



VASHON

THE LOOP

Vol. 9, #12

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June 7, 2012

Vashon's High Schools Reflect the Community

By Bruce Haulman



First Burton High School 1910 – Vashon-Maury Island Heritage Association

Vashon high schools have always reflected the values and aspirations of the community at the time they were built, also reflecting the community's understanding of the need for change. There have been a total of six high schools on Vashon beginning in 1903, and we are now in the process of building our seventh.

The first high school on the island was built in 1903 on the Burton Peninsula when there were enough students in the

Burton area to attend a public high school. Up to this time students who wanted a high school education on Vashon went off island or attended Vashon College's Academy. The first high school, which graduated its first class in 1909, is seen with its church-like tower in the Burton High School photograph. This building, like most school buildings of the time, was a simple building, yet tried to communicate the sense of being a temple of learning.

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What Goes On at Hanna Barn?

by Mary G.L. Shackelford



That's what people ask, Joan Hanna smiles. What goes on at the Barn? Joan, the tall, elegant 70-something dynamo who opened space at her family home in 1978 and then in the Barn in 1994, has created a unique community resource. In the renovated barn at her family home on Maury Island, she offers workshops, camps, concerts, and readings. It is a sanctuary – a lovely space with Zen-like spirit that invites creativity, contemplation, expression, movement, collaboration, connection.

Yes, AND, so what happens there? A concert on June 30 by pianist Pui Ming followed by a day-long workshop when she is joined by her partner Mary Ganzon, a dancer, teacher and cranial sacral practitioner, showcases the interactive creativity that arises when we tap into and express the inner, innate energies of life that are at the heart of all that goes on at the Barn.

The Barn allows and encourages "fearless dancing," Joan explains. And dancing here is a metaphor. Move, juggle, write, draw, make music, clown, dance, just sit still. It's about practice and process. In the myriad forms of expression, the Barn is an invitation to be fearless together as we overcome the separation of NO/BUT (I can't do that! I'm not creative. But I don't know how!) to explore YES/AND (Can I be curious? Willing to inquire? What will happen if I allow YES?).

The Barn is a place and a space and an invitation to listen and notice what arises from our sensations, through our bodies, from the environment, from our

connections and experience of life. To watch unattached what passes through our minds without judgment. To open ourselves to expressing this moment of possibility. In Joan's heart, it's nothing less than the practice of giving and receiving love.

Big words! Non-attachment, possibility, giving and receiving love. Improvisation. Yes, AND, at the Barn, you just let that go and allow yourself to be a "fearless dancer."

So what is improvisation? Says Pui Ming: "Improvisation is about listening and responding, being keenly present in and to the moment, responding/relating to what is rising within and all around and weaving the web of inter-relationship." It's a big, wide-open field, and you don't have to be scared.

In the Barn, which is both an empty space of beauty and serenity and full with the sweet allowing energy of the years of practice, you are held in trust. Simply being there is enough. As you take time to allow what arises, you learn to listen. A real connection to your body is nourished. Courage and trust grow; you learn to let go. You allow the "fearless dancing." It comes up and out, and it's all right.

There are opportunities for everyone at the Barn. Practice in the various forms of body/mind integration offered empowers kids of all ages. (Literally, age 80-kids as well as age-10 kids!) Parents, participants and practitioners say the work/play that goes on at Hanna Barn makes a difference in their lives. In relationship to self and other. In

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Road to Resilience GMO's

By Terry Sullivan, Transition Vashon

All eyes will be on California as they campaign for the first-ever initiative vote on whether to label GM (genetically modified) food products. Regardless of opinions about their safety, according to a Thomson Reuters poll in 2010, 90% of Americans think that GM foods should be labeled. Many state legislatures have tried to pass labeling legislation and all have failed. Reading a report about the most recent defeat in Connecticut, I was struck by the statement that these bills have usually gone down because of fear of litigation by Monsanto and other major producers of GMO's (genetically modified organisms). It seems to me that, the fact that an industry that could strike the fear of god in all these state governments, despite the overwhelming mandate from the people, is truly scary.

The industry rationale in opposing labeling was that people would avoid buying products with GM ingredients if they had a choice. They are probably right. The National Grocery Manufacturers Association has said that many companies would discontinue the use of GM ingredients rather than have to place a GMO label on their products. They also estimated that about 75% of prepared foods had GM ingredients, the labeling of which would make for a mind-boggling shakeup of the entire industry.

At present, 75% of all corn grown in the US is GM, 90% of soy, most of beet

sugar, and appreciable percentages of canola and cottonseed. Look at almost any prepared food product in a box, bag, or can; you are likely to see a derivative of one of these foods listed in the ingredients. Only products labeled organic are specifically prohibited from using GM ingredients.

There has been some discussion with our local grocery stores about labeling GMO's at the store level. Considering the previous paragraph, you should be able to see that this is an enormous task. It would be easier to label the products that are not GM. In addition, if state governments quake at the legal might of the GMO industry, what chance would a few lowly local stores have?

So what's the problem with GMO's anyway? It's just another form of hybridizing and, we have been doing that for thousands of years, right? No. We have been developing strains of our favorite foods, selecting for size, flavor, hardiness, etc.; that's hybridization. GMO's mix genes from different species, even different kingdoms (animal to plant!); a new practice in the evolution of life as we know it, with consequences that are equally unknowable. Mutant genes are not new; they have driven evolution and appear on a regular basis, but they occur in individual organisms. If they are dangerous or faulty, they will probably die with that individual. GMO's are

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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.

Green Party’s Monthly Meeting

The Vashon-Maury Island Green Party’s monthly meeting (second Tuesday of each month) will be at Joy Goldstein’s home. Other interested progressives always welcome!

DATE: Tuesday, June 12, 7:00 to 9:00 PM LOCATION: 10329 SW Bank Road, Vashon DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy’s home is on the south side. Park along Bank Road.
Major Topics (Continued):
1) Vashon Governance/ All Island Forum.
2) Transition Vashon/ Resilience Circles.
3) Occupy Seattle/99% Action.
4) The Green Team.

Questions: Melvin Mackey, Secretary, (206) 463-3468

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.

Island Wide Recycling to Benefit the Dental Van

On Wednesday June 13th 9am - Noon and Saturday June 16th 10am - 3pm at Vashon Plaza (across from the Post Office) we are holding another recycling event. We are accepting for recycling all appliances, refrigerators, metal furniture, monitors & TVs, computers, all electronics, circuit boards, stereos, car batteries, all other batteries, light and heavy machinery, lawn equipment, electric motors, used toner and ink cartridges, anything metal and more....

Michael O’Donnell has graciously volunteered to remove all hard drives from your computer, before it gets recycled. He will do this on the day of recycling. You may keep the hard drive or Michael can make it so information on it can not be retrieved.

For more information on the recycling call 463-9328

This is also a fundraiser for the Children’s Dental Van. We are asking for donations of

\$5 - car, \$10 - truck & \$15 - large load. Make checks payable to “Vashon Homeless Council” No one will be turned away.

Call for Traffic Control Volunteers for Recycling Event

Volunteers are needed to help with Traffic Control for the Island-Wide Recycling Event Wednesday June 13th 9am to Noon and Saturday June 16th 10am - 3pm. This event is being held at the Old Napa Store parking lot across from the Post Office on both days. We are looking for people who can help direct traffic. Shifts can be as little as one hour and as long as you like.

Be the first on your block to wear and model the sporty orange vests. When else can you stand in the middle of the street and tell your neighbor where to go? This is a once in a lifetime opportunity.

Call now! Our operators are standing by. Okay maybe it would be better if you e-mail Tag Gornall of Island GreenTech at tag3dvm@me.com He takes all the fun out of everything.

Refreshments and coffee and water will be provided.

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

VashonCalendar.org Now has Yard Sale Category

VashonCalendar.org now makes it easy to tell Islanders about Yard Sales. Go to the Calendar, www.VashonCalendar.org. Select the individual posting link, select the date enter your information and select Yard Sale as your category.

Your Calendar listing will be seen on the Vashon Community Calendar which is also displayed on the Vashon Loop website, www.VashonPages.com business directory and www.VashonGuide.com

Check the Calendar weekly to see where the Yard Sales are!

The Vashon Loop

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Published every two weeks
by Sallen Group
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Vashon’s Yellow Pages on line.
Find it on
www.VashonPages.com
Kronos, Palouse Winery, Pandora’s Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar,
Vashon Business Info
www.VashonPages.com

Next Edition of The Loop Comes out Thursday, June 21

Deadline for the next edition of *The Loop* is **Friday, June 15**

Volunteers to teach Summer School at the High School

Vashon High School has agreed to have a summer school for students who received a grade of “D” to improve their grade to a “C”. The classes that will be offered are Freshman English, Sophomore English, Freshman Algebra and Sophomore Geometry. The classes would be held at the school twice a week, one and a half hours per class for a total of six weeks. 18 hours of class time for these students.

What is needed are people willing to volunteer their time to teach these classes. You do not need to have a teaching certificate, but you do need to be passionate about helping children succeed.

Last summer I taught geometry and it was a wonderful experience for the students and myself. I considered this a pilot program and therefore pushed for more subjects this summer. As a bonus I have heard from parents that their children are doing better in school just by really getting “it” in a fun relaxed setting.

I will be teaching Geometry again. Please consider volunteering for these 18 hours and helping some of our students who are struggling. They will be able to start the new school year with their heads up high.

For more information just call me at 463-7277.

Thanks, Hilary

Vashon Drum Circle Meets

Moving outside now for the summer months, Vashon Drum Circle meets Friday, June 8, 7 PM at the Village Green. All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Free. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities. Donations help Red Lodge thrive.

Green recycling on Vashon

Representative from King County Solid Waste will talk with islanders about the possibility of creating a woody waste recycling facility here on the island.

Since much open burning is now prohibited, this may provide a welcome and greener alternative.

June 18- 7pm
McMurray
Light refreshments
Info www.Vmicc.org

Water District 19 Board Meeting

Water District 19’s regular board meeting which will be held on Tuesday, June 12th, 2012 at 4:30 PM at the district office, 17630 100th Ave SW.

| <u>Bible</u> | <u>Christian Oral Tradition</u> |
|---|--|
| 7th Day is Holy (Saturday) | 1st Day is Holy (Sunday) |
| Feasts of Unleavened Bread, Shavuot, Tabernacles, Purim | Feasts of Easter, Halloween, Christmas |
| Torah in Heart = New Covenant (Jeremiah 31.10-33 and Hebrews 8.8-12) | Torah = Not for Today (Various theologies and doctrines of men) |
| <u>Which do you believe: the Bible or Oral Tradition?</u> | |
| torahinmyheart.com | |

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Vashon Park District Summer Events

Park District Water Daze
June 16, Jensen Pt., 1PM-4PM
Try Kayaking & Rowing, FREE!

