

Rick, Joe & Kevin at the Roasterie



Rick, Joe and Kevin became musical comrades and cohorts over the last year. will perform at the Vashon Island Coffee Roasterie. Friday, January 18th at 7pm. All three compose songs, and although they share many influences and tastes, each is stylistically unique: Rick tends towards folk/rock/R&B with strong story narratives, Joe goes in for a singer/songwriter style rich in guitar and poetic lyrics, and Kevin tends towards love ballads and/or humor.

For this concert, they decided to play three solo sets, challenging each other to come up with a combination of covers and originals. Then, they'll do several songs together, with complex harmonies and intricate guitar solos – or, if they have no time to rehearse, simplistic unison where each of them tries to be unobtrusive and quiet as possible, which

may make the songs difficult to hear and understand.

Kevin Joyce is a singer/songwriter, actor, writer and director.

He has toured Europe as a soloist with a Spanish Choir, composed music for Buffoons with UMO Ensemble, sang with Joan Baez in Teatro Zinzanni, and posted youtube videos singing upside-down with a face on his chin.

Most of his most popular music is satirical and inappropriate for family audiences, unless they are families familiar with inappropriate material.

His CD Say It features an all-star list of collaborating musicians, including Francine Reed, Stu Hamm, Eyvind Kang, and Hans Teuber and it available on iTunes.

Rick Vanselow, though he never cut it as a punk, Rick credits the DIY ethic of

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Happy New Year to the Sea Pens



By Rayna Holtz

Few of us would think of Vashon when the term “coral” is mentioned, and yet there are several corals that can be found on local shorelines. Of greatest interest to water-gazers waiting for ferries at the north end are the feathery orange sea pens below the dock, which are described as “soft corals” by scientists, rather than the true “stony corals” that build extensive reefs around south Pacific islands. The January 11 Starlight Beach Walk will provide an opportunity to view them up close and hear more about them from Vashon Beach Naturalists, from 9 to 11pm.

A glowing white tent on the beach will provide the starting point of the walk. The nearby pilings are a good first stop, to look for the frilled and striped dogwinkles among barnacles and mussels. Pilings lower on the beach will have sea stars in purple and orange, plumose anemones in white and orange, olive green kelp crabs and small decorator crabs dressed in bits of purple algae. The sea pens will be among the denizens of the deepest end under the dock, and show up best in at least a foot of water so they can wave upright in the water like orange ostrich plumes.

The beds of eelgrass northwest of the dock conceal large red rock crabs beneath their waving blades, which are themselves the homes of small snails, brooding anemones, and crabs. . Walk further yet and you will find a stretch of stony beach, where large rocks hide dramatic red sea cucumbers, bizarre species of worms, interesting fish such as crescent gunnels and clingfish, beautiful porcelain and black-clawed crabs, and other surprises. Because it is dark and cold, these animals will be much less stressed to be discovered by us than they would be during a daylight warm low tide visit. We will be able to peer closely at them and snap their pictures without causing harm. There will be chitons and little pixie hat limpets clinging to

the big rocks, and embedded in the areas of fine clay we may encounter the curious-looking piddock, whose shell is customized with spiny ridges for boring its home deep into the clay.

Still, it is the sea pen that intrigues many of us, in part because so many of us have never before seen them and find we enjoy their grace and beauty. One reason they are seldom seen is that they live below the part of the beach exposed by average low tides, and range as deep as 500 feet. Adults can grow to two feet tall, with another six to twelve inches of stem down in the sand. But they regularly contract between feedings or when disturbed by a predator, and can even disappear entirely below the sand. A sea pen can also fully inflate, pull up its foot, and orient itself to the current such that it can drift away from a predator and find a new site. Each pen is a whole colony of little polyps, with three kinds of adaptations. The pen starts when one larva settles onto the bottom sediment and begins to grow its foot below the sediment surface and its stalk above. Then it develops two other types of polyps, the ones that pump water throughout the pen, called siphonozooids, and the ones that feed, called gastrozooids. The gastrozooids have eight tentacles around their mouths, which form the feathery edges of the pen's plume. These filter tiny organisms out of the water for food.

According to researcher Ronald Shimek, some areas of Puget Sound have enormous beds of sea pens that extend more than a dozen miles along shorelines, only interrupted by manmade features and such natural barriers as river mouths. He speculates that they may be so numerous as to play an ecological role on the sea floor similar to that of the bison herds on the pre-European Great Plains. Among their predators are many nudibranchs, including the

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Road to Resilience Plans for 2013

By Terry Sullivan, Transition Vashon

It's a new year and time to get to work. With the streak of extreme weather events last year, I'm hoping that we might take climate change a little more seriously. Richard Somerville, a scientist with the International Panel on Climate Change, has stated that although the projections by the panel have tended to be conservative, the implications of climate change are very serious and he regrets that what hasn't gotten across to the public is “a sense of urgency that, to most scientists, is now very clear. This is an urgency that has nothing to do with politics or ideology,” said Somerville. “This urgency is dictated by the biogeochemistry and physics of the climate system. We have a very short time to de-carbonize the world economy and find substitutes for fossil fuels.”

By a short time, he is talking about 5 years, maybe 10 at the outside, after which we will be committed to warming greater than 2 degrees Celsius, which is to say more than we can handle and maintain any semblance of the physical, much less the political and economic, world we know now. Keep in mind that

we have been trying (not very hard) to lower our carbon footprint for the last 20 years and have succeeded only in increasing it.

So we are not talking about business as usual or a need to put out a bit of extra effort. We are talking about the house being two minutes away from being fully engulfed in flame and only our decisive action before that will save it.

Given that level of urgency, what should be our goals for the coming year? They will need to be very ambitious. On the global/national scale, we should consider phasing out all use of coal by the end of the year. For the time being, those coal-fired energy plants could be converted to natural gas. The coal that, in our folly, we are considering exporting to China should be left in the ground. To counter that energy loss, we will need a national campaign for radical energy conservation. We did such things on that scale during WWII and we can do it again. At the same time, we should at least triple our present energy production from renewables.

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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.

Sci-Fi Saturday

On January 5th at 1:30pm “The Wrath of Khan” will show at The Vashon Theatre. This month’s offer is going to be extra fun! Opening the show will be “Space Seed” from the origanl Star Trek TV program. This episode inspired the main feature this month, Star Trek 2 “The Wrath of Kahn”

This is one of the best of the Star Trek series and is a whole lot of fun. A donation will be taken at the box office and food doantions are taken inside the theatre.

Please, come and have a good time.

This is for The Chicken Soup Brigade so bring your donations to the box office and I’ll see you inside!Where: The Island Theatre

When : January 5, 1:30pm

How much: Some canned food or boxed food items. \$10.00 at the box. More is better. :>)

What: Chicken Soup Brigade.

A food drive for those living with HIV/ADIS in King, Kitsap, Pierce and Snohomish counties.

See you at the theatre!

Vashon Social Dance & Swing Lesson

I hope many of you will join us in celebrating the New Year on January 5, 2013 by joining the Vashon Social Dance Group for an evening of dancing and an awesome triple time swing lesson with Lilli Ann Carey.

Let’s start at 6pm-7:30 \$15 suggested donation. Introduction to Triple-time East coast Swing with Lilli Ann Carey Learn the footwork and some important keys in leading and following this enormously popular dance. Virtually no matter where you go, you need it! We’ll not only work on basics and traditional patterns, we’ll also work on the body position, frame and attitude that makes this dance it’s playful self. Short break in the middle, bring water and wear flat soled shoes that are clean and slide on the floor. Lilli Ann Carey may be found teaching several nights a week in Seattle as well as running workshops and events for danceforjoy.biz

Followed by FREE Social partner dancing to deajayed music 7:30 - 9:30 pm. An eclectic collection of tunes to swing, foxtrot, waltz, two-step and dance a variety of dances to. Requests welcomed!

Come alone or bring some friends, just come out and dance! Should be an awesome lesson and dance! Happy New Year!

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The Vashon Loop

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Next Edition of The Loop Comes out Thursday, January 17

Deadline for the next edition of *The Loop*
Friday, January 11

Vashon-Maury Habitat Stewardship Whirlwind

13 presentations, 10 minutes each. No fluff.

