

## Bond with the Arts!



*Saturday night commissioned artists: Don Glaister, Book binding designer, maker of specialty art books and teacher. Photo by Janice Randall*

By Janice Randall

VAA Art Auction is coming up September 21 and 22. Both nights begin at 5:30 pm in the big tent behind VAA. Friday night, enjoy an elegant bento box featuring flavors from around the world, provided by Mileta Creek Restaurant. Place bids for silent and live auction art, experiences and more. GoldenEye Auctioneer is Kevin Joyce and Jeff Hoyt will MC.

Casino Royale

Saturday nods to a Bond classic and promises a fun-filled evening with a signature cocktail and gourmet dinner catered by The Hardware Store Restaurant, enjoy a gourmet dining experience worthy of Her Majesty's

Secret Service, with Northwest wines. Our Spy Maker David Silverman is the auctioneer and Jeff Hoyt will MC.

Both Evenings

Steffon Moody and Company provide an evening of intrigue and surprises. Try your hand at games of chance and win fabulous prizes! 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. Auction 2011 netted \$115,000, including \$45,000 for scholarships and more than \$15,000 in artists' commissions.

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## Vashon Goes To The Dogs



*Photo by Bonnie Block*

By Laura Vishoot

For many of us, Vashon Island represents a place where real life can be lived without the abandonment of dreams.

Vashon Sheepdog Classic is a harmonious confluence of the dreams of Islanders and their friends.

Through the sparkling cobwebs and morning mists of a Vashon Autumn, islanders will see the course taking shape upon the graceful rolling hills of Misty Isle Farms.

Pens will be erected; panels will be placed. Bleachers will arrive, big white tents will unfurl ...

And then come the sheep. Hundreds of lambs will travel to Vashon from Reed Anderson's Ranch in Brownsville, OR. These wily young market lambs will flow out of the semi-truck and over the lush grounds of the trial field, ready to feast upon the grass and to give the dogs some trouble, if they can.

This trial was a dream realized by a group of Vashon Island sheepdog handlers over ten years ago. We had all envisioned a rural life; we all shared our lives very deeply with animals - especially, with border collie dogs. Through much work, dedication and fun, our visions became our real lives. With tremendous support from our community, notably the generous hospitality of the Sestrap family of Wax Orchards and then from the late Tom Stewart and his family and organization at Misty Isle Farms, we were able to launch the first Vashon Island Sheepdog Trial in 2000.

As it does in dreams and in real life, time passed, and changes happened. Most of the first guard of the Vashon

Island trial people moved away from this beloved island, though many of us are still involved with the dogs and the sport of trialling.

And, then there was Maggi McClure, a member of the sheepdog community and regular competitor at the early Vashon Trial. The original trial had faded away and Maggi, after moving back to the Vashon Goes To The Dogs by Laura Vishoot island--having left in 1984, dreamed of bringing the trial back to the island. Together with a small group of island sheepdog enthusiasts they decided to work together to rekindle the event and invite the public to join them.

With the help of many island businesses and community volunteers they responded to her dream to revive the sheepdog trial, even bigger and more fabulous than before, and a wonderful opportunity for raising funds for island youth.

The community has embraced the trial and extended heartfelt hospitality to the competing canine and human visitors who converge here to participate. The Vashon Sheepdog Classic gives back to its community by providing a fertile fundraising opportunity for Partners in Education, a local nonprofit dedicated to the enhancement of public education on the Island. It also provides a platform for local artists and artisans to show and teach about their own avocations. Needless to mention, the trial is a wonderful social gathering of animals and people who love and care about them; of local people and travelers, all in celebration of the partnership possible between dogs and people. On September

*Continued on Page 8*

## Road to Resilience Island Ingenuity Tour!

In past articles, I've always stressed the importance of being resourceful. That means being actively and creatively involved in arriving at solutions for all the problems and situations that arise in your personal world. It requires a lot of curiosity about how things work, knowing how to use tools to fabricate things, how to think "outside the box". Buying just the right thing to serve a need or provide a service is the bare minimum. Growing or devising something from your immediate surroundings is better, and making something useful from something that you were about to pay to dispose of may be the best. Sometimes solutions have a simple elegance that is beautiful to behold. Almost always, it involves overcoming an imaginative barrier that you may never have noticed. It usually involves doing some research or learning a skill. In my mind, it is being an artist of the best sort: somebody that is capable of producing something beautiful as well as useful.

Never have we had a greater need to reimagine and recreate our world. Our fossil fuel addiction is leading us into a

By Terry Sullivan, Transition Vashon



*These signs will mark Island Ingenuity sites on Sat. Sept 22, 10 am to 3 pm*

climate-changed world that will turn our economy on its head. As the economy is disrupted, so will be our social stability. Expect that supplies of the things we need will be scarce and expensive. Our financial nest egg may prove to be much less useful than our ability to be useful to ourselves and our neighbors. In addition, the trend toward relying on

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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.

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**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.

**The Vashon Loop**

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**100 Wells Campaign**

Vashon Island Community Church would like to thank everyone within the Vashon Community that helped or donated to our fundraisers to support the 100 Wells Campaign for Darfur, Sudan. We sponsored a number of fundraisers throughout 2011 and 2012. These included the silver raffle, Coffee for Water cards, candle sells, and rummage sell. In total we raised \$6060.00. Some of these funds were also from private donations. We were very pleased to have had such great success from our efforts. Persecution Project, the organization behind the 100 Wells Campaign, claims that for every \$35 raised we give one person water for a lifetime. So, this amount we raised has supplied 173 persons with water for the rest of their lives. We want to extend a special thanks to Thriftway and AJ's coffee for their involvement with us. As a community we can always feel proud when we help those in need and one another. The people of Sudan are still in great distress and the region where the wells are located has recently been bombed by the Northern government, but the wells are safe. The people in Darfur are very grateful for this water supply. Please continue to keep them in your thoughts and prayers. If anyone would still like to help with this project you can donate at [www.persecutionproject.org](http://www.persecutionproject.org) or [www.100wellscampaign.com](http://www.100wellscampaign.com). Our project and community was made mention of on their 100 wells site under the stories section. Again, thank you and God bless all of you.

Kendra Malczyk, member of VICC and co organizer for this effort

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**Vashon Delta Dog dates**

September 17, 24 and October 1 at 6:30pm at the Vashon High School.

*Make a date with Vashon!*  
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September 13, '12

**Vashon Drum Circle**

Moving back inside, Vashon Drum Circle meets Friday, Sept. 14, 7 PM at Vashon Intuitive Arts. All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Free event; donations gratefully accepted. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities.

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

**Do you like swallows?**

King County is threatening to interfere with the nesting habits of some insect-eating barn swallows. A petition is collecting signatures in support of the birds. Please go by the Roasterie/Minglement, Wings, Pandora's Box, Fair Isle, or Vashon Copy Center to read the petition and consider signing it!!



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Deadline for the next edition of *The Loop* is **Friday, September 21**





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# Responding to Community Safety Concerns: King County Department of Transportation Changes Course and Halts Rumble Strips

By Steve Abel

After a months-long process of hard work and perseverance by Islanders committed to safer roads, the King County Department of Transportation took an important step to address safety concerns by announcing a halt to a plan to install more rumble strips on Vashon.

“We want to thank the County for their responsiveness to residents who communicated the very real threats to safety and mobility due to the installation of rumble strips on Vashon,” said Steve Abel. “Dow Constantine’s leadership and willingness to listen shows how government can work for residents across King County.”

“I am pleased that the County was receptive to such a compelling case for safety made by the Vashon-Maury community members,” commented State Senator Sharon Nelson. “I have heard from many constituents expressing their concerns as car drivers and bike riders, alike. It’s clear there is a better way forward and I thank the County Executive and staff for their willingness to look beyond rumble strips for roadway safety.”

The installed rumble strips on Vashon have created hazardous conditions for many users of the road, like moms with bike trailers who lacked the room to maneuver between rumble strips and ditches. The lack of rumble strip gaps at driveways and in critical locations have created obstacles for residents, such as the disabled crossing the road with canes or walkers. Additionally the County’s installation of rumble strips by the main campus of the Vashon School District negatively impacted efforts made through a \$260,000 state grant to make it easier for kids to walk and bike to school.

