter was collected.

Spring Dump Vashon days are scheduled for Saturday, May 19th and May 26th. Lets get out and clean our roadsides. If you would like to join an existing team or create a new team contact Robin Blair @ 206-617-5190 or email dumpvashon@gmail.com

VMICC Governance and Policy Committee

Just a quick note to let you know that the VMICC Governance and Policy Committee will meet at 10 AM, Friday, May 11 in the "round table" room at Minglement. They will be discussing a motion brought by Joan Sells & others calling for a bylaw change where the job currently appointed to the Outreach committee would instead be assigned to a member of the board of directors. Please see the web site for details. www.vmicc.org. The meeting is public and all interested parties are invited to attend.

Vashon Drum Circle

Vashon Drum Circle meets Friday, May 11, 7 PM at Vashon Intuitive Arts. All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Free event; donations gratefully accepted. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities.

Vegan Raw Food Potluck

Saturday, May 19, Vegan Raw Food Potluck at Linda Fox's home on north end, 5:00-7:00... all are welcome... call 463-5566 for directions and potluck ideas. Please also bring plates and utensils.

Why are we eating like this?...because we remember the following, by Wendall Berry, and want to help continue the change... "People are fed by the food industry which pays no attention to health, and are treated by the health industry which pays no attention to food."

Free On Line Classifieds
www.VashonLoop.com

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

Stamp Out Hunger Drive

On Saturday, May 12, 2012, Campbell Soup Company will again join forces with Vashon Rural Route carriers to Stamp Out Hunger across America.

To participate in the Stamp Out Hunger drive, Vashon residents are encouraged to leave a sturdy bag containing non-perishable foods, such as canned soup, canned vegetables, pasta, rice or cereal, next to their mailbox prior to the time of regular mail delivery on Saturday, May 12. Local rural carriers will collect these food donations as they deliver the mail and take them to Vashon-Maury Community Food Bank.

Vashon Island Chamber of Commerce General Membership Meeting

Introduction of New Members: Join us in welcoming new Chamber members!

Chamber Announcements:
King County Personal Property Taxes for Small Business
King County Passenger Only Ferry
Storefront Studio Project
King County Sheriff Update
Strawberry Festival - Vashon Merchant Booths for Festival, Grand Marshal Nominations, Vashon Unofficial Mayor Candidates

Guest Presentation: Vashon Allied Arts VAA will have on display completed designs for the Vashon Center for the Performing Arts. Molly Reed and Angela Luechtefeld will discuss the amazing circumstances that launched its development and the thoughtful planning that has gone into the design process. What does this center mean for Vashon artists and how can it benefit your business? There will be plenty of time for Q & A."
Bring your business cards. Hope to see you there!



KIDS-Turn Up the Heat on Summer Fun! Sign up for Camp NOW!

V.I. Junior Basketball Camp for 2nd to 8th graders, July 9 to 11

Kids Kayak Camp for kids age 11-17, July 9 - 11 or 16-18

Bruce Haulman Junior Sailing Program for kids age 8-14, six 4-day sessions, July 9 - August 16

Junior Crew Camp – Novice & returning rowers, age 13-18, three 4-day sessions, July 16 - August 2

“Beach” Volleyball & VolleyKidz for kids 4 to Adult, multiple sessions by age, July 23-26

Wilderness Camp x 2! for kids age 6-10, July 9-13 or July 16-20 & age 4-6, July 23-27

V.I. Soccer Camp for kids age 5-14, July 23-27

Kids Triathlon Camp, July 30-August 3
Circus Arts Camp for kids 8-14, August 6-10 2 sessions by age

Families Team Up to Meet the President's Fitness Challenge, Saturdays, July 28-August 25

Tell Mom & Dad to sign you up online

www.vashonparkdistrict.org • 206-463-9602

Bible

7th Day is Holy (Saturday)

Feasts of Unleavened Bread, Shavuot, Tabernacles, Purim

Torah in Heart = New Covenant (Jeremiah 31.10-33 and Hebrews 8.8-12)

Which do you believe: the Bible or Oral Tradition?
torahinmyheart.com

Christian Oral Tradition

1st Day is Holy (Sunday)

Feasts of Easter, Halloween, Christmas

Torah = Not for Today (Various theologies and doctrines of men)

Find it on www.vashonpages.com
Vashon Business Information

Next Edition of *The Loop* Comes out Thursday, May 24

Deadline for the next edition of *The Loop* is **Friday, May 18**

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County to hold open house to discuss safety improvements on Vashon Highway

The King County Road Services Division will hold an open house from 7 p.m. – 8:30 p.m. Monday, May 21 at Chatauqua Elementary School to familiarize residents with proposed safety improvements on Vashon Highway.

Last month, the County began work on a series of safety improvements to prevent run-off-road and cross-centerline collisions. Vashon Highway was selected to receive the safety improvements because it ranks among the top roads in the county for these types of accidents.

Shortly after, the project was put on hold so the County could respond to additional questions and concerns about the project. The upcoming open house, along with additional input the County is receiving, will allow for more discussion about the purpose of the project and what can be done to address concerns regarding project elements.

The Vashon Highway safety project involves the installation of centerline and shoulder rumble strips, warning signs and the removal of roadside hazards. The project is funded by a federal grant

designed to reduce collisions on county roadways that have a high incidence of run-off-road and centerline collisions.

Approximately 30 percent of the crashes in unincorporated King County involve run-off-road collisions. From January 2009 through August 2011 alone (the latest available data) 34 accidents on Vashon Highway were reported.

While the project is on hold, residents may see crews out in the coming days restriping sections where the centerline has been removed, and widening shoulders in spots to ensure four-foot widths are maintained for bicyclists.

During the open house, residents will have an opportunity to hear more about the safety project and ask questions. The Road Services Division anticipates it will be able to update residents on the status of the project by mid-June.

For more information about the project, visit the County’s High Risk Rural Road Program website. For questions or comments about the open house, email community.relations@kingcounty.gov or call (206) 263-9770.

Better Decisions? Better Outcomes?

Vashon College is offering two courses, Ethical Decision Making and Competent Communication & Learning Styles, which could change your life.

Ethical Decision Making (4 sessions beginning Wednesday, June 6) will take the participant on a historical journey while introducing a model that allows the user to actively create more personal wins in his or her life. S/he will gain an understanding of how individuals, couples, families, communities, and entire nations find themselves in trouble or, conversely, living in harmony. This exciting and interactive course teaches the student how to explore his or her personal ideas about ethical behavior, how we make decisions, personal responsibility and how we take unnecessary risks in our personal and professional lives; often with no idea how we found ourselves in difficult, even dangerous (emotionally or physically) situations.

