

Church of Great Rain Sunday April 1



Church of Great Rain co-founder Frank Hein - Photo by Terri Bassett

Church of Great Rain promises comic relief for taxing times at a special April Foolishness Show on Sunday, April 1 at Open Space for Arts and Community. The show's musical guests will be Seattle duo Star Anna and Justin Davis. Island actor and singer Lou Mangione will be performing with the Holy Roller Radio Players.

Frank Hein is joining the Holy Roller Radio Players and Church House Band for this show. Frank is co-founder of Church of Great Rain and, along with Greg Parrott, formed Vashon's original folk rock duo Great Rain over a decade

ago. That duo went on to lead the crusade to make The Church of Great Rain a reality.

An ecologist by profession, Frank and his wife, graphic designer Terri Bassett who created Church of Great Rain logo, moved to Catalina Island in 2009 where Frank is the Director of Education for the Catalina Island Conservatory.

Audience members are invited to join in the fun by writing on a topic to be read aloud during the show. The topic for this show is: "If you could get away

Continued on Page 13

Experts to Talk on Vashon's Earthquake and Tsunami Risks

VashonBePrepared is celebrating our 5th anniversary by sponsoring two of the state's foremost experts on Vashon's unique earthquake and tsunami risks. Recent scientific reports, a number based on lessons from Japan's devastating Tōhoku earthquake just a year ago, have all updated our understanding of the damage that will hit our region sometime in the coming decades or centuries. The only question is when - not if - it will occur.

Fortunately these experts can help homeowners and families understand what each of us can do to protect ourselves, families, pets, livestock, businesses and property from these predicted disasters. A large portion of the evening will be set aside to get your questions answered. Handouts for families, home and business owners will also be available.

Timothy J. Walsh is the Chief Hazard Geologist for the Department of Natural Resources within the Division of Geology and Earth Resources at the Washington Geological Survey.

Tim Walsh is a licensed engineering geologist and Geologic Hazards Program manager for the Washington Division of Geology and Earth Resources of the Department of Natural Resources. He has practiced geology in Washington for more than 30 years and taught at South Puget Sound Community College for 25 years. Tim has done extensive geologic mapping in all parts of the state and has done tsunami hazard mapping, active fault characterization, landslide, and abandoned coal mine hazard assessments. He has also directed and participated in a broad range of geologic hazard assessments and maps for land use and emergency management planning. He staffs the Washington State Seismic Safety Committee and represents Washington in the National Tsunami Hazard Mitigation Program. Tim received Bachelors and Masters degrees in geology from UCLA.

John D. Schelling is the Earthquake Program Manager for Washington State Emergency Management Division. He

is responsible for managing the seismic and natural hazard safety efforts in the state through the earthquake, tsunami, and volcano programs. He staffs the Washington State Seismic Safety Committee, Chairs the Washington State/Local Tsunami Work Group, which coordinates efforts to improve tsunami preparedness and mitigation efforts along the coast, and is currently serving as the State Co-Chair of the National Tsunami Hazard Mitigation Program's Mitigation & Education Subcommittee.

John also represents the National Emergency Management Association on the USGS Advanced National Seismic System Steering Committee. In addition to emergency management expertise, John has an extensive background in state and local government with an emphasis on policy analysis, land use planning, and implementation of smart growth management strategies. He has served as the Director of Planning and Community Development for the coastal community of Long Beach, Washington, Senior Planner for the City of SeaTac, Washington, and Principal Planner for the City of Pinellas Park, Florida. John Schelling received his Bachelor of Science degree from the University of West Florida and Master's Degree from the University of South Florida.

State Senator Sharon Nelson and Vashon Island Fire & Rescue Fire Chief Hank Lipe (also serving as Vashon's Emergency Manager) are the evening's honorary hosts. VashonBePrepared's President John Cornelison will welcome the community.

The free meeting will be held Wednesday April 18th, from 7:00 to 9:00 PM, in the Chautauqua Elementary School's Multipurpose Room, 9309 Southwest Cemetery Road, Vashon, WA. Very light refreshments will be served for those arriving directly from work.

VashonBePrepared
Neighbors Helping Neighbors

Road to Resilience Our Ferry Affair

By Terry Sullivan, Transition Vashon

As the ferry service has improved in capacity and convenience over the last 60 or so years, we've come to take it for granted and have built our lives around it. With the imminent threat of losing that service, we are now being asked again to demand that the State maintain what we have. Like many of you that work on the Island or are retired, I can often go for a month or more without setting foot on a ferry. Why should I care whether the ferry service gets curtailed? I realized that any significant alteration or elimination of service would have a larger negative affect on our lives here than just about any other single change in the status quo. The fact that we depend on the State to provide that service puts us in a very precarious position.

In my mind, the handwriting is on the wall. As we move into a low energy future, we can expect that the maintenance of our ferry system in

its current state is going to be harder and harder to justify. The kinds of changes we would have to make to live with a much diminished cross sound transportation system will take at least 10-15 years to implement. We know that 95% of our food and practically all of our consumers goods come over on a daily basis, 40% of us commute to work on the mainland, a significant number of people that work here come from off island, and many vital health and other services are not available here. I know that my neighbor would probably not be alive today if he had not been able to get to Tacoma to the hospital via the ferry on a snowy evening a year ago.

As I see it, there are two actions that we need to undertake right away. First, we need to do everything we can to maintain a minimum necessary ferry service for the present. Second, we need to develop

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 Island Pet Protectors Spring Bake Sale

Between Thriftway and True Value Sat. April 14th 9a.m.-1p.m.
Stop by to purchase an array of goodies baked by some of the Island's best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 14th. For more information please call Victoria 463-5381.

Compost the Loop

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

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The Vashon Loop

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New King County Community Service Area program to host open house on draft plans

The new King County Community Service Area program will host an open house for residents of Vashon and Maury Island to meet with County staff and learn more about a draft work plan for the new Vashon-Maury Island Community Service Area (CSA).

The open house will take place:

Tuesday, April 10, 2012
6:30 p.m. – 8:00 p.m.
Social Hour 6:30 – 7:00pm
McMurray Middle School
Multi-Purpose Room, 9323 Cemetery Road

At the open house, residents can learn more about the draft Vashon-Maury CSA Work Plan, discuss community priorities, speak with program staff, and obtain information about County programs and services in general.
The open house is the public's chance to offer feedback on the proposed work plan and the new Community Service Area program. All interested residents are encouraged to attend.

Free Social Dance

Saturday, April 7, 2011 Vashon Social Dance Group will offer a 60 minute Fred & Ginger Foxtrot Basics dance lesson with guest instructor Lilli Ann Carey - Dance For Joy (suggested \$10 donation for the instructors) www.danceforjoy.biz
What: FREE Social Partner Dance (no experience or partner needed - we rotate often)

THANK YOU VASHON PARKS DISTRICT!
Where: Ober Park Performance Hall
When: Saturday, April 7, 2012
Time: Fred & Ginger Foxtrot Basics Lesson 6:30 - 7:30 Dancing 7:30 - 9:30 pm
Questions? Contact Candy (206) 920-7596 or, visit www.vashonparkdistrict.org or the Vashon on-line calendar at www.vashoncalendar.org
Come one, come all, bring your smile, come alone or bring some friends. Welcome Spring by taking a spin around the dance floor with lots of lovely dancers from Vashon and some of our Seattle dance pals too.

Sci-Fi Saturday

Sci-Fi Saturday is a new film series at the Vashon Theatre. These will be the classics from the 50's & 60's! Such titles will include, "War of the Worlds" "When Worlds Collide" "Invasion of the Body Snatchers" "Them!" and many others. This month "Forbidden Planet".
1st Saturday of each month Show time 1:30pm
Admission \$5.00-\$10.00 + A can of food. Proceeds will benefit The Chicken Soup Brigade.

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

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.

Starts March 30 The Artist



Starts April 6 A Separation



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Feasts of Unleavened Bread, Shavuot, Tabernacles, Purim	Feasts of Easter, Halloween, Christmas
Torah in Heart = New Covenant (Jeremiah 31.10-33 and Hebrews 8.8-12)	Torah = Not for Today (Various theologies and doctrines of men)
<u>Which do you believe: the Bible or Oral Tradition?</u> torahinmyheart.com	

Free On Line Classifieds
www.VashonLoop.com



Edible and Medicinal Plants of Vashon Class

The non-profit Cedarsong Nature School hosts this class led by Ethnobotanist Erin Kenny which is designed to excite your senses, give you a new appreciation of nature, and allow you to discover the rich variety of unique northwest plants, including their fascinating history as edibles and medicinals. You will learn how to safely forage for these plants and we will collect some to prepare into food or medicinal remedies that you will be taking home each month. April 21, 10am-2pm. \$55 includes all supplies. Register by contacting our office at www.cedarsongnatureschool.org. Financial aid is available.

Next Edition of The Loop Comes out Thursday, April 12

Deadline for the next edition of *The Loop* is
Friday, April 6

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VARSA Community Attitudes Survey

Thank You Vashon!

With your help, the Vashon Alliance to Reduce Substance Abuse (VARSA) recently completed the Community Attitudes Survey. Islanders really responded with a wide range of thoughtful replies about youth alcohol and marijuana use. More than 750 responses came in, 10% of Vashon's adults. The large number of finished surveys coming from all sectors of Vashon's population creates a statistically significant set of data.

Watch the paper and our website at www.varsaonline.org in the coming weeks for our analysis and report.

