



# THE VASHON LOOP

Vol. 9, #16

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August 2, 2012

## Vashon's Wonderful, Professional Caregivers



*"The Vashon Home Care Network", caregivers working independent. As a network they provide a website full of information and has a free "lending closet" where folks who may need some medical supplies such as hospital bed pads, commodes, depends etc to borrow.*

By Kaj Wyn Berry

"As caregivers on Vashon, we're neighbors and friends, an automatic community." Chris Jovanovich smiled as she looked at the dozen independent caregivers who gathered together on a sunny Saturday morning.

Most of those pictured, above, have been taking care of Islanders, in their own homes for decades. Their clients have ranged from providing companionship, to after-surgery or chronic disabilities, dementia, diabetes, stroke, or Alzheimer's. There is a growing list of people of all ages who need help; some a few hours a week, some, 24-hour care. The majority, of course, are those who have adult children who either live far off-island or who work full time. They want their parents or partners to have good nutrition and a safe environment in their familiar homes,

where they are able to stay as long as is feasible, as long as they desire.

"Caregiving is very rewarding work. Providing a person with help, no matter what their age or disability, is a wonderful thing to be able to do." Bonny Kelly adds.

There are more than two-dozen caregivers listed on the web page created by Angie Meiers, Vashon Care Resources. Most of these know each other from having worked together on a team, usually hired by the person's family. They know and can count on each other's strength and experience, whether it's for occasional doctor's visits or figuring out the best ways to reach out and deal with special needs.

"I love hearing people's stories about when they were growing up! It feels good, to be making a difference to

*Continued on Page 6*

## Circus Finelli presents: "Big Time and Little Something's Big Adventure"



*Molly Shannon and Lus Gaxiola perform in Circus Finelli, performing at Chautauqua Elementary School, 9309 Southwest Cemetery Road. Friday August 10, at 8pm*

Circus Finelli brings its new vaudeville duo show to Vashon Island! Luz Gaxiola (native of Vashon) is Big Time, and Molly Shannon (native of San Francisco) is Little Something in this slapstick comedy featuring live music, 1930s radio-show style dialogue, eccentric dance, and circus antics.

A pair of clueless opportunists arrive to the West Coast to seek their glory and fortune in the movie business. Big Time is the boss, a voluptuous schemer wielding an accordion and a tuba. Little Something is the bright-eyed follower, the last remaining chorus girl who hasn't fled from Big Time's doomed entertainment

company. Little Something is slow-witted and fancy-footed, she is dazzled just to be along for the ride.

Inspiration was drawn from the great classic comedy pairs like Laurel and Hardy, Abbott and Costello, and Burns and Allen.

"Big Time and Little Something" debuted in June in San Francisco. This is a new show that Circus Finelli will continue to work on and prepare to tour internationally.

Circus Finelli is San Francisco's all-women clown troupe. Four women met as students at the San Francisco Clown

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## Road to Resilience

### Food Considerations

By Terry Sullivan, Transition Vashon

There seems to be a consensus among the purveyors of opinion that the failing economy is the most important crisis facing civilization. I tend to think that the availability of water and food rank a bit higher than jobs and discretionary income. I'd like to talk about some factors to consider that affect our personal, community, and global food security. Growing method, farm size and location, and marketing all affect our personal health as well as the health and resilience of our community and ecosystems we rely on to grow food.

Conventional agriculture, the so called "Green Revolution," was developed about 60 years ago supposedly to meet the needs of a rapidly growing population. Some say that the synthetic fertilizers, herbicides, and pesticides were a convenient use for leftover explosives and chemical weapons of WWII. It is largely a human construct based on simplistic concepts of plant growth requirements and the role of soil, the availability of labor saving machines and cheap fossil resources, and a capital-intensive system highly desirable to big

business. Before the War, agriculture was labor intensive with 40% of our population working directly or indirectly in agriculture. Today, only .7% are employed in agriculture, forestry, and fishing combined.

The result is a food system controlled by a very small group of wealthy investors that prioritizes and maximizes profit. Fertilizers, pesticides, and herbicides manufactured from oil and natural gas have produced high yields at the expense of exposing and polluting the soil, and destroying the living community of soil organisms that evolved symbiotically with plants. It has remained viable only because of direct subsidies to the oil and gas industries and to the "agribiz" farmers themselves. Meanwhile, wind and water are carrying away the topsoil, laden with artificial fertilizers and toxic chemicals, to pollute our rivers and lakes and create dead zones in the ocean. The exposed, root poor soil will absorb only a tenth as much water as unplowed land, and allows minerals to leach out of the growing stratum.

Organic agriculture mimics nature, and is based on a much deeper

*Continued on Page 6*

## Islanders unite behind Mark Cavener

### Write-In candidate for House of Representatives 34th Legislative District, Position 2.

Mark Cavener invites you to support his candidacy with your write-in vote for 34th Legislative District, Position 2. "The greatest parts of my life have been about learning the power of collaboration and in so doing, truly being of service to my community," says Cavener, Vashon father, record producer and non-profit leader.

Eagerly anticipating next week's August 7 primary election, Cavener appeared calm as he sat in the backroom of Vashon's Nirvana restaurant, reflecting upon what motivates him to enter politics.

Believe it or not, Cavener's career and political aspirations are sourced most deeply by his work for the Vashon-Maury Cooperative Preschool.

Cavener rejoiced in tales of learning the trade of parenting and teaching with other young families and driving each other's kids to school and back every



week. For years, islanders were used to seeing Cavener and his daughter hand-in-hand at the north-end ferry dock. He

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# Get in The Loop

## Submissions to the Loop

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

### Annual flower fair at the Vashon Library

Come and enjoy the Vashon Maury Island Flower Fair at the Vashon Library, Friday August 3rd 12pm to 6pm and Saturday August 4th 10am to 3pm. Be dazzled by the varieties, colors and scents of flowers grown on the island by our members. Open to the public, free event.

### VCC Fiber Arts Trunk Show

Come to the fiber arts trunk show/fundraiser on Aug 11th from 10 to 4 at the Land Trust Building. More than one hundred beautiful pieces from Vashon’s fiber artists will be offered. Bring your friends (and checkbooks). It’s all for a great cause - Vashon Community Care.

### Green Party’s monthly meeting

The Vashon-Maury Island Green Party’s monthly meeting (second Tuesday of each month) has been canceled for August. Look for our next meeting announcement for September 11 here in The Loop.

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.

### Vashon Library calendar August

**Children & Families**  
*Monster Dreams Puppet Show*  
Tuesday, August 14, 11am  
Presented by Rowbes Puppet Productions.  
Family program, all ages welcome.  
What do monsters dream about? In this exciting, heartwarming and hilarious puppet show, one little monster decides to follow his dreams. But when his dreams get strange, where will it take him?

**Teens**  
*Late Night @ the Library*  
Saturday, August 25, 6pm  
For students entering grades 6-12.  
Play Kinect, Wii, Xbox, PlayStation II or play games on the computers. Enjoy some munchies and enter to win raffle prizes every half-hour!  
Sponsored by the Friends of Vashon Library.

*Read Three, Get One Free, Summer Edition*  
Read three books, write three thoughtful reviews and get a

prize book...free!  
Ask at the library for details.

