



VASHON

# THE LOOP

Vol. 9, #5

A VASHON-MAURY ISLAND COMMUNITY NEWSPAPER

March 1, 2012

## Revenge of the Electric Car Community Cinema and VEVA Bring Film and Electric Car Show



REVENGE OF THE ELECTRIC CAR comes to Vashon! Come to this exciting event on Sunday, March 11th, 2:30pm at Vashon Library. The after film discussion will be hosted by VEVA - Vashon Electric Vehicle Association. We are honored to have a guest speaker from Seattle, Chad Schwitters, President, "Plug in America" National Chapter of the Electric Car Assoc. Following a time of Q&A we are invited to adjourn to the parking lot of the Chamber of Commerce to enjoy an Electric Car Show. We will see a bright yellow Tesla, a black Nissan Leaf, a green converted Geo Metro Hatchback and a converted Ford Pick-up with a hydraulic bed - maybe more. It will be great to have a chance to chat with the proud owners.

REVENGE OF THE ELECTRIC CAR by Chris Paine is not a sequel to his 2006 film WHO KILLED THE

ELECTRIC CAR? He says that this is not an "issue movie". For him, "this is a personal view of different kinds of entrepreneurship in America (corporate and individual) in terms of one of the very biggest industries in the world." It is a story of four very different people who challenged the system on their own terms (three from within and one from outside). A lot happened between 2007 and 2010.

Paine takes his film crew behind the closed doors of Nissan, GM, and the Silicon Valley start-up Tesla Motors and follows the race to be the first and best. In addition to these three major players, the film presents a growing movement of individuals making their own electric cars. We follow the challenges of Greg Abbott "gadget" who converts cars from  
*Continued on Page 4*

## PSCCU Encourages Local Resiliency



*Patte Wagner, branch manager helping a PSCCU Customer.*

**By Julia Lakey**

One sign of local resiliency is Vashon's credit union. Island residents looking for ways to improve their financial situation have found an ally in PSCCU. More than 1500 members have opened accounts there as the credit union approaches its first anniversary in March. In 2012, the staff is poised to assist with debt re-structuring, and various loans, including both re-financing or setting up mortgage loans. Ann Leda Shapiro is one of those singing the praises of Vashon's credit union. She was recently able to make her first home purchase with the guidance and assistance of Patte Wagner, branch manager.

Shapiro had rented on the island for years. When her landlord asked her if she'd like to buy the property, she began a lengthy learning process about home systems as well as the loan process. Shapiro is a local artist and acupuncturist whose property includes a studio and home in Ellisport. Shapiro has a huge sense of gratitude at becoming a home owner. She finds a sense of rootedness and expanding relationships with her neighbors, including the five-year-old who comes to paint in her studio. "I wish this to be my final home," commented Shapiro.

Wagner guided Shapiro through the entire process, including getting documents ready.

The mortgage loan came through Evergreen Home Loans, a local mortgage company, and then the credit union bought back the mortgage. A significant portion of the mortgages arranged through the credit union are bought back; currently \$6 million of local mortgages are held by PSCCU.

Such mortgages benefit local owners like Shapiro as well as our labor market and the community involvement funds that the credit union plows back into local enterprises. Among their many community initiatives, the credit union is sponsoring a little league team and the Lavender Festival Day at our Farmer's Market.

Energy efficiency loans through PSCCU have distinct advantages over the Big Banks. Corporate banks typically refuse to loan without security or equity and with

so many homes under water, i.e., being worth less than the mortgage amount, that places homeowners in a difficult plight. How can they lower their energy bills and make their homes more comfortable? PSCCU's energy efficiency loans don't require equity and are as low as 4.99% interest rates. Homeowners have been improving their property and employing local contractors so our community is again strengthened in resiliency. Heat pumps, geothermal systems, energy-efficient window, and wind and solar systems are all possible through the credit union. Lowering our energy costs and greening the grid are big benefits.

Re-structuring debts is also empowering local residents. The horror stories of folks caught in consumer debt with predatory rates of 29% have entrapped our neighbors. Staff at the credit union counsel members on ways to reduce debt. They offer two kinds of credit cards that provide relief from the predatory rates of corporate banks. Both kinds of credit cards have no fee for transferring balances, while corporate cards typically smack consumers with a 3% balance transfer fee. Both cards also charge only 1% for international transactions (including Canada), which is much lower than corporate cards. The Classic credit card has an 11.99% interest rate and no annual fee. The Platinum card has an 8.9% interest rate and a small annual fee. The Platinum card is the rewards program with points available for travel or merchandise. The points also don't expire; again, much friendlier than corporate cards.

Locals who have re-structured their consumer or car loans find relief in the lower payments. Vashonites have commented that PSCCU loans are a 'life-saver' and 'let us re-build our lives slowly.' One resident burst into tears of relief at realizing that the family's monthly debt load had dropped \$30. On a tight budget, that makes a huge difference.

Stop by the credit union during its first anniversary celebration. Enjoy the art of John Anderson, music, food and prizes during First Friday on March 2nd.

Resiliency rocks!

## Road to Resilience Garden Time!

The Nettles are coming up, the pink plum blossoms are out, and it's time to start preparing for the gardening season. Although I love the beauty of flowers and shrubs, I'm really in it for the food. I'm a really big proponent of food. We go way back and I relish having some everyday. That's why I like to be sure I have a sufficient supply of the very best.

I keep coming back to resilience in this column, and that is why I want to remind you that 90% of our "eggs" are in two baskets, Thriftway and IGA. I suspect that a week-long ferry shutdown would make for a lot of unhappy campers. Since it hasn't happened yet, we haven't bothered to do anything about it. That's the way those things usually go, especially if doing something, like planting vegetable gardens, involves something tedious.

I suspect the "tedious" aspect of gardening revolves around "busting your butt" and getting very dirty. Ever since petroleum gave most of us a ticket into the Aristocracy (We each use the energy equivalent of 50 slaves), the ideas of "unseemly toil" or "getting one's hands dirty" have been looked down on. Add to that the fact that the monetary value of goods produced to the monetary value of labor invested is

**By Terry Sullivan, Transition Vashon**

a disaster. Up to about 60 years ago, 40% of us were farmers, and it's no wonder that we quickly reduced that to about 5% once we could fire up all those tractors and combines.

Maintaining our aristocratic heritage has resulted in some great ironies. Once I understood what an irony was, I realized that I've always enjoyed them. It usually involves doing something for which the original reason is unknown or forgotten. I like them because ironic moments, besides being a surprise, give me a chance to laugh, or at least smile, at myself, and that is always a good thing.

The irony of lawn maintenance is a great example. The original sheep pasture became a place to promenade and take tea around the manor house, but eventually the pasture became a "lawn" and a status symbol. The irony is that, in the extreme case, we still pursue that image and status, even though it involves hard work, expensive machines, dangerous amendments, precious water, no practical return, and the kicker is the "keep off the grass" sign!

Another irony is that, although we eschew unseemly toil in the yard, we pay money to work up a sweat on a machine at the gym, and then we pay

*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.

### Vashon Green Party Meeting

The Vashon-Maury Island Green Party’s monthly meeting (second Tuesday of each month) will be at Joy Goldstein’s home. Other interested progressives always welcome!  
DATE: Tuesday, March 13, 7:00 to 9:00 PM  
LOCATION: 10329 SW Bank Road, Vashon  
DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy’s home is on the south side. Park along Bank Road.  
Major Topics:  
1 Vashon Governance/ All Island Forum.  
2 Transition Vashon/ Resilience Circles.  
3 Occupy Seattle.  
4 The Green Team.  
Questions: Melvin Mackey, Secretary, (206) 463-3468

### Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.  
This group is geared toward family or friend caregivers, rather than paid caregivers. If interested or if you have questions, please call Julea at 567-4421.

### Water District 19 Special Meeting

The Board of Commissioners have scheduled a special meeting for Tuesday, March 13, 2012 at 3:00 pm. The purpose of this meeting is for the Board of Commissioners to review the condition of the pump house at the Beall Creek pumping station after the January 2012 snow storm damaged the structure and other business as necessary.  
The next regular board meeting is scheduled for Tuesday, March 13, 2012 at 4:30 pm.

### Alcohol-Free St. Patrick’s Day

The community is invited to an alcohol-free St. Patrick’s Day celebration at Vashon Presbyterian Church on March 10 from 5 to 8 pm. There will be music, games and food (potato bar, salads and desserts). Come and join the fellowship. Call the VPC office (463-2010) to reserve a place.

### VMICC meeting on Tuesday

Chief Deputy Steve Strachan, second in command at the King County Sheriff’s Office will give a presentation and answer written questions related to the staffing of officers on the island at the next Vashon Maury Island Community Council meeting, Tuesday, Feb. 21, at 7 p.m. at the McMurray School.  
In addition, the Community Care Center will be talking about their facility, plans and fund raising. Kyle Cruver, who has been approved by the board, will be introduced and a vote will be taken to place him on the VMICC board. The budget for the council will also be discussed

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### Joyfully Embrace Change and Surrender to Your Purpose Playshop!

Do you know your direction, but need a catalyst to jumpstart the process? On Saturday March 3rd from 1:30-5 at Vashon Intuitive Arts, learn 3 games that will empower you to feel your brilliance, and determine what you really need, so you can feel fully supported in embracing change to pursue that which gives you the most joy. This playshop will help any choice you make align with your heart, so you can more authentically express the radiant being you are, and your amazing purpose on Earth. You will be able to take the games home to play whenever you need them with you as part of this playshop! You can call VIA to 206-465-0063 to reserve your spot. Workshop + 3 games to take with you are just \$30. Led by J. Mathias Bennett, a spiritual advisor now happily based in the forest on Vashon. (www.intuitivestrategyconsulting.com)

### Food Safety for Organic Farmers & Gardeners

March 17, 9:00 AM to Noon, Vashon Cohousing, 10421 SW Bank Rd  
The Vashon Island Growers Association (VIGA) will host a free workshop for all Island farmers and gardeners on essential strategies for growing food that is delicious, nutritious and safe for our families and community. The workshop will be on Saturday, March 17th, 9:00 AM to Noon in the Common House at Vashon Cohousing, 10421 SW Bank Road. Refreshments will be provided.  
All growers—from season farmers to backyard gardeners—are invited to participate in the conversation about basic practices that affect food safety, such as composting, livestock management, irrigation, and preparing produce for home consumption or sale to the public. People with farm stands or who are interested in selling at the Vashon Farmers Market, either on farm tables or in the co-op booth, are especially encouraged to attend.  
For more details on the workshop visit the VIGA website www.vigavashon.org. Pre-registration is requested. Please email Mark Musick: mark-musick@comcast.net .

### Vashon CERT Now Recruiting for 2012 Class

If a disastrous event overwhelms or delays Vashon’s professional response, Vashon CERT members will assist their family and neighbors by applying the basic response and organizational skills that they learn during training. These skills can help save and sustain lives following a disaster until help arrives. These skills also apply to daily emergencies such as sports injuries, kitchen fires, care accidents.  
Training modules include: Personal Preparedness, Disaster Medical and Psychology, Fire Suppression, Light Search and Rescue, Command and Control. Along with an all-day exercise where these skills are practiced.  
This 40 hour class is conducted on 8 consecutive Friday nights from 6 to 10pm starting 16-March and one Sunday, 29-April, 8am – 4pm.  
Contact certvashon@yahoo.com or 206.463.4558 for more information or to register for this unique, powerful, and fun training.  
This training is sponsored by VIFR and offered at no-cost to the participant.

