

Vol. 9, #20

New Local Ownership for Vashon Market IGA



Shawn and Kathy Hoffman

Vashon Market IGA today announced that effective Saturday, September 29, 2012 the business will be owned and operated by longtime Vashon Island residents Shawn and Kathy Hoffman. In conjunction with the change in ownership, the store will also be changing its name to "Vashon Market Fresh IGA."

The Hoffmans have owned the

property and shopping complex where the store is located for the past seven years. Shawn grew up in the community, attended Vashon High School and after earning his college degree returned to Vashon with his wife Kathy to raise their family. Shawn also is currently an assistant basketball coach at Vashon High School.

Continued on Page 11

Road to Resilience The Real Dirt By Terry Sullivan, Transition Vashon

Soil is the least appreciated aspect of the holy trinity of life on this planet. In fact, soil suffers abuse as well because, unlike air and water, its value to us is not readily apparent. First there's our common name for it. Dirt is supposed to be on the ground, and when it shows up anywhere else, that place or object is said to be "dirty" and unacceptable until it has been "cleaned". Most of us also know that dirt is a medium in which things grow and that it is made of sand, clay and some black stuff. Dirt holds water and the nutrients we put in it around the roots and supports a plant so it can grow toward the sun. Many of us think that dirt could be replaced by just about anything that has the same general physical characteristics, as hydroponics has shown. The idea that there is more to soil "than meets the eye" is literally true. As soil scientist Elaine Ingham states in the new film, "The Symphony of the Soil," "It's Times Square on New Years Eve in the soil, all the time". There is a huge complex, living world in every teaspoon of soil that we are naturally oblivious to because we can't see it. In fact, we still don't know what 70-80% of it is.

A good argument can be made that the primary phalanx of the evolution of life on this planet is and always has been occurring at the microscopic level. Life first appeared on Earth about 3.5 to 3.9 billion years ago. It wasn't until about 600 million years ago, that any single organism big enough for humans to see evolved. You could think of larger organisms as just a more sophisticated way for microbes to survive and thrive. One of the big breakthroughs for developing those organisms was the evolution of mitochondria. These are bacteria that somehow survived being consumed by another cell; they developed a symbiotic relationship with the host. They convert chemicals to energy and can be increased or decreased in population as the needs of the cell requires. They carry instructions from the nucleic DNA for the growth and differentiation of new cells. In other words, they greatly expand the abilities of cells, and might possibly have been the key to the evolution of multicellular organisms.

Vashon-Maury Island Garden Club's 60th Anniversary Exhibit

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by Steve Amos

I must confess that I viewed the Vashon-Maury Island Garden Club largely as a passel of peculiar, singlyfocused (mostly) women who meet occasionally to obsess about plants and wear silly hats. In my own defense I was not entirely wrong, because they certainly are that, but that fact turned out to be the barest scratch of the surface of an organization of unexpected depth and quiet, selfless devotion to the Vashon community as a whole. And, somewhat surprisingly, I learned this not from the Club itself, but rather a local Ph.D academic/historian unaffiliated with the Club.

The unadorned facts are quite simple: the Vashon-Maury Island Garden Club, as part of its 60th anniversary celebration, will have an exhibit at the Vashon-Maury Island Heritage Association Museum entitled "Passion in the Dirt", running from October 5, 2012 through February 28, 2013. The Museum is open Wednesday through Sunday from 1:00 PM to 4:00 PM. Admission by donation.

The "Passion in the Dirt" exhibit itself is broken down into a number of thematic displays which, individually within themselves, are further broken down chronologically. Some of the displays are: The Community Garden Awards; Flower Fairs, Festivals and Shows; Flower Arranging; Horticultural Education; Island Beautification; Fellowship. There will also be a display of at least 25 garden hats contributed to in light of the recent success of The Apron Show at the Museum. As luck would have it, Hunter Davis, Susan Hedrick and Patty Custer were members of the Garden Club. Hunter Davis and Susan Hedrick had been curators in the Apron Show and Patty Custer was on the board of the Heritage Museum. After a couple of meetings with the Museum, which coincidentally already had some historical documents related to the Garden Club, a Garden Club committee was formed, and the idea of a Garden Club exhibit at the Museum took off.

Bruce Haulman, a Board of Trustees member of the Heritage Museum, a Ph.D from the University of Washington and author of "Images of America: Vashon-Maury Island" (ISBN-10: 0738574996), one of the few history books covering Vashon Island, acted as the liaison representing the Heritage Museum with the Garden Club. I interviewed Dr. Haulman and a rather fascinating story came out.

The Heritage Association had been contacting agriculturally-related organizations (VIGA, The Garden Club, The Grange, etc.) with an eye to staging some events related to Vashon agricultural history. For various reasons, the agricultural idea did not pan out, but the Garden Club brought up the fact of their upcoming 60th anniversary. The Heritage Association had already had a recent positive relationship with some Garden Club members, and so a Garden

Those mitochondria exist in every one of our cells. They are not us (!); *Continued on Page 11* the exhibit by Club members.

But things really start to get interesting when one begins to explore the background and subtext of the Garden Club's 60th Anniversary Exhibit; what is there about a Garden Club that would particularly pique the interest of a history Museum to the extent of putting on a five-month-long exhibit about it? The answer to that question suggests that the Garden Club's 60th Anniversary Exhibit has elements of interest to a far wider audience than merely garden enthusiasts.

The notion of a Garden Club exhibit at the Heritage Museum seemed to have a charmed existence from the beginning. About a year or so ago, Jaralene Spring, the Garden Club Historian at the time, began talking to other Garden Club members about the upcoming significant Club anniversary date. Susan Hedrick brought up the idea about doing something with the Heritage Museum Club exhibit seemed to be a natural.

But what is there about the Garden Club that would be of interest to the Heritage Association and from the Heritage Association's perspective, to the larger audience of Vashon Island as a whole?

In the general sense, flowing wells of historical information are few and far between, even in small, relatively closeknit communities like Vashon Island. Whole communities do not generally document their history as a standard practice. Clubs and organizations like the Vashon-Maury Island Garden Club, on the other hand, DO keep relatively good records about their doings and activities. Club documents, consisting of everything from meeting minutes, evolutions of the bylaws, documents relating to projects and events, and so on, act as a sort of cultural/sociological "kitchen middens" which when viewed Continued on Page 11

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.

Acrylic Painting Classes \$20, Wednesdays Noon to 2:30pm

Also Face Painting & **Decretive Painting**. Call 206-501-8549 or Leave message @ 206-463-6310

Sci-Fi Saturday

Earth vs The Flying Saucers! This 1956 classic has special effects by Ray Harryhausen that are excellent. Great plot too! The aliens come to earth in need of help and the army shoots one of straight off! Of course this makes them furious and so are forced to retaliate. Harryhausen love to have the endings of his films in known places, ones that were easy to recognize. This one takes place in DC. Hmm.....

Where: The Island Theatre

When : October 6, 1:30pm How much: Some canned food or boxed food items. \$10.00

at the box. More is better. :>) What: Chicken Soup Brigade.

A food drive for those living with HIV/ADIS in King, Kitsap, Pierce and Snohomish counties. See you at the theatre!

Find us on Skype Vashon Loop 206-925-3837

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

Meeting

W.A.T.E.R.

Women and girls ages 16 and older are invited to the monthly meeting of this new social service organization. This year, the group is focusing its efforts on supporting DoVE, the Island's domestic violence organization, and will support DoVE's Domestic Violence Awareness Month campaign in October and a fundraising dance in March. For more information, see www.vmiwater.org or email info@vmiwater.org. 7 to 8:30 p.m. Monday, Oct. 1, at Courthouse Square on Vashon Hwy.

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.

Vegan Potluck

Woman's Way Red Lodge

Woman's Way Red Lodge will host a celebration of its six years with a ceremony and "friend raiser" Saturday, September 29th, 10:30-4:30 at the Dolstad Family Farm, 12108 SW 148th. "Open the Door Wider" will include an opening ceremony at 11, silent auction, garden vegetable lunch, a 4-directions medicine wheel, drumming, community art mandala, and spiral dance. All are welcome - women, men, children, and those new to Red Lodge.

Woman's Way Red Lodge is a 501 c3 nonprofit whose mission is to "Enliven the Sacred Feminine, Honor All Beings, As We Serve Our World." For more information about the event or the organization go to www. wwrl.org.

Dance Improvisation **Classess**

With Karen Nelson at Hanna Barn Studio Monday afternoons for kids (all ages)--"Banana Dance" Monday 6-8pm for adults- "Moving in Sensation". www.explomov.weebly.com or call 503-740-0523 for more details.

VEGAN POTLUCK,

Secondary Schools Open House

Harbor School has invited a number of off-island high schools, as well as Vashon High School, to meet with prospective families on our campus the evening of Tuesday, October 2, from 6 - 8 PM.

This event is primarily for current 8th graders and 7th graders who wish to explore all of their high school options. These schools will have their own open house events, but we're hoping to make this easier on Vashon students by bringing them together on island. All island students are welcome.

Schools represented (as of 9/21): Vashon High School, Annie Wright School, Bellarmine Preparatory, the Northwest School, and Charles Wright Academy. In addition, Harbor School will have materials available from other area schools that are unable to send a representative (SAMI, Aviation and Tacoma School of the Arts, to name a few).

Harbor School will be following up later this fall with another secondary school event - a Student Roundtable where our current students can speak to Harbor School alumni who are attending these and other schools. The date for the Student Roundtable event will be announced in the coming weeks.

About Harbor School

Harbor School is an independent day school serving grades 4 - 8. Situated on North End acreage and entering its 18th year as an island institution, Harbor School is dedicated to the education of the whole child in a challenging and supportive community. We provide our students with a strong academic foundation and require them to actively apply their knowledge and skills. The ultimate goal is to instill a life-long passion for learning that will enable our students to contribute their wisdom, compassion, and leadership in a rapidly changing world.

SUCCESS!!!! TREASURES IN THE ATTIC, Vashon's Own Road Show

Organizers send a HUGE thank you to the appraisers and experts, Marci Christopher, Mike Urban, Gay Jungemann, TK Christopher, Greg Nolan, Ernest Lopez, John Pearce, Pat Nesland, Chai Mann & MC Troy Kindred who ALL volunteered their expertise. We couldn't have had this fundraising event without your support.

Was it junque or was it a treasure? Many surprises! and stories!! 400 people attended, donated items to the Auction or offered bids with Troy Kindred, Auctioneer's assistance. Others purchased new treasures in the booths. Thanks also to TrueValue, VAA, Vashon Senior Center, Vashon Eagles, and Vashon History Museum Volunteers.

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



Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: DeeBee,

Sept. 29, 5:00-7:00 at Linda's (Fox) home. Call 963-1058 or

e-mail heartsong@gmail.com for directions. What to bring: A prepared dish of organic vegan ingredients (no animal products!), Whole organic fruits, as well as salads are especially welcome, Please provide a detailed list of the ingredients. These events are about abundance... if eaten alone, one person's potluck offering should fill themselves

Joanna Gardiner



Ed Frohning, Rick Tuel, Jeff Hawley

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and at least 2-3 additional people. If it's your first time and you don't know what to bring, just bring an organic salad with dressing on the side. And!, this is a no-trash bash so please bring your own plates and silverware.

