

Comedy Night at the Red Bike

We have a great show for you guys. Eight Comedians! Eight! Each one with the potential to make you shoot White Russians out your nose! And you don't even drink White Russians!! Amazing!!! I'm loving this whole exclamation point thing!!! Am I doing it right?!!!!

If you were wondering when Caitlin Little was going to get back in front of the lights, stop wondering. Do your breathing exercises, 'cause she's back.

Last time she was here Cara Rosellini was a gem. She's very funny and so comfortable on stage that you get the feeling that she walks around her house all the time talking into her hand as if it were a microphone. (Full disclosure: I do that even when there are people around).

Harris Levinson will be onstage and....where are you going? Oh, to camp out in line so that you can get the best seats? Good idea. Make sure you bring everything you'll need-vodka, kahlua, half-and-half, sleeping bag.

Aimee Cartier is b-a-c-k. Aimee has more fun on stage than you do in your whole life. Don't be embarrassed; come on down and live vicariously.

Steffon Moody hasn't told a joke in so long his mouth has rusted shut. The fire department has lent us their jaws of life so that we can get that party started. He'll be onstage, in 3-D, and by the end of his set YOU WILL BE EXHAUSTED from laughing so much. Your abdominal



muscles will have torn themselves apart, your sides split. Your face muscles will have overheated and melted. When he finally drops the mic you will surely have a smile where your face used to be.

We're delighted to have Andy Royer back on our garage-door stage. Andy is a natural-born storyteller who pays attention to everything you're missing as you chaotically steamroll through life. If you throw some popcorn at him and he catches it in his mouth, you win a free glass of water.

But what about the ringers? The

Continued on Page 10

GPS for historic garden rescue



By Helen Meeker

Friends of Mukai will present a program describing the use of land mapping systems in restoring historic gardens at 7 p.m. Wednesday, January 22nd at the Vashon Maury Island Land Trust building. The presentation features Ed Baldwin, Garden Manager of the Highline SeaTac Botanical Garden, and Diane Crawford, Associate Senior Environmental Scientist, Golder Associates, Inc.

Ed Baldwin will tell the story of the Seike Japanese Garden's successful move from the third runway area of SeaTac to the Highline SeaTac Botanical Garden. The garden was created by the Shinichi Seike family in 1961 as a memorial for son and brother Toll Seike, who was killed in France while serving with the 442nd Regimental combat team in WWII. The family hired Shintaro Okada, a garden designer from Hiroshima, to help with planning and construction, which began in January and was completed by June 25th with a gala to celebrate the new garden.

With the development of SEATAC's third runway, the garden, originally part of the Seike family-owned Des Moines Way Nursery, had to be relocated and recreated. The garden was saved by the efforts of four different government agencies and Highline Botanical Garden

Foundation. This massive undertaking is considered the largest relocation of a Japanese garden attempted in the United States.

Major efforts throughout the project were focused on the ultimate goal of recreating garden designer Shintaro Okara's original intent and preserving a significant local, cultural and horticultural treasure. Ed will describe how land mapping technology was used in this effort. The Seike Garden reopened at Highline SeaTac Botanical Garden on June 20, 2006.

Diane Crawford, with over 30 years of experience in environmental investigations, uses field mapping systems, including Global Positioning Systems (GPS), to collect field data to establish latitude, longitude, and elevations or depths for sites within an area, and to delineate linear features and shapes in fields. During a summer visit to the Mukai property, Diane used GPS in conjunction with a smart tablet loaded with satellite imagery to orient specific features as she mapped Kuni Mukai's garden. She will describe the process and how this technology will be used in future restoration of Kuni's garden.

The Friends of Mukai program is free and open to the public. Refreshments will be served.

The Road to Resilience

Minding Our Own

By Terry Sullivan, Transition Vashon

Some aspects of building an effective, resilient community are more attractive than others. Working toward greater food and energy security and a healthier environment are exciting and engaging goals. This is because the solutions are mostly known and the means to realize them are within our command. The kind of community work I want to talk about now is not so attractive nor are the solutions so readily apparent. I'm talking about our response to mental illness, homelessness, drug abuse, and crime. These four tend to be related; a person exhibiting one behavior is likely to exhibit one or more of the others as well.

