



VASHON

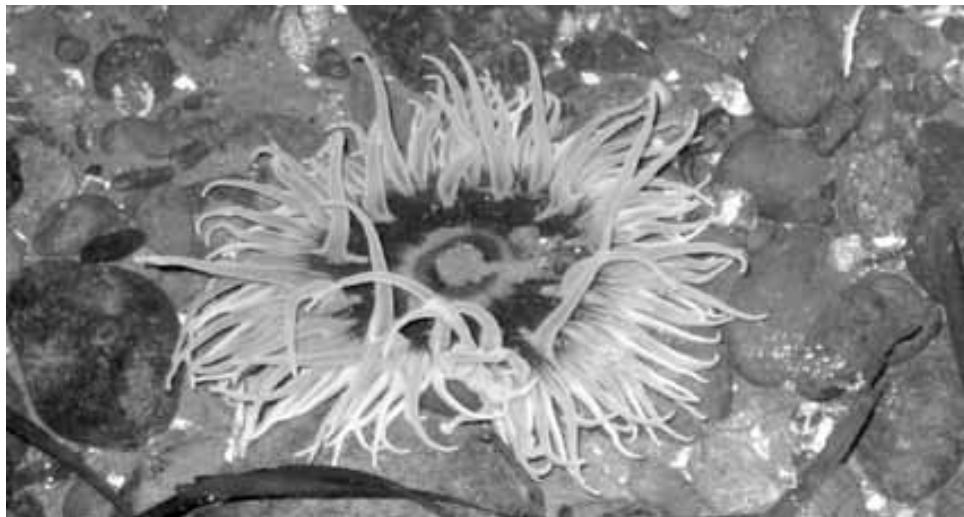
# THE LOOP

Vol. 10, #26

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December 19, 2013

## Lo How a Rose E'er Blooming



By Rayna Holtz

Exploring the night beach in December is the solar opposite of exploring a woodland in June, yet wild roses in either case bring us delight. Christmas roses are especially a source of wonderment: their fragile grace, so incongruous in the season of bitter cold, symbolizes the Christ child born into a world of struggle and death during a holy night. Recently I found a beach rose that turned a frosty night magical too.

It was the first week of December when friends and I ventured onto the beach beside the north end ferry dock to follow the water out to a minus three foot low tide. Cold and crisp, the night was starry and the lights of the dock and the ferries sparkled on the black water.

We had heard about the "sea star wasting disease" that has sickened and killed many purple and sunflower stars along the west coast since last summer, so we were upset but not surprised to see many orange and purple *Pisaster ochraceus* and numerous sunflower stars showing white lesions, losing their arms, and lying in the sand disintegrating.

Counterbalancing those dismal sights, however, we also saw numerous charming decorator crabs, clad in fetching ruffles of red algae. And surely it was a special night for hundreds of barnacle-eating dorids who were having mass nuptials on many pilings, producing lovely white ribbons of eggs. As we explored we found a brilliant red, slender

*Continued on Page 7*

## Winterdance: 8th Annual Celtic Christmas Celebration



Molly's Revenge and special guest vocalist Christa Burch with the Rosemary Turco Irish Dancers will present an afternoon of music, song and dance associated with the festive season. The performance will include Christmas songs both old and new, all played with a Celtic twist, as well as selections from the band's new album titled Trio.

Molly's Revenge, whose lineup includes bagpipes, fiddle, whistle, guitar, mandola, and bodhran, have toured extensively in the USA as well as Australia, China and Scotland. The band is known for its unique and infectious on-stage enthusiasm. Their arrangements of traditional jigs and reels bring these dance tunes up to date with a driving, hard-edged accent that always leaves audiences shouting for more.

The California-based group has toured internationally since 2000 as a four and five-piece acoustic band,

releasing eleven CDs and working with producers John Doyle and Aaron Jones to release their previous two albums. Earlier this year, Molly's Revenge released an all-instrumental collection titled Trio, recorded at a remote windswept retreat in the redwoods of the Mendocino coast. Trio is a compelling collection of fierce and beautiful tunes encompassing Scottish pipe sets, driving Irish reels, jigs, polkas, slides, and hornpipes, French Canadian fiddle tunes, and even a set of American oldtime melodies featuring Highland pipes.

Guest vocalist Christa Burch possesses a singular voice: warm, supple, expressive, intimate, and instantly recognizable. Part of a vibrant new generation of American folk singers, Christa deftly marries intuitive musicianship and storytelling through song. To balance the gentle beauty of

*Continued on Page 10*

## The Road to Resilience The Gift Economy

Long before the money economy developed, Many societies had gift economies that served to strengthen bonds between family and tribal members, to consolidate pacts between neighboring groups, and, practically speaking, to insure that goods were well distributed so as to flow to the areas of greatest need. It is natural for goods to flow from places of abundance to places of scarcity just as a grain of salt will suffuse a glass of water until it is evenly distributed throughout.

At the core of a gift economy is the idea of abundance; there is enough to go around. The key there is that we all take enough of what we need and no more. Scarcity drives the fear that some will take more than they need leaving not enough for us. A product of the gift economy is a community in which everyone feels a responsibility to give where needed and a right to receive when needed. The giving and receiving of gifts creates the bonds that make a resilient and productive community.

The money economy requires a scarcity of goods and services so that prices can be set that make it worthwhile for somebody to be in the business of selling them to you. The money economy makes us feel like we are all alone in the world. Money allows us to get all that we need from anonymous sources. We

By Terry Sullivan, Transition Vashon

need build no bonds or relations with our neighbors, and may therefore have only a bare semblance of a real community. As individuals, we wield very little power, and you can be sure that somebody is taking up the slack.

Money as a universal exchange medium is really useful, but it also has its drawbacks. We all have to get money from somewhere. Ultimately, where does it come from? As far as you and I are concerned, we have to find someone who is willing to exchange money for our goods or services. Starting a business of our own is not easy. We may be competing with a much larger operation that can provide our good or service for a lot less. What most of us do is to get a job. But that isn't completely within our power to do either.

Suppose that there is an unemployed plumber who needs to get his computer fixed. There is an unemployed computer technician who needs his car fixed. And there is an unemployed auto mechanic who needs to get his plumbing repaired. Since they all need money to pay each other, they all remain idle and nobody gets what they need. We have the potential to supply goods and services to each other but can't do so because of factors outside of our control. If we are not wielding power over our lives,

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## The State of Vashon Birds



Thayer's Gull at Tahlequah, photo by Gary Shugart.

By Ed Swan

Recently I gave a talk for Vashon Audubon on the state of Vashon birds. The last decades' work by Island birdwatchers and naturalists indicates that bird populations on the Island appear largely stable. In the next Loop, I'll discuss how this in part reflects the successful work of the Island's citizen action networks.

When I first published The Birds of Vashon Island in 2005, the Island bird species list totaled 239. In the eight years since, fifteen new species joined the list and three came off after better research showed that their inclusion incorrect. Only

one species moved to inactive/extinct status, the California Quail. Changes in population status occurred for more than a quarter of the species with increases outnumbering decreases.

Despite the addition of fifteen new species and nearly 30 species showing increases in sightings, a detailed look demonstrates populations as stable rather than necessarily growing larger. Fourteen of the fifteen new species consist of vagrants and very rare birds that will be observed in the future at most every

*Continued on Page 4*





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# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.



## Shopping Spree Winner



Island Home Center & Lumber congratulates Heidi Richards who won the \$1000 catalog Shopping Spree giveaway.

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## Vashon Solstice Celebration 2013 “The Return”

On December 21st, at 7pm, the 2nd Annual Vashon community solstice celebration takes place at the Open Space on Vashon. This year’s event is called “The Return”, and will build on the huge success of last year’s event, “The Beginning”.

Labeled a “Ritual/Performance/Dessert/Party”, the evening is an all-ages celebration of the return of the light, on the longest night of the year. The event will include a live steel drum band, dancing, a huge dessert potluck, a (fire-marshal approved) outdoor fire, musical performances, mythic storytelling, and a great celebration of community.

A large team of community members are collaborating to create this year’s festivities. Led and produced by Kevin Joyce and Martha Enson (Enjoy Productions), the creative team (including Michael Meade and many island artists) is drawing together islanders of all ages to participate in creating dances, organizing the desserts, decorating the space, helping with ticket sales and greeting party-goers.

Tickets are \$15/person, and \$30 for families. You are reminded to dress warmly (some of the event will be outside, regardless of weather), and to bring a dessert to share. Tickets are available at Brown Paper Tickets. Call 1800-838-3006, or go to [vashonsolstice.brownpapertickets.com](http://vashonsolstice.brownpapertickets.com)

There are plenty of opportunities to volunteer and be involved in this great community event. If interested, call Kevin 818 8136 or Martha 818 8126, or write to [Martha@en-joyproductions.com](mailto:Martha@en-joyproductions.com). See you on Solstice!

## Kiwanis Toy Drive Store Dates Change

Parents/guardians ( no children) may shop for 2 complete outfits, 2 toys and or games etc and a pair of PJ’s for each child. This is for Vashon families only. The store will be open for those families in need on Saturday December 21th from 9 AM until 4 PM and on Sunday December 22th from 10AM until 2PM. Location will be in the Vashon I G A Plaza next to the Auto Parts.