The text for this course is The Reader, a #1 National Bestseller, New York Times Notable Book and LA Times Book of the Year. In cooperation with our community, the book will be offered as special reading by the Vashon Bookshop. And the Vashon Theatre will host a free showing of the movie so participants and their families and friends can see what will, undoubtedly be a primary topic of conversation as those in the class discover just how much people are willing to do to keep secrets and hide personal shame – in whatever form that takes.

Competent Communication and Learning Styles (4 sessions beginning on Thursday, June 7th) will open doors to powerful personal discovery for the participant in terms of how s/he learns. For many, the course will open windows

for them that they never knew existed, exposing them to new ideas about how they learn. At the same time, they will find themselves throwing away personal judgments regarding how they take information in and process it. This wonderful self-exploration and awareness leads the participant next into a new way of looking at those s/he shares life with in the home and at work.

Our learning styles affect how we communicate, work, see the world, teach, interact with one another, love, build, lead...all of it. From personal discovery to learning why and how we are different, the student will, in the end, understand exactly why we need each other.

The Vashon Island School District has approved these courses for clock hours for its teachers. Other professionals should check with their associations to find out if they may qualify for clock hours.

The instructor for both courses is Donna McDermott, MPPA. She is a sociologist who has designed curriculum for over 100 courses, trained hundreds of instructors and led courses and seminars for departmental leadership teams, entire organizations from clerical to top leadership staff, fiscal professionals, teachers, and troubled young adults.

Ethical Decision Making and Competent Communication are two of many courses that she has taught dozens of times. Ms. McDermott consistently receives outstanding reviews. She is past president of the Southern Counties Training Association in California, and is a “gifted, dynamic” teacher. She holds a Bachelor of Arts in Sociology and a Master’s degree in Public Policy and Administration.

Go to www.vashoncollege.org to register.



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Wanted - Executive Director

The Vashon-Maury Island Chamber of Commerce is seeking a dynamic individual to lead the organization as Executive Director. This individual will be self-motivated, a proven leader and communicator, and will foster strong relationships with King County and State organizations, as well as with local businesses.

To view the complete position description, visit the Chamber website at <http://www.vashonchamber.com> and follow the link for the Executive Director Position Description. To apply please email your cover letter and resume to applications@vashonchamber.com Closes May 18, 2011.

Vashon Island Pet Protectors

Adopt A Cat Day - Saturday 11:30-2:30

Our VIPP shelter is open for adoptions every Saturday from 11:30 - 2:30 Please come on by and meet our sweet cats, hang out and get to know how great they are.

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Island Life

Occupy the Highway

by Peter Ray

I am not an ambulance chaser by any stretch of the imagination, so it was a bit odd and out of character when I found myself grabbing my camera and bike helmet to pedal up to the scene of a car crash on the main highway this past Saturday morning. In doing this, I was responding to a friend who had just called to say that there was a car in the ditch, and the running-off-the-road that had landed it there had happened within the hour. Even though my spin on two wheels took less than ten minutes of travel time, the scene had already been cleared of the crash by the time I reached the spot where muddy skid marks and torn up turf indicated a vehicular departure from the roadway. My arrival coincided with that of a Puget Sound Energy truck, and a conversation with its driver revealed what was not otherwise very obvious, that the driver had clipped the power pole by the side of the road on the way to what in most any other situation would have been considered greener pastures. Other than some broken car window glass in the bike lane and a detached missing cat poster, scratch or breakage evidence of any contact with the pole was not readily evident. Beyond general observation and back to our conversation, I learned from the PSE guy that there had been two people in the minivan and neither one had been injured.

What was hurt in all of this was the credibility of any argument pertaining to the safety benefit of rumble strips on our highway. Within an hour of my posting photos and basic accident information on the BikeVashon discussion list, reports came back of another car going off the road northbound out of town on the day before. As both of these accidents happened in daylight and in areas where rumble strips have already been etched into our bikeways to “prevent inattentive drivers from departing the roadway”, a reasonable person might question the rationale behind just what has happened to what were once mostly unfettered bikeways, and all done in order to protect distracted car drivers from themselves. It was interesting, if not ironic, to note that one of the two people that spoke in favor of the rumble strips at a meeting with County officials at the library last Wednesday, claimed to have been a former Driver Ed teacher. Although it is ancient history for me, I remember being told innumerable times during my driving tutelage to pay attention at all times while behind the wheel. At that time, dreams of inattentive driving were only described in articles on sensor equipped highways in Popular



Mechanics, or through fantasies played out in futuristic highway exhibits at the latest world’s fair.

All in all, the initial meeting with King County DOT officials was not that informative. What it felt most like to me was one of those prescription drug commercials- the ones that tell you the problem the drug is going to fix, and then underneath those warm and fuzzy shots of people going on with their happy lives, they proceed to tell you about all the side effects that could kill you while you’re “getting better”. If you haven’t guessed it by now- I didn’t drink their Koolaid. What I’ve lived to tell is that you can indeed sample the KCDOT rumble roadshow for yourself. An Island wide meeting on the rumble strip “road safety” project has been scheduled for Monday, May 21st from 7 to 8:30pm at Chautauqua Elementary. You can come and voice concerns, ask questions, and otherwise be entertained by the machinations of the public-private partnership. I don’t know if they are providing refreshments, but if they do I’d stay away from the pitcher with the smiley face on it.

Two videos of our first meeting with the folks from KCDOT can be found here: www.youtube.com/Watch?v=BoPY-p65PLQ and here: www.youtube.com/watch?v=ghJdTrxqFHg And as always, you can contact me here- pgr42@att.net



Ruts are visible in the grass where a Mini Van left the road on Vashon Hwy, on the north end of Vashon Island. Peter Ray Photo

Vashon Intuitive Arts celebrates its 2nd Anniversary

We would like to celebrate all the events and classes that have been held here at Vashon Intuitive Arts. Dream Group, Yoga, Medicine Wheel, Art Walk, Reiki Jam, Women’s and Men’s groups, Qi Gong, Book Club, Drum Circle, Channeling Events, Hosting a dinner for Grandmother Margaret of the 13 Indigenous Grandmothers, Ascended Masters Study, Drum Making workshop, Wisdom Circle, Kabbalah 101, Kirtan, Crystal Bowl Ceremonies, Goddess Songs, Dance of Universal Peace, Mankind Project, Conscious Language, Healing Happy Hour, Laughter Workshop, Robin Fritz and Fallon, whale Communications, Sky

Lantern Ceremony, Girlz Gone Wild Dance, Sacred Body/ Sacred Voice Class, Circle of Sound, solstice and Equinox Ceremonies, and Tarot, Astrology and Intuitive Readings have all happened here or been sponsored by Vashon Intuitive Arts.

