



VASHON

THE LOOP

Vol. 9, #17

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August 16, 2012

Treasures in your Attic Vashon's Own Road Show Event



By Verna Everitt

Do you find yourself glued to the program, Antique's Road Show, guessing the value of a grandmother's butter dish made from green glass, or a great uncle's collection of civil war paraphernalia? Then listen up, Islanders; Vashon-Maury Island Heritage Associates proudly brings you Treasures in Your Attic. It's our very own fundraising version of Antique's Road Show sponsored by TrueValue and chaired by museum board member, Patty Custer. It's happening on September 15, 2012, 10:00 am until 2:00 pm in the rear garden behind the museum.

You can rent a booth and sell your own treasures or just drop by and peruse the goods. But best of all, you can bring your own antiques and have them

appraised.

You may have hidden treasures in your garage, barn or attic. Expert appraisers will be on hand to assess the worth of what some might consider "junk", as well as real antiques, fine art, collectibles and memorabilia of all sorts.

The appraisers are volunteering their time for this event. The team consists of experts specializing in clocks; music boxes, silver, 19th century English ceramics, jewelry, tools, comic books, art glass, paintings, Native American Indian art. These experts include qualifications as gallery and appraisal professionals, a UW certified genealogist and researcher, an Oxford rare book expert, and even a certified appraiser and advisor to the

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Sheepdog Classic Afghan Project



By Maggi McClure

The first of its kind Sheepdog Classic Afghan Project was set in motion October of 2011 at the close of the United States Border Collie Handler's Association dog trials here on Vashon Island.

In attendance were people from all walks of life on Vashon and far beyond, dogs and children, fiber artists, food artisans, booths of sheep knowledge and creativity. The setting at Misty Isle Farms made for a magical weekend. The National Open level event attracts over 75 Handler/Dog teams to compete in The Vashon Sheepdog Classic are not only from Vashon, but all over Washington, Oregon, Idaho, California and Canada. This annual event takes a tremendous

amount of time and energy, not only to organize the competition, but also the booth and spectator areas as well. Once event expenses have been met by a variety entry fees, business sponsorships and entrance gate donations the profits have been donated to Partners In Education benefiting the Vashon Island School District. Last year 100% of proceeds went to PIE. "We are hoping the raffle will bring the extra income to help us improve the the sound system", says organizer Maggi McClure.

The Community Knitter's group, that meets monthly at Wings Bird Seed Company, was approached with the benefit proposal and a handful of

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Road to Resilience Transition Vashon

By Terry Sullivan, Transition Vashon

For any number of reasons, most of us are pretty dissatisfied with the status quo, at least outside of our little island paradise. During this election season, we are mostly pointing our fingers at our elected officials at the national level. Whatever the problem, we expect that enacting the right laws and policies will solve it.

I recently spent much of ten years working to enact public campaign financing of campaigns at the local, state and national levels. My feeling was that it was the reform that made all other reforms possible, that it was a no brainer, and that it would not be that difficult to make people of any political stripe see that it was in their interest. Imagine: for just \$6 per person, we could pay for all the campaigns for Congress and the president! There would be no race for funds; campaigns would be about ideas, not dollars.

You know the result. The influence of money in campaigns is far worse now than it was in 2001 when I started working on it. I wouldn't say that my idealism was dampened so much as redirected. My decision to devote my time to our local community was

based on triage. I felt that if we, and other communities across the country, became more aware of how our choices decrease our resilience and increase our dependence, we could reverse that and begin to shift power back to us.

First of all, I think that corporate consumer capitalism not only owns the government, it also provides goods and services that we can't do without. The occupy movement recognized that overturning corporate hegemony is going to require a massive grassroots campaign. The trouble is that we are not ready to do what it takes to gain power over them. We have come to love the high-energy consumer fantasyland that corporations have sold to us. If Exxon Mobil and Shell are the enemy, isn't it ironic that you find yourself at the gas pump on a regular basis? If corporate agriculture is the enemy, are you prepared to buy no products that have been directly or indirectly produced by them? How many of us hold jobs at or own stock in these corporations? Our dependence indicates clearly who is in control.

Don't get me wrong; change at

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VIPP's "Walkies" for People & Dogs Slated

By Victoria Rohlfs

Get on your track shoes, grab the dog leash, and head to Burton Acres/Jensen Point on Saturday morning, September 8th for the Vashon Island Pet Protectors (VIPP) Dog & People Walk. Don't own a dog but want to stroll that Burton Loop with dignity and a suitable furry companion? Here's the answer: NEW at the annual VIPP fund raiser is "Rent Your Rover." Borrow a part-time pooch for the morning! VIPP

will have dogs who are ideal for adoption at Jensen Point on Saturday to walk the Loop with you--- or walk into your life as your new BFF! A small contribution buys a great bit of exercise for both you and the borrowed canine, so "Walk On."

No need to get sponsors or register for the VIPP DOG WALK. Just show up at Burton Acres/Jensen Point 9 am to noon, with your checkbook or a pocket of cash, as this is a VIPP fund raiser as well as a lot of fun for man and his best friend. Great prizes to the three top contributors,



donated by Joanna Gardiner & friends: "Loving Care for Animals, Plants and Homes."

If you would like to remember the day a perfect way to do so is to have your "Official Vipp Dog Walk 2012" photo taken with your canine by photographer Cindy Koch. This 5x7, suitable for framing, print can be yours for a donation of your choosing and creates a memory for a life time.

Be sure to stop at the Jensen Park VIPP booth during the VIPP DOG WALK and check out the photos and bios of all the great dogs available for

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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.

Correction

In the last issue of the Vashon Loop an article was submitted by the campaign for Mark Cavener. This article was run with with out a proper by line crediting the story to Mr Canener’s campaign. Likewise the ad on page 16 was a paid ad from the campaign for Mark Cavener.

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.

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Have a Story or Article

Send it to:
Editor@vashonloop.com

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

Only on Vashon??

Shall we for a moment ponder that phrase? There are many things about our island community which are truly wonderful and unique, and many people who come here for that reason. Just look at the way people reach out to help each other when we are in need, or have suffered a loss. Look at the sense of togetherness and independence we have on our island, people are more prepared to work together in a disaster situation than most places I have traveled, but there are a few downsides as well. The focus of this story is the damaging rumor mill which seems also to be somewhat unique in our moat surrounded community.

A few days ago I was in line at the check out counter at one of our favorite stores when a woman was telling the person at the cash register all about this Island guy who married a woman who used to be married to a man who her friend works with. The report was that this guy was a drug dealer, child molester, thief, and murderer. The woman knew for a fact that the mother had to take drug tests on a monthly basis, and the island guy in question was forever underweight due to his drug use. She also elaborated on the less than ethical business practices the man supposedly engaged in, and the horrid living conditions of the child in question.