Don’t be left with your head in the weeds. Learn about efforts on your island to protect and enhance habitat and improve water quality. What is being done to clean up Quartermaster? How healthy are our streams? What’s happening with land preservation on the islands? Join with neighbors to understand, protect and restore Vashon and Maury Islands’ streams and shorelines. This one stop info blast includes many projects, including Maury Island Marine Park, Raab’s Lagoon, Judd Creek, Island Sustainability, Salmon Watching, Dockton Natural Area, Piner Point, Quartermaster Harbor Nitrogen Study, and more!

Presenters include King County, Vashon-Maury Island Land Trust, Vashon Nature Center, Washington State Department of Natural Resources, and the Vashon-Maury Island Groundwater Protection Committee.

McMurray Middle School Multipurpose Room. January 10, 2013. 6:30pm – 9:00pm

Free drawing for door prize. A free natural landscaping/gardening consultation at your Vashon or Maury home with Greg Rabourn, from the KUOW 94.9 FM’s Weekday with Steve Scher- Greendays Gardening Panel. Fully transferrable if you neighbor needs help more than you.

Beyond Loss: Finding Meaning, Hope and Joy

Providence Hospice of Seattle Grief Support Services is offering a retreat on Vashon for individuals who have experienced the death of a friend or loved one. This retreat is an opportunity to explore our losses, embrace them and find meaning. Take this day to create a new paradigm . . . one that finds gift in the midst of grief and loss. It will be held on Saturday, January 19, 2013 from 9:00 am to 3:00 pm at the Church of the Holy Spirit, 15420 Vashon Highway. Please call Jane Fleming at 206-749-7702 for more information and to register.

Community Seed Gathering!

Please join us January 13th, 3:30 at the Land Trust Building for a seed swap and organic open pollinated seed extravaganza! We are hoping to find Islanders interested in all things seed: swapping, saving, and adapting local crop varieties for gardeners and farmers. All experience levels welcome! Bring seed you have saved or have extra to spare and exchange for seed you need for the coming season. Meet your local seed savers and help us plan Community Seed events in the future. We will provide tea and light snacks. If you cannot make this time but are interested in seeds, contact Jennifer Williams at jwfarm01@gmail.com or Lotus at Lotus47@live.com.

Save the Date!

Who: The Heritage Museum in concert with The VM Garden Club’s 60th Anniversary Exhibit, Passion In The Dirt!

What: “Dirty Little Secrets”: Four Famous Vashon Gardeners, Greg Rabourn, Terry Hershey, and Sara and Sam Van Fleet, share their gardening secrets, FREE to the community

Where: The Land Trust Building

When: January 24th @ 7PM

Green Party’s monthly 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, January 8, 7-9pm

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.
- 2) Transition Vashon/Study Group.
- 3) Coal Trains to Cherry Point.
- 4) Health Care for All.

Questions: Melvin Mackey, Secretary, (206) 463-3468

Chautauqua Preschool early interest wait list

Now through February 15th - The Chautauqua Preschool program is accepting names for the early interest wait list. Those who are put on this list by February 15th will be included in a lottery for wait list order. The week following our February break these families will receive notification of an opening or their wait list order. Those who are interested, but miss the February 15th deadline, can put their name on the list. It will be added in the order received onto the wait list. For more detailed information, visit our website at www.vashonsd.org/chautauqua. To add your child’s name to the list call Gillian Callison at 206-463-2882 ext 401 or email gcallison@vashonsd.org.

Vashon Delta Dogs

The Vashon Delta Dogs will resume our Monday 5PM meetings at Vashon High School beginning January 7th.

January meeting dates: January 7, 14, 28 (no meeting January 21)

February meeting dates: February 4,11,25 (no meeting February 18)

March meeting dates: March 4,11,18,25

See You Soon

Kathy, Zeppo and Guy Noir

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Art Film Series starts 2013 with Sundance Romantic Comedy



By Leslie McMichael

Sundance Film Festival's opening night film "Hello I Must Be Going" comes to the island on Friday, January 4 to launch Vashon Film Society's new year of First Friday Art Films. The comic relationship drama marks a significant achievement for well-known character actress Melanie Lynskey: for the first time in her career, she is in every scene as leading lady. The film focuses on Lynskey's character Amy who has retreated to her parents' upscale suburban home following her divorce. Amy's slow metamorphosis from demoralized sad sack to surprising "older woman" makes for a refreshing romantic comedy for adults. Similar to performer Stephen Tobolowsky, Lynskey has one of those

acting faces familiar to audiences from her many supporting roles over her career. Audiences might know her from her film work with Peter Jackson and George Clooney or her role as Rose on NBC's megahit "Two and A Half Men" but she's never had a star turn like this. Said Lynskey, "I'm a character actress, and I'm very grateful for all that I've gotten to do. But this was just something that was so fully realized, a complete journey that this person makes. It felt like such a gift." Vashon Film Society presents special feature and documentary screenings on First Friday Gallery Cruise nights following the art walk. Friday's show at the Vashon Theatre plays at 9:30 pm, is rated R and tickets are \$7.

Crazy Sexy Cancer

"Crazy Sexy Cancer" at Vashon Theater Sunday Jan 6th at 1pm. "Crazy Sexy Cancer" is an irreverent and uplifting documentary about a young woman looking for a cure and finding her life. Weeks after she was diagnosed, filmmaker Kris Carr began documenting her story. Taking a seemingly tragic situation and turning it into a creative expression, Kris shares her inspirational story of survival with honesty, courage, and lots of humor. Crazy Sexy Cancer is more than a film, it's an attitude! It's about rising to the challenge of life, and no matter what, refusing to give up who you are at your core. This story is as funny as it is frightening, as joyous as it is outrageous. Ultimately, "Crazy Sexy Cancer" is a thought provoking film about friendship, love and growing up. PRAHM is sponsoring the showing



of Crazy Sexy Cancer followed by a month green cleanse class. Join the green cleanse or just come and learn. 4 classes Starting Jan 9th all on Wednesdays 6-8pm. Come see the movie it is FREE . It feels good to see this inspirational woman on her journey with this very touching disease. Pass it on! www.youtube.com/watch?v=S8ylpgN_5mg www.VashonPRAHM.com

Multi-Tribal Art Show at Vashon Community Care Center



Odin in Tlingit regalia, with a Raven panel and Eagle paddle. Artwork © Odin Lonning

By Orca Annie Stateler, VHP Coordinator

This January, award-winning Tlingit artist Odin Lonning displays multi-tribal works at the Vashon Community Care Center, 15333 Vashon Highway. Lonning is a prolific designer, renowned for his work in Tlingit and other Northwest Coast Native styles. He attended the Institute of American Indian Arts in Santa Fe, New Mexico, where he encountered a rich diversity of tribal cultures and collaborated with talented Indigenous artists from Plains and Southwestern First Nations. Lonning's body of work over three decades includes carved cedar pieces ranging from totem poles to amulets, painted drums, ceremonial regalia, and jewelry design. Lonning donates proceeds from his art sales to benefit Wolftown's Wildlife Rehab and the Vashon Hydrophone Project's whale research and marine mammal stranding response. Call 206-463-9041 and visit www.OdinLonning.com for more information.

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Island Life The Electric Age

by Peter Ray

“I have no idea what that means...”
David Letterman- on any given night

I have started this column over a number of times and finally decided on the above quote, mostly because it is true, and partly because I don’t want Woody Allen or anyone else to drag the ghost of Marshall McLuhan out from behind some convenient head-high sandwich board to tell me I know nothing of his work. This all started a few days ago during the previous year when talk with a friend turned to media and messages. At that time, I realized that I did indeed know very little of McLuhan’s work and that perhaps I should check into it. What that resulted in was a number of passing headaches and my being perilously close to missing this deadline.

In this interim, I have been trying to grasp McLuhan’s meaning behind his now famous declaration that “the medium is the message”. Part of my search has been spent slogging through his 1964 treatise that started all this- Understanding Media- the Extensions of Man. I dug around on my shelves until I did find the paperback copy I had during my one Radio, Television and Motion Picture class I had in college. It was interesting to see what passages I had marked as important at the time, as compared with what I am now marking as significant some forty years on. The other part of it is the reading, and re-reading, and re-reading of various passages that has occurred this time around without my getting any clear grasp of what McLuhan is trying to get at. It makes me wonder what I got the first time through many years ago.