On our anniversary we will have Astrology Readings, Tarot Readings, Reiki, Massage, Intuitive Readings, Tantra Consults and more. We are having a raffle for healing services. Music will be provided by Gary Kiggins. Free gifts, cake and drinks for all. Please join us Saturday May 12th from 10AM to 6PM at Vashon Intuitive Arts, 17331 Vashon Highway 463-0025.

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Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Enough

by Mary Tuel

Sunday. It is the first beautiful day, almost like summer. The sky is clear, the sun is hot, the sounds of lawn mowers and weed eaters are abroad in the land. It is a day that makes you feel like you're young again and anything is possible.

Well, I felt like that until after I'd worked pulling weeds at the church for an hour and came home and sat down for a while. When I moved again my joints had set up like concrete, and when I stood and began to walk my knees and my back spoke to me. They said, "What are you, crazy? Making us work in a garden? You know better than that. Send down the aspirin, NOW."

It was "Grub Sunday" at church, which means that everyone is supposed to wear their grubby clothes and go out and work on the grounds after the service. In the past I have adopted the "let someone else do it" attitude, but today, I don't know, the sun was so bright, and the air was so warm, and I saw people out there with rakes and shovels, so I came home and got into my grubbies, grabbed some garden tools, and went back to put in a little effort.

Brief time travel digression: back in college, this would be early 1967, I was in a class one day when the students were discussing an upcoming outdoor class project and it was suggested that everyone wear their grubbies. The teacher, a nice older lady, asked, "What are grubbies?" and after the nice girls in

the class fumbled around for a minute or two trying to make the concept clear, one of them waved a hand toward me and said, "You know, like Mary wears."

No one has ever accused me of being a stylish kind of gal.

So, coming back to the present beautiful, sunny, warm day, there I was digging up quack grass and remembering hearing it defined as a single plant that sent roots all over the planet, so that no matter how much you dug or pulled it out, it always came back better, stronger, and thicker. The quack grass is a mighty grass. I dug it up, anyway. Probably go back and dig it up again later on.

Then I pulled up some of those little weeds that are the first to come up in the garden. They have cute little white flowers that mature into long cylindrical seed pods. When you touch the plants to pull them up, the pods react by shooting their seeds a foot or so, cute little green projectiles. I admire those little guys for their splendid method of propagating themselves. Also for their shallow roots that make them easy to pull.

Dug out some dandelions, and took a second to think ill of Narcissa Whitman, the missionary who brought the dandelion to the Northwest. She was right about it being a useful, beneficial plant. Like everything else, dandelions would be better in moderation, but the dandelion is not a moderate plant, and it has a tap root that goes down, down, down, so it doesn't come out of the ground without a fight.

Poor Narcissa Whitman. Not only did she fail to convert the entire population of the Oregon Territory to proper Protestant Christianity, she and many other people were killed by members of the Cayuse tribe who were bent out of shape that their children were dying of measles while white children, who had some resistance to the disease, seemed to recover.

On top of that, she left us with our yards full of dandelions.

Well, the church grounds were tidied up a bit, and the aspirin kicked in here at Casa Tuel, and the glorious day continued to be glorious. My husband made a dump run, and I figured out how to make handles out of duct tape so that my grand daughter could run around flapping the cardboard wings she made. The sun is shining and the birds are yelling. All in all a great day.

It is enough.

Training classes on Facebook, Twitter and Pintrest

The Vashon Island Chamber of Commerce is offering training classes on Facebook, Twitter and Pintrest. If you are interested in learning why you should or how to get your business or organization up to speed with social media opportunities and don't know where to begin, this is your chance!

These are beginner classes that will guide you step by step! Classes are FREE to Chamber members. The charge for non-Chamber members is \$30. Facebook, Twitter and Pintrest will be combined into three short sessions. These classes will be led by Marianne Metz-Lipe of Values4Vashon. Constant Contact will be held as a separate class.

Classes will be held in the early morning 8-10 AM on Monday, Tuesday and Wednesday, May 14, 15, and 16 at the Penny Farcy Center where you can bring your laptop for hands-on learning! This is a 3-day course.

If you are interested in participating,

please email me at debi@vashonchamber.com to register. Let me know if you would like information on the upcoming Constant Contact class which will be held separately. Thank you to those who have already contacted us. A reminder will be sent along with meeting details the week before the classes. Please feel free to forward this e-mail invitation on to other Vashon businesses and organizations. Chamber membership is not required.

If you are not a Chamber member - now is a good time to join! Our annual billing occurs on October 1st of each year. Membership cost is \$165.00 per year (based on number of employees), but would be prorated at this time for 5 months at a cost of \$68.75 (only \$13.75 per month). As a Chamber member your social media classes would be free! Social media classes AND Chamber membership for only \$68.75. Now is the time!

Positively Speaking

The Best of the Best

By Deborah H. Anderson



So... this column was going to be the annual spring look at substance abuse on the Island combined with Mother's Day and On Being a Woman thrown in.

And then the word came... this may be the last. A ten-minute moment of panic. I had just texted my youngest son to ask permission about sharing his favorite memory of his older brother. When they were young, Isaac was in a position to intervene for Joe on a baseball field and let him run with a pinch hitter when Joe was afraid of the ball. Isaac kept Joe safe. Is that not the best memory? My youngest daughter has a similar memory of her older sister Chris when they shared the bedroom at 331. Chris would get up in the middle of the night and comfort her when she needed it. Isaac and Chris always excelled at being good older siblings. Joe and Caity are better for having been loved that way. Isaac knew all about how Caity felt when the dad left. I told Isaac I would never let him be the man of the family because that wouldn't be good for him, but wow... he took 'big brother' to a new height. Chris and Joe have helped each other understand 'adoption'.

I love my children so much I cry with joy when I think of them all. Some people think they know them better than I do and have done more for them, but all they did was the Disneyland part: the part where you let them run around the park with their E tickets. Anybody can do Disneyland. The tough part is doing chores, and fears, and the years between 6 and 16 when their whole world concept is being shaped and you just have to keep introducing them to each other and telling them everything's going to be all right and show them how wonderful the world can be if you take a risk.... A healthy risk that grows something good and worthy in you.