### King County Resident Survey

On March 5th the King County Executive’s Office of Performance, Strategy and Budget will be launching the 2012 King County Resident Survey.  
This survey will gather data from a sampling of King County residents regarding their satisfaction of and priorities for King County services.  
Here are some quick facts about this survey.  
Purpose:  
The King County Resident Survey will gather statistically valid data from a sampling of King County Residents regarding their satisfaction and priorities of King County services. This information will:  
♦ populate key measures in the King County Strategic Plan to inform program and budget priorities.  
♦ create an opportunity to compare to historical and peer benchmarks.  
♦ provide Strategic Plan Goal Teams data to inform product development and work plan action items.  
♦ highlight public perceptions of

King County overall, County services and County programs.  
Survey Overview:  
♦ Survey will be conducted for approximately 6 weeks, beginning on March 5th.  
♦ Residents will be selected through a random but statistically valid process to ensure accurate representation of different regions of King County. The survey will be finished once 1,000 completed surveys are obtained.  
♦ Residents will first be notified of their selection by mail, followed up by a phone call. Residents will have the opportunity to complete the survey through mail, internet, or phone – unless they explicitly decline to participate.  
♦ The survey will be approximately 6-7 pages and 15-20 minutes in length. The survey will be available in several different languages.  
♦ The budget for this survey (survey development, fielding, analysis, and presentation of data) is \$39,800.

March 1, ‘12

### Seeds4Success Meeting on Housing

Seeds4Success-Vashon is looking at the need for housing on the Island for people with disabilities. There will be a family meeting on March 4 at 3pm at the library to talk about this. We are asking families to join us in a discussion of options. Both families that need significant care for their members or less significant care are asked to stop by. For questions or to arrange childcare please call Lee Ockinga at 370-0709.

### Vashon Drum Circle

Vashon Drum Circle meets Friday, March 9, 7 PM at Vashon Intuitive Arts. All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Free event; donations gratefully accepted. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities.

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### Next Edition of The Loop Comes out Thursday, March 15

Deadline for the next edition of *The Loop* is Friday, March 9

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.  
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**VARSA Community Attitudes Survey**

The Vashon Alliance to Reduce Substance Abuse (VARSA) is conducting a survey on community attitudes on alcohol and drug use. Your personal opinions and your perceptions of the community's attitudes will allow us to better understand how the community environment affects youth choices.

The survey is anonymous and will take about 10 minutes to complete.

For the online version, type this link into your web browser  
**[www.surveymonkey.com/s/VARSASURVEY](http://www.surveymonkey.com/s/VARSASURVEY)**

You may also take the survey by clicking on the link in an email from our online publicity campaign. We ask for your patience if you receive our email from several sources. Please take the survey just one time.

Paper copies of the survey are available at Vashon Pharmacy, the Library, Café Luna, Vashon Maury Community Food Bank (on food distribution Wednesday), Vashon Island Coffee Roasterie, and Burton Coffee Stand. A Spanish language version of the survey is available at these sites as well.

We will publicize the results of the survey at our website and in local papers.

For more information on VARSA and its partners, please visit our website at <http://www.varsaonline.org/> or call coordinator **Luke McQuillin** at 463-5511

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# All people are gifted, so why am I identified as ‘gifted’? It doesn’t feel right

by Jean Navarre

Imagine, only because of what you inherited from the union of your parents; you are now identified with a word that many, including yourself, have “a real problem with.” Imagine hearing about people being upset that “the gifted” are getting special treatment, special funding that is “taking away from other programs” that need it more.

You hear about board meetings that are contentious with even hostility when addressing the needs of “the gifted” are concerned. There seem to be a lot of negative issues with that word and what is worse is that some people not only have no problem expressing their hostilities toward the word, but also toward the students and their families who are just trying to get their children’s needs met.

What if another word besides “gifted” were used? For some reason, at the high school, no one seems to have a problem with the title “advanced placement”. Maybe that’s what we should do at the elementary level, just call a program “advanced placement”.

That seems to make a lot of sense. The problem currently is this: whether it’s at the federal level or the state level, “gifted” is the operative word. It is the word that is used to describe programs designed to meet the need of students with high IQ’s. It is the word that is used to get funding for those programs. Schools, by their very construct, are mandated to meet the needs of every child; every child regardless of their performance on an IQ test is entitled to have their needs met. Let’s not use the term “gifted” since it does damage to all. Let us declare that “every child is gifted by the universe and all creations of life deserve to have their life needs met.”

I am forming a support and information group that addresses issues around the needs of the academically talented called “The Open Circle”. Its mission is simple: find out what is needed by the group and find out how we can best meet these needs. The Open Circle is open to students, parents and teachers. We hope to hold our first meeting in mid March.

## Revenge of the Electric Car

Continued from Page 1

gas powered to all electric vehicles and prides himself in being able to produce clean, quiet cars for California drivers.

It is the film maker’s hope that the movie inspires people to take chances on electric cars and overcome the disinformation and resistance to change that is out there. For example, one of the biggest users of electricity in the world is the oil industry-simply to refine gasoline from crude oil. We could save so many resources by simply putting the electricity directly in the cars. Have we got your interest up?

April 15th join us for HELL AND BACK AGAIN also at Vashon Library at 2:30. This Academy Award nominated film will be Co-sponsored by American Quilt and Vashon VFW Post 2826. Susan Nebeker will present quilts and share stories. HELL AND BACK AGAIN

contains innovative footage from combat in Afghanistan, travel with soldiers on the ground. How does a soldier come home - injured physically and psychologically - and build a life anew?

Community Cinema Vashon is presented monthly by We All Belong FREE film & discussion, a project of Welcome Vashon. All of our documentary screenings are FREE and are followed by lively moderated audience discussion. The films are aired the following month on Channel 9-KCTS-Independent Lens Series. We encourage you watch the excellent programing on PBS-TV and on line.

For more information: ccnw.tv (Community Cinema Pacific NW) and www.vashoneva.org (VEVA) - They meet the 2nd Sat of the month at Minglement. - Jane Berg, jane.e.berg@gmail.com 567-4532.

## Ruby Needs A Home...

This 7 year old lab mix is sweet, playful and needs lots of exercise. She has diabetes and was blind when she came to us, but our wonderful eye specialist, Dr. Sullivan, replaced her opaque lenses with new synthetic ones and they will never be affected by diabetes again. Ruby is always ready to go biking, hiking, whatever is on the agenda, but be sure to take along the insulin, as she needs her shots twice a day.

If you would like to meet Ruby,



contact Vashon Island Pet Protectors at 206-707-2218. There is a \$125 adoption fee.

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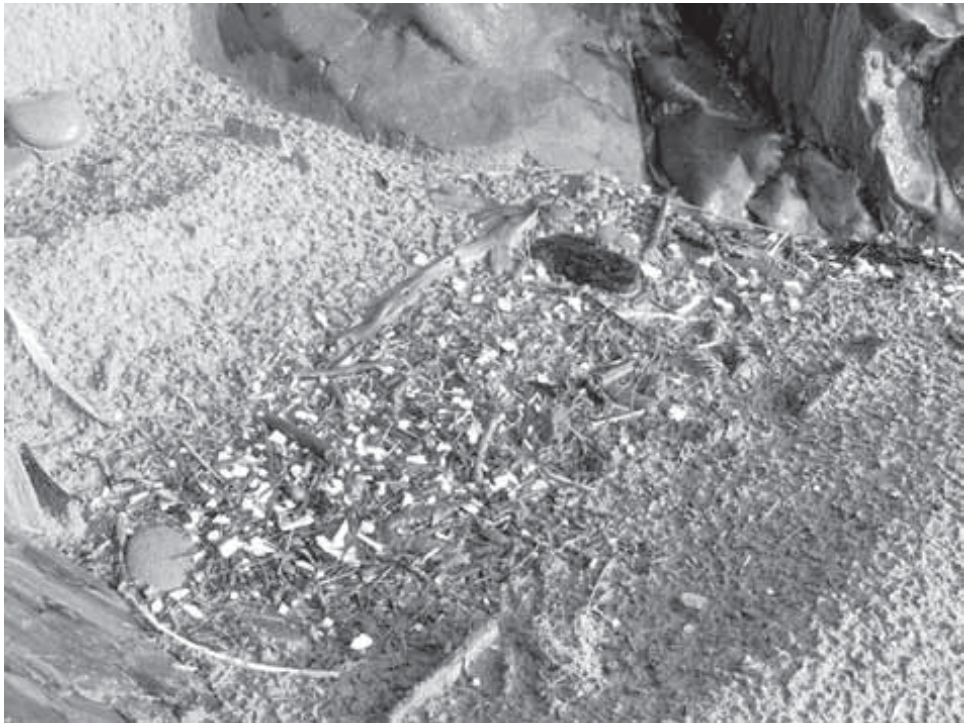
# Island Life

## On the Beach

by Peter Ray

I don't recall if I ever saw that end-of-the-world, nuclear apocalypse film, *On the Beach*, a second time in ensuing years after having viewed it when it first came out way back in the ancient times of my impressionable youth. What sticks with me, image wise, is the guy closing his garage doors and climbing into his racer sports car which is up on blocks, and gunning the engine in order to fill the closed space with exhaust and carbon monoxide so he can "go out" on his own terms instead of succumbing to the cloud of nuclear war produced radiation that is circling the globe and taking lives, pretty much all lives, with no remorse, as clouds of that sort are wont to do. The other happy thought that remains from that film is the view from a submarine conning tower as the crew, who has escaped nuclear death by being underwater (and perhaps having contributed a few button push launches to the human demise- I don't remember), sails into a port city to find no one left alive. It is easy to see why I haven't had *On the Beach* high up on my replay list. But it is also interesting to note that in spite of its message from some 40 years ago, we are still killing ourselves with automobile exhaust and, perhaps sadder still, that we are still holding the "nuclear option" in our collective hands, with the equivalent of the world's third largest nuclear arsenal sitting just a few miles from our Island doorsteps over on the Hood Canal.