**Adults**  
*Drop-In to Learn about eBooks*  
Thursday, August 9, 2:30pm  
Library staff is available to get you started with KCLS eBooks! Bring your eReader, tablet, phone and your questions.

*My Life in Iraq: A Young Mother’s View in the 60s*  
Sunday, August 12, 2pm  
Meet Vashon resident, Peggy Price, as she shares her unique and sometimes, humorous experiences while living in Iraq. Find out how this nursing student from California traveled to the Middle East for a visit and ended up living in Iraq during two major revolutions and two different regimes. In the years between 1961-1964, as a young wife and mother, Peggy transformed culture shock to culture awareness. Come for an intriguing and engaging discussion.

### Compost the Loop

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

### 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](http://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](http://www.VashonPages.com) business directory and [www.VashonGuide.com](http://www.VashonGuide.com)

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

*Make a date with Vashon!*  
**[www.VashonCalendar.org](http://www.VashonCalendar.org)**

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

### New Mayor Thanks Vashon!

Yes, I am now the Unofficial Mayor. I really want to thank all of Vashon for contributing to the campaign to help make health care accessible to all Vashon-Maury residents. Together we collected \$7,100. Most of these donations came from people giving less than \$50. This speaks volumes to just how many people care about the health of our Island. On festival day alone we collected \$550. I was counting lots of one dollar bills.

You make me proud to be part of this wonderful Vashon-Maury Community.

With love and respect,  
Hilary

### Water Dist. 19 Board Meeting

Water District 19’s next regular board meeting which will be held on August 14th, 2012 at 4:30 PM here at the district office.

### Vashon Folk Dancers

Vashon Folk Dancers bring LIVE International rhythms to Ober Park

Mondays 7-9PM – FREE ALL SUMMER

### Pool Party Summer Splash!

August 9th 6:30-8:30 PM  
King County Pool  
SUV and Parks invites all Vashon to a pool party!

Games, races, prizes and fun! Bring a picnic and friends! Try swimming in a survival suit.

Free for SUV members and kids with parents or grandparents! \$5 for all others. Share a fun evening with your families and house guests!

### Notice of Meeting Date Change

The Board of Directors of Vashon Island School District N0. 402 King County Washington will meet on Thursday, August 9, 2012 at 7:00pm. This is a date change from the original scheduled meeting on August 16, 2012. This meeting will be held at the McMurray Middle Schoole Library. This meeting is open to the public.

### The Winner is.. Dolly!



Dolly Rocker the Pit Bull. The winning dog from Babes, Broads, Cats and Dogs

### RPCV Party Set for August

The second annual Returned Peace Corps Volunteers Vashon Get-together will be Sunday, August 19, from noon to 3 p.m. at the Gold Beach Community Club House. All former volunteers on the island are invited to attend and may bring spouses and their children as well. For more information, email to Joan Sells, [joanvash@aol.com](mailto:joanvash@aol.com). Bring your own beverage and some snacks or munchies.

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

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

#### The Vashon Loop

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#### Bible

7th Day is Holy (Saturday)

Feasts of Unleavened Bread, Shavuot, Tabernacles, Purim

Torah in Heart = New Covenant (Jeremiah 31.31-34 and Hebrews 8.8-12)

#### Christian Oral Tradition

1st Day is Holy (Sunday)

Feasts of Easter, Halloween, Christmas

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

**Which do you believe: the Bible or Oral Tradition?**  
[torahinmyheart.com](http://torahinmyheart.com)

**Find us on Skype**  
**Vashon Loop**  
**206-925-3837**

**Vashon’s Yellow Pages on line.**  
**Find it on**  
**[www.VashonPages.com](http://www.VashonPages.com)**  
Kronos, Palouse Winery, Pandora’s Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info  
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**Next Edition of The Loop Comes out Thursday, August 16**

Deadline for the next edition of *The Loop* is **Friday, August 10**



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# Who lives under the dock



Tramp Harbor Dock during a previous year’s dive event. Canopies are set up at the end of the dock to shade the pools and aquaria into which the sea animals are placed after being captured by divers. Vashon Beach Naturalists tell about each critter’s mode of survival and preferred food. Photo by Adria McGrath

By Rana Holtz

Saturday, August 11, noon-2pm . Come to Tramp Harbor Dock to see scuba divers submerge themselves and find sea stars, anemones, crabs, sculpins and other sea life for us to meet up close and personal! Divers and Vashon Beach Naturalists will tell stories about how the animals live, what they eat and who eats them. FREE program for all ages!

NOTE: Please park at the north end of Tramp Harbor at the foot of 204th Street or at the south end near Portage and WALK to the Dock. NO SHUTTLE BUS THIS YEAR!

Co-sponsored by Vashon Beach Naturalists, Vashon Park District, Vashon-Maury Audubon,& Vashon College



The more fragile animals go into a glass aquarium for close viewing, while seastars and other more resilient individuals explore wading pools where people can touch them gently. Karlista Rickerson and her dive buddies join everyone at the end and add more stories from their personal experience observing these animals in their own watery homes. Photo by Adria McGrath

# Too Many Green Beans?

## Vashon’s 4th Annual Food Preservation Fair

By Jeanne Ernst

If you’re interested in ‘putting up’ a supply of delicious and low-cost foods for the coming winter - pickled beans, vegetable soup or strawberry jam from the bounty of your own garden - take your questions to the Food Preservation Fair, Saturday August 11, 10am - 3pm, just north of the Farmers’ Market at the Village Green.

You can learn about the different types of canning (cold or hot pack, pressure canning), fermented foods & pickles, jam & jelly, drying foods with solar energy, making your own garlic powder and more. If you grow your own food, or choose to can peaches with your favorite spices when they are plentiful and less costly, you can eat well for less! Make blackberry jam, jelly or juice when they are free for the picking.

The Fair is presented by the Vashon Food Security Working Group which also has a ‘library’ of food preservation equipment. You can borrow - a steam juicer to make fresh blackberry juice, an electric dehydrator to make dried apples or pears, a large pressure canner, plus a selection of other equipment from an apple peeler to a raw food juicer. You must be a Vashon resident and can use the equipment for 3 days in the busy



season, or longer when there is less demand.

It’s about being able to enjoy food, eat well throughout the year, and make good use of our Island resources.

This event is co-sponsored by The Vashon Fruit Club, Sustainable Vashon, and VIGA - Vashon Island Growers Association.

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# PANDORA'S BOX

Happy Blessed Anniversary to Marge and Tom.  
A whopping 56 years of wedded bliss. Holy crap.  
In unrelated news, Chris and Cheryl made it to 22.  
The old man is still doing a tango with the Grim Reaper  
he’s made it to 79!!!!

Bo’s Pick of the Week:  
Jenny’s cheese.