Among the great confusions, it is perhaps McLuhan’s classification of media as either hot or cold that has my head spinning in wildest abandon. He has hot media as being ones that have a lot of information that require little input or “completion by the audience” as he states it. A cool medium on the other hand has a low amount of information requiring lots of participation by the audience. What baffles me here is that he has film and radio pegged as hot media, while telephones and television are rated as cool. Granted, when this book came out, television was still making a big deal out of color programming, and a poorly aimed antenna yielded a less than crisp image of any given broadcast.

But the showing and viewing of images of any quality of a given event on television would seem to me to require much less participation by the viewer than the mental interpolation and image construction needed to realize the same event as heard over the radio.

I suppose one could go wide here and point to McLuhan’s contention that the medium is the message. As I have read it more than a few times, this premise steps beyond the content that is being transmitted to the essence of the medium itself determining how the content is perceived- the holistic approach. I do get that the technical parameters of a given medium can shape and limit the form and type of content one might find there. I do get that economics has a big influence on what can be shown and what continues to be shown. What I still am having a hard time with are the hot and cold boxes that McLuhan proposes for everything from a light bulb- a medium without a message- to ballet (hot).

While McLuhan seems to enjoy a bit of celebrity for his medium as message premise, he was indeed visionary in coining the term “surfing” in regard to information searches, as well as for his prescience twenty some years in advance of the internet for recognizing before its true time the coming of the electronic “global village”. He also coined the term high definition, calling it the “state of being well filled with data”. This would certainly describe our modern day hi-def television panels, but it would also, it seems, wreak some havoc with McLuhan’s placement of television as a cool medium, when he defines a hot medium as one that “extends one single sense in high definition.” In this sense, the Columbia professor that Mr. Allen mocks and embarrasses in ‘Annie Hall’ may have the last laugh, in that he states that television is a hot medium resulting in the McLuhan rebuff. I’m not sure that I will ever totally understand what McLuhan was trying to get at in all of this, and I’m not sure I’m going to continue with these thought bubble headaches in pursuit of finding out the answer. I do however like this quote from David Bowie’s character - Thomas Jerome Newton- in Nicholas Roeg’s classic ‘the Man Who Fell to Earth’: “The strange thing about television is that it doesn’t tell you everything. It shows you everything about life...but the true mysteries remain. Perhaps it’s in the true nature of television. Just waves in space.” Happy New Year.



The Dorsal Spin Killer Whale Kindred

By Orca Annie Stateler, VHP Coordinator

Someone at Chez VHP has uncanny Kéet karma on his birthday. He just happened to look out the window on that stormy day and see tall dorsal fins approaching. Time for a council of kindred First Nations: Tlingit and Southern Resident. After a dreadful year fraught with health, housing, and financial crises, a serene, dignified celebration with the Canoes of Spirit was particularly rewarding.

As a bonus, like frosting roses on a dark chocolate cake, L Pod families we last saw in June off San Juan Island accompanied K Pod for the birthday encounter. Seeing these orcas again was slightly bittersweet in that their 79 year-old matriarch, Alexis (L12), died in 2012. Sometimes called the L12s, this group includes Mega (L41), born 1977, along with his sisters and nieces. Sister Matia (L77) has a spunky daughter, L119, who is about 7 months old. 84 year-old Ocean Sun (L25) is the other elder female who travels with the L12s. Spirit (L22) and her sons Skana (L79) and Solstice (L89) were present, too.

The four adult males of the L12 subgroup exhibit an impressive array of stately dorsal fins. L41 (Mega) is a stud in the tradition of J1 (Ruffles) - large males who have fathered many Southern Resident calves. Intriguingly, another male, Onyx (L87), a relative of Spirit (L22), now travels with J Pod elders Granny (J2) and Spieden (J8).

Coincidentally (or maybe not), Odin’s artwork graces the Seattle Aquarium’s orca trading card for Spirit (L22). Alexis (L12) and Ocean Sun (L25) are lovingly represented in our “Matriarchs” drum and wood carving design.

The L12 subgroup often travels without the rest of L Pod. Their half-day

foray into Vashon-Maury waters was, thus far, the only known visit this winter from these enigmatic L Pod members. 24 hours later, the L12s and L22s were cruising out of the Strait of Juan de Fuca, headed toward the Pacific. They may not return to inland waters until spring.

On December 29, VHP associates as well as NOAA researchers witnessed an unprecedented event: Resident K Pod and Transient groups T30s and T124s traveling just hours apart through Vashon-Maury waters. This happens routinely in British Columbia and in the San Juans, but in my 18 years on Vashon, I have not seen Residents and Transients in such close proximity here.

This week’s photo shows the T30s from an earlier visit to Vashon, when they notoriously shredded a seal for hours. In contrast to his spiky-finned female relatives, adult male T30A has a softer, almost Resident-type dorsal fin. The T124s have also visited the Island previously in winter.

Revoltingly, when we photographed these Transients on the 29th, a small yacht was harassing them through Dalco Pass. Utterly oblivious to new vessel regulations for endangered killer whales, the yacht was barely 20 yards from the orcas - the revised approach distance is 200 yards. Rather than slowing down, the rude boater increased speed to match the fast-moving Transients who attempted to evade the yacht. To the orcas, that engine noise was equivalent to leaf blower noise to human ears.

Vessel impacts are more likely to occur in Island waters when the orcas’ locations are instantly available on social media. Are you part of the problem for our endangered Southern Residents? Then resolve to be more respectful in 2013.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as sick, injured, or dead marine mammals on Island beaches. Ferry commuters, your calls matter in our research effort! Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and nearby Central Puget Sound waters, initiated more than 30 years ago by researcher Mark Sears. Check for updates at Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com



T30 Transient group in East Pass. Photo © Maya Sears, 3/15/10

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Classes are starting next week on Vashon, on the mainland, and online. For testimonials, class schedules, and to enroll go to TQIDiet.com.



Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Our Own Personal Fiscal Cliff (with a Segue into Chicken Heart Stew)

By Mary Tuel

This year, on top of the holiday stress, we are looking at my husband’s being laid off from his job. He plans to make the best of the cards he has been dealt by calling himself retired. The man is 67, after all, and on dialysis. People have retired with less justification.

Over the years I’ve heard many people talk about how they wished they could live and work on the island. This is the dream – not to have to commute, but to live here in paradise all day, every day, and only leave when absolutely necessary.

Rick and I have lived that dream. The only fly in the “live and work on the island” ointment is that most jobs pay lower wages than you’d get on the mainland for the same work, and most jobs do not have benefits or pension plans. You accept those conditions because you’re so gosh darned lucky to have a job on the island, and most island businesses can’t afford benefits and pensions, anyway. Like some others who have lived the dream, we will now have an income from Social Security and nothing else.

I keep crunching the numbers and it looks like we’ll be fine, except for not having any money in the budget for food. I’m not sure how we’re going to roll with this. I am thinking lentils, peas, and beans. This is okay. Lots of people become unintentional vegetarians after they become unintentionally retired.

We’re okay. We have a home, and good friends and family, and it turns out that all those platitudes about friends, family, and love being the things that really count are true. The one about having your health is true, too, but that ship has sailed for us, so, eh.

The non-vegetarian recipe I’ll be making a lot is chicken heart stew.

In November of 1977 I did a folk concert tour in the interior of British Columbia. While I was there winter set in. I learned the joy of using an outhouse at -20 Celsius, which in Fahrenheit terms is, “really really cold.” I arrived for my last concert in Prince George, B.C. and took a taxi to the house where I was

being put up. When I got there, I found a note from my absent hostess welcoming me, saying she’d be back later and to help myself to some chicken heart stew that was simmering on the wood stove.

It was the first time I’d ever heard of chicken heart stew. I was a little worried. There was an “eeyew” factor. I dipped up a bowl and ate it and liked it a lot. When I got home to the island I tried to re-create it, and it became a family staple over the years. Even the kids liked it.