Already, at least two bicycle crashes this summer can be attributed to the rumble strips.

Vashon’s concerns over rumble strips are not new or unique. Nationally, rumble strips are a cheap and easy method to address some safety concerns, while often making roads more dangerous for non-motorized users. Unfortunately - like in the case of Vashon - rumble strips are often installed improperly.

Like Vashon as well, local governments across the U.S. are prone to ignoring state and federal advisories, requirements and guidance on where they should be used.

Because of concerns about their overuse across Washington state and the potential for more rumble strips across King County, the Bicycle Alliance of Washington and Cascade Bicycle Club have worked with community members and Bike Vashon to address this issue.

“This work to find a solution that makes our roads safer for all has also been about people standing up and working together to create a better future for Vashon’s kids, economy, and community.” noted Tim Baer. “Yesterday’s announcement signals a new willingness and opportunity for the County and island community to partner together on growing bicycling and walking, while improving safety for everyone.”

“Now is the time to work together with our friends at King County to develop a plan for safety and mobility on Vashon that works whether you walk, bike, drive, or take transit,” said Charlie Backus. “Our goal is to create a bicycle-friendly island, improving the safety for all, while giving residents the freedom to get around easily.”

Next steps include mitigation for the existing rumble strips that were improperly installed. Bike Vashon sees this new approach by King County Department of Transportation as an important move forward to developing an approach to safety on island roads that includes the needs of those on foot, in a wheelchair, on a bike, or in a car.

About Bike Vashon:

*Bike Vashon was created around the need to stop the unexpected creation of rumble strips in Spring 2012 on one of Vashon’s best roadways for riding - due to a wide shoulder that had allowed riding with bicycle trailers and adult tricycles. Read more about our ongoing concerns about rumble strips on our rumble strip page, or the ever-evolving story on our Facebook page. More information is available at: [www.bikevashon.org](http://www.bikevashon.org) or by calling Steve Abel at (206) 463-2877.*

# 2012 Vashon Salmon Derby Deemed Wild (er-Hatchery-Raised) Success



Chum, Derby organizer, Gene Kuhns, and the Painted Bathtub Sea Bass

by Harmon McKendrie Arroyo

Another exciting Salmon Derby and another thrilling race to the bottom of Puget Sound for the elusive prize salmon has come and gone.

“The Vashon Island Picnic & Salmon Derby 2012 was chosen by the Northwest Salmon Derby Series this year to be on of the 14 derbies it sponsors and as a result it was the best one ever!” enthused Derby coordinator, Gene Kuhns.

“Last year we were ecstatic about prying eleven fishermen away from the region’s larger and better known derbies. But the final tally for this year was 67 and some real hatchery-raised beauties were landed and weighed. 12 fish were registered with the largest being 12 lb 13 oz going to Dan Rice from Vashon.”

“Any prize money for Mr. Rice?” I asked.

“There certainly was. He received a check for \$480. So for Dan the results were pretty wild - I mean, hatchery-raised. And for the Interfaith Council for the Prevention of Homelessness who will receive a check for \$583, it has been a huge success!”

“What about the other winners, Gene?”

“Well, 2nd place went to Terry Lane from Spanaway with an 11 lb 12 oz salmon, and 3rd place went to William Blogett from Seattle. There was also a Child Winner, Mirel Wojciechowski, who landed a 10lb 3 oz salmon and won himself a nice fishing pole. There were many additional sponsor-provided prizes so everyone who showed up for weigh-in went home with a lure, fishing pole or reel.”

“And what about the Grand Prize? Did that get awarded?”

“No, not until the Everett Coho Derby on September 23. That’s when Everyone who entered the Vashon Derby will have a chance at winning the big-time \$55K boat and trailer rig.”

Gene promises the 2013 Derby & Picnic will be even better: with larger prizes, more sponsors and a lot more fish caught. Next year’s salmon run will feature the prized Pink Salmon, so each far-sighted participant will want to mark the 3rd Saturday in August on the 2013

Derby calendar.

Gene heaped praise and thanks on this year’s volunteers Sandra Oellien, Gene’s own family (Jan, Rissa & Geno), and Susan White for her website development expertise. Also saluted were Susan McCabe, Pam Wise and Dan Grogan of Vashon Parks for their enthusiastic donation of the Kayak Center’s paddle boards for the day.

“And thanks also to Vashon’s Unofficial Mayor, Hillary Emmer, for being on hand for the awards ceremony. So, all and all, it couldn’t have been better.”

“I hesitate to mention it, Gene, but did you-know-who show up?”

“Are you by chance referring to Mr. Chumley O. Wobbler?”

“Mr.?”

“I know, I know. He and I have had our disagreements, but that’s all behind us now. I’m proud to say that Chum caught the largest “Painted Bathtub Sea Bass” (Stereolipsis Tubbolaii) on record! It turns out Mr. Wobbler’s is the last of a storied family of Sea Bass whisperers.”

This took a moment to absorb.

“You mean you’re genuinely proud of Chum’s presence this year?”

“Absolutely! There had to be a hundred people if there were ten along the bulkhead at Dockton Park and each one stood mute with awe as Chum played his fish in the shallows like a Schubert lied with orchestral arrangement.”

“So, he wasn’t the headache he was last year?”

“Au contraire,” Gene responded with a wide grin. “I witnessed a level of fishing mastery I didn’t think possible. Watching Mr. Wobbler took my understanding of the art of fishing to an entirely new level.”

“Higher, you mean?”

“Did I say that?”

And with that, Gene was hoisted by his loving family on to their collective shoulders and carried away in the golden light of the westering sun.

See you all at Dockton Park next year for Vashon Island Picnic & Salmon Derby 2013!

More info at: [www.northwestsalmonderbyseries.com](http://www.northwestsalmonderbyseries.com)

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Next Loop comes out September 27