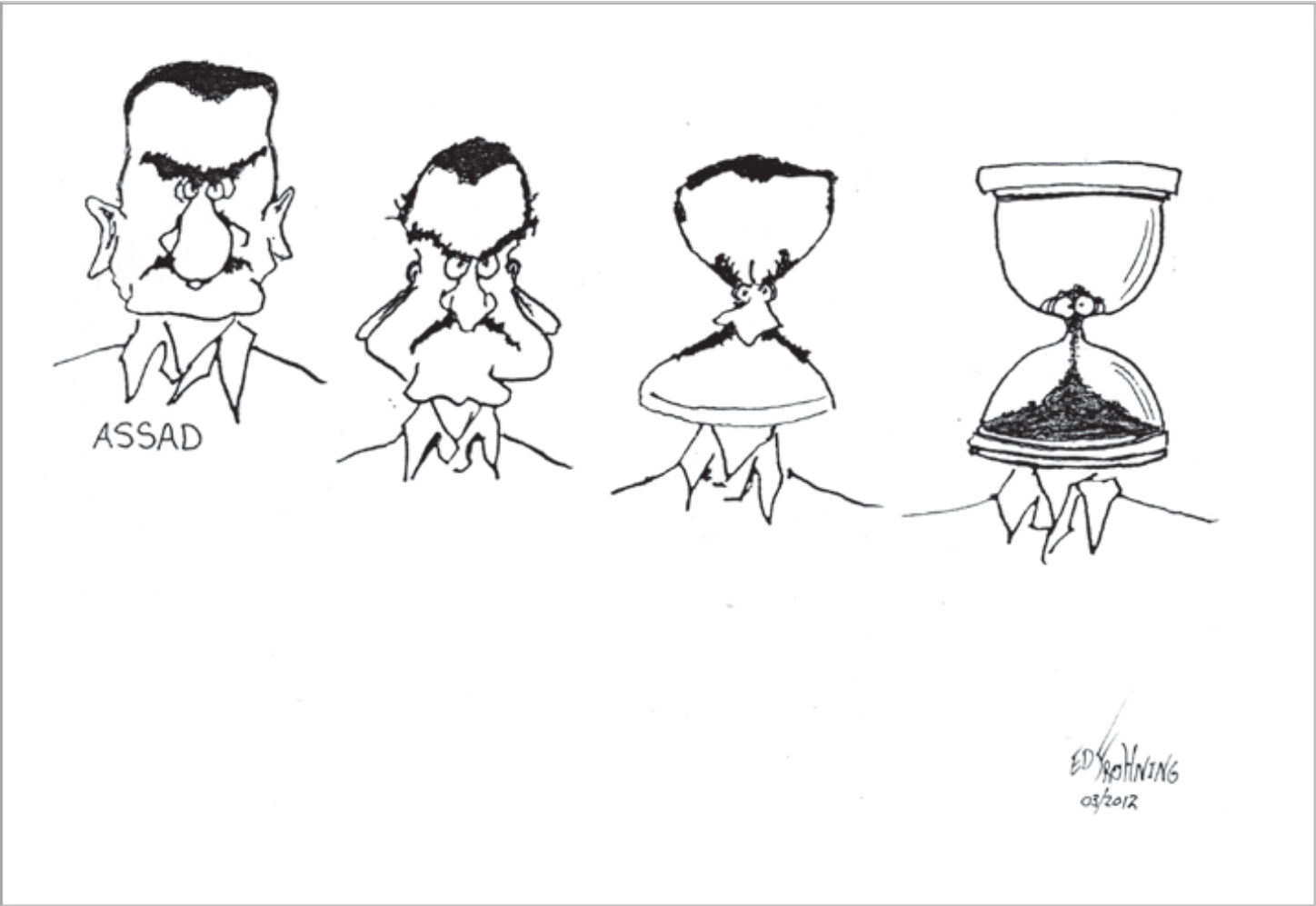
It is also interesting to note, that even with all the extensive security surrounding the Bangor Base, it is still under attack, as are all of us along the salty seashore- everywhere. This realization came to roost with me a couple of years back when my out-of-town sister and brother-in-law paid a visit and we journeyed to the Olympics and the coast. A walk along Ruby Beach both invigorated me and buried me in a funk of doom. There was the usual driftwood and killer logs and sea spray and the occasional sea creature post mortem specimen. And there were the usual clusters of castaway, manmade detritus that unfortunately finds their way even into the most pristine of places. But what really got to me was the meandering, confetti-like tide line display of a rainbow spectrum of small plastic bits that I had never noticed before. What my brain began to do with this observation was to extrapolate the reality, which in this situation was not necessarily a good thing. While I had,



since I'd first heard about it, imagined the great Pacific gyre, or garbage patch, slowly turning mostly way out of sight and maintaining whole pieces of this or that in its wasteland collective. What my brain was now doing was rotating and jostling this aquatic plastic galaxy and generating an infinite quantity of colorful, minute fragments that were being spun off and going forth to decorate beaches and line the stomachs of whatever sea creature happened along

with the expectation that whatever is floating there is edible and good for you. One can get a real life view of how this turns out for some creatures by viewing the sea birds of Midway Island photographs of Seattle photographer Chris Jordan- [www.chrisjordan.com/gallery/midway/](http://www.chrisjordan.com/gallery/midway/)

As many Island conversations go, it's hard to remember how one got on a certain subject, and this is the case with a chance discussion I had with Eric Nelsen. We have been friends since the early eighties when I was first invited to participate in one of his multi-day kiln firings. Having studied ceramics in Japan, Eric had brought home the desire to do wood firings of his ceramic pieces and set out to build a hillside clay cooker that required steady vigilance around the clock to maintain the correct firing temperature. Being on one of the crews was a bit like being a stoker on a railroad steam engine or paddle wheel boat, without the thrill of going anywhere. There was the fire, however, and the satisfaction and surprise of being there when the kiln was opened and the patina of one's stoking diligence shone on each individual piece. It was a surprise then, when I learned that Eric had taking a slight turn, and while not abandoning the call of the clay, was now actively collecting aquatic garbage patch debris from area beaches with the intent of creating something, beautiful or otherwise, from the dissembled plastic bits serving as evidence of our civilization as they manifest themselves



## Ridge Road Water Main Replacement

At a Special Meeting of the Board of Commissioners of Water District 19 on February 28, 2012, a contract with Legend Development LLC was approved for the construction of Phase II of the Ridge Road water main replacement. Work is anticipated to start in March 2012 and last for two weeks. Construction activities include replacing approximately 660 feet of water main, reconnecting service connections to the homes at the water meters and installing fire hydrants.

During construction, every effort will be made to minimize the impact to the local residents. However, as with any water main reconstruction project, there will be some inconvenience and we appreciate your patience during this time.

Once construction begins, the District will post updates and information concerning the progress of this project on the District's website at [www.water19.com](http://www.water19.com).

If you have questions, you may contact the District office by telephone at 206-463-9007 or email at [water19@water19.com](mailto:water19@water19.com).

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in collecting points on area beaches. My cold and fascinating visit with Eric at his studio and at the north end of Quartermaster Harbor recently can be viewed in two parts on the youtubes here:

[www.youtube.com/watch?v=CZf64QhmZCs](http://www.youtube.com/watch?v=CZf64QhmZCs)

[www.youtube.com/watch?v=Q6UfnRg6f9M](http://www.youtube.com/watch?v=Q6UfnRg6f9M)

And of course, I can always be reached for question or comment in the dungeons of the internets here: [pgr42@att.net](mailto:pgr42@att.net)



# Abby Williams Hill Exhibit at Vashon-Maury Island Heritage Museum

By Verna Everitt

In cooperation with the University of Puget Sound, Vashon-Maury Island Heritage Museum's newest exhibit, "Abby Williams Hill: Wanderlust, Works on Paper, 1895-1927," opens on First

Friday, March 2, 2012. A select collection of her drawings and sketches span three decades in time and subject - from Vashon Island, the North Cascades, Montana, and the Southwest to Germany, France, Switzerland,

and Belgium.

Abby Williams Hill, her husband Dr. Frank Hill, and their young son, Romaine, left Grinnell, Iowa to move out west - all the way west to Tacoma, Washington in 1889. Through her many surviving day books and dairies she painted a picture in which she shunned the life of a doctor's wife, finding it far more interesting to sail over to Vashon, befriend the locals, fish for her supper and enjoy the island. She loved children however, and unable to have more of her own, Hill adopted three daughters. She spent her summer months camping on Vashon where she homeschooled (or tent-schooled) her four children. The summer ritual of camping on the Island lasted long enough for Hill to buy property and even set up an art studio in Burton. There she sketched several local sights along the beaches, including native canoes and native homes.

After receiving her first in a line of four commissions, she began in earnest to create landscapes of the Pacific Northwest. Her works were used to entice tourists to hop on trains, head west and explore the virgin territory, much like she had done. While Hill's work includes over 100 canvasses of landscapes, still life, and portraits including one of Sioux chief White Bull, her sketches were sometimes the sparest of works, other times fully realized. They are not always mentioned in her day books, but Hill dated them and identified their locations, so it is possible to place them into the chronology of her work. Hill's commissioned paintings were shown at the Chicago World's Fair in 1893 and the Lewis and Clark Exposition in Portland as well as the Alaska-Yukon-Pacific Exposition in Seattle in 1909.

In conjunction with the Abby Williams Hills exhibit, local artist, Pam Ingalls will give a talk at 7 p.m., Thursday, March 22 at the Land Trust building, entitled, Pam Ingalls: Wanderlust. Pam will address how her own travels influenced her art.

For more information, please contact the Vashon-Maury Island Heritage Association: 206.463-7808.



Abby Williams Hill - "Burton Studio".

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## Hestia Retreat Event

Many of you read The Loop article last summer on the development of a women's sanctuary/retreat on our island called Hestia Retreat (hestiarettreat.com). We are still in the development stages, but our vision is coming together beautifully. We now have over 20 women on our planning committees and Board, more than 100 others who are following our development closely and helping in a range of ways, about 300 men and women Facebook followers, agreement from King County to build on rural residential property, and we received our 501(c)(3) status at the end of last year. And that's not even the half of it!

As part of our continuing outreach efforts, we are planning an event that is being held on Sunday, March 11 from 10-6 at The Lodge at Camp Burton. We want to be able to offer now some of what we will provide regularly once Hestia is built, and so we have been planning a Women's Day of Wellness. The idea is to give women a day of enjoyment and learning, one where they can find community and solitude, much like what Hestia will be everyday once it is completed. We have an amazing line-up of island women who will be giving talks/workshops and also conducting movement classes. At any one time, attendees can choose between a talk and a movement class. Or they can sit in our quiet room, browse our wellness marketplace and silent auction, walk on the grounds, or even play on the swing set at Camp Burton. We also have other Vashon women's groups holding special events.

Here is our schedule:  
Welcome 10-10:30 a.m.;  
Closing 5:35-6 a.m.  
Talks/Workshops  
10:30 GETTING ANSWERS: USING YOUR INTUITION TO DISCOVER YOUR BEST LIFE - Aimée Cartier  
11:25 WHAT'S YOUR DOSHA? THE KEY TO UNDERSTANDING HEALTH AND VITALITY - Ronly Blau  
12:15 POST TRAUMATIC GROWTH - GRIEF RESILIENCY THROUGH CREATIVITY - Abigail Carter  
1:40 ACTIVE IMAGINATION - THE EMBODIED WORLD OF DREAM - Liz Brenneman  
2:35 INTRODUCTION TO ENERGY MEDICINE - Rondi Lightmark  
3:45 WHAT'S UNFURLING IN YOU? STEPPING INTO

YOUR MAGNIFICENCE - Amy Kessel

4:40 THE WAY OF THE MYSTERIAL WOMAN: AN ALCHEMICAL ANSWER TO LIVING, LOVING, AND LEADING IN OUR WILDLY EVOLVING TIMES - Suzanne Anderson

Movement Classes  
10:30 YOGA FOR A HEALTHY PELVIS - Kathryn Payne of Island Yoga Center  
11:25 CORE STRENGTH FOR EVERYDAY FITNESS AND BEYOND - Lu-Ann Branch of Heart of the Soul Fitness  
12:15 ZUMBA - Dari Haffie of Sweetfeet Body Works and Sara Van Fleet  
1:40 YOGA - Nicole Grey of Island Yoga Center  
2:35 BODY/MIND MOVEMENT - Stacey Hinden  
3:45 MIND/BODY CROSS-TRAINING - Lynelle Sjoborg of Massage and Motion Studio  
4:40 SENSUAL GROOVE DANCE WORKSHOP - Arlette Moody

Additional Activity  
12:15 and 2:35 - Jane Valencia will be conducting an outdoor class, "Nourish Your Nature with Nature," for a two groups of women (limit 20 per group); these sessions will run concurrent with the other classes.