Call coordinator Luke McQuillin at 463-5511 with any questions.

WATCH FOR OUR REPORT



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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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Can exercise influence the “obesity gene”?

Kathleen Davis MD

Did you ever wonder if there is any point to all this dieting and exercising if obesity runs in your family and you have those genes?

From the American College of Cardiology (ACC) Annual Meeting comes encouraging news. Looking at a study of 7,700 women whose health has been followed for over 20 years in the Nurses Health study, and 4,500 men from the Health Professionals Follow Up study, researchers found that walking briskly 1 hour a day can decrease the genetic effect of obesity by 50%! But for each 2 hours of TV watched, the genetic effect is increased. (We didn't need a study to know that!)

In another study published in PLoS Medicine, a peer reviewed on line journal available to everyone, researchers looked at 45 studies which included 218,166 people worldwide with the particular risk increasing fat gene called FTO and their levels of physical activity. They found that three quarters of Americans of African as well as Northern European descent had this gene. Those who were regularly physically active were

27% less apt to be obese than those who were sedentary. The physically active folks had 33% smaller waist size and 36% less fat tissue.

One can't say for sure that it was only the walking or other exercise that cut down on weight. Maybe those who walk for exercise are looking more carefully at portion sizes in what they eat and adapting other healthy habits. These studies didn't separate out these factors.

Still, “the message is that while we cannot change genes, we can do something to change the influence of genes by increasing physical activity and reducing sedentary behavior,” said ACC study author Qibin Qi, a research fellow with the Department of Nutrition at the Harvard School of Public Health.

6 Week SUV Wellness Challenge has 20 teams!

Yoga Girls, Smith Team, Rubber Duckies, PRL Team, VCC Rehab, 5 more Vashon Community Care teams! Windermere Svelte Windermere Scuttle Butts, 4 Vashon Athletic Club teams Fair Isle Animals, Jenn's Team, ShapeUUp (Unitarian team) and RML Team.

Storefront Studio “Vashon” Spring Kick-off Meeting

The Storefront Studio is dedicated to investing the academic capital of the UW College of the Built Environments in partnership with the social capital of local communities and the economic capital of King County. The goal is to identify the existing physical, cultural and historical assets of a community and provide preservation and development strategies for strengthening community character, economic growth and social interaction.

Starting Friday, March 30, and running for two months the project team will host a series of public open houses, exhibits and information exchanges on Vashon in order to develop a visual analysis of the town and nearby areas. Through archival research, photographic documentation and digital collages the students will generate before-and-after streetscapes and individual building renovation proposals. An asset map will be prepared identifying opportunities for preserving historic character and promoting cultural tourism

and economic development.

Business owners, property owners and residents are encouraged to actively participate in shaping and influencing the students' work by recommending projects to tackle and providing feedback in the course of project development. The ideas will be illustrated with computer-altered photographs of individual buildings and entire streetscapes.

The open house venue of the storefront, combined with the speed and relative low cost of digital printing, means that a fully illustrated public exhibition will be mobilized in a short period of time. If only briefly, the studio becomes a fully wired, fully engaged public process, where the architecture students unlock the door, sweep the sidewalk, and open for business – at the end of the day they will leave behind an array of strategies for enriching the community.

Friday, March 30
Fire & Rescue Building
10020 SW Bank Rd
5:30 – 7:30 PM



17141 Vashon Hwy SW, Across from Ober Park
www.vashonchamber.com 206-463-6217

Community Cinema Vashon Presents: Hell and Back

2012 Academy Award Nominee for Best Documentary, will be screened on Vashon. How does a soldier come home - injured physically and psychologically - and build a life anew? This April Community Cinema Vashon Event will be Co-Sponsored by American Hero Quilts and the American Legion Post #159. There is no charge to attend this film and the after film discussion, Sunday, April 15th at the Vashon-Maury Island Land Trust Building 2:30-5:30.

Everyone is encouraged to come at 2:30pm to look at some beautiful individually made patriotic quilts, which have been made by Vashon quilters and people from across the country. Each month about 200 quilts are created and given to injured troops returning from war. Sue Nebeker, Executive Director of American Hero Quilts, says that giving a quilt “is like giving a “hug” of appreciation.”

The 84 minute film will begin promptly at 3:00pm. U.S. Marine Sergeant Nathan Harris, 25, leads his unit to fight a real and dangerous enemy on the ground in Afghanistan. His unit provides unparalleled video footage with tiny but brilliant HD cameras. You've never seen footage like this before.

Wounded in battle, Harris returns to North Carolina to his young wife. He struggles through physical therapy and fights his pain. He's left to fight his painkiller addiction and the terrifying normalcy of life at home.

Due to scenes of actual

battle violence, death, imagery, and mature themes this film is recommended for a mature audience. It is - however - an important teaching moment.

The filmmaker, Danfung Dennis, says this. “Unless you have a personal connection, war is an abstraction. After nearly 10 years since the initial invasion of Afghanistan, the daily bombings and ongoing violence have become mundane, almost ordinary. It is tempting to become indifferent to the horror and pain. It is much easier to look away from the victims. It is much easier to lead a life without rude interruptions from complex insurgencies in distant lands. But when we take this easier path, the suffering becomes of no consequence and therefore meaningless. The anguish becomes invisible, an abstraction. When society becomes numb to inhumanity, horror is allowed to spread in darkness.”

“Through my film I hope to shake people from their indifference to war and to bridge the disconnect between the realities on the ground and the public consciousness at home. By bearing witness and shedding light on another's pain and despair, I am trying to invoke our humanity and responsive action. Is it possible that war is an archaic and primitive human behavior that society is capable of advancing past? Is it possible that the combination of photojournalism, filmmaking, and technology can plead for peace and contribute to this future?”



Sue Nebeker and Phil Volker, American Legion Commander, will lead a post-film discussion. Sue will share some of the experiences she has had in giving the quilts to returning troops and their families. Some people may wonder what they can do to give honor and and show support for our service men and women. We will have the opportunity to hear what others have done and of issues which affect members of our own community. Island Veterans, families and friends are invited to share in this conversation.

COMMUNITY CINEMA is a groundbreaking public education and civic engagement initiative featuring monthly screenings of films from Independent Lens. Every month between September and May, Community Cinema brings together leading organizations, community members and public television stations to learn, discuss and get involved in today's critical social issues. We encourage you to watch PBS-KCTS Channel 9 TV or PBS online for more excellent programs.

Community Cinema Vashon and Welcome Vashon strive to promote events which make Vashon a more inclusive community where everyone can say “I BELONG - WE ALL BELONG.”

For more information, including an overview and clip of the film visit ccnw.tv (Community Cinema Pacific NW) also communitycinema.org or Jane Berg 567-4532, jane.e.berg@gmail.com

Spring Fling & Egg Hunt

Celebrate the annual spring celebration at Ober Park with Spring Fling on Saturday, April 7th. Activities will begin at 11 am with egg decorating (bring one from home), bonnet crafts, guessing the number of jelly beans in a jar and live music. The bunny will arrive at 11:30 am with plenty of time for photos. The egg hunt (for ages 1-9) will begin promptly at noon. The eggs will contain candy and coupons from local businesses.

Spring Fling is sponsored by the Vashon Island Merchants and the Vashon-Maury Island Chamber of Commerce.

Social Media Class offered

The Vashon Island Chamber of Commerce is offering training classes on Facebook, Twitter, Pinterest and Constant Contact. If you are interested in learning why you should or how to get your business or organization up to speed with social media opportunities and don't know where to begin, this is your chance!

These are beginner classes that will guide you step by step! Classes will be held in May and are FREE to Chamber Members. A small fee will be charged to non-Chamber members. Constant Contact will be held as a separate class. Facebook, Twitter and Pinterest will be combined into three short sessions on different days. Classes will be held in the early morning 8:00 AM - 10:00 AM during the week. Dates will be announced and classes will be repeated based on interest.

If you are interested in participating, please email me at debi@vashonchamber.com. Please indicate which programs you would like to learn and we will get you on the schedule!