# Island Life

## Thanks for Greeting!

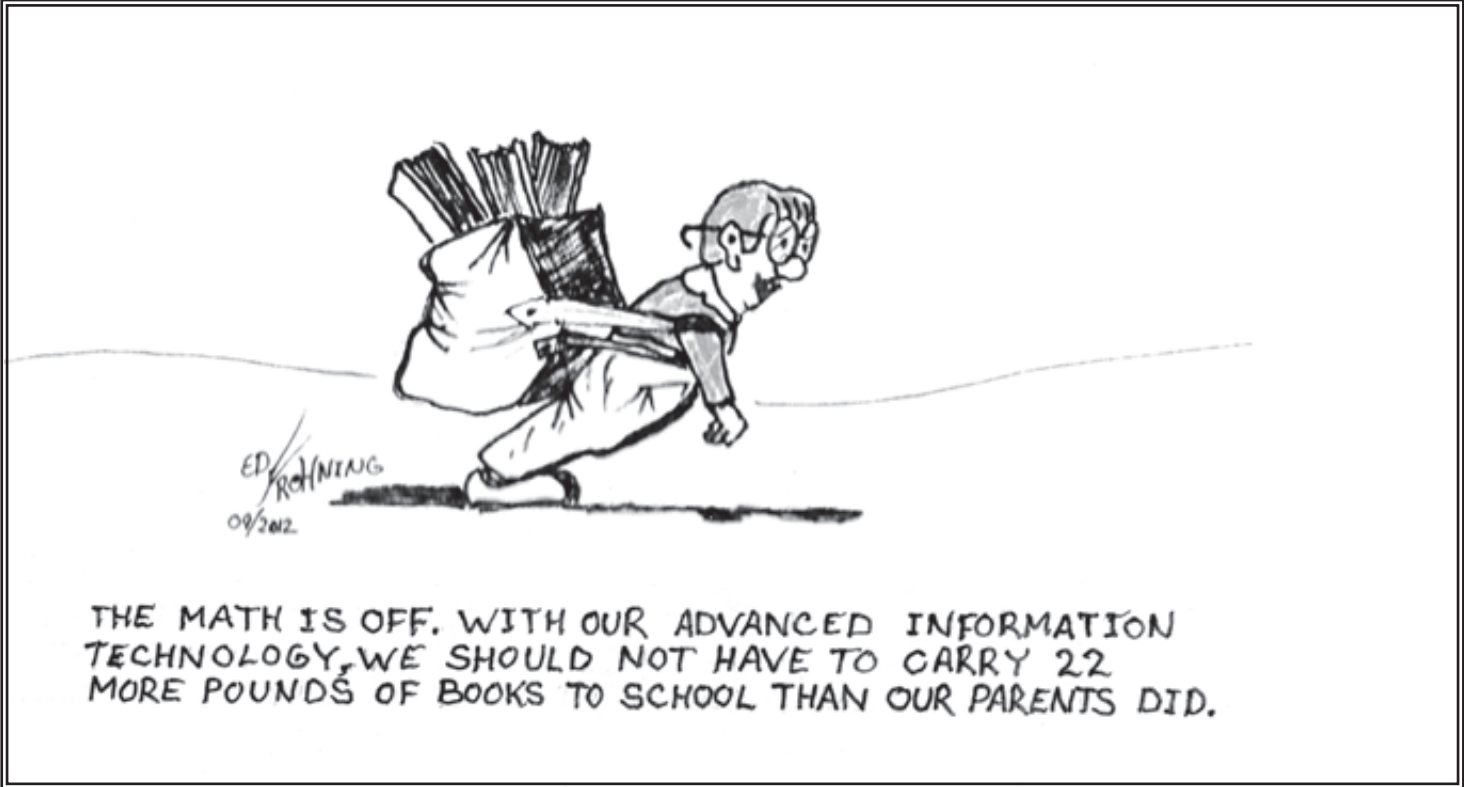
by Peter Ray

Some people don't like clowns- I have a hard time with greeters. In greeting terms, I am thinking of people w h o stand in your way and wish you well when all that you really wanted to do was get in, do whatever it was that you came for and then get out in a way and manner that is unpestered by smiling faces and stock voicings of good wishes and glad tidings. In the worst case, I am thinking of the large, lumbering dolt in Mike Judge's film Idiocracy, who stands at the entrance to an interminably large and futuristic version of a certain discount box store and drones on in an expressionless monotone: "Welcome to Costco- I Love You." In the best of greeter cases, with "best" being in subjective and conditional quotes, one can find oneself being welcomed "home" every time one goes to Burning Man. From the first time crossing the final threshold to Black Rock City to this latest, eleventh passage, home has not been how I would describe or envision it, but that's just me. In truth, I am not sure how I would describe it- the Burning Man experience- and perhaps that is why we keep going.

In a way, getting past the greeters is a certain measure of accomplishment when making the trek to Black Rock City. This year, for starters, there was first the Great Ticket Debacle in which, instead of the usual first come, first served manner of ticket dispersement, the people at the Burning Man Organization- affectionately known as the Borg- decided to go to a lottery form of distribution. Once the dust settled on the first round of ticketing, many of the long time burners found themselves ticketless, which led to a steady stream of verbiage not found on daytime TV directed at anyone who chose to pick up a phone or open an email at the home offices in San Francisco. We managed to get tickets during the first round, but at a rate that only a credit card could afford, and certainly at a cost a lot higher than the ones we had gotten in previous years when time of sales opening online diligence had been rewarded by tickets at or near the lowest cost level offered.

Next, there was the question of transportation, which we left up till the last few weeks to be decided upon. The RV had been the vehicle of choice for years, even though the track record for getting there without problems had been one of disappointment and regret. It was decided that if we were to chance it once more, the rodent urine soaked ceiling material had to be removed and replaced. This took the better part of two weeks and involved learning curves of new dimensions. Along the way, the rooftop air conditioner that was never used was removed, the roof was scraped of a variety of waterproof coatings and repainted in brilliant white. All of the now 30 plus year old plastic roof attachments- refrigerator vent, toilet vent, 14" roof vent- were removed, replaced and resealed with a second vent with a fan added where the a.c. had been deleted. All that and the addition of some colorful l.e.d. bars of lights inside made for a welcoming and cheery interior. It was all ready to go except for the go part- it needed to be started which was accomplished with a new battery and some ether spray- vroom.

All seemed well as we rolled toward the north end dock for some last minute supply pickups in Seattle. And then all of a sudden it wasn't. We had, of course, made the classic mistake over the past year and that was to not drive the vehicle. With its voracious appetite for regular gas, it is not the first



thing that comes to mind when needing to get from here to wherever. And the problematic fragrance of overextended rodent inhabitation made it an even less likely choice of conveyance. At any rate, we were 50 yards from getting on the boat when everything cut off and refused to restart- we were hand pushed to a resting spot next to the passenger waiting area and left to contemplate our next move, which didn't seem likely to be under our own power.

After a call to our trusty road shaman, Layne Stocker, we got a diagnosis and a tow back to the home front with a list of parts to be gathered the next day. After a successful supply trip, Layne had us back up and running by noon on Monday, at which point I headed up town for some fresh fuel, and as I pulled in to the pumps the RV died again. Thinking it was perhaps the bad gas that had been there over winter, I added some fresh stuff and tried for a successful sequence of compression, ignition and combustion, but it was not to be. Layne was summoned again- we can be trouble that way- and arrived with more ideas and tests. With a bypass in place it was running again, but on the way back down our driveway everything shut off and I glided to stop in our parking lot. It was time for plan B.

Wendy had revamped her pickup earlier in the Summer with some needed maintenance and the addition of my old aluminum canopy, which she cleaned up and we replaced and fixed some parts and reinforced some failed welds. As with when we had to abandon the RV in Bend last year with imminent brake failure, we had to re-imagine our basic needs into a smaller transport space. Within two hours most of the necessities were crammed to the ceiling in the back of the truck and we were on our way.

Waking up in Madras, Oregon the next morning, we were greeted with an unusually thick layer of smoke that we soon found was coming from forest fires in California. As we drove further south the smoke just got thicker, and it seemed that the fire might be just around the corner or over the next pass. About 40 miles from our destination we drove out from under the brown mass that was trailing off into spindly fingers that tapered and dissipated into the bluest skies we had seen since Portland. Getting there two days late, we pretty much just drove right up to the gate, and there were the greeters, or greeter as it was in our particular case and portal to the city. His cowboy hat, aviator goggles, hot pants and pink tutu were a bit of comic relief, and after hearing of our multiple years of entry he dispensed with the usual banter and let us pass.

Having not made it back into the scaled back video program, and finding when we got there that all the postal delivery positions were filled, I found that I had nothing more to do than sight see and visit with past acquaintances- this was not a bad thing. The unfortunate part was that I found the cartoon in the New Yorker that depicted a bunch of business


types chatting in groups over a variety of drinks under a hot sun and a caption that read "I thought Burning Man would be more interesting" to be a bit prophetic. Unlike years past, there wasn't a whole lot of interest, or particular note, to see. I didn't take many pictures. And on Burn Night, when we chose to watch from a distance and avoid the troublesome crowds, we were verbally accosted from behind by a truckload of what appeared to be members of one of the city crews- either DPW (Department of Public Works) or Gate, who are both generally surly and at best indifferent to the rest of the population of the City. When in referring to us over his megaphone, the driver of the truck said something about hitting the accelerator and running us down, I thought for a second and responded with the only thing that seemed appropriate. In a loud voice I responded: "Thank You for Greeting!" What I have learned over the years is that if you work for either DPW or Gate, the last thing you want to be called is a Greeter. There were no further threats from the megaphone, but as they drove off I did hear someone say in a tone that was tinged with humility and annoyance: "We aren't fucking greeters." At this point, some might say- why do you continue to go there? All I could say to that might be- I don't know, maybe moments like this?

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Sweet Autumn  
by Mary Tuel

This morning I sat on the kitchen porch and stared at the trees. It was a perfect day - cloudless, sun shining, a slight breeze. A small airplane grumbled by overhead, followed by a jet lumbering in to land at SeaTac or Boeing Field. The song birds were chirping incessantly over in the blackberries, and a couple of blue jays were wrack-wracking at each other up the hill in what I think of as TK’s bird sanctuary. TK is our neighbor. He and his wife Marcy have turned the lot uphill from us into a spiritual garden that teems with birds, and hopeful cats.