Ober Park Concert Series
7-9PM -- FREE
BIG Solstice Opener
Vashon's own Avaaza & Seattle's Manooghi Hi (tumultuous Middle Eastern Rock) – SATURDAY, June 23, at 6:30PM



Seattle's Manooghi Hi

Beginner Skate Board Lessons
Learn to use your skateboard in a safe atmosphere. Emphasis is on fun, safe conduct, courtesy and encouragement. 90-minute classes cover the basics – falling correctly, safety gear, how to kick, turn, pump, drop in. Get proficient in a group of your peers. There's time for instruction, personal skill building, mentoring among friends... and lots of fun. No rigid assessments or requirements. Bring your board, safety gear, and skate style shoes with toes covered. Mondays at B.A.R.C., 4-5:30PM. Drop in or sign up online. With a Skate Park membership, classes are just \$3 each 'til the session ends June 25.

SkyHawks Mini-Hawks
One week camps for kids ages 4-7 to learn the basics of three sports -- basketball, baseball and soccer. Choose from the weeks of June 25-29 or August 6-10. Register online at www.skyhawks.com \$99



FOR ADULTS...
Adults Sailing Lessons
Certified Sailing instructors teach adults 18 and older the basics of sailing. Lessons are available by appointment for a minimum of four people. Call to schedule your preferred lesson dates any two consecutive weekend days (Saturdays or Sundays), or any whole weekend after June 1. Call the Park District at 206-463-9602 to reserve your dates; online registration not available for this program. Fee is \$200/person.


12 Weeks to Try a Tri-Athlon
For those who want to get out there and try a tri in our great spring/summer weather, Lu-Ann Branch invites you to learn the tricks of triathlons and transitions in a fun and supportive group. Then complete in our own Island "Heart of the Sound" (HOTS) Triathlon or other race of your choice. All fitness levels are welcome, from Tri-Newbies to Tri Veterans. The program includes a personalized training plan and weekend group workouts. May 13-August 5, start at Ober Park, Saturdays 8-9:30AM. \$195

Sea Kayak Fundamentals
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strokes, effective rescues, navigation, currents, safety and awareness of sea and weather conditions. Second day is navigation and touring to Blake Island. August 4-5, 9AM-4PM, Jensen Point, Ages 17 & older, \$225. Second day only, \$100, Instructor approval required. Knowledge of rescues is a prerequisite.

NEW! Private Kayak Lessons
Reserve your four-hour class for up to four people by calling the Park District at 206-463-9602 after April 13 or the Kayak Center after May 26 at 206-463-YAKS (9257). \$160/person





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June 17, 7pm
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Clinton Fearon

Oh No! The Tide Is Falling! Low Tide Celebration 2012

by Rayna Holtz

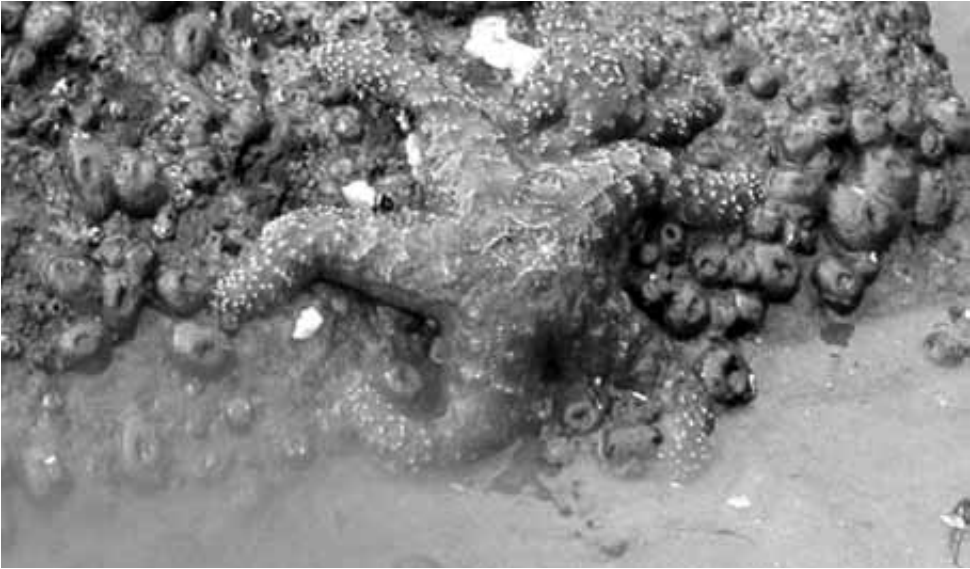
At Point Robinson on July 4 this year we'll be celebrating both our nation's independence and the splendors of our shoreline. From 10am to 3pm, there will be beach naturalists, booths with food and displays, lighthouse tours, a walk with Odin Lonning to learn traditional native uses of shoreline species, the landing of the Blue Heron Salish canoe, and other special activities. But the extra low tide of -3.1' at about 11:50am will not be an occasion for merriment among the creatures who live along the shore's edge!

Rachel Carson, in a 1937 essay called "Undersea," wrote "Who has known the ocean? Neither you nor I, with our earth-bound senses, know the foam and surge of the tide that beats over the crab hiding under the seaweed of his tide pool home..." But suppose we try to imagine the experience of low tide for a barnacle, sea star, and clam.

Perhaps as the sun rises and the tide retreats, it seems much like other summer mornings for the acorn barnacles attached to rocks on the upper beach. High tide during the night covered them with water, and they waved their fin-like cirri in the water to sieve particles of food from it. When the waves began to recede, they waved goodbye to their food transport system, tucked their cirri down

coldest, darkest, wettest cranny where the overhanging boulder shades the sand at its base. There a shallow puddle remains, filled with trailing rockweed and stray blades of sugar kelp. Nestled in its moist nook, the star waits for the returning tide. Above it on the rock, dozens of other beach animals now feel the harsh sunlight drying them off. To avoid death by dehydration, the thatched barnacles close their plates, the limpets clamp tight to the rock, and every dogwinkle and checkered periwinkle pulls its foot inside and seals its spiral shell to stone between patches of rockweed, trying to keep moisture in and air out, and hoping to discourage gulls and crows from prying it off its perch.

Diverging from its average cycles, the tide reaches its usual low tide zone and continues to recede, influenced by the gravitational forces of the sun and moon aligning on opposite sides of the earth (hence a full moon). As the water level falls to a -3' it bares a zone of beach that very seldom feels air, and then only for minutes. Among the deep intertidal expanses of sugar wrack, sargassum, sea lettuce, and other seaweeds live whole communities of snails, crabs, nudibranchs, clams and other species that need water for survival. A geoduck living in the lower part of an eelgrass bed notices




into their little white calcium fortresses, and closed the hatches on top to seal in moisture and protect them from sunlight, crows, gulls, and other threats. Being up in the higher part of the beach, they are accustomed to waiting through dry spells every day, and can live for hours in air.

The receding tide exposes the middle beach zone by 10am, uncovering a purple sea star at the base of a boulder. Like the barnacles, the purple star had spent the night hours feasting under cold water. Perhaps it had wrapped an arm around a shield limpet on the boulder, and set its tube feet to work. With dozens of little tubes glued to the shell, it pulled the limpet upward until the limpet's muscles finally gave out in exhaustion. Then the star everted its own stomach into the space between the limpet's shell and the rock, secreted digestive juices into the shell, and enjoyed dining on fresh limpet sushi.

Now, feeling air replace the water, the purple star snuggles into the

the sensation of air on its siphon. The siphon, which sometimes projects eight inches above the sand, is used to inhale water, from which the geoduck extracts food particles. Even exposed briefly at the super low tide, the geoduck itself stays moist deep in the wet sand, and may not bother to retract its siphon unless it's poked by a gull or a finger. Around it, however, nudibranchs, anemones, and even small fish or octopus under the rocks may find the air dangerously warm and dehydrating. "Oh no!" they must be shrieking. "The tide is falling to crisis levels!" But fortunately, the tide will soon turn, and their temperatures can go down to a more comfortable range of frigidity.

So when you come to the Low Tide Celebration, look closely at the animals you see. They are not lounging around relaxing! Perhaps if you pay close attention, you will discern their slow motion struggle to survive the dangerous invasion of air and all the threats posed by air and air breathers like us!