Vashon has been making a better Christmas for over 200 children. Donation boxes are place in Prominent locations. All new unwrapped items of clothes, games and toys for infants to 18 are needed. Cash or check donations may be mailed to: Kiwanis, P O Box 262, Vashon. (Marked Toy Drive)

Contact information for the Toy Drive:  
Joyce Smith , 372-5030 or Jan Lyell , 229-8085



## Next Edition of The Loop Comes out Thursday, January 2

Deadline for the next edition of *The Loop*  
Friday, December 27

## New Year’s Eve Starlight Beach Walk

Meet Vashon Beach Naturalists by the north end ferry dock for a guided introduction to low tide beach life. Falling to a minus three feet at 10pm, the receding water will expose habitats of crabs, sea stars, chitons, anemones, dogwinkles, bright-eyed shrimps, sea cucumbers, clingfish, and many other critters in pilings, eelgrass, and cobbles. Bring flashlights, extra batteries, wading boots, and extra-warm clothing. Park in the ferry lot on the hill, NOT in the restaurant lot please.

For more information contact Rayna at 463-3153.

Co-sponsored by Vashon Beach Naturalists, Vashon Park District, Vashon-Maury Island Audubon, King County Water & Land Resources, and Vashon College.

## Chorale to perform at Benaroya Hall

The Vashon Island Chorale is going to Benaroya Hall for its next concert on March 30 and all singers are invited to register for the session at Vashon Book Shop on Thursday, Jan. 2, 5-6pm and Saturday, Jan. 4, 10-11:30am. Cost for dues and music is \$77.

Mozart’s “Great Mass in C minor” is the major work for the concert. Tickets are now on sale at Vashon Book Shop.

Rehearsals are on Tuesday nights from 7-9:15pm at the Vashon Presbyterian Church beginning Jan. 7. Two Saturday rehearsals will be held in Seattle on March 22 & 29, 9am-1pm. See [www.vashonislandchorale.org/](http://www.vashonislandchorale.org/) for additional information.

## Recycle your holiday lights at PSE

Well it is that time of year again. Changing the worn out holiday lights for the sparkling new ones. BUT do not throw these away. We are recycling the worn out, used, broken down and tired holiday lights.

Point Defiance Zoo & Aquarium is teaming up with Girl Scouts of Western Washington again this year on the holiday lights recycling program. Working together, we hope to keep thousands of strings of lights out of the landfill. Collection begins in mid-November and continues throughout December.

All proceeds from the 2013 Holiday Lights Recycling Program will fund shark conservation efforts.

So for us on Vashon drop your holiday lights off at the Puget Sound Energy office just south of town. Patti, the infamous “PSE Patti” has agreed to be our drop off location again this year. We will be collecting until the end of this year.

## Psychic Fair

Vashon Intuitive Arts is holding a Psychic fair Saturday, December 21st, 12-5pm. Tarot, Astrology, Intuitive sessions, Energy work, Tea Readings, Numerology, Beautiful Gemstone Jewelry, Gift certificates available. Happy Holidays! Vashon Intuitive Arts 17331 Vashon Hwy sw. 206-463-0025



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# Some thoughts about burning wood stoves.

By Roger Lehet

During my recent trip to Washington DC I was pleasantly surprised by some things. Obviously it is quite an honor to even be invited as one of 12 global teams to come to such an event, and the publicity was awesome. The learning and the networking however was nothing short of amazing. While we were there we got to be interviewed by Popular Mechanics, CBS News, and National Geographic and our stoves photo was featured in the New York Times. The visit to the Austrian Embassy and visiting with the Danes and the Finns was very exciting as well.

What pleased me most was the amount of well supported evidence that wood energy is seen by numerous scientific and governmental communities as something that needs to be supported. The biggest reasons are very simple.

It is accepted by most people in the US Forestry service that the reason we have seen such huge forest fires in the last decade is improper management of the forests. Bans on cutting trees have caused over population of trees and massive buildup of underbrush which creates really hot fires. If the forest floor were cleaned of dead fall then most fires would scoot along the floor and not involve the canopies above. Selective logging would also reduce this problem and leave the forests healthier as trees would not be competing for air, water, and sunlight.

Another factor is that rotting wood is a source of methane gas production which is known to be responsible for thinning out the earth’s protective ozone layer. This can be stopped or reduced by farming the dead fall for use in solid fuel heating appliances. This is where the stove industry can shine with new equipment that burns very cleanly on this otherwise wasted fuel source.

We also discussed some large scale projects in several states where wood scrap is used to heat public schools and run power and steam plants, this is becoming a huge industry. One reason for this is that there are imbalances in the forestry system where certain species were planted several decades ago to support pulp and paper mills which no longer exist. These species of trees have now overpopulated certain areas and need to be thinned out so other species can regain a natural balance. Another factor is that the Western tree Beetle is killing off large numbers of trees, and this is also affecting several eastern seaboard growth, these trees need to be harvested to stop the spread of this threat.

It is in this manner of a holistic approach that several representatives of the following branches of government chatted with myself and the group as a whole. These government branches include the Dept Of Forestry, Department of Agriculture, Department Of Energy, and the Environmental Protection Agency. We were also approached by folks from the Pentagon who saw our unit particularly



Congressman Benishek visiting with Roger Lehet at the Alliance For Green Heat event.

as a possible tool for disaster relief and of course keeping our enlisted folks warm, dry and well fed while on missions of both foreign aid as well as war time efforts. Of course we would prefer not to support war efforts, but do support our service people and their needs to be comfortable when serving in the field.

I believe what surprised (and taught) me the most is that there really are many great folks in government who do see the importance of looking ahead at troubling times. In fact while we were en route to DC there was an exercise involving all 3 North American Governments, the Military, and FEMA to see what would be the weaknesses in our continental power and service grids. The outcome was not pretty. It is a fact that daily we flirt with disaster, even National Geographic did a program just last month they aired a special called American Blackout. It was a Hollywood look at America without power for just 10 days. The exercise I mentioned above was called grid ex 2. It clearly showed that due to antiquated electrical plants and transmission lines, possible solar flares, EMP devices and other natural disasters or just plain terrorism events that our systems could, and may well go down for months. The scary part was that this is not an “if”, but a “when”.

We were told by many that we must keep our vision of off grid survivability as our primary goal. While we did not win the competition we were seen as a very unique company with a unique vision, that of helping people prepare for rough times ahead.

After returning from that wonderful but grueling trip (the schedule was near torture) Bridget and I left 2 days later for our factory in the Medford Oregon area. We were delighted to see that the improvements on our new Katydid stove meant that it was time to start shipping them out in full force. We are now looking at opening an assembly center here on the island as well as warehousing and shipping. This will allow us to start shipping complete chimney systems with each stove and make better money through helping others by supplying everything they need. We can also help design their venting system and over see their complete installation process.

Of course we can also do this here at home for those interested, we can be reached at 206 850 2322 for further information.

## The State of Vashon Birds

Continued from Page 1

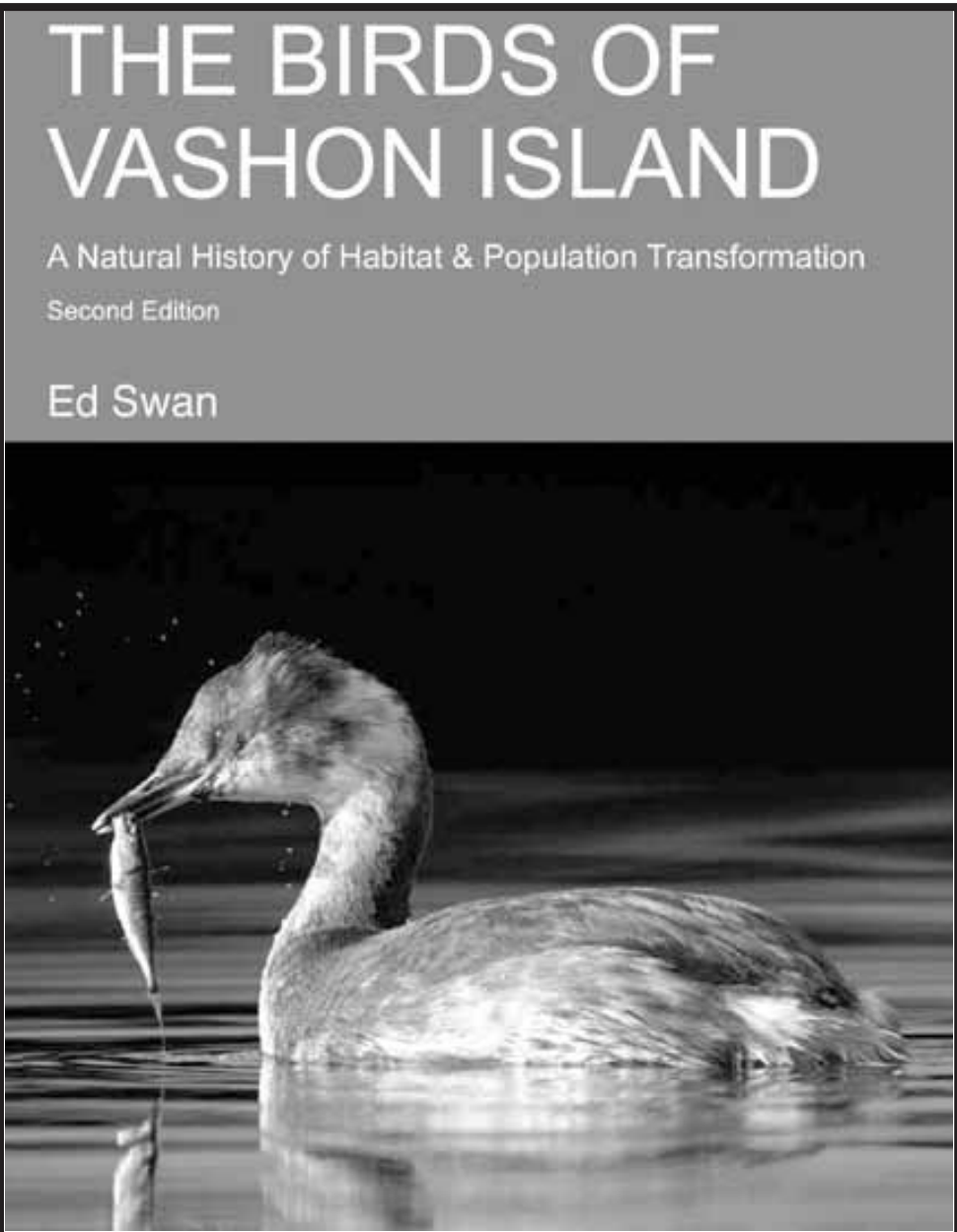
few years. The big number reflects more observers and increasingly knowledgeable ones at that which share their sightings and make sure the observations get into the data base. Two-thirds of the species that have increased sightings entail birds that hide well like snipe and owls so that again the larger number of observations reflect more observers spending more time watching. Other birds with an increase in numbers include hard to identify species like the Thayer’s Gull which take more expert observers to correctly tell apart from the other gull species. The remaining third of the species with increased sightings are mostly birds showing larger numbers on a regional basis such as the Western Scrub-Jay, a species that is still expanding its range into the Puget Sound area. The decreasing species involve birds that the work of more knowledgeable observers show to be rarer on Vashon than originally thought.