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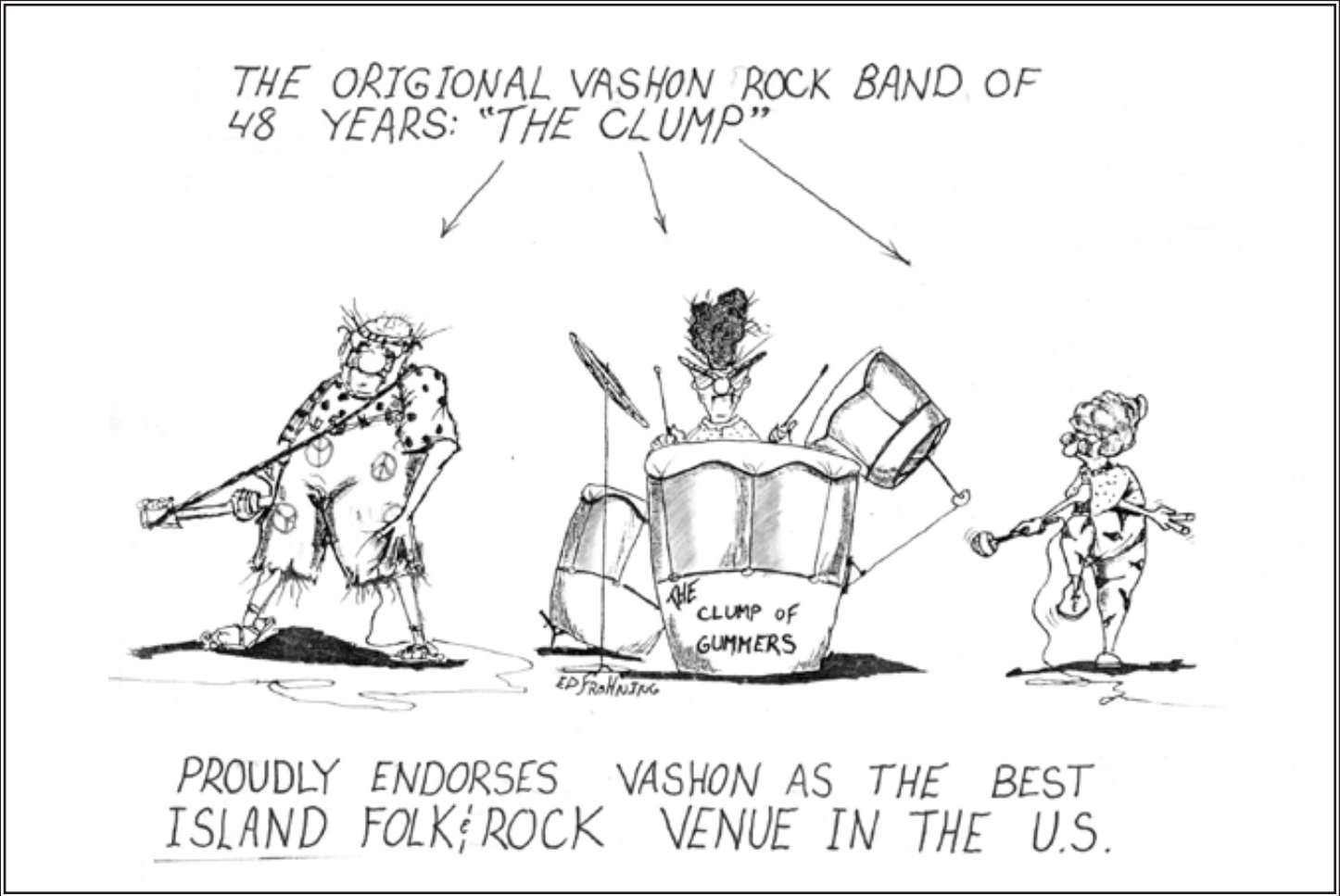
# Island Life

## The Alpine Events

by Peter Ray

We recently missed the opening ceremonies for this edition of the Summer Olympic Games™. In truth, even if we hadn't been up in the Cascade Lakes area outside of Bend, Oregon, relatively far away from a television screen, I probably would have found some other reason to miss them as well. The whole need for an entertainment spectacle concocted to attract viewership to a given event, in this case that being the gathering together of many, if not most, of the world's greatest athletes for the purpose of challenging one another in common disciplines to prove who on a certain day is better than the rest, is entirely lost on me on one level- the one that contains my belief that the Summer Olympic Games™ should be about the athletes, not some contrived lighting and dance and pyrotechnic pageant.

As it was, we were not out in the middle of relative nowhere just to escape Summer Olympic Games™ madness, but instead were very much somewhere to participate in an athletic event with its own share of self-importance among a



small group of aquatics aficionados. I use the term participate loosely here in my case as it was Wendy's intention to swim all five events over the three days of racing while I had planned on floating around in my kayak during each race as a part of the safety support group of watchers. One could argue that this is also a form of participation and one would probably be correct. I just see it as a way of seeing the races while being somewhat useful, as well as having something to do as the racers paddle far away and back in a snowmelt filled turquoise jewel just south of South Sister and west of Mt. Bachelor.

Because of travel uncertainties that resulted in the lateness of our arrival at Elk Lake Friday evening, my kayak remained on the roof of the truck for the first event- the 3000 meter swim. Wendy scrambled to get registered with five minutes to spare before closing. With the wind stirring up a bit of a chop out of the northwest and the water temperature a less than balmy sixty six degrees, Wendy opted for the wetsuit as the racing garb of choice. Most of the other racers did as well. While in some quarters there is a stigma attached to wrapping one's body in neoprene in order to race, staying safe from the dangers of hypothermia generally trumps all factors one troubles oneself with when deciding what to race in. Staying warm in the cold water is a good thing, and more times than not the thermal protection the wetsuit provides is more than worth the time penalties sometimes imposed on wetsuit wearers. These time corrections, in this case your final time plus ten percent, are there to offset the benefits the suit provides in buoyancy and streamlining. In spite of our frantic arrival and a lack of a warm up swim, Wendy surprised herself with a personal best time,

and we trundled off to the other side of the lake to set up a tent for a night's rest.

Clear and crisp are the best words to describe the morning we woke up to. Another pair of words- light frost- described the coating we found on all elevated surfaces outside the tent. As both this day's races were shorter than the first evening's, the frosted wetsuit and frozen bathing suit were not a problem as Wendy had planned to just wear her other, dry swimsuit for the 500 and 1500 meter races. The light mist on the lake lifted as we paddled over glass-like water and covered short distance around a point to the race beach. After a safety meeting I took up a stationary position along a 250 meter yellow rope with bright orange buoys attached and watched from the kayak as swimmers went by at ten second intervals. There were no incidents through this event and after the last swimmer cleared the finish banner we waited for the 1500 to start. This time, instead of staying in one place, we were to slowly spread out over the triangular course in order to watch over all the racers. As the other kayakers drifted ahead I had my eyes on two swimmers who were slowly being left behind, so I stopped paddling and waited. As the lead group rounded the first turn buoy and headed east along the bottom of the triangle my lone swimmer forged onward at what seemed to be an agonizingly slow pace. What made things worse was the head wind that had picked up, making forward progress for this person even more strained and difficult.