What makes it really hard for us to feel compassionate about behavioral pathologies is that we tend to blame the behavior on the victim. Although there are exceptions, few people choose these conditions or behaviors. Mental illness is the least likely to be blamed on the individual, but even there, we are understandably really uncomfortable around people whose behavior is threatening and/or irrational. We like to use logic and common sense to deal with others, but when that doesn't work, we, the untrained, have no choice but to avoid those people or restrain them, neither of which is particularly constructive. The easiest first step

is usually detention. Some form of treatment is usually used although it is often ineffective if the causes of the behavior are unchanged.

We have these problems here. Because the causes need to be addressed at the cultural level, we mostly try to mitigate the symptoms, that is, to constrain those behaviors. Numerous groups on the Island are doing just that. We try to shelter and feed the poor and the homeless, but poverty and homelessness are systemic problems built into our economy. We can criminalize risky drug use (some drugs, anyway), assault, and burglary, but the causes of those behaviors are deeply rooted in personal history and the social and ethical underpinnings of our culture. We respond to these problems out of our sense of humanity and community, but also out of a need for personal security.

The Vashon Maury Community Council will address one small part of this conundrum at their general meeting on Jan 27. There have been a rash of casual burglaries, and it is believed that these are mostly committed in order to buy needed drugs. The drug most often implicated is Methamphetamine, a highly addictive drug that can be manufactured from over the counter drugs. I understand that it takes months

Continued on Page 9

Live Local Weather

www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.



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2005	203	-3%	\$423,000	16%
2006	176	-13%	\$492,000	16%
2007	139	-21%	\$535,000	9%
2008	83	-40%	\$535,000	0%
2009	97	17%	\$407,000	-24%
2010	98	1%	\$371,000	-9%
2011	102	4%	\$336,817	-9%
2012	146	43%	\$350,000	4%
2013	157	8%	\$413,500*	18%

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JR Crawford

Connie Cunningham

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Beth de Groen

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chicken feed, and Excel regular layer feed.

New Feline Caviar canned food, my cats hate it.

And it is NOT an easy peel top, and it is NOT
even on sale. But, now you really want to try
it now, don't you?

Bo's Pick of the Week: The double stack of polka dot beds.

He fell in and can't get out.

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17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Lulu Needs A Home...

2013 was a year of big changes
for me. First, I had some babies. We
were pretty feral back then, but a kind
person socialized us. I'm tame and
calm now and like to be petted. My
babies have already been adopted. I
hope the big change in 2014 will be
going to my own forever home.



Go To www.vipp.org Click on Adopt

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Next Loop comes out January 30

Get in The Loop

Submissions to the Loop

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

Loss Support Group

Free Grief Support Group starting at Island Funeral Service. Anyone who is feeling grief is welcome.
7pm Monday January 13th.
18005 Vashon Hwy SW.
For more information call Lisa at 206-463-9300 Monday thru Friday 9-5.

Personals Ad

Interested SWF seeks Interesting SWM by the name of VashonPoet from SPM. You have mail! You can also reach out at: VashonInterested1@yahoo.com for more details. Happy 2014!

Rick Tuel memorial fund

On Sunday, 12-29, a friend and long-time island resident, Rick Tuel, died during a medical procedure. Friends of Rick and Mary Tuel have set up an account to help with immediate funeral and family expenses. Those of you wishing to donate, can do so at the U.S. Bank. A “Friends of Rick Tuel” account has been set up in his memory.