What would I say if these were the last words of mine you ever saw in the Loop? I'd say let's be better brothers and sisters to each other. The thing that made Isaac and Chris and Joe and Caity so good at being siblings was because there is not an ounce of co dependence in any of them. They have all had very different life stories but what they have in common is a love of reading, music, writing, and not an ounce of codependence. I drilled that in to them. Thou shalt not be co dependent. It's what they've all come back to after they worked out their adolescent wanderings. And because of that, whatever dependency issues they had in their own lives they were able to heal from because they weren't true blue partners in their own crimes.

We say a lot now, good stuff, about ending substance abuse here on the Island. But you know what will really help? We need to end co dependence. Whatever that means in your life, you need to end it if it is there.

Mind you, giving up or resisting co dependence will cause an uproar. Dependency based people kick and

scream when someone says 'no'. Don't yield.

What we're shooting for is interdependence. Remember that word. Learn skills, heal and reach out in interdependent ways. Find your definition of that. It is the path to inner peace.

What other words would I say if these were the last in the Loop?

I would say... be blessed. Enjoy the green. Disagree when you need to but don't let stuff build. Because I'm a boomer woman I frequently let stuff build. You can say stuff more peacefully and be heard better if there's a shorter list.

What else? Thank you. I would say thank you for reading this column, for sharing all the ways these words have been encouraging. That's been the point of it all. My personal mission statement for this column was to offer encouragement and to speak of the things of God without lingo. The biggest thing of God is Love. If you can feel God's love for you in the core of your inner being, you have everything you need my friend.

Fight against classism on Vashon. I'd say that. Frequent businesses that are the opposite of your ideological foundations. If you're highbrow go to down on their heels. If your backwoods authentic, leave a big tip at a place with cloth napkins. If you're all American go ethnic. If you're green go to a place with paper napkins that aren't made from recycled materials.

Bring more excellent off Island standards to our every experience.

Remember to be a tourist here at least once a week.

When someone gives you the frowny face that because you were in a meeting together two years ago you think is about you and actually it's because they just got bad news... smile as if it wasn't about you.

Tell someone you believe they have the courage to be sober.

Embrace the incredible privilege of living here and never take if for granted or think of it as a right....

And always remember that there is a little alternative newspaper that could, that did, and hopefully will continue to bring tidbits of authenticity, and cheer and information to the little Island called Vashon.

You can find my writing on the Web at the blogs listed below. Next Fall I'll be printing a collection of these essays under the title... "Love, Deborah". Positively Speaking can be found at www.learn-grow-celebrate.blogspot.com. I'd love to hear from you. You all changed my life. You're the best of the best.

Love,
Deborah



Deborah is blogging again.
www.onewiththerootbeer.blogspot.com for parents
www.socialcontemplative.blogspot.com for pastors
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Have a comment to write to Deborah?
Contact her at dha@lgcmin.com



Planet Waves

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



Aries (March 20-April 19)

The more I study people and their experiences of crisis, the more it becomes obvious that nearly all struggle emerges from lack of self-worth. The trap that people seem to fall into over and over again is believing that their self-worth comes from someone else. Your self-worth comes from you. Usually it doesn't come across in one revelation, but rather in a series of discoveries made over time. You're ready for a significant revelation about who you are and why you belong on the planet. You've been on the brink of this breakthrough for a long time. Yet the relationship question has been a complicating factor. It's true that contact with others is an essential part of life, and that people provide both reflection and opportunity to learn. It may be true that no one situation is perfect, yet there are many in your life that add up to a perfect constellation of circumstances for what you need.

Taurus (April 19-May 20)

This weekend is the Sun's annual conjunction to Jupiter -- the only one in Taurus for the next 11 years. That's the astrological picture of a rare gift coming to you (and the image of a very, very special birthday). Yet there are those moments when the astrology looks brilliant yet there seems to be some underlying issue. One thing to be careful of is the sensation that nothing is ever good enough. This may seem like a peculiarity of our society, though it's been an issue for so long that it's recorded in mythology. Sometimes it's the feeling of abundance coupled with imperfection; or it could be the feeling of having a strong presence in the world, yet you are trapped or isolated. The beauty of life can, at any time, be complicated by self-doubt. And if you feed it, that's the emotion that's sure to grow. If you emphasize and explore your life-affirming emotions they are the ones that will grow -- in a spectacular way.

Gemini (May 21-June 20)

The sky is warming up to a series of rare, amazing and most of all beautiful events in your sign, and your opposite sign Sagittarius. Have you felt the vibrations approaching, and the pace of events accelerating? I suggest you not worry if certain elements of your life seem unstable, uncertain or on the brink of some unexpected change. That said, you may just be feeling the approaching astrology as a sense of adventure. My suggestion as we approach these events is that you hang loose. I suggest you remain as flexible as possible, and surround yourself with people who make flexibility a way of life. There's no way you can really plan for what's coming, and in times like that your superior skill of human adaptability is your best asset. Keep looking at things -- as in people, events and most of all, yourself -- from as many viewpoints as you can. Move forward using curiosity like the bright headlight on a train, and know that nothing can stop you now.

Cancer (June 21-July 22)

This is the weekend to spend as much time as you can out of the house. Circulate and socialize. Be your natural, expressive and emotional self. Notice the people around you and notice who notices you. Take any opportunity to be around people you've never met before, and stand in your confidence as you make one discovery after the next, and open yourself up to being discovered. If you're someone who digs the Internet,

take at least two or three occasions and put out something vividly real about yourself -- what you consider your best creative work, your true vision or your deeper feelings about the world and where it's going. Share your talent for the pleasure of doing so. We are in the midst of some rare astrological conditions that will help you send a vividly clear signal to exactly the right people. And while you're doing that, keep your ears on and listen for what comes back to you.

Leo (July 22-Aug. 23)

You have some kind of professional opportunity that's developing -- and it looks like many people can benefit from what you do, or what happens to you. Please don't make the mistake of doubting what's possible. The truth is that anything is possible, and right now you're a magnet for potential. One key is to think large, or larger than you might. I'm always surprised by how small many people's concept of big turns out to be, so I suggest you amplify the scale of your idea by an order of magnitude. What works for you, and what always has, is to stay close to the core of what your life means, and what you want to express. What's happening for you is not about success as usually defined by those with a mind for business. The theme is artistic integrity, contact with your values, and your natural role as a leader. What you're leading with is your concept of what actually matters to you the most -- so remember to put that first, foremost and perhaps, only.