It’s a great warm cheap stew for a January night. Here it is:

Chicken Heart Stew, a la Casa Tuel

Take a package of chicken hearts and rinse the hearts in cold water, then throw them in a pot of water and bring it to a boil. Simmer them on medium for 45 minutes or so, skimming any foamy sludge that forms on the



This is a kind of whisk that is the best thing for making gravy. My mother had one, and by the time she died the metal on the bottom was worn thin from decades of whisking.

top and throwing it away, unless you’re one of those creative people who has a good use for boiling chicken heart sludge.

While the hearts boil, chop up:

- One green pepper, seeds and membrane removed
- One onion
- One large carrot
- Two stalks of celery

Add them to the stew after that first 45 minutes. Let the stew simmer for a further 15 minutes. Drain the vegetables and hearts, reserving the stock. While they’re draining, make gravy.

Melt 2 tablespoons of butter in a medium skillet, add 2 tablespoons of flour, and let the flour cook in the butter until it turns light brown, stirring constantly, 3 or 4 minutes of so. Mix in one cup of the stock you reserved, and you can throw in a little white wine if you’d like, to make your gravy.

Add the drained hearts and vegetables to the gravy and season to taste. We eat it with a savory blend – Italian seasoning for example. If it’s not wet enough to suit you, or if you need to stretch the recipe to go around to more bowls, add as much of the stock as you wish. You can eat it on its own, or add toast, corn bread, and/or a salad if you like, same as any other stew or soup.

So there you go, a good cheap winter meal if you’re not quite committed to that vegetarian diet, which I’m not. Enjoy.

By Kathy Abascal

According to the Center for Disease control, the flu season in the United States is having its earliest start in nearly a decade and they are predicting a “bad” flu season. The incidence of flu is still low in our state but is extremely high in the South. Given all the traveling done over the holidays, we should soon be seeing a much more flu here. It definitely is time to make sure that you are doing all you can to avoid the flu and have on hand things to help you cope should you have the misfortune of coming down with it.

The best way to prepare is to make sure your immune system is in balance and that you are not inflamed. Unfortunately, most – if not all - of us just spent the holidays eating, drinking, and making merry, a process that leaves us inflamed. When inflamed, our inflammatory cytokines rise above normal levels. When we catch the flu, our inflammatory cytokines shoot up as part of fighting off the virus. Unfortunately, our cytokines also trigger flu symptoms such as joint aches, headaches, fever, and more. If we start high, we end up climbing higher and experience worse flu symptoms. If we instead start off at normal, our immune system works more efficiently, our response triggers fewer symptoms and we recover more quickly. So first step: Eat well. Avoid sugars, chemicals, and alcohol for a while. Instead eat fruits, vegetables, and lean proteins.

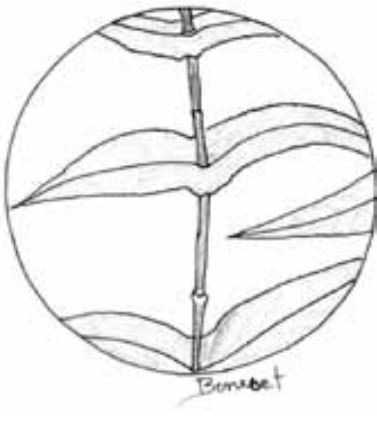
If you want a well functioning immune system, you also need adequate vitamin D levels. That means e should be taking a vitamin D supplement because we are tilted so far from the sun during the winter that we are unable to activate our vitamin D, no matter how much time we spend in the sun. Unless, of course, you can are fortunate enough to be able to take a trip South where the angle of the sun is able to replenish your D levels.

Finally, wash your hands frequently and keep your hands away from your face as much as possible. Be careful on this one though. A lot of people grab antibacterial wipes or use antibacterial soaps to keep their hands clean. Do make sure that your soaps and wipes do not have triclosan in them. Triclosan is an endocrine disruptor with both an estrogenic and an anti-thyroidal effect, and is worse for you than the flu. Just use a good, plain, old-fashioned soap.

Then, stock up on some things to have on hand, just in case.

My first choice in treating

Get Ready For the Flu – It Is Coming



the flu is boneset (*Eupatorium perfoliatum*), an East coast herb. Native Americans used boneset for the flu and taught immigrants to do so as well. Both the Eclectic MDs in the 1800s and German MDs in this century noted how effective boneset is for the flu. Both, based on their clinical experience, felt it actually could prevent cases of the flu. They were absolutely certain that boneset soothed painful flu symptoms and made disease much milder and shorter. I use boneset as a preventative. During flu season, I take boneset when I travel or a crowded event like a concert. I also take a dose or two if I am around someone coughing or showing signs of having the flu.

I also would not be without fresh lobelia (*Lobelia spp.*) tincture. Lobelia is a low dose tincture and needs to be used mindfully. It will not kill you but, at too high a dose, it will cause vomiting. In small doses (I typically take 8-10 drops), it is spectacular at relieving a tight, painful chest. It has been a few years since I last had the flu, but last time I could not sleep because my chest hurt so much and I could not breathe properly. I took my drops of lobelia and my chest immediately relaxed. Lobelia also is sedative, so I promptly fell asleep. When I woke and hour or two later, my chest hurt again. I took another small dose of lobelia and fell back asleep. So, like most herbs, it should be dosed frequently for best results.

If you have children, do keep elderberry syrup on hand. There are studies showing that elderberries (*Sambucus*

nigra) can definitely soothe flu symptoms and may even abort some flu cases as well. The syrup has a pleasant taste that children will take frequently enough to work. I find my less pleasant tasting boneset tincture far more reliable but many children will reject its bitter taste. I also recommend picking up some elderflower concentrate at IKEA. This syrup is made from the elder flowers. It is milder than the syrup but does have a mild diaphoretic effect that can help moderate a fever. You mix it with water (I like sparkling water) and it works as an energizer during a bout of flu when you do not want to eat but want to keep your fluid intake up.

Finally, keep some type of chest rub on hand. As congestion mounts, which happens because the flu virus damages the respiratory tissue, the blood flow to the lungs slows. It becomes harder and harder to deliver medicines to the lungs where they are needed most. Chest rubs work because the volatile oils in the rubs penetrate the skin and move into the lungs. Those volatile oils are anti-microbial and anti-inflammatory. Almost any type of chest rub will help prevent pneumonia from developing and will speed healing of that flu cough. The Eclectics used a wide variety of applications, including flax seed and onion poultices. They even used Vicks Vaporub. Heat was always used to help move the volatiles into the body. So find an aromatic chest rub and make sure you have a heating pad handy as well. And remember when applying a chest rub: Put some on your back as well so you treat both sides of your lungs.

Remember, with a good diet, some vitamin D, some simple herbs, and frequent hand washing, you stand a good chance of avoiding this year’s flu, even if the CDC is right and it proves to be a difficult flu season. And if not, you will be much more likely to only get a mild case. Good luck!

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Aries (March 20-April 19)

You have the potential to accomplish great things, and you know it. You also know that discipline and focus are the keys to doing this. You can no longer depend exclusively on exterior structures to keep your goals or work pattern in place. And it would seem that the reputation you worked so hard to cultivate now translates mostly to experience. Yet that experience, if nothing else, can remind you that you have what it takes to get the job done. The question really comes down to who will keep you focused -- you, or some force outside yourself. If you depend on your own inner resources to build your structure, you will have the creative freedom that you want. If you depend on something outside yourself, you will be compromised in what you get to express. I realize that the high-temperature, erratic nature of your idea flow doesn't lend itself well to focus, but that is precisely the point. You want to maximize your qualities of initiative and originality, and in order to do that, you need your own management structure. This will give you a sense of ownership of your ideas, and help you take full responsibility for their use. Whatever you're saying, doing or developing has more influence than you think, and you may have at least one experience this month of seeing the potentially negative impact when you pretend they don't. This will remind you to align with your intentions, which means knowing what they are.

Taurus (April 19-May 20)

Over the coming seasons, I suggest you go light on ambition and put your energy into the quality of the work that you do. You may feel a temptation to climb, compete or socially orchestrate your way to the top. It would be better to keep your focus on the integrity of what you're doing, as well as an actual emphasis on ethics, even if you have to overdo that a little. You don't need ambition because you're already visible; you have a viable role. Your current astrology describes a question of what you're known for, and you have a lot of influence over that, though this process works from the inside out. This is why I'm suggesting you keep your emphasis behind the scenes, with a focus on content and conduct, rather than appearances. It's your direct impression on your closest collaboration partners that matters. Whatever ability you have to exert leadership or bring a message to an audience will be better effected by setting an example for others. It may seem that they have undue control over you at the moment, but the truth is, you are depending on their guidance, and they are intimately involved with your learning process. That's a journey that never ends, and anyone who decides they don't have any more to learn would be someone wise to avoid. But if you ever catch yourself thinking that, I suggest you pause and reflect. Your ability to learn is now intimately linked with your success and your contentment with that success.