Welcome to our New Chamber Members

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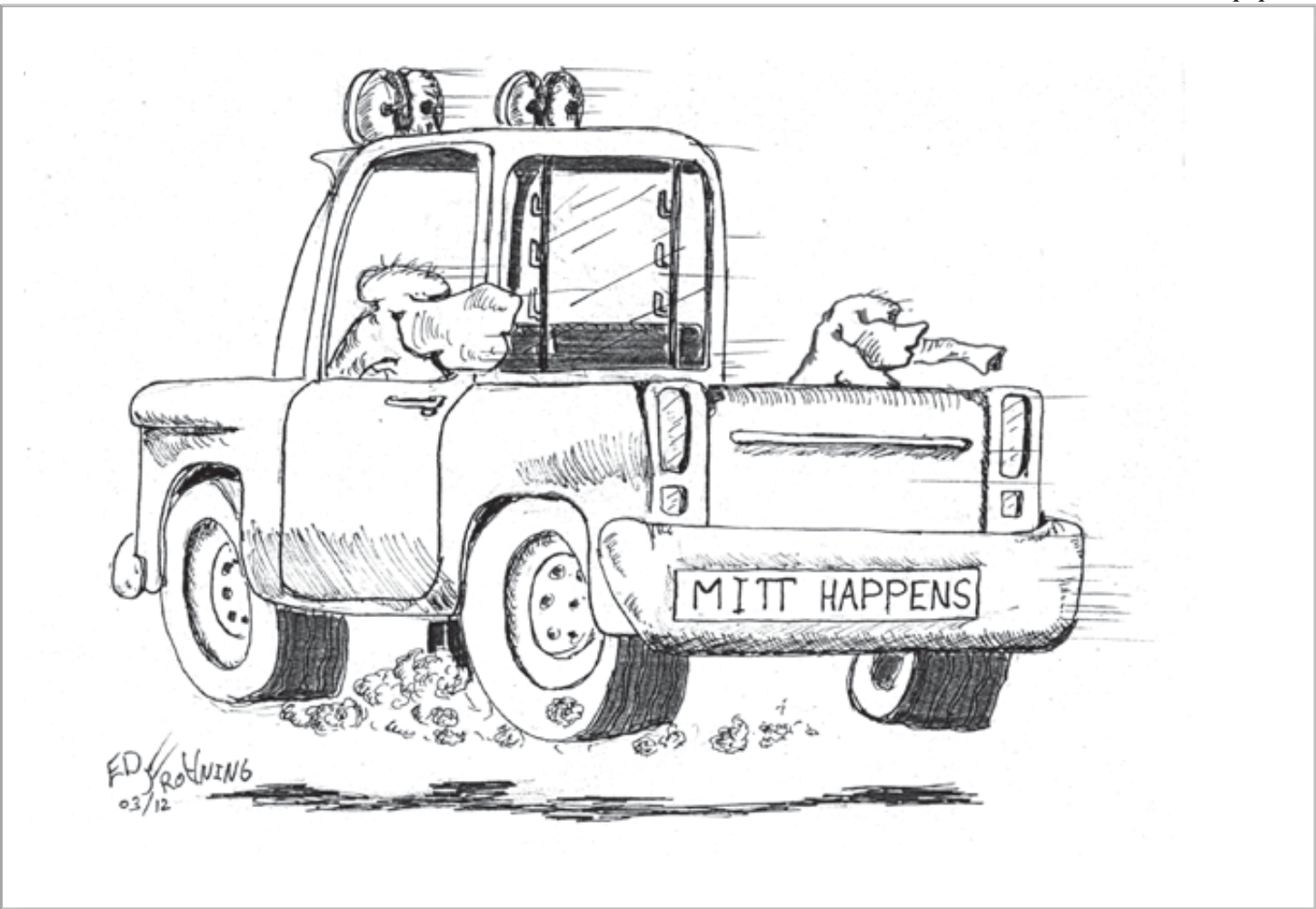
by Peter Ray

I'm not sure when the break came-when I stopped accepting the Walt Disney Wonderful World of Color for what it wasn't and began looking for something real. I can remember the approximate timing of my disconnect from pop music- when I spun the dial on my radio and turned off WABC and the Cousin Brucie machine and tuned in to the underground sound of WNBC and Allison Steele, Roscoe and Scott Munie. I remember that at first it felt wrong-the letting go of the "normal" and the mainstream while diving deeper into a world of alternative sounds. In looking back, I now realize that break had already broken before the leap from AM pop to FM underground. I had never really liked the Beatles and all their yeah-yeah-yeah's and screaming girl fanaticism. Then there was the Sgt. Pepper's album getting air time in the underground, revealing a musical tale in many parts that told a completely different story about who the Beatles were. What I didn't know then, since I hadn't been listening, was that the Beatles had already changed everything with THE seminal recording in the rock and roll pantheon- Revolver- Sgt. Pepper's was just the next step in their journey.

In looking further, I see now that my Pepper epiphany was the result of two factors. The first was what some have pointed to as Sgt. Pepper's role in pioneering the idea of a "concept" album. The whole had become greater than the sum of its parts since the songs flowed together as if one were experiencing a concert. Rather than being individual songs plunked on two sides of a vinyl platter, we now had a set list that seemed to tell more of a story, both through each individual song and its lyrics, as well as with the manner and place that they segued into each other. And then there was of course the inclusion of the sitar from a way different place and time, whose twang and drone became somewhat emblematic of sixties music.

In some ways, since he did to some extent achieve rock star status, my first rock-ish concert was because of the sitar. It was in New York City at Lincoln Center when Ravi Shankar brought his Ensemble from India to perform in the Spring of 1968. I don't remember a whole lot about it other than the group spread out across the stage on various short platforms, and that Shankar pretty much set his sitar on fire without anything more combustible than the intensity of his playing. In some ways it set a rather high bar by which to measure the rest of my concert experiences over the years. One thing I have noticed along the way is that it has been music from other parts of the world that has generated the most excitement and energy for me throughout my range of concert going experiences- what comes to mind relatively recently are two separate shows put on by the Afro Celt Sound System and Balkan Beat Box, both of whom lived up to and surpassed the traditions and fusions that their names describe.

Another name has been added to this list as of late, after being invited to a performance of a vocal and percussion group from France at the Vashon High School theater. In a one hour set of music mixed with audience question and answer time, lo Còr de la Plana, or the heart of the plain, displayed a wide variety of vocal harmony and drumming skills, yielding songs with styles ranging from standard five part harmony to sounds and rhythms from across Europe and Africa. The five members of this group from Marseilles



lo Cor de la Plana

took turns with various small hand drums and tambourines, a bass drum from South America, electric floor pads that amplified a steady foot-driven bass texture of a different kind, and basic hand clapping, both on and off the beat. The songs and lyrics were both traditional harmonies from southern France as well as new compositions by band members, all sung in Occitan, a little used French dialect, the preservation of which is at least a part of the band's mission.

Part of my reason for being at the concert was to record it, although because of a few internet issues, a link to the concert footage cannot be provided here at the moment. I did turn in a copy of the concert to the Voice of Vashon, and they hope to have it up on their cable channel within a week or two. I did offer my recordings to the band, and in

doing the data transfer I also had a fairly long conversation with band member Rodin Kaufmann, who is also serving as the group's documentarian. In what turned into a three hour conversation, we talked of the upcoming French and American elections, the environment, his new interest in filmmaking and rekindled skill with black and white line drawing. We also spoke of his ongoing concern for the plight of indigenous peoples around the world through his on-the-road touring perspective. It was an unexpected opportunity to experience another view from a different side- I hope the conversation continues. It will also be interesting to hear how the transition from Vashon High School stage to Carnegie Hall was weathered by the group on this go 'round, and where they will go next.

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No exercise needed! This sweet and beautiful 10 year old Akita is totally content to sit at your feet and do absolutely nothing ... except follow you from room to room. He has some back trouble, which causes him to move with short choppy steps, but he can get around and up and down very well. Anti-inflammatory medication seems to help him be more comfortable. Griz would love to live with a family who is home a lot.




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A 99% Dilemma

By Orca Annie Stateler,

VHP Coordinator




Chez VHP has become collateral damage in the recession. In April, a short sale will displace us from the rental that we thought would provide stable long-term housing. We are immensely fond of the spot where we live and we do not want to move, but such is the 99 Percenters' dilemma confronting us.

Before I bury the lead: two ultra-responsible, established Islanders and our angelic small dog seek modest waterfront housing on Vashon for the only Native-run whale research project in Puget Sound. A place on Colvos Pass near where we currently live (Cove) would be swell, but we are open to and exploring other sites on Vashon-Maury. In order for our hydrophone to be maximally effective, it must be in the Sound and not inside a harbor or a deeply recessed cove. We are model, hassle-free tenants with exceptional Island references. In May 2010, the Beachcomber profiled us in "Keepers of the Place."

Dear readers, perhaps you own or know of humble beach

cabins or waterfront vacation rentals that sit empty for long periods. We are not fussy and we do not require much space – we currently function in 620 square feet. Minor maintenance issues do not faze us; we are willing to apply elbow grease. Our contact information is below.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Call the VHP about seal pups as well as dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com. Your karma will thank you for helping us to relocate the first hydrophone installation in lower Puget Sound dedicated to Southern Resident orca conservation and recovery.



Stogarita, canine VHP intern, deploys the VHP float with Odin.

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Aries (March 20-April 19)
Consider this a beginning, and pay attention to the conditions of your mind and in your environment. Make careful notes about your plans and your expectations. This is all in the spirit of applying conscious guidance to the flow of your affairs. What you have going for you is a simultaneous abundance of energy and ideas, as well as some really useful leverage points to make changes that have been overdue for a long time. Yet you need a guiding principle, which would come in the form of having an overview and some sense of where you are, what you want and where you're actually headed. This is not the time for making impetuous decisions without any thought of the consequences. Yet if you focus and work with a solid basis for your decisions, nearly anything is possible.

Taurus (April 19-May 20)
The next couple of months contain many opportunities to shift your relationship to the past. At first it may seem like the past has an unusual amount of influence on you now, but what you're seeing is something that's always a factor. What is changing is an awareness factor -- in particular, seeing how over-focus on the past divides your attention, as well as leads you to invest precious energy in circumstances that don't exist. Yet it's necessary to see this before you let it go. It's necessary to see and notice any inner division before you can work it out. Where you go from there is another question entirely, but one thing is sure: if you're honest and forgiving first with yourself and with others, many interesting options will open before you.

Gemini (May 20-June 21)
Mercury is retrograde through April 4, and the few days surrounding that date may come with some turbulence, particularly in leadership situations or your professional life. Two suggestions may help you navigate these waters. Don't push; rather, turn gently, and feel the movement of the currents around you. Second, insist on total honesty with yourself, and settle for no less from the people around you. In the spirit of 'not pushing', you may simply need to disregard the views of anyone who you discover lying. Or you may need to gently call them out. If the situation involves someone in a position of authority, be clear, be direct in a gentle way, and note how the perception of your authority or responsibility is influenced by your actions, though without that as a specific goal. Summing up in two words: Listen carefully.