Occasionally a little yellow alder leaf broke loose from the trees and came tumbling and twirling down into the yard. Why does autumn feel like such a sweet season? It is, after all, the time when nature begins to put life to bed, resting so that it can break forth in glorious springtime profusion six months from now. This respite from growth comes just in time. I notice the morning glory has crawled up the fence and leapt up to grab hold of the lowest hanging fuchsia tendril. Dang. There’s a connection I’d better break before they get too entwined.

So what is it about autumn? The sun is shining more from the south every day, in a golden slanting light that makes the color of everything more intense. The work that calls to me from the yard is slowing down, a little. I’m already deep in plans for how I’m going to re-arrange and expand the flower beds over the winter. I am contemplating the next steps in the ethnic cleansing of my yard, a cleansing which has as its object the removal of buttercups, stinking Robert, morning glory, and blackberries. I know I won’t obliterate them, but I can thin them out and push them back enough that they don’t smother the plants I do want to thrive. This program of weed control

would be easier to implement if I didn’t enjoy the lacy leaves and pink blossoms of Stinking Robert, the cheerful yellow buttercup blossoms, the pale beauty of the morning glory flowers, and of course, blackberry pie.

Soft-heartedness is a besetting sin for a gardener. With plants you have to set and keep firm boundaries, literally. Weeds are like house guests who move in and never leave, eating your food, dirtying the dishes and never washing up, grabbing the newspaper before you’ve had a chance to read it in the morning and leaving the sections scattered around the house inside-out and folded all which-ways. That’s a weed of a houseguest, and that is the presumptuous behavior of a weed in the garden. They suck up the hospitality you’ve provided for the plants you invited.

I wonder if this winter will be warm enough that some of the annuals winter over, or if we’ll get an Arctic Blast that freezes the ground and turns the less hardy plants into something that looks like boiled spinach. The up side of such a freeze is that it knocks back the slug population. Yay.

The apple tree is covered with fruit this year. I wonder if it heard me thinking I might cut it down and is striving to look busy. Soon Rick and I will have the enjoyment of watching squirrels running up the tree and picking apples, taking a few crunchy bites, and then chomping into the apple and carrying it down the trunk and staggering across the yard, carrying it to where ever they stash their apples in the woods. These are not large apples, and they don’t taste good to me, so I don’t begrudge the squirrels their fruit, and it is so much fun to watch them. I really have been thinking of taking that tree down because the fruit is not tasty, but, as Rick says, then we couldn’t watch the squirrels.

It still feels like summer in some ways, but I can’t kid myself. Time to start making plans for Thanksgiving and Christmas. You get into your 60s and it seems like you hardly have time to inhale in between winter holidays, the time is ripping by so quickly.

For now it is enough to stay in the moment, in the gentle sunny autumn days, listening to the birds chirping and carping at each other – don’t those birds ever shut up? – and thinking how much I like autumn, and I don’t know why. There’s something sweet about autumn.

# A Scary Diet

By Kathy Abascal

Almost all of us want to look trim and toned. We definitely do not want to be overweight even though most of us are. We need to lose weight and if we are to look toned as well, we need to maintain our muscle mass while losing weight. That can be tricky because our bodies find it easier to get calories from muscle than from fat. If you cut calories too drastically you will lose too much muscle. We also need to make sure that we get needed nutrients so we stay healthy.

I teach classes on how to eat for health. The premise of my class is that if you eat an anti-inflammatory diet you will lose unwanted weight AND get healthy at the same time. Because you never eat fewer calories than your body needs to function, you will not deplete your muscle mass. Instead, you lose fat. This approach unfortunately takes some degree of work because it means that you need to avoid sugars and other inflammatory foods. As well you have to learn which foods your individual body perceive as inflammatory.

Our culture generally speaking is not into taking the long way round. We like short cuts. We like simple, we like easy. As a result, my diet is not everyone’s dream diet. Instead, many choose to go on one of the more calorie-restricted diets. These diets do not limit calories severely but nonetheless need to be combined with muscle building exercise to avoid muscle loss. Many, of course, skip the latter part and while they can end up slimmer, part of what they lose is muscle. I am not a fan of those approaches but they can be beneficial for those who manage to lose and keep off weight even though they may lose some muscle mass in the process.

Presently, however, a scary diet is now becoming more and more popular: The HCG diet.

On this diet, people go on a 500-calorie a day meal plan while taking some form of the hormone HCG (human chorionic growth hormone). While on phase 1 of the plan, they eat about 3 ounces of meat or fish and a handful of vegetables twice a day with a few small pieces of fruit added. That is starvation level, fails to provide needed nutrients, and will definitely begin eating muscle. The diet proponent’s claim that the



HCG either injected or swallowed prevents body from burning muscle instead of fat. The proponents promise quick weight loss, no hunger, and no loss of muscle.

Pregnant women make HCG, a hormone that helps maintain pregnancy. Pharmaceutical HCG is either extracted from urine of pregnant women or is made using genetic modification. Physicians use HCG injections as a fertility drug to induce ovulation. It is also used to increase testosterone levels in men who have been taking steroid medications. There is no research showing HCG to have any benefit in a weight loss scheme.

In other words, the HGC diet uses a hormone that cannot do what it is being touted for. That means, as you go on the 500-calorie diet, you starve your body of needed nutrients and you will lose significant amounts of muscle. The “real” HGC diet uses injectable HGC because HGC does not work when taken orally. When HGC is taken by mouth, it is broken down and is not absorbed properly. Moreover, “real” HGC is only available by prescription. That means that only those doing the diet under an MD’s supervision are taking “real” HGC. Most people doing the diet on their own are taking a homeopathic dilution of the hormone, but a dilution not made according to the principles of homeopathy, and has been outlawed by the FDA. Some are taking something called HCG, but those tablets do not actually contain HCG; the ingredients are never identified in the promotional materials. Injecting hormones or swallowing unknown substances seems pretty scary to me. But something else takes the cake.

Remember mad cow disease? In humans, it is known as Creutzfeld-Jacob’s syndrome or CJS. In CJS, prions trigger changes that cause people to lose their minds, lose their ability to eat, waste away, and die. In the 1970s, a number of children who were growing poorly were treated with human growth hormone that subsequently proved to carry prions. Those children died of CJS. Recently scientists discovered that HCG also can carry prions. Thus, HCG injections, HCG tablets and potentially homeopathic HCG pose the risk of CJS. No matter how remote that risk, to me this is the deal breaker.

In my opinion, you have to be a little batty to subject your body to a starvation diet in today’s world. Our poor bodies are exposed to so many toxins and other forms of oxidative stress that I think we instead need to do everything we can to support them. We should not be stressing the body with drastic calorie and nutrient reduction. I also think you need to be a little batty to take a hormone – substances that have extraordinarily complex actions – without clear medical reasons and clear proof that you need that hormone. If in addition the hormone you are taking is either extracted from the urine of pregnant women or is a genetically modified drug, well, I find that batty as well. The idea of exposing yourself to the risk of an incurable illness so you can lose weight quickly, well that is crazy and over the top in my book. So, if you plan on doing the HCG diet, here is my advice: DON’T

## The Road To Resilience

Continued from Page 1

our cars to tell us where we are, and our I phones to supply all the answers is a precarious situation indeed. Relying on the economy to provide for all our needs has allowed us to forget how to live on this planet. The more of us who are able to take care of ourselves the more stable and constructive will be our adaptation to the new world that is certainly coming. That’s resilience.

We don’t all have to learn all the skills to provide energy, food, shelter, and clothing for ourselves. That is something the survivalists, who intend to make their stand out in the middle of nowhere, have to worry about. The beauty of living in a community is that we can each contribute one or two skills and rely on our neighbors to provide what we can’t. However, we have to know that we have a comprehensive set of skills in our community. We need to do a skills survey on our islands to see what our capabilities are right now. Then we need to identify what is missing and start to fill in those gaps. Personally, I think that achieving this will be a lot of fun and, using Sharon Astyk’s adage, it will be good to do “EVEN IF” none of the dire predictions above come to pass.

Would you like to be more self sufficient in your meat and/or vegetable needs all year around? Would you like to cut your

energy bill in half or more by creating some of your own energy and making your house more efficient? Would you like to lower your water bill by providing more of your own needs from rainwater and recycling your graywater? Would you like to see your trees turned into lumber or beautiful craft material? Might you live in a place where you could have a water system in which water was the only moving part and gravity the only power required?