The day is open to women of all ages. Childcare is provided for an extra fee. The full day, including healthful snacks and lunch is an \$85 donation to Hestia; you can buy the pass in a basket (perhaps a gift for a loved one), which includes Hestia's own Inner Flame Tea and mug. We have some reduced cost passes available as well as some volunteer opportunities. To learn more about the presenters and classes or to register, go to hestiarettreat.com/pagesmith/19. Or you can contact the primary organizer, Valerie Manusov, at valerie@hestiarettreat.com. She can send you a registration form and other materials. Try to register as soon as possible, as passes are limited.

Please also contact Valerie to learn more about how to get involved in the creation of Hestia Retreat. In particular, we are looking for people who wish to endow this wonderful project. If this tugs at your heart, we look forward to talking to and working with you to build a dedicated space where women can come to reflect, find their sense of self, and take it back, stronger and wiser into the larger community.

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# Planet Waves

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



**Aries (March 20-April 19)**  
There is a clairvoyant quality to your charts right now, so much that I'm tempted to ask you what you think is on the horizon rather than try to tell you. That said, you have an open channel of spiritual communication that will prove to be helpful in the coming months. That might prove to be challenging, given that you're experiencing so much activity, potential and the need to take your responsibilities seriously -- but I ask you, when else do you need to be guided from the soul? No matter what is happening, no matter how dramatic or challenging your life may be, you have access to a deep inner current of intelligence. The only requirement is that you ask, and that you listen for the reply. Ask sincerely and listen carefully and you'll be told everything you need to know.

**Taurus (April 19-May 20)**  
Take care of yourself. Take care of your mind, and take care of the place you hold in the world. Both are precious and deserve to be treated that way. You may be feeling on top of your game, however I would propose that your situation is more delicate than is obvious to you. If you're not using your relationship experiences as a mirror and a template for growth, you may be missing some key opportunities that are not available on a regular basis. It's true, you can make nearly any decision at nearly any time, but your experiences are offering you a perspective on 'the other' that can, if you pay attention, reveal a lot about what you want from life. If you're obsessed over what you don't want, I would propose taking another approach. Being affirmative will provide a more direct path.

**Gemini (May 20-June 21)**  
This is a magnificent moment to both shine and do so in a way that is actually unique, meaning unique to you alone. You have no obligation to conform to anyone -- you never did, but the temptation is always present. I don't suggest you be different for its own sake, but rather that you have a license to celebrate and pursue your dreams while honoring your integrity as an individual. This shows up many ways, but most vividly in your freedom to have your own viewpoint of a situation, which may differ from every single person you know -- and especially in pursuing a quirky, unusual and rather daring dream that you've been keeping to yourself for a while. The beauty of the moment is that you are already the person you wish you could be; now all you have to do is get out of your own way.

**Cancer (June 21-July 22)**  
Achievement does not come easily to you; you care too much about your fellow humans to lie, steal and cheat -- the usual ways people find 'easy' success. That said, you're in a moment where something special is about to open up, and it looks a lot like some kind of vibrant, beautiful success at something that's deeply personal to you. But I would add a few words of caution. It's still possible for you to make mistakes, and small mistakes can go a long way toward taking the momentum out of much greater possibilities. Therefore, no matter how brilliantly you're doing, pay attention to every step and every communication. I'm not saying be stilted; I am saying be aware, correct your errors promptly, and understate your achievements. Pride is unbecoming


of true achievement, and the world is watching.

**Leo (July 22-Aug. 23)**  
You're the very essence of faith in yourself -- except when you're not. I would argue, however, that the chart setup for Leo is the perfect expression of what used to be called humanism -- which in the words of Wikipedia's writers is "a philosophy or world view that focuses on human values and concerns, attaching prime importance to human rather than divine or supernatural matters." The thing is, as you may know, this is a path to a sensible, useful spirituality, one that is not weighed down by dogma. At the moment you're a walking expression of this philosophy in action. You don't need something outside yourself to feel your place in the cosmos, or like you belong on the planet. Many others around you are noticing this in your words and actions, and learning something precious.

**Virgo (Aug. 23-Sep. 22)**  
Mars will be retrograde in your sign through mid-April, and first I want to check in with you on the essential themes of this transit: going beyond self-criticism; learning to state what you want directly; devotion to helping yourself first so that you will be much more effective in service of others. Of these, the first is one of the most debilitating issues that you face. You probably know this, and you're looking for a way out of the paradox that if you don't notice your own errors, you'll never get out of them, but noticing just seems to make matters worse. The thing you need to be vigilant about is violent impulses that you might direct toward yourself rather than observing. It's possible to observe using assessment rather than judgment, which works a lot better when making self-corrections.

**Libra (Sep. 22-Oct. 23)**  
In the coming months there will be a lot going on in your relationships, though despite the many surface-level changes and some jarring events, you can depend on a level of structural stability. That's the thing to count on when the momentum starts to pick up and you wonder where your life is going all at once. You're not really going anywhere other than where you put your feet. Motion is not the real issue, anyway -- your astonishing sensitivity is. Therefore, if you find yourself responding strongly to things that loved ones say to you, or to the events that seem to skate out of your control, I suggest that you ground in yourself, pause and filter out some of the external factors. If others cannot feel you quite so well, you can at least start by feeling yourself and gradually putting those feelings into words someone else can understand.

**Scorpio (Oct. 23-Nov. 22)**  
This can be a really interesting, as in gorgeous, month for sex -- though it will help if you remember the difference between giving and receiving. Yes, they are closely related and some people 'get' pleasure from that of others, but there are still differences in the energy flow when you offer and when you open up and receive. The difference can resemble that between inviting yourself to someone's house, or extending a gracious invitation. It can be as daring as being available to explore someone's fantasy with them, setting aside your own scenario and playing the role that is the most fun for them. As for receiving -- there is a



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certain generosity in truly embracing what another offers you, and that is something I suggest you cultivate. For you, in a similar light, there is no such thing as 'too generous'.

**Sagittarius (Nov. 22-Dec. 22)**  
You're going to be in a bold mood to experiment as the month unfolds, though I suggest you think before you act. To you, that may feel like hesitation, and if that's the case, then I suggest you hesitate before you act. The difference, however, is that thinking is an active process of reflection, not merely momentary fear. I suggest you parse out the potential consequences of any particular adventure. From the looks of your solar chart, you may be feeling like you have no limits, therefore, I suggest you be the one to set some conscious limits, or at least moments of review. You can easily get drawn into the energy fields of others, through various forms of erotic play and romance. Make sure you have your wits about you. Simply put, there are some choices that take very little time but which have effects that last a really long time.

**Capricorn (Dec. 22-Jan. 20)**  
Bono has a line of poetry that I've pondered for years: "You don't know if it's fear or desire." Now is a fine time to do a study on the differences. You're living in an entirely new environment right now, whether we're talking about physical location or an emotional state. Many things you previously held as permanent are showing signs of coming unstuck. Many emotional tendencies you've lived with your whole life are suddenly coming under the microscope. I see in your charts a deep craving to know yourself, even if these new developments are shaking you at your roots. The brilliant observation contained in Bono's line is that there is a fine line between fear and desire, and sometimes we're afraid of what we want the very

most.

**Aquarius (Jan. 20-Feb. 19)**  
Aquarius has a reputation for liking to think, and I sure hope it's true for you. For the next few weeks your mind will be less like a think tank and more like a furnace of hot ideas. I suggest that you try something radical, which is pick them up one at a time and dunk them in water. Cool them off, pick them up and see what you've got in your hand. Then, if you feel so inclined, gradually shape it into something that you want to work with. This is to say, ideas are one thing, and what you do with them is another thing. The mind can put out incredible amounts of power -- and how you harness that power determines whether your creativity is useful or not. You may not be inclined to slow down for long enough to actually figure out what you're thinking, though I suggest you give it a try.

**Pisces (Feb. 19-March 20)**  
Neptune, the planet most often associated with Pisces, is now a feature in your sign, which means in your life, through 2025. This offers you some awesome potential -- but you're the one who has to bring the focusing power and personal discipline. (Pisces rising people, please take note as well.) It's the challenges that will offer you the opportunities for discipline, and most of them will involve your quest to be a whole person living a balanced life. There's lots of talk about this, but hardly anyone knows what it means -- nor can they tell you what it means for you. I would propose that in addition to food and rest, balance means expressing yourself in ways that are satisfying and remind you that you're alive. Twitter won't work. Painting, photography and music will work a lot better.

Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net)



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## In Praise of the VW Bus

by Mary Tuel

In a recent column I spoke of a VW van in less than flattering terms. Those remarks prompted a friend, Alan Blue Heron Milinazzo Barnett, to write in praise of the VW bus. I asked him if I could run his letter as a guest column. He said yes. Here it is:

“It has been many moons since I last responded to one of your columns, but today I just couldn’t restrain myself, I must speak out, I must declare my state of being and I must protest the derogatory impression given by you of the revered VW Bus.

“As a current owner of a 1970 VW Camper Bus, I step forward to defend their good name. In short, my position is this: If one must go to the poorhouse, in what better vehicle to make that adventurous journey but a VW Bus?

“As a child of the 60’s, what was more iconic than a VW Bus with flowers on it? What was the vehicle that took us down the road (and all our gear) at the speed of life? What vehicle stood symbolic of our intentions, our aspirations and our hopes for a world filled with love, void of prejudice, and acknowledging who we are as individual souls? The VW Bus!

“Sure, they broke down, ran badly and slowly, but while in a state of disrepair, what other vehicle solicited the milk of human kindness as the did the lowly bus as stranger after stranger

stopped to kibitz on what was wrong with it and what the proper prescription for its healing should be? Many a new friend was made alongside the road or at the parts store or junk yard because of the VW Bus.

“It is true that they can be a pain in the caboose (I should know, I am now proud owner of Bus #8), a drain upon the penny bucket and down right ugly with the paint jobs that some wear, but what is all that compared the breath of fresh mountain air that only can be achieved by nursing a bus to the summit at 25 mph along the shoulder? How else can memories of ocean views, desert night skies, lonely dark roads traversing state and national borders, and local, state and national parks be attained? Only by leaning on the steering wheel of a VW Bus and shouting your conversations to those who you hold dear and who in the name of adventure shouted out, “Shotgun!”