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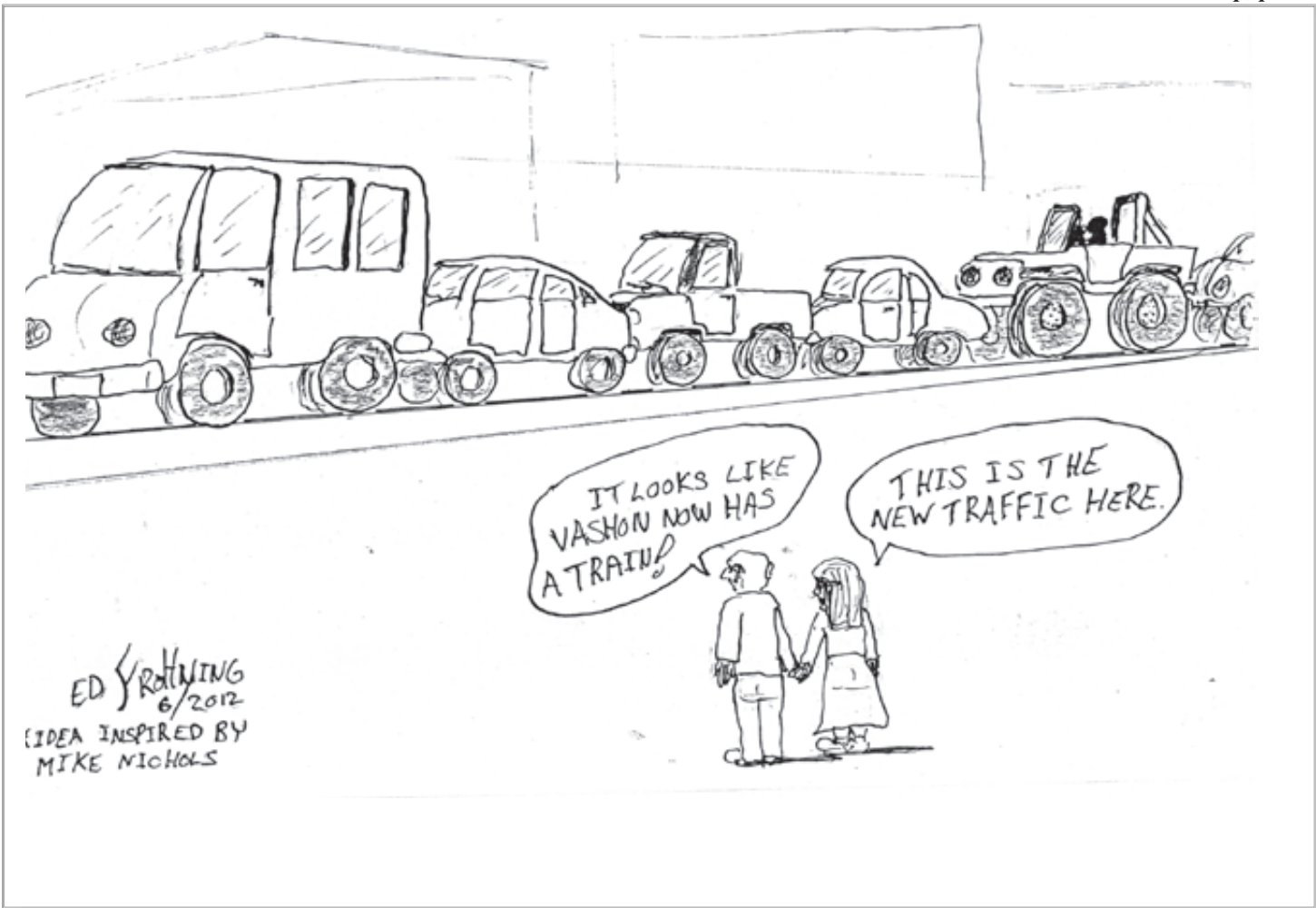
by Peter Ray

It's funny how things, and one's perceptions of them, can change. As it is, one can cruise through the day without worrying, for the most part, about randomly flying off the planet and into space, imploding or exploding in a random or orderly fashion, or maybe even turning into an aquatic newt or a brightly colored bag filled with doorknobs. Having any or all of these things happen to you during the course of the day might be disturbing, especially if one weren't asleep or having recently partaken of some mind altering substance, in which case these and many more deviations from the commonplace might otherwise be a source of fascination and wonder rather than cause for alarm.

I have been thinking about change on a relatively micro scale as of late, mostly because it seems like an inordinate number of things around me are breaking. Somewhere stuck in my brain is a memory of being told that entropy was a word for things falling apart, mostly in a closed system, so I had been operating under this assumption for a time spanning from high school until now. In the spirit of fact checking I got out my Webster's New Collegiate Dictionary (new being a relative term here as this particular volume was published in 1960). What I found was that entropy has more to do with heat loss and the inefficiency of machines than the falling apart of things. In further investigations through internets tubes and wires it seems that the word entropy comes from a Greek word meaning transformation. As it is a theoretical explanation for heat loss in a closed, mechanical system it seems that it is also a part of a second law of thermodynamics. It deals with small closed systems as well as large ones, which is where one runs into terms like quantum decoherence and cosmic inflation. I finally stopped reading when I came to the sentence: "The law is usually stated in physical terms of impossible processes." As David Letterman and others have often stated (although to the best of my knowledge, probably not in reference to definitions of entropy), I have no idea what that means.

Something closer to what I was expecting to find, and certainly much more understandable, was a graphic depicting an orderly stack of bricks on one side, placed as one would normally see them stacked in a brick wall, and a random and jumbled pile of bricks on the other, with a one way arrow connecting the two. This was supposed to represent what they termed the "phenomenon of irreversibility in nature"- a transformation from order to chaos. Entropy is represented by the arrow in this pictographic equation, and it is meant to act as both a physical and temporal symbol for the forces depicted within, hence the reason entropy is also called the arrow of time, I think. It seems like I would have been much better off in pondering a more simple term, something like decay.

The reason I got started on all of this to begin with was because of a lap swim and goggles. There is a certain feeling one experiences when your goggle strap breaks. First there is a tightness around your head, and then there is an easing of that tension, followed by a flooding of the airspace that both allows you to see clearly underwater and helps one to avoid the burning, eye-watering experience that prolonged soaking of eyeballs in chlorinated pool water brings to the



exercise table. On a recent day it was the failure of the small plastic clip that keeps the goggle strap contraption taut around one's head that brought everything to a halt until I was able to rummage through my backpack for a replacement. Having found a scavenge-able and serviceable part and readjusted the tension to proper and tolerable pressure, I was on my way again. It was the next day, though, when the clip on the other side broke in a similar fashion that the meditation on entropy- or what I had thought to be some form of entropy- occupied my available thoughts between keeping the lap count current and accurate and judging my ability to expend more heat energy in order to continue forward motion. I believe there was also a contemplation on the evils of planned obsolescence and capitalist greed somewhere in that mix. And from a number of different days and experiences I was going to carry on from this point in my examination of the falling apart of things to include the destructive forces of pure clorox on stitching in backpacks, the mass semi-suicide of a number of gas-powered garden machines in my possession, and/ or the perils and surprises of buying other peoples' problems through the internets and elsewhere, but my time and space arrow has reached the end of its travels, although I'm not sure if any transformation has been completed.

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VHS Class of 82 Reunion

By David James

In spite of their finest efforts at remaining teenagers, the Vashon Island High School Class of '82 is now confronted with the reality that it's been thirty years and their childhood plans of perpetual youth have fallen through. But being a hearty lot, they've decided to work with what they have and hold their thirtieth anniversary reunion.

Two gatherings are planned. The first will be on August 10 at 5:00 PM and will be held at Munger's Barn. Burgers, hotdogs and some sort of vegetarian option will be supplied. The following night at 6:00 there will be a second event at Sound Foods with a buffet dinner. The cost for the two nights combined will be \$50.00.

Class members Alta Wickberg and Randy Smith have been organizing the reunion and are sending invitations to those who contact them. Alta can be reached at 8225 SW Van Olinda Road, Vashon, WA 98070. Her phone number is 206-408-7063 and her email is racostew@yahoo.com. Randy can be reached at 375 Riverdale Blvd Boulder Creek Ca 95006. His email is randalsmith@sbcglobal.net and phone numbers are home # 831-338-3194, cell831-345-9785.

All members of the class, including those who left prior to graduation, are invited. Attendees will get to find out who got rich, who got famous, who still looks like a teenager, and who went bald. Hope to see you there.

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Seeking Our Selves in Television Myths

by Mary Tuel

The series “House” has ended, and the character of Gregory House stayed unrepentant to the end, though he (spoiler alert if you haven’t seen it) redeemed himself in his own twisted fashion by faking his death so he could be free to make the final months of his best friend, Wilson, happy. He literally lays down his life for his friend, and as we have been told, greater love hath no man.

The fifth series of “Doc Martin” recently completed its run here. The lead character on that show, Doctor Martin Ellingham, is less acerbic than Gregory House, though also a victim of what seems to be a hard-wired disregard for people’s feelings and an arrogant assumption that he’s right about everything. He is not interested in changing himself until he almost loses Louisa, the love of his life. Then he bends and actually says something nice to Louisa – he tells her he has been an idiot and he loves her, thus insuring that there will be a season 6 of the show. Whew. I’m not so certain that a person like Doc Martin in real life would be able to make that about-face, but what the heck. I love the show, and I’m glad there will be more episodes.

Dr. Temperance Brennan, of the series “Bones” has a relentlessly rational approach to life which clashes with the heartfelt approach of her work and life

partner, Seely Booth, who is also the father of their child. The show constantly shows Booth and Bones at odds, but it is Bones who has to learn to give, to accept emotion, to move toward a balance between rational thought and emotions.

I look at these characters and think about how interesting it is that these three television shows and their flawed main characters are so popular. It has been suggested of all three that they might have Asperger’s syndrome, a form of autism that tends to couple mental brilliance with social ineptitude. Most of us have known someone like that. Some of us are someone like that.

We love these characters. They make us laugh, and we feel for their pain as they experience their epic fails at being human. We cheer when they learn to connect with other people.

Then there was Mr. Spock on “Star Trek,” and Data, the sentient android who wanted to be human, on “Star Trek: Next Generation.”

I think these television shows are modern myths, and the struggles of these characters reflect our own struggles with being human. It’s good that we struggle with our humanity, and I am encouraged that television shows, our myths, about characters who struggle with their humanity are popular. It makes me think that people do continue to struggle toward becoming more fully realized and authentic human beings, and are engaged by stories about that struggle.

Another pattern I’ve noticed is one of lead guys on television crime procedural shows being husbands and/or fathers who have lost their families to crime – Monk on “Monk,” Gibbs on “NCIS,” and Jane on “The Mentalist.” I have not thought through what that myth is about – the man who has lost his family to violent crime and is motivated to seek answers and get revenge. Monk lost his wife; in the other two cases the lost family members were a wife and a daughter. I could postulate that these stories are about men who are seeking to reunite with the brutalized – murdered – feminine sides of their natures.

But it’s almost deadline, and I’m not really educated enough to go much farther out on this limb. These are things I ponder sometimes, when I’m staring out the window at the crow eating sunflower seeds in the rain. It’s more thrilling to watch that crow than television.

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Aries (March 20-April 19)
Your actions (and even your thoughts) could have unintended consequences, so I suggest you make gentle, careful moves over the next few days. Be mindful of situations where ‘one thing leads to another’, i.e., where something said under the influence of alcohol can take on an unintended life of its own. In particular, be mindful of when you’re acting on belief and when you’re acting on good information. The two will have a tendency to disguise as one another, and it’s vital that you be able to spot your biases. Subject all your suppositions to fact-checking, and be careful when you notice you’ve made up your mind before the data is in. Intuition is often trustworthy, though right now you need a few layers of intellectual safety net below you. And, notably, any seeming need to rush to a conclusion or a decision is probably a false alarm. Take the time to think.