Loving care for animals,

plance and homes

567-0560



Next Edition of The Loop **Comes out** Thursday, **October** 11

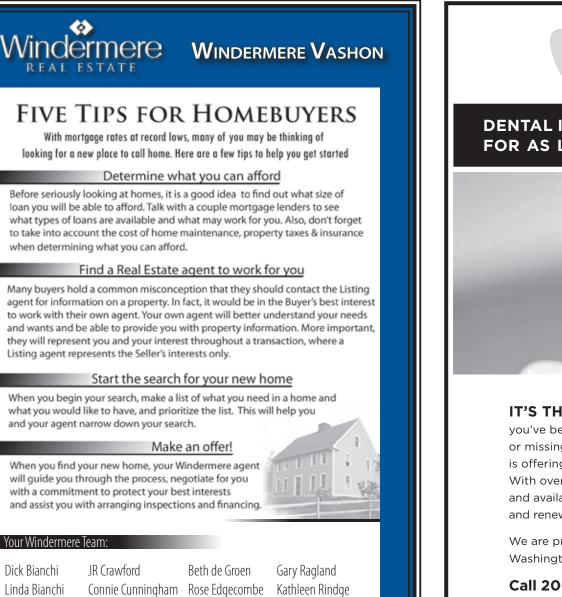
Deadline for the next edition of The Loop is Friday, October 5

Dancing on Vashon!

Mark your calendars and share the following information with everyone you know who might want to join us for some dancing on Vashon! Saturday, October 6, 2012, Vashon Social Dance Group will host our monthly FREE dance and pre-dance lesson. This month we will build on our East Coast Swing dance repetoire. We will teach and or review the basics and add a few fun moves for those up to the challenge. Saturday, October 6, 2012 Vashon Social Dance Group will offer a FREE Dance lesson in East Coast Swing

Where: Ober Park Performance Hall

Time: East Coast Swing Lesson 6:30 - 7:30 Dancing 7:30 - 9:30 pm Questions? Contact Candy (206) 920-7596 or, visitwww.vashonparkdistrict.org Come one, come all, bring your smile, come alone or bring some friends. Let's warm up to fall by swinging into the season with lots of lovely dancers from Vashon and some of our Seattle dance pals too.



Sophia Stendahl

Deborah Teagardin

Windermere Vasl

www.WINDERMEREVASHON.com

Cheryl Dalton

Nancy Davidson

206-463-9148 vashon@windermere.com

Paul Helsby

Denise Katz



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Live Entertainment September 29, 9pm Publish the Quest

October 4th, 8pm Sharing the Stage

October 5th, 8:30pm Tab Tabscott, John Shubert

October 12, 8pm Dave McGraw & Mandy Fer

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Vashon Library Events Art & Music Events Submit your Event on line at www.vashoncalendar.org

206-463-9041 Vashon Hydrophone Project **Orca Annie Stateler and Mark Sears** Vashonorcas@aol.com Support Vashon-Maury Island Whale Research Sightings NOT Disclosed to Whale Watch Boats

vashonorcas.org

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Update in Island Landmarks case to resolve "Governance"

By Lynn Greiner

Background: Island Landmarks', a Vashon-based non-profit corporation, is responsible for stewarding the historic Mukai house and garden. On June 4th, 2012, Island Landmarks' members met at a "special meeting" and removed the prior board. Members elected a new board of 11 Vashon based community members including historians, librarians, educators, historical preservationists, project managers, a landscape architect, and a lawyer.

On June 18th, the newly elected board filed a lawsuit in King County Superior court, asserting their right to govern Island Landmarks. This lawsuit is necessary as the former board has refused to step down. The "plaintiff" in the lawsuit is the Island Landmarks' new board. The "defendants" in the lawsuit are the five former board members.

Island Landmarks' Motion for Summary Judgment was filed Friday, September 14th. and will be heard on Friday October 12, 2012 at 11:00 a.m. This Motion asks the court to declare that the plaintiffs are the lawful governing board, and that the defendants no longer have any control over the organization. Once this occurs, the plaintiffs can begin to revitalize Island Landmarks, and more importantly, the sorely neglected Mukai house and garden.

In the Motion, Island Landmarks makes two claims. First, we assert that the actions taken by the membership at the June 4th meeting—removal of the former board and election of the new Board—were authorized by the organization's Bylaws, and by state law. Second, we ask the court to "judicially remove" the defendants due to their continuing dysfunction and malfeasance. Specifically, the defendants:

• lost the organization's federal 501(c)(3) status

• failed to pay property taxes on time and risked foreclosure of the property in 2010

• failed to maintain a membership and ignored requests to join the organization

• failed to hold required membership meetings and properly elect directors

• used the Mukai house regularly as a vacation residence during visits to Vashon

• co-mingled personal monies with funds of Island Landmarks

• failed to account for \$150,000 in public funding

• attempted to sell the Mukai property with adjacent privately owned property

• failed to satisfy a host of public funding requirements

• neglected the house and garden such that both are in need of serious repair

• and lost the confidence of community members, funders, and supporters

Island Landmarks' Motion for Summary Judgment is supported by 11 declarations from an array of individuals who all support Island Landmarks' new leadership.

The Motion for the Summary Judgment will be heard by King County Superior Court Judge Monica Benton on Friday October 12, 2012 at 11:00 a.m., courtroom W-817, 516 Third Avenue, Seattle, Washington. Community members are invited to attend. For more information, visit Island Landmark' website at http:// mukaihouseandgarden.org/, or contact Ellen Kritzman at 463- or Lynn Greiner at 660-6239

Vashon Solar LLC begins promotion to install solar panels at Harbor School



Gib Dammann with the Vashon Solar LLC banner at Harbor School, where installation of the framework that will support the solar panels has BEGUN!! Artisan Electric is the contractor. Phase 1 memberships are available until the October 1 deadline and then Phase 2 will proceed

Perfect weather boosts the energy and enthusiasm of the Vashon Solar LLC group! We are gathering interested parties to learn about participation in a community solar project available to individuals.

State energy incentives are available through a community solar program. Vashon Solar LLC is such a program organized as an LLC ready to install a 9 kW solar panel array at the Harbor School on Vashon Island School District property.

Community Solar Projects are being organized and built all over the U.S. The idea is for a group of energy customers to invest in a solar array built on a public site in one's own community. The members realize partial re-imbursement on their outlay while supporting local solar production. It is a solar opportunity right here on Vashon! Poulsbo, Whidbey Island, Bainbridge Island, cities of Seattle, Edmonds, Winthrop and Ellensburg have Community Solar Projects up and running. Now it is our turn!

Each project organizes its investment

company a little differently. Our LLC will be a group of interested people who will join the community solar wave. Individuals and businesses can be members of the LLC. The host public site will be on Vashon Island School District property, located at The Harbor School. The Washington State cost recovery incentive program pays \$1.08 per kWh generated by a qualifying community solar project built with Washington made solar modules and inverter systems. VASHON SOLAR LLC is using made-in-Washington materials, and intends to qualify. The incentive payments are passed on to each member after operating expenses according to each member's percent of ownership in a community solar project through June 30, 2020 when the program ends.

More information is available at www.vashonsolarllc.com

Interested? Contact Gib Dammann at gibd@comcast.net or at 206-919-3546

Put it Where the Sun Shines!



King County Residential Recycling Event

King County is having a Residential Recycling Event Saturday September 29th at the Tjomsland Gravel Pit (107th between Cove and Bank) from 9am - 3pm.



Aging isn't something we want to think about...but we ARE all growing older. Availability of quality housing and services for our aging population is more critical than ever. VCC needs community support now to assure its future. Please help by donating today.



Please send your donation to Vashon Community Care 15333 Vashon Hwy SW, Vashon WA 98070 or go to www.vashoncommunitycare.org to donate by credit card. What you can drop off for free: Bulky wood waste (stumps, pallets, untreated wood, plywood) Electronic equipment (cell phones, printers, key boards, fax machines, scanners, stereos,VCRs & DVDs) Household Items (clothing, bedding, linens,garden equipment, hand tools)

Scrap metal (auto parts, engines, gas mowers, metal furniture, hot water tanks, dryers, cast iron tubs and sinks, BBQs, iron, steel) Styrofoam Blocks & Peanuts (must be clean and contained in bags or boxes)

Tires (no rims) first 8 tires are free

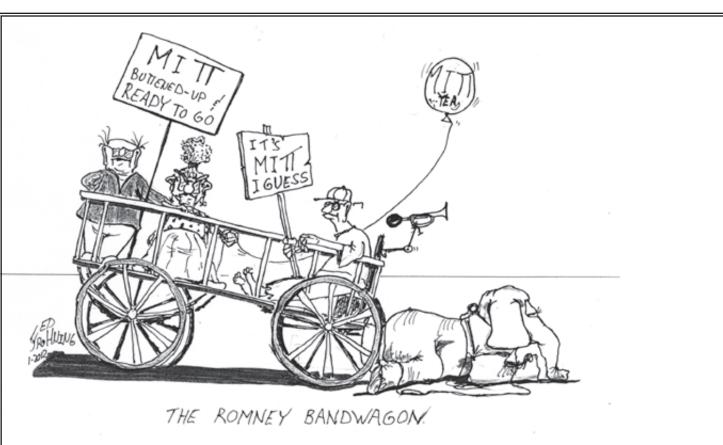
What will cost you: (CASH ONLY) Computer monitors - \$10 each Sinks and Toilets - \$10 each item Mattresses (also box springs & futons) - \$10 each Refrigerators, freezers air conditioners - \$25 each unit Televisions - \$20 up to 36" \$25 for larger ones Tires with rims - \$3 each Tires (after first 8) \$1.50

Island Life Talking Stick by Peter Ray

A few years back when some filmmakers were passing through with a screening and presentation in tow, they did something interesting for the discussion circle afterward. Order was maintained in the group and circle by handing a small stick from person to person and granting each temporary bearer of the stick a solitary voice in the room as long as they kept possession of the stick and had something to say. I liked the way that this plain and unassuming object granted anyone it visited a certain degree of power. It wasn't a microphone or a megaphone or anything that amplified a voice by physical or electronic means. The stick was a symbol, and as such could have been just about anything that was relatively easy to pass and hold. I found it interesting, when checking the google, that the native tribes of the Northwest were seen as the earliest and widest users of this form of speaking democratically. As the filmmakers were from the east, I liked that they were showing us something about our lesser known local traditions.

I was recently gifted a found object meant for use in storytelling. It was a flip-type video camera that had been found with no identification attached and had been stuffed in a drawer and forgotten, only to be recently rediscovered. I had always liked the smallness and simplicity of this type of camera, and was amazed when I flipped it open and it turned itself on, in spite of having sat neglected for a few years. I played with it for a bit, scanning through the menu and figuring out its basic capabilities and functions. Then I took it upstairs and plugged it into the USB port on my computer and the battery filled back up with electric life. In the truest sense, even if the camera had been broken and irreparable it could have served as a talking stick of sorts in the right situation. But as a functioning camera that recorded both still and moving pictures, it had mountains of advantage over a stick or a feather in that it could also speak with sounds and visuals meant for both telling and remembering people and events- no matter how uneventful- that it grabbed and held in its electronic matrix.

There were people and events recorded on this device, but most of them were blurry and badly exposed. This was not the fault of the camera, but rather it seemed to be a case of operator error. There is a switch on the side of the camera with an icon at both the top and bottom of it. On the top is a set of twin peaks with the torso of a human next to them- at the bottom there is a flower. My assumption here is that the former owner was shooting flowers when they wanted to be shooting mountains, so everything had a blurry cast to it. This reminded me of ancient times when I repaired simple cameras for a large and formerly great photographic concern in upstate New York. Sometimes we got verbal descriptions of the various problems we were to solve. Two of the most memorable of these for me were-"camera dropped from 200' tower- does not work", and, "egg broke in camera". I did complete rebuilds on both of those. Then there was the one that came with a set of color prints that mostly contained a series of blurry brown and black lines that ran from the top to the bottom of the print. There were also a few pictures at the bottom of the stack that still had the lines, but at the edge of the frame there was blue sky and ground with sections of houses that were small and distant.