As we rounded the first buoy the lead swimmers were already hitting the finish line at the beach. Having stopped to get his bearings, I asked my swimmer if he was alright. His response was a blank stare and a resumption of his efforts. I had noted that he did have earplugs on, so I wasn't

concerned with his lack of response. I have seen people adversely affected by cold water before. My first open water swim was a mile in fifty six degree water and all of us were without wetsuits. The last swimmer that day finished after 45 minutes of swimming and he was blue and incoherent. From my kayak on this course however I saw no indication of cold in the swimmer I was watching- just stubborn determination in spite of what appeared to be a mostly complete absence of technique required to move one forward at a reasonable rate. There were a few heart palpitating moments when he submerged completely below the surface, but he always rallied and soldiered onward. These moments were nothing like the time the year before when I had also been safety kayaking here. I had briefly looked away from the swimmers I had been following only to look back and see bubbles coming from the deep. I counted the swimmers and it seemed to be the right number, but as my stomach leaped to my throat I sprinted forward to the spot where the bubbles were surfacing and saw a body form a number of feet below. The bubbles continued and continued and I finally realized it was someone with scuba gear who had come unannounced to the course to take underwater pictures. There was, however, no panic like those moments for this race, or for the rest of this weekend for that matter.

After we finally reached the beached I landed my kayak and headed for the port-o-potties as I had been out on the water for almost two hours. Along the way I was stopped and thanked for my kayaking services by a compatriot of the swimmer I had been watching. I learned that my charge had been a person of note- that he had competed in and won his age group at the Kona Ironman Triathlon competition for the last twenty two years and that he was planning on heading back there this year to see what he could do now that he was 82. Obviously, the warmer waters of Hawaii are more to his liking.

As it was, the cooler waters of Elk Lake suited Wendy just fine, as she logged a number of personal bests in the longer races and notched a second place in her age group for the five race series. After two years of watching, I've been thinking that maybe next year I may just have to get in and get wet again. As I write this I am missing my noon time swim, which isn't the best of training precedents, since the distance to the finish of any race, especially the long ones, is measured in days and months of training as well as in minutes and hours at the event, regardless of whether it's at the Summer Olympic Games™ or at a Central Oregon Masters race in the shadow of a volcano.

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## The Busy Lives of the Living Dead

by Mary Tuel

We recently returned from California, where we attended a reunion of people with whom Rick attended high school when his dad was stationed in Germany 50 years ago, and where we also spent some time with Rick’s dad and step-mom.

My husband, Rick, is a dialysis patient, and when you have to be tethered to a machine at regular intervals in order to stay alive, you might not consider travel to be an option. He did not seriously consider trying it until he was challenged by his old friend, Hutch, who photoshopped Rick’s face onto a picture of a guy in a chicken suit, with



Balladiers, 1962, left to right: Rick Tuel, Jim Hutcheson, Nandi Devam

the legend, “Head South Young Man! I am not a candy-ass wimpy chicken shit. Sonoma or bust. We can do this.”

This is known as “guy humor,” at least in my mind.

Rick does peritoneal dialysis (hereinafter referred to as “PD”). Rick plugs into a machine that performs the PD process several times every night while he tries to sleep.

Once Rick rose to Hutch’s challenge, preparations began. He called an order in to the PD supplies manufacturer two months before the trip, ordering what we thought would be sufficient supplies to get us through the week and a half we would be in California. They would be delivered to Rick’s dad’s place in Sonoma. Then we sat here and worried for two months about whether the supplies would show up on time. They did.

When it was time to leave we packed up the usual travel gear plus several boxes of dialysis stuff. We headed out with the trunk and the back seat of the car stuffed to groaning. Every time we stopped for the night, Rick had to set up his machine and all the tubing and bags that PD involves, then tear down the

apparatus and pack it back into the car the next morning.

When we pulled into the entrance to the parking lot of the hotel where the reunion was held in Morgan Hill, California, Nandi and Hutch, Rick’s high school band mates from his first group, The Balladiers (misspelled intentionally), were sitting on a bench outside the main door and they smiled and waved to us as we pulled in.

After 50 years there were only about 20 people who showed up for the reunion. Still, a good time was had by all, and Rick’s only criticism was that he had to leave the party early each night so he could hook up to his machine.

When that was over we headed back to Sonoma to spend quality time with Rick’s folks, who treated us royally and fed us superbly.

Sounds pretty good, huh? Yep, everything went fine, until...

Rick realized he was running out of cassettes. Cassette is the name given to a unit that attaches to the side of the dialysis machine. It holds various plastic tubes and you have to use a new one every night. Rick called the equipment manufacturer, where someone swore that Rick would get a box of cassettes, “by Wednesday at the latest.”

Wednesday came, but the box of cassettes did not. Rick was down to his last cassette and we knew it was going to be at least two nights before we got home. He called his PD nurse in Seattle, who suggested he call dialysis units in the Sonoma area and see if any of them had a cassette they’d give him.

So I got online and looked up dialysis units and on the fourth call Rick hit pay dirt. We got into my car and made the drive up to Santa Rosa, where the people at the dialysis unit gave him a bag of five cassettes. Which made us feel pretty good. We were set to get Rick home okay, we thought, until...

He realized that he only had two nights’ worth of dialysate left, which meant we had to be home in two days.

We packed the car Thursday morning, and at that point the box of cassettes that had been promised the day before arrived. This box would not fit in the car, so one of the last packing chores was stuffing thirty cassette units into nooks and crannies in the car. I moved things around in the back seat so there was a line of vision for the rear view mirror, and once more we hit the road.

We made it to Eureka the first night, and we drove from Eureka back to Vashon the next day. That’s a long haul, friends.

We have learned a little about traveling on dialysis – mainly that you need to take about twice as many supplies as you think you’ll need, so the rule for dialysis supplies is the same as the rule for money.

Will we do it again? You betcha. Not soon, but we will do it again. For now it’s good to be home.



Balladiers, 2002: left to right: Nandi Devam, Rick Tuel, Jim Hutcheson

## The Road To Resilience

Continued from Page 1

understanding of the role and the primary importance of soil ecology. It utilizes a diversity and balance of organisms to provide nutrients and protection to crops. No petroleum or natural gas based products are used in the soil or on the plants. Weeding and crop rotation make it more labor intensive than conventional agriculture. While conventional agriculture degrades and depletes soil and other resources, organic agriculture builds and conserves soil and its nutrients. Acre for acre, organic is more productive than conventional. There is no consensus as to whether it is nutritionally superior, but it is certainly safer in that you are far less likely to be exposed to toxic residues.

If organic agriculture is more productive, why does organic produce cost so much more? A better way to phrase it is, why is conventional produce so much cheaper? It is because conventional farms and their fossil resource providers are heavily subsidized (by us!), and they “externalize the costs” of environmental damage; that is, we bear the cost of mitigating their abusive practices. It isn’t that organic produce is expensive; it is what it costs to produce food sustainably.

Think of buying organic as a really wise investment in the future. You are investing in the farmers that are protecting our soil and safeguarding our food security, while starving the corporate giants that are destroying our food growing capacity and working to dictate your food choices.

Even among your organic choices, you have to consider the carbon footprint. Produce from remote locations will have higher transport costs. Larger farms depend more on fossil fuel burning farm

implements.

For the greatest resilience and security for our community and the world, a diverse group of small organic farms at the local and regional level is the best strategy. We can’t expect to grow everything we need here on Vashon, but we can do a whole lot better.