Virgo (Aug. 23-Sep. 22)

What is the difference between religion and spirituality? Usually, religion is about itself, and spirituality is about exploring the nature of existence, and in particular, of your existence. Religion is about the values that are put on you, or enforced by some form of authority, and spirituality is about you determining what is meaningful in your relationship to existence. Yes, it takes a lot to stand up to outside influences, and to decline the many opportunities we have every day to sell out our power, our passion, our deepest values. You can at least count on one thing: you've cultivated a dependable relationship to life. Said another way, you have built a solid relationship to yourself. Anytime you feel guilty for doing what is right for you, you can be entirely certain that you're hearing an antiquated voice of authority trying to con you out of what is not just rightfully yours, but what is in truth all you actually have: existence itself.

Libra (Sep. 22-Oct. 23)

I suggest you be open to receiving. There is plenty coming your way, though you have the choice whether to allow it in or not. One reason you might hesitate is because vulnerability means you would have to be open to any possibility, and while you sense many wholesome ones, there are a few of which you're somewhat less trusting. You can still be open and use discernment. You can be aware without being suspicious. You can choose what you want from among the many options -- though I suggest you choose what you truly desire. For that to happen, it will help if you make some decisions, or at least refine your ideas about what you want. Yet closer to the central point of your astrology, it will help if you're open to the generosity of others. It's true that there always may be better opportunities available, and nothing can stand in their way except

VOICE OF VASHON BROADCAST SYSTEMS MANAGER



Voice of Vashon, the Island's own homegrown media connection, is looking for a computer-savvy self-starter whose main job will be to keep Voice of Vashon functioning well and on the air 24/7. The focus will be on our web radio station at VoiceOfVashon.org and our cable television station on Channel 21. As important as the job is, it is not overly time-consuming and would normally entail a commitment of 10 to 15 hours a month. A passion for broadcast media is a definite plus. For a detailed description of the job go to: www.voiceofvashon.org. Send resume with contact information plus a note on why you'd like to work with us to: info@voiceofvashon.org.

for your own doubts.

Scorpio (Oct. 23-Nov. 22)

One of the rules of our society involves what I will call mandatory exclusion. For example, imagine you've been single for a while, and you meet someone you like. Then the next day you meet someone else that you like. There would seem to be some unwritten law that says you can only choose one of those people, to the exclusion of the other. Into this mix is often added guilt and shame in a diversity of formulations. Now, let's consider your here-and-now reality. You are curious, or so it looks from your solar charts. Your imagination is on fire. You may be so consumed with desire that you doubt your ability to think clearly, and thus to make a good decision. Here is an idea to consider: You have the right, and the ability, to experiment without making a 'permanent' commitment in the process. This is, however, less about the expectations of others and more about what you're willing to allow yourself to experience and feel.

Sagittarius (Nov. 22-Dec. 22)

It's better to regret the things you've done, rather than the things you haven't done. Looking up the author of this quote, passed on to me by my Sagittarius yoga teacher Zosha, I discovered that it was being attacked as shallow and unphilosophical. As an astrologer who works with people at their points of decision, and also through their phases of being stuck, I propose that it's pretty good advice. The refusal to dare slowly drives many people insane. Over the next few weeks, many opportunities are going to make themselves available to you. Some -- not all -- of them will be once in a lifetime, though what they will all have in common is that they are part of what is defining this moment of your personal history. Yet there's a bigger story unfolding -- a global story, something about humanity being at a threshold, and something about your participation in that experience. At the very least, pay close attention to what you hear when life is calling you.

Capricorn (Dec. 22-Jan. 20)

Have you ever paused to wonder why so many people seem to have heart attacks over the whole gay thing? What, exactly, is the shock, that anyone might be attracted to anyone else? We could extend this to mixed-race situations, differences in generations and people of wildly diverging political persuasions for whom this fact is blotted out by the love that they feel for one another. The power of attraction is working magnificently in your life right now, and the crazier the diversity, the better. Any hangups of

the past can be seen as precisely what they are -- somebody else's bad idea, based on nothing but fear. Taking this to a more personal level, I suggest you experiment with going past any anxiety you might have about who or what you're attracted to, or who is attracted to you. The weirder, the more interesting, the more unconventional, the more fun you will have. For extra pleasure, play with the idea that everyone is a mirror.

Aquarius (Jan. 20-Feb. 19)

The Grateful Dead used to sing, "If you get confused, listen to the music play." The current astrology says: "When in doubt, make your living space nicer." Obviously you have more than this on your mind, including a diversity of concerns about where you're at, whether you're really making progress and what you're doing with your life. Right now the astrology is showing me a picture of you putting down roots, of expanding into your space and of treating your living environment as if it's your body (i.e., lovingly). Maybe have a small, spontaneous get-together in your home on Sunday evening, inviting over a few of your closest friends and maybe a few new ones. This specifically should happen in your personal space, not a public space of any kind (even if you may think your home is not up to par -- nobody will care). Practice gratitude for the dry roof and the door that locks as the path to enlightenment.

Pisces (Feb. 19-March 20)

Have you ever had the experience of being able to write something into existence? You describe something: a person, an adventure, a scenario, and somehow it manifests. Or you say something to a friend, admitting to a desire, and then by some process you don't understand, you have the opportunity right in front of you. That's what your charts look like right now. You can play with this to your heart's contentment. I would make a few suggestions, though: don't take fear so seriously. Give it a voice, and move on to your descriptive process. Stretch your imagination, and reach into the spaces where you feel the most curiosity or thirst for missing experience and imagine, in some tangible form, what it would be like to explore them. And if by some chance you're a writer, take some time this weekend, give yourself some space, and start the project that you really, truly want to do (and if that's already started happening, turn up the energy).

Read Eric Francis daily at www.PlanetWaves.net.

Island Epicure



By Marj Watkins

A Food Pyramid for Health

If you were to draw your personal food pyramid, what would the bottom layer, the one with the foods you eat the most of, have on it? My five-layer pyramid would be constructed like this:

Layer One, on the bottom: Vegetables low on the glycemic index. The most colorful ones in the produce section of the store because we believe their color tells us which have the most nutrition. Broccoli, carrots,

leafy green and red lettuces, tomatoes, spinach, collards, kale, zucchini, cucumbers. I'd include green tea and all my favorite herbs and spices – marjoram, basil, oregano, red pepper flakes.

Layer Two: Protein foods – beans of all colors, wild salmon, tuna, lean pork, chicken, lean ranch-fed beef, eggs, cheese, milk, occasionally tofu, miso for soup.