In the second edition of The Birds of Vashon Island coming out in January, I

describe the changes in status for each species in detail. The fairly exact knowledge of each species comes from the now large network of Island naturalists and birdwatchers sharing the information in a way that didn’t occur in the past on this scale. Vashon Audubon’s classes on birdwatching and the citizen involvement in science work of the Vashon Nature Center and the Vashon Maury Land Trust created a lot of opportunities to find out more about birds and Island ecology in general. The data generated by citizen science on the Island will be increasingly valuable in protecting habitat and sensitive areas in the coming years. If you would like to join in discussions on animal life on Vashon and share sightings, check out the vashonbirders list group on Yahoo, look at the Vashon Nature Center website at [www.vashonnaturecenter.org](http://www.vashonnaturecenter.org), Vashon Audubon at [www.vashonaudubon.org](http://www.vashonaudubon.org) and you can send bird sightings to me at [edswan@centurytel.net](mailto:edswan@centurytel.net). The new, second edition of the Birds of Vashon Island is available for order at [www.theswancompany.com](http://www.theswancompany.com).

Table 1: Change in Status of Vashon Bird Species 2005-2013

Increased sightings from observer effort	21
Increased sightings from actual increase in numbers	8
Expanded season on Vashon	6
First breeding record for Vashon	2
New addition to the species list	15
Decline in sightings for Vashon	9
Deletion from the species list	4
Deletion from breeding species list	1
Incorrect status listing in first edition rectified	3



Order Now the New, Vastly Expanded and Revised *The Birds of Vashon Island* from Ed Swan at [www.theswancompany.com](http://www.theswancompany.com)

## Fisher Needs A Home...

I’d like to reel in a new home for the new year. People say I’m friendly and inquisitive. I like a lot of attention (but other cats – not so much). I get a kick out of head-butting my human friends. Don’t I sound like I would make a good catch for someone?



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# Island Life Gift Economy

By Peter Ray

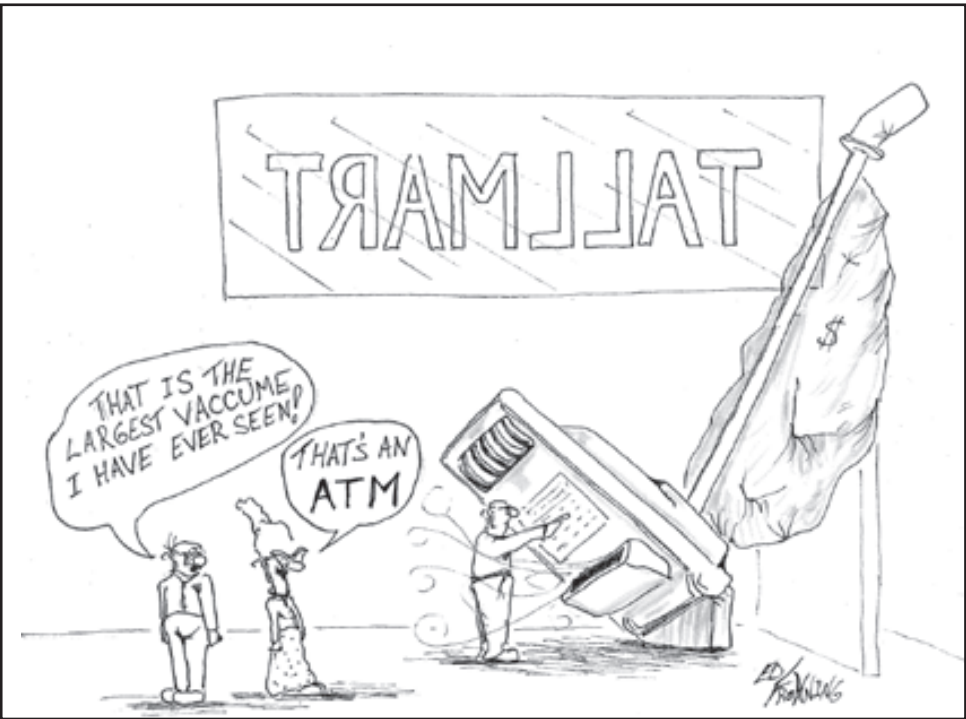
Ever since first going to Burning Man, I have puzzled over their pairing of the words ‘gift’ and ‘economy’. While it seems like a good idea in an idealistic sense, the notion that one can sustain a system of production, distribution and consumption through the exchange of non-reciprocating gifts seems somewhat absurd, at least in judging by modern standards. While it’s been more than a year since I have been there, I remember many times standing out in the middle of the Black Rock Desert in the dust and the heat while wondering how what was going on there could even be thought of as any kind of economy. The commotion and ructions of Burning Man seem a bit like a suicidal space station- you go to a hostile environment in a contained space and then turn the life support systems all up to high until everything runs out after fires and fireworks have destroyed at least part of what you came to see and be a part of. In many ways, this is nothing more than a metaphor for what we are doing most everywhere else on the planet, which tends to fly in the face of burner beliefs that passing through the entry gates grants one leave of what is generally known there as some of the rules and boundaries found in the “default” world. It is in part why, during the year where the theme was stated as being an environmentally friendly and conscious nod to the Green Man, I had a hard time not laughing at the irony and hypocrisy most of the time I was there. It still remains the only year where someone tried to burn the man early, which piles more insult on the absurdity.

While it is fairly easy to level blasts of criticism at what Burning Man isn’t, one has to admit that there are some things that Burning Man is- the most important being that it is that very portal that imagines a boundary between two worlds. From a vast expanse of alkaline dry lake bed springs a city of some sixty thousand people that exists for a week and then vanishes, again possibly another symbol for man on the earth. Within that short period of time, almost anything can happen there. While much complaining has been aired over the growing number of rules and regulations that have come into being to oversee the space, it is still a space that nurtures action. There have been times when I’ve thought of Black Rock City as a giant cruise ship that you’re stuck on for a week, but in retrospect it seems those

were the times when I lost perspective on what it was I wanted to find there.

I have felt that way here in the world of default. Things have not gone as planned, so the planning stops. Over the past few years I have been trying to change that. The transition of plants to pixels has been somewhat documented here- the accounting of my altering of aquatic athletic venues has only been lightly touched upon as I immerse myself in the culture of the skinny boat. What I have found in the Vashon Island Rowing Club is not only an alternative to swimming laps up and down the pool, but also its own gift economy of sorts.

Having spent far too many hours being disillusioned with public abuse of power and the misappropriation of public funds at the expense of an entire parks system, it has been refreshing to see a group of people only tangentially within the Vashon Park District who have prevailed in providing a unique service to this Island. They have created a portal for people to step through, myself included, and find an entirely different water world waiting on the other side. Like Burning Man, the sport of rowing is not for everyone. It is a morning sport when the water is glass and the rest of boating is at a minimum. It is cooperation and balance and, as our hour on the rowing machines proved this morning, it is hard. But because a group of dedicated people wanted it, it is there for our taking. In many ways the rowing club is like my accounting of the Bend Park District earlier this year and their gamble with providing an amazing aquatics facility for the community. In many ways it could be a model that might help pull VPD out of its self-excavated cesspool. What I have seen from the rowing club is an outpouring of volunteerism, altruism and vision. What that seems to have resulted in is a thriving juniors and masters program that has started to have an impact on the national rowing stage. What I have seen from the VPD and VES is that they have a vastly over budget set of baseball and soccer fields with a stop gap mobile porta-potty that smells like a bad Johnny-on-the-pot day at Burning Man. The VES fields will never be economical- past and current commissioners decisions have ensured that that will be the case for a long time to come. They still remain a gift to the community, from the community. Whether or not they remain an extravagant bauble that has squandered a number of valuable local resources, or an invaluable tool for Islanders to take advantage of, is up to you.



## Orca Dance

By Orca Annie Stateler, VHP Coordinator

Transient killer whales have been roaming around lower Puget Sound as if they own the joint, and their presence seemingly affects our Southern Residents. This December, Transients are circumnavigating Vashon-Maury, slinking freely through Colvos and Dalco Passages. Thus far, Residents have avoided these areas. In all Resident encounters to date, the orcas changed direction in East Passage.

Between weekend Resident visits, Transients materialized twice at Chez VHP’s killer whale crossing place. Without fail on both occasions, local Harbor seals offered the first clue that mammal munchers were in the ‘hood. On December 11, half an hour after a cluster of nervous seals scampered toward the Tahlequah



2013 has been a barren year for Southern Residents. The only documented Southern Resident calf was a dead newborn male found last January on Dungeness Spit. Genetic analysis showed that Polaris (J28) was the calf’s mother.