Cancer (June 21-July 22)
If you've ever wanted to advance your career, or launch a major new project, the time is approaching. Through April you have a series of gateways that are related to an idea or revelation you had in late March. This may not be a new idea, though what I see is that you've finally figured out how to put the pieces together into something that's quite original for you. It's crucial that you implement your plan in stages between now and late June. Don't try to do it all at once; start with the basics, or with one solid core element, and gradually begin to refine and modify as you build. You can expedite matters by working within a small group, if that group is focused clearly on your goal, and understands it well enough to help with the refinements.

Leo (July 22-Aug. 23)
A fog that has long shrouded your life has lifted, and you now have the benefit of being able to see far into the distance. As you look out at the horizon you may notice that your imagination is stirring to life again. That would come in the form of seeing first clear sky, then some intangible forms taking shape, and then a kind of animation. The idea here is to visualize what you want to happen. Visualize something different for yourself. Fully claim the power of inner seeing, and the influence that has over what actually manifests in your life. You're now free in a way that you were not free before: in a way that liberates your spirit from day to day; free to move around and more than anything, free to see both yourself and the world from many different points of view.

Virgo (Aug. 23-Sep. 22)
You're drawing near the end of a long phase of review, in particular, of the whole matter of desire. This is a controversial subject and I trust that when you wandered into this project, you discovered that it's a region where healing is necessary. Much of that has come in the form of understanding the role of guilt in your life; as you know, its effects are toxic, but there's just so much of the stuff that we might think there's no escape. There is a way out, and it comes with a decision -- one that you may have been holding off on making, despite all that you've learned. Think of your desire as the irrefutable truth. What you do with it is another question, but I think you'll find some authentic peace in simply letting it be what it is.

Libra (Sep. 22-Oct. 23)
Venus begins its journey across Gemini this month -- where we will all experience the Venus transit of the Sun in early June. That's two months away, but it's an event so rare that you're likely to be feeling the energy rising now. The theme, for you, is healing a false split in your mind. At some point, what was considered 'spiritual' may have divided off from what is considered 'unspiritual'. Usually this kind of moral divide involves love and sex, which is constantly cast in an aura of impurity. However you may have decided in the past that this is not true, you're now at the point where you can embody the message fully, and then continue with your life from a new place of confidence. Affirm with the full power of your faith that love is all that matters, and proceed as if that alone is true.

Scorpio (Oct. 23-Nov. 22)
Mars -- the oldest of the Scorpio planets -- finally stations direct this month, and I trust that by now you've figured out who your friends are, and who they are not. You've had a few false hopes dashed, and have replaced them with some practical plans to do the things you want the most. If you haven't arrived at that step, make a list of three things you've always wanted to do, and plan to do them this year. I suggest that you get to at least one of them by the time this month is over, and the other two by the end of June. Get some momentum going. The key to wish fulfillment for you is to be specific. Know what you want, in particular. Forget about why you want it -- that may be the thing you discover last.

Sagittarius (Nov. 22-Dec. 22)
You're at the point where your plans are starting to materialize, and maybe

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even bear fruit. But I suggest you make an offering of pleasure, in the spirit of Beltane (which for everyone else is around May 5 but which for you is all of the coming month). I suggest you do things that celebrate your abundance: a gathering or two of your true friends and supporters, an investment in your career (such as a new piece of gear) and an update of your business plan. There's one other -- in the spirit of Beltane, I suggest you offer at least one experience of erotic pleasure to the Earth, the Universe or the Goddess (however you think of it) as a fully conscious affirmation of where you want your life to be going. Celebrate healing, freedom and most of all, the fact of being alive.

Capricorn (Dec. 22-Jan. 20)
Leadership implies service. When the service aspect is removed, obsession with power rushes into the space, which is precisely not what you want. There are at least two levels to what you offer the world. One comes from the visible aspect of your position: what you're expected to do, and what you observe needs to be done. The other is subtler, even covert. It's what you do for others because you can make it happen. You're the one who decides whether any such action is ethical, and whether you're willing to face any consequences (the first question is the more important one). Then you act because you can. This may involve assisting someone through an obstacle they could not get past on their own. This may give you an idea -- how to do this for more people.

Aquarius (Jan. 20-Feb. 19)
You may not feel like you're making the progress you want -- as if part of you wants to lurch forward while some other part of you is holding off. I suggest you resolve the tension by deferring to the voice that is hesitating. I can see something in the charts that you may not be able to see from your viewpoint

in the world -- which is that there's a doorway you can go through. Visualize yourself in a dark room, so dark you cannot see where you are. But you have other senses: you can feel the surfaces around you. You can make a sound and estimate the size of the space. If you proceed slowly and thoughtfully you're more likely to find your way out -- and that is what your astrology is suggesting you do now.

Pisces (Feb. 19-March 20)
One of the boldest themes in your chart right now is how you acquire and use resources. This includes money, though I am using a word that expands the idea to any available materials which you can put to work for a creative purpose. One feeling connected to this experience is that of drawing energy, ideas and funding from a broad base of support. Another is a stark reminder to apply those resources in ways that are authentically representative of who you are and what you want. This is indeed the time to vote with your wallet, but the thing you're voting for is yourself. Think of every dollar, quid or euro you spend as an affirmation of what you truly believe. If something doesn't stand up to the test, don't make the investment.

Read Eric Francis daily at www.PlanetWaves.net.

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Road Trip, Part two: Cemetery Tour

by Mary Tuel

My cousins Charlotte, Nancy, and I made a cemetery tour. My father and their mother were brother and sister, so we share grandparents and great-grandparents. Charlotte has become more intrigued by genealogy the last couple of

One night Pop had dinner at our house. He set out for his house, about a mile up the road. There was a thick fog that was hugging the ground, and Pop was a bit mellow with drink. An hour or so later he appeared at the kitchen door to report his car had gone off the road, and was stuck. My father and Pop got into my father’s truck, and my mother and I followed along behind in the car.

Sure enough, Pop had not quite negotiated a turn. The car had come to rest leaning sideways after taking out a post in the electric fence that ran along the side of the road. My father pulled in front of the car, and was attaching a tow chain, while Pop, my mother and I stood in back of it. Pop stepped back, and when he did his legs hit the top wire of the electric fence that was still standing, and he did a perfect cartoon windmill with his arms – woah, woah, WOAH - and fell over backward into the pasture. The man was almost 80, and my mother and I rushed to him, afraid he’d injured himself. When we got to him he looked up at us, smiled beatifically, and said, “I faw down, go boom.”

Pop and my father went back to replace the fence post the next day.

Pop’s son Merle is buried in the family



My cousins Charlotte and Nancy photographing the headstones in the Litchfield family plot

years, and she wanted photos of family headstones to put up on the internet.

That’s why, on Valentine’s Day, we went to visit our ancestors, some of whom were gone before we were born, and some of whom we remember well.

Our great-grandparents, Chauncey and Belle Litchfield, are laid to rest in the Pioneer Cemetery in Watsonville, California. We went to see them first. They have a large pink granite marker, but they are buried off to one side under black headstones that say, “Mother” and “Father.”

Chauncey and Belle’s son Ralph is buried in the plot. He died in an earthquake in Santa Barbara in 1925 at the age of 28. Apparently he ran outside, and was buried in bricks as the building’s facade collapsed. This is why you are not supposed to run outside in an earthquake. I don’t know why I bother repeating that rule. People always run outside. I always do. Ralph did.

Also laid to rest there is Asa, who was one of Ralph’s brothers. We all knew him as “Pop,” and he died at the age of 81 in 1967. He was a buddy of my father’s, helping out with farm work, and going to Giants’ games up in San Francisco.

plot, right in front of the pink granite marker. He died in 1921 at the age of 11 or 12. I don’t know if it was illness or accident that took him.

My own parents, John and Juanita Litchfield, are buried about 40 feet away from the Litchfield family plot. My father’s marker describes him as a captain in the Army Air Force in World War II, but I remember him as a farmer, a guy in blue jeans and a dark green Penny’s work shirt, with a battered, stained fedora hat, and a crooked foolish grin.

My mother’s marker says she was a beloved wife and mother. It does not say she grew up in a Salvation Army orphanage in Texas, or that she was a gifted pianist, or a book keeper who kept track of all the farm’s accounts and payrolls, or that she was a right wing nut job.

We took pictures of headstones and sat in the sun remembering these relatives, especially the ones who had been around as we grew up. Strange to remember those living, breathing, laughing characters, and look at their headstones now. Then we headed off to the other cemetery to find more relatives, but we’ll talk about them next time.

Vashon Library April Programs

The Life and Career of Placido Domingo, Part 3
Sunday, April 01, 2012
2:00 PM
Presented by Norm Hollingshead
The Later Years (1983-present)
Mexican tenor Placido Domingo, made his professional operatic debut in 1961 at the age of 20. Now, 50 years later, at the age of 70, Domingo is still in the highest demand as a tenor in some of opera’s most demanding leading roles. The master of more than 125 operatic roles, Domingo also has recorded more than 60 complete opera recordings. In addition he is a respected and busy opera conductor and, the general manager of two important American opera companies. How does he do it? Come to this FREE 3-part lecture series presented by popular opera lecturer, Norm Hollingshead, who will illustrate his commentary with recorded excerpts from his own collection of recordings, many quite rare. Funded by the Friends of the Vashon Library.