Layer Three: Whole grains – brown rice, barley bread (see my Irish soda bread recipe that ran in my Loop column of March 15, 2012). We don't use wheat products because I and most of my descendants are sensitive to gluten. Barley has a little gluten but not enough to bother us. Anyone with celiac could opt for whole-grain rice bread.

Layer Four: Fruits – apples, citrus fruits, avocados, pears, watermelon and cantaloupes in season.

Layer Five: Starchy vegetables – yams, parsnips, sweet potatoes, pink potatoes, red wine (Its sulfites give some

people a headache; if that's you or you prefer to avoid alcohol, join me in a small glass of pomegranate juice.)

Eggs fit well into the menu for breakfast, lunch, or dinner. Here's a vegetarian dish for any of those meals. My mother called it Danish omelet. She learned it from her Danish stepmother, born Kraga Jansen, though she preferred to be called by the English version of her name, Clara.

Kraga Jansen Stanbrough's DANISH OMELET

2 small servings or 1 large

2 or 3 eggs

1 to 1 1/2 cups milk

1/2 teaspoon salt

1/2 teaspoon vanilla, optional

Heat a heavy-bottomed skillet, iron preferred. Melt butter or heat 1 Tablespoon of olive or canola oil. Pour in the egg mixture. At once turn the heat to low. Cover loosely. Let cook gently until the eggs set the mixture. It should look like a stove-top custard. Serve at once.

Warm muffins or toast with butter and jam go well with this.

May 10, '12



By Eugene Carlson

Vashon audiences have a not-to-be-missed treat in store this spring. In perhaps its most ambitious production to date, Vashon Opera is presenting the Russian master piece, "Eugene Onegin". It's an unforgettable opera that brings together the work of two Russian cultural giants -- the lush, dramatic music of Tchaikovsky and a compelling story by Russia's greatest poet, Alexander Pushkin, that sets loyalty and friendship against the power of enduring love.

The challenge of presenting one of Russia's classical masterworks hasn't deterred Vashon Opera's artistic director Jennifer Krikawa. "We're giving our audiences a full cultural experience," she says. Costumes, music, story and language reflect an historic but timeless Russia. The opera will be sung in Russian with a running English translation. Vashon resident Maria Marcy, a native Russian speaker, is the production's language coach. Baritone Andrew Krikawa sings the title role of the arrogant aristocrat, Eugene Onegin. Tenor Tony Kalil is Lensky, Onegin's best friend who meets

an untimely end. Cynthia Cook will reprise her role of Olga, Lensky's betrothed. Jennifer Krikawa sings the demanding soprano role of Tatyana, whose agonizing choice between honor and love forms the opera's unforgettable climax.

James Brown, who directed Vashon Opera's "Carmen" to rave reviews last year, returns as "Eugene Onegin"'s musical director, orchestral arranger and conductor of the 24-member orchestra. The stage director is Island Charlotte Tiencken who is the Managing Director of Seattle's Book-It Repertory Theater.

Performances of Eugene Onegin" are Friday, May 18 at 8pm and Sunday, May 20 at 2:30pm. The venue is Bethel Church. Tickets are \$32 and are available on line at vashonopera.org and at Vashon Bookshop. Reduced price student and family tickets are available for the dress rehearsal Wednesday, May 16, at 7pm

Save the dates and buy your tickets early! Vashon Opera's productions are always sell outs and "Eugene Onegin" will be no exception

The Road To Resilience

Continued from Page 1

the best of big city culture and entertainment. What's not to like? My position is that there is a very good probability that we will have a low energy future whether we like it or not. As I stated, and Toby did as well, there would be serious consequences for us here without our ferries. We are utterly dependent on our ferries, and that is precisely why we need to consider how we can be more resilient as a community should such a thing occur. We have accepted Vashon Be Prepared's warning that we need to be prepared for short term ferry interruptions; we need to build systemic resilience into our community that would greatly facilitate our response in an emergency situation. It's just common sense.

I admit that I do like the idea of being more self reliant and producing more of what we need right here on Vashon, and I would like to see us do that just because it's the right thing to do regardless of the energy supply in the future. I also feel that regardless of whether resource scarcity forces us to cut back, we still need to do it to try to keep climate change 40 years down the road from making our planet uninhabitable for our grandchildren. In any case, choosing to make changes now will be far less traumatic and may turn out to be an engaging challenge that produces many benefits that we don't currently foresee. Again, I thank Toby for opening the dialogue; let's keep talking about this!

Speaking of climate change, Transition Vashon will be presenting a skype (interactive teleconference via the internet) presentation on the latest on climate change on Saturday, May 19, at 1pm at the Land Trust Building. The Climate Awareness Project,



**Mark the Calendar
for the VIPP Yard and Plant Sale**

Sat -May 19th from 9 -4

At the Old Variety Store

Across the street from the Post Office

**Donations needed: so bring your
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the organization that Al Gore started, is bringing the presentation to us. We are excited about learning to use this technology! The possibility of accessing speakers from all over the world for interactive

sessions with a live audience is really promising. Come see how it works and bring your tough climate change questions.

Comments?
terry@vashonloop.com

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Sunday 8:00am - 2:00pm
17311 Vashon Hwy Sw

Blumeadows

Blumeadows was gifted by God and the Earth mother. He is a descendant of the Mississippi Choctaw Nation and is a ‘magda vehu’, which means ‘Black Indian’. He discovered the magic of music through his voice and guitar, which he picked up left-handed, at an early age and has been determined to follow an unbeaten path. Listening, learning and playing with all of his timbre he ventured out into the rock and roll clubs as a teenager touring with Rudy Hunter and the Fabulous Tones, a show band. Blumeadow’s appetite to perform blossomed but he was summoned by his mother to finish his formal education. Moving from Iowa to Seattle he completed the three R’s ‘reading, ‘riting, and ‘rithmetic. He already had rhythm. When he completed the mandatory chores he ventured out into the world of creation at the Cornish Institute of Performing Arts where he studied musical theory



and composition. It was a blessed time where Blumeadows combined what was in his heart and head so he could reveal his soul.

Friday, May 18, 8pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

Subconscious Population



Subconscious Population....a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps... you might have heard wisps of “Jah Lee Kali”, “Funkified” or “One In A Million” floating through the air...you just might have. Yes, one of the island’s most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs,

as well as creating their own spin on some very cool covers. Like Pink Floyd’s “Wish You Were Here”....or Jimi’s “All Along The Watchtower”. These boys are having some fun and if you’re lucky, you’ll hear some of that from your porch, if the wind carries it just right. They’re back in full force and tighter than they have ever been. Now it’s time we call them out for one of their captivating magical mystery shows.....