To my delight the woman behind the counter told the

gossip queen that she was dead wrong, and that the list of lies was easily proven false. She then instructed the gossip to go home and straighten out the source of the lies. The reason this delighted me was that I was standing right there in the store when the gossip went on and on, telling the story as if she knew first hand that all the facts were correct beyond a shadow of a doubt. By the way, I am the man whom the gossip was speaking of. Before the woman left the store she was told that the man standing behind her was in fact the one she was discussing, funny timing eh?

My point here, other than the fact that I have never done the things this woman knew for a fact I “had done”, is that this is a really damaging “habit” which people tend to engage in at a higher rate than most places. I wonder how the gossip would feel if it had been her that was discussed in this way? I wonder if she ever stopped to think of how she would react if it were her family being attacked? I would love to know how she feels after reading this.

There have been many times I have gotten in a little hot water for going to the person being spoken of in a similar manner, and told them what was said, and who said it. I have never been sorry for doing this, as it is the only way to put rumors out of commission other than to not spread them.

Roger Lehet

Historic Nomination meeting

King County Historic is having a hearing on August 23 at 7 pm at the Land Trust building on the Center historic nomination

Join Us for Trivia Night

Prizes! Entertainment! Great company! And some serious competition! Join Vashon Island Chorale for its Second Annual Trivia Night fundraiser. The event takes place Saturday, August 25th at 6:00pm and will be held at the Bethel Church Fellowship Hall.

Spend the evening with some of the island’s foremost trivial pursuers. You bring the food, drink, and brainpower, we supply the questions, prizes and the fun! Once again, Chorale Artistic Director, Gary Cannon will be our host for the evening.

Whether you’re part of a table team or on your own, this promises to be another fun and important event for the chorale! Proceeds will benefit the Chorale’s concert orchestra fund. Hope to see you there!

Tickets: \$20 per person, \$150 for a table of 8.
Tickets available at Vashon Book Shop or purchase online at www.VashonIslandChorale.org
Bethel Church Hall, 14736 Bethel Lane Southwest

Islanders do not support Cavener

I read with surprise your front and back page endorsement of Mark Cavener for state representative. Surprise, particularly, at the inappropriateness of the headline “Islanders Unite Behind Mark Cavener.” I have a number of friends who have been the subject of his intimidating behavior to the extent that one is seeking a restraining order. (Apparently in the footsteps of two of Mark’s previous domestic partners). Evidence of these restraining orders can be easily found through an online search of publicly available records. When affronts like this arise within our community, particularly from someone putting himself forward for a position of trust, it is our opportunity to contribute to the discussion. There can be a tendency to shrink in the face of bullying, and I would encourage those affected to share their stories with others. I am grateful for The Loop as an alternative community paper, and would respectfully request a basic fact check (court records, for example) before making statements endorsing an individual for public office with front and back page coverage.

Jenny Bell

Editor Note: The article was not written by the Loop no where in the article does the loop endorse Mr. Cavener. I did not properly credit the Story submitted by the campaign for Mark Cavener. The back page ad was run by the campaign for Mark Cavener and not an endorsement from the Vashon Loop, it's owner, staff or writers.

Vashon Folk Dancers

Vashon Folk Dancers bring LIVE International rhythms to Ober Park

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NOT Uniting Behind Mark Cavener

I found it quite a coincidence to read the article “Islanders Unite Behind Mark Cavener” on my way to the courthouse in Seattle to apply for an anti-harassment order against him.

I have not taken lightly the decision to seek protection (or even to write this letter), as I risk making myself a target for further harassment and aggression.

But I believe that it’s important to stand up to bullies, and not allow them to get away with behavior that is meant to intimidate and cause fear.

This is one Islander who will NOT be uniting behind Mark Cavener.

-Ainslie MacLeod

Sci-Fi Saturday

The month of September will feature the wonderful hit “The Time Machine” (original) This film was once note in the top 100 greatest science fiction films.

Show time is 1:30 at the Island Theatre on the first Saturday of the month. That will be on September 1st. A donation of cash and food will be taken at the box office.

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. Bring your own beverage and some snacks or munchies.

<u>Bible</u>	<u>Christian Oral Tradition</u>
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7th Day is Holy (Saturday)	1st Day is Holy (Sunday)
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Feasts of Unleavened Bread, Shavuot, Tabernacles, Purim	Feasts of Easter, Halloween, Christmas
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Torah in Heart = New Covenant (Jeremiah 31.31-34 and Hebrews 8.8-12)	Torah = Not for Today (Various theologies and doctrines of men)
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Which do you believe: the Bible or Oral Tradition? torahinmyheart.com	
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The Vashon Loop

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Next Edition of The Loop Comes out Thursday, August 30

Deadline for the next edition of *The Loop* is

Friday, August 24



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Dance Party Aims to Raise Cash for Vashon Fields



In the effort to make Vashon Park District's fields at the old Vashon Elementary School site playable this fall, Vashon Park District and community sports leaders will co-host a big band dance party - AND CONCERT -- Friday, August 24, 7pm in Ober Park.

The goal of the party is to raise \$10,000 toward the total \$40,000 needed to wire the pumps and keep the tender new fields growing.

The Portage Fil band will provide music for the night, from old standards to contemporary swing. Wailin' Jon Whalen, late of Church of Great Rain, will host the night's events. LaBiondo Farm will provide gourmet pizza; Bob's Bakery will be on dessert and the

Baseball club is hosting a wine and beer garden for the evening.

The big event of the night will be a dance contest judged strictly on audience appeal. Audience members will vote for their favorite couples in true Vashon election style - frequently and with dollars. Sports group representatives will sell 'lucky balloons' filled with mystery gifts and coupons, and a silent auction will boast special items. Sporting and swing era costumes are encouraged for all, especially dancers.

It's a big night to close the Ober Park summer concert series and boost funds for fields to serve the entire community. Donations will be gratefully accepted.

2012 vashon Island Salmon Derby UPS Ante

by Harmon McKendrie Arroyo

Were it not for the presence of Vashon's worst fisherman, last year's Vashon Island Salmon Derby would've been an even greater success.

"We're proud of last year's winners," boasted Islander Gene Kuhns. "Some of the Island's best anglers - savvy, instinctive, ethical - you couldn't ask for any better. But . . ."

At this, Mr. Kuhns stopped to compose himself.