Find us on Skype
Vashon Loop
206-925-3837

Social Media Marketing Tactics with Shango Los

Saturday, February 1, 2014
1:00 pm – 3:00 pm PST
Havurat Ee Shalom
15401 Westside Hwy SW
Local business consultant Shango Los will share proven social media tactics. Sponsored by the Vashon-Maury Island Chamber of Commerce. Info and tickets: <http://bit.ly/Kcg6lO>

2nd Annual Seed Swap & Share

The Vashon Seed Savers are hosting our Second Annual Seed Swap and Share! Sunday, January 19th 3-5, Vashon Maury Island Land Trust Building.
Save Seeds and want to swap? Have extra package seeds you’ll never use and want to share? Need Free Seeds? Want to hang out with a fun group of gardeners and farmers who love seeds? Come on down to Vashon Seed Saver’s second annual Seed Swap and Share!
We welcome people new to seed saving as well as experienced seed savers who want to share and connect. If you have seeds to offer, please arrive promptly at 3 so we can get your offerings out! If you bring homegrown seeds, please label them as best you can with common name and variety, latin name, the year you collected the seeds, and any extra information you want to share. Also, feel free to bring seeds left in a seed packet that you can’t or won’t use.
At 3:15 we will have three Vashon Seed Savers tell the story of their seed. They will talk about what they brought, how they saved the seed, and what they liked about the variety.
The Swap will begin at 3:30.
Don’t miss this chance to discover new seeds and friends!

Grief Support Group

Providence Hospice of Seattle Grief Support Services is offering a 6-week support group for those who have experienced the death of a loved one in the last 2 years. This group will meet on Vashon on Wednesday evenings beginning January 15 through February 19th, from 6:00 – 8:00 p.m.
This is a closed group and registration is required. Please contact Jane Fleming at 206.749.7704 for more information and to register. Space is limited.

Vashon Island Marijuana Entrepreneurs Alliance Meeting

January 28th, 2014
6:00pm - 7:30pm
Vashon Island Grange Hall
10365 S.W. Cowan Road
A review of the latest developments and opportunities.
www.vimea.org

Water District Meeting

At our last regular meeting, the Board of Commissioners of Water District 19 called for a Special Meeting to be held on Thursday, January 23rd, 2014 at 10:00 AM here in the district’s board room. The purpose of the special meeting is to continue discussion on policy changes and other business as necessary. Water District 19, 17630 100th Ave SW.

Next Edition of The Loop Comes out Thursday, January 30

Deadline for the next edition of *The Loop*
Friday, January 24

Support Vashon School Levy

I hope that you will join us in supporting the school district’s four-year renewal levy on February 14.
This is a Maintenance and Operations (M&O) levy that is critical for our school district as it makes up approximately 23% of the annual operating budget. A few of the important ways the operating funds are used are for Advanced Placement courses, as well as for other special needs like pre-school and Student and Family Link; professional development in Mathematics; and for the adoption of new Common Core Standards.
This local M&O levy supplements state and federal funding and student fees. It is totally different and managed separately from the construction bonds and levies. Passage ensures lower class sizes and provides for a wide array of important electives such as band, art, drama and debate.
This is not a new tax. It merely replaces the operation levy that we support every four years.

May & John Gerstle

Youth ministry fundraiser

Vashon Island Community Church is going to be doing a fundraiser for our youth ministry on the 19th of this month at Saucy Sisters pizzeria. Come on out to support Vashon Island Community Church youth ministry at Saucy Sisters pizzeria, 12:00pm to 4pm!

Labor of Love Auction is Back!

The Labor of Love online auction to benefit Vashon Community Care is returning. This much-loved Island tradition, where Islanders bid on items or services that are made or performed by their Island neighbors, will run for two weeks, from February 12 – 26, 2014.
VCC is seeking donations of services and items for the auction. You can donate directly online at www.LaborofLoveVashon.org. Or you can pick up a donation form at VCC. Services and items that have been donated in past years range from homemade cookies to ethnic dinners for eight, tractor work to garden tours and knitting lessons to kayaking lessons.
Don’t miss out! Donate your item or service now and become part of this fun Island tradition while helping to support a great cause. All proceeds from the Labor of Love Auction benefit the residents of Vashon Community Care. The bidding will commence at noon on February 12th!



Adopt A Cat Day!

Vashon Island Pet Protectors
Saturdays 11:30-2:30
Our VIPP Shelter is open for adoptions every Saturday.
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The Vashon Loop

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We reserve the right to edit or not even print stuff.