“It is a lonely place being the owner of a VW Bus in a world of egg-shaped computerized cars, being the only one with no A/C or 6-speaker stereo system or video screens on the back of the front seats, having only 16 gauge metal between oneself and Eternity with no airbags to delay that possibility, or to be alone at the back of the pack on the freeway or the one leading a string of 13 cars up the grade. It’s a tough job and there’s only one kind of person to do it, the VW Bus owner.

“Being one of those people, I had to speak out in defense of a dying breed and a vehicle going extinct. There aren’t that many of us left on the road and we’re slowly dying out. Soon, there will be a generation of young people who will have never had the pleasure of feeling the wind in their hair, the bugs in their teeth and the roar of the wind in their ears from driving a VW Bus.”

Alan and his wife Lisa live in Ningbo, China, where she teaches and he writes. His VW bus, “Bertha Buss VIII (she is the last surviving member of the Buss family that has lived with me since my first encounter with Bertha Buss The First in 1964), is currently in the care of an old bus buddy. He darn near cried when I asked him to care for Bertha while I am in China!”



Bertha Buss VIII, Alan’s current VW bus, a 1970 camper van

## PANDORA'S BOX

Cheryl’s annual March “In Like a Lion” sale soon to be in progress. Great deals on Wellness canned cat food.

I promise the new dog beds form Bellingham via a slow tanker from China will be here soon.

Cheryl’s Pick of the Week: New New New!!! Better source and way better prices on wild bird food - plus, special custom house blends. Try “Grandpa Tom’s Custom Mix,” or “Buddy’s Blend.” Big, big discounts from old brand. Come see!



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## Stay Home If You Are Sick

As most of us have recently heard, pertussis is on the island. This is not a surprise. The instances of Pertussis cases is well-known to rise and fall cyclically. And, as we know, a mostly non-immune population is more susceptible.

As in, the adult population.

While media is quick to point out the 33% of children on Vashon who are under-vaccinated, [Source: Beachcomber] there has historically been little mention of the low immunity within the adult community. This is because, prior to 2006, there was no pertussis vaccine available for adults. If you can’t vaccinate against it, you typically don’t hear much about it. So, then and now, the 20-90 year old crowd has been a weak link in the battle to reduce the incidence of pertussis.

Why? Because, the vaccine wears off around the age of 12-14.

[From the CDC Website: Immunity to pertussis wanes approximately 5--10 years after completion of childhood vaccination, leaving adolescents and adults susceptible to pertussis.]

Pertussis is a low-efficacy vaccine with only 59-89% efficacy rate. [Source: Beachcomber, CDC, Vaccine Maker Insert] Further, full efficacy doesn’t occur until the end of the series. Thus, the efficacy for newly vaccinated infants (those at greatest risk from the disease) is much less than 59-89%.

So, given the overall limitations of the vaccine, what ELSE can we do? In other words, how can we protect vulnerable islanders of all ages?

Well...I’m curious if you know someone who has had “the crud” this winter? [From the CDC website: B. pertussis infection among adults covers a spectrum from mild cough illness to classic pertussis; infection also can be asymptomatic in adults with some level of immunity. When the presentation of pertussis is not classic, the cough illness can be clinically indistinguishable from other respiratory illnesses.] Most likely, some of our island cases of “the crud” are undiagnosed and untreated cases of pertussis in adults. But, do you hear anyone talking about this?

As a close friend of mine recently said, “The sociology of the vaccine has caused pertussis to become unthinkable and unspeakable. This silence is causing a lot of needless illness and suffering.”

How does the “vaccine-only” discussion harm our communities? Well, if you had the crud this winter, ask yourself this:

Did your doctor suggest it might be pertussis?

Did your doctor suggest getting tested?

If not,...you are not alone.

Where does this leave us? Well, I would suggest that the best tool in our tool kit, at all times, is what you see on the top of public health signs in every public bathroom.

STAY HOME IF YOU ARE SICK.

When you begin to feel sick, staying home is beneficial in two ways: (1) you will heal faster, and (2) you cannot pass the illness on to vulnerable individuals in

public places. Yes, you can be contagious before you notice full-fledged symptoms, so this is not the only solution - just as a vaccine with a 59-89% efficacy rate and potentially, albeit rare, life-threatening side effects is not a perfect solution. But both tools can offer significant value, especially when both are on the table and available for use.

STILL, just imagine if everyone stayed home when “beginning” to feel ill?

Imagine NOT spreading your germs/virus to everyone in the school bus, the locker room, the grocery store, the pharmacy, the library, and elsewhere! Instead...you can go get tested, get antibiotics (unless it is a virus), and eventually return to work or school contagion-free.

However, I realize that many individuals struggle when they cannot go to work. Our society often values work over health, and many people have no sick leave. Clearly, this is bad for community health. Maybe now is the time for friends, neighbors, and family members to say, “I will shop for you. I will clean your house so you can really rest and get back to work asap. AND, I will come over and stay with your mildly ill child while you go to work.” I realize that this won’t keep ALL contagious people out of public places, but it would help a lot.

Is caregiving dangerous to the person offering support? Not necessarily. If the sick person is later diagnosed with pertussis, the incubation period means they will have a diagnosis before you show symptoms. You can take antibiotics prophylactically if you wish, which is often quite effective at preventing the onset of pertussis. Of course, if it’s a virus, then you’ll need to fight it off yourself. So, take reasonable precautions to protect yourself. Take care of your immune system. Wash your hands. Wear a mask, if you think that is appropriate. And of course, don’t volunteer if your immune system is weakened or you have other unusual medical circumstances that put you at risk!

So what do you think?

Can we support each other, so more of us can stay home when sick?

Can we increase early testing for pertussis?

Can we return to an ethic that “going into public when you are sick” is not okay?

Can we possibly get parents to keep their sick kids home?

ALSO...public sanitation and immune strength play roles, and a health practitioner on the island is preparing a statement about a “green clean” method that has been shown to facilitate a significant reduction in the spread of disease. Plainly said, it is time to look beyond “just vaccines,” when considering the health of our community.

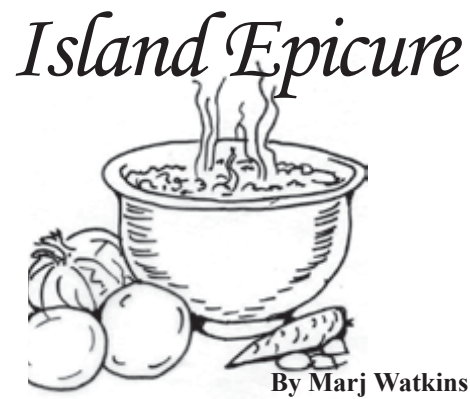
Yours in empowered self-care and public health awareness,

March Twisdale

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Editor@vashonloop.com





By Marj Watkins

Comfort Food from the Deep South

Let the March winds blow. Let the usual Northwest gray skies and rain prevail outdoors. Somewhere the sun is shining. Let us close the curtains, turn on some New Orleans jazz music, and get ready for some southern cooking. The aroma of Jambalaya or Shrimp Purlieu will have us smacking our lips, and a wave of happy anticipation will wash all the blues from our hearts.

CHICKEN JAMBALAYA

- 4 to 6 Servings
- 1 3-lb fryer
- Salt, black pepper and red pepper
- Flour for dredging chicken
- 2 teaspoons salt, divided
- 3 tablespoons canola or olive oil
- 3 onions, chopped
- 4 or 5 ribs celery, chopped
- 2 or 3 garlic cloves, chopped
- ½ green bell pepper, chopped
- 1 1/2 cups rice
- 3 cups boiling water
- 1 No. 2 ½ can tomatoes
- 2 teaspoons chili powder, optional
- ¼ teaspoon cayenne pepper or to taste
- 1 teaspoon salt
- Black pepper if desired

Cut chicken into serving size pieces. Toss in a bag with the flour and 1 teaspoon salt. Heat the oil in a wide skillet. You may need two skillets. Brown chicken. Remove and reserve. Put the onions, celery, garlic and bell pepper in the skillet and cook until

wilted. Add the tomatoes. Return the chicken to the skillet. Cover. Cook on medium low heat until chicken is tender, 30 to 40 minutes. While the chicken cooks, combine the rice, water, and the other 1 teaspoon of salt in a large kettle or stockpot. Bring back to a boil. Reduce heat. Cover. Cook 20 minutes for white rice, 40 to 50 minutes for brown rice. Add the rice to the chicken. Stir. Cook on low heat for 10 minutes to blend flavors.

- SHRIMP PURLIEU
- 2 to 3 servings
- ½ cup yellow or white onion cut in ¼-inch wide slivers
- 2 Tablespoons olive oil
- 4 cups cut up vegetables: matchstick carrots, sliced water chestnuts, slivered onions, green pepper strips, 1-inch wide nappa cabbage strips
- 2 slivered garlic cloves
- 1 15-ounce can diced tomatoes
- Red Tabasco sauce to taste
- Salt to taste
- 1 cup large peeled shrimp or prawns or 2 cans shrimp
- ½ teaspoon dried oregano or ¼ Tablespoon fresh oregano leaves

In a large, deep skillet, heat the oil. Sauté the onion until shiny but not browned. Stir in remaining raw vegetables and garlic. Stir-fry 5 minutes. Add tomatoes. Reduce heat. Cover. Simmer 10 minutes. Add a dash of salt if desired. Arrange shrimp or prawns atop the tomato bouilli. Cover. Cook a few minutes, until the shrimp or prawns are opaque and orange on their outsides. Serve over steamed brown rice.

- Rice Cooking Tips:
- White rice needs the starch washed off it first. Brown rice requires no pre-washing.
- When you want sticky rice, start it cooking in cold water. When you want separate grains in the finished dish, start the rice in boiling water. Drizzle the grains in, add a Tablespoon of olive oil per 1 cup raw rice, stir, and cook covered 20 minutes for white rice, 40-50 minutes for brown rice.

Kick off schools fundraising with the first “Run for Schools” March 31st!

To celebrate the annual campaign to raise money for Vashon public schools, local families are encouraged to come to the first ever “Run for Schools”, a 1k and 5k event to be held on Saturday, March 31st, at 10 a.m., at the Vashon High School track. Prizes will be awarded to first place boy, first place girl, youngest runner, and first place family. Pledge forms will be available for those who would like to kick off their annual support of the Vashon public schools. Superintendent Michael Soltman will draw a name from those who sign up that morning on site and the winner will also win a prize. Prizes are from The Little House, Thriftway, Full Circle Wellness, the Vashon High School Drama Department (tickets to Legally Blonde!), the Vashon Theatre, online bookseller Powell’s Books, and more! Top prizes will include two tickets to a Sounders game for “first couple” to cross the finish line, and two free tickets to the greatly-anticipated opening show of the new “Hunger Games” movie, coming to the Vashon Theatre March 23rd, for “first teen” to cross the line!