Taurus (April 19-May 20)
Don’t try to judge your own progress. There are too many wheels in spin for you to predict where you’re going to emerge from your current adventure, or is it odyssey? Meanwhile, you can learn plenty from studying people’s reactions to you. They might be stronger than you’re accustomed to; if some people express adulation and others extreme irritation, taking the average won’t help you determine the truth -- rather, experiment with not taking opinions so seriously. You could find yourself diving into situations beyond what you think of as your better judgment, perhaps inspired by someone who lacks your usual resistance to risk. You tend to overthink things, something you may find yourself bypassing these days. You can afford to live in a way that, for you, seems daring -- your luck is better than you think, as long as you stay in the moment and don’t make any promises.

Gemini (May 20-June 21)
How much do you want to be influenced by someone else? Keep that question in mind; once you imbibe any influence at all, the effect could be a total and unexpected transformation. If you’re encountering someone you perceive as famous, you might want to consider your relationship to their notoriety. Does it serve as an example? Is it useful? Are you starstruck? Or are you able to set it aside entirely and meet them on mutual ground? That would be the best possible scenario, though this may require you to project yourself into the future a bit, and to imagine the person you’re striving to become. No role model is ever 100% what we want to be, and other factors indicate that you’re feeling more deeply than usual about your own goals and values. The most useful modeling you can do right now involves adapting learning methods that help you focus on what is most important to you.

Cancer (June 21-July 22)
You have many opportunities for exchange open to you. Don’t worry if at first they don’t seem like the kind of plunge into the impassioned abyss that you’ve been longing for. When you’re wading out into shallow water, remember, it can get deeper suddenly and unexpectedly -- and it’s likely to do so. Yet you won’t be out of your depth as long as you stay in communication with yourself and anyone with whom you’re closely involved. Communication begins with the prefix co, which means it should go both ways. Be responsive to what your own psyche is telling you. Be responsive

to your environment. And notice what the people in your environment are telegraphing as individuals and as a group. The group dynamic is the one to watch with utmost attention -- there’s a lot going on there, and you’re a more significant influence than you may think.

Leo (July 22-Aug. 23)
The chances are that by the time you read this, you’ll already be moving ahead with your plan. I suggest you treat this a little like surfing or hang-gliding: a somewhat dangerous but compelling activity that utilizes forces more powerful than yourself. That’s the thing to remember and respect -- what you’re doing goes beyond your own personal power. In such situations, the thing to look for is how you can influence the developments rather than take control. Your influence is real, and it can be potent; control is an illusion, and it will likely backfire. Therefore, lean in the direction you want to go. Trace the trajectory of your recent movement, and see if you can figure out what direction that indicates you’re traveling. Think in terms of your immediate, intermediate and long-term objectives. Any correct choice you make now will have the quality of supporting all three.

Virgo (Aug. 23-Sep. 22)
Be careful not to take on all the troubles of the world -- or to take personal responsibility for starting the revolution. Rather, allow yourself to be revolutionized, and give yourself permission to participate in the ways that work for you. What works will be what takes you out of your safe zone, particularly of your ideas. At the moment you lack the ability to isolate yourself from challenging ideas by making them abstract. Indeed, you have the ability to take everything personally. That’s why I suggest you emphasize learning and participation rather than taking on anything larger than yourself as a huge burden or mission. If you’re actually called to take action in a larger way, you will be the first to find out about it -- and you’re unlikely to be alone. The salient message of your astrology is to observe, learn and engage yourself in ways that are nourishing to you, then gradually embrace your leadership role with that as its basis.

Libra (Sep. 22-Oct. 23)
You have room in your life, and in your mind, only for what is authentic and valid for you. You could say that this is about believing only what is true, though in support of this, I suggest you consider the possibility that ‘belief’ is not actually a value. Rather, it’s more like a substitute for one. Base your viewpoints and opinions on what you observe and can document, and make sure you question those things on a regular basis. This is less about questioning your assumptions and more about figuring out when you’re making them at all. This will help you foster radical discernment, and inspire you to dismantle your illusions -- neither of which are especially popular on iTunes. Yet as you devote yourself to these things, you will meet others who are dedicated to both the truth and their personal truth -- which often comes with the character trait of being able to change one’s mind.

Scorpio (Oct. 23-Nov. 22)
Precision is the key, particularly when you’re among friends, or in public, or projecting your thoughts into any public forum (the Internet included).

I mean precision of thought, speech and action, which are directly related. What you say has impact, and it will be attributed personally to you -- so be mindful of being even vaguely aggressive or critical. Instead, make a point of being helpful and constructive, pointing out what is good about the world and the works of humankind (such as your friends and colleagues). If you must point out anything wrong, save it for the calmest one-to-one discussions you can create. I suggest, however, that you do triple-diligence when it comes to collecting your facts and understanding the circumstances behind anything you perceive. Meanwhile, I truly suggest you put your energy into visioning what you want to create in your own life. That’s not about all those other people -- it’s about you.

Sagittarius (Nov. 22-Dec. 22)
You can see the potential in a certain relationship, and the benefits of liberating yourself from the attachments of your past. Yet it’s vital that you be realistic rather than idealistic, which means use what you know. If you find yourself feeling powerless, look for the ways that you’re not actually putting your knowledge to work. Meanwhile, if you’re going to be idealistic, at least know something about your ideals. Limit yourself to three of them and be specific about what they are. That’s another way of saying know what you want, then check everything you might be inclined to reach for against that list, to make sure you’re using your time and energy wisely. This will help you discern the difference between a false desire and an authentic one. Meanwhile, if any of your ideals get popped along the way, be grateful of that fact. You need solid, dependable ones, made of real substance, not the kind that are like soap bubbles.

Capricorn (Dec. 22-Jan. 20)
It’s not always about sex, but usually it is -- especially lately. And when that’s true, there are those moments when you have to unleash the furies. You don’t have to release them all at once, though -- try letting them out of their cages one at a time, and see how that feels. Meanwhile, every time you worry about your ‘reputation’, I would propose that’s a mirage for fear of your own power. In other words, what you believe is ‘bad for your image’ (or some desire that allegedly threatens your position) may be the very thing that is good for your strength and integrity. You seem to feel like you’re visible right now, and like you have some influence in the world. This is lining up with your passion and a touch of inner chaos in a way that might threaten to unravel everything you’ve built (which seems to be trapping a lot of energy). If that’s true, then I would say keep going.

Aquarius (Jan. 20-Feb. 19)
Be aware any time the idea of sacrifice comes up -- listen for the word, and for the notion. The concept comes in two forms. One is what you supposedly must give up, in order to have something else you want, or to appease someone in power. That’s worth questioning carefully. The other notion is to ‘make sacred’, with the image of laying it on an altar. For your purposes now, these are both false concepts, which cover over something else. If you pause and consider what that is, it will be easy enough to discover, lurking right beneath the surface. The truth is, you don’t have to make any offerings to get more of what you want from life, and the false belief that you must do so is directly interfering with your process of establishing a goal, and taking action to make it real. While you’re figuring out what you don’t need to sacrifice, I suggest you check for other points of interference as well.

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Pisces (Feb. 19-March 20)
Monitor how you feel at all times. As you do, you may notice that you can guide your feelings. Apropos of your nature this sensation is more like the flow of water. Thematically, there is a question beneath the surface of that water -- how does success feel to you? You have ideas, plans and maybe a financial goal or two, though what would it feel like to be exactly where you want to be? Once you tune into that sensation, stay in contact with it. This might come with some relief from time pressure, or economic pressure. It might be the feeling of what it would be like to not be at the edge of your tether where commitments to others are concerned. Use your imagination here and start to open up your inner space of success as viscerally and in as much detail as you can. Then keep returning your attention there, if you ever wander off. Keep coming back and experimenting with this, till the space is big enough for you to enter.

Read Eric Francis daily at
www. PlanetWaves.net

Island Epicure



By Marj Watkins

Cabbage Capers

One of my true-love’s favorite vegetables is the lowly cabbage. He’s happy with plain old green cabbage chopped in fairly large bite-size pieces and simmered with salt and plenty of black pepper. Sometimes we vary it sprinkling in a little turmeric to give it an enticing golden color. Even that little bit of turmeric should aid our aging memories somewhat.

For a quickly prepared, easy upgrade to near gourmet status, and make it more fun to cook, I shred Savoy cabbage and add a couple of spoonfuls of capers and a handful of thin-sliced ham cut in little squares. This transforms the flavor.

Cabbage with Capers and Ham

- 3 to 4 servings
 - 6 cups coarsely chopped Savoy cabbage
 - 3 teaspoons capers
 - 4 slices thin-sliced ham, cut in ½-inch dice
 - 1 cup chicken broth or
 - 1 cup water plus
 - 1 teaspoon chicken granules
 - Salt and pepper to taste
- Bring everything to a boil. Reduce heat to low. Simmer until cabbage is very tender and flavors blended.

By the way, ham is low on the inflammation index, and both the ham and the cabbage rate zero on the glycemic index. Capers aren’t listed, but their vegetable nature guarantees a zero for them, too.

Another treatment we like to give cabbage is to wrap it around a chopped meat mixture and cook it in a broth of tomato sauce and water, tomato juice, or V8 juice. Many cultures have versions of stuffed cabbage. Here is a Greek one.

Lahana Dolmathes

- 3 to 4 servings
- 1 medium size cabbage
- 2 Tablespoons butter or light olive oil
- ½ pound ground beef
- 1 onion, chopped
- ¼ cup long grain rice
- ½ cup boiling water
- 1 (8-ounce) can tomato sauce
- ½ cup water
- 2 Tablespoons minced fresh parsley or 1 Tablespoon dried parsley
- 1 clove garlic, minced
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1/8 teaspoon coarse black pepper
- 1 Tablespoon fresh lemon juice

With a sharp knife, cut out the core of the cabbage. Immerse the cabbage, core side down, in a large saucepan or stockpot of boiling, salted water. Boil 10 minutes, until outer leaves

are tender enough to remove without tearing. Drain. Set aside to cool enough to handle.

Prepare the stuffing. Heat half the butter or oil and brown the ground beef an onion in it, breaking up the meat so that it cooks looks like meat grains. Add the half cup of boiling water, rice, parsley, cinnamon, garlic, and salt and pepper, plus half the tomato sauce. Simmer about 10 minutes, until rice is half done.