Great Books Discussion Group
Monday, April 02, 2012
6:30 PM
The Great Books Discussion Group meets on the first Monday of the month, October through June. Visitors are welcome. The only requirement to participate is that you have read the material under discussion. April selection: Pragmatism: A New Name for Some Old Ways of Thinking (selection) by William James.

Vashon Toddler Story Time
Tuesdays, April 03, 10, 17, 24, 2012
10:40 AM
Ages 21 months to 3 years with adult. Enjoy a 20-minute program of stories and songs just right for toddlers.

Preschool Story Time
Tuesday, April 03, 10, 17, 24, 2012
11:30 AM
Ages 3 to 5. Enjoy 30 minutes of stories, songs and fun!

Baby Story Time
Tuesday, April 03, 10, 17, 24, 2012
3:30 PM
Enjoy stories, songs, bounces and tickles just right for your baby. For ages 3 months to 21 months, with an adult. No registration required.

Study Zone in the Library
Tuesdays, 4pm-6pm
Wednesdays, 3pm-5pm
Thursdays, 3pm-5pm
Grades K-12.
Drop in for homework help from trained volunteer tutors.

Free ESL Classes
Tuesday, April 03,10, 17, 24, 2012
6:00 PM
Presented by Rebecca Cullimore
Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor. During the class, homework tutoring is available in the library for elementary and middle school students of ESL families.

Cuentos En Español Para Niños/Spanish Story Time
Friday, April 06, 13, 20, 27, 2012
10:30 AM
Presented by Xiomara Melgar
¿Busca actividades de aprendizaje para sus infantes y preescolares? Si esta interesado en exponer a su niño/niña a un segundo idioma o si el español es su primer idioma acompañenos a un programa gratuito en español especialmente diseñado para los más pequeños.

Cuentos acerca de colores, formas, animales, opuestos, y más!
Hablantes de todos los idiomas son bienvenidos.
If you are interested in exposing your child to a second language or if Spanish is your first language join us for a FREE program in Spanish especially designed for little ones. Stories and songs about colors, shapes, animals, opposites and more! Speakers of all languages welcome. No registration required.

Maximizing Space, Style and Function with Custom Cabinetry
Saturday, April 07, 2012
2:00 PM
Presented by Jill Burwell
Learn helpful and practical tips on how to maximize space, style and function with custom cabinetry and walk away with ideas for every room of your home. Learn what the differences are between custom, semi-custom and box cabinetry so you can make informed decisions. From the Master Builders Association Speakers.

Alien Encounters: Sci-Fi Movies and the Cold War Culture of the 1950s
Saturday, April 21, 2012
2:00 PM
Presented by Robert Horton
Film critic, Robert Horton, will examine the underlying political and social anxieties that resulted in the alien-invasion scenarios of 1950s science fiction films, citing movies both thoughtful (Invasion of the Body Snatchers) and silly (Earth vs. the Flying Saucers). Using clips to illustrate, he will discuss individual titles that provide angles on Atomic Age concerns. Comparisons will be drawn with similar offerings today (including the 2005 War of the Worlds remake), demonstrating how pop culture always reflects its era.

Civil War Quilts
Sunday, April 22, 2012
2:00 PM
Presented by Susan Olds
As the nation was divided, women of the North and South made utilitarian quilts for soldiers. In addition, many created commemorative quilts recounting the lives of Civil War heroes and major events of the war. Drawing from actual diary entries and Civil War quilt blocks, Art Historian Susan Olds presents a visual account of the amazing quilts and the women who created them. A list of recommended books, web site links and DVDs will be provided. Generously funded by the Friends of Vashon Library.

El día de los niños/El día de los libros-Children’s Day/Book Day
Saturday, April 28, 2012
2:00 PM
The Poet’s Magic
Presented by Tom Pruiksma
Celebrate the magic of words in a bilingual performance by poet and magician Thomas H. Pruiksma. For children and families that speak Spanish, English, or both. Sponsored by Friends of the Vashon Library. No registration required.
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Wild Foods from Dirt to Plate with John Kallas, Ph.D.
Continued on Page 9



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Island Epicure



By Marj Watkins

Dairy Free and Delicious

Clam digging, anyone? We have one more month with an R in it between now and September. Before digging, be sure to call the Red Tide hotline, 800-562-5632. You could check on the internet, but websites are not always up to date.

When assured that clams are safe to eat at present, and have dug least three pounds of cockles or 8 of the large clams, put them in a single layer in a tub of water from Quartermaster Harbor or the Sound, Or in 1/3 cup sea salt to each gallon of water for 24 hours or so to spit out their sand. If put in plain tap water, or if left more than two days, the clams will die and your hard work

will have been in vain. Discard any clams with gaping shells. They're dead.

When you've dug your own, and they've had time to spit out their sand, steam them open. Cut the muscles they use for opening and closing their shells. Remove clans and snip off the tips of their necks. Open each clam from base of foot to neck. Remove innards and discard. Chop the neck. Fry the meat, or chop it for chowder or linguine.

If you're not into clam digging, or just want a quick meal, canned clams do very well. In a previous column, I gave you New England style clam chowder, with milk in it. Here is another chowder, one with tomatoes instead of milk. It's equally delicious, and dairy-free.

Manhatan Clam Chowder
4 servings
2 Tablespoons light olive oil
1 Tablespoon butter
1 cup diced onion
1 cup diced celery
4 medium size potatoes, thinly peeled and diced
Dash salt
½ teaspoon pepper
Liqueur from 2 (6.5-oz) cans of clams; reserving meat

Large, loose handful minced parsley
1 bay leaf torn in bits
½ teaspoon coarse black pepper
Water to cover
1 (14.5 oz) can diced tomatoes
Clam meat
Oyster crackers or thin rice crackers

Heat the oil and butter in a large saucepan. Add the onions and celery. Stir-fry the onion and celery until onion is shiny and semi-transparent. Add the potato dice, a sprinkle of salt, and the pepper. Add the clam liqueur and as much water as needed to barely cover the vegetables.

Bring to a boil, reduce heat, and cook on medium until the potatoes are tender. Add the diced tomatoes and enough water to make the soup of desired consistency. Bring to a boil. Remove from heat. Stir in the clam meat.

Serve with crackers. Complete the meal with a tossed salad. To add to the protein content of the meal, garnish your salad with a small handful of toasted cashews, peanuts, or sliced almonds.

Vashon Library April Programs

Continued from Page 8
Sunday, April 29, 2012
11:00 AM
Presented by John Kallas, Ph.D.
Learn the wealth of food that yards, gardens and neighborhoods have to offer. Trained botanist, nature photographer, writer and editor of Wild Food Adventurer, John Kallas, has written this ground-breaking book that makes wild foods understandable and usable by the general public including gardeners, chefs, dieters, home cooks and nutrition-minded consumers. He will offer an organized way to understand the plants and the know-how to use each one in a variety of dishes. Books will be available for purchase and signing.

Opera Preview: Giacomo Puccini's Madama Butterfly
Sunday, April 29, 2012
2:00 PM
Presented by Norm Hollingshead
The premiere of Giacomo Puccini's Madama Butterfly at La Scala in 1904 was the worst fiasco of his long career. Modern audiences find this hard to believe as Madama Butterfly is one of the most beloved and frequently performed operas of our time. The exotic locale, the heart-breaking story, and Puccini's gorgeous music which shifts effortlessly from passionate love duets to tragic arias make Madama Butterfly one of the operas that opera companies rely upon to keep the box office healthy. Mr. Norm Hollingshead's commentary will be illustrated by recorded musical excerpts, many quite rare. Sponsored by the Friends of Vashon Library.

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Positively Speaking

A Downton EDGEy Easter

By Deborah H. Anderson



The black spiral bound scrapbook with the ribbon that ties the pages closed was held high in the air by my left hand; it's worn protective blue plastic bag crinkling in my fingers. It was the first night of class. I was preparing to read some selections of my writing. My last name begins with 'A'. I was the first one to share.

"This is too personal for me to read right now, but it's my baby". By that I meant my best work that reveals the core of who I am. "Kneeling at the Cross: A Protestant Looks at the Crucifixion" has been in the works for about a decade. I completed it in 2005. Since then I have been waiting for the time when I am meant to go public with it. Last Spring, my dear friend and colleague Renee sat in that coffee shop behind University Village that starts with 'Z' that I can never seem to remember the name of and asked "Couldn't we just print these off and pass them around at church next Lent?" I told her it was pretty costly. We agreed by Lent of 2012 I was meant to go public with a reading at the very least.

Flash forward to about six weeks ago. I made a benign phone call to a male clergy colleague asking if there might be room to read it at his church during Lent and wow... blasted out of my foxhole!! Who did I think I was? This sense of urgency about reading them this Lent was 'a real red flag'. I needed to stop having so many focuses and pick one project. I needed to come under the authority of someone (like my friend and colleague previously mentioned). Sheesh...take a chill pill guy. Did I mention the guy is about fifteen years younger than myself? If there's anything the church historically and currently does best, it's to shut down creative Spirit lead ideas. Can anyone say Galileo? God forbid (and they do their best to make it so) anyone should dare to be.

The following week the call came to enter the previously mentioned EDGE program for literary artists through Artist Trust.

That night I brought all the condemnation I've ever experienced from the church into that room. No way was I going to let myself get sliced and diced by a bunch of people clearly outside the church. And then I heard their work. That first night they opened up the veins of their souls and poured out their lives in a transparency that simply can't be found in the church.