Gemini (May 20-June 21)

Relationships always present challenges of growth, communication and understanding. And when we're involved with someone, it helps to know who that person is, their circumstances and their intentions -- which can take time. For you, it's essential to know your environment. By that, I mean your physical environment and who inhabits it, as well as your inner mental environment, which colors your view of the world. We all have our points of view and our biases; that's a fact of perception. Yet you need to be acutely aware of what those are at all times. This will help you sort out what is a verifiable fact from a belief that you have. There may be some conflict between how you see the world, and how certain intimate partners see the world, especially those in parental-type relationships or those you perceive hold power over you. Remember that you don't have to prove your point in order to be free of their judgments. If that were a qualification, you would never free yourself, because they are unlikely to ever agree with your reasoning or your point of view. The truth is, you're less invested in those situations than you may think, and you're under no obligation to get into any new ones. Proceeding forward, having clear agreements will help, whether in writing or at least in words spoken and understood. When an agreement is broken

you may never be able to convince the person or get redress, but at least you will recognize a fact that you might otherwise have missed.

Cancer (June 21-July 22)

You don't need anyone else's permission to succeed. You don't need to build consensus. It's nice when people agree with you and support you, though that's meaningless unless it's based on having mutually respected values with another person. What I suggest you do is gently exert your leadership, which is to say, be clear what you are doing when it impacts the lives of others, and live by example. A significant part of that leadership now involves listening, without challenging what you hear. If you do that carefully, you may notice that any position taken by another, that angers or frustrates you, is coming from some intersection of your own sense of injury. That's the place to start the resolution process within yourself, and when you do, remember to not let it affect your confidence. What you are experiencing is part of learning leadership skills. That involves walking a straight and narrow path, but it's essential that you not let others dictate your route. We all influence one another, and it's clear that you're being influenced by your social environment at the moment, though this much is essential to know: leadership is not about popularity. It's about respect, and that begins with self-respect. We can break that down to a few ideas. One of them is, do you have a clear enough understanding of yourself to not be swayed by the views of others? Can you listen to what people say, and take that information on board without being pushed around? You will likely find out this month.

Leo (July 22-Aug. 23)

One root of the word integrity is in the concept of wholeness, and another line stems from untouched or pure. Yet we have all been touched and none of us is pure in any meaningful sense of the concept. Is it possible for anyone to have their wholeness, after having been through as much as we have on Earth? That is your quest. As you reconstruct, recover or possibly create your wholeness for the first time, you'll encounter the feeling of being through much that has threatened it. If you know that, you'll experience an easier and more satisfying journey. Wholeness for you means connecting the person you are on the inside to the person you show the world on the outside. This implies revealing some of what has previously been contained in the shadows, so that you can make peace with it, and have some evidence that you're loved and lovable despite any perception to the contrary. This is a year when you will be making contact with your deepest sensitivity, and that means bringing your healing process into every aspect of your life. It means recruiting everyone you consider yourself close to as allies, and understanding that there's a connection between your relationships and how you feel about yourself. Nobody can 'make' you feel safe, though people can assault your sense of safety. You need, therefore, to be selective about who you let into your life, and more precisely, why you invite them into your heart or your home.

Virgo (Aug. 23-Sep. 22)

Cooperation is supposed to be the hallmark of human society, though in our time of distract, divide and conquer, that's becoming increasingly challenging. Your job for the seasons ahead is to be the facilitator of group effort. I don't mean people pleasing, or politicking, or diplomacy, though you will need all of those skills. What you're doing is more along the lines of asserting yourself, and taking a central role in the process of organizing others. It's more the Virgo style to be organized; that remains true. Worrying yourself with what all these other people are doing, or must do, can be a bother. You may have the temptation to be bossy, but that will only work on a few occasions, and it might get you into some trouble. What will work a lot better is facilitating communication. This will require listening first, and speaking second. You may have the impulse to do the opposite, and I suggest you keep it in check. Before making a statement, ask a question. Make sure you know the viewpoints of everyone involved, and make sure you take them under advisement. That

doesn't mean do what everyone says; it means know what they are saying, and how you feel about it. The key element, however, is holding the vision. This may take some extra focus for you -- especially if you have two sets of goals that seem to conflict. It's okay to have two sets of goals -- as long as they are in harmony with one another.

Libra (Sep. 22-Oct. 23)

Self-confidence is ultimately an emotional phenomenon. It doesn't matter how much you know or what risks you're willing to take; those are different qualities. True confidence in yourself, that is, the feeling of belonging in your body and in the world, and possessing faith in your ability to handle your circumstances, is a feeling and it emerges from your emotional presence. You may be figuring out the ways that you were taught not to trust yourself, which you then tend to project outward into an environment you think you cannot trust. You may be discovering the ways you've been taught to live within the constructs of the past, rather than in your true desires. I would call that a good thing, because if you see your adhesions to the past for what they are, you'll be able to address them. That can set the template for your whole approach to growth: be glad you see an issue for what it is, then take steps to work it out. Through this process, you may at times feel a deep, burning desire to be independent. You may find yourself making decisions that compel you to indulge a deep autonomy that you've never felt before. Take this as far as you can, but not so far that you isolate yourself. If you lean in the direction of emotional self-sufficiency, you'll figure out that it's easier to build healthy relationships from that state of being than from any other. And that's what I would call true confidence.

Scorpio (Oct. 23-Nov. 22)

If you're feeling burdened by responsibility, then exercise an option. The sensation of burden is your cue to make a choice. Easier said now then remembered later; I'll remind you in the future, but please remember now. Saturn will be in your birth sign for two more years. This is a blessing, though few people see it that way at the time. It's a get-serious phase of your life, and you're about to go deep. Yet that seriousness, even in the form of focus, can be heavy, and it can come with a sense of being powerless. You may feel hemmed in by situations you feel you cannot control; you may be caught in the density or fixity of your own ideas. This is when to put your options out right in front of you. The expression 'claim your power' means seeing your options -- and I assure you, you have them. Making this move is the shift from passive to active mode. I suggest you play a game and notice how long it takes for you to go from recognition of your situation, to making a decision, to taking action. Is it a matter of minutes, of weeks or of years? Saturn will teach you that in the life of a person, time is not infinite. If you find yourself acting as if you have all the time in the world, or if you're going to make your important decisions 'eventually', then you have your most meaningful growth agenda laid out for you in clear, useful terms.

Sagittarius (Nov. 22-Dec. 22)

The question is, are your feelings about yourself your own, or are they the collection of everything that everyone said about you, projected onto you and conditioned you to believe about yourself as a child? You're probably thinking: Well, I wish it was the first possibility, but I have a hunch that it may be the second. The question is one of context. Everything new that you've learned was fit onto shelves and into compartments that were established by the first few layers, and also by ancestral patterns. When you try to put new information into the context of old information, it's often hard to tell which is which. That, in short, is the beauty of the current moment of your life; the old context is being dismantled (which can feel like falling apart, disintegrating or being shattered, depending on the day). When the structure of your mind is changed so radically, that can feel disorienting, and give you the sensation that you don't know yourself, and you don't know what's really important to you. The thing is, you do. Yet what you're doing in this era of your life is learning how to perceive that self-knowledge outside the framework of what has been done to you, said about you, or sold to you. It matters not how well-meaning anyone was; the framework is a root of your loyalty to the heritage that you're freeing yourself from, and the truth is, you will be a lot happier with your own original

self-understanding.