Masters Tell Tales at the 7th Annual Storytelling Festival

By Stacey Hinden, Executive Director, Vashon Wilderness Program

Storytelling is inseparable from human life. For generations, we have been telling story - be it around a fire to convey lessons for survival; at the dinner table to relay a funny happening from our day; in line at the grocery store to share a recent discovery; or snuggling up in the dark night to whisper a bedtime tale of wonder. We all love stories. Especially those conveyed with words that tug at our senses. When we “listen” with our ears, eyes, nose and skin, we not only stir our imagination, but activate our body’s unconscious yearning to transform the pedantic and take flight into sensuous realms of magic, myth and hero.

This February 1st, masterful storytellers Allison Cox, Merna Hecht, Steffon Moody and Gene Tagaban will delight your senses at the 7th Annual Storytelling Festival, held at 4pm at Vashon’s Open Space for Arts & Community. The StoryFest helps raise money for the Vashon Wilderness Program (VWP), which provides nature immersion experiences for youth ages 4-17 from Vashon and surrounding Puget Sound communities. More than 500 youth have been transformed through Coyote Mentoring, VWP’s approach to deep nature connection mentoring which has been touted by award-winning author Richard Louv as “... good medicine for nature deficit disorder.”

Allison Cox is an internationally known storyteller, and is passionate about using stories to heal. She is a founder and current coordinator of the Healing Story Alliance (www.healingstory.org) and edits their journal Diving in the Moon; Honoring Story, Facilitating Healing. She is also a co-editor/contributor to The Healing Heart books on storytelling for encouraging international, community and personal development. Allison shares her stories both locally and internationally, and for more than 20 years while working for the local health department, shared tales that encourage healthier lives with community members of all ages. Allison has lived in the woods of Vashon Island for 22 years, where she has had the honor of having many trees and animals as her neighbors.

Merna Ann Hecht is a poet, essayist, teaching artist and nationally known storyteller. She is a recipient of the National Storytelling Network 2008 Brimstone Award for Applied

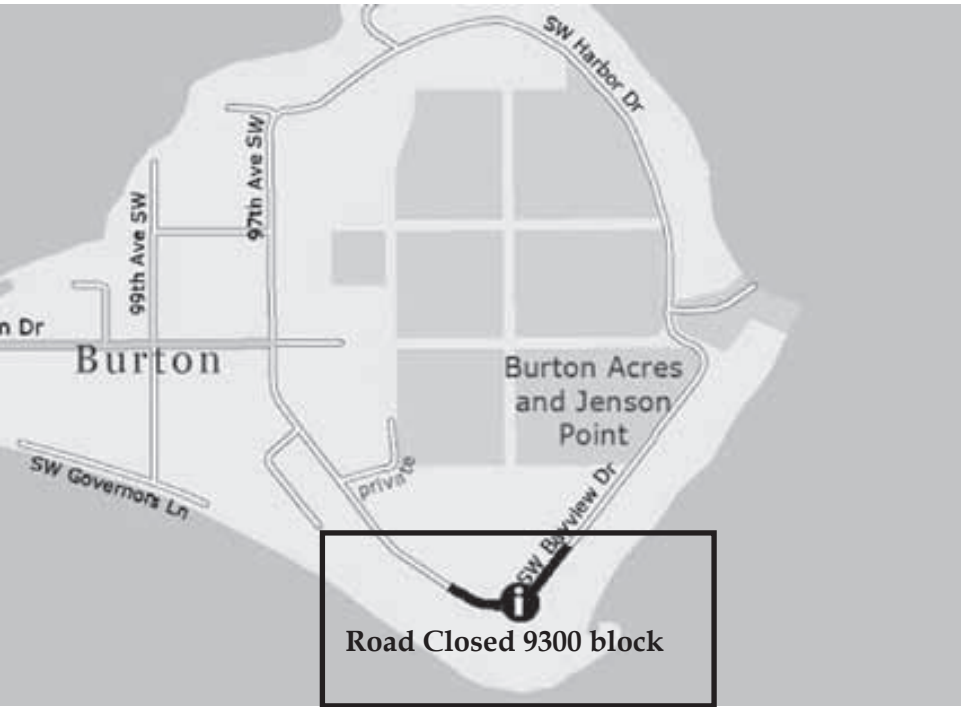
Storytelling. Merna founded and co-directs the Stories of Arrival Poetry Project with refugee and immigrant youth at Foster High School in Tukwila and she teaches creative writing, arts and humanities at the University of WA, Tacoma. When not in the classroom she can most often be found in her kitchen indulging her passion for canning and baking or in the garden of the small blueberry farm where she has lived with her husband Rob for nearly twenty years.