"I mean the First and Second Place winners, Richard McIntosh, Sr. and Richard McIntosh, Jr. donated their winnings to the Interfaith Council to Prevent Homelessness. How great is that? But why did one of the contestants have to eat all the potatoes out of the Salmon Boil?"

Good question.

This year's Salmon Derby is being held Saturday, August 25, at Dockton Park. Some of the area's best - and worst - fishermen will be out at the crack of dawn matching wits with hatchery-produced chinook and coho salmon. In addition to the fishing, there'll be a community potluck, along with paddle board demonstrations from Vashon Park Districts' Kayak Center, starting at twelve noon following the Weigh-in.

"Is it true," I asked, "that any man, woman or child, regardless of age, who complies with the rules can enter and perhaps win the \$55,000 Grand Prize?"

"That's right - a fully loaded 21' River Hawk with a Mercury Fourstroke 150 HP engine all set to roll away home on a pretty little tandem axel galvanized Karavan trailer."

"Wow! Any local prize money?"

"You bet! First Prize will be \$1,500 based on 200 tickets sold."

"Incredible! Who wouldn't want to take a cast at that?"

"And learn to ride a paddle board, too!"

"So, no downside, Gene?"

Gene crossed his arms. "Just one: the guy that ate all our potatoes. This year everyone's bringing something to grill and a dish to pass. That means Trouble if that rogue Island miscreant shows up."

"Not to name names, but do you mean Chum Wobbler?"

Gene blanched at the name of the worst, most misbegotten angler ever to tangle a monofilament line.

"Yeah-" Gene kind of choked. "Chum."

"And what did I hear about some fish license controversy?"

"Do we have to talk about it?!" Gene shouted.

Oops!

We talked instead about the 14 Northwest Salmon Derby Series tournaments - including Vashon's - being put on this year by the Northwest Marine Trade Association and how every derby is designed to target healthy, hatchery-produced salmon.

"The Derby Series helps raise awareness of the importance of rebuilding the Puget Sound fishery. Here on Vashon, we also want to help raise

money to support the vital work being done day in, day out by the Interfaith Council to Prevent Homelessness."

"Outstanding. Where do I get tickets?"

"You can buy tickets by searching Vashon Island Salmon Derby at www.brownpapertickets.com. To be eligible for the Grand Prize, you must fill out a raffle ticket at northwestsalmonderbyseries.com."

"And what about that extra prize, Gene?"

"If your boat is equipped primarily with Mercury engines (2008 or newer) you can win up to an additional \$3,000."

"Holy-moly! And anyone can enter? Even Chum? What if he wins the boat?"

Gene closed his eyes and rubbed his temples.

"Don't even want to think about it."

"So what about Chum's fish license fiasco?"

"I mean," Gene's voice rose, "who ever heard of licensing a fish?!"

"But isn't it the law?" I asked.

"Don't you have to have a license to fish legally?"

"Yes!" Gene's eyes started to bug out. "YOU have to have a license, not the FISH! Wobbler showed up at the licensing office to license a Dover sole named Eric! I do this Derby because I love fishing and want to raise money for the Interfaith Council to Prevent Homelessness, but Chum's going to be the end of me!"

I thanked Gene for his time as his family gathered to console him and said I'd be happy to bring extra potatoes on August 25.

We'll see you there with baited breath! And remember: Nothing makes a fish bigger than almost being caught.

The Vashon Island Salmon Derby & Community Potluck at Dockton Park. Saturday, August 25, Weigh-in, 10am-noon, Potluck at noon.


Tickets available at www.Brownpapertickets.com search Vashon Island Salmon Derby. 25 per adult, \$10 for youth, \$5 for children.

Raffle: Register for the Grand Prize at northwestsalmonderbyseries.com

Rules and info at www.vashonifch.com

Sponsors: Interfaith Council to Prevent Homelessness, NW Marine Trade Association. To fish, share the bounty, have fun, and help raise money in support of the services provided by the Interfaith Council to Prevent Homelessness.

Contact: Gene Kuhns at gkuhns@jkkoutdoors.com



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Island Life

The Greatest Good

by Peter Ray

Of all the iconographic television facial expressions, it is the cocked eyebrow and slightly tilted head of Leonard Nimoy’s Mr. Spock from the original Star Trek series that continues to have strong and current relevance for me. How can it not, in these times? Without saying a word, Spock could wither any wayward thought or plan or logic defying situation that arose in his proximity by simply assuming that minor facial contortion. It is a look that symbolizes and encompasses a range of internalized mental machinations from inquisitiveness to disbelief to an expression of a feeling that somewhere and somehow a great affront to and violation of the rules of logic has just been committed. It is a look that may appear disdainful, until one remembers that contempt and scorn are part of the realm of emotions that Spock does his best to suppress from the emotional side of his mixed Vulcan-human parentage. Knowing this, Spock’s quizzical eyebrow tweak remains a representation of purely objective skepticism and problem solving pragmatism.

The word that most often accompanied this Spockism is, of course, illogical. An image that remains for me both as a graphic demonstration of this declaration and as a near sully of the First Officer’s untainted persona, is that of a three panel illustration on a billboard in London in the mid-seventies. The first panel shows a Spock with his pointed, Vulcan ears limp and drooping and nearly folded in half. The second part shows Spock partaking of a frosty mug of Heineken beer. The last frame shows a Spock with restored and rigidly upright ear tips with the word bubble- Illogical- printed over his sideways looking glance. The words that ran across the bottom of the billboard served as something of an explanation for the contrivance- “Heineken. Refreshes the parts other beers cannot reach.” One could look at this in two ways. The first is taking it purely at face value, where one accepts the given starting point of Spock’s flaccid ears and the exciting conclusion that this amber beverage from Amsterdam has remarkable, restorative powers. The second is to believe in Vulcan wisdom and reason and regard this entire bit of snake oil hooplah as nothing more than ad man “artistic” license, and that it is, in spite of the intended humor in the liberties being taken with a known, fictitious character, most illogical.

I find myself in similar territory while contemplating the ongoing battle over rumble strips on our very own Vashon Highway. From the very start of the debacle, the “illogical” word bubble has hovered over my head while regarding the destruction of what had been a highly bike-ride able shoulder,



and while discussing the reasoning behind their appearance here with sometimes unexpected opponents to their continued, unwanted presence. More often than not, the stated premise coming from KCDOT that they were needed here as a remedy for all the cars running off the highway is generally laughed off by anyone I have talked to about this with the usual comment: “Oh yeah, we need rumble strips to keep the drunks on the road.” As has been stated here previously, the distracted drivers these road etching are supposed to be helping are more than likely not going to be contained between the fog and center lines by grooved noise makers. As Spock might have said, “it is illogical to cater to distracted driving when one is supposed to be paying close attention while navigating a large, heavy metal object containing potentially explosive fuel.”