While the meat and its seasonings simmer, remove cabbage leaves. Brush the bottom of a deep pot with oil and line it with the largest cabbage leaves to keep the dolmathes from burning. Place a rounded tablespoon of meat mixture bout 1/2-inch from the cut end of each leaf. Fold the cut end over the stuffing. Roll it up lightly and pin it closed with a toothpick or two. Save leftover cabbage for another dish.

Place stuffed leaves in the pan, covering the layer of unstuffed leaves. Dot with dabs of butter. Put a plate atop the dolmathes. I weight the plate with my cooking rock, a clean, roundish hunk of granite about 3 inches across.

Combine the rest of the tomato sauce with the lemon juice and some hot water. You want enough liquid to just cover the plate’s rim.

Cover. Simmer for 1 ½ hours. With slotted spoon, transfer each dolmathe to a platter. Garnish with lemon slices if desired. Serve the sauce separately, or put the dolmathes into a dish deep enough to hold the sauce and pour it over the dolmathes.

GERMAN STUFFED CABBAGE: Lay half-cooked cabbage leaves in a circle, with the tips overlapping a bit in the center, on a dampened cloth napkin with the cut ends to the outside. Add the meat mixture above. Bring up the four corners of the napkin and tie them together. Put a wooden spoon through the knot. Bring a big pot of water to a boil. Lay the wooden spoon across the rim of the pot. The filled napkin should be partly immersed. Loosely covered pot and cook on medium heat for 1 ½ hours. Drain. Remove the package. Untie the napkin. Turn the cabbage out onto a platter. Pass the Avgolemono Sauce.

THICK AVGOLEMONO SAUCE: In a saucepan, beat 3 egg yolks. Beat in 2 Tablespoons flour little by little. While stirring, drizzle in 2 cups of hot broth or cabbage cooking liquid. Cook and stir over low heat until sauce thickens, but do not let it boil. Remove from heat. Stir in the juice of ½ lemon.



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Chamber of Commerce June Meetings

Chamber members are invited to attend the Vashon Maury Island Chamber of Commerce Board of Trustees Meeting
Wednesday, June 13, 2012
8:00 AM – 10:30 AM
PSE Conference Room

Vashon Maury Island Chamber of Commerce General Membership Mixer Meeting
Thursday, June 21, 2012
6:30 PM – 8:00 PM
Hosted by: Bill and LeAnn Brown of The Brown Agency
17205 Vashon Hwy SW
Vashon Village
Everyone Welcome! You do not need to be a Chamber member to attend.



The Road To Resilience

Continued from Page 1

manufactured on a grand scale and are set out to largely replace the existing parent species with little testing as to the effects on the consumers or on the balance of life itself! Some seeds are bred to produce poisons, some others to be resistant to poisons; almost all are sterile, thus requiring that growers must return to purchase seed year after year. Farmers that choose not to use GM seeds are finding their own seed contaminated with GM pollen. In fact it has been found that it is next to impossible to contain these genes. They have spread to other organisms, even other species, growing many miles away from GM plots. Imagine a world where most natural seeds are sterile, and we all must depend on a handful of mega corporations for existence. It is possible.

GM crops have been linked to the creation of pesticide and herbicide resistant species, thus nullifying the original intent. Eating GM foods has also been linked to food allergies, autoimmune diseases, gastrointestinal problems, and childhood learning disorders. Toxins from GM corn have been found in the blood of 93% of pregnant women. See: <http://responsibletechnology.org/docs/145.pdf>

We need to regulate these products at the national level as they already do in the rest of the developed world (even China!). Unfortunately, biotech has friends and former employees in high places. The USDA is headed up by former Iowa governor, Tom Vilsack, a strong ally of biotech firms; our senior FDA food safety advisor is Michael Taylor, former Monsanto Vice President for Public Policy; and our director of the National Institute for Food and Agriculture is Roger Beachy, long time president of the Danforth Plant Science Center (the non profit arm of Monsanto). Even our State Department is putting pressure on EU countries to remove their bans on GMO's. We are currently finalizing a master plan to remake agriculture in Africa on a model including industrial scale GM monocropping. This is in a place where

70% of the food is now grown on small diverse plots owned and managed at the local level, a practice that has been shown to be far more productive and sustainable than fossil fuel dependent factory farming, according to the FAO. We need to bear constant witness to all this until we stop it.

What can we do here? Stop buying GM products. We may not be able to get the stores to label just yet, but they will stop carrying products that we won't buy. Shop the perimeter of the store. If you go into the middle isles, check the ingredients before you buy. In the produce section, buy organic and, otherwise, you need only avoid non organic zucchini, crookneck squash, and papaya. All the papaya we get is grown in Hawaii and 80% of that is GM. Ask the stores to carry the larger types that grow in Central and South America. Also tell the stores not to purchase the GM Seminis sweet corn that is coming on the market this year.

Comments? terry@vashonloop.com



The Lady Bull Rider of Asotin County

By Biffle French



The young cowboy lays face down in the mud. If it weren't for the high-speed twitching of his legs causing the fringe on his chaps to dance like pennants on a windy day you might think he is dead. Four paramedics and two clown-suited bullfighters race up to the trembling body to assess his chances. He is the first saddle bronc rider of the rodeo and has unfortunately drawn an inexperienced mare. The bronc was used to larger arenas than the one in Asotin. When the gate opened she bucked a sprint towards the opposite rail fence, which was closer than she expected. She realized her miscalculation too late and slammed on the brakes, tumbling the rider and losing her balance. An instant later the best place for the next hoof stomp was the back of the cowboy's newly-arrived head.

A frightened hush grips the multitude. "Folks, don't worry," comes the loud but calm voice of the announcer in the booth. "I know this cowboy personally. It looks like the horse only stomped on his head, which for him is probably the best place. I'm sure he'll be fine. Fellahs how 'bout hauling that gurney out of there and let's get the next rider up." In a few seconds the mess is gone and a new bronc flies out of the chute.

The rodeo has not gotten off to a perfect start. One of the flag carriers has fallen from her mount at full gallop, sullyng the sponsor's flag, mussing her coiffure and spoiling her professional makeup with a large gob of greenish horse manure. Everything stops while she remounts. Nobody laughs too loudly – it could easily be one of them next time. These are not soccer hooligans. The rodeo crowd is as polite a group of people as ever came together on the planet. They do not jeer.

Asotin is a small-town rodeo, sanctioned under the Pro-West banner. This is not the Marquis of Queensbury, crash-helmet and Jason-mask, slick-big-city, rich-sponsors, big-purse rodeo. This is the rodeo of Yore. It is bare-knuckled man-and-womanly knock-your-teeth-out rodeo and the stands are full of people who would be just as much at home competing in the events as watching them. It is their kids who are riding, and it is their grandkids who sit beside them on the splintery wooden benches today, who will be dragged through the dust by wild sheep tomorrow morning, and who will be riding the bulls themselves in ten years. In Rodeoland, life goes on.

Steer wrestling is an event that teams man and horse against bovine. The steer is held in a chute and released just as a flag drops signaling the legal start for the horse. The animals accelerate to about thirty miles per hour and the steer wrestler jumps from horse to steer, grabbing the animal under the chin and forcing it to the ground. A helper rides a second horse and keeps the steer from veering off the straight path,

which would be unfair. Asotin seems to have some problem synchronizing the steer and horse release times, often allowing the steer to find the exit chute twenty feet in front of the cowboy, resulting in no score for most of the riders. Each time it happens, the crowd sympathetically moans "Awww!"

The third bull rider draws "Just-Say-No," an immense and powerful Charolais. It is no match, and the cowboy quickly draws a choking breath of soft dirt as his face meets the arena floor. His job well done, "Just-Say-No" just says "no." He refuses the exit chute. He charges the rail fence, which suddenly seems foolishly skimpy and is instantly populated by all the pedestrians inside the ring. The rodeo photographers who just previously had been concentrating on their viewfinders suddenly become focused on surviving the next few seconds. "Off the railing!" they shriek in squeaky little-girl voices to the climbers who are perched on the outside and therefore are preventing THEM from climbing the INside. Bullfighters harass the bull, but he chases them up the fence, too. Two mounted cowboys lasso him, one from each side. A third spansks him with a lariat. He squats down and bellows. They try to tow him with the horses but he rolls over onto his back. "Rub his tummy!" comes the amplified voice from the Tower of Auditory Pain. Someone actually tries that, but the bull stays put. Eventually he tires of humiliating everyone, stands up and trots out the gate.

"And now folks" comes the announcer, "we have saved a special treat for you. One of our local cowgirls has agreed to demonstrate Ladies Bull Riding, something I would guess most of you have never seen. Let's all give her a big shout of support!" A big shout does erupt when the young woman enters the arena on the back of a small, but vigorously-bucking bull. Since no other girls dared compete in the event it doesn't matter a bit that she immediately disqualifies herself by holding on like hell with both hands for most of the short ride.

"What made you do it?" I asked her later. "I am confronting the soft bigotry of low expectations. There's a rodeo glass ceiling that imprisons potential girl bull riders in the gilded tyranny of sexy outfits, cute makeup and fast horses. Women CAN ride bulls and now I've drawn the sword line in the sand. It starts here!"

"How did it make you feel when you butt-smacked the arena?" I ask.

"What a stupid question! I'm talking about the advancement of women over livestock and you ask me THAT?"

"I'm a journalist," I say proudly. "It's what we're trained to do."

Biffle French is a Vashon artist, writer and the National Rodeo Correspondent to The Vashon Loop



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Positively Speaking

The Tree Fell Down and I Snaked a Toilet!

By Deborah H. Anderson



The enormous crackle of impending doom drew my attention from the task at hand, which was to catch a two hour nap before I started my second shift. As my head lay on the pillow, I looked at the trees swaying outside my bedroom window.

They didn't seem to be the source of the sound which was growing louder by the second. Clearly coming from a different direction my fight or flight instinct went on stand down.

My cheek nestled into the flannel case.

BOOM... the house shuddered from timber to timber.

Calmly I thought to myself "I need this nap more than I need to know what just fell down." And then I thought ... good on me. Drama has no pull anymore.

What followed was two weeks of similarly defining experiences.

There was the day that contained a very sad funeral in the morning of a mid forties Dad of three suddenly killed, and two showings in the evening of a theatrical production with a message about being present in one own's life.

There was the day I planned, for weeks, to actually take a half day off, visit with a friend I hadn't seen in two years and then go to a baby shower for a girl I'd known since she was four even though it meant being out way too late on a work night and every minute counts right now with work ... and I'd spent the previous afternoon and evening accepting the spontaneous gift of movie and a dinner from another friend. Fun two days in a row?!!!