My initial diagnosis seemed to be correct when everything else on the camera checked out okay. My suggestion to the user was to turn the camera around and quit taking pictures of the hair on the side of their head, and the scenery that was 180 degrees from their object of interest. This to me seemed a better way to tell the story they had wanted to tell. Back in present time, as luck would have it, my sister and brotherin-law made a surprise visit just a day after I received my talking stick camera, so I decided that I would put it to the test of storytelling when we did a day of traveling off to the farthest northwest corner of this state. With a larger blank memory card and what seemed to be a full charge, I began recording short snippets of scenes and objects along the way and back. I did have another still camera along for the more "serious" shots, but when we returned and I put the card in the reader I found that I had grabbed 90 scenes in my flipping and

Want To Get Rid of

clicking of the view screen and shutter button. A few hours later, 40 of those scenes had been strung together in a timeline and burned to a disc. A day after that I went back in and cut almost three minutes from that to make for a better flow. As I have pointed out to a few others, this story and presentation is not the Merry Pranksters, but it is a story of sorts, and if you'd like, you can view it on the youtubes either by looking up "the road to neah bay", or by going to this link:

www.youtube.com/watch?v=xjlfsVo9sk

If, after a viewing, you would like for me to let you hold the talking stick and speak your peace concerning what you have just witnessed, you most certainly could do that here: pgr42@att.net

Vashon's Yellow Pages on line. Find it on

www.VashonPages.com

Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info www.VashonPages.com

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

Next Edition of *The Loop* Comes out

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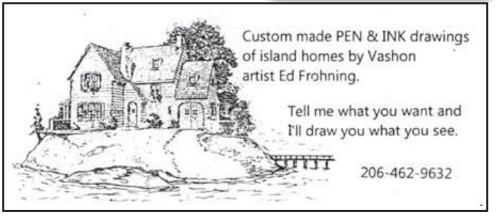
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Thursday October 11

Deadline for the next edition of *The Loop* is **Friday, October 5**



Nirvana's Reincarnation

By Richard Rogers

Nirvana restaurant is closed for remodeling now and set to reopen in early October. Nirvana owners Rohit and Shivali Sharma have plans for some exciting changes to the dining areas, menu and bar to create what they believe will be an even more wonderful dining experience.

"For the past year, our guests at Nirvana have really enjoyed the variety of Indian cuisine we've offered" says Rohit Sharma "but we think we can satisfy more people's tastes with a wider variety of dishes".

Nirvana has become well known for its Pacific Northwest breakfasts on weekends and will continue to offer breakfasts along with a new menu for lunch and dinner. There will be some Indian dishes along with fresh local cuisine and interesting fare from many parts of the World.

Rohit comes from a family with extensive restaurant experience. "My family and I have run restaurants in the Los Angeles and San Jose areas for many years and have been successful at creating lasting relationships and an atmosphere where families love to dine. It is in this same spirit, that I have decided to do something that no one in my family has attempted before, to create a restaurant that serves global cuisine. I am a fan of cuisine from other parts of



Nirvana owners Rohit and Shivali Sharma

the world. I have been fortunate to live in the US, Caribbean and India, and to travel in Europe and North America, which has given me an outlook that is open to trying new food and learning about cultures different from my own."

Although Shivali Sharma's background does not include restaurants, she's an expert on service. She was born in India, grew up in Vancouver, Canada and has a Bachelors Degree in Business Administration specializing in Management. Shivali worked as a Human Resources Manager for the Vancouver

School Board including being part of a multicultural liaison team. Then, she says "I married the man of my dreams, quit my job and joined my husband on Vashon." Speaking of Nirvana's next phase, Shivali says "Exceptional food, beautiful atmosphere and wonderful service is the key. Combining Rohit's experience and passion with my service and management skills, I want to bring Nirvana to the next level. We envision a cool place on the island for a great meal, creative cocktails and live music."

About the changes coming to Nirvana, Chef Robert Erickson says "I'm really looking forward to serving people on this island truly great food. I think everyone will be surprised at the variety and presentation we will offer". Mr. Erickson, who was trained at the Culinary Institute of America and in France, has won two international culinary gold medals and named among Great Chefs of the West and Great Chefs of the World by the Food Network. He has worked at Maxim's in Paris, Spago in Los Angeles, and was executive chef at Sun Valley Resort where he cooked for celebrities and world leaders. Robert joins the Nirvana kitchen team by way of The Shelburne Inn on the Washington coast where he was executive chef. "I wanted to be close to a major city at an interesting restaurant again and being at Nirvana on Vashon has helped me realize that goal." says Erickson.

Mr. Sharma, who moved to Vashon from Southern California last October, says "For the past year, my family and I have lived here on Vashon Island offering Indian cuisine at Nirvana. We have loved this experience and have loved meeting and talking to so many warm, kind people. Vashon has been very kind to me, and I have grown as a person because of it. It is my home, and when I am away from Vashon, I miss it like an old friend."

Rohit likes to think of dining with others as a way to world peace. "A good meal can bring people together in a way that no other medium can. Food can be the catalyst to bring down barriers and ideologies, because basically, people love good food. People from different backgrounds may not agree at times, but what we can all agree on is that we love delicious food. My mission is to bring that idea to Vashon. A place where food is not judged on where it is from, but simply by how it tastes and how it brings people together. Our new menu will encompass dishes that are fresh, local and global."

To follow the progress of Nirvana's new restaurant, visit Facebook or

www.NirvanaVashon.com

Wild VMIGC Contest **Kickoff Bacchanal At History Museum**

by Steve Amos

The Vashon-Maury Island Garden Club, notorious for its no-holds-barred celebratory blasts, is planning yet another unruly bash to celebrate the Club's 60th Anniversary and concordant exhibit at the History Museum.

With Vashon's cultural drift towards a more open and universally accepting sociological/cultural perspective, the Club, which used to hide it's meetings and other activities behind secrecy and a policy of exclusivity, now opens all such events, as well as most of their meetings, to the public, which are invited, though cautioned, to attend.

The event will be held at the Vashon-Maury Island Heritage Association Museum located at 10105 Bank Road SW here on Vashon on Saturday, October 6th at 1:00 PM.

The jewel of the kickoff celebration will be a free-for-all "1st Annual Tallest Weed and Biggest Zucchini Contest" (yes, well, it IS a garden club, after all...) and there will be prizes of varying value for the winners and the runners-up, as well as door prizes at the Museum for those who tour the Vashon-Maury Island Garden Club exhibit to learn of the Club's erstwhile clandestine activities for the past 60 years.

While one might think it difficult to locate a suitable authority to judge such contests (because they don't grow on trees, ya know...sorry), as it turns out, the Island is home to an international expert on such things. Before being whisked away to the relative and distant safety of Spain (no doubt to put him beyond the reach of the notorious Arugula Mafia which might seek to "fix" the outcome of the contest), The Loop spoke with legendary Island gardener Al Watts who, as it happens, has many decades judging/participating in such events. Al has been judging the tallest weed contest for the Lions Club in West Seattle for many years, not to mention the fact that he wins the tallest corn and heaviest mangelwurzel contests himself at the Puyallup Fair nearly every year, this year included. (Note: his corn this year was 16'1", his record corn was 23'4", and his mangelwurzel was 27 pounds; oh, the humanity).

Some general points for contest participants and would-be vegetable champions:



This contestant was disqualified for not being a weed; experts identified it as a member of the dogwood family. Photo courtesy of Kurt Lysen.

1. Zucchinis and weeds are judged by weight and height, respectively and exclusively.

2. Blackberry plants are disqualified from participation.

3. What qualifies as a weed? Quoting Al, "I'm going to be pretty open on this thing"; Joe Pye weed (genus Eutrochium in Asteraceae) is a popular contestant; "I'll be using my own discretion"; "Generally it's one that we don't like and it's not one that's used for commercial purposes"; "I think we all know what a weed is, pretty much".

4. The highest weed Al has judged was about 7 feet tall, maybe a little higher.

5. The secret to big zucchinis and tall weeds? Lots of chicken manure. You heard it here. (Although there ARE some real secrets to growing big zucchinis; genuine zucchini obsessives, enthusiasts and aficionados will know what they are, wink-wink, nod-nod, know what I mean...000000000000).

Yes, the Island is certainly fortunate to have a local authority on plant tall-ness close at hand.

As far as The Loop could determine, there are no entry fees or registration required; contestant hopefuls need only "show up" at the appointed place, date and time with their prospective vegetable matter in tow and make themselves known to officials on hand. Contestants should be aware that there WILL be guards on hand to maintain order.

Those wishing to know more about the Vashon-Maury Island Heritage Association may reach them by phone at 206-463-7808 or visit their website at www.vashonhistory.org.



Pet your groove on for Vashon Island Pet Protectors. The Grooviest Fur Ball Ever!

Space for Arts and Community on Vashon Island

Tickets; Advance, \$55/person or \$100 for 2, At the door, \$60/person or \$110 for 2. Available; VIPP.org, Pandora's Box, Vashon Bookshop, Fair Isle Animal Clinic

Included with your ticket; a sit down dinner created by Snapdragon Chefs Adam and Megan, exciting bidding opportunities for Live and Silent Auction items including the Art Cats, the popular Buy It Now Board plus much more! Oh, and don't forget the Paws for Dessert dash, it's purrrfect.

The Grooviest Fur Ball is VIPP's largest and most important event of the year because every season is the "Summer of Love" for pets. Established in 1984, this

When; November 3rd, 4-9PM at Open is our 28th year of improving the lives for domestic pets each year placing hundreds of cats and dogs into loving homes. VIPP is a non-profit organization run by compassionate and dedicated volunteers. Vashon Island Pet Protectors depends on people in the community willing to foster, adopt and support its mission.

It's the Fur Ball's 10th Anniversary so come and celebrate a decade of work making sure that all pets can really groove on their lives in loving places.

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Planet Waves

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

Aries (March 20-April 19)

There's something truly childlike about Aries, and its natives can accomplish great things because they don't stop to think about how whatever they're attempting is supposedly impossible. You are constantly discovering new depths of your inner nature, surprised time and again that your interior world is such a dominant part of your personality. Aries is associated with the planet Mars. Learn about the placement of your Mars sign and you will learn more about your personality. Mars represents raw, unrefined energy, which can be expressed many ways. Your job is to do the refining, and to learn some political skills so that you can get along with people even as you push them to do what you believe needs to be done. That said, you want relationship situations that are balanced and authentic, even though it can be hard to find people who aren't intimidated by you.

Taurus (April 19-May 20)

While you're famous for your supposed stubbornness, few understand that you're trying to work out your inner complexities and don't want to make a move or a decision until you feel you're all sorted out. But there is always more to sort, and at a certain point you have to go with the experiment of living. Change is challenging for you. It's easier if you think it's your idea, so make sure you keep coming up with new possibilities to keep yourself on the move. And speaking of ideas, change is indeed easier if you are connected to your creative process. You might need to finally move because you want to do something with your space. Not enough room for a recording studio or practice room in your house? It's finally time to go somewhere bigger.

Gemini (May 20-June 21)

This is challenging, but it helps to have some self-knowledge and ongoing self-awareness. Are the two sides of your Gemini nature about the immortal soul coexisting with the mortal ego? Are they about the relationship between mind and body? Are they the good twin and the evil twin? Whatever the case, you need many modes of expression and you may have three computers. You may have a special gift of creative collaboration, because you can shapeshift and respond to any human situation as the person you're needed to be. Use this skill and it will get stronger. You also need a diverse group of friends to stimulate the many sides of your mind. And you need to turn your nearly obsessive inner dialog into something creative; capture it in writing, turn it into a play or TV show; explore your psyche in a therapy process.

Cancer (June 21-July 22)

Those born under your sign possess a certain desire for intimacy that is mingled with defensiveness about getting too close to others, and this can send a mixed message. It's important that you have a sense of control in your relationships, but you don't want to take that too far. You won't respect weak people, so you may as well surround yourself with strong ones who respect your space and who feel at home in your home. It is sometimes said that the crab walks sideways, and your most important learning in this life is to be direct about what you feel and what you want, without feeling guilty about it. Your inclination is to experience your relationships in a structured way; you would have more fun if you would be more flexible. Remember that the people you love now are not as powerful as your mother was, so don't treat them like they're her.