The logic behind the rumble crash cure continues to elude me when looked at in the light of the now three run off the road accidents that have occurred here since the rumbles appeared. While the first two were daylight and dry conditions accidents, the third was a late night episode of more epic proportions just this past Friday. The car was heading northbound around the corner just south of where the Old Vashon Highway crosses the new. The driver continued along the radius of the turn just a bit further than the pavement allowed and crossed the rumble strips for the first time. After taking out a real estate sign and a mailbox, the mown down salal along the length of the ditch along the Highway pointed to the spot a hundred or so feet onward where the next mailbox was removed. At this point




the car crossed the rumble strips again and proceeded across the Highway and across the rumbles on the other side at which point some glass and auto parts scattering acrobatics ensued. While it was unclear whether it had come from within the confines of the tumbling vehicle, a red, white and blue malted beverage container of recent vintage was spotted amongst the debris. If it had indeed come from this car, I doubt that opting for Heineken would have led to a more favorable outcome to this situation.

As the car crashes continue to continue in spite of the grand rumble strip crash panacea, and the rumble strip induced bike accidents continue to add up, and the bike trailer people still find it impossible to ride where one formerly could safely stay on the shoulder, and car drivers continue to admit that crossing the centerline rumbles and yielding room

to bikers is something they are no longer as likely to do, one wonders where the Vulcan credo- the greatest good for the greatest number- might fit in to the logic of this situation as there seems to be very little good in it for anyone. The only apparent benefits being seen here are from the federal grant monies that are swelling the coffers at KCDOT and the private contractor doing the etching. It should be remembered this grant was supposed to be used to enhance the safety of the roads for everyone who travels upon them. As recent evidence has shown, the etchings don’t even help keep the distracted driver on the Highway. As of this writing, KCDOT is still considering finishing the roadside destruction that they started this past Spring. At least at KCDOT, it seems that logic and common sense, not space, is the true final frontier. Live long and prosper.





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Musings of the Nouveau Elderly

by Mary Tuel

“Do not go gentle into that good night,
Old age should burn and rage at close of day;
Rage, rage against the dying of the light.” – Dylan Thomas

Dylan Thomas was writing of his dying father when he penned that poem in 1951, or so the story goes. You can find the complete text online or at the library or perhaps on your own bookshelf.

Brief digression: Thomas speaks of wise men, good men, wild men, and grave men in the poem, and as I read it I substituted “women” for “men,” an old habit that I and many women have developed over the years in order to see how texts speak to our condition.

As I grow older, and old, that first stanza has become something of an anthem. There is an expression: “growing old gracefully.” At some point I decided to grow old disgracefully, to “rage against the dying of the light.”

When we are young we wish to live for a long time - forever, if possible. When we are young we cannot imagine what growing older really is. When I was young I had this idea that I would have an adventurous old age. That was before life happened, with the accidents and illnesses that pruned my body’s abilities and energies. Adventure can be hard on the human body.

When we hit our 60s, my husband started to say we were “nouveau elderly,” edging into the so-called golden years. We did not plan for those illnesses and accidents to happen to us. These things were not part of my youthful imagination of what old age would be, but I have

heard it said that aging is caused by accidents. Not entirely true, but I see the point.

In the fantasy old age, we would continue to live the life of someone in their 20s or 30s, complete with an active sex life. The reality of growing older, and old, is quiet, watching the roses bloom and laughing at the antics of the crows and blue jays and squirrels that come for the orts I throw out in the yard. As for sex, well, here’s a rhyme I just made up:

Sex
Is complex.
That’s the chorus. You’ll have to supply your own verses. Beyond that, I’m not going to discuss it here. Sorry if you were anticipating hot stuff, but I really do not wish to talk about it.

So here we are, going slower, but still going. Old age is a new country, and it brings limitations both physical and financial. There is sometimes a feeling of being trapped, and it is against that trapped feeling that I sometimes rage. The best answer I can give to the question of growing old is to live as fully as I can. I thank God for every day, and for the illumination and sustenance of a faith that has grown deep and wide over years of practice. That is how I rage against the dying of the light.

I see my children and their friends experience bitter disappointments and hard times of young adulthood as they navigate their 20s and 30s, and I feel for them, and I love them, and I pray for them. I have the perspective that their hard times are part of their ongoing education, a necessary mordant to bring out the bright colors of being alive. It’s hard to see that when you’re going through pain, but it’s easier to see in retrospect.

There is a blessing in growing older, knowing that some things cannot be fixed or helped, and that is life. I’ve been sighing to myself for years that sometimes life bites, and all you can do is be bitten.

We elders had to take our lumps, cry our tears, feel our rage, ride our highs and triumphs, and live on to see all of those things dwindle in the rear view mirror, and so shall you, my dears, so shall you. By the time you are my age you’ll understand deep in your heart that all things do pass, your troubles, your joys, your precious youth, your offspring’s childhood. If there is not so much ecstasy in the ocean of age, neither is there so much frantic despair, and there are depths of contentment. Life is good, and it’s temporary. It’s not what we thought it would be, but we like being here. We’ll enjoy it while it lasts.

Now hand me my cane. I have to tell those damn kids to get off the lawn.

The Road To Resilience

Continued from Page 1

the national level could make a huge difference. Climate change disaster might be averted by a massive national reallocation of resources like the one mounted for WW II. The current consensus is that that is what it is going to take to avoid disastrous overheating.

However, it is abundantly clear to me that our national government has been hijacked by for profit corporations. Obama’s administration has many former corporate personnel, and most in Congress are anxious to do corporate bidding in exchange for campaign funds and/or a cushy corporate job after their term of “public service”. However, not all are “bought” and all are sometimes subject to public protest that can’t be ignored. I still hink it’s well worth the time to sign the letters and petitions on the odd chance that they will produce results.

A current local/regional action illustrates where change needs to happen. The Sierra Club is promoting a campaign here in Washington to close down the one coal plant in Montana that supplies 36% of the power we get from Puget Sound Energy. That makes it the single largest source of power for us; hydropower is about 29%. Wind and Solar are about 2%. If our hydropower is pretty much tapped out and other renewables are only 2%, how can we even contemplate shutting down that dirty coal plant? Right now, there is only one choice: conservation. Eliminating inefficiencies will gain back some of that, but if we want to eliminate 36%, we will need to contemplate lifestyle changes. To keep that in perspective, you may remember about a year ago I mentioned that Europeans use 50% of the energy

per capita that we do; we can reduce our energy use 36% with some planning and ingenuity. The more I looked into these sorts of things, the more I came to realize that it isn’t just corporations that need to change. It’s us as well; in fact, I think it is primarily us.