Steffon Moody is a Character Actor and Physical Comedian, who has entertained audiences professionally for the past 25 years. He is also a writer, director, musician, designer and,..... storyteller. He is a founding member of the UMO Ensemble, a performer with Room Circus Medical Clowning, and manager of Chameleon Performance.

Gene Tagaban, “One Crazy Raven” is an inspirational speaker, performer, and storyteller. He is a board member and trainer for the Native Wellness Institute. He has been a featured teller at the National Storytelling Festival in Jonesborough, TN, Kansas City storytelling Festival, the Bay Area Storytelling festival in Berkeley, St. Louis Storytelling Festival and the Singapore International Storytelling Festival. He can be seen on Northwest Indian News and the Native Entertainment Network. He is also featured in the films “Shadow of the Salmon” and Sherman Alexie’s “The Business of Fancydancing.” He was honored to perform with the Dalai Lama in the presence of an audience of 16,000 children at the “Seeds of Compassion” gathering in Seattle. WA and the Nature Conservancies 50th anniversary with Jane Goodall. Gene’s foremost passion is teaching. Using his gift of storytelling, dance, and music, he travels across the country performing, presenting, and facilitating workshops on suicide prevention, empowerment, leadership, relationship-building, communication skills, self-awareness, spirit and honor to participants of all ages.

Tickets are \$50/family, \$20/individual and include a complimentary light meal of soup, salad, bread and dessert. Available at Vashon Bookshop (after Jan 15th) and brownpapertickets.com For more information, please contact the Stacey Hinden, VWP Executive Director at stacey@vashonwildernessprogram.org

Road closure on Burton Loop



County crews plan to completely close SW Bayview Drive in the 9300 block for a drainage project starting 8:30 a.m. Wednesday, Jan. 15. The road is scheduled to remain closed and traffic detoured until Friday, Jan. 31. Refer to map for a visual exact location

Count Shows Decline in Grebes



By Ed Swan

Photo by Jim Diers

On Sunday the 5th of January, the Vashon-Maury Island Audubon Society held its sixteenth Christmas Bird Count (CBC). We’re still adding up the numbers, so the final word isn’t in, but so far it looks like it was a fairly normal year. Some bird species were up slightly and many seemed somewhat but not excessively down. There were a number of fun and exciting highlights and one big lowlight: Western Grebes showed an all time, disastrous low.

Most of the fun and exciting highlights featured birds that we don’t see so often or every time on the count. The Vashon South section saw one of the two Peregrine Falcon found on the count, two Dunlin (a rare in winter shorebird) and Yellow-rumped Warblers. The Maury Island/Tramp Harbor contingent found the Yellow-billed Loon, a very rare species in King County as well as the more usual though fun to see Common, Pacific and Red-throated Loons. They also discovered an Orange-crowned Warbler of which we have many in spring and summer but almost never observe in winter. I found Virginia Rails at both the Portage marsh and the fields around Monument Road for the most locations and number of rails on the count in sixteen years. The Quartermaster Harbor group totaled five shorebird species, which is pretty amazing for winter on Vashon, and 303 Bufflehead, the highest total for a single section of the count ever for Vashon. The Vashon North section also spotted a Peregrine and an Orange-crowned Warbler and picked up the count’s only White-throated Sparrow and Western Scrub-Jay. The Scrub-Jay is a big white and blue jay that’s been visiting the area

of town between Kathy’s and Vashon Commons.