Leo (July 22-Aug. 23)

So while Leo has the tendency to be at the center of it all, there is a deep responsibility that comes with having this as your Sun sign or ascendant. You're likely to feel this all the time, and it manifests as a selfless and hard-working quality. It's associated with the metal gold - the reference standard for all value. You can be generous with others and frugal with yourself; you hold yourself to a high standard and often strive for a kind of perfection that is impossible to attain. The less well-adapted (or insecure) natives of Leo can be incredibly egocentric and bossy, which can give the rest a bad name; for the most part those born under this sign emphasize leadership and responsibility rather than a privilege. You're strongly drawn to group activities and organizations, relationships - and remember how to find yourself again when you do. Libra is a cardinal sign, coming at the change of a season, though the initiative of this sign can take some time to come out. Libra is associated with the planet Venus, and Saturn is well-placed here as well. If you want to know more about yourself, study the positions of these two planets. Venus is likely to be close to your Sun, and Saturn could be in any sign. Most of the signs have one dominant ruling planet that has survived as a carryover from traditional astrology - though Libra has two. Venus is about values and Saturn is about structure and form. To work your astrology, study and learn to master both of these planets

Scorpio (Oct. 23-Nov. 22)

It's vital that you not only think before you strike, but that you feel before you speak. Other people have feelings; you need to be reminded of this and spend time listening to the ones you care about. Express empathy as a conscious choice and invite people in with your famous capacity to keep a secret. This said, the passions of Scorpio are unparalleled, and people crave you as much as you crave them. Give them the space to desire you. Your sign is the one that rules over the sexual organs, deservedly so; it is also the sign associated with death and transformation. You love the idea and the experience of surrender perhaps a shade more than you love control. It's healthy for

Note to Readers

Eric Francis will be on Vashon Island this week beginning Sunday. If you would like to say hello or get in touch, you're invited to email him at dreams@ planetwaves.net, or call (845) 797-3458.

and you have the self-confidence and presence of mind to play a useful role in any such activity. You need to be visible, and you also need a steady career that is in tune with your deepest values. If you want to understand yourself, study the house position and the aspects to your Sun, for which you will need your whole natal chart.

Virgo (Aug. 23-Sep. 22)

You must be a master of what you do, though you're likely to have at least two dominant areas of professional competence and two entirely different careers you're developing. You have a fast, inventive mind but may squander that on doubt, which is rooted in self-doubt. If you're ever wondering where your creative energy goes, look there. Of all the signs, Virgo needs to cultivate self-esteem as a primary life strategy. One way to do that is to mediate on fairness, and make sure that what you do actually honors your true principles. Having good self-esteem doesn't mean you're better than others - only that you are right to be you, to accept yourself and to be accepted for who you are – in that order.

Libra (Sep. 22-Oct. 23)

You have a sense of fairness and equanimity that is alien to many people around you. Yours is also one of the primary signs associated with relationships and relating, which are important priorities for you and which must be conducted in the spirit of ethics and integrity. If someone is dishonest, don't convince yourself to trust him or her. At the same time, you must remember not to get lost in your

you to let go; pay attention and you will figure out that jealousy is your best teacher. Scorpio is a fixed sign, of the element water, traditionally ruled by Mars, and in modern times by the potent antiplanet Pluto. To understand yourself better, study both of these planets. These days most astrologers forget (or pretend) that Mars isn't involved. It is — and if you're curious about astrology, start there.

Sagittarius (Nov. 22-Dec. 22)

As unusual, energetic and optimistic as you are, it's good for you to understand that you have limits. If you try to be a perfectionist, you won't get anything done, but you also need to remember what you've learned about technique (there is a trick to everything), and how important those petty details can be. Remember that someone isn't necessarily crowding your space by trying to be close to you, but it's helpful if you're honest that you live on your own terms. You're compelling enough that those who care about you will go along. Yours is a fire sign and is described as mutable because it's right before a season changes. It's ruled in traditional astrology by the fat, happy planet Jupiter - the one with 66 confirmed moons. Study both Jupiter and Chiron to learn more about yourself and for additional

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www.vihorsesupply.com

time zone. You're always living in an era of your own (past or present) which is never quite in sync with the present as defined by others. This carries into the often-noted contradiction implied in the sign that is at once associated with constant changes, and is also considered a fixed sign; for you the only constant is change, and you resist that change as much as you invite it. That's because most change is pointless, driven by boredom or profit, neither of which are specific turn-ons for you. You're not against money but you favor people (unlike many who are turned on by money). Like progress, money has a purpose: food, shelter, pleasure, sharing. It has little value for its own sake. Accordingly, you need a career you believe in ardently, and in that career you will excel. People will think it's because you're smart; in truth it's because you do what's important to you, what you feel belongs on the planet.

Pisces (Feb. 19-March 20)

Your sign is associated with music, imagery and dreams. You believe that art is one of the fundamental things that makes humanity what it is. For you, sex is spiritual, even the original devotional activity. Indulge yourself in these things: your hobbies should include at least two of them. Life would be extremely boring without the release from the edgy world of the ego granted by Pisces. If you're born under this sign, you have to watch your boundaries, have realistic expectations and remember that the world is ruled by love and not by guilt. If you have self-esteem issues, figure that out and deal with them promptly; both you and everyone else will be happier, healthier and wealthier. Assert what you think is right and you will discover that many people agree with you. Yours is a sign of the element water, categorized as a mutable sign because it's at the end of the season and indeed the end of the astrological year. In traditional astrology it's ruled by Jupiter, and in modern times usually associated with the big blue planet Neptune. Venus is your close cousin. Study all three of these planets in your chart and you will have a much better understanding of who you are.

Bosley Needs A Home...

This adorable chow mix has plenty to talk about and he expects you to listen! We laugh and say "Tell us all about it Bosley!" and he does, with his whole body wagging along. He is a joyful little dog with bright, intelligent eyes and a quick grin that's even cuter because he's missing some teeth on the bottom. Your life will be more complete with a Bosley dog to keep you company. To find out more about Bosley, call Cindy at 206-910-5102. Adoption fee is \$125.

Go To www.vipp.org Click on Adopt

guidance about the spiritual quest that is your life.

Capricorn (Dec. 22-Jan. 20)

Reputed to be an ambitious, hard worker, this is usually true, but the part about being ruthless is more of a myth than anything else. You prefer to get things done by agreement and arrangement rather than by force, but you'll take authority if you have to, because someone has to be in charge and it's better if that someone has a clue. You're not as boring as you like people to think you are; really, you're easy to please and if the sex is good, your life is good. Well, that and it's nice to have a good job where your skills are tested and where you can grow and develop. You have great political skills and are one of the best people to plot and scheme with. You understand the deviant side of human nature.

Aquarius (Jan. 20-Feb. 19)

Aquarius has a strange relationship to time, as if you carry around your own

Read Eric Francis daily at www. PlanetWaves.net.

Zombiez,

Resurrecting an Island Hang Out

Behind The Bucking Chutes

by Biffle French

"Oh, sure" says the Rodeo Director, "no problem. You can shoot from the bucking gates. Hell, you can go ahead and shoot from the arena if you want, as long as you know how to stay out of the way."

I think, but do not say, that I normally 'stay out of the way' by being on the other side of the fence. And even there I've almost had my camera jammed into my face when the pickup men galloped by too close. "No worries, I'll be fine. I can climb the fence with the best of them." Later, when the need arises, I will remember how casually I said this. Things happen fast in the rodeo arena and you better have a plan.

I check into the Golden Spur Motor Inn, twenty miles from the rodeo grounds. It was probably built in the late 1940s and shows its age. Tiny rooms open onto the blazing asphalt parking lot and it promises little more than a place to get a few fitful hours rest between performances. I ask the proprietress about local food. "Well, the restaurant is breakfast only, but we do have room service here for guests." She hands me a typed menu. "It is just normal food like samoza, naan, homemade paneers, different vegetable dishes, chicken, lamb, beef. We can do masala, vindaloo, whatever sauce vou like. You order from me and then my husband will cook it for you in the kitchen and bring it round. It's from scratch, so it takes a few minutes." Oh, YES! I will shoot the night rodeo on a happy stomach.

The next morning the Golden Spur Restaurant opens at 7:00 AM for breakfast and I meet the husband/waiter/cook again in the dining room. Waiting for my pancakes I see the labeled antique barbed wire collection displayed on the wall. Immediately next to it is Ganesh in brilliant hues of scarlet, turquoise and cobalt green. Fierce Ashoka stares down at me with furrowed brow from across the room.

The Pend Oreille County Fair is small and charming. The fair barns are all Quonset huts and each one is full of animal, horticulture or craft exhibits. The poultry barn has chickens, ducks, geese and unaccountably, rabbits. Each little cage is attended by a loving and concerned 4H kid. When the ducks seem hot - the temperature outside is nearly 100F - the owner spritzes them with a plant mister. Electric fans cool the bovine barn, but it is not enough to relieve the extra heat generated by the bulky flatulent beasts. A young girl gently pets her colossal brown cow, she sitting on the straw, the animal laying on its side, mighty head in her small lap. I hunt for my spot behind the bucking chutes as the rodeo begins to churn. The back of the chute provides a wooden platform about three feet off the ground. There is no ladder. I think to raise myself butt first, using my arms for the lift. Concerned that this might appear unmanly, I choose instead to climb the bracket, but when I reach for a handhold there is nothing to grab so I fall backwards, heavy camera flopping, and look merely foolish instead. Cowboys filter into the narrow defile between the bucking chutes and the stock pens. This is their dressing room and their stretching area. Young, wiry and



tough as hell, they begin their physical and mental preparations for the contest. Nos morituri te salutamus.

I am impressed by the cowboys' athletic contortions, legs above heads for long stretches, they look like marathoners warming up. They hop, they squat, they explode in jumps. One mustachioed, sideburned, snuff-dipping cowboy enthusiastically engages in a series of pornographic pelvic thrusts, which I suppose might have a preparatory purpose, or maybe he is just showing off for the ladies, since by now the gate area is full of tattooed girlfriends and groupies. Ladies or not, every man and boy has a chaw, and every person with a chaw has to spit regularly. In the confined space this can be troublesome.

In the end there really is no place in the bucking gates for a stranger with a camera, permission notwithstanding. This is the cowboys' office, and strangers are in the way. My lens is too long to shoot in such a confined space anyway, so there's not much for me there. "That's it then," I say, and expectantly push open the heavy white wooden gate into the freshly-ploughed arena. It feels almost holy, like I am invading the nave of an ancient cathedral.

I need time to find the angles and stations in the big, dusty space, and I flail a bit at first. I don't know all the arena rules, but the flaggers and judges try to keep me in line, or at least try not to run over me. The gate handlers tell me where NOT to be Up in the wooden grandstands *Continued on Page 9*

Photo by Bifle French

the prodigious crowd is excited, raucous and lusty. The beer garden on the non-family side of the arena is packed with families and groups of well-lubricated adults. I settle in to most of the events pretty well and take advice from the rodeo hands. Some of the photos are going to be good, most worthless, but that's always the way.

I know exactly where I want to be to shoot the bareback bronc riders. The photos of the first contestant seem hopefully workmanlike, and I look down briefly to check the settings on the camera. Looking up again, I am startled to see both pickup men and the wild bronc racing toward me three abreast at a fast gallop and very close. It is a wall of meat, bones and leather ten feet wide, closing on me at forty miles an hour. I am too far from the fence and getting there would cross their path. I sprint away toward the center of the arena and miss being trampled by maybe ten inches. Later, during the bull riding, an angry Simmental picks me out from the crowd. His menacing eyes challenge mine. This time I am close enough to reach the fence, but when I try to climb it the seventy-year-old rusty nails in my handhold come loose and I fall into the soft dirt. The bullfighter easily handles the bull and I dust myself off to shoot the next rider.

When I leave the arena I feel elevated to a sublime ecstasy. This is real life. This matters.