The run will be “started” by McMurray physical education teacher Carrie Hatfield. While everyone is encouraged to run, walkers are welcome, too! There is no charge to run or attend, and the event is on, rain or shine. “We want to celebrate our public schools, and kick off our annual fundraising campaign,” said Vashon Island Public Schools Foundation Chair Zabette Macomber. “What better way to do that than all of us coming out for this run and having a great time with each other and our families?” For those who like a little more distance, there will be an optional 5k distance run for those who want to continue around the track, once the 1k runners are done. Prizes will go to first place finishers in the following categories: boy (under 12, Thriftway gift certificate), girl (under 12, Thriftway gift certificate), teen (Hunger Games opening show tickets), couple (Sounders tickets), youngest (Little House), oldest (massage gift certificate), and 5k (online book store gift certificate). Also, we will do a drawing from the list of those who sign up that day for their annual contribution. The winner of that drawing will win two tickets to “Legally Blonde” at the high school theater and a Thriftway gift certificate. Questions about the event can go to Foundation Board Members Andrew Oatman (ajoatman@ymail.com) and Lauri Hennessey (lauri@hennesseypr.com).



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# Positively Speaking

## Life Interrupted

By Deborah H. Anderson



This past week I realized I will never in my life get what I’ve wanted which is a fairly predictable schedule and a really low profile. I also made peace with that fact as ‘a good thing’.

So Thursday at 5:14 PM there’s a message left on my voicemail (that I discovered at 6:00 ) that someone has indeed dropped out of the Edge Professional Development Program for Writers through Artists Trust. As first alternate I have first dibs on saying, ‘yes’. I do so knowing it means that suddenly for the next eight weeks I will be in class a lot and to my astonishment discover that the final for the class is my first public reading which will take place at Elliott Bay Books. OK. Well...

The affirmation of being in this class which is described by one artist friend as ‘highly competitive’ and the realization that full time writing and teaching is a path which I have discerned as the right path for me but didn’t quite believe it would be actualized in my lifetime are two overwhelming realities. I keep finding myself taking deep breaths. And I say, ‘Oh wow!’ a lot.

When I met the other writers I was truly humbled. I was also glad I had said ‘yes’ even though it meant completely rearranging my life so I could accommodate the first Friday night class which started exactly twenty four hours after I was notified of the place available for me.

These are amazing writers, fifteen of them. I listened in awe as they all presented their initial materials that night. I was so excited after getting home I could not fall asleep.

The thought will go through my mind a million times over, what if I had said no? What if I had said it wasn’t the right time. For weeks, ever since I found out I was an alternate, I have told friends and acquaintances being selected as an alternate was perfect as it didn’t seem to be the right time and I had so many other things to do, yet it let me know I was good enough to get in. Now, having taken my place in the class, I find that I will choose to not do many of the things on my ‘to do’ list because they have already eliminated themselves in light of the new information I have about my career as a writer.

In the past I have been willing to let myself be interrupted frequently by negative circumstances and still look for the positive outcome. Now I find myself willing to be interrupted by something intensely positive and looking for the bigger outcome. My vision of my own life has completely changed. I’ve agreed with myself to release my grip and am living with that feeling in my stomach you get when you go over a hill too fast and loose your sense of gravity for a moment.

I’ve asked myself to pay attention to this turn of events. It makes things which were big before seem diminished. Someone got into my home last week while I was house-sitting and instead of panic and betrayal and major drama, it’s more unsettling. The inner dialogue is more, figure out which movies they took and how to get to IKEA to replace the tool kit I loved so much and stop spinning my wheels about why they turned the deck porch light on and turned the little gold colored tin church one of my parishioners gave me ages ago to the rear of the shelf and what did they cook in the microwave that didn’t take all the minutes they thought it would. Get to True Value to change the dead bolt. And wish for them an amazing life changing experience which opens them up to the best life can offer the way this class has. Really... that’s what’s in my heart.

From now on I will look on those people who have had a sequential life that followed lovely order and know I need to not envy. Thou shalt not covet they neighbor’s lifestyle rhythm. Value your own journey is what I’ve always told my kids. I guess I wasn’t telling myself enough.

In the class we were asked the question ‘Why did you start writing?’”. In that totally transparent environment I was willing to search back and realize I started writing back in high school to hear my own voice. There were so many people exploiting me and drowning out my life, I just wanted to hear what I was saying inside; my opinions, my ideas and my visions were not being listened to by anyone else and so I wanted to concretize them in my own words.

Now through your responses dear readers, and your willingness to share your positive reflections, I embrace the opportunity to become better at offering encouragement or insights with others, far and wide. It’s a pretty vulnerable stance, but I’m OK with interrupting my previous agenda and surrendering to a bigger vision. As I heard myself answer the question, ‘How many years have you been writing your column’ with the words, ‘almost eight years’, I thought back on the privilege of writing about 19,200 words for you all and the blessing that brings.

This is the only week with no homework. Back to getting chores caught up so I can breeze through the weeks with domestic peace.

I’ll keep you posted.  
Love,  
Deborah



Want to read more of Deborah ? You can find her at three separate blogs:  
[www.onewiththerootbeer.blogspot.com](http://www.onewiththerootbeer.blogspot.com) Simple Parenting in Challenging Times is a blog for parents offering practical advice and observations on a raising children from pregnancy through the teens.

[www.mealsandmoments.blogspot.com](http://www.mealsandmoments.blogspot.com) Real Encouragement in a Virtual World is a blog for personal growth recreating those conversations that helped us grow around the dinner table. Musings and observations encouraging each person to push the envelope on how they can grow in healthy ways emotionally and socially.

[www.socialcontemplative.blogspot.com](http://www.socialcontemplative.blogspot.com) Under the Rock:Encouraging Faith Based Leadership is a blog for pastors and lay leaders eager to have more salt than shaker in their ministries offering spiritual development as opposed to the perpetuation of arbitrary or traditional church culture.

# A Bit of Vashon Women’s History

In 1911 eight women who lived in the little town of Burton began meeting every other Tuesday to read books and discuss current events. They called themselves the “Two to Four Club,” since those were the hours of their meetings. It wasn’t long before their husbands began calling them the “Two by Four Club.”

Undaunted by this masculine display of humor, the women continued to meet, and in 1914 they adopted by-laws and began planning for a library in Burton. Transportation across the island was difficult at that time and the Club continued to be made up of Burton women, and the library to serve the Burton community.

The small lending library was established in that year. At first the shelves were filled with books that the Club members collected and donated. Members set the hours and took turns tending the new library. Books were lent for a penny a day and the money was used to pay utilities and buy new books. The women found other sources for books to expand the library, including asking the Annie Wright Seminary in Tacoma for books that would otherwise be discarded.

The Club grew to about 20 to 24 members, and as roads and transportation improved, this included members from other parts of the Island and the library’s area expanded to serve the entire Island.

In 1933 the Club changed its name to Vashon Island Woman’s Club and joined the National Federation of Women’s

Clubs.

During World War II the Women’s Club joined with other Vashon Island organizations instrumental in raising \$6,000.00 to build a new library in Vashon. In 1944 King County began to pay for a librarian and to supply books to the Burton Library. When the Vashon Memorial Library was built just after World War II the first librarian was Marjorie Stanley who was the President of the Woman’s Club in 1944-45. (The original library building is now the Senior Center because the community retained title to the building even as King County supplied the books and paid expenses.)

The Burton Library continued to function as a lending library supported by the Vashon Woman’s Club until sometime in the 1950’s.

A few years ago it became apparent that the King County Library no longer needed the support of the VWC, and its focus changed to supporting the libraries in the Vashon Schools. That support for the school libraries continues to this time.

In 2011 the Vashon Woman’s Club celebrated its centennial year. No longer affiliated with the National Federation of Women’s Clubs, it is now named the Vashon Women’s Club and continues as a social club, still meeting on Tuesdays. The women of the VWC are proud to continue the ambitions of the original members and have every intention of serving Island readers for another one hundred years.





# The Road To Resilience

Continued from Page 11

someone else to work up a sweat in our yard.

The point of this ramble is that we have hundreds of acres of unused pasture and lawn that could be producing high quality food, healthy bodies, livelihoods, and a real sense of accomplishment. I'll be the first to admit that I sometimes bitch and moan at the prospect of working in the garden, but the feeling quickly transforms into pleasure once I get to it. Forget about comparing it to what your time is worth at work. Think about the pleasure of being outside, the food you are producing, the time and money you are saving by not having to go to the gym.

If that isn't enough, there is the cerebral aspect as well, especially if you garden organically. Knowing what, when and where to plant, making judgments about the weather, assessing weeds, pests and soil fertility, are all very challenging. If that is intimidating to you, there is a lot of free help. Besides books, there are the master gardeners outside of Thriftway on many Saturdays, and there are the community gardens that you can volunteer for while getting hands-on instruction. Contact Jen Coe at Food Bank Gardens: jentree@gmail.com or Julia Lakey at Community Care Gardens: jlakey@centurytel.net.

If you either have the desire to garden and no space, or you have space but not the inclination or ability to garden, check out the

Food Security Working Group's Vashon Yard Share website: vashonyardshare.grouply.com and sign up to be a member. Once you're a member, you will find a map with markers indicating the location of both people wanting gardens and land for gardens wanting people. Just follow the instructions on the main page once you're in. In some cases, gardener and host may work together, one may learn from the other, or share produce. Whatever works for the two of you. There is not much activity as yet on this site, so be sure to put yourself on it and have patience. I urge you to put yourself on the map, even if you don't know exactly what you want from it. There are no commitments here and no requirement that you strike a deal with anybody.

If you want, you can wait for that perfect person or plot to turn up, but it won't happen if people don't post themselves on the map.

We can be a lot more resilient in our food supply. Let's put our good land to use.

The Food Security Group will hold their final session on Emergency Food Preparedness this Saturday, 10am-12pm, and again on Monday night, 7-9pm at the Fireman's Hall. The presentation by Elizabeth Sullivan will be on affordable ways to gather an emergency food supply that is tailored to your family's needs.

Comments?  
terry@vashonloop.com

By Harmon McKendrie Arroyo

What an unexpected but delightful surprise to open a recent issue of The Loop and see extensive reference made to the ancient sacred home of Asia's most revered spiritual deity: The Goddess of Compassion, Kuan Yin.

In his article, The Great Golden Buddha of Pu Tuo Shan, Biffle French recounts visiting along with hundreds of pilgrims this famous shrine situated on what is one of China's Nine Sacred Mountains - the mountain island of Pu To, also called Pu Tuo Shan.

The island of Pu To has been a holy place for over 2,000 years. It was so at the beginning for Taoists, then became so a thousand years later for Mayahana Buddhists. The island, first mentioned in the Flower Ornament Sutra (a Buddhist sacred text) in the eight century CE/AD as Potolaka, became known as the sacred home of Kuan Yin, She Who Hears the Cries of the World. Since the eighth century, the divine reputation of Kuan Yin has grown until she is now revered by more people throughout Asia than Buddha himself.

The photo accompanying Mr. French's article shows Kuan Yin gesturing for peace with her right hand and holding the Lotus Sutra (another Buddhist sacred text) in her left. Crowned with her distinctive headdress



Photo by Biffle French

and draped in robes of purity, she stands upon the Sacred Lotus Blossom which among Buddhists symbolizes the flowering of the mind.