Capricorn (Dec. 22-Jan. 20)

I suggest you be vigilant for 'survivalist' thoughts and ideas, which may show up as Pluto reaches a new peak of activity in your sign in 2013. Capricorn has that gritty quality of being able to get through anything, but it's not serving you now. In fact, if it flares up, it's likely to be a response to an inner sense of instability, of a particular kind: the sensation of not knowing who you are. Yet you would be wasting your energy if you tried to defend yourself against that. There's truly beautiful creative energy in not knowing, because then you leave the space open to find out. I must credit a therapist and teacher named Joseph Jastrab for pointing this out, in one mention that I heard and thought about for the next 20 years: it's powerful to hold open the space of not knowing. I mean powerful in that it connects you with the strength of your quest for self-understanding. If you think you know, you cannot find out. If you fill in missing knowledge with false information, you clutter the space where the truly meaningful wisdom could come in. This is partly why 'quick answers' are so perilous to growth: they prevent it. If you honor your lack of knowledge, the discomfort of admitting that you don't know who you are will, fairly soon, give way to the experience of your authentic quest. And that is an expression of your commitment to yourself -- a commitment which now moves to front and center in your life.

Aquarius (Jan. 20-Feb. 19)

If you haven't figured out that it's useless to keep secrets from yourself, now would be a fantastic time to come around to that discovery. Indeed, the essence of your life is all about self-discovery, which implies a courageous inner quest. To go there, you will need to learn how to work with fear. Though it's usually put down as unnecessary, that's of little consequence when you're confronted by it. The question is, what, within yourself, do you have to fear? Well, there is a source, but it's a lot older than you. It's so old you would be shocked, and that's precisely the point of why you will benefit from a conscious embrace of the issue. Think of yourself as dancing with it instead of running from it. Or, perhaps, as a kind of homing signal back to its source, which may be one single ancestor whose thoughts and feelings got a grip on your entire lineage, or on you personally. You're on a kind of search and rescue mission, to search out the fear and rescue the substantial piece of your soul that's being held hostage by it. This has been going on for a while, but through the next few seasons you have the benefit of knowing what you're looking for, and how it feels. You're closer than you may think, though I can suggest a kind of secret portal into the place you want to get to: if you carefully consider any idea, thought, or relationship that involves authority, your use of it or its use on you, you will have big clues.

Pisces (Feb. 19-March 20)

You may not be sure if you can create yourself, but in that case I would ask who can. You must assume one way or the other -- and your own creativity is far more trustworthy than anything anyone might impose on you. You have full access to all the resources you need to do this; tune in and listen. And you're called to do one other thing: engage with what may seem like opposite or competing psychic currents. One is inviting you to open up and experience the full flow of inspiration. This allows you into the realm of vision, phantasy and empathy with the world and the cosmos, with no special agenda. (That's one description of Neptune in your sign.) The other is focused, purpose-driven and oriented on your relationship to yourself. You will find yourself needing to stand apart or stand out, and to know yourself in a way that calls for deep acceptance of who and what you are. (That is one description of Chiron in your sign.) These two cosmic forces are more than you may have ever experienced as direct influences, and they are significantly different than what you have lived through in many recent years. Note the changes in your inner and outer climate. Speaking of outer: there is suddenly a lot more room in the world for you to be yourself. Walls have turned to doors. What at one time demanded formality now welcomes originality. Try and see.

Island Epicure



By Marj Watkins

Frugal:

The in mode for January

Now comes the backlash from December’s generosity. We’ve passed from the sphere of optimistic Jupiter to conservative, even miserly Saturn ruling Capricorn. We gasp and wonder how many months will we need to spread this credit card statement? Where can we save money this month? Not on gas and electricity for sure. They will cost more as the weather chills, even as we pile on more layers of clothes. Food? We may be looking to lose some weight we gained on Christmas goodies. Sure, but those comfort foods starches and sugars are cheap. We can lose weight if we restrict ourselves to vegetables and lean meats, but those are the foods that brought up last years average 8% increase in food prices.

Here are some ways we can save on food, yet stay slim or get slimmer.

1. Rice is cheaper than potatoes. Think curries on rice. Brown rice gives you more nutrition per calorie than white rice. Wholegrain pastas give you more fiber than white, so you feel fuller sooner.
2. Shop the top and bottom shelves at the grocery store. Usually, you find the higher priced per unit of nutrition on the middle shelves.
3. Buy onions, potatoes, and oranges in bags when offered. But beware. I just bought a 3-pound bag of mandarin oranges and immediately on opening had to throw out two rotten ones. That sort of thing makes me angry. So does buying a bag of russet potatoes and finding out that they have a green layer of toxic solanin beneath the skin. When you buy produce by the individual piece, the produce man has already sorted out the no-good oranges or lemons. You can easily spot any he missed and you can tell if the potatoes are a bit green. It’s a toss-up: by the piece or by the bag? Pink potatoes are always safe, but cost more. You choose.

4. Buy meat in family size packages even if you cook for one or two. Break the big packages into one-meal or two-meal size packets. Date, label and freeze them.
5. Cook once, eat twice. The same heat that cooks one or two chicken thighs will cook two or more.
6. Compare the prices of frozen fish and fresh (usually previously frozen anyway). You can sometimes same up to half the price by getting frozen fish and thawing it as needed.

7. Stay away pre-cut vegetables. They cost several

The Road To Resilience

Continued from Page 1

If we can do these things and make comparable efforts every year from now on, we will get to where we will need to be in ten years, hopefully sooner.

On a community scale, we have the responsibility of learning how to feed ourselves. We have a hugely complex global food system, a climate change contributor, involving the cultivation of all the suitable land area on Earth, billions of people, and a highly complex delivery and distribution system. Climate change guarantees massive food shortages as production drops off in traditional growing areas and we attempt to reestablish new ones in what will have to be a very trying, if not debilitating, political and economic environment. Such a disruption of the global food system could take decades to recover from. Local supplies of food can fill in the gaps and help to stave off starvation on a large scale. I’d like to see us dramatically increase our food growing capacity by the end of the year. We will need a lot more gardeners. If you want to garden but know little, you can learn for free by volunteering to

work in the food bank gardens or with Julia Lakey at the Community Care Center. My wife, Elizabeth plans to get her yardshare website up again this year. It allows would be growers and owners of available land to connect. Before too long, I think we could be self sufficient in fruits and vegetables. The other items in our diet, meat, grains, and other field crops, we could get within our region.

I’d like to see us initiate a series of reskilling workshops where we can all become more competent in all the knowledge and tasks that are required to run a homestead. We will all need to be more resourceful.

I would like to see a coalition of Vashon organizations studying how we should address the challenge of climate change. We could begin talks with the county to take into account the effects of climate change and the need to lower our energy footprint in all planning and development decisions henceforward.

As to personal new year’s resolutions, I want to become more competent in gardening, build a greenhouse, make my house more energy efficient, and drive much less.

Let’s make 2013 the year we started turning it around!

In January, Transition Vashon will be facilitating a group to study the latest Transition Network book, The Transition Companion. We will be meeting once a week for six weeks. The current group is full, but we will hold subsequent sessions if the demand is there.

On January 13, there will be an initial community seed savers gathering at the Land Trust Bldg. at 3:30 pm. If you want free Vashon grown seeds, want to swap seeds, want to talk about or learn about seed saving, this is the group for you. If you can’t make this meeting, but are interested in becoming involved, contact Jennifer Williams at jwfarm01@gmail.com or Lotus at Lotus47@live.com

Comments?
terry@vashonloop.com

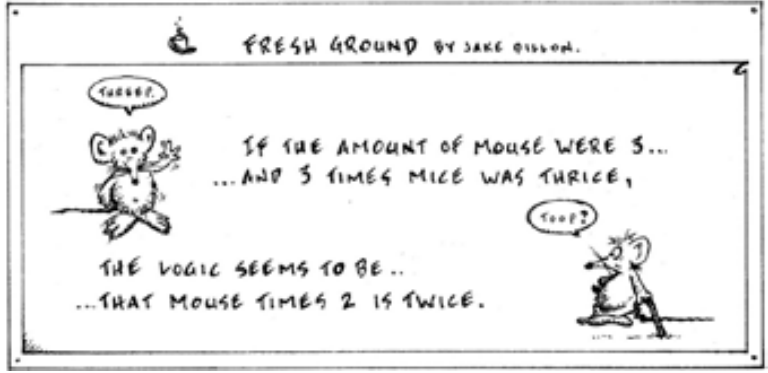
Happy New year - Marj

Winter Rains

By Rowena Hammill

Dark heaven has parted, the weeping begins,
Her valiant effort to wash away sins
Of summer frivolity, autumn regrets,
She showers the hardship that winter begets.