Lifestyle change can’t be legislated. It is we who have to make those changes in our personal lives and in our community.

Another dynamic that drives me to work at the local level is the all powerful and enveloping paradigm of growth economics. You will not find a single media or government source that dares to even question the dogma of growth. An endlessly growing economy on a world with finite resources makes no sense. Yet, complex stable state and even shrinking economies have been postulated and are theoretically sound. I highly recommend Sacred Economics by Charles Eisenstein for a good explanation of how these systems work. In it you will find that localizing and diversifying the economy is key to having prosperity without growth.

Only when we can really withhold our business from corporations will we be able to exert any control over them, and regain control of our government. On the other hand, if we fail to exert control over the ruling corporations, climate change may put them out of business, and we will have to depend on ourselves anyway.

In the end, for me, it’s just more satisfying to take matters into my own hands rather than wringing them as my elected officials have let me down once again.

Comments? terry@vashonloop.com

Treasures in Your Attic

Continued from Page 1

Road Show.

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Aries (March 20-April 19)

Whatever else you may have in mind, be careful to avoid a showdown. There are many ways to handle your present situation, and that would be the worst option. The best option is some form of diplomacy, which requires a healthy respect for authority. Part of that includes staying within your authority in any partnership or relationship matter, and not assuming privileges that you don't have. Therefore, make sure you err on the side of humility for the next week or so; be deferential but not patronizing. You may start to get the feeling that the pressure is mounting during that time, and that's your cue to take a breath, observe, and make sure that you're taking things one conscious step at a time. Whoever you're dealing with is feeling more vulnerable than you may be aware, and your gentleness and conscious choice not to push or bring matters to a head will be greatly appreciated.

Taurus (April 19-May 20)

You may be getting the message that the time has come to focus your mind. One peculiar property of Taurus is that your intellectual talents often find themselves under the water of your powerful emotions. Resolving this is more a matter of maturity than it is of having (or not having) some innate gift. Over the next few days, you may feel what it's like to be a mature thinker. It's different than the usual tidal flow of your mind, or the cyclical ebb and flood of your ideas that you live with. Many factors over the past few years have guided you in the direction of the skills necessary to steer your mind a bit like someone can use the wind and currents to guide a sailboat almost effortlessly. Remember that you actually possess the abilities that seem to manifest over the next few days, and you can access them at any time. The one thing you have to remember is that this doesn't work as long as you let your emotions overwhelm your mind -- and your mind being in charge is the point of maturity for which nothing else can substitute.

Gemini (May 20-June 21)

Mercury has finally stationed direct. I experienced it like the lid being lifted off a boiling pot; the drop in pressure and temperature was palpable. I trust that the transition has given you the opportunity to take notice of some basic facts that you may have been denying. You will now have the ability over the next three weeks to revisit your observations, and reconsider some of your decisions, as Mercury will make several aspects for the third (and last) time of this cycle. You may not reverse yourself, though one way to know if you're paying attention is that you start to see things differently. Your perspective is different than it was even two or three months ago, and as Mercury makes aspects to Chiron, Uranus, Neptune and Pluto, if you're really looking, the world around you will look and feel different. This is because you are making deeper contact with yourself. Be especially mindful, however, if you find yourself trying to convince yourself of anything.

Cancer (June 21-July 22)

There is creativity and there is mature creativity; the difference is akin to that between infatuation and solid friendship. While you cannot fake or force maturity, you can access the parts of yourself that are the most centered, and where you've learned the most from experience. One clue that you're there is that you will feel a focused sense of authority over yourself, rather than a push or quest to

be someone or something. Another is that you will respond with sensitivity to the circumstances of others, no matter how difficult or painful they may be. That's usually natural for you, though you might not want anything or anyone to harsh your mellow. Yet the best way to do that is to transcend the source of drama within yourself. Returning to the theme of creativity: In a similar way, I suggest you draw from a deep spot, and resist any temptation to be casual or glib. The result will be something truly authentic that will change you and -- perhaps just a little -- change the world.

Leo (July 22-Aug. 23)

Mercury just stationed direct in your sign, so you may feel like you're coming to some conclusions about the many things you've had on your mind the past month or so. I suggest you think of them more as observations and studies-in-progress, because over the next three weeks, Mercury repeats for the third time a series of aspects that it's already made twice since late June. The difference now is that you will feel less tentative about taking action in the places you know are calling for your attention -- and there are a few. The difference is that you are likely to discover that your decisions actually take hold and move along the story line of your life. It's also a lot easier to do, decide and breathe when your anxiety level is at low tide, and at the moment this is something you have in perspective. Everything you feel is energy; everything is an opportunity to make a decision.

Virgo (Aug. 23-Sep. 22)

It's now safe to trust your intuition again. It may have felt like a defective product recently, though really it's neither. However, Mercury and Neptune have not been able to agree about what is true, though they seem to be getting along a little better. As for intuition: in truth, this is your ability to be in harmony with yourself. Yet as some studies have pointed out, it's also based on sensory clues and common sense. That doesn't make it any less useful, or rare, and for you a key attribute of this gift is what some call 'women's wisdom'. This is a mix of what your body tells you, what has been traditionally time-honored, and knowledge of the natural world. The thing about intuitive messages is that it's okay to sit with them for a while. You don't have to act on them immediately, though some come with a recommendation for when it's necessary to get busy. Take a little while to feel your choice -- then proceed with gentle confidence.

Libra (Sep. 22-Oct. 23)

Venus, your ruling planet, has changed signs for the first time since April; this week, it ingressed the career, reputation and life mission angle of your chart, which is the sign Cancer. This is likely to be stoking up your ambitions, though I suggest that your boldest quest is going to be doing what you do with total commitment to creativity and passion. Remember that you have a professional life that runs in cycles: of interest, of dedication, of emotional contact with what you're doing. Yet everything you want, reach for and accomplish has one thing in common: that would be you. I suggest that you get clear that your calling in life, and the work that you do, are not things separate from you; they are expressions of who you are -- whatever you happen to be doing, or whatever you want to do. Over the next few days you may get some ideas how to take that journey deeper, and a clue about what you can accomplish using the miracle of

collaboration.