The afternoon of attending the Parkinson's Dance class surprised me with involuntary tears of joy as I rediscovered my soul's lost corner. I don't have Parkinson's but the crippling effect of the accident which injured me as a child leaves me with the opportunity to benefit from a dance class taught with complete traditional technique in adaptable ways. We learned whole routine from West Side Story; the musical in which I sang my first semi pro solo. I was the girl who sang, "Somewhere".

And last there was the weekend revelation that I am one of the world's working poor because I put my heart into money issues. I don't have enough of a cutting edge. I'm too accommodating of situations. I have, and enjoy having, an enormous empathy with the world and tolerate the intolerable repeatedly. But I have to make more money so what do I do with my heart?

What do you do with your heart about money?

Most others leave their heart out of money. Money and their

heart are separate. But my wise stepfather George taught me money is just energy.

The heart produces love. Love is energy. That old saying is true. You can find what you do and find a way to make money at it and put the two together. But a verse in Proverbs says "Make me neither rich so I forget you O God, nor poor so I am tempted to steal. Give me only my daily bread."

It caused me to realize that I have been ungrateful to have only my daily bread, or gas, or lights. I didn't realize God was keeping me safe.

When I rose from my nap I saw that a miracle had occurred. The long, big, segment of a maple that was left after the other long, big, segment of the tree on the other side had come down a year and a half ago was on the ground in front of the base of the tree. For a year and a half, every time I saw that huge segment sticking up I wished I could take a chainsaw to it. It blocked the view. It stopped the flow of expanse.

Standing over the sink, there was the view I longed to see. A gift from the heavens. Or was it an invitation?

A funeral where the message was to cherish our days because we don't know how long they will be, a show where good friends brought a book to life, recreational visits with friends where there is life giving laughter and sharing of the deepest parts of our dreams and hopes and pain, dancing from the inside of me, all give me a bigger view of beauty and peace and Joy.

I have some real challenges right now because of my big heart. After decades of having people tell me, "you are very extravagant at loving" and 'you have a big heart' I, myself, understand what they saw and meant and have to figure out what to do with it in regards to earning a living. The core of my being gets in the way of me providing for myself.

No questions. Just observations. Ah... but here's the reflection. In the middle of all that was the day I snaked the toilet. I live in an upper part of a duplex and out of courtesy for the tenant below I don't flush much. It also makes me politically correct.

So... one day I had to learn to snake the toilet. Didn't want to. Didn't think I could. Resented the fact my consideration of another had caused me a problem. I think making more money will be like snaking the toilet. Yes, that's exactly the conclusion.

Love,
Deborah



Vashon's High Schools Reflect the Community

Continued from Page 1

In 1912 both Burton and Vashon decided to build high schools. The choices made in the designs of the buildings reflected the differences between the north and south ends of the island. Burton's growing population of high school aged youth spurred the decision to build a second high school. Vashon School District's combination with Vermontville School District (the Glen Acres area) and the rapid growth of the north end of the island, led to the decision to build the first Vashon High School.

The Burton Union High School was just south of the Judd Creek Bridge and was a two-story brick building overlooking Inner Quartermaster Harbor as seen in the Burton Union High School photograph. This building was a functional, straight-lined, industrial looking building which reflected the practical no-nonsense approach of those living south of Vashon's Mason-Dixon Line.

Vashon High School was built north of Vashon on the main highway where Vashon Elementary School was later located and where The Harbor School and Vashon Fields are located today in 2012. This school was an imposing, shake clad, three-story building with columned porticos on each side and a cupola on top as seen in the Vashon High School photograph. This building reflected the expansionism of the rapidly growing town of Vashon and the north end of the island.

In 1928, as consolidation of Vashon's original thirteen school districts swept the island, voters approved a merger of the two high schools into a single Union High School. The Union High School was built where the current high school is located and was a large brick building, with two wings designed very much in the International Style popular at the time. It was a functional building whose design reflected the times and the growing development of education as an industrial function.

The photograph of the current Vashon High School, designed by islander Keith Putnam, was taken in 1977 after it was built and opened in 1973. The burgeoning "baby boom" school population of the 1960's made the old "Union" high school impracticable to handle the numbers of students. This new building reflected the trends in modern architecture of the 1960s with it's Mid-Century Style which emphasized the organic, less functional approach of the times, with open floor plans and modular constructions.



Burton Union High School - Vashon-Maury Island Heritage Association



Vashon High School - Vashon-Maury Island Heritage Association



Vashon Union High School 1930- Vashon-Maury Island Heritage Association



Vashon High School 1977 - Vashon-Maury Island Heritage Association



Vashon High School Plans 2012 – Vashon School District

The cultural revolution of the 1960s emphasizing personal freedoms, and the sweeping changes affecting American society's views of individual liberties at the time were all reflected in this new building.

The new Vashon High School, which will have its groundbreaking ceremony on June 15, at 11:00 AM, is just as much a reflection of our times and our community, as high schools in the past have been reflections of theirs. The design of the new high school is very much in the Post-Modernist Sustainable Style of the early 21st Century. It is an enclosed yet open building that takes advantage of the proximities of its parts to enhance educational

exchanges. Sustainability is integrated into the new building design through the use of native plants, water capture and reuse, solar cells, a more sustainable heating and cooling system, increased use of LED fixtures, and green construction techniques. The building it is replacing was built at a time when sustainability was not at the forefront of people's minds. This new building reflects Vashon's "think globally, act locally" mindset. As seen in the architect's drawing, the new building will be a reflection of who we are at the beginning of the 21st century, and, when in the future, as islanders look at this design, they will know who we were.

Deborah is blogging again.

www.onewiththerootbeer.blogspot.com for parents
www.socialcontemplative.blogspot.com for pastors
www.mealsandmoments.blogspot.com for personal growth
Have a comment to write to Deborah?
Contact her at dha@lgcmin.com

Get In The Loop
Send in your Art, Event, Meeting, Music or Show information and get included in The Vashon Loop.
Send to: Editor@vashonloop.com



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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.

Visit our website www.vipp.org
Click on Adopt for Directions and Information.
Or give us a call 206-389-1085

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Next Loop comes out June 21

Hanna Barn

Continued from Page 1

everyday skills of communication and decision-making. In engagement with the world. In manifesting long-cherished dreams. In overcoming despair and feeding connection with life.

Check out what's currently offered:
Contemplative Dance Practice and other classes based on Yoga, QiGong, TaiChi, Shibashi
Joan Hanna (joanhanna@gmail.com)
Contemplative Dance Practice is a participatory form created by Barbara Dilley, chancellor of Naropa Institute. Joan's Friday morning practice includes: (1) sitting meditation, (2) personal warm-up, (3) open space and (4) creative expression and sharing. Open space is time to sense oneself in relation to others, with the possibility of creating relationship through movement, with no mandate for anything in particular to happen. Witnessing others is important, too. The ground is meditation, the sweet opportunity to be still at the same time one is moved.

Once her children went to school, Joan moved to Boulder, Colorado to study for a degree in Dance Movement Studies and Dance Therapy at Naropa, a university founded by Chogyam Trungpa Rinpoche, the first Buddhist master to present Buddhism in a psychological language that spoke to the Western mind. In the mid '80's, Joan came home to a handful of students willing to play with the material she most resonated with. She introduced Contact Improvisation, Playback Theater, Authentic Movement and Developmental Movement. The practice that has sustained itself is Contemplative Dance.

Joan shares: "Over the years, my deep appreciation of the weekly practice unfolds in fresh and surprising ways as I observe myself and others grow more confident in expressing one's own true self without inhibition or doubt. Free movement, witnessing without judgment and expressing the experience through art, writing and sharing have guided me in my long interest in community building, both in my home and on the Island - this being the very intention of the creator of the form, Barbara Dilley. When I arrived in the mid 70's, I had a strong feeling this amazing spot of heaven on Maury Island would be shared by community. This has unfolded gradually and has come to ground in improvisation or, better said, waiting for spontaneous uprisings. Waiting and not knowing might be quite radical, or perhaps, very natural in a natural setting like the opening of a flower in spring."

Butoh Body/Mind Lab and Open Meditation
Jyl Shinjo Brewer (josan500@yahoo.com/ 206-619-3321)
As a foundation for well-being and authentic expression, Jyl's Thursday evening Butoh Lab explores the creative forces at work between mind and body. Using the techniques and philosophy of Butoh Dance, a modern Japanese form, as well as meditation, slow movement, creative expression, and dialogue, we delve into the roots of body and mind expression to fully understand and accept your body and its ever-changing process. Tuesday morning's Meditation for All is rooted in Zen Meditation but without the rigid structure. We create group space to support the practice of bringing the body and mind to a peaceful inner silence, digging through the outer layers of self to find the silent unified field within. Private instruction is also available.

Jyl Shinjo Brewer has practiced meditation for over 20 years focusing mainly on Zen Meditation. She lived in a Japanese Zen Monastery for 11 of those years and was ordained as a Rinzai Zen Monk in 2004. She has trained in Japanese Butoh Dance, also for 20 years, and has performed and taught Butoh. Jyl has now 'grown her hair' and is enjoying the process of unifying these studies and integrating them into daily life.

On-going dance classes for children and adults
Karen Nelson heartgreen@yahoo.com
When not on tour, Karen teaches "Banana Dance" (two sections: ages birth-5 and 6 and up) on Monday afternoons. The children's natural movement and imagination, along with developmental skills and play, provide class material. Parents and teachers join in, follow, enhance and support the movement appetite of the children. Adult classes (Monday eves, Friday mid-day) provide a broad range of dance improvisation and body/mind awareness work designed to help each participant develop confidence in their own dance and embodiment practice. Karen also offers private lessons.

Karen dances to "feel my imagination" and has been working in the field for 35 years. She tours several months each year collaborating, teaching, and performing with amazing movement artists worldwide. She met Joan in the early 90's at an East Coast gathering of dancers. Together, they created the 7-year project, Diverse Dance Research Retreat, which brought people with and without disabilities together to explore dance improvisation at Camp Sealth with performances at Blue Heron.

Camp Mik, week-long theatre camps for children ages 6-14, June/July
Mik Kuhlman (campmik@gmail.com)
Camp Mik offers a physical approach to acting - building creativity, confidence and curiosity through theatre games, improvisation, mime, mask and clown. See who you are as an individual and celebrate differences. Dive into body awareness, cultivate team work and build friendship. Each week's camp culminates in a final performance for family and friends.