The First Annual Island Ingenuity Tour, on Saturday, September 22, from 10 am to 3 pm, will give you the opportunity to see all of these activities and more, and to talk with owner/builders of the these systems. There are 16 sites in all, five clustered in town for a walking tour, five clustered to the north for a 9.6 mile bike tour from the Farmer’s Market, and six sites to the south on a 13.6 mile circuit from the market. Of course, you don’t have to go by bike, but we encourage you bikers out there to take the opportunity to show us how to save money on transportation. Download maps and site descriptions at islandgreentech.org or pick one up at the Market on 9/22. See Susie Kalhorn’s article in this paper for more info.

Hope to see you on the tour!

Comments or questions?  
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**Aries (March 20-April 19)**  
You may feel like you’re using your work as a distraction from relationships, though the things you need to address with partners will be presenting themselves soon enough. It’s likely that they will take initiative, though you’ll need to do some sorting out to determine what’s really on the minds of the people close to you. Take some time; give yourself at least a day or two between learning something and deciding what it means. Meanwhile, you seem to have a lot on your plate, in terms of what you need to get done, and you may have the feeling that time is closing in. There are a number of projects that have a one-week time frame on them, though several that you will need to complete by the end of Friday (or Saturday the latest). That means you’ve got to prioritize, based on relative importance, and which projects have been delayed the longest. Once those are out of the way, you’ll feel better.

**Taurus (April 19-May 20)**  
You seem to be invested in a situation that’s approaching a moment of truth. Said another way, that’s a checkpoint where you reconcile with yourself and someone else involved in the scenario, and clear up any factors of denial or deception that may be present. The reason that these are so popular is really a matter of convenience, in the short-run, anyway. One of the first things to check is whose conduct in the situation is self-serving rather than mutually supportive. This is another way of asking whose agenda is dominating? Who benefits, and who pays? Ideally, those things would be distributed more or less evenly, and if they’re not, it’s time to figure out why. This includes a number of emotional dimensions to the situation. When it comes to hidden material and motives, however, you’re the one in the best condition to investigate what’s going on for you -- and I suggest you do precisely that. If you do, you’ll learn quite a bit about yourself.

**Gemini (May 20-June 21)**  
Get ready for the pace of your life to pick up -- and for an adventure that will take you through next week. This may translate to a wild ride, though in order to keep some control over your affairs, I suggest you stay a step ahead of yourself. Nearly anything or anyone that you’ll encounter is already in place, pretty much where you expected it to be. If you think things through, you’ll be able to eliminate most of the elements of surprise. That will leave you clear to consider your responses. I suggest that you err on the side of saying less rather than more; and that you take fewer chances with what you say and do. That’s going to be the challenging point, as you may be inclined to take bigger risks than are appropriate, given the challenges associated with the situation. I suggest you proceed slowly, taking one step at a time -- and responding rather than reacting.

**Cancer (June 21-July 22)**  
Focus your mind, and center yourself emotionally. I understand the challenges of doing so, given the current planetary setup. It’s as if you’re living underneath an invisible reservoir of things to do that keeps spilling its contents onto your head. What is not increasing is the time you have

to accomplish all these things, so I suggest you ramp up your level of organization and basic maintenance. You’re wrapping up one phase of accomplishment (though it may not feel like that yet) and are about to take up a whole new agenda. Based on this information, I suggest you begin to set aside all new activities associated with the old agenda, focus on wrapping up what you’ve taken on, and then prepare to move onto a new phase of experience. Focusing your mind will work; criticizing yourself will not, and it’s vital that you not only know the difference, but act on it. Devote yourself to what must be done each day, and make sure you feed your spirit along the way.

**Leo (July 22-Aug. 23)**  
I know this sounds strange to say, however, feeding your doubts does not build your confidence. Understanding your limitations and working with them would be the counterpart to that. Confidence translates to faith in yourself. You know you’re working with confidence when you can stand up to a challenge, rather than worrying about whether you’re going to be able to get it done. Still, emotionally, you may be walking a fine line here. You may feel like every time you do something vaguely bold, you pay for it in insecurity and uncertainty. Note carefully the presence of any guilt that you may feel, or shame that may be associated with feeling ‘too’ ambitious. If you’re picking up any of this toxicity, I would propose that it’s associated with the feeling of exceeding a boundary or challenging someone’s authority. Look into that and remember, taking authority over your own life usually implies taking it away from someone else -- even if you didn’t know they had it.

**Virgo (Aug. 23-Sep. 22)**  
Saturday’s New Moon in your birth sign is about developing self-esteem. New Moons represent the commencement of a new cycle, and in your own sign this is distinctly personal. The self-esteem question may surface first with the feeling that something is missing. You may discover that you’re looking at yourself in a narrow, biased way. One of the first steps you’ll take in getting to a better place is opening up your perspective, and taking a more balanced view. I suggest you gather the information that you need to do that, rather than allowing yourself to be backed into a situation where you feel like you’ve got no choice. If you start to feel like you’ve got just one option, the very first thing to do is make up other options. This will help you exercise your best skill, which is your flexibility. You have others, of course; using your skills and talents is the best way to cultivate them, which is to say, use and develop them -- and as you do, one positive result will be the actual feeling of self-respect.

**Libra (Sep. 22-Oct. 23)**  
You may be wondering what’s brewing behind the scenes, though you could just as well look at what’s obvious. I know there seems to be a strange kind of pressure leaning on you. Various planetary factors describe a crisis of maturity. This makes sense given how that’s been the theme of your life for most of the time that Saturn has been in your sign -- particularly now that phase is coming to a close (Saturn leaves your sign on Oct. 5). Here is the thing to remember: You’re

bigger than the parts of yourself that you don’t like. You’re bigger than your problems. You’re stronger than any disruptive influence that comes in through a relationship. It’s easy to lose sight of that. Yet keeping this in focus is a key element of this sometimes-elusive thing called growth. However, at the moment, you’re in a kind of blind spot, which gradually opens up over the next few days. Remember to take the issues one at a time, start slowly and build momentum.

**Scorpio (Oct. 23-Nov. 22)**  
You have every advantage now -- particularly if you know what you want, and focus on that. It seems that a high priority is making a particular relationship work, or getting that relationship started. My impression, however, is that you’re figuring out that your most important relationship is to yourself. That means living differently, especially given Scorpio’s famous desire for involvement with others. Though you’ve been here before, this is likely to feel like a radically new orientation for you, as you shift your identity away from ‘relationship partner’ and in the direction of ‘whole person’. If you’re doing this sincerely, then you will likely be experiencing some sensation of being in unfamiliar territory. However, this is not the time to say ‘I tried being myself, but it didn’t work, so I went back to whatever I was before’. Rather, it’s time to stick with the feeling that you need to stretch, and ultimately, to let go of something, in order to be 100% you.

**Sagittarius (Nov. 22-Dec. 22)**  
You have a lot going for you -- though I suggest you carefully avoid being too full of yourself. This can come up in subtle ways, though one thing that would help is if you check in with others, find out how they’re doing and listen to what they say. By all indications your own life is on solid ground; you have the respect of the people you work with and you have respect for your own talents. I suggest, however, that you let others do all the praising, while you invest yourself in paying attention to what’s influencing the people you care about. You could easily project your own sense of success or accomplishment onto them, or worse, be seen as someone who is competitive with the people you love. In any situation where desire is a factor, make sure you carefully take everyone’s wants and needs into account. The more you do this, the more others will be willing to give you what you want -- or rather, the more they’ll feel the opening to do so.

**Capricorn (Dec. 22-Jan. 20)**  
If you’re feeling the urge to be spiritual, I suggest you go for practical. ‘Spiritual’ is almost always a ruse, and too often it’s a cover for egotism. It’s almost always a way of saying that the allegedly spiritual person is better than someone else, and too often it’s used as an excuse for hypocrisy. If spiritual means anything at all in real terms, that would be about ethics, honesty and friendship to the people in your environment. This is why I suggest you stick to practical, which is to say, love is what love does. Get away from theory and get down to the business of taking care of the people you love, and the people who take care of you. This is likely to extend into your professional life, an aspect of yourself that has been under major development the past three years. That comes down to one theme: your professional relationships are real, and call for the same respect as anyone else.