This is a free all-ages show ‘til 11pm, then 21+ after that.

Saturday, May 12, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Father Daughter Dance

Continued from Page 1

lifetime. The dance will take place from 7 - 9:30 p.m., at VIGCC, and Vashon’s own Dan Brown will D.J. the event. The evening will kick off with some helpful group instruction provided by March Twisdale. John Sage graciously returns for his fifth year to provide the photography (check out finchhaven.com to view prior events). This year, we are again offering a dinner option before the dance, starting at 5:30 p.m. Three choices of entree will be available to select from. Girls – grab 3 or 4 of your best friends and their dads, and make an evening of it.

Tickets - are \$20 per person for the dance and \$15 per person for the optional dinner; can be purchased in advance at VAA and the Vashon Bookshop; are limited to 110 participants, and we expect to sell out fast. Tickets for the dinner need to be purchased at least 7 days in advance. Dads and daughters alike will always remember this special evening. Daughters of all ages are welcome - regardless of age, we know you’ll outlast your dad! Financial assistance is also available. If questions, please call the VAA office or Jeff Sayre 463-2150.

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Shark Biscuit



Emerging like the phoenix from the flames of the New World Shambolics, SHARK BISCUIT is your Vashon Island Surf Band! Shark Biscuit plays surf and rock instrumentals from the golden age of the 1950’s and 60’s, plus a few surprises! This all-Vashon ensemble is six strong, and parlays reverb-soaked guitar stylings, tribal drumming and rumbling bass lines with a powerful horn section and a rockin’ keyboard. Their music is highly danceable and brings smiles to all ages. The classic Shark Biscuit sound evokes tonal memories of Dick Dale, the Belairs, the Chantays, the Ventures and Herb Alpert & TJB.

This is an all-ages free cover show until 11pm, then 21+ after that.

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

Poultry in Motion



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

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


patriarch of the local Cajun band Rip Tide Ramblers. Wilson Abbott brings his Dobro slide sound to the group. Last and least is that odd fellow Chris Anderson. No one in the group knows what he does. He just seems to show up and stand in one of the corners with a guitar on his head.

The only thing that can really be said about Poultry is that no one, especially the group itself, knows what songs will appear when they play....

Poultry In Motion will be celebrating Steve Amsden’s birthday at this show and has invited some special guests to come perform...expect to experience some fun and hijinks for sure! FREE COVER

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

Saturday, May 26, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



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Through the Garden Gate

By Janice Randall

Audience members will be transported into an other-wordly garden when VAA New Works recipients Patricia Kelly and Pat Churchill stage their co-produced/co-directed performance at the Blue Heron. Through the Garden Gate, inspired by Island author Terry Hershey's book Soul Gardening, showcases multi-media talents of more than 20 Island performers. Theatre in the round, gallery walls will move to accommodate production and seating. Pick up your tickets early, as seating will be limited.

VAA New Works
Through the Garden Gate
Saturday & Sunday, May 26 & 27,
5 pm
Saturday, May 26, 8 pm
Tickets: \$12/\$15 VAA, Heron's Nest,
Vashon Bookshop,
BrownPaperTickets.com



Martha and Mirabel, wacky, warring garden goddesses (Tami Brockway Joyce and Jennifer Sutherland) pose with author Terry Hershey. Photo by Diedre Grace

Strong!

By Jane Berg

The dynamic film Strong! comes to Vashon co-sponsored by Core Centric and Shape Up Vashon. This is the final FREE monthly Community Cinema event of the 2011-2012 season. Community Cinema Vashon is hosted by partners Voice of Vashon and Welcome Vashon. Strong! will be screened at the Vashon Library on Sunday, May 13th at 2pm. Sandi Silagi of Core Centric will facilitate the after film discussion and guest speaker Victoria Smith of Vashon will share about the Seattle program Girls On The Run.

Strong! allows us the pleasure of meeting the young woman named Cheryl Haworth with a big dream: to be the strongest woman in the world, a world where larger women are not readily accepted. She is an amazing athlete and a unique, compelling character defending her weight lifting titles. Cheryl's integrity and her way of navigating challenges offers a model for moving through life's opportunities as well as life's disappointments and setbacks.

We are excited to present this excellent film about an elite athlete which invites conversation about how our society views body image and health. This is a topic which is increasingly affecting young men. The filmmaker, Julie Wyman, expresses that negative stigmas affecting young women and all people have resulted in a culture where eating disorders are widespread. We have a 55 billion dollar a year diet industry that fails to effect weight loss in the vast number of people who seek help. Most troubling and ironic is that these skewed ideas about what a healthy, active body looks like discourage people from inhabiting, celebrating, and living



actively in the bodies they have. She intends for Strong! "to provide girls and young women - was well as people of all sizes - with a sense of empowerment: the possibility of feeling pride in their bodies and excitement about being active at whatever size - and at whatever level - they can be."

We invite you to join us to talk about topics including media representation of women, non-traditional female roles and femininity, the role of sports and exercise in health and character-building, and healthy diet in our community. How can we support sound options and healthy actions of the youth and adults of our community?

We realize that the unfortunate scheduling of this event on Mother's Day also conflicts with with several other popular events. Because many who had wished to participate in this event will not be able to attend, we hope to schedule a second screening and discussion in the near future.

Community Cinema Vashon will return in September with the 2012-2013 season of documentary films from the PBS series Independent Lens. We look forward to many more community discussions about important current topics and exploring ways to make Vashon a more inclusive healthy place to call home.

Church of Great Rain Revival!

By Richard Rogers

Church of Great Rain will present a special Revival Show on Sunday, May 20 at Open Space for Arts and Community. The show's musical guests will be Seattle based world-soul-pop band Luc and the Lovingtons. The show will feature the Church House Band and the Holy Roller Radio Players will be performing some of the best skits from the early days at the Red Bike and the first year at Open Space. Audience members are invited to join in the fun by writing on a topic to be read aloud during the show.

Luc & the Lovingtons was created as social project in 2007. Luc Reynaud, while doing relief work in New Orleans after Hurricane Katrina, met a group of displaced kids with whom he collaborated to create the international anthem, "The Freedom Song". The song caught the attention of many, including two-time Grammy award winning artist and activist Jason Mraz, who released the song as a single off of his "LOVE is a Four Letter Word" album.