On December 14, about 45 Residents -- members of J and K Pods with Onyx (L87) -- slowed to a crawl in East Pass. They were resting and logging from roughly 10:30 AM to nearly 5:00 PM. Odin was late to Studio Tour because we went to Point Robinson, anticipating a promising



Transient male T75A near Tofino, BC. Eugene Stewart photo

dock, I spotted two Transient females apparently stalking prey off Gig Harbor. In due course, a dozen or more killer whales filtered out of foggy Colvos Pass.

An impressively large male in the group caught my eye. After looking at a Transient ID guide and photos of killer whales who had flamboyantly paraded by The Whale Museum and downtown Friday Harbor the day before, I determined that we had 22-year-old male T75A and his family in the house.

The overall group composition was consistent with the Friday Harbor assemblage: members of T35, T38 and T75 matriline. These Transients made the commute from San Juan Island to Vashon in less than 24 hours, illustrating the point that wild orcas can travel up to 100 miles a day.

Despite the fog, four boats generated vessel impacts on the killer whales as they milled and hunted between Point Defiance and Gig Harbor. One boat was well within 200 yards. By the way, NOAA has a new hotline number for reporting harassment: 1-866-767-6114.

Many of the Transient groups visiting the Island have wee calves, less than a year old. While the Transients are fecund,

opportunity to take ID photos. Alas, the orcas skunked us – they turned north off Heyer Point.

While the Residents were down here taking an epic orca nap, Transients were hunting up sound near Kingston. Transients vocalize after a kill. The two Kéet Nations were no doubt aware of each other. Hence, fish eaters and mammal eaters continue their delicate dance through the Salish Sea.

Hey, ferry riders: the VHP wants your sighting reports. While y’all admire the pretty whales, someone needs to call Orca Annie. We are Vashon’s first responders. Our thanks to Jack, who told us he saw orcas from the ferry on December 14.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago. Send photos to Orca Annie at Vashonorcas@aol.com.

## Adopt A Cat Day!

Vashon Island Pet Protectors

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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## A Rat Story

By Mary Tuel

Life has been a little too interesting around Casa Tuel lately. My husband Rick, got airlifted off the island because he could not breathe one night. He’s much better, thanks, out of the hospital and on a new regime of dialysis.

The night before he was checked out of the hospital, I took a suitcase full of clothing to Rick so he’d have something to wear when he was discharged.

Perhaps I was a little distracted when I left the house. When I got home that night, our front door was standing wide open. Apparently I’d not closed it properly when I left. Like I said, distracted. I hoped I would not be greeted by raccoons in the house. I’ve heard stories of people having raccoons move in during the recent cold spell.

A walk-through of the house showed that all was well and I was alone, except for the dog. I turned in, but Marley sat on the corner of the bed and growled for about an hour. I figured something was up and I hoped there wasn’t a raccoon hiding under Rick’s side, of the bed, but all was quiet and after a while the dog and I both went to sleep.

That was Thursday night. On Sunday afternoon our son

JD came to me and said, “I think there’s a rat in the house.”

“Where?” I asked.

“In the woodpile by the stove.”

Ah, a traditionalist rat. The woodpile sits behind the wood stove, and between two of the 4x4s that support the stairs.

JD and I began to move all the detritus around the woodpile until it was clear, and then JD got down and started peeking through the open spaces between the pieces of wood.

Finally, “There he is!” he said.

The rat was hiding in a little cavity at the bottom of the woodpile. So, we’d found him. Now what?

JD grabbed a large glass jar that was waiting to be recycled; I handed him a plastic lid from my stash. he held the opening of the jar up to the hole where the rat was peeking out.

I walked around to the other side of the wood pile, grabbed our wood stove’s poker, and, yes, poked it through the wood from that side. Once the poker hit the rat, it ran right into the jar like it had been shot from a gun, and JD clamped the lid over the opening, with about half the tail hanging out.

It was a large, gray Norwegian rat, and it looked scared, and who could blame it?

JD walked it some distance away from the house and dumped it in the blackberry bushes by the creek. He said that when he tried to dump it out of the jar it freaked out and clung to the insides with its legs spread out, kind of like a dog or cat trying to keep from being put into a bath.

When he came back I gave him a high five. He went back to playing his video game and I came in here to write the story down.

I can’t believe it was that easy. Keeping my ears alert for other unexplained noises now, and will not ignore the dog again if she growls for an hour.

# A Child’s Christmas in Wales & Songs of the Holidays

By Toby Nichols

Southcenter Mall, crowds, full parking lots, long lines, picked-over must-have merchandise, stress and more stress! Sound familiar? Escape the year-end stress this December with Drama Dock as they transport audiences to a magical holiday world with Dylan Thomas’ A Child’s Christmas in Wales and handpicked Songs of the Holidays at Vashon Allied Arts. No ferry required.

“A Child’s Christmas in Wales” Director Michael Barker and his Drama Dock cast of all ages evoke simple times filled with innocent wonder. Thomas’ wonderful storytelling takes us to Wales, reminiscing Christmases past while surrounded by eager young people experiencing it all afresh. We all have stories this time of year, or are in the midst of creating them. Or both, intertwined energetically in a joyous froth of holiday fun.

The program starts with the VAA Youth Chorus, including singers from the cast of Merry Christmas, Charlie Brown cast and Vashon Island Youth Chorus. Some of the students in the CCW cast will also be on stage. Together they sing “In Winter” (a duet with Alivia Jones and Sarah Hotchkiss), “Hanukah Nagilah,” “Minka,” “Nutcracker In About 3 Minutes” and “Suo Gan,” a Welsh Lullaby.

Then some of Vashon’s well-known adult singers are presenting music to recreate the holiday spirit of the time of Dylan Thomas’s wonderful story. They are singing a collection of Celtic and holiday carols, including Holly and the Ivy, Carol from an Irish Cabin, and a sing-along of Auld Lang Syne. The vocal ensemble directed by Elizabeth Nye includes Marita



Ericksen, Lizzy Schoen, Judy Olson, Gaye Detzer, Barbara Garrett, Stuart Tribble, John DeGroen, Dick Paulson, and Rick Skillman. Leslie McMichael and Jane Valencia, harpists, will accompany the ensemble and play some Celtic songs.

The best gauge of the energy and enthusiasm of this dramatization of A Child’s Christmas in Wales comes from the cast itself: “It’s Christmas-y! Pretty silly, and I like that,” said our youngest actor. From a more chronologically gifted cast member: “What a delight it is to be adrift in the mellifluous language of Dylan Thomas, savoring memories.” From some more youthful actors: “It is a lovely piece for Christmas; it sums up the entire feel of the season. Also, I get to blow up balloons on stage...” “I’m in a cast of professional (well, not really, but they sure act like it) actors. However, we still always have tons of fun together at rehearsals. I think that this is going to

be a marvelous show!” “The show is essentially a rag-rug of memories braided together, creating one Christmas, one family...” More: “a play that is so much about generations sharing together: memories of Christmas; adventurous, vibrant stories told among loving family members in a locale not unlike our own. And the language, the Dylan Thomas poetry is such a treat to speak.” “There’s real heart in these particular scenes of the season, which bring us into the best shared memories of childhood.”

Your chance to see this wonderful, heartwarming Christmas show comes December 20, 21, 23, and 16 at 7:30 pm and the 22nd and 24th at 2 pm at Vashon Allied Arts. Tickets are \$10 for VAA/Drama Dock members/students/seniors and \$15 for general admission, available at VAA, Heron’s Nest, VashonAlliedArts.org or call 463-5131.

## Self-Defense course offered on Vashon

Starting January 8th, an eight-week self-defense course will be offered at the Vashon Open Space. These classes will be based on American Kenpo Karate founded by Mr. Ed Parker. Kenpo is a modern martial arts system that utilizes physical and mental concepts, principals, and laws. Participants who attend the course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Kenpo has often been described as a system that teaches “the alphabet of motion” and relies on the practitioner to question his/her learning. Kenpo is meant to be altered to fit the individual and not be bound to a tradition where “one size fits all”. Because of this, Kenpo is ideal for all physical abilities, beginners, and for those with previous martial arts experience.

There will be classes for children, ages 6-13, which will meet on Wednesday afternoons



Chai Ste. Marie and Larissa DeRuyter work on “The Grasp of Death”, a technique for a headlock, under instruction from Alex Echevarria.

from 4-5 pm. The children’s classes will have more emphasis placed on avoiding confrontation and using self-defense techniques only as a final resort. Physical and mental awareness skills will also be taught. The adult classes will meet on Wednesdays from

5:30 to 7 pm. Adult classes will have more emphasis placed on street awareness and psychology. Techniques will be taught against locks, chokes, grabs, pushes, punches, kicks, and club attacks. Ground fighting strategies will also be taught. The classes will not offer sparring or belt promotion. All participants can expect light contact when practicing their techniques (males will need to wear a cup).

The instructor, Mr. Alex Echevarria, moved to Vashon in June with his wife, Jean. He is a Fourth-Degree Black Belt in American Kenpo Karate and has over 26 years of experience in the martial arts. In addition to Kenpo, he has studied Judo, Tae Kwon Do, and other martial arts. He currently teaches a kick-boxing class at the Vashon Athletic Club. Mr. Echevarria is a retired public school teacher who taught philosophy and history in the International Baccalaureate Program. He is

Joanna Gardiner

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a nationally recognized teacher and was awarded by the US-Japan Foundation for being the outstanding Japanese Humanities Teacher in the United States in 2007. He also trains teachers on how to teach about East Asia and will conduct a webinar in February entitled, “From Samurai and Ninja to Bushido and Karate: The History and Culture of Martial Japan”. Mr. E, as his students call him, will share the history and culture of martial arts in these classes and will teach the children “ninja skills and samurai values” as a supplement.