Scorpio (Oct. 23-Nov. 22)

Monitor your anxiety level carefully this weekend and for a week or so beyond. 'Monitor' means be aware of, and I say that because it may have a tendency to be operating in the background, where you are not noticing it. Fear that you experience may be projected onto a topic having nothing to do with your actual concerns. In light of this, I suggest you sort out what you're really concerned about. When in doubt, apply the Course in Miracles lesson, "I am never upset for the reason I think." This will be especially helpful if any anxiety reaches the level of paranoia. Whatever is showing up on the monitor display known as 'consciousness', behind the scenes, you are under some psychic pressure. It's as if part of your mind is being squeezed, or perhaps more accurately, you're trying to pass something through your psyche, and it's encountering resistance. That resistance may feel like fear, which can show up in a diversity of forms. This process has two transition dates -- Aug. 15, when Mars makes its conjunction to Saturn; and Aug. 23, when Mars enters your birth sign. Please remember those dates.

Sagittarius (Nov. 22-Dec. 22)

Be mindful of expecting others to make sacrifices for you -- or for any inclination of yours to make a sacrifice for the sake of a relationship. I am not suggesting that you refrain from being generous, but rather that you notice when you have to give something up rather than offer it as a gift. You're in a phase of your life when you're exploring not just actual human encounters but also your concept of what a relationship is. I think that for you, the first question to ask is, "What is a friend?" This is not the kind of thing you ask yourself once and be satisfied with the answer you get. It's something I suggest you ask yourself all day, every day for a while, and see how your answer evolves.

Capricorn (Dec. 22-Jan. 20)

You're at a critical juncture right now, and more is at stake than you may realize. I don't mean for this to stir up any anxiety. I suggest that you relax and loosen up enough to take your situation -- and your potential -- seriously. One thing that you must be mindful of is honoring the chain of command in any corporate or professional system. Without breaking ranks, you can work politically to build a consensus and get your way, and you do seem focused on a particular outcome. While you may not be in a position to take authority from others, you are certainly in a position to persuade them to use their authority. You just have to go about accomplishing that goal in a way that is savvy and which accesses your deepest professionalism. That said, you have more official power in this situation than you may recognize, and even if you are acting within the bounds of your jurisdiction, I suggest you work the territory smoothly and never for a moment seem to act like the boss.

Aquarius (Jan. 20-Feb. 19)

Do your best to shift the circumstances of your life onto level ground. If you cannot do that, notice the ways in which the field is tilted, though when you respond to that, you must do so with a sense of fairness. There really is a question of ethics at stake, and your longterm reputation may hinge on your choices during the next week or so. The issue may surround your career plans, such as your intention to embark in a new direction. You're likely to be feeling some pressure here -- and that is the thing to be mindful of. Taking some form of radical action would likely be premature, particularly if it means severing a tie. When considering the right thing to do, the idea to work with is that less is more. Once Saturn reaches



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Scorpio in early October, you will have a lot better sense of where you're headed, and that's less likely to be infused with conflict or tension.

Pisces (Feb. 19-March 20)
Much hinges on what you believe, in particular, whether you believe you're successful. But there's something deeper, which is whether you believe that your success -- that is, your full expression in the world -- is a good thing. You need to come up with at least that much confidence, though don't spend your time rationalizing. Rather, feel what you do and who you are, and pay attention to evidence of the positive influence that you have on others. Feel the point of contact when some element of your creativity reaches someone, and ask yourself whether you and the world would benefit from that being multiplied. I recognize there is a question of the financial aspect and how that's supposed to happen; for a number of reasons you may have the sensation of walking through a bog, then having to scale a wall. Stick to the human element: the contact point, or the element of your work that is relational. From there, the way forward will be clear.

Read Eric Francis daily at
www.PlanetWaves.net.

Island Epicure



By Marj Watkins

Take Two Bananas

By now the hottest weather of the year should be behind us. Down here near the water where I live, it’s already cool enough to begin baking again. If it isn’t yet at your house, it soon will be. You’ll be glad you clipped and saved today’s gluten-free banana bread recipe. It’s whole-grain, potassium-rich and deliciously sweet yet low on the glycemic index. Unless you eat too many of them, these muffins won’t make you fat. Just add a fruit and a glass of milk, and you virtually have a mini-meal .

More and more people are finding out they feel better when they break their wheat addiction and switch to others of the many kinds of flours and breads. This recipe uses sorghum flour which has no gluten at all. You can also make it with barley flour, a low-gluten flour. Coconut sugar (from Thriftway or Minglement) has a G.I. number of 35 vs. cane sugar’s 100. Besides, it tastes better.

- Gluten Free
BANANA BREAD.
- Preheat oven to 350 degrees
Grease and flour 12 muffin cups
- Sift into mixing bowl:
1 ½ cups sorghum flour
½ teaspoon salt
½ teaspoon baking soda’
1 teaspoon cinnamon
½ teaspoon ground cloves
1/3 to 1/2 cup coconut sugar
- Fork-beat in a 2-cup measure:
½ cup milk
2 eggs
3 Tablespoons olive oil
- Fold in:
1 cup well-mashed very ripe banana
½ cup chopped walnuts or
¼ cup each chopped walnuts and sunflower seeds or ½ cup raisins

Make a big dent in the first mixture. Pour in the liquid mixture. Combine well. Fold in the banana mash and the walnuts or raisins. Distribute evenly among the muffin cups. Bake on the center rack of your preheated oven for 35 to 45 minutes. (No two ovens heat exactly alike, so toothpick-test after 35 minutes.

The walnuts give you some of those valuable Omega-3 fats, and the bananas supply potassium, as necessary as salt in hot weather.

Enjoy as a snack, or as the bread with a light meal.

For other gluten-free recipes, get a copy of my booklet, Wholegrain and Gluten Free

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Sheepdog Classic
Afghan Project

Continued from Page 1

adventurous and industrious knitters were recruited. Their collective experience, artistic approaches, and knitter’s resources began as a basket with skeins of yarn and local raw wool and developed into a work of love and care, hand knit and stitched by 10 women. The concept was to combine hometown volunteer efforts to support both this community event as well as the local schools set the wheels in motion for a project that has bonded a group of knitters through dedication, humor, perseverance, respect and cooperative creativity.

Raffle tickets are available through September 15 at Vashon Pharmacy, Island Quilter, and the Vashon Bookshop. The drawing will be held at the Vashon Sheepdog Classic event on closing day Sunday, September 16, 2012.

Special Thanks to The Vashon Pharmacy for the donation of the luxurious alpaca wool.

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If you already have a copy of my baking book, you might clip this recipe and tape or past it into the back.

exceptionally dedicated knitting enthusiasts: Tori Beck, Anne Bell, Cynthia Chee, Susan Commeree, Edna Dam, JoAnne Hennessey, Nancy Kappelman, Margie Wetherald, Myra Willingham, Lois Yunker.