The beautiful and sophisticated young woman with flaming orange

Counter. Below: Zoomies transforms into Zombiez

Scoop Ice cream available at the



running an island restaurant but somehow we've managed. There's still a lot we need to do and we're tackling projects as we can. We are working hard to keep things fresh and as local as possible and doing everything by hand from cutting our fries and grinding Misty Isle Beef to hand dipping corndogs and chicken strips. And it was an absolute must we have good fish and chips so we serve fresh Alaskan Halibut and sometimes change it up with other fresh local fish like Wild Caught Salmon or Pacific Cod. With summer over we want to concentrate on bringing more menu selections and expanding our overall appeal. We will be adding soups, salads and espresso soon. Maybe some baked goodies too. And yes, the drive thru will be open again soon, albeit in the wrong direction. We have a lot of ideas we'd like to try so there will always be something new from decorations to food.

We are overwhelmed but not completely surprised by the support and encouragement the community has given us so far, it's part of why we fell in love with Vashon to begin with. As things fall into place we are eager to get more involved with the community and become the kind of "hang out" people want.

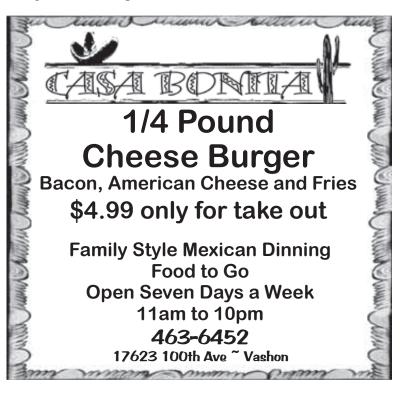
By Corlean Payne-Hassell

It started a little over 6 years ago on our first visit to Vashon. We took a day trip to the island after feeling a little home sick for our Caribbean home and immediately fell in love with this Northwest version of island life. We stopped at Zoomies for ice-cream and thought what a neat place it was. We jokingly said if we moved to the island Zoomies would be our new hang out. Who would have guessed years later we'd own that very same restaurant and it is indeed our very own local hang out.

Some time passed and 2 more babies arrived before the opportunity would present itself but when the "For Sale" sign went up a light bulb went off. Everything has been done on a shoe string enlisting all the favors, family, friends and resources we could beg, borrow and barter to open just 3 months after the purchase was made. Jim and I now know more than we ever thought we'd know about broken machinery, upholstering, ice-cream, zombies and so, so much more. The name Zombiez really started as a joke since we were working with such a limited budget we were playing around with how we could use the old Zoomies sign and still change the name. Jim came up with Zombies (all we needed was to turn an "o" into a "b") and with two young boys in the house the name stuck and eventually we changed the s to a z on the end. It's more of a Scooby Doo zombie frame of mind than the brain eating kind

with a little Caribbean & voodoo flair thrown in, we're definitely having fun with it.

Of course owning a business hasn't been easy, we struggle every month to make it through while we learn the rhythms of





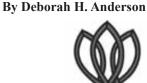
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Positively Speaking

A Thousand Doves for Freedom



An off Island story but true and very typical as too many people know:

The young girl stood very still with her arms at her sides while her older brother squeezed his hands around her neck yelling, "I'm gonna kill her! I'm gonna kill her!!" Their mother just to the right of them sighed as if one of them had taken the other's bicycle saying, "Honestly I don't know what you do to make your brothers so angry." She walked away as if there was nothing she could do to intervene. Inside the girl felt to herself for the first time the steeley peace of a victim who is rising up to be a survivor"

'I will not be afraid of him ever again. He cannot hurt me', she thought to herself. As if he sensed the loss of power, or perhaps he saw in her eyes he had lost his control over her, he dropped his hands. It was the beginning of her long escape

from the tyranny of abuse.

Such a tale captures all the details of abuse. Oh, there is one piece missing. What was the offense that brought such wrath? On a ride home, while her brother was driving, she told him he had misread a street sign and thus missed a turn.

It's October. Time to give the annual ugly face and heart of Domestic Violence a public showing: Domestic Violence Awareness Month is here. The purple month, this year the sign of awareness will be DoVES.

Awareness: by any definition it is 'having knowledge or cognizance" Knowledge is described as 'the theoretical or practical understanding of a subject" Legally cognizance is defined as 'taking jurisdiction'. Jurisdiction? That's the extent of power; the geographic location over which one has authority.

Every story in life has a 'who, what , where, when, how and why' to it. This past year and a half the DoVE project has experienced a miraculous empowerment by this community. In one fell swoop, through your donations, some well timed grants, the executive leadership of Tavi Black ,and the efforts of a dozen or so volunteers, the needs of 50 victims of domestic violence, the 'who, what when, where, how' of 50 people who chose to come forward and ask for help from the oppressive subjugation of someone who was hurting on them in serious ways, have been served.

Our Island has always averaged 50 cases a year. That is one a week on this bucolic, blissful paradise. It doesn't mean that's all the hurtful events that occur, it's just the victims who came forward to move towards being survivors.

In the meantime we're declaring we have a problem, just like any other community and we're asking for your help, again... or maybe for you, it's the first time vou've heard us ask.

All around town during the month of October you are going to find beautifully decorated birdcages with origami doves in them. Leave some money, take a brochure and help yourself to a dove to remind yourself you care. You are someone elses' flight to freedom. Leave that dove in your pocket or purse and remember to keep your vigilance, your awareness, your cognizance, your knowledge. Remind yourself you have jurisdiction over this community issue.

You can also join us at the Farmer's Market on Saturday 13th and help us make one giant DoVE sculpture. Like the little girl who believed a thousand cranes would bring physical healing, we believe that finding a thousand doves on this Island...that's you...a thousand people who care, can help bring an end to anyone ever having to live in fear of someone else's hands or words or hateful behavior.

If you like, and you are a service group, or an advocacy group of maybe just a group of friends or a book club or an eating club, you can get together, find the youtube demonstration of how to make the origami doves at http://youtu.be/lWgJV5jpP4Y and make as many as you like to help us be visible.

These doves will be integrated into artistic creations that will be displayed at selected venues in town to be announced later. If victims know you care, show that it's OK to get help, they can choose a new path to freedom from fear and hurt.

We don't need to be embarrassed that 50 people needed help this past year. The only shame is if we don't acknowledge they need our help. Fifty more will need help next year. Maybe because you helped us make it visible more than fifty will come forward and that's a good thing.

Domestic violence is a fact of life. We'd like to make it just a story we tell about a time in the past when Domestic Violence was a reality. We only need to be embarrassed if we look the other way.

This month as you notice our posters around town and see the little dove cages, know that your one little part can make a huge difference in someone's life. Lift the shame, increase your awareness. You have jurisdiction in this matter. Be a dove for DoVE today and everyday. Help someone out of their cage.

Library Programs October 2012

Children & Families

Family Story Times Tuesday, October 2, 9, 16, 23 and 30, 11:30am

Newborn to age 6 with caregiver. Come for a fun-filled, half-hour of stories, finger plays, movement and music!

Registration not required. When the Vashon Library has moved to the temporary location for the upcoming expansion project (date still to be determined), please call the library for program location, 206.463.2069.

Baby Story Times

Wednesday, October 3, 10, 17, 24 and 31, 10am

Ages 3 to 21 months with caregiver. Enjoy stories, songs, bounces and tickles just right for your baby. Registration not required. When the Vashon Library has moved to the temporary location for the upcoming expansion project (date still to be determined), please call the library for program location, 206.463.2069.

Teens

Late Night at the Library Saturday, October 27, 6pm For students entering grades 6-12. Come to the library and socialize with your friends. Have your fortune told! Play with Kinect, Wii, Xbox, PlayStation II or play games on our PCs. Enjoy some munchies and enter to win raffle prizes every half-hour! Funded by the Friends of the Vashon Library.

Online Study Zone, Homework Help and SAT Tutoring

Go to www.kcls.org and click on Research & Homework for 3 choices for help with homework. Live Homework Help (K-12, 2pmmidnight, 7 days a week; available in Spanish)

Study Zone Online (by Brainfuse, live chat and whiteboard functions) MSP, HSPE, SAT Service Tutoring (by Brainfuse, 1-10pm, 7 days a week)

Adults

Behind The Scenes at King County Elections

Monday, October 1, 6:30pm Held at Vashon Fire and Rescue, Main Fire Station (room EOC), 10020 SW Bank Road, Vashon, 98070. You voted and returned your ballot, but what exactly happens to it once it's sent back to the Elections Department? Get a look behind the scenes and hear directly from an elections officialhow do they prepare for an election, manage hundreds of thousands of ballots and protect the privacy of every vote? Come learn all about this, ask questions, and more! Not yet a registered voter? You can register to vote at this event too!

Free ESL Classes

Tuesday, October 2, 9, 16, 23 and 30, 6pm

Held at Vashon United Methodist Church (large conference room), 17928 Vashon Hwy SW, Vashon, 98070. Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor.

Call the library for more information, 206.463.2069.

A Century of Women Artists Saturday, October 6, 2pm Held at Wings Birdseed Co., 9923 1/2 SW 178th Street, Vashon, 98070. As a preview to the Seattle Art Museum's exhibition, Elles: Women Artists from the Centre Pompidou, Paris, Art Historian Susan Olds will present a lecture featuring works of the major art movements from Cubism and Surrealism to contemporary painting, video and installation. Susan will discuss important modern and contemporary artists. A bibliography of related books and DVDs will be provided. Following the lecture, library materials will be on display and available for checkout. Seating is limited. Please call

206.463.2069 to reserve a seat. Sponsored by the Friends of Vashon Library.

Computer Classes: Email Level 1 Thursday, October 11, 10:15am Learn basic email vocabulary. Create an account using Gmail, Yahoo or Hotmail. Compose and send messages. Prerequisite: Ability to use the mouse and keyboard, basic understanding of the Internet.

Call 206.463.2069 to register.

Behind The Bucking Chutes

Hopefully this year we get more donations and grants so we can get to the 'why' of it and start working on prevention. That is our hearts' desires. That is our mission. That is our purpose. That is our reason for doing what we are doing. We don't just want to be interventionists, we want to be in the prevention business.

Love, Deborah



Free Family Film Series Returns!!!

Sunday 14 October at 1:30 the classic comedy 'Mystery Men' starring Ben Stiller, Janeane Garofalo, William H Macy and a host of other comic geniuses will be shown for free for the entire community. This movie is rated PG-13 for showing more seventies wardrobes than is legally allowed and playing more disco music than is morally sound. Perfect for kids from 4th or 5th grade on up through Seniors. Come see what good satire is all about and watch the Mystery Men take on the bad guys and kindasorta win.

Continued from Page 8

hair and penetrating emerald eyes has come into my tent at the art fair in Bellevue. She looks at my rodeo pictures and judges them on the merits. In her thick Irish accent she says "You can't save it, you know. The cowboy way is dead. It doesn't exist

anymore."

Biffle French is a Vashon artist and writer. He is the National Rodeo Correspondent for the Vashon Loop. Look for his new book "American Rodeo" available now.





By Marj Watkins

High Protein Cookies for Stamina

I've just invented a new cookie recipe that my son pronounced, "Superb!" Here it is, below. It contains no cane sugar nor corn syrup product nor gluten, just great flavor and nutrition. You may want to clip it and glue or tape it into the back of your copy of my book, Wholegrain and Gluten Free, available at Minglement.

These cookies don't spike your blood sugar then let it zoom down. They gradually and evenly give you whole grain and nut energy. Each cookie yields an incredible 3 grams of balanced, high-quality protein and very tasty they are, too. Baking slowly at relatively low heat preserves the Vitamin E in the whole grains and tahini. You could use brown cane sugar, but cane sugars have a Glycemic Index number of 100; coconut sugar has a Glycemic Index number of 34, indicating it's 66% less likely to adversely affect one's blood sugar level, keeping your energy constant.