Mik Kuhlman is an international performer and teacher with experience spanning numerous styles from Shakespeare to Clown, site-specific and contemporary dance to film, television and voiceover. She regularly performs locally with UMO Ensemble, Church of Great Rain, Sandbox Radio Live and 14/48. Mik is the drama teacher at Harbor School and an artist-in-residence at Vashon High and McMurray Middle Schools.

So. Experience for yourself what goes on at the Barn. Join Pui Ming and Mary Ganson June 30 and 31. At Hanna Barn, the operative word is join. Although Pui Ming is a classically trained concert pianist - and her concerto has been performed with full orchestra in concert halls - don't expect to sit in straight-back chairs and pay attention. Give yourself the permission the Hanna Barn invites. Permission to allow the possibility of something new. Permission to explore and experiment. Permission to accept the invitation to engage in different ways with what's offered. Improvisational listening, we'll call it this time.

Concert details in the next Loop. Contact Joan for more information. (joanhanna@gmail.com)

Harpsichordist Jillon Stoppels Dupree in Concert

Church of the Holy Spirit is honored to present internationally acclaimed harpsichordist Jillon Stoppels Dupree, in a benefit concert on Friday, June 22nd, at 7:30 p.m. She will be performing a full solo recital, including a harpsichord/organ duet with CHS Director of Music Paul Swenson. We are very fortunate to be able to host a musician of Ms. Dupree's stature. DON'T MISS this RARE concert! Ms. Dupree's performances are among the best in the world, and are not soon forgotten! And please stay for the (delicious) reception afterward.

Described as "one of the most outstanding early musicians in North America" (IONARTS) and "a baroque star" (Seattle Times), harpsichordist Jillon Stoppels Dupree has captivated audiences in cities ranging from London to Amsterdam to New York. Her world premiere recording of Philip Glass's Concerto for Harpsichord and Chamber Orchestra with the Northwest Chamber Orchestra (heralded as "superb" by the New York Times) was released to high acclaim in fall of 2006 on the Orange Mountain Music label. Her playing can also be heard on the Meridian, Wild Boar, Decca



and Delos record labels; and she has appeared live on BBC England, Polish National Television, CBS Television and National Public Radio. Ms. Dupree's CDs will be available for purchase during the reception.

ADMISSION is by suggested donation of \$20. We welcome those who can only afford to donate less than \$20, and we encourage those who can pay more to make a generous donation to benefit the Church of the Holy Spirit Music Ministry. There will be no tickets sold, and admittance will be at the door beginning at 7:00 p.m. Church of the Holy Spirit, 15420 Vashon Hwy SW, Vashon

Drama Dock Presents: The Pirates of Penzance

By Shannon Flora

Pirates will land on Vashon this month with Drama Dock's presentation of the treasured classic, "The Pirates of Penzance". Drama's Dock's jolly band of thespians brings Gilbert & Sullivan's popular comic opera to the Bethel Church stage with performances July 13-22 including Strawberry Festival weekend.

The original "Pirates of Penzance"... also known as "the Slave of Duty" opened in New York City on New Year's eve 1879. It was an immediate hit and shortly thereafter 4 touring productions were launched. The show opened in London the following year and has gone on to become arguably the most popular of Arthur Gilbert and G.S. Sullivan's works.

Director, Libbie Anthony returns to her roots and love of Gilbert and Sullivan with this show. Marita Ericksen is providing Music Direction with both ably supported by Assistant Director, Elizabeth Nye. Anthony relates how she grew up on G & S, attending wonderful performances every year during her youth and joining the G&S Company when she turned 18. She was a member of the Oberlin College G&S players, the oldest standing G&S troupe in the U.S. and was featured in summer productions on Cape Cod.

Critics loved the original show with the New York Tribune reporting, "...the music is fresh, bright, elegant and merry." Many felt it was G & S best work to date with one critic writing, "...a distinct advance on Gilbert & Sullivan's earlier works...more variety, marked character, careful workmanship and is in fact a more finished artistic achievement...a brilliant success."

Since its inception, New York alone has seen over 40 major revivals of the show with legendary producer Joseph Papp launching an award winning revival on Broadway in 1980 starring Kevin Kline, Linda Ronstadt, Rex Smith and Estelle Parsons. The production went on to win Tony and Drama Desk awards and in 1983, was made into a movie starring the original cast.

If imitation is the sincerest form of flattery, "Pirates" is tops when it comes to being parodied throughout the years. In particular The Major Generals patter song, has long been a favorite of comedians and those auditioning for musicals, with references to Pirates appropriated in as



disparate films and TV shows as Saturday Night Live, The Simpsons, Frasier, Pretty Woman, Disney cartoons, advertising, political commentary and much more.

Drama Docks' robust cast of over 30 pirates, maidens and urchins has been in rehearsals since March. The strong chorus includes members of the Vashon Chorale, Vashon Opera, Drama Dock Youth Initiative and Vashon Youth Chorus with many local favorites in featured roles. Audiences members attending Drama Dock's spring Sondheim fundraiser were treated to a tantalizing preview of "Pirates" with a surprise appearance from Julea Gardener (Mabel) and Joe Farmer (Frederic) performing their soaring duet "Stay Fred'ric Stay". Both singers have the chops required for their demanding roles and will be ably joined by their accomplished comedic co-stars, Rich Wiley as Major General Stanley, Gordon Millar as the Pirate King and Lissie Nichols as Ruth.

The dynamic cast is rounded out by: Salena Brio, Annelise Bogue, Jill Bulow Carol Butler, George Butler, Alexis Carlton, Doug Clarke, Victoria Davies, Evan Erickson, Gregg Erickson, Laura Erickson, Nick Etchoe, Hannah Fellbaum, Laurie Hennessey, Eliza Marie Holmes, Charles Irish, Maya Krah, Jolene Lamb, Tim McTighe, Ann Moses, Mabel Moses, Meghan Murphy, Jack Nelson, Toby Nichols, Keanu Rousch, Victoria Trujillo, and Sue Weston.

Make the rollicking 'Pirates of Penzance' part of your summertime and Strawberry Festival plans.

Drama Dock presents Gilbert & Sullivan's "The Pirates of Penzance"

July 13-22 at Bethel Church
Fridays, Saturdays at 7:30
Thursday 7/19 at 7:30 pm
Sundays at 4pm
Tickets available at Vashon Bookshop or www.brownpapertickets.com
General Admission \$20
(Drama Dock members \$16)
Seniors/Students \$10
(Drama Dock members \$7.50)



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Lopy Laffs



VASHON P.D.'S ACE DROID DETECTIVES; C2-'IT' and T-4,2 REPORT FOR A NEW ASSIGNMENT...

Reporting as ordered, Chief!

GOOD! I have a new assignment for you two!

We have word from the street that ANARCHISTS intend to smuggle Strawberries into this year's Strawberry Festival. We need you to go undercover and investigate!!

STRAWBERRIES AT THE STRAWBERRY FESTIVAL!? HOW DIABOLICAL!! It's an attempt to confuse and disorient the public! We're on it, Chief!!

LOGJAM

BY Jeff Hawley

GREETINGS, EARTH VEGETABLE

YOU'RE HERE A BIT EARLY

I AWAIT THE VASHON U.F.O. MEGA-FESTIVAL & ALIEN EXTRA-VAGANZA*

ME, TOO!

* AS DETAILED BY GREG WESSEL IN THE MAY 23 BEACHCOMBER -- LETS DO THIS!

Austin band debuts at VAA

By Janice Randall

When local rocker Ian Moore recommends a band, it’s worth paying attention. Influenced by The Kinks, Neil Young and The Talking Heads, this new musical project formed by Austin, Texas based musicians, singer Erik Sanden, guitarist Joe Reyes and bassist Odie, was formerly known as Buttercup. After years of sowing psychedelic-pop strains, the three talented friends are exploring new musical territory. Moore will join the ensemble on stage for this concert.

Grand Marais is a powerful, three-piece indie-rock group that relies on experience and courage to evoke emotion from both themselves and the audience. The three musicians have trained their ears toward something most groups may attempt to hide with technology – silence. Hyper-minimal instrumentation, elaborate vocal harmonies and subtractions from their sound bring depth and intimacy to performances and may be considered more performance art than a rock concert. Sanden says, “We have performed in front of hundreds of people and we have performed for one person at a time over a span of 6 hours.”

Bringing this experience and knowledge to their songs are more prescriptions for whoever may need them. Blending punk, dance and acoustic folk music in a natural way, songs are catchy on atypical topics. For example, “Opening Band” is a song about a young band that opens for an established, popular band coping with angry rabid fans who demand the



main attraction. Another tune, “Morrissey for Company,” employs sparse interrupted melodies to coo about obsession with a moeey singer, and how too much of a good thing can make you crazy.

“The guys from Grand Marais came up to Vashon with me a couple of years ago as Buttercup. They are intelligent, irreverent and extremely talented. The songwriting is witty and sly, sometimes cutting, but not sarcastic. Amazing singing, musicianship and a general focus on the goodness of music. These guys hail from San Antonio and represent the intelligence and gentility of

Texas; traits which are often overlooked when looking at the state’s arts. This will be a unique show that should not be missed.”

Reyes adds, “Our main goal is to create something that will enrich ourselves, and hopefully in turn, enrich whoever chooses to listen to our work...music as therapy.”

For more information please visit: facebook.com/buttercult
Grand Marais with Ian Moore
Friday, June 8, 8 pm
VAA
Tickets: \$13/\$16

Making a Garden: Art in Bloom

By Janice Randall

Get inspired when plant expert, author and renowned speaker Daniel Hinkley shares insights into the joys and challenges of creating beautiful, low maintenance gardens in Northwest landscapes 3 p.m., Sunday, June 10 at VAA. Known for his sense of humor and deep knowledge of plants, Hinkley has written several resource books including The Explorer’s Garden: Rare and Unusual Perennials, and another on shrubs and vines.

For his Vashon talk, Hinkley will share the gardener’s journey of his second garden, Windcliff, now in its 9th year. He says, “Windcliff provided the opportunity to change gears from the shaded forest of Heronswood to a full sun, blustery bluff above Puget Sound.”