Their reaction to my statement "I am a faith based woman" in my introduction was astounding. The woman who told me "At first when you said you were a faith based woman I thought 'Eeewh Ick!'" has just sent me a flyer about a spiritual retreat on Whidbey where she will be the chef.

Another woman cornered me the next day at lunch and asked if I would explain 'Grace and Redemption'. I told her that was a pretty big topic and inquired what made her ask? "Well,"

she said, "I love Flannery O'Connor and I know I'm missing something when I read her".

That afternoon when we broke into small groups to practice reading once more I knew that God's intention was much bigger than a small reading on the Island. Our final presentation is at Elliott Bay Books. That is where a lone prose poem from "Kneeling..." will debut. Around me will be the folks who encouraged me to live freely and openly as a woman of faith. Last Saturday I confessed I felt dropped in this crack between the sacred and the secular. "I'm too outside the box for the church and too faith filled for the world". One of my classmates stopped me. "Deborah, I think you need to stop seeing this as a liability. Hello, "Eat, Pray, Love?!! It's an asset".

And later another came up to me and said, "Deborah I want to read more of what you've written because so far I haven't heard anything that's that controversial". "It is within the church I said. It's too real".

Indeed. Real like Downton Abbey. Oddly enough the second season came in at the library right at the beginning of Lent. So, the assignments for this class and Downton Abbey have been my Lenten devotional material. Many people have conjectured around the popularity of the show. You know what I think? I think people are mesmerized by watching people become free.

That's what Easter is about, freedom and victory. My Easter question to you is, 'Are you the kind of person who encourages freedom in others or are you the kind of person who shuts people down and tells them to tow the line?"

Make time on 7 April from 1-4 to go to Elliott Bay Books and hear Alexis and Phyllis and Isla and Natasha and Sara and Julie and Imani, and Laura and Maria and Stacey and Paulette and Lydia and Jessica and Alice and Jesse (our lone y chromosome) as they pour out the core of who they are in a breadth of literary expression that leaves me humbled to be included amongst them.

The struggle of people living beyond the rules meant to keep them in check, in their place, has captured my heart. The refined intrigue of the search for freedom from piety is a worthy journey. People are, I've discovered, hungry for it.

After I graduate with my class, I'll wander up the street to St. Mark's Cathedral to participate in Easter Vigil where the story of faith will be acted out from darkness to light. The next morning I will rise into Easter day with fifteen new cohorts as we stand together and share our voices with the world. Silence or freedom? The choice is yours.

Love,
Deborah



The Free Family Film Series will be showing "Charlotte's Web" -- the original cartoon musical at the Vashon Theatre on Sunday 15th April at 1:30... Rediscover what a true friend is!

Deborah Anderson EDGE for Writers Finalist

Graduates of the 2012 EDGE Professional Development Program for Literary Artists will read their poetry, fiction, and creative nonfiction. Come meet and hear up-and-coming and accomplished writers, including: Deborah Anderson; Alexis Arrabito; Stacey Bennetts; Sara Brickman; Julie Chinitz; Phyllis Franklin; Paulette Gaudet; Laura Lucas; Natasha Marin; Alice Marshall; Isla McKetta; Jesse Minkert; Jessica Mooney; Imani Sims; Lydia Swartz; Maria de Lourdes Victoria.

The EDGE Professional Development Program provides artists with the relevant and necessary entrepreneurial skills to achieve their arts career goals and with the opportunity to develop peer support and exchange. EDGE for Writers is generously funded in part by Amazon.com.

Saturday, April 7, 2012, 1-4pm
Elliott Bay Book Company | 1521 Tenth Ave, Seattle



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The Road To Resilience

Continued from Page 1

a plan for making ourselves increasingly independent of the system we have by developing alternative forms of transport, and adapting our needs to a system of transport that we can readily afford.

For the first action, how does a small island of 11,000 in a state of over 5 million make a case for the provision of a service whose cost is commonly perceived as being far more than our share of the State's transportation budget? As in the past, we use the "blowfish" tactic in which we make ourselves seem a lot bigger than we really are. That means we all write the letters and make the calls that the ferry advisory committee recommends. We also point out the impacts beyond our island, such as reduced cross sound access, economic dislocation, and increased traffic loads on alternate around-the-sound highways. In justifying ferry expenditures for our small population, we usually point out that the State maintains rural roads with very few users. I am wondering if anybody has ever actually tried to quantify the cost per capita of rural road maintenance vs. running the ferries. I would expect that ferry costs wouldn't stand out as being that exorbitant in comparison. We mustn't forget that we lack the facilities to take care of some critical health needs of some of our residents.

Another thing we can do is to really consider how much inconvenience might be acceptable. Do we really need to have a ferry every hour through the day? Do we really need to drive our car over or do we have a carpool or mass transit alternative? It could be that we could live with a lower level of service without seriously impacting our present lifestyle. The important thing for now is that we let the state

know that we need our ferry service. Some of us may not ride the ferry much but, without it, we will feel the costs, the dislocation, and some people could conceivably lose their lives.

The second action is the one I am most interested in. Can we develop a lifestyle that incorporates cross sound transport that can be sustained by the users? I think we need to accept once again that living on an island implies certain inconveniences. A trip to the mainland used to be a trip for the day or even overnight. I think that we will need to accept that once again. In accepting that, we will have to consider providing health facilities for those with critical care needs.

We really need to cut down on car ferries. When you think about it, transporting each 150 lb. person in two tons of steel on another 2500 tons of steel is absurd. If we can provide the ridership, I really believe that we can have convenient and comfortable passenger service and mass transit connections to literally anywhere we want to go.

It is much easier and cheaper to transport one large truck full of goods than to transport 500 cars onto the mainland to get the equivalent in goods. Shop the island: the more we do the more will be available. In the long term, we need to plan for providing more of our own needs: food, energy, jobs. I really believe that there will be plenty of work for all of us right here if we get more serious about being self reliant. Cutting down on transportation, by itself, will free up a huge amount of resources, including personal time for enjoying our life here even more.

Comments?
terry@vashonloop.com

SCRAPE with BILL FRISELL

Scrape, in association with Open Space for Arts & Community, presents three incarnations of a very special event. The adventurous 16-piece string orchestra with harp, known for performing the music of inimitable composers Eyvind Kang and Jim Knapp, will be joined by guitar legend Bill Frisell for shows in Seattle and on Vashon Island.

In addition to performing, this series will feature Frisell's orchestral compositions. Known internationally as one of the foremost jazz guitarists alive today, Frisell's work as a composer is not usually heard in this context. He will perform with Scrape, in addition to showcasing new works that do not feature guitar. The concerts will also feature work by Kang and Knapp.

More about the Artist:
SCRAPE
Eyvind Kang – viola soloist, composer
Jim Knapp – composer
Heather Bentley – concertmaster
Players:
Heather Bentley (concertmaster); Steve Creswell (principal 2nd violin); Brianna Atwell (principal viola); Maria Scherer-Wilson (principal cello); Jon Hamar (bass); Gregg Belisle-Chi (guitar); Alina To, Caroline Faflak, Janet Utterback-Peck, Karen Halliburton, Paris Hurley, Ben Hunter, Johnaye Kendrick, Trevor Lutzenheiser (violins); Eva Sheie-Kiser, Seth May (violas); Rowena Hammill, Chris Worswick, Konstantin Avakyan, Karen Fardal (cellos); Chris Symer (bass).
Soloists: Eyvind Kang (viola); Jessika Kinney (vocals); Jay Clayton (vocals)

BILL FRISELL
"It's hard to find a more fruitful meditation on American music than in the compositions of guitarist Bill Frisell. Mixing rock and country with jazz and blues, he's found what connects them: improvisation and a sense of play. Unlike other pastichists, who tend to duck passion, Mr. Frisell plays up the pleasure in the music and also takes on another often avoided subject, tenderness." - The New York Times



Bill Frisell

Over the years, Frisell has contributed to the work of such collaborators as Paul Motian, John Zorn, Elvis Costello, Ginger Baker, The Los Angeles Philharmonic, Suzanne Vega, Loudon Wainwright III, Van Dyke Parks, Vic Chesnutt, Rickie Lee Jones, Ron Sexsmith, Vinicius Cantuaria, Marc Johnson (in "Bass Desires"), Ronald Shannon Jackson and Melvin Gibbs (in Power Tools), Marianne Faithful, John Scofield, Jan Garbarek, Lyle Mays, Vernon Reid, Julius Hemphill, Paul Bley, Wayne Horvitz, Hal Willner, Robin Holcomb, Rinde Eckert, The Frankfurt Ballet, film director Gus Van Sant, David Sanborn, David Sylvian, Petra Haden and many others, including Bono, Brian Eno, Jon Hassell and Daniel Lanois on the soundtrack for Wim Wenders' film Million Dollar Hotel.

This work has established Frisell as one of the most sought-after guitar voices in contemporary music. The breadth of such performing and recording situations is a testament not only to his singular guitar conception, but his musical versatility as well. This, however, is old news by now. In recent years, it is Frisell's role as composer and band leader which has garnered him increasing notoriety.