**Aquarius (Jan. 20-Feb. 19)**  
It’s time to stop being envious of anyone’s success, and to take the risk and enter the territory yourself. You’ve been getting this message for a while, and it’s not about to let up anytime soon; in fact it’s in the process of making a translation from desire to necessity. Here is one thing that might be helpful at the beginning of this trip: You associate success with a feeling. Sometimes it’s the feeling of power, but whatever it may be, you crave it emotionally. And that seems to be the thing you’re not going to have for a while, so therefore I suggest you come up with another metric. One useful one could be that you’re succeeding as long as you keep deepening your understanding of yourself, and of how the world works. That may not



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be tangible enough for you, though I would propose that it’s a lot more tangible than the feeling of success, especially if that feeling is one of authority over anything but yourself.

**Pisces (Feb. 19-March 20)**  
You’re under less pressure to accomplish great things -- and therefore, more likely to do so. Making it big in the world is only occasionally linked to talent alone; many extremely talented people live in obscurity while others get all the glory. Success is also not linked to how ambitious you may be feeling at the moment. Rather, it’s about your intentions, your preparation and timing. Fortunately, those are the things you’ve got going for you right now. You’ve been on this page for a while, and I suggest it’s where you keep your emphasis. Preparation is on two levels -- your awareness of what’s going on around you, and learning the facts of any situation you find yourself in; and it includes personal preparation, which means taking a step when you’re ready to take it. This brings me to the question of timing. Readiness is an important part of this, and so is being aware enough to know when to pause, and when it’s time to make a move -- even if you don’t feel quite ready.

Read Eric Francis daily at  
www. PlanetWaves.net.

## Lilly Needs A Home...

Lilly is a little BIG dog! She is a very cute 4 year old, Corgi/Boxer mix. She is about 50 lbs and a “low rider” - big body, short legs. Lilly is smart, spirited, and active. She is good with other dogs but would be best in a house with older kids and no cats. Call 206-389-1085 or email dogs@vipp.org to meet this sweetheart! The adoption fee is \$125.



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## Eggs: Alimentary Angels or Victual Villains?

As for fat, an egg yolk contains enough methionine to emulsify its own fat plus an entire cupful of oil to make mayonnaise. For a price, you can get eggs high in Omega 3 fat. Besides, eggs taste great, and hold other ingredients together. Think Egg Fu Yung. Think quiche, custards, waffles, muffins, and pancakes.

True, some past scientific studies showed that if you eat too many eggs, your cholesterol count will rise. Not to worry: a new 3-month study by researchers at the University of Connecticut has shown that the cholesterol in eggs is the large-particle kind. Large cholesterol particles don't cling to artery walls. It's the little tiny particles, clumping together and sticking to artery walls that cause blockage. Eggs, it turns out, make our arteries safer, according to U of C research.

Conclusion: Eggs used in cooking, if not alimentary angels at least won't act as victual villains unless you're allergic to them. With a nod to the famously healthy and delicious dishes of the Mediterranean region, my Recipe of the Day,

## Crustless Spinach Quiche

4 servings

Wash the spinach. Cook it in the water that clings to the leaves. One tablespoon of butter melted in the bottom of the pan will keep leaves from sticking. Drain the spinach and chop it.

Mix the cheeses. Reserve.  
Heat the pan. Spray it with olive or canola oil. Melt the other tablespoon of butter in the pan.

Reduce heat to low. Cover. Cook 15 to 20 minutes, until the mixture solidifies. Don't overcook or it will begin to separate into liquids and solids.

## Danish Omelette

*2 servings*

Heat heavy skillet. Spray with cooking oil or melt butter in pan. Pour egg mixture in. At once, reduce heat to low. Cover pan. Cook until mixture congeals, about 20 minutes. Sprinkle with parsley. Serve hot. This comes out as a delicious, smooth main dish custard.

## Salade Aux Tomates

4 servings

Arrange ingredients in order given on four individual salad plates. Present with Vinaigrette or your favorite salad dressing.

Now for the somewhat redundant PSA: Harbor Seal pupping season is here. Most seal pups on shore are not abandoned or ill. Mother seals leave their pups alone, sometimes for many hours, while they hunt for food. Pups nap on beaches, rafts, boat ramps, stairs, and bulkheads.

Hauling out is normal pinniped behavior. Pinnipeds -- seals and sea lions -- must do it everyday. They come ashore to rest, thermoregulate, mate, give birth, nurse young, and molt. In urban Puget Sound, pinnipeds use manmade structures and even large marine debris because many shorelines are unnatural and highly developed.

If humans and dogs hover around a seal pup or prevent the mother from returning to care for him/her, Mom might ditch her baby. Sadly, pup mortality is 50%. Disrupting feeding and maternal bonding jeopardizes pup survival. When well-meaning but ill-informed humans interfere with natural behavior by attempting to “rescue” seal pups who are not in distress, the wee waifs inevitably go to wildlife rehab centers where they face an uncertain future. Humans are poor substitutes for seal moms.

Disturbing marine mammals is a violation of the Marine Mammal Protection Act (MMPA). Disturbance occurs when people impede a marine mammal's ability to hunt, feed, rest, breed, communicate, socialize, or care for young. Moreover, frightened seals can bite and transmit diseases to dogs and humans.

Newborn seals look appealing and helpless on land, but resist the urge to touch or feed them. Do not move them, pour water on them, cover them with blankets, or place them in a backpack, car, bathtub – you get the idea. If possible, stay at least 100 yards away from pups on shore -- respect their space.

About dogs roaming the Island unsupervised: owners/parents, please be responsible for your pooches, for their safety

A black and white photograph of a young seal pup lying on a pebbly beach. The pup is facing the camera, with its head slightly raised and its eyes looking forward. It has a mottled pattern of dark spots on its light-colored fur. The beach is composed of many small, dark pebbles. The background is out of focus, showing more of the beach and some distant structures.

Early one morning, a dog we did not recognize was in a standoff with an agitated raccoon trapped offshore in water up to her haunches. After considerable coaxing, the dog reluctantly withdrew, and the raccoon limped up the hillside into the blackberry bushes. What a rude awakening for the owner if the dog came back with an injury or disease from the raccoon (e.g., leptospirosis).

Another time, we interrupted four dogs stalking a mother river otter. Two dogs pursued by water, swimming after her. The dogs blocked her from delivering flounders to hungry youngsters in her den. Fortunately, the dogs retreated sheepishly when we sternly admonished them and thwarted their access to the otter.

Under different circumstances, these dogs likely would not threaten an otter. Solo

at home, Rover is probably a cuddly sweetheart, contentedly dismembering a squeaky toy, but watch out when he cavorts with his canine buddies. Dogs are social predators; when they form packs, they can misbehave. Ask Wolftown. I dread the thought of malicious dogs finding our baby seal.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as sick, injured, or dead marine mammals on Island beaches. Do not intervene with marine mammals by yourself, without clear direction from an authorized stranding responder. Many situations involving seal pups can be resolved with a phone call. Check for updates at [Vashonorcas.org](http://Vashonorcas.org) and send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

13th the caravan of handlers will start to arrive on Vashon. You'll see the temporary trailer town take shape in the Misty Isle field. Vendors and exhibitors will begin to stock their booths with their wares. An abundance of local foods will be available.

We are hoping to see all of you there, and we're very happy that our Vashon dreams are so gracefully overlapping with yours!

If you go:  
There will be a load/  
unload area at the gate and

parking is along the road. Dress for the weather, bring some binoculars, and a picnic or enjoys the offerings at the event: La Biondo Pizza Wagon, Zamora's Mexican, a Mini-Minglement, and The Pink Tractor. The event starts at 8 am each day and will go until 5:00pm. It takes a full day for one Vashon Goes To The Dogs by Laura Vishoot class so there will be non-stop entertainment. Tickets at the gate or [www.brownpapertickets.com](http://www.brownpapertickets.com)

  
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Positively Speaking

To Whom  
Much is Given....

By Deborah H. Anderson



Being a parent requires the ability to engage intimately with both little people and big people and not everyone is good, or comfortable at that. I can teach you how to do it more easily and with more fun.