The classes will begin on January 8, 2014, at the Vashon Open Space Community Hall and

will conclude March 5, 2014 (no class on 2/19). The tuition fees are \$56 for children and \$80 for adults. Registration for the classes will begin 30 minutes before the first class meeting. For more information, visit the Open Space website [www.openspacevashon.com](http://www.openspacevashon.com) and Vashon Kenpo on Facebook.

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**Aries (March 20-April 19)**  
Don't let your idealism be used against you. You have plenty of it right now; you seem to be fully conscious that there is a future and that you are being shown what is possible. You know that you have much more potential than you're expressing now. Others are picking up on that, and you may have noticed that your enthusiasm is contagious. You will make some genuine friends now who may co-create some beautiful things, and travel with you for quite a while. Be aware that everyone's positive response is equally deep or meaningful. In your excitement you may be vulnerable to being taken advantage of, or being told things that you want to hear. Therefore, be discerning. Channel your positive vibes in deliberate ways, be conscious of how you allocate your resources and make sure that others back up their words with actions before you invite them in on your plans.

**Taurus (April 19-May 20)**  
You seem to be making up your mind about something, trying to sort out your original impulses from what your past conditioning is telling you. This could be a longterm career or life-path question, though it's connected to a deeper spiritual issue. I think it's a good idea to consider the possibilities, especially what you would do if you could do anything at all. Then you can refine and narrow down the possibilities. While you're doing this, be aware of the sometimes subtle shades of what you're saying to yourself and what is being said to you from people in the past who lacked your sense of potential and moreover, your devotion to self-esteem. Those who came here before you may have been snagged in the trap that the only thing possible today is what was possible yesterday. You have other ideas.

**Gemini (May 20-June 21)**  
Pull in the reins on your spending. I know it's the holiday season and you may be feeling generous, and like you want to make an impression on people. I would count that as sincere. With gifts, it really is the thought that counts -- not the thought that you did anything, but rather that you actually considered who a person is and therefore what would have real meaning. Gifts really matter, and when they are conscious, they can convey a message of acknowledgement and affirmation. And they don't need to be expensive to do that. This also counts for the gifts you give yourself, and the way you support your own efforts. Over the next few months you're going to learn a lot about value, finances and shared resources. Many of these will be once-in-a-lifetime learning opportunities; treat them as precious.

**Cancer (June 21-July 22)**  
You may feel inclined to talk, and even to reveal some of your secrets; you have a lot brewing around in there and it will feel good to let some of it out. I suggest you be aware what you're sharing with whom. Select appropriate people when you want to open up -- those who you know are most inclined to receive and appreciate you; those who you know will give you space to be yourself. If you're going to experiment with that, start in small ways and feel the response. The thing is, the energy over the next few days, as the Full Moon reaches its peak, has anything but a selective, reserved or cautious feeling to it. As the Moon aspects the chart for your sign, it lights up an inner world that you may have never considered, and the idea that you don't need to have so many secrets, or any at all. Still, take a moment to feel the relationship into which you're expressing yourself.

**Leo (July 22-Aug. 23)**  
You are a creative and sexual powerhouse right now, and the more you

want to be one the more energy you will dial in. Once you get going it will be difficult to stop, or more likely, you will wonder why you would have to stop. You might want to consider things like whether you need to get up in the morning or alternately, whether you can rearrange your schedule to accommodate your passion. You have a rare opportunity on your hands to explore and stretch your potential; if you've been feeling blocked or restrained in any way, this is the time to break through to the next level. While this particular cosmic wave passes through pretty quickly, it's tapping into much deeper forces that will be with you for a long time.

**Virgo (Aug. 23-Sep. 22)**  
The past is much closer than you may think, which means that resolving old problems and tapping into your reservoir of experience are also closer than you may think. You are working through a legacy that has been passed to you by prior generations; this is true of everyone, but it's an especially vivid aspect of your life experience. Anything you have to say to your ancestors -- parents, grandparents and beyond -- say it now, whether these people are in-body or not. Consider the idea that some of the more messed-up people in your family line (particularly those who are deceased) are now aware of the problems they caused for you, and are willing to provide help from the 'other side'. You will open up to that help if you remember that you are never dealt a disadvantage without some corresponding gift of power. It's your choice what to emphasize.

**Libra (Sep. 22-Oct. 23)**  
Any sense of being emotionally stuck deserves a closer look. This may manifest as feeling more complicated than usual, hesitating expressing yourself, having anxiety attacks related to your personal security or feeling like your sexual energy is blocked. What you're feeling is starting as one thing and then as it bubbles up to the surface, expresses itself as something else. So I suggest you not be overly concerned with the form that any of your emotions are taking, but rather that you go deeper and see if you can learn more about the source of the energy. One possibility is that you're feeling the extent to which you're dependent on others for affirmation. That in turn may be a manifestation of some abandonment fears that are usually concealed below the surface. You might test your perceptions against a simple question of how this relates to that particular theme. Remember, too, that guilt is never what it seems to be; it always travels incognito.

**Scorpio (Oct. 23-Nov. 22)**  
There are at least two sides to the current intrigue, and rather than see one as right and one as wrong, try to see matters from all points of view. You will not lose anything by doing this, so you can afford not to be insecure. By seeing all sides, I mean really considering the different positions involved, giving them each the benefit of the doubt. This will help you step away from the influence of someone to whom it seems you've handed over your power. While that may seem frustrating, your ability to see the situation from many points of view will prove to be empowering. You may have the notion that if you exert your awareness or authority over yourself, some sensitive issue or secret is going to be used against you, though I don't think that's true. Just don't remind anyone of anything you don't want them to know.

**Sagittarius (Nov. 22-Dec. 22)**  
You are the master of your destiny, but for that to have any meaning, you must remain in fidelity to what you know is right and true for you. That means understanding your motives and setting

aside anything driven by jealousy, the sense of being unfairly treated or thinking that someone else is supposed to meet your needs. Anything of that general variety is a ruse or a distraction, a kind of ego game that can block you from awareness of your true strength. This is a moment when your choices have more power than you can imagine; when you have more personal influence than you've ever acknowledged; and when the karmic stakes are unusually high. Therefore, this is a time to think your options through and to make your choices carefully. Small decisions can lead to great things, though that's too much power for most people to handle.

**Capricorn (Dec. 22-Jan. 20)**  
You must be bursting at the seams of your soul. You are being flooded with etheric energy, which seems to have its source deep inside you. This is opening up what you can think of as a direct spiritual connection to something that seems beyond yourself -- though you're really seeing, and experiencing, what you're made of. But...spiritual? I know, it hardly seems like an accurate way to describe the diversity of strange, steamy, potentially socially transgressive thoughts that are coming through you. These could also be manifesting as fear, though if so, that would be a sign of resistance. You might have the idea that if you let yourself indulge just a little, you will lose control entirely (and this idea didn't come from you). You are safe witnessing and feeling whatever is coming to the surface of your consciousness. I suggest you not seek others for validation, but use this occasion as a reminder that who you are is natural, and that if freedom means anything, that would include the freedom to know yourself.

**Aquarius (Jan. 20-Feb. 19)**  
You're probably aware that you have the reputation among your friends of being an advanced soul. You know what you must go through in order to maintain your sense of balance and to resolve the inner

wrinkles and twists that seem so natural to who you are. This may, at times, lead to you feeling like there is a contradiction between how others see you and who you are inwardly. There are moments when you might feel like a hypocrite for not living up to the ideals that others perceive of you. Events of the next few days will go a long way toward allaying any such fears. It is your transparency that people respect the most; what you may not recognize is that people close to you, and even those who just meet you, already understand that you're a complex individual with many inner dimensions and contradictions. These are nothing to hide from but rather something to embrace. People love you and you can love yourself.

**Pisces (Feb. 19-March 20)**  
I suggest you take full advantage of the professional reputation you've built. You might hesitate, because to own your reputation would mean to invoke a kind of personal power, perhaps claim an entitlement or to exert influence onto others. This would only be a problem if you have some value that conflicts with it, such as the belief that it's not right to impose your will or even your vision onto people. That would be a valid issue if you could actually do it. In truth, everyone chooses what influence they want to accept. Everyone has volition and the right to decide what works for them. Therefore, it matters not whether you influence one person or a million people; it amounts to the same thing. The universe does not care whether you're mildly successful, wildly successful or struggling to succeed -- though it matters considerably to you. Therefore, be proud of what you've achieved, step into your strength and creativity, and trust that your positive message (and example) will benefit everyone -- though especially you.

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

## Lo How a Rose E'er Blooming

*Continued from Page 1*

blood star, a little nudibranch called a shaggy mouse because it resembles one, a six-inch beached squid (which was alive but limp when we returned it to the water), and many lively, colorful shrimp only half as long as a thumb. There were plentiful anemones too, mostly aggregating and plumose.

We already felt lucky, and then we came upon a different species, a reddish anemone apart from the others, sitting in the sand in solitary beauty. Around its wine-red center, long pale pink tentacles curled in a graceful slow-motion ballet, as if dream-dancing in Neptune's court rather than prosaically seeking food. Its oral disc was bare and smooth, a bit of sand outlining the circle of its mouth, its translucent, tapered fingers bending and bowing in a formal manner.