EYVIND KANG
Eyvind Kang is an American composer and instrumentalist. Kang's work is difficult to classify, but can broadly be seen as a classical approach to jazz music with punk, ambient, and traditional folk influences. However, each of his solo efforts is almost in a different genre. Kang has also worked with musicians



Eyvind Kang

including Mike Patton, John Zorn, Trey Spruance, Sunn O))), Tim Young, Marc Ribot and Beck, supporting the latter during a 2000 tour of Japan. In addition, he has been a guest musician on many albums, including Bill Frisell's Quartet and 858 Quartet with music written by Frisell based on the paintings of the German artist Gerhard Richter, Secret Chiefs 3's Book M and playing the viola on five of Laura Veirs' albums. Highly sought after and revered in the underground, Kang is one of the northwest's most prolific artists.

JIM KNAPP
Jim Knapp, co-composer of Scrape, director of the Jim Knapp Orchestra, trumpet player, composer, and teacher was born in Chicago, received BA and MA degrees in Music Composition from the University of Illinois, and lives in Seattle. He has served as director of The Composers and Improvisers Orchestra and has led various small jazz groups. After developing the Jazz Program at Cornish College, he continues to teach there with the academic rank of professor.

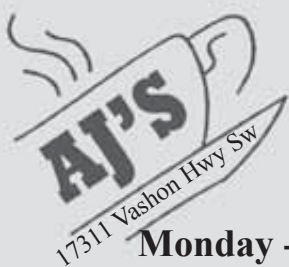
Jim has received a National Endowment for the Arts "Jazz Composition Fellowship", a Seattle Arts Commission "Individual Artist Music Composition" grant, a "Special Projects Music Composition" award from the King County Arts Commission, and support from Meet the Composer and Artist Trust. In November 2006, he was honored by Cornish College of the Arts for "35 Years of Jazz." In 2007, he was inducted into the Earshot Jazz Hall of Fame, and in 2010 received the "Certificate of Excellence in Teaching" for 2009-2010 from Cornish College of the Arts.

He has recorded as a composer and/or performer on the ECM, A-Records, Origin, Pony Boy, Seabreeze, Flying Fish, Catalyst, and Mode record labels. The Jim Knapp Orchestra won the Earshot "Best Acoustic Jazz Group" award in 1995 and its CD, "Things For Now," received the Earshot "Jazz Record Of The Year" award in 1999. JKO is represented on three CD's: "Things for Now," on A-Records (AL73180); "On Going Home," on Seabreeze (SB2078); and "Secular Breathing," on Origin (82412). Jim Knapp's music has been recorded on CDs by Kelly Johnson, Mark Taylor, Steve Korn, and Steve Treseler.

Information:
www.jimknappmusic.com



Jim Knapp



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Sunday 8:00am - 2:00pm
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**Next Edition
of The Loop
Comes out
Thursday,
April 12**

Deadline for the next
edition of *The Loop* is
Friday, April 6

Artists and Their Essential Nature

By Shannon Mahan and Patte LeVan

Waterworks Studio on Maury is presenting a special exhibit April 20 and 21, featuring the work of 12 local artists. Many of these artists have deepened or rediscovered their creative focus using tools learned in artist and author Darsie Beck's Essential Nature workshops.

For the past nine years, longtime Vashon resident Beck has taught creativity workshops and inspired students to open themselves to their innate spiritual essence. The latest edition of his book, *Your Essential Nature*, a Practical Guide to Greater Creativity and Spiritual Harmony, further illustrates his morning centering ritual of writing, drawing and meditation.

The show includes work from seasoned artists Bob Horsley, Donna Kaplan and Darsie Beck, as well as work from Essential Nature

workshop students, who bring their own mediums and talents to the fore.

Sali Amon, an avid outdoorswoman who has spent most of her life on Vashon, signed up for one of Beck's Essential Nature workshop in 2010 because she had several artistic friends who had spoken highly of his earlier Artist's Way workshops.

Says Amon, "His workshop inspired me to get more serious about what I wanted to do-it clarified my purpose and helped me move to a place of feeling more present."

She has always had a deep love of nature, which eventually led her to gardening, which then cut a path to Vashon residents Jim and Jackie Chobot's backyard, and finally came to fruition in their shop, Neptune Furniture. She began trading work in the Chobot's garden for time in their

shop, and her love of driftwood furniture was born.

"When I put together furniture, I feel I'm creating from precious artifacts--each piece of wood is a work of art in itself, but it's also a habitat. It has its own tale, took its own journey, and now will hopefully be enjoyed and preserved by loving, conscious humans."

In addition to woven metal designs from award-winning artist Donna Kaplan, who has taught fiber and design throughout the US, the eclectic exhibit at Waterworks will include oil, watercolor, sculpture, encaustics, driftwood furniture, street photography, memoir, and more.

Weaving through all is the common thread of our shared and individual spiritual essence, as seen in both the art and the artists' comments. For Yvonne Zick "my art brings form to my definition of passion and joy," while Najua Frost sees



by Najua Frost

painting as "an unfolding, a discovery."

Mary Martin perhaps captures it most simply-- "My goals are to preserve the beginner's mind in all I create and to make the world more beautiful."

Join these artists as they reveal their essential nature at

Waterworks Studio, April 20th 6pm to 9pm with wine and appetizers, and April 21st, 10am to 4pm. Waterworks is located at 7012 SW 240th Street, Vashon WA (on Maury Island). For further information see www.WaterworksonVashon.com or contact 206 463-5633.



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It's a great time to get back in the Loop.

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Next Loop comes out April 12



Thanks for the last three years everyone!

We are blessed to have such wonderful friends and loyal customers.

What's next?

First, a weeklong nap.

Then stay tuned for the next installment of the

Adventures of Troy and Marie!

Church of Great Rain

Continued from Page 1

with just one April Fools prank, what would it be?" Churchgoers are encouraged to get tickets in advance and arrive well ahead of show time, as recent performances have been standing room only. Church of Great Rain's April Foolishness Show will be followed by the Season Finale on May 20. Performances are

4PM Sundays at Open Space for Arts and Community. Doors open at 3PM with beer, wine, soft drinks and snacks available to enjoy. Cherub and Fupps apparel and Church House Blend coffee will be for sale. Advance tickets are \$10 at Vashon Bookshop and brownpapertickets.com. Show information and video is at churchofgrearain.com and FaceBook.



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Loopy Laffs

Here we are at VASHON ISLAND'S "TOP COOK" reality show ... where talented island cooks use secret Vashon ingredients to create culinary masterpieces! ... In **SECOND PLACE**, we have Chef "WEED" from various Island eating establishments, with her famous **VEGETARIAN, COTTAGE-CHEESE, NETTLE ROLLS** made from fresh, crisp Nettle greens. These Nettle Rolls are low-calorie and nutritious. We're so convinced they must be perfect for Kids' school lunches we asked two **PUBLIC SCHOOL BROWN-BAG HOME-LUNCH INSPECTORS** to evaluate the Nettle Rolls for healthy student lunches.

... and **WE HAVE TWO THUMBS UP !!**

LOGJAM

BY Jeff Hawley

EN GARDE!

BRING IT, FOOL!

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WHAT STUNNING GRAIN! BUT THERE'S DRY-ROT ALONG THIS EDGE

LOVE TH' SOLID OAK HILT! OOPS - WAIT - THAT'S PLYWOOD, ISN'T IT?

HAWLEY

logjamcomic.blogspot.com

Weekend Entertainment March 30

The Highlife Band

The Highlife presents the Pacific Northwest with a new sound, combining Reggae, Jazz, Latin and Caribbean elements. Seven talented musicians combine their skills to offer new, original songs with beautiful melodies, poetic lyrics, and funky beats. Whether you like to take it slow, or stay 'til the end of the show, the Highlife will take you there.

Please come out and welcome this band to the Island for the first time and dance the night away.

Free Cover all ages 21+ after 11pm

Saturday, March 31, 9pm.
At the Red Bicycle,
17618 Vashon Hwy - 206-463-5959



Sunday Encore Performance
Features more Chamber Music



Due to nearly sold out Friday and Saturday, March 30, 31 Chamber Music concerts, VAA added a Sunday, 7:30 pm performance to close the 2011-2012 Series. Sunday's players will include guest pianist from California, Dmitry Rachmanov and guest violinist from Seattle Symphony, Leonid Keylin. Trio Pardalote will also return (Victoria Parker, Heather Bentley and Rowena Hammill), following their successful and well-received November concerts. Friday and Saturday will be two different programs, and Sunday will offer a combination. "We couldn't be happier with the positive response we've received from the Vashon community," says Hammill.

Concerts celebrate the music of Brahms and feature two great chamber music masterpieces, Piano Trio in B major and Piano Quartet in

c minor. Trio Pardalote will also play a string trio by Beethoven and a newly commissioned piece by California composer Frank Campo. Doug Davis and Leonid Keylin will play an early 20th century masterpiece, the fantastic duo for violin and cello by Erwin Schulhoff.

Guest pianist Dmitry Rachmanov, Associate Professor of Piano at California State University, Northridge, taught for Manhattan School of Music, Chicago College of Performing Arts at Roosevelt University and Long Island Conservatory. His vast performance credits include Carnegie Hall, the 92nd Street Y and the Kennedy Center. -

Tickets, \$18/\$21, are available at VAA, Heron's Nest, Vashon Bookshop and by phone: 463.5131.

Open Call to all Islanders:
The Art of Work and Invention,
May 4 - 26, 2012, VALISE Gallery

VALISE Artist Collective and Gallery invites you to exhibit your home-designed tools and inventions, actual or imagined. What have you made (or envisioned) to make your mind livelier, your work easier or more suited to your own purposes? Some examples: an apple press, tied flies, knickers for hunting, unique musical instruments, specialty tools, bow drill kits, or earthquake early warning systems. Can you invent a Rube-Goldberg machine, a global warming correction system, a better mouse trap?