As a Bodhisattva, Kuan Yin attained great moral wisdom across many lives and incarnations. She at last attained spiritual perfection and was about to step across the threshold into Nirvana when all the creatures of earth cried out as one to Kuan Yin not to leave them behind. Though of the highest, purest nature and having merited her final release into Nirvana, Kuan

Yin chose instead to return to earth in order to help liberate all life from conflict, pain and suffering.

The reverence with which Kuan Yin is held exemplifies the sense of spiritual and emotional sanctuary she provides her adherents during times of social upheaval, violence or catastrophe. So revered had she become by the Chinese people in the 1960s, Mao Zedong, in his quest for absolute, unchallenged power, caused the sacking of Po Tu and the destruction of over two-hundred of Kuan Yin's temples. Since then Po Tu has begun to recover and regain its stature, though under the present Chinese government karaoke and disco bars - even prostitution - now intrude upon the ancient dignity of this sacred place.

Pu To, today, as Mr. French might attest, struggles against a rising tide of tourism, the encroachments of modern transport, and unrelenting consumerist development and growth. The Goddess, as Mr. French photographed her, stands gilded and serene above the throng, looking down tenderly - a loving mother hearkening to the proffering of incense and the clinking of alms. An untarnished symbol of love and compassion, she listens with her heart to the silent sorrows and unspoken pain of her children.

As we hurl ourselves headlong toward an ever-more contentious, fractured and desecrated world of our own making, will the fury of our machines and the maelstrom of our insatiable consumption so overwhelm our cries for help that even Kuan Yin will no longer hear?

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# How To Turn Small Boys Into Bull Riders Using Only Everyday Farm Animals

By Biffle French, National Rodeo Correspondent to The Loop

On Saturday, February 18th, your National Rodeo Correspondent left home and hearth to brave the seventy-degree temperatures and clear skies of Tucson and to attend the 2012 Fiesta De Los Vaqueros on your behalf. What follows is his special report, including editorial comments.

If you're like me - and I'm pretty confident you're not - then you may wonder where bull riders come from. I remember watching Bodacious, the Moby Dick of rodeo, head-butt a cowboy back in the nineties, breaking his eye sockets just for starters. I expected the ranks to thin out right then, but it didn't happen. Nobody ever made the buzzer on that bull, but they kept on coming, and it looks like they always will.

Cowboys as young as four years old start their careers at PRCA rodeos. These are big rodeos, with bleachers full of enthusiastic fans, and while their suburban peers are learning to play T-ball in front of adoring parents, these young hands are already getting their faces publicly stomped into the dirt by an animal a lot bigger than they are. Rodeo people are just different from city folks.

The event goes something like this: Dad or Mom places the contestant onto the back of a large squirming sheep, who is not in on the game. There is no harness, saddle or other accoutrements to hang on to, only the wool. The gate is kept open to avoid crushing the little tyke in the chute - the sheep always goes for the exit. At the signal sheep and kid are released and the ride lasts until the kid falls off. My cell phone timer isn't all that accurate, but measurements have shown that the average duration is about 40 milliseconds - roughly the length of a sneeze.

The "post ride" may last a bit longer than the actual ride. That is the part where the kid hangs on and gets dragged a ways. No balance required, just don't let go. Often this leads to the sheep being on top. Surprisingly, some young riders find this thrilling and look forward to it. Less surprisingly, others don't.

"I TOLD you I wouldn't like it, Mom, and I DON'T LIKE IT!" I heard one mutton buster exclaim as he was trying to clean arena dirt from his tongue through the grill on his helmet. "You'll do better next time, Son," Mom answered.

"Anyway, I liked it."

I asked five-year-old Number 7 Remijio Obregon about his experience. "I ain't scared of no sheep. I'll ride that sucker all day long next time. That sheep better be scared of ME next time. I ain't gonna fall off again." This is the attitude that makes a bull rider.

Unlike other professional sports, every rodeo is divided up into age classes as well as events that are usually men only, usually women only or both men and women. I say "usually" even though actually it's always, but as far as I know there's no rule. I just never saw a man do barrel racing or a woman bust a bronc, so I don't ever expect to see that. But it could happen. It's more that rodeo is a tradition of centuries and those things tend to stick.

After the Mutton Busters event, the older contestants get a chance. One event that I hadn't seen for a while was the staked goat tie. A young goat is staked to the center of the arena. A teenage girl mounted on a fast horse rides toward it at speed, dismounts at a sprint, grabs the goat by the feet and ties its legs together. If the goat stays tied for 5 seconds, the rider has qualified and will be awarded points based on speed, style, etc.



This event has an almost biblical symbolism to it. The whole scene of a small collared goat tied to a stake, surrounded by excited rodeo fans and watching in sudden horrified anticipation as a mounted girl jumps off her galloping horse

and runs up with a rope - well that would scare hell out of ME! It's not a real sacrifice this time, but goats have seen stuff like this before.

*Biffle French is a photographer, author and the National Rodeo Correspondent for The Loop.*

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# A Backbone Benefit Music Extravaganza

Yes....it's that time again...whether you are a musician or a music fan, this is going to be an event worth checking out...

The next Backbone Campaign Benefit is coming up on Friday night, March 23rd at the Red Bicycle Bistro & Sushi at 8pm. There is a \$20 Cover.

And man....what a wild and crazy one this will be.....this event has the craziest theme yet. It is called:

“Red Hot Police Who Clash for Kinky Petty Cash”

This gives our participating local musicians a wide choice of music with songs (preferably relevant to protest, power, money, etc) by the following musicians/bands:

- 1. The Red Hot Chili Peppers
- 2. The Police
- 3. The Who
- 4. The Clash
- 5. The Kinks
- 6. Tom Petty
- 7. Johnny Cash

We thought we'd continue the theme concept again, calling out to our unbelievably talented musicians on this Island to participate. If you missed out on performing in the previous benefit shows, now is your chance to be a part of an spectacular night of music by a huge variety of musicians, all under one roof and for a great cause. If you've performed at these events before, we welcome you back!

Bill Moyer and the Backbone Campaign staff and supporters continue to do some incredible things out in the world right now – this is your chance to



contribute to their efforts. For information on what the Backbone Campaign has been up to lately, check out their website at [www.backbonecampaign.org](http://www.backbonecampaign.org).

For all seven of the previous Backbone Campaign Benefit events at The Red Bicycle, it was 'standing room only' in the back and it was about as packed as they've ever seen that place. We even ended up having to turn some people away because there just wasn't any room left! The event is a unique way to gather with your community - visit with neighbors and old friends and share a wonderful night together, but I cannot urge you enough to get there early!

Musicians may perform one song by the above mentioned bands/musicians at the benefit, either as a solo act or with accompaniment. There have been some great solo performances in the past, as

well as some wonderful collaborations that people are still talking about, so we're hoping for more of the same for this event.

Although it won't be an acoustic event, it won't be a big amplified huge extravaganza either. We'll rotate quite a few people through (maybe 25 or so time slots) each playing one song. There is not much time for set-up, sound check, or tear down, so we want to keep it simple. It's difficult to accommodate large bands, but not impossible if the transition time takes place quickly. Pick a song, email me back and let me know what it is as soon as possible, and we'll add it to our list so we don't have any duplicates. The list tends to fill up pretty fast and please remember, it will have to be first come, first serve...there's just a certain amount of time slots available and so many more musicians to fill them out here on the Island. Have a second choice in mind, just in case your first one is taken already. We need to try to solidify everything by the end of February in order to print posters and get the word to the local papers by their deadlines. This is a great audience to play to and if you have CD's of your own music, it's a great event to make some sales!

You will be able to see an updated list of the artists who have signed up for this event and what songs they will be performing on the Red Bicycle Bistro web site at [www.redbicyclebistro.com](http://www.redbicyclebistro.com) as soon as people start submitting their songs to us. We'll have the standard

sound setup at The Red Bicycle with the in-house equipment they have, and then run everyone through a guitar amp so that we can keep the flow going and not have to do a sound check for each person. Any songs with drums, we prefer that there is only one shared kit and if bass players can share an amp, that helps a lot as well.

Also, we would like to have some sort of representation by the youth on the island if at all possible...if you know of anyone under 21 that might be interested in performing, please let us know. We think it would add another wonderful dynamic to this special night. There is a window of time between 7:30 & 11pm when anyone under 21 can be in the restaurant where we could make this happen.

John Sparks will be our soundman for this event—he has become the resident soundman at The Red Bicycle. This night should be fun and something a little different than the norm. It's an excuse to get out of the house, socialize a little bit, and enjoy some first class entertainment.

As always, a huge thanks to everyone who takes the stage and also to those of you who will come to enjoy the music. We are blown away by this wonderful community of musicians and music lovers that continue to support each other every day.

Music creates community. Music matters. -Pete-

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**Next Edition  
of *The Loop*  
Comes out  
Thursday,  
March 15**

Deadline for the next  
edition of *The Loop* is  
**Friday, March 9**

**- FRESH GROUND BY JAKE PIVON -**

I PROPOSE TO CATCH A FISH,  
I PREPARE MYSELF A DISH.  
I'LL SPICE IT AS I WISH,  
THIS DISH WILL BE DE-LISH.

THE PROBLEM WITH THIS DEAL,  
IS INSTEAD I'VE CAUGHT AN EEL.  
BUT THE EEL HAS NO APPEAL,  
HENCE, I HAVE NO MEAL.

**- FISH WISH - SAVE 9-11**

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is good for composting.*

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**[www.vashonloop.com](http://www.vashonloop.com)**.

**Lo'py Laffs**

Today, Vashon's own philosopher and High Mystic, **STONEWALL PIVOTER**, will take up the coveted role of the "CHAIRMAN" in VASHON ISLAND'S TOP COOK" reality show...

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**LOGJAM**

BY **JEFF HAWLEY**

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IT LOOKS UNCOMFORTABLE

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IT ALL DEPENDS ON YOUR PERSPECTIVE

**HAWLEY**



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LOREN SINNER  
STEVE AMSDEN  
MATT EGGLESTON  
DANNY CADMAN



★ SPORTSMAN INN  
Downtown VASHON

Friday, March 2, 8pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

Ron Hook

The man, the myth. Mysterious, captivating.....ever so talented, this man will lay down his funky grooves and make you forget about your troubles....

Front man for the infamous island band, Subconscious Population, Ron has earned the respect of many—not only with his amazing ability to play many different instruments so well...

Friday, March 2, 7pm  
Vashon Island Coffee Roasterie,  
Vashon Minglement  
19529 Vashon Highway,  
206-463-9672.



Photographer Richard Waits

This is the fourth show of Richard’s photography that is part of the continuing Vashon Island Artist Series that began two years ago with the Portraits of Island Artists. This new show is resplendent in it’s depth of visual imagery. The Vashon musicians that are expressed through crystal clear black and white images, are complimented with the colorful, impressionistic renditions of the dancers from the Blue Heron’s production of The Nutcracker. Experimenting with a new technique that combines the skill of an accomplished photographer with the invitation to the Universe

Friday, March 2, 6pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com



to create with serendipity and chance, these images look like they they have been manipulated on a computer, yet they have not. In this way, the magic of the moment is captured by the camera in a way that would be just a blur to our senses.