Having not previously made its acquaintance, I searched field guides and found its common name is sand rose anemone, its Latin name is *Urticina columbiana*, and it is a cousin of the often seen red and green Christmas anemone. I learned that it can grow to three feet diameter and 12 inches high, possibly the largest anemone in the world. One researcher noted that it is among the anemones capable of self-repair, so barring misfortunes such as being consumed by something, it could theoretically live forever! The festive-looking candy stripe shrimp, *Lebbeus grandimanus*, sometimes hangs out with this anemone, apparently immune to its sting and eager to forage for food scraps. How wonderful to encounter such a rose in December! I remembered the German Christmas hymn I sang as a child, "Lo

how a rose e'er blooming from tender stem hath sprung...It came, a floweret bright amid the cold of winter when half spent was the night..." And I felt awed by the great mystery of life shared by so many creatures.

The next really low tide, a minus three feet, fortuitously falls on New Year's Eve around 10pm. The Vashon Beach Naturalists invite everyone to come out for a celebratory beach walk, starting at 8:30pm. We will have a lantern-lit canopy with hot drinks and field guides. Dress in extra warm clothes and rubber knee boots. Bring a flashlight and extra batteries. Park in the lot on the hill, NOT in the restaurant lot. Spend a memorable evening exploring the world of the nearshore where remarkable life forms abound.

This free program is co-sponsored by Vashon Beach Naturalists, Vashon-Maury Island Audubon Society, KC Water and Land Resources, Vashon Park District, and Vashon College. For further information call Rayna, 463-3153.

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# Positively Speaking

## The Christmas Column 4x15 = Jesus

Jolly old Jesus, lean your ear this way....  
Have a Holly Jolly Jesus...  
Yes, we need a little Jesus, right this very minute...

That's what the lyrics would read for me if I had my way.

What a conundrum. Zen Buddhism is trendy. Judaism is classic and Islam has automatic politically correct deference.

I choose Jesus, literally a swear word for many people right up there with s\*\*t and f\*\*k.

And who are the most visible compatriots the world calls Christianity? Nut jobs and politically conservative zealots.

What's worse, my life circumstances, my personal plotline reads, "If you follow Jesus, your temporal situation will be crap and many times go from bad to worse."

So why do I stick with Jesus?

Because God has been faithful on four separate Dec 15th's. AND because beyond the nut jobs is 'so great a cloud of witnesses': others who follow Jesus and live as he has breathed into them to live.

December 15, 1982 I lay on the couch in our living room staring at the sheers, virtually paralyzed from the waist down. I was the Director of Christian Education, Youth Director and Director of the Daycare at a local church. "Lord, I serve you all day long and I don't even know who you are. I will do anything to not live like this anymore. I want you to be so real that when I reach out my hand I can feel yours in mine."

Within two weeks, I was back at work and the long journey to an authentic relationship with Jesus had begun. God events. Kairos revelatory moments that answered my prayer in the affirmative.

But first he had to let my heart be broken because I had sealed it off from feeling pain lest I despair and break. I didn't know the key to a relationship with Jesus is a broken heart, a real heart, an authentic heart. In that way I fit right in with the world. But Jesus is not about fitting in with the world. And so he sent me to follow his Light.

December 15 2008 Bruce Larson died. A devastating personal loss. You see after that prayer was uttered I spent ten years in a church that was having a golden era of Jesus under Bruce's leadership. Everybody rejoiced in believing Jesus. I came to know him.

Then I got sent to a small rural church where Jesus as the Son of God dying an atoning death and raised again was not preached. Preach it I did and people outside the church heard and began to come because they were both curious and hungry. The old guard didn't like it and a colleague from overtown called me to say I was one of four pastors being targeted to be pressured out because of my faith in Jesus.

By Deborah H. Anderson



The campaign succeeded after all manner of lies and deceits and Bruce stood by me in ways that made me stay with my faith and the ministry and believe good would come after bad. He called, he wrote, he asked me to come visit. We worked on a writing project I had devised and best yet, he told me of the times he had been targeted and pressured and encouraged me to believe. Jesus is real. Jesus is alive.

December 15, 2012 I am buried in pillows listening to the day after reports of Sandy Hook. The day before, when first the news hit, I had knitted myself into comfort sitting in the same place trying to make sense of violence. Ironically I was in the middle of one of the most violent personal attacks I had ever endured. Because I am a woman and because of my faith, someone resented me and it built into hatred and then attacked me almost daily and no one in charge would believe me or set limits with them. "Please, Lord, deliver me", I whispered.

December 15, 2013 God did deliver me. I left my peaceful abode where I am safe and went to church because of the gift of someone who paid my ferry fee for a Christmas present. There was the group with whom I sing at the Skyline memory care facility once a month rejoicing in the gift of music for those who have lost almost all their bearings. A baby is baptized, the first daughter of one of the Skyline couples with whom I have sung. A pastor who had once prayed publicly that my light for Jesus would never go out performs it. Bruce's wife Hazel is there. A friend has just gotten engaged. Some kiddlings I care for are there and we delight in seeing each other. There is warmth, there is Joy and there is Hope for people in every circumstance. So great a cloud of witnesses.

To some of you this holiday is Santa and goodwill. To others it's family gatherings. To some it's a non-holiday. To me, it's the birth of my friend, my redeemer, and my shepherd.

I don't ask you to believe. I don't want to stop conversations with other faiths. I just ask this one thing this Christmas. Please don't use Jesus' name as a swear word anymore. You wouldn't say 'Buddha!'. You wouldn't say 'Krishna!'. You wouldn't say 'Muhammad!'. To me Jesus gives literal life, meaning, depth, purpose and fellowship.

Just that one thing I ask. Please just respect his name, even if it means nothing to you. To some of us, it means everything.

And now we return to our regularly scheduled programming.

Love,  
Deborah



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# A Community Conversation About Health and Responsibility: Vaccines and Beyond

## Part 9: What is Autism?

by Karen Crisalli Winter  
and March Twisdale

Our goal this year has been to offer a non-polarizing conversation around public health. Our strategy was to explore the issue from unusual angles. We hoped to pull away from the divisive debate over one tool (vaccines), and broaden the conversation to include respect for diversity and acknowledgement of the grayness of this issue. With sincere hope that we have been successful, we will now address the subject of autism. Welcome to Part One of Three.

First, let us ask you to consider your existing ideas and beliefs about autism. Now take a deep breath and set them aside for a moment. Some of what we write may be a surprise to you. We certainly encountered many surprises as we researched these articles.

What is autism anyway? The simple truth is, we don't really know. The diagnosis and definition of autism has been changed repeatedly over the last century and continues to be controversial. The term was first used in 1911 to describe a symptom of schizophrenia. Since then, the definition has bounced all over the place, always problematic in one way or another. The current strategy is to lump a wide variety of conditions under the broad umbrella term Autism Spectrum Disorder. This diagnosis now covers a bountiful cornucopia of behaviors, traits, severities, age of onset, and outwardly notable symptoms. The narrowest definition we could find on the CDC website, is "ASDs are a group of developmental disabilities that can cause significant social, communication and behavioral challenges." How's that for broad?

Why does this matter? Because the rates of autism are going up. How much? We're not sure. The CDC has created a campaign called "Learn the Signs. Act Early." This is an active effort to screen every child so that they will be eligible for services. Currently, 1 in 88 children is being diagnosed with ASD. That's more than 1.1% of the population.

But what does a diagnosis of ASD actually mean? Our current ASD diagnosis is just as broad and non-specific as when people used to be diagnosed as having "a fever." Malaria, a raging staph infection, and heat stroke can all cause a fever. Any fever can be brought down with an ice bath, but that only treats the symptom. The ice bath may cure the heat stroke patient, but will only offer temporary benefit to the other patients. The patient with the staph infection might be cured with a specific antibiotic, but it's hard to research antibiotic efficacy if some of patients in your fever study actually have heat stroke. We encounter similar problems when researching autism treatments. Various treatments provide varying benefit to various individuals and we can neither predict nor understand why.

Over the last fifteen years, there has been an explosion in autism research. This is largely thanks to the dedicated efforts of parents who have tirelessly advocated for their own children. With the CDC joining the effort, autism research is getting much needed funding and attention. More importantly, we're becoming increasingly

open-minded about what questions we ask. Is autism genetic? A response to environmental factors? A misdiagnosed brain injury? A misdiagnosed allergy? A persistent infection in the gut? A problem with the human microbiome? An aspect of human diversity?

All these uncertainties are a normal part of the ongoing, scientific process. We've currently housed a wide continuum of conditions under the term Autism Spectrum Disorder, but this is only a temporary solution. In the years to come, through rigorous research and with a little luck, we will expand our understanding and refine our definitions. Hopefully this will also lead to effective treatment and prevention options.

Of course money, liability, and politics complicate everything. This will be the focus of our next article.

And now...many appreciations to Cherry Champagne for her willingness to join the conversation with her recent article, Rubella Epidemic of 1964-65, found in the November 21st issue of The Loop.

Stories matter. Whether told, sung, written, or shown, stories inform our worldview in myriad ways. Cherry's story reminds us of many things. That life should be treasured. That severe disabilities can be tragic, but humor and curiosity can exist side-by-side with the struggles. That parents suffer when their child's potential is crippled, and a life is cut short. Stories like Cherry's serve as cautionary tales, urging us to learn from the past.

The trouble with anecdotal stories, however, is that there are many of them, they frequently contradict one another, they are usually infused with strong emotions, and they are not subjected to rigorous scientific analysis before they are persuasively presented to an audience. There is value in Daphne's story. But, if you are in the process of making a medical choice for your family, you need more than a story that pulls at your heartstrings and influences your decision in one specific direction. You need science. Cherry's story about Daphne is human, real, powerful, and moving...but it is not science.

What makes science different from stories? Simply put, science is a form of evaluation which avoids the common pitfalls of confirmation bias and preferred outcomes, allowing us to find answers that reflect data rather than our emotional expectations. Our gut can be right. It can also be dead wrong. Science, like all human endeavors, is an imperfect tool. History shows us we will err along the way, repeatedly. However, it is still our best tool for non-biased evaluation of complex medical issues.