Unfortunately, we saw only 43 Western Grebes, the lowest count ever for the Christmas Bird Count. Sadly, it doesn’t appear that this was just a bad day. Observers throughout out the fall and early winter reported groups of only half a dozen and once a flock of about 20. Counters noted one group of 42 in the usual area of Quartermaster Harbor and only one off Maury Island. In most years, small groups are seen around the Island, a big group in Quartermaster Harbor and a medium to big group in Colvos Passage.

Continued on Page 6

Sophie Needs A Home...

I like people, even ones I’ve just met, and let them know by purring and talking. I follow my foster mom around but at the same time, I’m OK being left alone all day. Although I’m all grown up, I still love to play. When I’m in the mood, I look for my foster mom, get her attention and then run to the room where my favorite toy is. Sometimes I have to repeat the steps a couple times before she gives in (but it’s worth it).



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Island Life Reset

By Peter Ray

For some reason, our phone service has become a mere shadow- or perhaps since it is sound we are talking here, a distant echo- of its former self. Where once we could talk away in the comfort of our home, racking up air minutes and microwaving our brain cells with nary a problem at all, now all of a sudden on a regular basis those curious bits of dead air one hears after one has completed their current contribution to the conversation have been followed by a few beeps and then nothing. Going outside and away from underneath the metal house roof seems to have little or no beneficial effect. And besides, at this time of year, who wants to step out from underneath any type of protective cover, especially when a few short weeks ago that type of action was never necessary? Of course, in Wendy’s numerous conversations with our gab fest provider, she has been informed that there is indeed nothing wrong. This type of response from a camera company (I complained about a noticeable lack of sharpness from a camera I had just purchased and was informed that this lens and image quality was within their specs) resulted in my returning the camera and continuing to delete all online ads that pop my way before opening them. I can sometimes relinquish control of the horizontal and the vertical, but being told that a life out of focus is a life worth accepting doesn’t work for me.

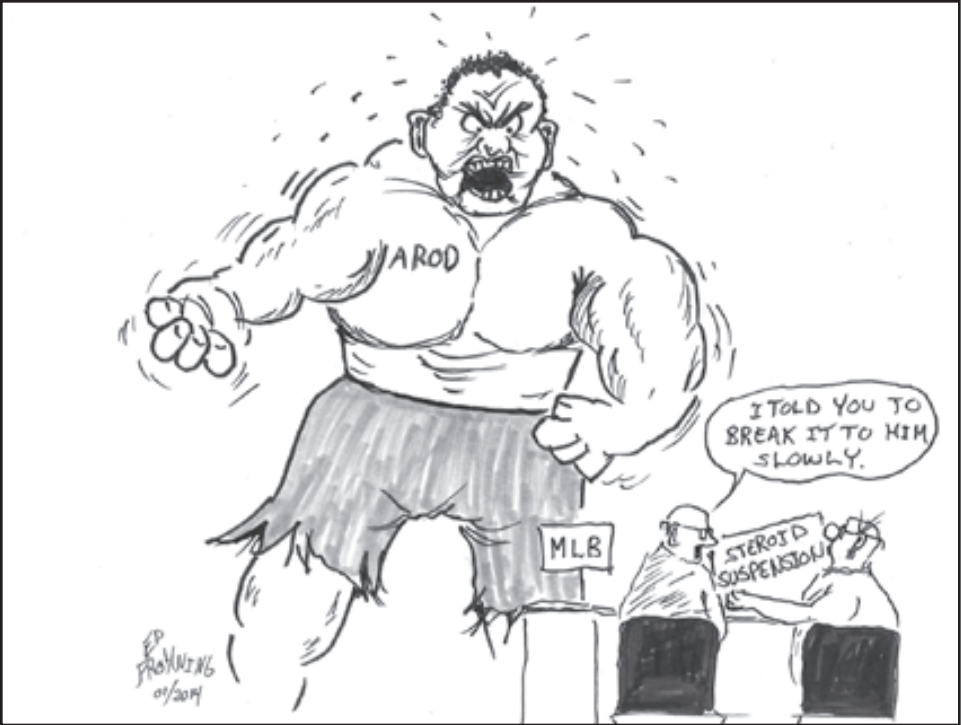
After a number of further calls to the provider (one has to love that term) and many more dropped calls at home, they elected to do the American thing: send us a patch kit. In this case it arrived in a plain brown cardboard box and consisted of yet another electronic device with lots of blinking colored lights and a remote sensing device with requisite coil of black coated cable for good measure. Wendy plugged it in and it blinked and blinked and the calls kept on dropping, so I did the google thing to find some relevant instructions, as it of course came with none. I turned it on and off a couple of times and the same wrong lights continued to blink. I read that the remote gps sensor might need to be tethered out and away from the device with the coil of black cable, so I did that only to see the wrong lights carry on in the way they had become accustomed to. And then I saw that five letter word on the electronic page: reset. This kind of connected with a diagram indicating the location of a small hole in the back of the device with the graphic of a paperclip bent (literally) on penetrating its void. This was followed by my usual response to situations similar to this which generally consists of one word followed by an imagined or inferred question mark. That response would be: really?