The marketing at the grocery store that provides mostly the same fresh produce all year around creates a tremendous amount of waste. I’ll bet half the produce that comes into our grocery stores leaves as blemished or past pull date and, therefore unsaleable, product. Some does make it to our local food bank, but much of it ends up in the landfill or as fancy pig food. Those that grow their own food fully understand that the growing season produces a surplus that needs to be cellared, canned, dried, frozen, or processed to be eaten in the lean season. We can’t afford to throw away half the food we produce, yet the grocery store marketing model leads to just that. Buy local produce you can trust when it is cheap and plentiful and “put it up” for the winter. It’s nice to be able to buy exotic tropical produce and some things we can’t grow here in the winter, but we are better off not dependent on them.

If the above paragraph resonates with you, you should attend the Food Preservation Fair on Saturday, August 11, on the parking lot just north of the Village Green. The Vashon Food Security Working Group wants to share with you the fun and satisfaction you can experience putting away good food for the winter. I hope to see you there!

Comments?  
terry@vashonloop.com

## Vashon’s Wonderful, Caregivers

Continued from Page 1

someone!” Nannette

Cotton Pawlowski says.

There are a variety, too, of things that individual caregivers specialize in, such as—nutrition and cooking; art—helping some to express themselves in watercolors; trained nursing; financial management—bill paying, etc., or managing and keeping track of all the details of a client’s care. Each caregiver is different; the right one can match the client’s personality and needs.

“Somebody asked me why I wanted to do this—and I said, when my parents get older, I want someone nice and loving and honest and competent in their home—caring for them,” said Susan Laughlin.

If you wonder how to contact an Island caregiver, you can log onto the Vashon Care Resources web page and call any one of those listed and ask about availability, their rate per hour or overnight, telephone and email address—or by word of mouth, of course.

Zack Krieger said, “During my first couple of years as a caregiver on Vashon, I realized that one of the best things about

caregiving was how quickly and easily friendships seemed to form with fellow caregivers. I asked myself why. I think it’s because the qualities that motivate people to become caregivers (empathy and the desire to help others are two of the more important ones), are the same qualities that underlie good friendships.”

“The Vashon Home Care Network” - (Independent Home Care Providers, compassionately caring for Island families) - is NOT a home care agency as we all work independently. Visit our website, “Vashon Care Resources” at [www.vashoncareresources.org](http://www.vashoncareresources.org), it has more resources for Island families. There is a phone referral line that Islanders can call who are looking for help with caregiving in the home 206-604-3253 as well as email communication: [vashonhomecare@gmail.com](mailto:vashonhomecare@gmail.com).

Our “Network” has a free “lending closet” where folks who may need some medical supplies such as hospital bed pads, commodes, depends etc to borrow can also contact us through the referral phone/e-mail & we can try to meet their need if we have the item they are looking for.

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**Aries (March 20-April 19)**  
You need to find a creative outlet, or use one you already have. This could be to address some anxiety or concern that's troubling you; or you may have an idea or desire brewing, though you're not sure it's worth acting on. Whatever the energy source, your solar chart says it's time to get it out. Your doubts seem to be as active as your curiosity is, so there may be an element of daring or courage required. A straightforward reading of your current aspects describes acting on a fantasy or desire. This may be something you have to tease out of yourself, or persuade yourself to stop pretending you don't want -- though if you're too persuasive you may end up talking yourself out of it. Lead with your curiosity, which means curiosity about yourself. If you have a playmate to explore with, be open about the fact that you want some help playing out the scene you're envisioning, for your own sake. This may involve role play that casts you as someone other than who you're comfortable being in 'real life' -- but who you're burning with curiosity to experience.

**Taurus (April 19-May 20)**  
You seem to be trying to work out the details of a decision, with no obvious options and a very high ideal in mind. I suggest you simplify matters, and focus your most basic goal. Then ask yourself what, exactly, you need to do in order to meet that goal. Once you have an understanding of this, it'll be a lot more obvious how to proceed. If you find yourself bouncing back and forth between possibilities, or plans, that's a sign that you need to focus your goals. There seems to be an overload of emotional energy clouding your mind, and for the next week or so you will need to sidestep this. The way to do this is by making step-by-step plans toward your minimal objective -- not your ideal destination or the grand plan. Clarity is going to be key to this process. You will know you're moving in the right direction when you start to feel a little insecure or outside of your comfort zone. That's the feeling of energy moving into manifestation. Keep going.

**Gemini (May 20-June 21)**  
As a Gemini, it's difficult for you to get your life, or your mind, onto solid ground -- and the current astrology is throwing one curve after another. However, the place where you can anchor yourself is with your words. This is always true for one born under your sign, however, now that language is being reduced to either biased spin or two-sentence chirps, I can not say this more emphatically. For the next week, Mercury will be slowing to a station, holding a long, exact aspect to Neptune. This rare event is a personal message to gather your thoughts and your creative vision, and to focus your mind -- in writing. I don't care how little time you think you have. Stop several times a day and write in your journal, and/or your blog, and/or developing a short-term plan of action (preferably all of the above -- and if you don't have some way to express your ideas to the community, now is the time to create one). You will feel better, your mind will relax and you will orient yourself on a new flow of income.

**Cancer (June 21-July 22)**  
How are you feeling after this week's Full Moon? There was, and still is, a theme of focusing your financial plans, and getting clear in any contractual or tax matters that you may be looking at. Taking action sooner rather than later will save you energy and effort. The interests of more than one person seem to be involved -- check in with your relationship to a

group, family or organization. Though you may be tempted to put the needs of others above those of yourself, this isn't the week for that. I am not advocating unmitigated greed; I am suggesting that you keep your priorities in order, and make sure that your books are balanced and your financial house is tidy before you devote yourself to the needs of others. There would be one exception to this: you may be depending on the success of the whole group or organization for your own success, in which case I suggest you focus your priorities to that worthy objective.

**Leo (July 22-Aug. 23)**  
Over the next few days, you have access to a power source that may seem like an infinite well of creativity. This is so potent you may want to approach it with respect. One way you can do that is to avoid acting on a rebellious impulse. And while I am normally an advocate of curiosity, I suggest that you monitor that particular thought form with care and caution as the week progresses. Your curiosity is so powerful right now that you have to handle it with the care of a laser. It's a force that can activate all kinds of processes, including some that you may not find so easy to bring under control. Therefore, in addition to curiosity, I suggest you monitor your motives, and that you be clear what you want to learn, experience or discover. You also need to do something that's exceedingly difficult for most humans, which is monitor when your judgment may be off, or when you may be working with incomplete information. When either of those conditions is true, pause.

**Virgo (Aug. 23-Sep. 22)**  
You're in unusual territory in a relationship or partnership, and it may be difficult for the next few days to be clear who is really coming from what point of view. First, account for your own position and keep track of your own motives. That may not be easy, but it will be essential; the integrity of a relationship -- and your part in that relationship -- depends upon it. We are in a time of history when there's not really an understanding of the word 'honest'. This is related to the concept of honor, and that's the very thing that's at stake right now. I suggest you refrain from making any promises or commitments over the next few days, and instead emphasize maintenance of the ones you've already made. If you discover that there are some things that you cannot come through on, you will have a few days early next week when you can have that discussion. Make sure you take responsibility for any over-commitment or misunderstanding on your part.