Coconut oil augments brain power, appropriate for the young scholars in your family. It's even been shown with scientific testing to improve the cognitive abilities of Alzeimers patients. Normally, their brains

Tahini & Coconut Cookies Makes 40 Preheat oven to 275 degrees In a metal mixing bowl, melt:

2 Tablespoons coconut oil (it's solid at room temperature)

Add and beat in ¹/₄ cup warm water 1 teaspoon vanilla ¹/₂ teaspoon almond extract, optional

2 eggs

Sift in and mix well: 1¹/₂ cups sorghum flour

2/3 cup coconut sugar

1 ¹/₂ teaspoons baking

powder

1 teaspoon cinnamon ¹/₂ teaspoon salt

Stir in:

1¹/₂ cups almond meal $\frac{1}{2}$ to $\frac{2}{3}$ cup unsweetened

coconut shreds Create dredging mixture: ¹/₂ cup almond meal

1 Tablespoon cinnamon

2 Tablespoons coconut sugar

Form heaping teaspoonfuls of dough into balls. Dredge both sides in cinnamon mixture. Place 1 inch apart on foil-lined baking sheets. Flatten, leaving 1/2 inch between cookies. Bake 20 minutes, one sheet at a time, on the center rack of preheated oven. Test by inserting a toothpick in the center of the tallest cookie. If it comes out clean, all the cookies on the sheet are done. Remove pan from oven. Lift off the foil, cookies and all, to cool on a rack. When cookies are tepid, transfer off the foil onto bare racks. Let cool completely before storing in tightly covered containers.

Vashon Cobras Soccer Team **Open Season with Shutout**



Ian De Graff moves the ball forward for the Vashon Cobras U 13 select soccer team. Sam Briggs is defending in the background. Photo by Michael Elenko

By Gary Gray

Vashon's U-13 Boys Select Soccer Team (Cobras) opened their season against Sparta99 with a stunning victory two weeks ago in Tacoma.

Sparta's attackers had the advantage of size and aggressive, physical play over the Cobras. However, Cobras defended well with quickness, agility and with purpose.

Opening score came within 12-minutes from a foul on Cobras' team captain, Sam Briggs. Noah Edmonds took the direct kick from 24 yards out and placed it in the upper left corner over the opponent's wall.

Cobras' second goal came in the 20-minute mark when Ian DeGraff collected the ball past midfield and fended off three defenders to punch the ball at the goal. It was deflected by the keeper, but DeGraff showed great tenacity and followed it in diving to the ground knocking the ball past the pile of defenders.

Cobras' goalkeeper, Max Schira, stood his ground the entire game. The opponents only real threat was foiled with an impressive diving save by Schira from a kick 10-yards out.

Vashon looked comfortable in a defensive posture for the remaining minutes of the first half and denied other real scoring opportunities around midfield. They lead at half time, 2-0

Sparta intensified physical play and hard challenges from the beginning of the second half as evidenced by more fouls called and warning given. Sasha Elenko was hit hard on a touch line challenge and was fortunately able to shake it off and play on.

Minutes later, Alden Hinden-Stevenson came out with a heel injury and Cobras played their only substitute. At one point, they temporarily played down by two due to minor injuries.

pulled up higher and defended well. A Yellow Card was shown to Sparta after sustained dangerous tackles around the 40th minute.

Although the second half was mostly a defensive game for Vashon, they had three goal scoring opportunities on break-away runs. In the last few minutes, Diego Gray collected the ball at the midfield line and made a run down the left touch line. He sent a long, left-footed volley just over the top bar from 18-yards out. The game ended 2-0.

Coaches Jeff Stevenson and Pete were pleased with the team's defense, attack and work rate. They agreed they must keep the team healthy and injury free to have a successful season. The team started with 14 players, but lost two to off island teams. Having one substitute will be challenging with 6 players not at full strength, they said.

Forwards and midfielders



Open 10am to 10pm Monday-Saturday 12pm to 5pm Sunday



Vashon College offers Vashon 101: A Journey Just Begun



We live in a very special and unique community with an amazingly diverse population. But have you ever been curious about the island itself...it's geology, ecology and history. Or the culture, the social science and demographics that give insight into the past, present and future of our island and its population.

If so, Vashon College will again offer its signature course, Vashon 101:A Journey Just Begun beginning October 9th through November 13th. This six-session survey course examines the Vashon story from multiple viewpoints presented by a faculty of experts in their respective fields: Joe Meeker, Kevin Freeman, Tom DeVries, Bianca Perla, Bruce Haulman, and Alice Larson.

Vashon 101 participants are engaged and committed students who will seek opportunities to utilize what they've learned to the benefit of the the island's communities.

Classes meet on Tuesdays from 7-9pm at the JT Sheffield Building. Tuition is \$150 and includes all course materials plus Images of America: Vashon-Maury Island by Bruce Haulman and Jean Cammon Findlay.

Class size is limited to 30 students. Applications are being accepted now on a first come, first served basis and are available on-line at www.vashoncollege.org or at the KC Library, Vashon Pharmacy, Café Luna, Vashon Bookshop and other locations around town. For additional information, please call Pamn Aspiri at 313-5895.

Compost the Loop

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

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

Garden Club's 60th Anniversary Exhibit

Continued from Page 1

with an educated and practiced historical eye, can reveal and accurately reflect tectonic shifts in the larger society/ community in which the Club operates. Dr. Haulman referred to clubs like the Garden Club as "mini [historical] tape recorders and sort of the heartbeat of the community".

As examples, Club records help document and illustrate Vashon's overall transition away from an agricultural focus beginning roughly in the 1940s. The decline of agricultural clubs and the rise of gardening clubs carries overtones of cultural evolution. Diving deeper into the membership and focus of the Garden Club itself reveals an early heavy focus on flower arrangement as a centerpiece of club activities participated in largely by female homemakers. The demographics of the Garden Club today reveals a membership far more diverse in background and interest. These shifts also carry large amounts of cultural evolution information.

Garden Club events themselves suggest vast shifts in value systems. At one time, one of the Garden Club flower show centerpieces touted the building of a bridge across Vashon Island as a wonderful opportunity for the Island, a reflection of the overall positive view the Island population had of such a prospect at that time. Contrast that to the reaction of the Island community in relatively recent years when such a subject has arisen.

The Garden Club, both individually and taken as a piece of the larger mosaic of historical information potentially harvestable from the collection of clubs and organizations represent a farm of invaluable little cultural "tape recorders" of life on Vashon Island, information that might not otherwise be available at all.

Dr. Haulman and the Heritage Association have a plan to take over the world, or at least the historical aspect of Vashon Island. He hopes the Heritage Association will become a formal, longterm home of all of the Garden Club's historical documents to be held in the Association's advanced and carefully maintained storage facilities. Further, he hopes the other clubs and organizations will take a cue from the Vashon-Maury Island Garden Club's 60th Anniversary Exhibit: "Passion in the Dirt" and make use of the safekeeping facilities of the Heritage Association to help preserve Vashon history for future generations.

When I asked Dr. Haulman if he had discovered anything unexpected as a result of his exposure to the Garden Club as preparations for the upcoming exhibit progressed, he said, "[I was surprised by] just how involved [the Garden Club] has been in the community over the years. I never had the sense of how much philanthropic work they've done. And it's all under the radar. The level to which they've been involved over the years has been of interest to me. I never knew that." Dr. Haulman was referring to the Garden Club's heavy involvement in a range of community projects, historically and present day; e.g. college student scholarships, Community Garden Awards (ongoing for decades), annual flower fair, summer floral and horticultural exhibit, weekly flower arrangements for the Senior Center, annual plant sale (a standing-room-only, sellout event every year), horticultural education in Vashon schools, Vashon Community Care Outreach and so on.

Other examples of Garden Club community contributions are the garden at Vashon Community Care, the original designing and landscaping at Inspiration Point, a shade shed for the horticulture program at the Vashon High School, soil for the Chatauqua school gardens, funds to the Harbor School for their garden program, and etc. The list is virtually endless.

And so, much to my surprise, the list of good things that flow from the (mostly) ladies of the Vashon-Maury Island Garden Club is a lot more varied, interesting, admirable (and important) than I realized.



Continued from Page 1

Hoffman said, "We care deeply about the growth and success of our community and want Vashon Market Fresh IGA to be a thriving business and great place to shop. Over the coming months, we plan to leverage the power of IGA and our new wholesale supplier relationship with Unified Grocers to provide our customers a more robust shopping experience and greater overall value."

In addition to making improvements in every department and giving the store a fresh new look, Vashon Market Fresh IGA will increase its product selection, including the addition of more than 215 exclusive IGA private label brand products. For more than 80 years, the IGA Red Oval product line has provided shoppers an attractive alternative to the national brands with quality and value that they can always trust.

As part of the store's ongoing development process, a new Vashon Market Fresh IGA advertising flyer will be sent to the community each week beginning Wednesday, October 31, 2012. The ad will also be posted on the stores website (www.vashonmarket.iga.com) along with special online offers. Vashon Market Fresh IGA plans to host a grand opening celebration and ribbon cutting after the first of the year.

Vashon Market Fresh IGA is located at 17639 100th Avenue SW in Vashon, Washington. The store is open seven days a week from 8 a.m. to 9 p.m.

About IGA

The Independent Grocers Alliance (IGA) is the world's largest group of independent grocers with aggregate worldwide retail sales of more than \$29 billion per year. The Alliance includes more than 5,000 Hometown Proud Supermarkets worldwide, supported by 36 distribution companies and more than 50 major manufacturers, vendors and suppliers known as IGA's Red Oval Family partners. IGA has operations in 46 of the United States and more than 30 countries, commonwealths and territories.



The Road To Resilience

Continued from Page 1

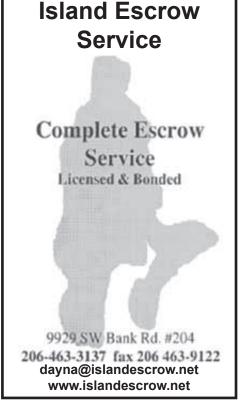
they have their own DNA. That means that about half of you is not you, i.e., the cells in our bodies are more like colonies. When you add in all the beneficial, symbiotic intestinal flora, considerably less than half of you is really you, that is, has your DNA. What really defines the essence of ME? I've talked to people that have had a very visceral negative reaction to the idea that something other than "them" intimately inhabited their body.

So, what does all this have to do with soil? It shows that the scale at which things are really happening on this planet is beyond the range of our senses. It also shows that the fact that we are talking about this at all means that this "organism" we call us has developed a mind that was able to extend the range of our senses. We had best heed the information given to us by our minds to understand and respect just how our bread gets buttered. It is important to remind ourselves often that there is more to be aware of "than meets the eye". Such an opportunity is coming this Monday night. "The Symphony of the Soil," an epic feature documentary about the complexity and mystery of soil, will be shown at the Vashon Theater, Oct 1, at 7 pm. According to a synopsis, "...the film portrays soil as a protagonist of our planetary story. Using a captivating mix of art and science, the film shows that soil is a complex living organism, the foundation of life on earth."

who's who of soil scientists. Deborah Koons Garcia, the maker of this film and the groundbreaking documentary "The Future of Food," will be present to discuss the film and answer questions. There has been only one other showing of this film in our area: at Seattle Town Hall. So it is a real coup for us to have the opportunity to see it and meet the filmmaker right here on Vashon! We have her friend and ours, Emily MacRae, to thank for that. Admission is \$9, \$8 for seniors. Let's not pass up this opportunity to expand our understanding and appreciation of soil.

Thanks for attending the first Vashon Ingenuity Tour last Saturday! It was so successful, I'm sure that it will become





Find it on

www.vashonpages.com

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The "Symphony of the Soil" was filmed on four continents, featuring a

an annual event.

Comments? terry@vashonloop.com



360-393-5826 cerisenoah@windermere.com





www.spiritualsmartaleck.blogspot.com

Anger and Ultimatums by Mary Tuel

One of my favorite ways of blowing off steam or working off a case of mad is to pull weeds. Several times a week I go out in the yard, put on my gloves, grab a trowel and a pair of pruning shears, and go to town on the buttercups, Stinking Robert, blackberries, and dandelions. Pulling weeds make me feel better, and it makes the garden look better.