Growing through your past challenges and embracing who you are with your baggage checked instead of carry –on requires authenticity and contemplative practices that keep your head bowed to your heart. I can introduce you to those disciplines and ideas and techniques that will encourage that lifestyle.

Being a pastor who is more devoted to faith than church politics or denominational doctrines requires superhuman surrender and courage and belief and I can lead you in ways that are meaningful and deep to acquire those skills that let you feel the fear of being rejected by the ruling class and go for the God moments with your own life, and the people you lead

And I can teach you this.... Once a summer it is necessary in my life to sail down the highway on a summer’s evening with the windows open and the theme song from “Footloose” blasting with the bass full on. That’s called Joy.

It’s a principle in life I thought had eluded me this summer until the last night of the last delivery of the last child I care for to the last parent ready to receive them. True it was the ‘KidzBop’ version that I think is sung by eleven year olds who are Mouse Club wannabes...but it worked. True, transcendent celebration oozed from everywhere, the car, my body, my voice, and my spirit. The world was light and free.

A week later I sailed down another street doing a test run for my career schedule which involves getting from one side of the city to another as quickly as possible. I moved from the gentrified reclaimed small homes of middle class families, to the broken down, grassless dirt and refuse filled front yards of hopelessness to the ancient mansions on their second or tenth remodel that were once the icons of Seattle wealth and power.

I thought of our highway. You go fourteen miles and encounter four stop signs, a whole lot of horses and green trees and about five blocks of small, subdued businesses. From end to Island end we are the same. No diversity, no change, few challenges.

We are privileged. I say that to you even having lived my life as one of the poorest of the poor here on the Island. I am poor. I have a Master’s degree and

five dozen other graduate credits at least. I can get by in a couple of languages. I’ve been to other parts of the world, easily. My children have been educated in private schools. The public schools they have attended have been in the ranks of the top tiers of private schools. Most of them have been to college. One of them even attended graduate school.

The word can’t is in my vocabulary only as it refers to my faith and relationship with God.

I have a waterview.

The poorest of the poor, the craziest of the crazy, the most uneducated, and the most provincial on this Island are better off than 98% of the world.

The challenge to continue to accomplish, reach for and envision the most with the embarrassment of riches we have on this Island is our greatest need. The balance between self indulged exploration of our gifts and talents and sharing them with the world to make it a better place continues to be that which we carry as the onus of blessing.

I love all the efforts on the Island that take our resources of time, people and physical blessings and connect them with the world. Not just the shoeboxes at Christmas, but the impulse to care everywhere bringing fresh water and super yams that feed the hungry and saving animals that are endangered and pushing the edge artistically so our souls keep growing and, and, and.....

We do it. We just need to keep doing it. And we need to remember we are enormously privileged just because we live here.

The rest of that quote is... ‘much is required’. ‘To whom much is given, much is required.’ There’s another one that says, “God has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.” Micah 6:8 (NIV)

Just remember. Do more if you can, but we all need to just remember that if we choose to live on this Island we are more duty bound to exercise our privilege with excellence.

Not everybody’s Footloose. We need to keep dancing just so some people can walk.

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”

Advertise in the Loop!  
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Next Loop comes out September 27

Bond with the Arts!



Olivia Pendergast fell in love with the people of Bangladesh. Her commissioned work, “Girl with Goat,” is part of a larger body of work. Photo by Janice Randall

Continued from Page 1

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. VAA honors six exemplary Island artists for this year’s Art Auction. Each artist created a special commissioned piece in their medium to be auctioned during Art Auction weekend, Sept. 21 and 22.

Saturday night commissioned artists:

Book binding designer, maker of specialty art books and teacher, Don Glaister has honed the traditional craft into an art form that suits his sensibilities and feeds his passion for books and art. Using sanded aluminum, acrylic paint and coated steel wire for his commissioned piece, “How you get there from here,” he strives to connect his wall pieces to his book projects. “I’m trying to make sense of it all.”

Triptyches of aluminum squares connected by steel, squares are constructed of wood frames, aluminum stretched over frames and screwed into the wood, like a canvas. Black acrylic paint mimics shadow and creates depth. Representing the human element, copper tones add warmth.

An avid photographer, illustrator at heart and world traveler, Olivia Pendergast fell in love with the people of Bangladesh. Her commissioned work,

“Girl with Goat,” is part of a larger body of work. “I’m moved by line,” she says.

Her elongated, exaggerated shapes and forms are influenced by German expressionism and artists Gustav Klimt and Egon Schiele. “When I first started, I was intrigued by Modigliani and Degas – their use of negative space.”

Pendergast adds, “I’m more interested in painting as meditation. There’s an opening and these paintings are what come through.”

Master Carver and silversmith Israel Shotridge grew up in Ketchikan, Alaska, surrounded by water, mountains, fog-shrouded cedars and a culture he knew little about. Over time he learned about his mixed ancestry, including the Teikweidee Taantwaan Bear Clan of the Tongass Tribe. Regarding his livelihood, Shotridge says, “I never planned it; this seemed to be my calling.”

His auction piece, “The Blue Heron,” a 6.5” long by 1.25” wide silver engraved women’s cuff bracelet, features a heron’s wingspan. Using a jeweler’s block or hand work, he uses ‘dead soft’ silver which is easier to carve.

“All my designs were borrowed originally, but as an artist, you come up with your own; it’s always evolving. I try to keep it simple. After 30 years, I’ve learned less is more.” Shotridge is the unofficial caretaker of the totems in Ketchikan.



Master Carver and silversmith Israel Shotridge. Photo by Janice Randall



# Trolls Cottage



From the Northwest, the Pacific and the sunset.

Ten plus years of genre-blending music mixed with intoxicating lyrical depth. Trolls Cottage is hypnotically simplistic; music soaked in lyrical contemplations.

Trolls Cottage will pack the house like no other bands have ever been able to, thanks to the warm welcome by friends and family that will come out to support the hometown boys. Trolls Cottage is finally returning to The Red Bicycle after an amazingly long hiatus from performing.

The Trolls Cottage sound has been defined in many ways. Some say it is semi-acoustic rock with conscious lyrics and danceable beats. Others see have seen it different light, such as in 2002, when their live album was voted to the semi-finals of the Grammy Awards, in the Best Reggae Album category. More often than not, Trolls Cottage has been described as unique, having developed a sound that makes the group stand out from the oceans of other bands. They are enjoyed by a wide range of people, especially when performing at outdoor festivals where the crowds are so diverse. The energy this

band brings to a performance is exhilarating and most certainly compels the audience to get up and dance.

Self promoted tours and self-released albums have garnered the group serious attention from local and national publications such as a recent big feature in the 35th Anniversary Issue of Powder Magazine. While they have mostly stuck to larger clubs around Seattle and neighboring cities, Trolls Cottage has also completed several West Coast Tours that have included shows in British Columbia, California, Idaho, Montana, Oregon, Utah, Washington and the Hawaiian Islands. Over the years Trolls Cottage has shared the stage with many international acts like Luke Dube, Gregory Isaacs, John Brown’s Body, Culture, Eek A Mouse and Clinton Fearon at local venues and festivals such as Bumbershoot, Folklife and Island Earthfair.

Trolls Cottage will perform at 9:30pm at the Red Bicycle. This is a 21+ event. Cover charge is \$10.

Saturday, September 15, 9pm. At the Red Bicycle, 17618 Vashon Hwy Phone 206-463-5959

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

# Art Show sponsored by Vashon Classic Sheepdog Trial

Approaching our end of summer season on Vashon brings lovely images to mind: warm, sunny days, garden harvest(this year, anyway), beach play, and of course, our own sheepdog trial. The island and greater Seattle area communities have gathered each year to see this traditional interplay of handler, sheepdog, and sheep played out on the bucolic setting of Misty Isle Farms through courses modeled on competitions held in the Scottish borderlands for over a century.

We’re fortunate living here to count so many, excellent and varied artists among our residents so it seems natural for the Sheepdog Trial to celebrate their talents in an art exhibit and competition and also to further celebrate historical human connection with agriculture by naming the exhibit “The Value and Beauty of Farm Life”. The art work entered is amazing and the majority live on Vashon Island.