As you consider your medical decisions, make space for a variety of stories in your process. Note family medical history and pay attention to the unique aspects of your community. Talk with your family doctor. Consider your family's willingness and ability to use the various tools available to protect self and community. All these factors need to be taken into account in order to make the best decision for your child and your community.

"A Community Conversation About Health and Responsibility: Vaccines and Beyond" is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.  
BLOG: [vaccinesandbeyond.blogspot.com](http://vaccinesandbeyond.blogspot.com)  
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# Island Epicure



By Marj Watkins

## To Get a Good Night's Sleep

Do you have a hard time turning off your mind and getting to sleep during this busy, exciting pre-Christmas season? Or fall asleep okay, but wake up around after four or five hours and find promptly going back to sleep impossible?

Don't worry about it. Worry equals tension, equals wakefulness. Way back when humans were cave people, somebody always had to stay awake and keep the fire at the front of the cave burning to make sure no predatory nocturnal carnivore sneaked and made off with one of the children. No doubt each adult took a shift until getting too sleepy for effective guard duty, then woke up a replacement or tagged whoever was already awake. Compared to the million or more years of homo sapiens existence, our modern era is brief. Being awake for a time during the night may be quite natural, and staying asleep all night an acquired talent. Or evidence that we've not been sleeping our required seven or eight or nine hours.

Perhaps even in those prehistoric days, we knew that certain plants made getting to sleep easier, and chewed wild sage, valerian, catnip, chamomile. You probably have dried sage at least in your kitchen. Now that we've domesticated fire and invented kettles and cups, we can make a soporific tea of it.

We know sage (Salvia officinalis) best as a flavoring herb for turkey stuffing, or for flavoring meatloaf, and as an herb that enhances pork when cooked with it, but it is also calming and soporific. We can grow it in our gardens, or buy the herb, and make a sleepy-time

tea that tastes good, comforts a sore throat, and is said to aid memory and lengthen life. In the Middle Ages, a Latin proverb was: Cur moriatur homo cui Salvia crescit in horto. Translation: Why should a man die when sage flourishes in his garden? The name 'salvia' means 'health' or 'salvation'.

When herbal medicine was the only kind we had, sage was considered a cure for whatever might ail a person, a mild sedative, and a preventer of colds and flu. It originated, and still grows wild, in the Mediterranean. Roman legionnaires carried it all over Europe in their backpacks, believing that it made them strong. They planted it at their camps.

In Crete two old men in Turkish style pantaloons and headbands gave us handfuls of wild sage and told us to drink tea made from it all winter to stay healthy.

It must have worked; we all stayed well that winter though the temperature in December went down to 50 degrees in our unheated villa. And we slept well, snuggled in sleeping bags, despite drinking Greek coffee all day to keep warm. I don't advise drinking any caffeinated beverage after 4:00 p.m. Even decaf has some stimulating caffeine.

Sage tea: Cover 1 teaspoon of crumbled dried sage with 1 cup of boiling water. Let steep 5 minutes. Add a lemon slice and a few drops of honey if desired.

If you would go to sleep promptly, refrain from after-dinner television and computer work within three hours of bedtime. The brightly lit screens steal melatonin from your eyes and stimulates your mind. Reading is more apt to make you sleepy than to keep you awake, especially if you choose something boring.

## Road To Resilience

Continued from Page 1

who is? You can be sure that somebody is and that they are making a killing at it.

We can't and shouldn't throw out the money economy, but we need to supplement it with a vibrant gift economy. At this time of year, we remember the value of gifting, but much of it bears very little resemblance to the practical gifting that builds community. We too often are not giving from a position of abundance, but of scarcity. The anxiety we feel often drives us into debt that may cause more harm than the good that comes from the gifts it buys. The kind of gifting that we need to be doing will not be good for the money economy.

The Vashon Timebank is a wonderful way to institutionalize the gift economy in our community. It really involves nothing more than what good neighbors do for each other, but has the potential of being far more useful. The 3 unemployed service people in the example above would be able to serve each other nicely as Timebank members. The Timebank will show you that you have a lot more neighbors than you ever imagined. Join the Timebank! Next orientation Jan 26th, 4pm. at the Senior Center.

Another example of gifting coming to our community is the Rocket Stove Workshop. It will be held Thurs. -Sat., Jan 9-11, 9-5pm, at Farmstad, just west of Bethel Park. In the spirit of a collaborative gift economy, the tuition is free. Participants can bring food, or materials to be used in stove construction if they so choose; the workshop will be what you make it. The presenter is Eddie Goldstein, an inventive fellow from upper New York State, who will help you build stoves from metal, ceramics, even dirt (Cob)! If you feel that you want to offset Eddie's travel costs or support Farmstad, feel free, but you are under no obligation to do so. Reciprocation is natural and occurs in its own time and way. If this works well, we hope to have many more gifted workshops teaching other skills. Check out the flyers that are up around town. The workshop is to be limited to 12 participants, so sign up now at [www.nwcompass.org/trainings/](http://www.nwcompass.org/trainings/). Contact; Diane Emerson, 234 4813

Comments?  
[terry@vashonloop.com](mailto:terry@vashonloop.com)

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## Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

# Artistic bard is celebrated in joyful documentary from island director

After the euphoria of your New Year's Eve celebration, how can you boost the joy into the new year? Vashon Film Society invites you to see a remarkable film from island director Stephen Silha, the award-winning documentary "Big Joy." The film will play at the Vashon Theatre on Friday, January 3 and will be VFS' first offering of 2014.

"Big Joy: the Adventures of James Broughton" chronicles the life of iconoclastic poet-filmmaker James Broughton whose charismatic voice and gay activism emerged in the artistic renaissance of San Francisco in the years following World War II.

Broughton was regarded by his peers as one of the defining voices of the sexual revolution, and he embraced an avant-garde artistic life melding cinema and poetry with groundbreaking panache. When Broughton's award-winning 1953 film "The Pleasure Garden" was featured at the Cannes Film Festival, famed director Jean Cocteau exulted, "Bravo! An American who made a French film in England."

The Vashon Theatre showing will also mark a homecoming for Silha whose film had an amazing debut year in 2013. Silha's film celebration of Broughton's artistic legacy has toured widely on the international festival circuit, premiering at SXSW 2013 and then garnering acclaim at more than thirty other film festivals on five continents.

The Vashon-based writer-director met the iconoclastic subject of his documentary in



1989 after Broughton and soul mate Joel Singer moved to Port Townsend. A close friendship developed, with the visionary Broughton offering mentorship to Silha. Broughton was an inspiration to those around him as he lived his last decade of life, revered as a bard of sexual liberation, always exhorting "follow your own weird."

About making his first film, Silha says, "It's exciting to me that people walk out of the theaters happy and inspired to live a bigger life."

Seattle Times critic Moira MacDonald wrote, "'Big Joy,' filmed with an irresistibly playful spirit, dances with words, film clips and images from a long and, it seems, a mostly joyous life. It's a fitting send-off for a man who once told an audience, 'When in doubt, twirl.'"

The Art Film screening of "Big Joy: the Adventures of James Broughton" will play the Vashon Theatre at 9:30 pm on January 3 and will feature special creative performances and surprises for audience members. Admission is \$7/all ages, and students can obtain free entrance at the box office thanks to a generous donor.

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Next Loop comes out January 2



# Bill Brown & The Kingbees



Bill Brown will be bringing his Kingbees to Vashon for return visit at the Red Bicycle Bistro & Sushi. Many folks in the Northwest are familiar with Bill's high energy 'rockin' blues show that he's been performing in the Northwest since 1986. Islanders will remember Bill from his performances at the Beer Garden during Strawberry Festival in years past.

Bill has been likened to Paul Butterfield in his use of the harmonica and his vocals have garnered many a discussion concerning his cultural background. Bill grew up in a farming area outside of Columbus Ohio, listening to his Mothers Lionel Hampton records. Later on, his tastes went to Paul Butterfield's Blues Band. He actually learned how to play harmonica from a guitar player, Gary Watson, while hitchhiking from San Diego to Seattle in 1969. Bill was also heavily influenced by Muddy Waters, Little Walter, and Sonny Boy Williamson. Bill's love of this genre

is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus and Mike Stango toured Asia with a band called Cece Rider. Tony Handy toured with Rose Royce from Los Angeles; many know them from their #1 hit Car Wash. More often than not, they are joined by Jim Smiley on keyboards. Jim toured with Bill Brown from 1990 until 2003 and then went on to do solo performances....but he's back, playing with Bill Brown full time and busy writing and arranging music for Bill's next album of all originals!

All of these road veterans of the music business are sure to entertain you at this upcoming show at the Red Bicycle.

Saturday, December 21 at 8:30pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle  
17618 Vashon Hwy SW  
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## Katahoula

Katahoula is a Seattle psychedelic blues band that plays a wide range of blues, blues rock and folk. drums, bass, electric guitar and harmonies..... and sometimes they'll throw in a little accordion.

Recent shows by Katahoula include The Feedback Lounge, The Velocity Dance Theatre, Siren's, The Mix, Hattie's Hat Blues Boogie night and The Emerald of Siam.

Get ready to dance, Katahoula will bring you out on the floor!



Friday, December 27 at 8:30pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle  
17618 Vashon Hwy SW  
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# Will Sing for Food

Vashon Events, in partnership with Nirvana Bistro & Bar, presents "Will Sing For Food," on Friday, December 20th starting at 8:30pm.