Hinkley will show the parameters, principles, inspirations and consequences of his second attempt at taming, but not too much, a six-acre parcel in the luxurious gardening climate of Washington’s western slope. Vashon-appropriate plants will be highlighted along the way.

Tickets, available at VAA, are \$30 per person (\$45 per person includes Garden Tour ticket). Wine and hors d’oeuvres reception to follow. Call 463.5131 for more info.



Dance! Vashon’s spring production of The Wizard of Oz

Over 120 dancers aged 3 to 53 are gearing up for Dance! Vashon’s spring production of The Wizard of Oz featuring the students of the Vashon Dance Academy. The show will incorporate ballet, modern, and world funk in the telling of this familiar story. However, true to Dance! Vashon tradition there will be some unexpected twists bringing unique humor and suspense elements to the plot. Performances are at the Vashon High School Theater on Friday, June 22nd at 7:30 p.m.; Saturday, June 23rd at both 1:30 p.m. and 7:30 p.m.; and Sunday, June 24th at 1:30 p.m. Tickets are \$13.00 for adults and \$11.00 for youth (18 and under) and are available at the Vashon Bookshop and Pampered Paws.

IGNITION Gallery “You and I: Anelecia Hannah and Charles Philip Brooks”



Engaged painters Anelecia Hannah and Charles Philip Brooks present paintings from two long-standing traditions of American painting.

These young painters each embody a tradition in American painting. At age 26, Anelecia Hannah’s quiet still lifes, interiors and portraits draw on traditions passed down through a lineage of American painters—careful craftsmanship and meditative observation are wedded with continual wonder and curiosity in every day visual experience. Charles Philip Brooks is widely known for his evocative, atmospheric landscapes in the poetic form of the American Tonalist tradition. His new works are a love letter to Anelecia, his soon-to-be wife. They feature the skies and waters of Vashon Island, which Charles newly calls home, after a move from his native North Carolina. Both painters’ recent work is infused with the sincere love and joy of their relationship.

Reflecting on the spirit of her recent work, Hannah says, “My paintings have always been an exploration of my inner workings with the help of symbols found around me. The work I have created over the last year defines a shift in my inner workings—I met Charles. There’s a sort of synchronicity in the work I was creating just prior to our introduction—

paintings about wholeness of self and the nature of love. Since we first began writing back and forth, I’ve known both an expansion of my palette and an expansion of self. “

Regarding his paintings, Brooks says, “These works are a painted love letter. They are an old song sung by a man as men have always sung - as metaphor for the offering of the heart and of the noblest version of the self. They are an old story told as men have always told stories - with cherished women at the center. All men believe that the women they adore are representative of some miracle. In showing the public one element of my personal devotion, I am demonstrating the relationship of art and love in a pure sense.

Anelecia is precious and profound to me. We are muse and equal for each other.”

“You and I” will be on view from through –July 29, 2012. Visitors are welcomed to visit the gallery W-Sat 12-5pm, Sun 1-5pm, or by appointment. See www.anelecia.com and www.charlesphilipbrooks.com for examples of the painters’ respective works.

Contact: Lisa Hurst, Ignition Gallery Owner
Tel. 206-856-6906
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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, June 8, 8pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

Bill Brown & the Kingbees



Bill Brown will be bringing his Kingbees to Vashon for return visit at the Red Bicycle Bistro & Sushi. Many folks in the Northwest are familiar with Bill's high energy 'rockin' blues show that he's been performing in the Northwest since 1986. Islanders will remember Bill from his performances at the Beer Garden during Strawberry Festival in years past. Bill and his band will once again headline in the Beer Garden on Saturday night of the 2012 Strawberry Festival.

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

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

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

All of these road veterans of the music business are sure to entertain you at this upcoming show at the Red Bicycle.

This is an all-ages free event until 11pm, then it will be 21+ after that.

Saturday June 9, 8:30 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

The Accordion Babes!

The Red Bicycle welcomes back for the fourth time The Accordion Babes! Currently on their West Coast tour, these two ladies LOVE to come visit Vashon and the Red Bike.

Do you ever wish you had seen Weird Al when he was just a college kid with an accordion? Do you wish you had seen Cindy Lauper in a small New York art bar? Do you fantasize about seeing Joni Mitchell at your neighborhood coffee shop?

The Accordion Babes' imminent fame is undeniable. Come see Amber Lee Baker and Renee de la Prade and get bragging rights to all your friends for a lifetime! They are touring with the newly released 2012 Accordion Babes Album and Pin-Up Calendar.

The 4 year momentum of the Accordion Babes Album and Pin-Up calendar has propelled this successful duo into far flung cities all over the world.

Amber Lee and Renée are dynamic solo performers from the San Francisco Bay Area with witty and heartfelt music. They tag-team, lead, back-up, and MC duties to create a show that is part cabaret, part rock-n-roll, and all woman!

Read what reviewers have said about their show:

"Accordion Babes will demand your complete surrender..." Enrique Lopetegui - San Antonio Current

"... foot-stomping, arm-stretching, hand-clappin' jams that amazed the house. ...I sure hope they swing back this way and more folks get a chance to be captivated." Shannon Claire - Omahype

Pink-haired accordion pin-up goddess Renée de la Prade comes armed with a low-slung button box and a funky



fusion of old Celtic melodies, zydeco and punk rock power.

"Not only does De La Prade play the accordion like she was trying to make it catch fire, she has a certain knack for combining apparel." -North Bay Bohemian www.squeezeboxgoddess.com

This is an all-ages free cover show 'til 11pm and 21+ after that.

Sunday, June 17, 7 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Islewilde: Father of All Shows

Bring dad out for a night of music, theater, and fun as IsleWilde celebrates Father's Day with "The Father of all Shows", a benefit variety show on Saturday, June 16th, 8:00pm, at The Red Bicycle Bistro and Sushi.

This year's lineup includes: The legendary John Browne; the duo of Andre Sapp and Noah Dolan; Rob Strausser and Iris Spring performing violin, ukulele, and guitar favorites: The whimsy of clown sage Steve Lipke, a visit from McEinstein and the dramatic performances of Janessa Hope-Wight, Cathy DeSmet, Catherine Daves and Kathy Zybryk among others, not to mention a few surprises!

IsleWilde, a not-for-profit organization, celebrates its 20th anniversary this year with its annual festival this August, bringing puppetry, pageantry, and good, old-fashioned family fun to the Vashon community



since 1992. Islewilde is supported by a grant from 4Culture. Interested participants can check out our website at: www.islewilde.org.

Admission to the evening's festivities is by donation of ten dollars. Bring dad, and children under 18 are free! Please join us for this special evening. Happy Father's Day!

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

Saturday, June 16, 8 pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Free Range Folk Choir Concert



Vashon's Free Range Folk Choir [Photo Credits: Ralph Moore]

The Free Range Folk Choir will be presenting a concert at 7pm on Sunday, June 17th at the Vashon Methodist Church (17928 Vashon Highway SW). Come enjoy the harmonies of a cappella choral music from around the world. As always, admission is free; donations in support of the event are welcome. For more information, please visit: www.FreeRangeFolkChoir.blogspot.com

The Free Range Folk Choir is Vashon's own eclectic and joyful folk music ensemble. Welcoming singers of diverse ages, backgrounds and musical experience, the choir celebrates the ways that music from around the world can lift the spirit and cultivate community.

Founded in 2008, the Free Range Folk Choir has grown to include 60-

80 members each season. Under the direction of Shane Jewell, the choir goes to the roots of folk tradition -- learning through call and response, adjusting to the spontaneity of the moment and expressing song through both voice and movement. Music performed has ranged from South African freedom songs, Canadian sea shanties and Bulgarian love songs, to old school Gospel music, medieval French rounds and even songs about Vashon Island itself. Audience members at choir concerts often find themselves drawn into the music, learning to sing along or clap gospel-style. If the building isn't rocking by the end of the performance, you haven't experienced the Free Range Folk Choir!

200 West



This Southern California based group began as a purely acoustic, song-writing band. With very limited expectations and even less money, 200 West released their debut EP "Let's See Where This Takes Us" to a very warm welcome from fans and listeners alike. The simple 5 track EP accumulated over 25,000 downloads and would lead to countless numbers of shows for the band over a span of several years.

Wanting more musically, the group decided to branch out and develop an even bigger sound. Adding more members to the band, and using the various local music scenes they grew up in and around as reference points, 200

West regrouped and began recording new music. Living amongst cables, amps, and many musical instruments for months on end, 200 West emerged from the studio in the summer of 2011 with their first full-length album, "The Season". The album is a glimpse into the lives of the members of 200 West and has helped pave the way for their newly defined sound; while still remaining true to their original song writing roots.

We hope to see you at this show to welcome our touring friends from California - it's a free cover show and all-ages 'til 11pm, 21+ after that

Friday, June 29, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Clinton Feron & the Boogie Brown Band

Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Red Bicycle for a summer performance of his roots reggae music this Saturday night. If you like roots reggae, this is a show you won't want to miss. Clinton Fearon has quickly won the hearts of many an Islander and will pack the dance floor with happy feet.

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager in order to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston in 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.



Flash forward to 1989, when Clinton came to Seattle and co-founded The Defenders and then finally in 1993, formed his own group called The Boogie Brown Band.

When asked about his music, Clinton states that "...our sound is roots, its roots, lovers rock, rock steady. It's not too far from the root. I'm not trying to branch off into anything I'm not totally relaxed with," he continued. "A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. It's what's in your heart; you have to follow your heart."

Clinton Fearon is counted among Jamaica's most talented musicians by peers and professionals in the Reggae music industry. His infectious bass riffs

Saturday, June 23, 9:30p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or providing background harmonies.

With international credits including Roast Fish and Cornbread (Black Ark Studio, produced by Lee "Scratch" Perry) and Chatty Chatty Mouth (produced by Prince Tony on the album Trenchtown Mix Up and later released on Tabou 1's Back to Roots), Fearon released his first compilation of original songs, Feel the Spirit, in 1990. In 1994, Disturb The Devil, a collection of 13 songs written and produced by Fearon, quickly received critical acclaim around the globe.

The show begins at 9:30pm, the cover is \$10.00 and it is an all-ages event 'til 11pm, 21+ after that. The Red Bike has experienced sold-out shows with Clinton in the past and anticipates the same for this one, so it's highly advised that people buy tickets in advance by calling 463-5959 or by purchasing them in person at the Bike. This is an all-ages free cover show 'til 11pm and 21+ after that.

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