**Libra (Sep. 22-Oct. 23)**  
You're beginning to emerge from a challenging time in your life, when it's seemed that you could get very little right. I suggest you set aside that feeling -- whether it's true or not -- and consider the ways in which you have come through a kind of initiation phase. Imagine yourself looking back on this time in your life from a distance of 10 years. Consider the before-and-after factor; what was your life about before this year, and what did it become in the years after? Well, you get to decide that second piece, though remember that you're at the fulcrum right now. It's easier to point yourself in the direction you want to go now than it will be, say, in five years. The first step is getting a sense of that new direction. I suggest you consider this on the basis of what you would do if you had exclusive authority over your life, along with what you'd do if you really felt comfortable in your own skin.

**Scorpio (Oct. 23-Nov. 22)**  
Are you really under as much pressure as you think? I suggest you get a handle on that question. At the moment you're likely to be feeling an enhanced drive to succeed, or to stand out. Yet in your ambition you could easily make an error in judgment that will lead to anything but success. Therefore, over the next few days, it's imperative that you choose your words carefully, and not make any moves prematurely. In other words, when in doubt, delay. You seem to be formulating a plan for a career move of some kind, which could work out brilliantly for you, if your timing is correct. Now is the time to clarify your plan, and the steps you need to take. Work on getting the language correct. There's something about the enterprise I'm describing that feels like mixing oil and water -- which may turn out to be metaphors for creativity and authority. Remember that seen one way, authority means authorship. And this brings us back to clear words and clear ideas, which must support your goals, or be set aside.

**Sagittarius (Nov. 22-Dec. 22)**  
You may be finding it difficult to get a read on where a colleague or partner is coming from -- or to figure out where anyone is coming from, for that matter. I suggest you be wary of lofty principles and rules for living, and translate everything into basic ideas that you understand. If you cannot do that, the chances are, it's not especially important now. You might, however, keep tabs on what you don't understand, because over the next few days, as Mercury changes directions, you just might figure it out -- and wonder why you hadn't seen the obvious. This is another way of saying give the people around you room to experiment with what they believe. Rather than agonize over whether you think it's true or accurate, step back and let them go through their process. The more ridiculous you think someone's opinion is, the more distance I suggest you give them. You will be surprised at the results, when they figure themselves out.

**Capricorn (Dec. 22-Jan. 20)**  
You want to think like a chess player when it comes to your professional aspirations. Clearly, you're brewing something up, though it's now time to think five steps ahead. It's true that you cannot exactly predict the choices of others, though you do know their general tendencies. Over the next week or so, however, there's going to be a shift in the planetary pattern -- and the pattern of your life -- that may have you rethinking your most important goal. The feeling will be of something 'settling in', as if you shift from the mental level of a topic to understanding how you feel about it. That information will make it easier to map out your game plan. As part of this, you're likely to have a collaborator at some point soon, at least on the level of understanding your agenda. I suggest you open up your thought process, once you've identified someone as truly having your best interests at heart. The emotional grounding piece is the one they will be able to help you with.


**Aquarius (Jan. 20-Feb. 19)**  
You seem to be wrestling with your faith in yourself. If you tune into that quality, you may notice that you're angry about something. I just want to tell you -- that's okay. Anger is energy, and if you use that energy consciously, it can provoke you to have a spiritual breakthrough of some kind. You can then take that to the next level, which would be making a decision and acting on it. Starting in the autumn you will be amping up your career and your responsibilities. These next couple of months are the time to invest in your inner process -- with a focus on a decision that you may feel has to be finalized in the next two weeks. I think you have longer

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than that, but within the first half of August I suggest you strive to understand what the issues really are. You're weighing and balancing something, and you have to look exactly at what is on each side of the scale.

**Pisces (Feb. 19-March 20)**  
Work has not been easy the past few weeks, with Mercury retrograde in the house that covers that topic for you. You may have many backed-up projects, though I suggest you can ease off of the throttle for the next week or so while you do the most significant thing you can do -- get clear. You need to be putting at least a third of your time and energy into recreation. By that I mean 'recreating' yourself, as well as taking some stress off of your mind and spirit. This may take some discipline (like closing the laptop at a certain time), though it will pay off because by having a fresh mind you will add to your efficiency. That's the thing you want, and any plans you make from this point forward need to be thought through with that one concept in mind. What you give you tend to give from your spirit, and that cannot be measured accurately in worldly terms. Less effort does not translate to less value, less beauty or less of anything else.



# Island Epicure



By Marj Watkins

## Love Affair with Lamb

I do love lamb. It is expensive, but a couple of shoulder chops or lamb steaks can be made to go a long way, cutting the per-serving cost of a lamb entrée to a less budget-bashing amount.

By now, the lambs born in February are fairly well grown. In Scotland, their meat would be called “mutton.” Whatever you call it, it makes a mouth-watering, aromatic ragout. Here is a Greek version, a nostalgia recipe for me that takes me back to the winter my late husband, our home-schooled sons, and I spent on Crete. Marjoram, thyme, and oregano grew wild there. Tomato plants produced fruit until the hot January sirocco blew in from Egypt, destroyed the plastic greenhouses, and wilted the vines.

- ARNÍ RAGOÚT
- Lamb Stew
- 4 servings
- ¼ cup flour
- ¼ teaspoon salt
- Dash pepper
- 1 pound lamb leg or shoulder meat cut in 1-inch cubes
- 1/2 cube (1/4 cup) butter, divided
- ½ Tablespoon olive oil
- 2 cloves garlic, minced
- 2 Tablespoons tomato paste or ¼ cup tomato sauce
- ¼ cup white wine or 1 scant Tablespoon apple cider vinegar
- ½ cup chopped green bell pepper
- 2 rather skinny carrots, sliced
- 1 large or 2 medium size onions, wedge sliced
- 1 cup water
- ½ teaspoon salt, or to taste
- Pepper to taste
- ½ teaspoon dried oregano flakes or ½ tablespoon fresh oregano leaves

Mix flour salt and pepper in a paper bag. Put the lamb pieces in and shake to flour all sides of the meat cubes.

In a large skillet that owns a lid, heat the half butter and the oil. Stir-fry the onion and garlic until glossy and wilted. Push the onions to one side of the skillet or scoop out with a slotted spoon and reserve. Add the rest of the butter to the skillet. Add the lamb pieces and brown on each side. Mix onion with lamb.

Combine tomato paste or sauce with ½ cup water and stir into the skillet along with the wine or vinegar, green pepper, carrots, salt and pepper. Reduce. Heat to medium low. Cover. Simmer 1 to 1 1/2 hours, until lamb and carrots are tender checking occasionally to be sure enough liquid remains for form delicious gravy.

Serve with steamed brown rice, pasta, or mashed potatoes.

Nutri-Tip: Lamb is one of the best sources of lysine, a protein that, had I eaten enough lamb or beefsteak, might have enabled me ward off my recent debilitating bout of shingles. I had chosen between a certain allegic reaction to an immunization shot and a possible



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## Islanders unite behind Mark Cavener

Continued from Page 1

was that bald guy with the cute blonde girl often spotted with a gaggle of other Vashon kids at the beach or Ober Park.