The exhibit opens September 7, at the Two Wall Gallery. Come celebrate farm life and vote for the People’s Choice Award!



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# Vashon Opera Performs Mozart!

Vashon Opera will perform the opera Cosi fan tutte by W.A. Mozart on September 14 and 16 at the Vashon High School Theatre. Several past Vashon Opera stars will return and also several new artists will debut. Brendan Tuohy who made a stunning splash with his portrayal of Martin in Vashon Opera’s The Tender Land in 2010 will return to sing the role of Ferrando and Sarah Mattox who shined with sparkling coloratura as Rosina in Vashon Opera’s production of The Barber of Seville will return to sing the role of Dorabella. New comers to Vashon Opera are Erica Row, soprano, who will portray the role of Despina and Charles Robert Austin, bass-baritone, will debut as Don Alfonso. Andrew and Jennifer Krikawa will fill out the sextet playing the roles of Guglielmo and Fiordiligi. Maestro Jim Brown will return to stage direct and conduct the chamber ensemble while Vashon’s own Joe Farmer will take on the role of chorus master.

Season tickets for Vashon Opera’s 2012-2013 season of Cosi fan tutte and Il tabarro/Gianni Schicchi are currently available online at [vashonopera.org](http://vashonopera.org).

Individual tickets are available online and at Vashon Bookshop.

Performances: September 14th at 8pm and September 16th at 2:30pm at Vashon High School Theatre.



Sarah Mattox sings Rosina in Vashon Opera’s The Barber of Seville. Photo credit Ric Peterson

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## The Brainstormers

Rising out of the West, The Brainstormers are a hurricane of Southern Old-Time Music headed your way—a perfect storm of instrumental power and brilliant harmony singing illuminated by lightning flashes of lyrical and comic genius. Tom Sauber, Patrick Sauber, and Mark Graham brainstorm a new and original sense to the classic sounds of Old-Time Music exemplified by the likes of Uncle Dave Macon, Ed Haley, Dock Boggs, George Pegram and Red Parham. They will electrify you with



their own “old timely” inventions.

Friday, September 21, show begins at 9pm and is an all-ages, no cover event.

## Dance The Night Away

DJ Million, also known as Davee C. Carpenter from Seattle, will be spinning dance tunes at Nirvana Indian Restaurant on Friday September 14 from 9PM to 1AM. Nirvana owner Rohit Sharma says “DJ Million plays funk, hip-hop and soul and he knows the best songs to get everyone up and moving. Our guests always have a great time. We’ve had a lot of great dance and music events at Nirvana and Davee always puts on an amazing show. Come for dinner or a drink and stay to dance the night away.” Dancing is free and all ages are welcome until 11PM, then 21 and over until 1AM. More information at 463-4455 or NirvanaVashon.com.



**DJ MILLION  
AT NIRVANA**

## Drama Dock’s I LOVE YOU, YOU’RE PERFECT, NOW CHANGE is back

Good News! Drama Dock’s I LOVE YOU, YOU’RE PERFECT, NOW CHANGE is back for a special 2 Night ONLY encore presentation! And the four performers who delighted audiences in February of 2011 are also back: Louie Mangione, Marshall Murray, Stephanie Murray and Drama Dock’s Artistic Director, Elizabeth Ripley will be your cast, with fabulous musicians, Linda Lee at the piano and Karin Choo on violin.

“Everything you have ever secretly thought about dating, romance, marriage, lovers, husbands, wives and in-laws, but were afraid to admit....” Well, this show is a free-wheeling, fast-paced and very funny exploration of the agony and ecstasy of dating, loving, marriage --and every triumph and disaster in between. It is the story of our lives --with a laugh track. In hilariously clever vignettes about horrible first dates, meeting baby-hungry parents and surviving family trips in the car, the four actors take on the lives of more than twenty characters

facing the trials and tribulations of dealing with the opposite sex. Every segment is significant, whether it’s laugh-out loud pieces like A Stud and a Babe or The Marriage Tango or a songs with a more endearing tone, I Will Be Loved Tonight or Shouldn’t I Be Less in Love With You. This hilarious revue pays tribute to those who have loved and lost, to those who have fallen on their face at the portal of romance, to those who have dared to ask, “Say, what are you doing Saturday night?” You will leave the show thinking...Were they talking about me? In short, it’s the perfect date-night comedy!! So go get some tickets for yourself and your sweetie: Tickets will be available at Books By The Way, Brown Paper Tickets and at the door of the Vashon High School Theatre.

I LOVE YOU, YOU’RE PERFECT, NOW CHANGE, with Book and Lyrics by Joe DiPietro and Music by Jimmy Roberts, is the second-longest running Off Broadway Musical in history! When it closed, it had played a total of 20 previews and 5,003 regular performances! Don’t miss your chance to see Vashon’s own I LOVE YOU, YOU’RE PERFECT, NOW CHANGE, Saturday, September 29th at 7:30 pm and Sunday, September 30th at 2 pm, at the Vashon High School Theater.

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## Cami Lundeen Concert at Nirvana

Nirvana is hosting a free concert by Vashon Island singer songwriter Cami Lundeen on Saturday September 22 from 7 to 9PM.

A California girl at heart, Cami has a vast array of life experience that permeates her music. She is a singer-songwriter with a unique and inviting voice. Her style is best described as Indie Folk-Pop, ranging from soft and intimate to boisterous and fun. Both passionate and authentic, Cami’s songs about life, relationships, hardship, and hope are easy to relate to. Her abundant passion for music and life is evident as she pours her heart and soul into her songwriting. Cami plays the acoustic guitar and is often accompanied by a cajon drummer. The cajon, a flamenco



box drum, adds a unique flare to her acoustic sound. The concert is free and all ages are welcomed. More information at 463-4455 or NirvanaVashon.com.

## Community Cinema Half the Sky: Turning Oppression to Opportunity for Women

Community Cinema Vashon opens its 3rd season on Tues, September 25th with a preview episode of the new mini-series Half the Sky: Turning Oppression to Opportunity for Women Worldwide. Sponsored by Voice of Vashon, this monthly documentary film event will be now be hosted by Green Tech and Vashon Theatre at the Theatre on the last Tuesday of each month from 6-8pm. Community Cinema is always FREE and everyone is invited to share excellent films on current social issues followed by discussion led by interesting speakers from Vashon.

A landmark PBS transmedia project based on the book by New York Times columnist Nicholas Kristof and Sheryl WuDunn, Half the Sky: Turning Oppression to Opportunity for Women Worldwide follows Kristof and celebrity actresses America Ferrera, Diane Lane, Eva Mendes, Meg Ryan, Gabrielle Union, and Olivia Wilde travel to six countries and meet inspiring, courageous individuals who are confronting oppression and developing real, meaningful solutions through healthcare, education, and economic empowerment for women and girls. In this preview of the 4 hour film we will follow Nicholas Kristof and Olivia Wilde in Kenya as they show moving scenarios of economic empowerment.

After the film you will have a chance to share your response. We will also hear from several women about work that they are doing. Priscilla Schleigh of Giraffe will share how buying fair trade goods can enrich the lives of artisans, in true tangible ways, thereby creating an opportunity to break the cycle of economic disparity the plagues the developing world.



Ann Atwell, of Vashon, is the Development Director of the Maasai Children’s Initiative which advocates for social empowerment and economic development for Maasai girls, through education, leadership development and technology training. We will hear how Vashon is involved in helping in Kenya.

We will meet Heidi Breeze Harris, Co-founder and Executive Officer of One by One. This Ballard based organization was founded in 2005 with the singular mission of contributing to the elimination of fistula worldwide. They work to increase awareness and understanding of this deeply troubling condition that affects so many women. They also partner with in-country organizations to create programs and mobilize the resources needed to support both life transforming treatment programs and essential prevention work.

We are excited to also show you previews of the upcoming films in our 2012-2013 season.

Community Cinema, presented by the Independent Television Service (ITVS), is a free monthly screening series featuring films for the Emmy Award Winning PBS series Independent Lens. Look for our colorful flyers around Vashon and plan to attend this community building activity. For more information, visit communitycinema.org; local site ccnw.tv. Jane Berg 567-4532

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