Clinton Fearon

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

Opening up for Clinton Fearon is Vashon’s own Sarah Christine. Whether she is gracing the stage solo acoustic with guitar in hand, or backed by a full band, Sarah Christine’s soulful siren captures attention. This Northwest native weaves a positive musical tapestry, blending her rich honey voice, conscious lyrics and uplifting melodies with the flavors of reggae, rhythm & blues and soul. This gifted singer/songwriter delivers heartfelt messages of oneness, the power of love and the infinite possibilities of clear intention. Classically trained in voice and self taught on guitar and piano she has spent the past 12 years composing and performing. Sarah’s voice has been heard throughout Washington, Oregon, and Hawaii and has been an on-stage presence at numerous festivals including Northwest Reggae Fest, Sierra Nevada World Music Fest, Conscious Culture Festival, Bumpershoot, Seattle Hempfest, Northwest Folklife and many others. Sarah has contributed live and in-studio vocals to various artists such as Publish the Quest, The Crucialites, Adrian Xavier Band, Prezident Brown, Jah Levi, Essential I, Indigitize, and



Rau to name a few. She is also featured on a major label release of an all female compilation of U2 covers entitled ‘In the Shadows of U2’.

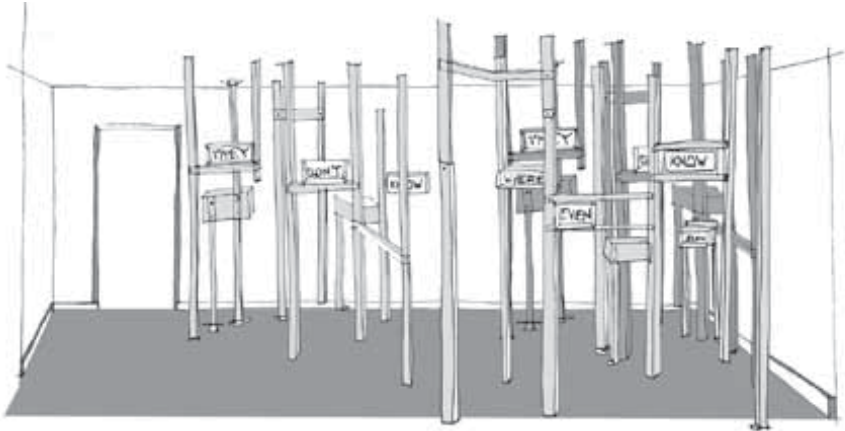
Preparing to release her first full album entitled “Free From Fear” due out in early 2012, Sarah is laying the groundwork to share her passion with a global audience. Sarah currently teaches private voice instruction and group workshops where she guides people to tap into the power of their own unique voices. Her vision is to travel the world and spread music that inspires and encourages people to live to up to their fullest potential. Her recent two month trip to Jamaica with her husband and three children set the wheels in motion for many more musical adventures to come.

The show begins at 8:30pm, the cover is \$10.00 and it is an all-ages event ‘til 11pm, 21+ after that. The Red Bike has experienced sold-out shows with Clinton in the past and anticipates the same for this one, so it’s highly advised that people buy tickets in advance by calling 463-5959 or by purchasing them in person at the Bike.

Saturday, March 3, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

VAA Gallery features Two Artists

By Janice Randall



Where We’ve Been, an installation by Tom Hughes, opens at 6 pm, Friday, at VAA.

In the Gallery, March showcases art by two artists, Tom Hughes, who creates temporary sculpture with a message, and photographer William Mitchell. Meet and chat with artists, Friday, March 2, 6 p.m., and enjoy live music by Riverbend.

From Buffalo, NY, to Vashon, Tom Hughes started his art exploration in photography and printmaking, but found that words and objects better conveyed his ideas. His Gallery exhibition will illuminate words within recycled cardboard and salvaged plywood sculpture (painted with house paint) on the theme “Where We’ve Been.” The installation, according to Hughes, will allude to mischief and collusion.

The sculpture itself suggests reeds and grasses. Columns will run from floor to ceiling and boxes will stand at varying heights. “It’s interactive art in a very concrete way, low-tech; it’s been referred to as a punk-rock aesthetic.”

Photographer William Mitchell, an avid outdoorsman, took his first photography class at University of Washington in 1983. He worked full-time for the Department of Transportation, while contracted with a stock photo agency. After retiring in 2003, armed with a large format 4x5 field camera, a medium format roll film and digital camera, Mitchell began shooting full-time.

His current exhibition “Tangles,” offers a collection of color photographs that reveal nature through an abstract perspective. Mitchell says he enjoys travel and always keeps a camera close at hand.

Advertise in the Loop!  
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Next Loop comes out March 15

Deadline for the next  
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**Friday, March 9**

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# World Music to Move You

By Janice Randall



Photo by Lisa Elliott

VAA New Works Series will bring the eclectic world music of Avaaza to stage Saturday, March 10, 7:30 p.m. Influenced by music from the Mediterranean region, including Flamenco, Gypsy, Arabic, Persian and North African, Avazza is also inspired by music of the Middle East, India and Southeast Asia. The eight-member band includes both Island musicians and talent from the surrounding region: Azula Phillips, vocals; Jason Everett, bass; Terri Garrett, clarinet; Charles Reed, guitar; Michael Nageub, flute and keyboard; Tracy Helming, violin; George Sadak, drums; S. Chandra Naraine, percussion. Together Avaaza captures both traditional and current world music through their innovative arrangements.

“This concert will combine music that is appropriate to sit and enjoy,” says Everett, “Everything from meditative to lively.” The group meets bi-weekly for rehearsals. “We inspire each other; we each bring so many different elements to the music,” says Phillips. “We’re pushing our creative envelopes. The band vibe is fantastic and there’s a high level of musicianship,” adds Everett.

Azula studied classical vocal training as a mezzo-soprano coloratura. She moved to Europe where she learned to sing in French, Spanish, Portuguese and Arabic. Everett, multi-instrumentalist, composer, arranger and back-up vocalist plays stringed

and percussive instruments including seven-string fretted and fretless bass guitars and an electric sitar of his own design. Garrett, professional clarinetist and teacher, is a member of Northwest Sinfonietta and freelances with Seattle Symphony, Tacoma Symphony, Pacific Northwest Ballet and more. Reed has sung and played guitar for three decades, from folk and country to jazz and rock. Nageub studied nay (Egyptian flute) and keyboard at the University of Helwan Arabic Music Institute, then performed at the Cairo Opera House for 4 years before moving to Seattle where he teaches.

Tracy Helming received a master’s degree in violin performance from the Yale School of Music, and has performed with artists from Itschak Perlman to John Denver. A passionate performer of Middle Eastern dance, she has won numerous national competitions.

Born in Egypt, Geoge Sadak, internationally recognized drummer and Egyptian tabla player (dumbek) has played professionally for most of his life in a variety of styles including Middle Eastern music, Jazz, Balkan and Arabic. S. Chandra Naraine, born in Guyana, South America, plays instruments including the Darbukkah (Egyptian Tabla), Duf (Tar/Bendir/Doira/Framedrums) and Req.-by Janice Randall

Tickets, \$12/\$15, are available at VAA, Heron’s Nest, Vashon Bookshop, brownpapertickets.com, or call 463.5131.

# Open Mike Night VHS Senior Fundraiser

Students at Vashon High School share their talents at the Red Bike’s Open Mic Night on March 9th at 8pm. The evening will be hosted by VHS seniors Sage Everett and Yusuf Griffen, who will entertain and introduce their peers performing music, comedy, magic, poetry, dance and more.

As the evening progresses, VHS musicians will join with adults in a jam session hosted by Island musicians Todd Zimberg and Maggie Laird. Whether you’re a regular attendee of the VHS open mics or brand new to the scene, don’t miss this one! You will be impressed by the wealth of student talent right in your midst.

All proceeds benefit the VHS Class of 2012. Audiences need to be forewarned some mature content might not be suitable for younger viewers.

Friday, March 9, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



# Comedy Time

Outlandish comedians Kevin Joyce, Steffon Moody and Jim Farrell (with special guest, Andre Sapp) will be Standing Up and letting it all hang out on Friday, March 16th, 8pm at the Red Bicycle Bistro and Sushi. This will be the first Vashon Comedy Night of 2012, and it’s just in time to dispel the moldy mid-March madness that inevitably grips the soggy Northwest this time of year. Past Comedy Nights have had a much bigger line up with much shorter sets. This four comedian format will give the performers room to stretch their legs and deliver the full blown comedy package. Local Comedy, always fresh

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



# Bobrick

Unearthed in the coal mines of Northern England and the dust bowls of Oklahoma, forged on the streets of Chicago and Los Angeles, and polished at the infamous Vashon musical collective known as The Coop, “bobrick” (aka Bob Kueker and Rick Doussett) are two veteran songwriters and well-seasoned musicians with a sound all their own. They are who they are. Acoustic guitars, ukelele, electric bass, heart-felt vocals, and soaring harmonies combine on original and distinctive versions of new and old material. As two-thirds of the band Track 19, along with drummer Eddy J, their hard-driving 2008 recording, “Two Drink Minimum”, was well received at several Seattle area concerts, and the CD sold out it’s original pressing. Kueker and Doussetts’ newest recorded effort under the moniker “bobrick”, tentatively titled “Fluid Delivery”, should be available for digital download sometime in the summer of 2012.

“bobrick” (pronounced boe-brick) started as a spur of the moment impulse in the spring of 2011 at Steve Amsdens’ short-lived “Duets at The Q “ series in Burton. Kueker and Doussett quickly realized they had stumbled on a musical collaboration that would work well in the cozy confines of coffee houses and other smaller venues, so they got to work and started assembling material. By the fall of 2011 they were ready to go, and played to a packed hall at the “Fowl



Ball”, another production by The Coop.

The sound of “bobrick” can best be described as a combination of swing, jazz, and r&b. The unlikely use of ukelele on several numbers, such as “Crazy Dream” by Los Lonely Boys, or the re-working of “Substitute” by The Who into a mournful love song played on acoustic guitar, gives the listener an idea of their unusual approach and imagination. If you only like your songs played just like you heard them on the radio, “bobrick” will make you re-consider that notion. Their original songs, such as “Fear”, an exploration of witchcraft and phobias, written by Doussett, or “Babylon”, about the loss of communication between people, religions, and countries, penned by Kueker, have the same stamp of two artists with creativity and vision.

Come on down and check them out. “bobrick” will make your ears smile.

Friday, March 2, 7pm  
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**Care Packages Sought  
for Fallen Soldier's Platoon**  
When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last  
month, he had only been in the country three weeks, but he had already come  
up with a plan of support for men and women under his command.  
He told his family that while he enjoyed care packages from home, many  
in his platoon never received anything. He hoped the people of Vashon would  
change that.  
Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask  
that Islanders donate cash to the cause or give items the men and women there  
have requested. The list includes mechanic's gloves, green uniform socks,  
sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna,  
toothpaste, toothbrushes, razors, reading material, flip flops and hard candy,  
according to Lauren Chinn, who is helping to organize the effort.  
Islanders can drop off both types of donations for Bennedsen's platoon  
at James Hair Design or Bank of America.

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