In a single word, Cavener explained how he bridged those trust-building skills into accomplishments in the entertainment industry: “Inspiration. I embodied the core of what I learned in co-op preschool and poured it into the music industry, which was hungry for a new model and a new purpose.”

Cavener founded Oasis Entertainment in 2006, a non-profit record label and production company to assist charitable organizations by collaborating with well-known recording artists and producing benefit concerts and albums. It was his work in this organization that led to Cavener being invited by Mandela Dlamini & Associates to develop the United States affiliate of Ubuntu Institute with the Prince of Swaziland and the grandson of Nelson Mandela in 2008 and to then becoming the first record label to be invited to join the United Nations as an associate member through the Conference of NGOs. His skills at developing community-based organizations

case of shingles (herpes zoster).

You only get lysine from animal proteins, or from pills. If you’ve never had chicken pox, don’t worry--you will never get shingles. Enjoy lamb for its own sake.

were tapped again in 2011 to develop the Washington Domestic Violence Commission where he has served as the Executive Director since 2011. Currently he represents the organization in the protection order workgroup for the Senate Human Services and Corrections Committee.

“It wasn’t possible to go to the moon when JFK suggested we could go there; think about that for a bit. He stood up there and told the world: ‘We’re going to the moon.’ He said this at a time when nobody really though that was possible, but somehow everyone rallied behind that dream which allowed for it to happen.” Cavener continues, “Whether your dream is to actually go to the moon or start a business, raise a family, go to college, buy a house or just enjoy your retirement, it’s a lot easier when we’re supporting each other to achieve these things together. Our local government should support these things, not stifle them.”

Drawing from this kind of inspiration, he has gained the trust of many families in his community, international leaders in government and business and even launched Oprah Winfrey’s newest program on XM radio. “Now my career has come full circle; I’m bringing these skills back to where they started and asking for the opportunity to use them in service to this community.”

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## Circus Finelli presents: “Big Time and Little Something’s Big Adventure”

Continued from Page 1

Conservatory in 2005, formed a troupe, and named themselves after their beloved teacher Judy Finelli (former artistic director of the Pickle Family Circus). Since then, Circus Finelli performs at home in San Francisco as well as abroad in Europe and Latin America. “Big Time and Little Something” features a small dynamic cast with two of the clowns, presented in Circus Finelli’s signature style of irreverent and bright multi-lingual circus comedy.

Cast of “Big Time and Little Something’s Big Adventure”:

Luz Gaxiola plays “Big Time”. Luz is Circus Finelli’s musical director, playing a multitude of instruments, most notably the accordion for which she is featured in the West Coast Accordion Babes Calendar. You may have seen her last Strawberry Festival dressed as a

viking, playing accordion while balancing on a rolla bolla. Two summers ago Luz completed one of her life-long dreams of swimming around Vashon Island.

Molly Shannon plays “Little Something”. Molly is Circus Finelli’s choreographer, specializing in samba and eccentric dance. Aside from performing with Circus Finelli, she dances samba with “Aquarela”, the Bay Area’s premiere Brazilian Dance Ensemble.

Circus Finelli will perform at Chautauqua Elementary School, 9309 Southwest Cemetery Road. Friday August 10, at 8pm.

Tickets: \$10 adults, \$5 children, available at brownpapertickets.com or at the door

Info: circusfinelli.com



# Positively Speaking

## Saturday Birthdays and Mental Gymnastics

By Deborah H. Anderson

They are just the best. Saturday birthdays are just the best. If you don't work on a Saturday, Saturday birthdays are just the best. There is a whole long day to celebrate being alive with friends and family and yourself.

My mother use to tell me the story of how I was born over and over again. "You were two weeks late and haven't been on time since". "You're head was so big the doctor had to use forceps and I just prayed he wouldn't leave any scars on my beautiful little girl". "I didn't use any drugs and had to feel every pain but you forget it the minute you are born."

Mom. What a beautiful woman. Always stylishly dressed, I could hardly believe she was related to the older women with beardish stubble I met every summer who stayed in the kitchen and cooked and cleaned while we visited.

I loved my Mom until her death and beyond. But in my fortieth birthday I did something else. I remembered something I knew when I was very little then told myself the only way I was going to stay alive was to forget I knew it. I remembered Mom was mentally ill. And then later in the year, I told her she couldn't just call me up every night when she was afraid to go to sleep and tell me what a lousy daughter I was and list the things that were particularly irksome to her. I said it gently. I said it firmly. I cried when I said it because I knew somehow it would be like death to her for me, her only daughter out of four children, to say it to her.

There was a long pause on the other end of the phone. "But Debby". There was almost a minute it seemed before any other words came. "You've always been in charge of my anxiety."

I didn't know that. It was stunning news. In an instant it reframed my entire life before my heart in the same way death can make your whole life flash before your eyes.

If you are the relative of someone with mental illness you know that what I did next was anathema to my mother. It was spitting in her face and telling her she was no good. I said, "Mom I think you need to go talk to someone".

I use to envy the kids whose parents had addictions. They had a support group. They had steps to recovery with al-anon. I had letters from people asking 'How is your dear sweet mother?' I had fear that having exposed my children to her and told them to love her and excuse her as I did that I had caused them irreparable harm. I had no idea how to sort through it all. I didn't find the book, "How to Stop Walking on Eggshells



and Take Back You Life: a book for people in relationship with those who have Borderline Personality Disorder" for twenty years.

But I am a woman of faith who believes that there is this Holy Spirit who will guide you into all goodness and that included finding out who I was and what I could do even though I was in the middle of my life.

Slowly I realized my gifts and talents. My ability to love the broken might not be a calling, but just a habit.

This next act was the worst of all for me to commit. It happened in a psychiatrist's office as well. See, as all borderlines do, Mom projected her illness on to me. So when in the course of passing exams for ordination I sailed through the mental health evaluation with, as the psychiatrist I was sitting across from said, 'One of the most stable test results I've ever seen.' I had to make a decision to be disloyal to Mom. I had to decide to not be the person she needed me to be and start to live my own life. It was crushing news to find out I was sane. It was disorienting and bewildering and ...ohmygosh...such a relief!

Mom never forgave me. I went from being the wonderful daughter to the worst. But near her death she was drugged, thankfully, out of her mind because of a broken pelvis and spoke to me with compassion and love and mercy like she never had. I knew underneath it all my mother loved me.

Fifteen years before I knew she had anything wrong with her and that it wasn't just me like she always said, I was fixing dinner one night and she said, "You're so lucky you don't have it." I didn't ask her what 'it' was. But when I found out, I rested in the fact that my mother had defined me as not having 'it'.

America has just had its life history changed again because of someone with mental illness that achieved high honors and was lauded instead of diagnosed. If you are the relative of someone with mental illness, be kind to yourself. Sorting out what's real and what's pretend, or fear, or desire in their mind and how it has affected you is a genuine journey that needs a knapsack of goodwill and caring and mercy and Grace towards yourself.

Happy Birthday to me. And Mom. I'm so glad I loved her. And that it ultimately lead to loving myself.

Love,  
Debby A



By Peter J. Larsen

The Seattle Area Mini owner Association is having their annual "Vashon Bash", Saturday Aug 11. Cars will be on Display at the Vashon Island Roasterie between 10:30am - 12:30pm. These cars are the original classic minis and Coopers made from 1959 to 2000. Expect to see about 25 cars.