Doing chores in the house can have the same effect. News of someone's death, for example, has sent me into the bathroom to clean the tub and tub surround to within an inch of its life. The activity vents the energy released by the shock, and it is not an activity that requires a completely present and with-it brain, and I end up with a clean bath tub.

Unfortunately, physical activity can have an opposite effect. Instead of letting the steam escape, it can remind me of old, unvented steam. I can be putting the bed back together, neatly arranging the piles of blankets, sheets, and pillows that are our bedding, and will start thinking of something that bugs me. Today it was exercise, or more accurately, people who push exercise.

People sometimes have encouraged me to exercise. They mean well. I do not have any argument with people who are active. I admire and respect them, and wish I was more like them, truly. But. When somebody tells me I should get out and walk in order to lose weight and take some pressure off my bad knee, all I can think is, if you haven't walked a mile on a knee with no cartilage left, and lived through the pain for several days afterward, you don't know what you're talking about, so shut up.

See, this is the problem with doing some physical chore. Rather than calming emotions, activity can rev them up, and



you might end up saying or doing something rash.

When I turned 18 I came home from college to visit my parents, and my beautiful cousin Nancy was there to visit. One night during that fateful weekend Nancy and I took my father's pickup for a drive. We went out to a movie. My parents were not at home. It was the first and only time I took a car without permission, but I figured it would be okay.

It would have been all right, too, if that Jeep Gladiator (I want to give credit where credit is due) hadn't opened up a hole in its engine and dropped all its oil on Highway 1 somewhere between Soquel and the Freedom Boulevard turnoff. That might not have been a total disaster if I'd known enough to turn the engine off as soon as the oil light came on, but I was young and ignorant and instead thought, oh, I'd better get home right away. The engine kept going almost a mile before it ground to an oil-free halt, with all its now hot and oil-free parts wedged tightly together.

Yep. I learned a lot about the working of the internal combustion engine that night.

A couple of weeks later when I was back at college and expecting to stay there for summer school, my father was working around the ranch. He got to thinking about how I'd ruined his truck - he was a farmer and I had ruined his truck! A few days later I got a call at college from my mother saying I was coming home and getting a job and learning the value of money. She told me my dad had been out working one day and got mad as hell - and who could blame him? See, he'd been doing some physical job and it served to focus and stoke his anger at me, and it came out as an ultimatum to me.

I came home from college all right. My parents came and picked me up, and on the three-hour drive home we got into an argument – I think it was over whether students should get letter grades or pass-fail ratings, not that the subject matters. We were a little north of San Ardo on 101 when the fireworks started, and our relationship was all downhill after that. Within a couple of weeks I had moved into a one-bedroom apartment in Alameda with my beautiful cousin Nancy.

I got a job in San Francisco, met some kids who went to dances at places called the Avalon Ballroom and the Fillmore, started dressing in striped pants and smoking dope, and before you know it I was renting a room made out of a stairwell in an apartment building on the Panhandle, doing temp work in the financial district for money, going to those dances, and hanging out with the other hippies on Haight Street, and laughing at people's ignorance when they called us beatniks.

All because the truck broke and I didn't know what to do, and my father lost his temper and handed me an ultimatum. Changed my whole life, and I couldn't tell you even now if it was for better or worse.

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 babyhungry 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 laughout 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 datenight 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.





October is Dental Month

Get a **10% Discount** on dental procedures and supplies, including TD & DH Diets, C.E.T. HEXtra Chews, toothbrushes, toothpaste, etc.

Call for an appointment 206-463-3607 Fair Isle Animal Clinic

So watch out for those temper tantrums. Think real hard before you deliver an ultimatum. You never know what you're unleashing, although it is nice if it turns out that you end up with a clean bathtub. That's something.

> Deadline for the next edition of *The Loop* is **Friday, October 5**

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

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



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

Friday, Sept. 28, 8pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

Sharing the Stage



Zac Anthony and Kate Goldby of The Wellingtons and student openers.

Vashon's Sharing the Stage kicks off its fourth season on Thursday, October 4, at the Red Bicycle with Zac Anthony and Kate Goldby of The Wellingtons and student openers.

The Wellingtons, from Melbourne, Australia, are one of the hardest working independent bands on the globe. In their eight years together they've wasted no time releasing four albums through labels in Japan, Spain, UK, USA, and Australia, touring extensively on the back of each album.

The group have had their upbeat, indie pop music featured in the hit U.S TV series, "How I Met Your Mother," as well as appearing in Japanese TV commercials and variety programs.

"This is a great band," said Fred Strong, one of the Sharing the Stage producers. "Just search YouTube for a couple of their hits - 'Come Undone' and 'Keep Me Holding On'-and you'll see what a treat this show is going to be."

"Their music is infectiously joyful," Strong continued. "It's upbeat, melodic, and fast-paced pop."

The concept behind Sharing the Stage has student bands opening for professional headliners. Student openers for this show include Skyler Ford, a recent VHS graduate; Cameron Sonju, who performed at last spring's Blue Scholars show, and his band, "Castbound"; and "The Funions," featuring

Rob Bordner. They're happy to be working again with Pete Welch and The Red Bicycle for this show.

"The Wellingtons were on a world tour last year, and we tried to bring them to Seattle and Vashon at that point," Harris Levinson added. "We just couldn't work it out then. But Zac Anthony contacted us and asked if they could come for a show in 2012, and now Vashon is the first stop on this year's world tour!"

The four previous Sharing the Stage shows have featured Visqueen, Macklemore & Ryan Lewis, Thomas Marriott, and Blue Scholars, and a long list of student openers.

The Wellingtons show is October 4, 7:30-10:00 PM, The Red Bicycle, \$5 students, \$10 adults. www.facebook.com/ thewellingtons

Attention all Performing Artists

Vashon resident performing artists are invited to apply for Vashon Allied Arts' New Works Series 2013, and join a long tradition of innovative New Works performances.VAA New Works Series was established in 1989, as a creative opportunity for Island artists to present new work.

Artists from all disciplinesmusic, dance, literary, theatre or multi-media are invited to debut new work and/or new collaborations between January and November, 2013. Application forms are available at VAA and VashonAlliedArts. org. Deadline is Saturday, September 29, 2012, 5 p.m.

An inter-disciplinary panel of Island performing artists will meet in October to review and select recipients. New Works Series performances have spawned many memorable performances in a variety of performance disciplines. Join the ranks of New Works Series alumni! For more information, please contact JaniceR@ VashonAlliedArts.org.



The Wellingtons, from Melbourne, Australia

It says here, this month an Island engineer delivered a paper at the 18th IABSE Congress in Socul, Korea entitled "MODERN YURT/GERS - INNOVATIVE OPTIONS FOR COMMUNITY FACILITY NEEDS". * "The stary



Dreams Vision Vashon Center for the Arts **Benefit Recital**



Gary Cannon, Tenor, and Beth Ann Bonnecroy, Soprano with Andrew Seifert, Piano. Perform Dream Visions, Friday September 28 at 7:30pm. At the United Methodist Church, suggested donation:m \$15



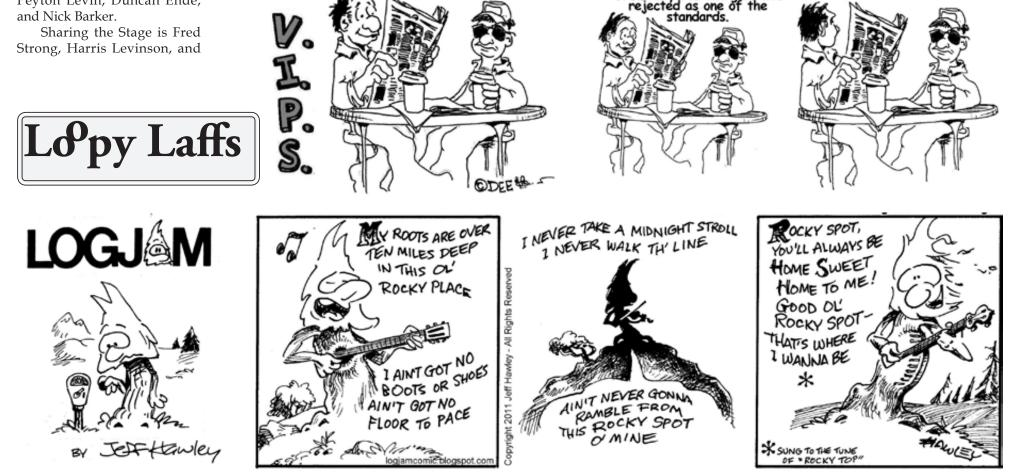
THE CLOUD OF UNKNOWING

Artist's Reception Friday, October 5th, 6-9pm on display October 5th - October 31st, 2012 ignition studios + Gallery | 206 856 6906 downtown vashon 17630 vashon hwy sw | wed – sat 12-5pm | sun 1-5pm





...that's good news...



Publish the Quest



Publish The Quest blends groove music melodies with vocally driven compositions that continually question social issues through story telling. Songwriter Jacob Bain formed the band in 2008 to record The Threads. As a result of that experience, seven passionate people have come together to form a strong bond and a band that is serious about keeping feet moving, bodies shaking and minds engaged!

Publish The Quest is destined to make a difference both at home and abroad. After recording with Femi Kuti, Matt Chamberlain, Eyvind Kang, Radioactive and Vieux Farka Touré, the band went into the studio to record a song to benefit music education in Cape Verde. Sodade, which features Cape Verdean vocalist Laise Sanches, was released in Portugal. Publish The Quest performed in Zimbabwe at the Harare International Festival of the Arts (HIFA). HIFA was a six day annual festival and workshop program that showcased the very best of local, regional and international arts and culture in a comprehensive festival program of theatre, dance, music, circus, street performance, spoken word and visual arts.

PTQ has also recently toured through California and Canada. Last year they embarked upon a trip to Poland, where they opened for the amazing Nneka.

This is an all-ages show until 11pm, then 21+ after that. The cover charge is only \$8.

Saturday, September 29, 9p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959 When Tab Tabscott was just 10 years old, he lived just down the street from Scotty's Music Store in St Louis. Scotty, the owner, started and has hosted the National Pedal Steel Guitar Convention in St Louis for over 50 years now. Every day as Tab walked by Scotty's coming home from school, he would stop in and look at the large selection of pedal steel guitars and dobros, as well as other instruments.

At 10, Tab talked his Mom into buying him a dobro and then later a pedal steel and he began going to the convention every year. Tab watched and soaked up licks from all the legendary pedal steel players like Buddy Emmons. After high school, he was in one of the first graduating classes with a degree in Bluegrass Music from South Plains College in Levelland Texas.

Tab then went to broadcasting school and became a professional disk jockey, starting out in St Louis and then later moving to Seattle in the early 1980'. His show "The Bobby Scott Show" was on Seattle's Country radio station KRPM channel 77 AM. He formed a country band with some other DJs and some of the local top country musicians. They were called the 77th Calvary Country Band. His radio show was one of the most popular shows in Seattle at that time, largely because of his great booming broadcaster voice and incredibly funny witty humor.

Tab first met and started jamming with John Schubert at a bluegrass festival in Puyallup around 1983 or 84. Their friendship and enjoyment playing together led to a number of bands in which they both played in including Heart Strings, High and Lonesome, Floating Bridge, New Ground, Crossfire, The Palmer Sisters, Lonesome Ridge, Harley and The Flatt Heads, and most recently The Stray Dogs. Their band, High and Lonesome from 1986-1989 is still considered by many (including Earl Harding who started the famous Wintergrass Festival) to this day to be one of the best bluegrass bands ever to come out of the Seattle area.