Local musicians, including Allison Shirk, Jacob Bain, Delilah Pearl, Greg Dember, Michael Whitmore, Kim Thal, Roger Taylor, Sarah Christine, Andy James, Dianne Krouse, Jon Whalen, Joseph Stewart, Scott Durkee, Andrea Walker, Gregg Curry, Linda Ceriello, Dorsey Davis, Ivy & Jason Staczek, Ellen Parker, Chuck vanNorman, Maijah Sanson-Frey, Kat Eggleston, Mitch Etchoe, Matt Straight, Andre Sapp, Rebekah Kuzma, Cami Lundeen and others have signed up to perform holiday carols to earn tips to support the Vashon Maury Community Food Bank. We'll also have boxes set up for non-perishable food donations.

From, "Santa Baby" to "Baby, It's Cold Outside," the evening marks a new tradition to kick off the holiday season in an intimate setting with some of the Island's more endearing musicians. It'll be a simple set-up as

far as sound - no drum kits, just acoustic guitars, vocals, keyboard.

It will be fun, festive and for a good cause.

- Songs chosen so far:
- "A Letter For Christmas"
  - "All I Want For Christmas Is You"
  - "Baby, It's Cold Outside"
  - "Belleau Wood"
  - "Blue Christmas"
  - "Fairytale of New York"
  - "God Bless Ye Merry Gentlemen"
  - "Greensleeves"
  - "Hark! The Herald Angels Sing"
  - "Here Comes Santa Claus"
  - "Oh Holy Night"
  - "Last Christmas"
  - "Let It Snow"
  - "Mary's Boy Child"
  - "My Favorite Things"
  - "Please Come Home For Christmas"
  - "River"
  - "Rudolph The Red-Nosed Reindeer"
  - "So This Is Christmas"
  - "Santa Baby"
  - "Santa Claus Is Comin' To Town"



Allison Shirk

- "Silent Night"
- "Silver Bells"
- "The Christmas Song" (Chestnuts Roasting on an Open Fire"
- "The Little Drummer Boy"
- "There's Still My Joy"
- "Walking In A Winterland"
- "White Christmas"

Happy Holidays, we hope to see you at the show!

At Nirvana Bistro & Bar, the corner of Vashon Hwy and Bank Rd. Please reserve your table by calling 206-463-4455 or visit Nirvana on line at [www.nirvanavashon.com](http://www.nirvanavashon.com)

Find thing to do at [www.vashonevents.com](http://www.vashonevents.com)  
Pete & Allison

# Ian Moore & The Lossy Coils plus The Fieldhands

Bob Dylan said it best: "He who is not busy being born is busy dying." Singer, songwriter and guitarist Ian Moore lives and creates by that precept.

It's a way of living has led Moore from emerging as, at first glance, a teenage guitar prodigy in the early 1990s in his hometown of Austin, Texas to fruition as a full-blooded musical artist, now based on Vashon, whose rich and keenly intelligent compositions invoke critics' comparisons to some of the most respected names in both classic and contemporary rock'n'roll music.

There's a satisfaction in listening to how Moore absorbs the spectrum of music that he loves and finds inspiring and then follows his muse to places that awe, delight and touch those key, deep places within the human soul. As Harp magazine observes of Moore,

"Since the early '90s the native Texan has refused corporate molding in favor of freedom and the artistic rewards are staggering."

It may have been Moore's guitar talents that first won him attention. But as Tucson Weekly noted, "His recent albums have positioned him as one of the most soulful singer-songwriters around, and one of the most diverse." Or as Seattle's influential weekly The Stranger said not long ago, "Your new favorite artist has arrived." Similar praise greeted Moore on his national debut nearly 15 years ago, because for Moore. the path and process to where he is going has always been his focus, and it has consistently made arriving at each destination that much sweeter.....

Opening up for Ian Moore & The Lossy Coils will be Island sensation, The FieldHands. Together for years writing and playing original music on Vashon Island and in the Seattle area, The FieldHands are a rock band. Their music blends some of the best traits of rock, alternative country and the Americana vibe present in music from artists like Wilco, Son Volt, Lucinda Williams, Ryan Adams, Iris Dement and others. Multiple harmonies, driving guitar lines and soaring lead instrumentals punctuate good stories and strong melodies. The FieldHands incorporate local flavor and imagery in their lyrics. They write songs about love, friendship, journeys, the road beneath their feet and the water that surrounds us. Their



brand new CD is amazing, get one at this show while you still can!

A word about this show.... you all know what an amazing performer Ian Moore is and if you've seen his shows at the Red Bike, you know how quickly they sell out. Combine that with the fact that The Fieldhands are also on this bill....it's going to be one helluva show. There are basically only 92 tickets to this show....it's going to be spectacular, so don't be left out in the cold!

Tickets available in person at the Red Bicycle or online at Brown Paper Tickets here: [www.brownpapertickets.com/event/528843](http://www.brownpapertickets.com/event/528843).

Saturday, January 4 at 8:30pm. This is a free cover all-ages show 'til 11pm, then 21+ after that. \$12 Cover.

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## Winterdance

Continued from Page 1

Christa's songs, the Murray School Irish Dancers bring a percussive, joyful, and colorful exuberance to the stage.

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# New Years Eve with Loose Change



A longtime Vashon favorite, this band aims to entertain you on the hottest dance night of the year with non-stop danceable tunes and a commanding stage presence. The band's leader and powerful front man Troy Kindred is an entertainer in every sense of the word. His infectious energy and enthusiasm gets the crowd into the act - and his vocals will tear the paint off the back walls.

Kindred is backed by a tight 10-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid bass and drums and a dynamic three-piece horn section. And let's not forget the female singers. Not only can these

ladies sing, but they've got the moves too. The sheer size of Loose Change makes for a big sound and a great on-stage look.

Come out to the Red Bicycle on the biggest night of the year out on the dance floor and celebrate with Loose Change.

Once again, Wilson and Vashon Events present this show free of charge. Hope to see you there!

Tuesday, December 31 at 9pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# New Years Eve at Nirvana with Mike Gurule'

Mike Gurule' is from Glenwood Springs, Colorado and just moved to Seattle recently. Mike was inspired by Lorena McKennitt and has been playing the harp for twelve years, after building it from a kit. Mike has a background in classical guitar and piano, both of which helped him learn to play the harp. Mike has performed in the streets of Boulder, Aspen, and Glenwood Springs in Colorado, as well as Venice and Santa Monica in California. Besides Lorena McKennitt, he is heavily influenced by the music of Beethoven.

New Years Eve at Nirvana with Michael Gurule' is brought to you by Vashon Events. This show is all ages and cover free.

Nirvana Bistro & Bar, the corner of Vashon Hwy and Bank Rd. Please reserve your table by calling 206-463-4455 or visit Nirvana on line at www.nirvanavashon.com - Find thing to do at www.vashonevents.com



**Next Edition  
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Deadline for the next  
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# Merry Christmas, Charlie Brown

Merry Christmas, Charlie Brown is derived from the classic and beloved Peanuts cartoon strip created by Charles Schulz in the 1950s. The television special, A Charlie Brown Christmas, first aired in 1965 and has been broadcast ever since as a staple of the holiday season, alongside other classics such as It's a Wonderful Life and Rudolph the Red-nosed Reindeer. Director Marita Ericksen's interpretation is a special adaptation for which she received a one-time approval from Tams-Widmark, the company who owns the license to the Broadway musical script. Ericksen borrowed from the original televised version as well as from the lesser-known sequel, It's Christmastime Again, Charlie Brown, to create a unique production that can only be seen by VAA audiences.

The plot revolves around Charlie Brown (played by Benny Robinthal), who is depressed with the approach of Christmas despite the plethora of cards, presents and decorations everywhere. Charlie Brown confides in his friend Linus (played by Elliott James) that his depression has to do with the over-commercialization of Christmas. Has everyone forgotten the true meaning of this holiday? Everyone including his own dog Snoopy (played by Phoebe Ray), busy decorating his doghouse for a contest, seems to be contributing to Charlie's concerns. Lucy (played by Cypress Sechrist) assumes the role of his psychiatrist, advising him that he needs to be more involved and should therefore direct the school nativity play. What ensues demonstrates Charlie Brown's characteristic endurance, and the ability of his community to ultimately unite and discover the deeper meaning behind the



glitz of the holiday season.

This 18-member ensemble is the youngest cast with which Ericksen has ever worked. Many of them appeared in the previous season's production of Cats, but several of them appear onstage for the first time. To accommodate the number of kids working on this production, four children share the role of Woodstock, and Ericksen has introduced a lesser-known Peanuts character, Roy. Notable songs in this musical include "Christmas Time is Here" and "My Little Drum," with piano accompaniment by the talented Randy Bruce. For Ericksen, it's a constant thrill to see the kids bring- ing the Peanuts characters to life.

- by Stephen Jeong

Merry Christmas Charlie Brown  
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Bill Brown & The Kingbees

December 27, 8:30pm

Katahoula

December 31, 9pm

New Years Eve with Loose Change

January 4, 8:30pm

Ian Moore & The Lossy Coils

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The fall and winter weather has arrived, are you covered?

Look what's new in store at VI Horse Supply:

Warm, waterproof jackets, vests, and breeches from Horze!

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of The Loop

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January 2


Deadline for the next

edition of The Loop is

Friday, December 27

Loopy Laffs

LOGJAM



BY Jeff Hawley

LOGJAM IS INSIDE XMAS-PROOF ARMOR AND I'M NOT COMING OUT 'TIL JANUARY!

I GOT YOU A PRETTY ORNAMENT

BZZT

MY SCANNER IS DETECTING VERY HIGH LEVELS OF HOLIDAY SPIRIT!

I'M SORRY - BUT I'M DETAINING IT FOR FURTHER ANALYSIS

YOU'RE WELCOME

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