The trickles are streams now, a magical pond
Appears overnight in the hollow beyond,
And as the fond memory of sun slowly fades,
She swells the swift rivers to giant cascades.



Amahl and the Night Visitors

Vashon United Methodist Church’s (VUMC) and Vashon Lutheran Church’s (VLC) music director Marita Ericksen will be directing two performances of the opera, Amahl and the Night Visitors, by Gian Carlo Menotti just after the New Year. Amahl and the Night Visitors was the first opera specifically composed for television in America. “The performers are a group of people from Vashon Island Chorale, Vashon Opera, Methodist and Lutheran Church Choirs, Vashon_Maury Chamber Orchestra - people who have sung and played with me in various music groups on the island. It was my idea to do Amahl and the Night Visitors after I had a conversation with a few of the soloists - Jennifer Krikawa, Joe Farmer, Alivia Jones were all very encouraging. Then I made an appeal for chorus people and instrumentalists and folks just responded.” (quote from Marita) It’s a beautiful opera with a Christmas/Epiphany theme of the 3 Wisemen travelling to visit the Christ child.

Jennifer Krikawa will be singing the role of Mother, Alivia Jones will be Amahl, Joe Farmer, Jim Gilmour and Dick Paulsen will play the 3 Wisemen, Elise Ericksen will dance the role of Sheperdess and Max Lopuszynski will be the Page. Marita will direct them along with a 35 voice chorus and 9 instrumentalists, including Evan Stults, Karin Choo, Mary Walker, Gaye Detzer, Michael Marcus, Sarah Church, Erica Walker, Erika Raven, Adam Hoagland and Aaron Stephens.

“Gian Carlo Menotti is one of my favorite composers. I feel fortunate to be able to do this piece with such talented local musicians - a group of people getting together for the joy of it and to help raise funds for both churches” (quote from Marita) The two 1 hour performances are fundraisers for the Vashon Lutheran Church, Saturday, January 5 at 7:00 pm and the Vashon United Methodist Church, Sunday, January 6 at 6 pm. A free-will offering will be collected.

Marita Ericksen



Happy New Year to the Sea Pens

Continued from Page 1

Armina californica, the Tritonia festiva and diomedia, Phidiana crassicornis, and Flabellina fusca. Other munchers of the pens include rosy sunstars, vermilion sea stars, leather stars (whose diet averages 98% sea pens), and spiny sea stars (who eat only sea pens). Sea pens keep growing, but rarely survive past 14 or 15 years. The single long, calcareous object within a sea pen’s central shaft, called a style, grows constantly and reflects the pen’s age.

Come out on Friday evening, January 11, and bring family and friends to view the sea pens and all the other picturesque and remarkable plants and animals of Vashon’s north end. This event is co-sponsored by Vashon Beach Naturalists, Vashon Park District, Vashon-Maury Island Audubon, and Vashon College. For more information contact Rayna at 463-3153 or Erin at 463-0303.

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Positively Speaking

Lovin' the Big Picture

By Deborah H. Anderson



If sight were smell the aroma in the lobby of the gigantic contemporary worship space would have reeked of Eastern Europe, Ukraine and Russia.

My friend, whom I had kidnapped for a day of Holiday Cheer, and I were there because I had serendipitously found a stroller for \$9.99 on Amazon and hit 'paypal' before they could change their minds or realize it was a mistake. One of the three orphan girls, I had met in 2005 in Kiev, now all grown young women, needed one for her second child. Randomly I had cruised to see what was available and there, in the midst of the \$125.00 ones was this one. It's a long story to connect it to the concert we were attending.

We cruised around the parking lot before the concert and ended up with a place right next to the side door. What the wha??? For someone like me who has the disabilities to merit the little blue wheel chair sign but refuses to give in to them and get one, this was a bit of a gift at the end of a long day.

Entering, after just having had a conversation about how fearful I was there was not really a stroller in the box we had sent off because it was so light, there in front of us was the exact stroller.

I asked the woman whose hands were on the steering bar how she liked it. With a huge smile and a thick Eastern European accent she smiled wide and declared enthusiastically, "I love it! It's so light! It's great for shopping." Relieved.

The whole experience of the stroller was full of being part of the Big Picture; the ways we are networked together in positive ways to fulfill the best part of being a human being. The kind of events that let you know for sure that God is not just intelligent design, but loving design, caring design, compassionate design, and design with a sense of humor.

The day had started out several weeks before at the Meest mailing outpost in Federal Way, a small building with the words "Courage; an International Ministry" hanging on a banner above the door. With a woman my age who spoke 12 words of English and my one word of Russian = spacebo , which means 'thank you'. = I managed to get all the forms filled out and as we concluded , asked about the poster on the bulletin board in front of me.

"Go, go, " she said. I waffled about for contact info and saw the only English words "Breath of Aire". Again with 'What the wha?!' A friend from the Island had been offering an opportunity to go hear them, this group in which she sang, for years. Hmmm... see random poster advertising random concert with friend

connection after purchasing random stroller found randomly at Amazon for the only price I could afford.

The conversation lead to the Ukrainian woman sharing her husband just died two months previously and had something to do with music at the church. That part I couldn't quite decipher. But loss is loss and I couldn't just stand there with this woman in tears.

"Can I give you a hug?" I said and motioned. And there I stood hugging a stranger in grief because of a series of events so randomly linked that they were clearly not random in meaning.

OK flash forward a couple of weeks. It's Wednesday before the concert and I have just unknowingly bought the last ticket = so cheap, \$7.00 and the first concert that day was actually one they did for free but I didn't know that = and couldn't get a ticket for my friend. Many texts and phone calls later, there is no ticket for my friend. OK I say to the group in which we both belong. Pray. If a ticket shows up it means our friend can physically handle the whole day, if not we call it quits after the time on Vashon and I take her home.

5PM Friday night ...a voicemail... slight Russian accent. "No worries. Bring your friend. You bought the last ticket that's why the computer wouldn't let you buy another. It's too much trouble to go in an adjust it. No pay, just come. Meet me at the counter up front."

Another random event. Vashon day started at The Little House with my friend oohing and aahing over trinkets and treasures. I promised Bettie I would spread the word. In caps.....THE LITTLE HOUSE IS NOT CLOSING AT THE END OF THE HOLIDAY SEASON. IT WILL BE OPEN UNTIL AT LEAST MID SPRING. THERE IS VALENTINE'S DAY, AND BRING YOUR BEARS BACK FOR NEW BOWS AND MAYBE VIETNAMESE LANTERNS IN THE AIR FOR A SEND OFF. KEEP VISITING.

Not yelling...declaring and proclaiming. The only way to reverse a bad rumor on Island.

So...then we went to Knitting Group and Liz taught her how to continental... how to pick not throw. Off to lunch together as a Group and then my friend and I on to the free showing of "It's a Wonderful Life".

Hours later, going strong, we head off the Southend to the concert. Over dinner, we both talked of the other 'random' occurrences that day that had made it such a blessed time together.

Coming in January!!!

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Now, having seen the duplicate stroller, I whispered to her, 'Check out the shoes'. The defining statement of women associated with Russian or Ukrainian culture is six inch stilettos; thin pieces of accidents waiting to happen. The men are all in leather jackets, beautifully tailored black leather jackets. I missed my girls, those orphans in Ukraine. Tears of sadness that we were so far apart. Sorrow for them at their misfortune that they were connected to, not the wealthy American who could get them out, but the poor American who could tell them they could do it, continue in hardship with joy and delight in the days given to them. Learn to live without.

In case you missed it, here's the point. None of those events were random. God was behind all of them. My hope for you this New Year is that you will see God's activity in your life. In sorrow you will see Hope, in pain you will see Relief or Distraction, in Joy you will see Design and Intent. You are part of such a big picture. Choose health, emotional, mental, physical, and psychological health because it's OK to be fully present in your own life and God needs you to be there for others who will in turn be there for you. While you're making resolutions, make a commitment to be fully alive. In all circumstances give thanks and you will see the Big Picture.