It is a yearly event, that goes back 14 years, always meeting at the Roasterie on at Center on Vashon.

The Club SAMOA (seattle area mini owner association) is the oldest classic min club in the USA founded 1n 1967. With about 100 + members. Most of the minis coming to this event are from the greater Seattle Area. On Vashon we have 7 Classic minis.



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# Blue Monster

Blue Monster is five piece instrumental funk band that has been playing venues and festivals in the Pacific Northwest since 2005. They started as a trio on Vashon Island, experimenting musically and collaborating along the way with many talented and local musicians.

Blue Monster is known for their live performances which combine heavy funk grooves laced with psychedelic improvisation. The rhythm section lays down heavy, driving beats interlocked with intricate pulsing bass lines, while the Hammond B-3 floats overhead with a dizzying array of subsonic sounds. All along the way the guitar skanking



super funky rhythms with mind melting solos take you on an audio journey to another dimension. Blue Monster is guaranteed to make you shake it on the dance floor and free your mind.

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

Friday, August 3, 9pm. At the Red Bicycle, 17618 Vashon Hwy  
Phone 206-463-5959

# Loose Change



A longtime Vashon favorite, this band aims to entertain with non-stop danceable tunes and a commanding stage presence. The band's leader and powerful front man Troy Kindred is an entertainer in every sense of the word. His infectious energy and enthusiasm gets the crowd into the act - and his vocals will tear the paint off the back walls.

Kindred is backed by a tight 10-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid

bass and drums and a dynamic three-piece horn section. And let's not forget the female singers. Not only can these ladies sing, but they've got the moves too. The sheer size of Loose Change makes for a big sound and a great on-stage look.

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

Friday, August 17, 9pm. At the Red Bicycle, 17618 Vashon Hwy  
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# Island Jazz Quintet

The Red Bicycle Bistro & Sushi will be shining it's spotlight on one of the most innovative jazz bands in the Northwest, the Island Jazz Quintet. Meeting and growing in a place that is the antithesis of bright lights and glamour gave the band a chance to develop its style in peace. That style combines improvisational jazz, bossa nova, and a smoky hint of cabaret in distinctive arrangements that lead Victory Review to note, "Vashon Island boasts a group worthy of national attention. This group would be right at home in a New York cabaret."

Island Jazz Quintet released its third CD, "Who Knows," to a standing-room-only crowd at the Crepe de Paris in Seattle. This collection of originals and colorful arrangements of standards immediately began receiving national and international airplay. "This is one of Washington state's best jazz ensembles... Just listen to the personal touches and humor the band adds to 'What a Little Moonlight Can Do,' to see that this is a group that should be selling out shows all across the country." -James Rodgers

The band came into being in 1999. Early jam sessions in a cabin in the woods led quickly to regular gigs and a desire to record. The band released its first album in 2001, a self-



titled collection garnering local airplay and critical notice.

IJQ was in full swing by 2004 which saw a second CD release, "Youkali." The title track is a lesser-known Kurt Weill piece, a French-Arabian tango featuring some smearing trumpet and a sensual vocal. This disc turned up on radio

playlists all over the country. The sound was evolving; standard polish gave way to more potent statements, more originals, and more atmosphere.

Friday August 31 at 8:30pm and is an all-ages, no cover event.

Red Bicycle, 17618 Vashon Hwy  
Phone 206-463-5959

# Comedy Night



For the last four years, audiences have been packing the Red Bicycle for Comedy Night. By turns hilarious, insightful, and embarrassing, Comedy Night has become a high-voltage experiment in stand-up comedy with a growing roster of seasoned island comedians and terrified newbies.

Stay tuned for the latest lineup in this crazy night of comedy....but be assured.....it will be a packed house once again!

Will you be treated to the inauguration of the next comedy genius? Who knows? One thing is for sure; if you stay home you'll be suffocated by boredom and routine. Come early to make sure you get a seat. Inasmuch as Comedy Night is uncensored, you should seriously consider not bringing children.

Friday, August 24, 8pm. At the Red Bicycle, 17618 Vashon Hwy  
Phone 206-463-5959

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# Grammy-nominated guitarist plays VAA summer concert



By Janice Randall

Enjoy a mid-summer’s evening concert with renowned finger-style guitarist, Grammy-nominated musician Alex de Grassi, 7:30 p.m., Saturday, August 11, at VAA. De Grassi’s sheer virtuosity redefines the art of acoustic guitar as he weaves a canvas of music from melody, counter-melody, bass, harmony, rhythm and cross-rhythms. Libations included with ticket.

De Grassi is well known by his connection with contemporary instrumental music’s most influential label, Windham Hill. He also recorded with Narada and his own label, among many others.

Performing as a London street musician, de Grassi learned carpentry skills from his guitar-playing cousin Will Ackerman, who had started a small instrumental label. In 1978, de Grassi recorded his first album, Turning: Turning Back, for the fledgling Windham Hill label.

Primarily self-taught, de Grassi grew up in San Francisco, where his grandfather played violin with San Francisco Symphony. De Grassi’s father was an accomplished classical pianist.

Guitar Player Magazine says, “...his technique is ‘the kind that shoves fellow pickers to the cliff of decision:

should I practice like a madman or chuck it altogether?”

De Grassi’s travels to Bolivia became a major inspiration. He recorded extensively and incorporated indigenous influences on his 1987 RCA Novus release Altiplano. De Grassi continued experimenting with genres, from guitar lullabies in Beyond the Night Sky (1996), to his 1999 album of James Taylor interpretations and 2000’s collaboration with world music artist Quique Cruz, Tata Monk. De Grassi received a Grammy Award nomination and Indie Award nomination for his 1998 release, The Water Garden.

He has performed at the Montreux Jazz Festival, Carnegie Hall, Belfast International Festival, Telluride and Wolftrap. De Grassi has taught at the National Summer Guitar Workshop, the Milwaukee Conservatory of Music and the Omega Institute - and his own workshop series.

“I’m looking forward to returning to Vashon Island; in fact my wife and I will be spending two nights on your beautiful Island,” he said. Tickets are \$10 (under 21) \$17 VAA members, seniors and \$20 general, available at VAA, Vashon Bookshop, VashonAlliedArts.org, or by phone, 206.463.5131.

# Danny O’Keefe concert on the lawn



Danny O’Keefe in concert on the lawn at Vashon Winery, Saturday, 7pm, August 4. \$20 admission.

Danny O’Keefe returns to Vashon Winery for a rare Vashon Island appearance bringing his bluesy-country-folk songwriting and commanding voice, and professional stage presence. Revel in songs: First Time, Along for the Ride, and his classic Good Time Charly’s got the Blues.

Vashon Winery, 10317 Southwest 156th Street, Vashon Island. ph.206-567-0055

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Making selections




Use a black ink pen to completely fill in the oval next to your choice.

How to correct a mistake

☐ Candidate 1

☒ Candidate 2

☐ Candidate 3



To make a correction, draw a line through the entire measure response or candidate's name.

You then have the option of making another choice by completely filling in another oval.

Optional write-in

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LOGJAM



BY Jeff Hawley



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