VIPP’s
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Continued from Page 1

adoption. VIPP merchandise is for sale at Jensen Point as well. Doggie treats and water are provided, of course. “TAKE A GOOD WALK FOR A GOOD CAUSE”

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Voice of Washington
Survey

By Hilary Emmer

Sign up and make your opinion count on how our transportation dollars are to be spend in our state.

From: V.O.W.S (Voice of Washington Survey) Project Manager <wstc@voiceofwashingtonsurvey.com>

Subject: Help State Decision Makers Shape Tax and Spending Ideas!

The Washington State Transportation Commission (WSTC) sponsors the VOWS program and is in the beginning stages of designing the next statewide survey. But first we need your help in making this program a success – the more people we get to participate, the stronger the message will be to our State’s decision makers. So we would like to ask if you

would share this information with your colleagues, neighbors, and friends and encourage them join the VOWS program.

They can sign up at: www.voiceofwashingtonstate.org and start participating today!

They can also visit the WSTC website at www.wa.wstc.gov to learn more about the WSTC and its work.

If you’d like more information on the Voice Of Washington State, please feel free to contact us anytime at 360.705.7070 or email us at: transc@wsdot.wa.gov . We appreciate your help in passing this email on to others. We look forward to hearing from both you and your friends on how we can strengthen Washington State’s Transportation system.

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Positively Speaking

From

By Deborah H. Anderson

The overtown youth group streaming into the sanctuary had no idea the man in the front wearing a Hawaiian shirt, clicking his fingers, teaching the congregation ‘Sweeten Me Lord’ was the person who single handedly was responsible for their Protestant youth leader to be carrying, and playing, a guitar in said sanctuary.

Yohann Anderson is a global treasure. He was fired three times from a national Christian youth organization for bringing guitars and contemporary music into sacred settings. He’s had bricks thrown through the windows of his home by people who called him a communist for including secular music in his ‘Creation’ songbook, which became known as ‘the Young Life Songbook’.

He can tell you from first hand knowledge that the song, ‘The Games People Play’, was not first a pop hit but rather a confessional song contributed by the Catholic church to the 1969 World Council of Churches gathering.

He teaches song leaders to sing just a smidge ahead of the beat because people’s vocal chords automatically mimic whatever they hear being sung and they will find the melody more easily.

He arranges chairs asymmetrically because people do not engage when they are seated in linear patterns.

And on Friday August3, I drove across to Tacoma to pick up him, his baritone ukulele which he invented called the ‘Yutar’ and five boxes of, hot off the press, latest editions of his 1200 song compendium songbook.

My friend Marta and I had worked tirelessly for over two months to make sure the arrangements to get him here for a series of songshops, as he calls them, for Family Camp here on the Island, were solid. Camp couldn’t accommodate him over the weekend and so I, who won’t even ride alone in a car with a married man, volunteered to host him, sleep awkwardly on the love seat, and take him to Camp on Sunday.

Saturday morning after he had eaten his Cheerios with rice milk and marveled there was a place that understood he tried to avoid wheat = let alone a restaurant that would serve him a gluten free burger bun= he threw down one of the books and said with all authority in heaven and on earth ‘Turn to page 234’. Three hours later I explained that if I was going to host six people for a small private dinner party I was going to have to unload the dishwasher. He continued to play and sing as I puttered, telling me the story behind each song as he went, waxing philosophical about the terribly constricted and limited nature of



what the organized church has become in America and remembering people and places I also knew of. I delighted to remember the 1982 Youth Specialties Conference in Portland when I attended ten years into my career as a youth minister, singing under his leadership, listening to Juan Carlos Ortiz talk about the Pearl of Great Price, Tony Campolo talking about science and the Universe and a big God, Wayne Rice, Mike Yacconnelli, and on and on and on during the Golden Age of wide open Youth Ministry.

The part of my life I don’t like is the fall out from being a pioneer. I love being involved in new ideas, breaking gender barriers, having vision, doing something no one else has thought of before. I hate the negative reactions from gatekeepers who say I should think smaller, call me crazy or tell me something won’t work. ...and then imitate the very ideas I suggested that they put down.

Much to my surprise, I found this man who says, “I love being a pioneer” offering non stop encouragement to me and filling up the house with life giving music with an abandon that belied his lifetime of being criticized for that very music.

We spent the weekend talking endlessly on ‘from’. Where did the songs come ‘from’? Where did our ministry come ‘from’? Which part of ‘from’ still influences us and shapes our future?

When the other musicians arrived and we carried the dinner table out to the deck and instruments were brought out as we grazed past dessert, heaven and earth met. We sang until I told them the King County Noise Ordinance said we had to stop.

Sunday afternoon after he rested his 74-year-old body I took him to camp and watched as another fifty or so people were captured for three days under the wonderful enchantment of Truth in song and fellowship.

The house is different now. My attitude towards my journey is different now. I don’t mind being a pioneer...any part of it.

“From” is a blessing and “More” is delightfully on the horizon.

He signed the book he gave me as a hostess gift “Keep singing your song!”

I think I’ll do just that.

Love,
Deborah



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

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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 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 Only \$5 cover, starts promptly at 8pm!

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

Global Heat

warms up the Park

By Janice Randall



Global Heat warms up the Park Free, Summer Concerts in the Park brings Global Heat to Ober Park, 7-9 p.m., Thursday, August 16. Check out this high energy, hip hop band, with cross-generational, cross-genre appeal that makes them a favorite of Seattle area audiences.

Internationally known lead artists include founding members of Circle of Fire and SoulShifters. Following an Art Institute of Seattle event, organizers said, “A hip-hoppin’ rock fusion funk rapping break dancing good time!” Summer concerts in the Park are cosponsored by Vashon Park District and Vashon Allied Arts. Bring the family, picnics and beach chairs, but no alcohol in the Park please.

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The Vashon Loop.
Send to: **Editor@vashonloop.com**

Bond with the Arts



By Janice Randall

Enjoy art, tasty appetizers and libations at VAA’s annual Art Auction Preview Party, Friday, August 31, 6 to 9 pm. Honoring local artists who donated over 150 pieces of original art, this free Island gathering launches an exciting, spy-themed FUNdraising Art Auction, slated for September 21-22. This year’s Commissioned Artists are: Larry Muir, Brad Davis, Jayne Quig, Olivia Pendergast, Israel Shotridge and Don Glaister.

Auction is VAA’s premier fundraising event and directly showcases and supports artists. Auction raises money to provide scholarships, artist commissions, instructor fees and operational support for education and development of artists of all ages.