Happy New Year!
Love,
Deborah





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Deadline for the next
edition of *The Loop* is
Friday, January 11

Long Lost at the Bike



Island drummer Todd Zimberg will reunite with two of his closest musician friends once again, guitarist Michael Gotz and bass player Keith Lowe, for another epic performance at the Red Bicycle Bistro. The trio has had so much fun playing gigs at the Red Bike that they decided to come back and give the Island another spectacular night of jazz, rock and blues.

The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing. Their debut at the Red Bicycle over a year ago was an excellent opportunity for the three to kick off the new incarnation of this group and now it's become a really exciting project for them all.

Michael Gotz has been performing as a guitarist and pianist for 35 years. His relationship with music began over 40 years ago as soprano soloist with the Sacred Heart Boys Choir. While essentially a jazz player, Michael has performed in a variety of genres including Reggae, Pop and Country.

Keith Lowe, in over thirty years of playing, has yet to meet a musical style that he doesn't like. He has played and recorded in many different genres, including orchestral, rock electronic ambient, folk, bluegrass, jazz roots and country.

Todd Zimberg has worked in the Puget Sound region as a drummer, percussionist and educator for more than 20 years. On his home Vashon Island, Todd is a member of the Island Jazz Quintet as well as the Portage Fill-Harmonic Big Band. He also maintains a practice in private instruction, has worked as an Artist in Residence in the Vashon Schools as well as for the Washington State Arts Commission. He created and directs a summer youth percussion camp that is now in its 12th year.

In case there are any jazz enthusiasts that are under 21, this is an all-ages free show until 11pm.

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

Linda Bianchi, Captain Joe & Charlotte Tiencken tend bar

January's Guest Bartender Charity at the Hardware Store will be Vashon Community Care with guest bartenders Linda Bianchi, Captain Joe Wubbold and Charlotte Tiencken. This event will take place on Thursday, January 10th from 6-9pm.

It's no surprise that many people have always dreamed of being a bartender. Even before the movie, Cocktail, with Tom Cruise hit the theaters, the art of bartending has made the job the crown of the service industry. The bartender is all knowing - a ruler of his own destiny, chock full of sex appeal.

Guest Bartender Night gives Islanders the chance to give it a shot. Charities can send their Island celebrity to tend bar for a night while the organizations bring in all their supporters to socialize. It is an opportunity to support our island's Do Gooders and have fun too.

Each second Thursday of the month, a charity will be featured for Guest Bartender Night of the Month. Ten percent of the specialty drink sales will go to the charity. Donation jars will be set up around the bar, and restaurant checks will include



an opportunity to write in an amount to go to the charity that patrons can charge to their credit cards. The Hardware Store also makes a financial contribution to the organization. In addition

to the allure of the 'celebrity bartender,' some charities will take the opportunity to sell their merchandise or hold a raffle as ways to leverage the event's potential.

Cordaviva

Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, Afro beat, funk, and various Latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

Cordaviva has performed at such notable Seattle venues as The Triple Door (lounge and main stage), Nectar Lounge, The Tractor Tavern, and ACT Theatre. Cordaviva's influences stem from musical legends such



as Nigeria's Fela Kuti, Guinea's Bembeya Jazz, and Congo's Franco & TP OK Jazz, as well as the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

"You'll be in for a real treat when you see Cordaviva... blending Soukous, Afrobeat, and Reggae gives [them] an unexpected edge in the local World music scene and completely sets them apart...

[they do] a fantastic job of combining sax, trumpet, percussion, guitars, keys and vocals all while giving each instrument their own spotlight." -Lindsey Scully, SSG Music

If you missed this band on previous visits to the Bike, now is your chance to see the band everyone was talking about. This is a free all-ages show until 11pm, then 21+ after that.

Friday, January 12, 9 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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The Staxx Brothers

The Staxx Brothers are a high energy American band, hailing from Seattle, Washington, that has spent the last seven years crafting an incredible new sound they've branded Hard Ass Soul. It's quite simply the most danceable and hip shaking brand of rock & roll to hit US streets since Motown left Detroit. Where modern Rock most often has forgotten its Roll, The Staxx Brothers make it back to the juke joint, and take you back to the black church, dragging modern rock by its collar right back to its birthright - with an epic flare that matches any of the classics.

"Staxx Brothers proved the closest thing to vintage Funkadelic I've ever witnessed, right down to the janky thrift store costumes and impolite wilding. A huge mob on stage, they've imbibed whatever elixir Bootsy, George and Bernie swallowed back in the day,



getting up there and proudly playing rump rattlin' cartoons and then backing it up with whomping good musicianship and tunes you gotta be dead to resist... Festival planners: Book these guys! You will not be sorry."

- Dennis Cook - Jambase.com

This is an all-ages show 'til 11pm, then 21+ after that. Free cover!

Friday, January 18, 9p.m.
At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Asa Broomhall & Danny Newcomb

Australia's own Rock/Roots larrikin; Asa Broomhall is on the verge of releasing his 5th independent album; 'Jangle House'. Recorded in an iconic old Guitar Shop in Brisbane over the Easter 2011 break, 'Jangle House' was truly a labour of love. Recording in a historically musical place was just one reason for creating this album, as Asa's brothers house where previous albums had been recorded/mixed and where the studio was located was consumed by the January 2011 floods, and was subsequently condemned and demolished. Furthermore the album was mixed and overdubs were laid down in a number of temporary rental houses around Brisbane where Asa's brother was living giving rise to the title 'Jangle House'.

Despite the numerous recording and mixing environments, Jangle House retains the polish of modern albums with the added charm of traditional releases recorded with a 'live' feel. This album began as a challenge and became a triumph with 10 full band tracks of Rock/Folk and Blues songs and a version of Bob Marley's 'Waiting in Vain'.

On stage, Asa's dynamic live show has taken him from local venues and festivals to touring with national and international artists (including Evermore, Diesel, Hoodoo Gurus, Pete Murray, Jeff Martin, Ian Moss, Chris Whitley,



Mark Seymour, Kelly Joe Phelps, Chris Smither...) and performing in the UK, Canada and the USA. And with 5 self funded, independent and self produced releases under his belt, Asa's dedication to his music and his live show is obvious.

If you fancy Rock, Folk and Blues with a dose of mischief, make sure you hear Asa's music and experience one of Australia's best independent artists, whether it be Solo Acoustic or fronting his powerful Trio, the Asa Broomhall Band.

Also on the bill is Vashon Island's own Danny Newcomb. More to follow.....

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

Rick, Joe & Kevin

Continued from Page 1

early English punk rock as a motivating force for picking up the guitar in his youth.

His love of early-70s AM radio and hometown proximity to Motown has informed much of his song- and melody-writing and he's performed in numerous obscure bands in Iowa, Minneapolis and Seattle.

Along with Eric Frith, Steve Meyer, Fletcher Andrews and long-time music collaborator Kim Thal, he plays in the band Fendershine, a garage rock swing pop jam band, of sorts.


Joe Panzetta is a Vashon based multi-instrumentalist, composer, and singer. He performs original songs on guitar, banjo and harmonium, singing melodic ballads with a signature percussive guitar style. Panzetta has recently been joined by Kim Thal on violin and vocals and Rick Vanselow on guitar and vocals.

Panzetta has been recording and performing music since 1989 when he started the band Big Sky with Peter Mulvey, and has released 7 CDs. Joe also leads mantra concerts with the kirtan band, Mandali, and is in the midst of collaborating with choreographer/poet Dominique Gabella (Next Stage Dance Theatre) on the multi-media project "Short Stories for Long Life".

Panzetta has composed numerous pieces of music for Gabella shows in the past, and with the latest project the duo explores spoken word poems set to sound scapes/music over animated short videos.

Panzetta is also a graphic designer and has been the Creative Director at Atigeo, a Bellevue based software company since 2008.

This is a Free All Ages show. The Vashon Island Coffee Roasterie is located at 18529 SW Vashon Hwy SW.



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"Spell It!" 2013 will be conducted in the manner of the Scripps National Spelling Bee with one very important exception: there will be teams of spellers made up of 1, 2, or 3 people.

Each team will be given a pre-determined length of time to confer among themselves on the correct spelling; then they will select one person to officially spell the word for the Emcees, Judges and the audience.

This competitive yet light-hearted event is a Vashon Community Scholarship Foundation benefit event



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BY Jeff Hawley

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