Tab is now considered by many to be one of the greatest dobro and pedal steel players in the country. He went back to college in the early '90's and got degrees in Computer science and music. Then he spent about 10 years working for Microsoft. Tab moved to Vashon in 2001, where he began working with John's construction company, Sunrise Builders Inc, later forming his own company Tabscott Construction. Recently Tab has moved to Tenino, but is still commuting to Vashon everyday to work. John Schubert grew up in Reno, Nevada and finished his last two years of high school in Carson City, Nevada. John took an early interest in rock and roll after seeing Elvis Presley on the Ed Sullivan show in 1955 and Ricky Nelson on the show Ozzie



and Harriet.

John took guitar lessons from one of the founders of jazz guitar, Carl Kress, in Reno in 1962 at the age of 14. Unfortunately, his heart was into rock and roll and not into learning jazz at that time. Dropping out would prove to be one of John's biggest mistakes musically, because Carl died in 1965. It wasn't until the 1970's that John discovered a Pioneers of The Jazz Guitar album with Carl Kress, Lonnie Johnson and Nick Lucus (one of their fantastic recordings from the late 1920's) that he realized just how much he could have learned from him and what an honor it was to have even known him.

Tab Tabscott, John Shubert

and Friends

After moving to Carson City in 1964, John formed a rock band in 1965 called Four More that lasted until he graduated in 1966. After one semester at The University of Nevada in Reno, John dropped out, got drafted and was sent to Vietnam. John didn't play much music until getting out of the Army in 1970. He moved to San Diego and went back to college on the GI bill and got into playing bluegrass music while living there.

In 1972 he moved to Forestville California on the Russian River, continuing his college studies at Santa Rosa Jr College. Northern California was a hot bed of some of the greatest bands in the country and John hung out at some of the local hot spots, seeing many of the greatest bands on a regular basis, like David Laflame of It's a Beautiful Day, Commander Cody, Asleep at The Wheel amd Taj Mahal.

He moved to Pullman,WA in 1975 and formed a bluegrass

band called the Bottom Dollar Band and found a steady weekly Friday and Saturday 4 sets a night gig at a club called Rico's, where he had some of the best bluegrass players pass through his band including Tony Ludiker.

John's Bottom Dollar band was selected out of hundreds of performers to be on the 1986 Folklife Festival Album. John moved from Pullman to Vashon in 1986 and has played with Tab in all the bands listed in Tab's bio.

Joining Tab and John for the show at The Red Bike will be the phenomenal and soon to be nationally famous, 18 year old fiddler Stephen Burwell from Maple Valley, on bass 40 year upright bluegrass bass legend, Al Hutteball from Enumclaw, soon to be nationally known and famous, 23 year old banjo monster Will McSeveney and one of the greatest mandolin players and truly great singers around, as well a well known player from a very successful bluegrass band called Runaway Train, Nolan Elwell from Buckley, Washington.

The mix of music we will be doing will be solid as a rock classic bluegrass ,and traditional pre '70's classic country music. The level of performers that will be with us should surprise most of the Islanders who have not seen acoustic music done this powerfully. Plus Tab's pedal steel and dobro playing are sure to be jaw dropping as he is truly an amazing musician.

Friday, October 5, 8:30 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

All-Ages Show 'til 11pm, 21+ After that. FREE COVER



VASHONISTAS





Carter Castle releases new CD



(l-r) Chris Anderson, Carter Castle and Bob Kueker rehearse at The Coop. Photo by Janice Randall

By Janice Randall

Island singer/songwriter Carter Castle's new CD release, Walking to Phoenicia, coincides with his VAA New Works Series concert, Saturday, Oct 13, 7:30 pm, at VAA. The Carter Castle Band includes Chris Anderson (lead guitar, vocals) and Bob

Kueker (vocal, bass). They will be joined by surprise guest musicians.

Known for his bluesy roots musical style, Castle introduces 10 new original songs and obscure covers from the likes of Paul Seibold, John Prine and Bob Dylan. Title tune, "Walking to Phoenicia," is a beautiful ballad inspired by a tiny upstate New York hamlet he and wife Debra visited:

We were walking to Phoenicia/We were strolling arm and arm/In the summer by the river/Not so far from Yasgur's farm/Like a river that flows so gently/Like a wind that blows/We kept searching for tender mercy/Only true love knows.

Castle talks about his songwriting process, "You have to wait for a state of grace. I like to spend a lot of time alone, getting in touch with the rhythm; the sounds of words just bubble up from the subconscious. The arduous part is finding the place between the personal and universal."

Acknowledging friends and fellow players as instrumental to inspiration, he adds, "Chris supported my musical goals and nudged me in the right direction - and Bob, too. I feel very lucky." The three have played music together weekly for a year.

"I borrow from tradition. That's what I grew up with. It's important to me how the old becomes new. Like Aldous Huxley says, '... from age to age nothing changes, and yet everything is completely different.' I feel that artistic expression helps that

along. I appreciate how this Island is so supportive of art." Tickets: \$12/\$15, are available at Heron's Nest, Vashon Book Shop and

Dave McGraw & Mandy Fer



Human chemistry is indeed a mercurial thing. And adding any artistic endeavor into that mysterious balance can, every so often, create some true magic. For Dave McGraw and Mandy Fer (pronounced fair), the delicate intertwining of music, life and that always-fine interpersonal equilibrium has borne fruit in the shape of a truly one of a kind artistic partnership.

With the release of the songwriters' first official collaboration, Seed of a Pine, the duo's striking ability to blend their lush folk and Americana-influenced styles is on full display. McGraw's consoling, velvety baritone voice, reminiscent of Greg Brown, coupled with Fer's soaring and subtly powerful vocal approach, likened to that of Patty Griffin, puts a spit-shine polish on the finely crafted body of songs they have generated together. The intricate weavings of their vocal harmonies are undeniably exceptional. McGraw's hard-hitting tunes echo narratives of the culture and landscape of the American West, wherein he thoughtfully spins tales of everyday folks looking for a little something more in their earthly existence. Fer takes a more dreamy approach, evoking complex and ethereal imagery within her sultry and haunting melodies. Her potent electric lead guitar playing, in the vein of jazzfusion guitarist John Scofield, bravely propels this duo through their uniquely heartfelt and spirited live performances, winning over audiences night after night.

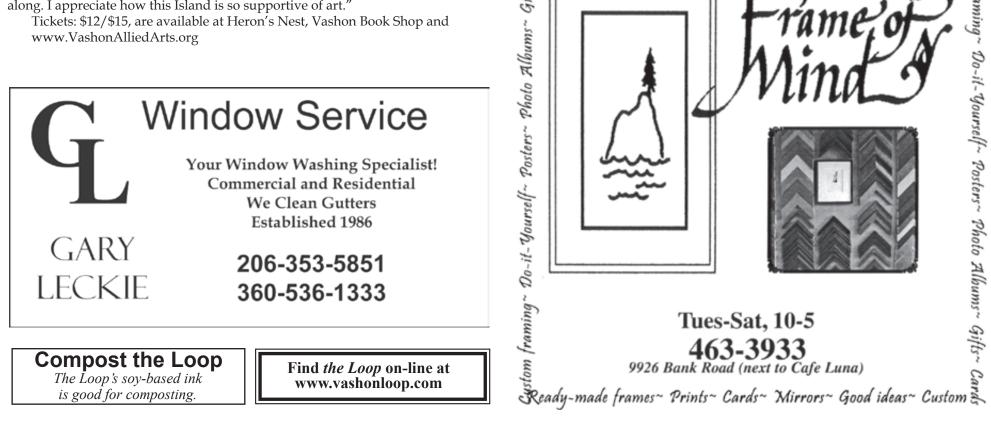
McGraw and Fer have amassed an admirable résumé and an ever-expanding fan base during their time playing music together. Having toured the U.S. from coast to coast, performing in highly esteemed theaters to intimate listening rooms, the pair has honed their skills sharing stages with fellow troubadours including Willy Porter, the Swell Season, Tony Furtado, Jeffrey Foucault and many others.

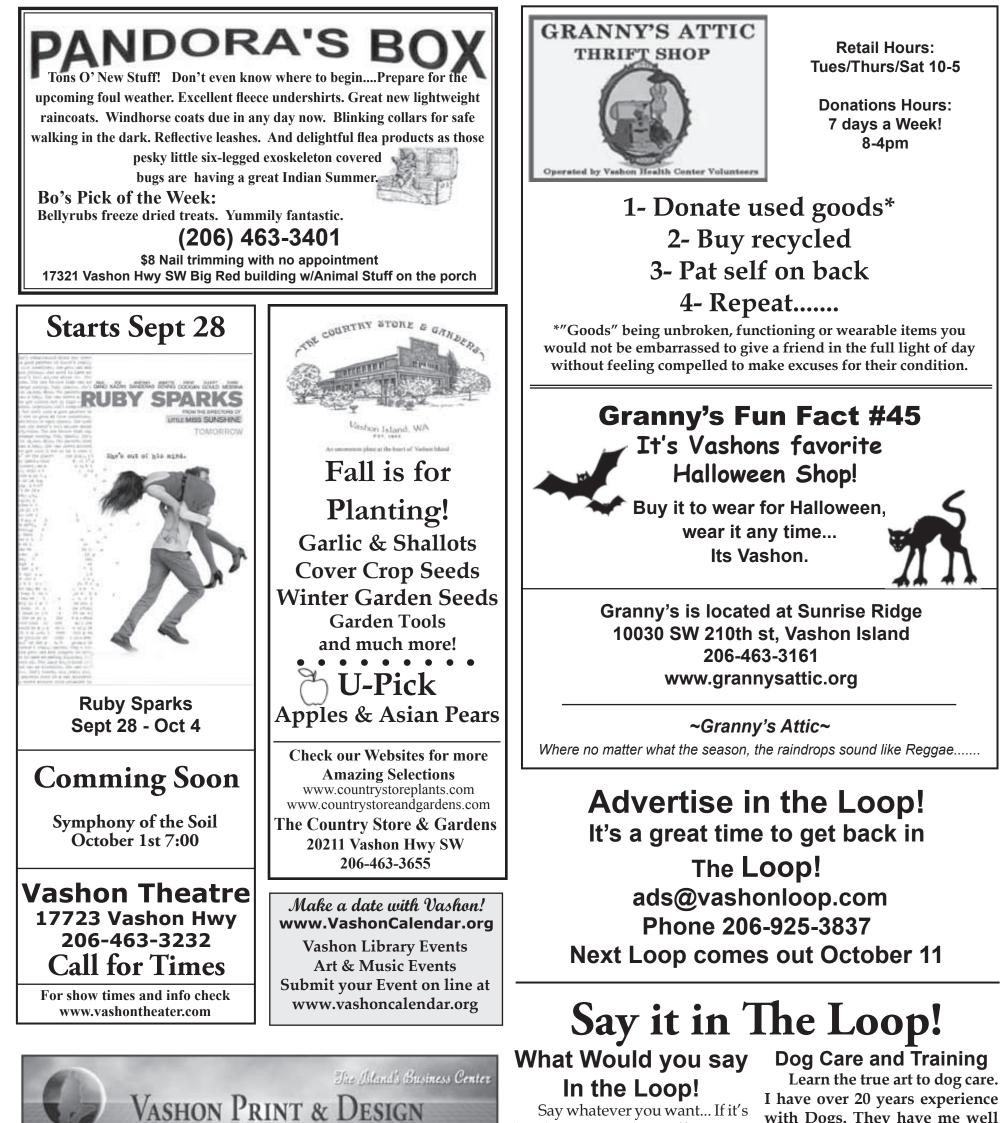
Seed of a Pine itself was recorded in Chicago during the summer of 2011 with renowned producer Zach Goheen and includes contributions from a litany of acclaimed musicians, including Wisconsin singer-songwriter Peter Mulvey, Po'Girl songstress Allison Russell, and Chicago's JT Nero (of JT and the Clouds). This record is slated for official release in the winter of 2012.

Friday, October 12, 8 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959 All-Ages Show 'til 11pm, 21+ After that.

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