Luc then met Felipe Cañete, a Chilean artist living in Seattle and thus began the story of Luc & the Lovingtons along with keyboardist Jake Shaw and drummer Loren Boley. With a social emphasis on their music and with the word "LOVE" as an essential inspiration for their songs, they started a musical journey, which became bigger than they had dreamed by benefitting projects through community involvement and outreach.

Their first recording "Feel the Warmth" was released in 2009 with musicians from France, Senegal, Chile, Chicago, New Orleans, New York and Seattle combining their efforts and talents to create an album full of musical and cultural diversity. The lyrics are a call to cultivate brother and sisterhood among all people and to respect our planet as a place of peace and harmony.



Photo by Terri Bassett

In 2010, the Lovingtons toured Chile and South America and were warmly received by enthusiastic new fans who connected with the dynamic of cross-cultural messages and welcomed the Chilean flavor in the band's sound.

Last fall Luc & the Lovingtons released their second full-length recording, "Send My Love". Says Luc Reynaud about the album "As constant learners of the many shapes of love, this album reflects both the greater love we wish to propel ourselves into, as well as the one we are living in. We want our listeners to join us in a love that moves, a love that gives."

Churchgoers are encouraged to get tickets in advance and arrive well ahead of show time, as recent performances have been standing room only.

The Church of Great Rain Revival show begins at 4PM and the doors open at 3PM. There will be beer, wine, soft drinks and snacks available to enjoy. Church Cherub and Fupps Beer apparel will be for sale.

Advance tickets are \$10 at Vashon Bookshop and brownpapertickets.com. Show information and video is at churchofgreatrain.com and on FaceBook.



Photo by Terri Bassett

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Giselle and other works come to VHS stage

By Janice Randall



Giselle, played by senior dancer Camille Kappelman, accepts a gift from Princess Bathilde, danced by senior Veronica Jannetty, while the princess's loyal lady-in-waiting, Sara Kai Schwartz looks on. Photo by Mike Urban

Beauty, love, drama and betrayal with ultimate forgiveness characterize Giselle, the beautiful and dramatic ballet scored by Adolph Adams. Set in the Middle Ages Rhineland during harvest season, this poignant love story of a peasant girl and prince invites audiences to another time and place.

Preceding Giselle, young dancers (ages 3 to 6) will perform Under the Big Top, a high energy circus-theme mini-ballet choreographed by VAA Center for Dance Artistic Director, Christine Juarez, to music composed by Jacques Offenbach. Dancers will also perform original works choreographed by students and selected by a panel of instructors.

Giselle, Original Works & Under the Big Top happens at 7 pm, Friday and Saturday, May 11, 12 and 1 pm, Saturday and Sunday, May 12, 13. Island schools (all ages) are invited to a 1:30 pm show, Friday, May 11, for only \$5 per person. All performances will be held at VHS Theater. Tickets are \$10/\$13, and available now at VAA, Heron's Nest, Vashon Bookshop and brownpapertickets.com.

An Evening with Molly's Revenge



Photo credit: Colm MacCárthaigh

Molly's Revenge with champion Scottish fiddler Rebecca Lomnicky and very special guests Kat Eggleston, John Dally and Wally Bell will be performing at Bethel Church on Vashon Island on Saturday May 26, 2012, at 7:00 pm.

Molly's Revenge is a dynamic, acoustic Celtic trio known for its unique and infectious enthusiasm. The classic combination of bagpipes, whistle, and fiddle is set against a backdrop of guitar, bodhran, and mandola accompaniment, which guarantees an enjoyable experience for all fans of Scottish and Irish music. Their arrangements of traditional jigs and reels bring these dance tunes up to date with a driving, hard-edged accent that always leaves audiences shouting for more. Molly's Revenge has performed at many of the top folk festivals and performing arts events in the USA, and prestigious events in Australia, Scotland, and China.

Scottish fiddler Rebecca Lomnicky started violin at the age of five, and soon after found her calling. By 2005, she had won the Junior Division of the U.S. National Scottish Fiddle Competition, and in 2009, Rebecca won the Glenfiddich International

Scottish Fiddle Championship at Blair Castle in Scotland. She was the only non-Scot, and the youngest person to have ever won the championship.

Kat Eggleston is one of the most accomplished guitarists and singer-songwriters in the folk, Celtic and traditional music genres. Elating, moving, and amusing audiences with her beautiful blend of sweet melodies, gentle honesty and searing humor, Kat's music reflects a wide range of life's experiences with unusual clarity and authority. She has toured in Europe, Australia, Ireland, England, and Scotland as well as the U.S.

John Dally has been playing bagpipes since the age of 11. Equally comfortable with Highland, Lowland and Northumbrian pipes and repertoire, in 2010 John published his book "The Northwest Collection of Music for the Scottish Highland Bagpipe. A Collection of Music, Photographs and Essays."

Tickets are \$15 advance, \$17 door (kids 12 and under, plus seniors: \$10 advance, \$12 door) available at Vashon Bookstore and Bethel Church (206) 567-4255, and online at www.mollysrevenge.com.

Comedy Night is Coming!

The evening is hosted by local humorist and provocateur, Steffon Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

We will announce the lineup once it's finalized!

Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at this bi-annual Yuk fest. These island comedians will sink or swim in death defying comedy routines. That's right! Death Defying Comedy! Please don't try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.

Cover charge is \$5, and the show starts at 8pm, but show up early and

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



get a seat, because it is always packed! (Also note, that children may be altered in unknown ways as a result of exposure to Comedy Night. If you feel they need to be altered, you may want to bring them. Just sign the liability release at the door.)

This is an all-ages free cover show until 11pm, then 21+ after that.

See you then and there!

An Evening with Wilhelmine

The Salish Sea Early Music Festival presents An Evening with Wilhelmine, with John Schneiderman on baroque lute, cellist William Skeen and baroque flutist Jeffrey Cohan on Thursday, May 17 at 7:30 PM at Vashon United Methodist Church at 17928 Vashon Highway SW. The program revisits the musical establishment of the court of the lutenist and sister of flutist King Frederick the Great, Wilhelmine, who in the late 1730's with her husband the Margrave of Bayreuth (who also played the flute) completely transformed that city into the important cultural center that it is today.

The suggested donation, a free will offering towards expenses, will be \$15 and \$20. Youth 18 and under are free. For further information the public is requested to call (206) 463-9804. Please see www.concertspirituel.org for further information about this and other Salish Sea Early Music Festival performances in Tacoma, Bellingham, Seattle, and on the San Juan Islands.





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BY Jeff Hawley