We will accept sculpture, drawings, paintings, renderings, installations, video, poetry, or other media. Bring one or more duplicates of your original item for sale through the gallery if you wish.

Show dates: May 4-26

Opening: First Friday May 4, 6 - 9 p.m.

No age restrictions. Call Carol Schwennesen (567-5907; aoneace@comcast.net;) with questions or to pre-register.

Bring your entry to the gallery on April 30, 4-7 p.m. or May 1, 8-11a.m. In-take forms will be available at the gallery, or print one from our website: valisegallery.org.

Theoretics



Theoretics is a group of seven musicians that makes original music drawing equally from hip hop, soul, electronica, and funk. Fronted by two Emcee/Vocalists and backed by a five-piece rhythm section, the band makes use of its diverse instrumentation and effects to create dynamic music with creative and energetic lyrics.

In April of 2011, the band released their self-titled debut, consisting of original songs co-written by all seven members. The cinematic qualities of the music inspired director Garrett Gibbons to approach the band about collaboration on a music video. This first video, "Higher", received acclaim for its blend of high energy live performance

with an interesting story told through breakdancing.

Looking to outdo their first effort, Theoretics raised over \$5,000 on Kickstarter for "Jekyll and Hyde", a music video that uses horror and steampunk elements to create an original take on the classic story. "Jekyll and Hyde: the Music Video" premiered on Halloween weekend to an enthusiastic crowd and is now making its way across the web. Looking ahead to the future, the band continues to wow live audiences all over the Northwest with their live shows while writing a new set of material that will move the band into newer musical territories.

Free Cover, All ages, 21+ after 11pm
Friday, April 6, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Send us your Art, Event, Meeting, Music
or Show information and get included in
The Vashon Loop.
Send to: Editor@vashonloop.com

Red Bike Presents



Avaaza (ah-va-ZAH) is derived from the Persian word for “voice.” The musical styles influencing our sound are primarily those from the Mediterranean region including Flamenco, Gypsy, Arabic, Persian, and North African styles. We are also fans of music found along the ancient silk trade routes from the Middle East, India, and Southeast Asia.

Azula began her vocal training in the opera (she studied classical vocal training as a mezzo-soprano coloratura at Hope College in Holland, Michigan). She became enamored with foreign languages and moved to Europe where she lived in France and Austria, and was exposed to the languages of Eastern Europe. She taught herself to sing in many different languages while performing professionally in Chicago Illinois and currently speaks / sings in seven different languages including French, Spanish, Portuguese, and Arabic. She is studying independently to complete a sound healing certification course in the near future.

Jason Everett is a multi-instrumentalist, composer, arranger and back-up vocalist who plays various stringed and percussive instruments including his seven-string fretted and fretless bass guitars and an electric sitar of his own design. He recently released a solo album of Indian influenced world music under the name Tal Maya and in addition to his solo work and Avaaza, Jason is performing with Sarah Christine, Geoff Johns, Amrita, and Gina Sala’.

Terri Garrett is a professional clarinetist and teacher. She is a member of the Northwest Sinfonietta, and freelances with the Seattle Symphony, Tacoma Symphony, Pacific Northwest Ballet and Saratoga Chamber Orchestra as well as local recording studios. Terri is a graduate of the University of Southern California and is a winner of the Léni Fé Bland Competition. She has studied with the renowned Mitchell Lurie, Yehuda Gilad, David Howard, Michele Zukovsky and Jennifer Nelson.

Charles Reed has been playing guitar (along with other stringed instruments) and singing, for over 30 years, in a variety of professional settings, from folk and country, to jazz and rock. He has recorded and performed with members of Jeff Lorber Fusion and has recorded with the LA-based group Boy Meets Girl. Most recently, Charles performed at the Tucson Folk Festival. His long-standing love for world music now comes to fruition in Avaaza.

Michael Nageub studied nay (Egyptian flute) and keyboard at the University of Helwan Arabic Music Institute, then performed on both at the Cairo Opera House for 4 years before moving to the United States. Michael represents the musical school of the Nile Delta in every way. He played in many bands in his home-town Tanta, the biggest

city in the Nile Delta. Between 2002-2008, he was the band leader of Al Meluk (Kings) band. He performed with the St. George Coptic Church Band from 1999 till 2007 when he moved to the US. He now teaches nay, keyboard, and Arabic musical theory and is the co-founder of the Seattle Middle Eastern Orchestra.

Tracy Helming received a master’s degree in violin performance from the Yale School of Music, and was a member of the New Haven Symphony Orchestra for 7 years. She has performed with a variety of well-known artists ranging from Itschak Perlman to John Denver. She is also a Suzuki violin instructor, and teaches at festivals and institutes throughout the Northwest and Alaska. She began playing arabic music in 2009, studying with Simon Shaheen at the Arabic Music Retreat, and with Dr. Alfred Gamil and Saad Mohammed Hassan in Cairo. She performs with Shoruk, a Middle Eastern music ensemble based in Seattle, in venues ranging from elementary schools to Benaroya Hall. She is the founder of the Seattle Middle Eastern Orchestra. She is also a passionate performer of Middle Eastern dance, and has won numerous national competitions. She studies, performs and teaches around the country and in Egypt.

Geoge Sadak is an internationally recognized drummer and Egyptian tabla player (dumbek) who has played professionally for most of his life in a variety of styles including Middle Eastern music, Jazz, Balkan and Arabic music. He was born and trained in Egypt, and is considered one of the finest Egyptian tabla players alive today. George’s musical versatility has enabled him to perform in international clubs, venues, and studios for several decades. Today, George teaches and performs around the Northwest with several bands, and runs his -Barking Dog Studio - in Edmonds, Washington.

S.Chandra Naraine is a true citizen of the world and was born in Guyana, South America of Indian, Chinese, and Scottish heritage. Chandra’s introduction to the world of percussion came at a young age with the music of India with the Dholak. In 1972 Chandra emigrated to the U.S.A and was eventually introduced to the world of Middle Eastern music and dance. In addition to playing Indian instruments, Chandra plays several Middle Eastern instruments including the Darbukkah (Egyptian Tabla), Duf (Tar/Bendir/Doira/Framedrums), and Req. Chandra has recently returned to the States after 17 years of performing in and around Europe with several musical and dance ensembles, and has sponsored and participated in many workshops, courses and master classes which were given by recognized world percussionists such as Hossam Ramzy, Trilok Gurtu, Chemiranis, and Guem.

Free Cover, All ages, 21+ after 11pm

Saturday, April 7, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Lee MacDougall



Photo by Kevin Allen

Born and raised in Grimsby, a small historical town on the east coast of England famous for its fishing industry, Lee MacDougall was still a child when he realised that he wanted to be a musician.

Studying music composition and production at university in the north of England for 3 years gave Lee the chance to concentrate fully on his songwriting and musicianship after being in locally successful bands since he learned to play guitar at 13. While at university Lee played live continuously and was spurred on by the positive reaction his performances received.

After university Lee worked at the local fish processing factory for as long as he could stand it. The last straw came when a colleague stole Lee’s shoes meaning that he had to walk home bare foot! On hearing the news that Lee was jobless, his parents gave him a month to find work and start paying rent. Lee spent the next three weeks locked in his room writing and demoing songs on an old tape recorder before sending them out to labels in London. Again the responses were favourable and within a few days Lee was in London attending meetings, secured on the strength of his songs.

For the next year Lee supported himself by playing live wherever he could in London, reducing costs by sleeping in studios and on people’s floors. At this point Lee formed a band. He says: “The highlight was headlining the Quingdao music festival in China in front of 57,000 people and a TV audience of 50 million. We got mobbed at the airport like Beatle-mania.” Once back home, though, Lee felt the direction the band was taking was not what he wanted and so the band split.

Instead Lee wanted to write more personal lyrics aiming to connect more directly with his live audience. Influenced by the Englishness and storytelling songwriting of the Beatles, Kinks, Rod Stewart while also feeling inspired by Nirvana and Tom Petty, Lee’s new material soon came to attention of the acoustic venue bookers and promoters in London. This included various people at LiveNation, Tony Moore at The Bedford and Up All Night Music, who between them started giving Lee good small gigs where he could hone his style and support acts such as Train, Starsailor, Paolo Nutini, The Feeling, Bob Dylan and Van Morrison.

During this time producer Jim Lowe, responsible for number one singles and albums by the Stereophonics, Taylor Swift and the Charlatans, became a fan and started recording versions of Lee’s songs. “She” and “Stay” came out of these sessions. Lee and Jim have continued to work together and will be in the studio again over the next few months.

Lee released an EP on iTunes during July 2010, selling 2000 copies in the first 2 weeks with no press or promo - purely through online fan base. Word got out in the Twilight community that Lee has written for Rob Pattinson and fan reaction has been great.

Lee is managed by Phil Taylor at Up All Night Music and plans to tour extensively in the USA, Canada and Europe during the first half of 2011 in order to capitalize on his growing online fan base. It has always been Lee’s deepest wish to be able to relocate permanently to America, so he is particularly excited to tour the USA and move that one step closer to his dream!

“He’s pretty amazing and very confident.. like Freddie Mercury meets Duke Special meets Rufus Wainwright, Lee is going to go a long way”
- Kate Mossman, The Word Magazine

“You absolutely cannot fake that kind of sincerity and passion, and particularly the yearning quality to his vocals....”
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