Special thanks to generous sponsors: John L. Scott Real Estate, Puget Sound Energy, Sellen, LMN, Sparling, Vashon Thriftway, point b, Bangasser & Associates and Trigg Insurance Agency. Auction Preview Party and Artist Reception: Friday, August 31, 6 pm
First Friday: Sept 7, 6 pm
Auction Weekend: Friday, Sept 21, 5:30 pm/Saturday, Sept 22, 5:30 pm
Location: The Big Tent located at VAA

Tickets: \$45 Friday general/\$25 for contributing artists and Saturday night guests, \$120

Reserve your table now! Tickets may be purchased at VAA, or call 206.463.5131.

For more information: VashonAlliedArts.org.

Mark Dufresne Vashon Community Care Benefit



Mark DuFresne and his band return to Vashon and the Red Bike 8 pm Saturday, September 8 for more of the hottest blues happening in the Northwest today. Blues legend, Mark DuFresne and his band had such a fantastic time performing on Vashon last year, in a benefit concert for Vashon Community Care that he’s agreed to return and do it again. It promises to be a night of blues you won’t want to miss!

Mark DuFresne is one of the most sought after Blues talents in the Northwest. The Washington Blues Society has awarded him for best vocalist, songwriter and harmonica more than any other artist.

He has recorded three CD’s of all original music. “Out of That Bed”, “Have Another Round” and “There’s A Song In There”, which featured the lineup of the former Hollywood Fats Band.

In 2002 Mark joined the coveted band “Roomful of Blues” as lead vocalist. While in that role the band received a Grammy nomination for “That’s Right”. They also won the W.C. Handy award for Best Band - 2004. The New England Blues monthly awarded him Best Blues Vocalist. He returned home to the Pacific

Northwest in 2006 after a very successful and fun four and a half years.

Recently he has had the pleasure to tour in Europe with Italy’s finest... Maurizio Pugno, guitar, Alberto Marsico, organ and bass, and Gio Rossi.. excellent musicians.. excellent pasta.....

His work on the chromatic harmonica is considered as some of the most innovative in Blues music. His ability to circular breathe has left audiences amazed.

“DuFresne is as distinctive as a vocalist as he is a fiery player; rather than recycling old riffs, his original compositions are tuneful, melodic and grooveworthy..” - Blues Review Magazine....

Tickets are \$10 and all proceeds benefit Vashon Community Care. Advance tickets are available at Vashon Book Shop and Vashon Community Care. Purchase your tickets early as it is expected to sell out. VCC enriches the individual’s experience of aging on Vashon through creative collaborative, caring, community-wide services. Come experience some of the most innovative Blues music while supporting a great cause

One Night Stand



Here’s a band with that ‘nothin’ but the blues’ feel of guilty pleasure and pleasant surprise rolled into just one singular night. Is Blues supposed to be this much fun? It is for the players and it will be for you when you join this once-in-a-lifetime assembly of musicians who’ve been rode hard and put away wet. They’re dusting it off and shinin’ up nice for this rare gem of a show. A OneNiteStand at the Red Bike, Saturday, August 25, 8:30pm.

Start with singer, Parrot Man, who’s got chops for the blues, a mean guitar and he knows all the words too.

Harmonica king, Lonesome Mike, will slip you some of his own growlin vocals along with the swe-e-e-t sound of blues harp all night long, baby.

Slab blows his sax to the max, while Gib lays down the beat.

Cally Dane drives home vocals & cobalt bass and Jesse Zobie’s guitar screams the blues like a down-hearted frail.

You’ll never forgive yourself if you miss this OneNiteStand.

All-ages ‘til 11pm, 21+ after that. Free cover!

Vashon Winery Music Festival

Join talented local singer-songwriters at the Vashon Winery Music Festival, this year renamed “Uncorked and Unplugged” featuring Kat Eggelston, Kate Macleod, Lawson Cannon, Mark Wells, Watermark, Rose Laughlin, and the Geezers.

Saturday, August 18, 3pm to 9:30pm, Vashon Winery, \$12, free for children under 16 years old. Tickets sold at the door.



Bring a chair or a blanket and enjoy the music set up in the front of the winery with seating on the lawn in front.

For further information call 206.898.0416 or check out www.vashonwinery.com.

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August 17, 9pm
Loose Change

August 24, 8pm
Comedy Night

August 25, 8:30pm
Nothing But The Blues

August 31, 8:30pm
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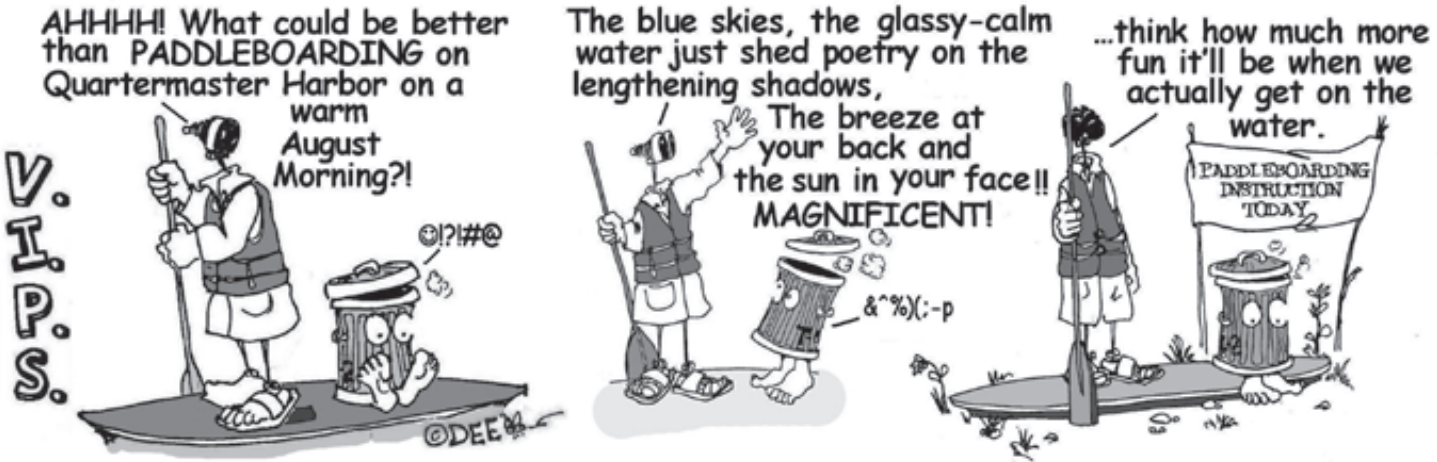


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