I realize that Apollo 13 was saved from disaster on its journey to the moon

by American Ingenuity, duct tape and a prayer. But one would think that some 40 or so years onward from this outerspace adventure, that the necessity for locating a paperclip (in an increasingly paperless world) in order to perform a sometimes vital function that might jumpstart and revitalize an impressive chunk of high technology, would be considered to be some kind of a joke or a last ditch, duct tape type of solution, instead of the go to panacea as described in the operator’s manual. In fact, I know that we can and have done better in this regard. On the back of my twenty dollar bike computer, which tells me speed, distance, maximum speed, elapsed ride time and ambient temperature, there is a button one can press to reset the whole thing, except for the accumulated mileage. This is perhaps because the designers understood that riders do not normally include one or any paperclips in their list of saddlebag roadside emergency objects, nor do they want to waste time scrounging for the elusive paperclip in order to reset the computer before heading out on the next ride.

One might assume as well that this intentionally low tech solution is one way of exhibiting pride and self assurance in electronic craftsmanship and plastic part assembly workmanship. It might be a way of saying, “ we stand by our product- but if for some unforeseen reason something might go horribly wrong, a simple snipe or scavenger hunt for a bent paperclip will not only set you on the right path to smooth and trouble free operation of this device, but it will also get you up off your ass- exercising and taking direct responsibility for a positive outcome on the day.” There is also the side of electronic engineers everywhere, or at least the few that I know, who crave low tech solutions to high tech problems. As has been mentioned here in the past, on any number of occasions I have been saved by the bigger hammer advice of a friend who designed one of Eric Clapton’s guitar amps, and any number of rock and roll sound altering gadgets. Another car guy buddy has given similar advice for electronics in cars. A few good whacks to sides of a couple of misbehaving television sets have served to restore a missing picture until it didn’t. This extended the useful service period on these items for a number of years, and just at the cost of some satisfying raps to a plastic TV chassis.

And a foot long section of half inch rebar was all the extended warranty I needed to prod a troubled alternator into starting my truck one more time, a number of times over. So, I don’t know, maybe I have no reason to whine about having to find a paperclip to inspire any high tech device to try once again. As it was, I poked this reset hole with the nearest narrow object I could find- the straight pin part of a cheap but brightly painted, tin dragonfly broach. And guess what? Houston, we no longer have a problem.



A Gal Named Spock

By Orca Annie Stateler, VHP Coordinator

The first daughter of matriarch Skagit (K13), she was born in 1986. She has three siblings and a nephew: brother Scoter (K25), born 1991; sister Deadhead (K27), born 1994, and her son K44, born 2011; and brother Cali (K34), born 2001. She has a tall dorsal fin for a female, and researchers thought she might be a “he” until – surprise – Mark Sears and I saw Spock (K20) in Colvos Pass with her newborn son Comet (K38) on December 22, 2004.

Spock is one of my favorite gals in our endangered Southern Resident Community. I have numerous fond memories of her, dating back to 1992. One halcyon evening that summer, I watched a superpod in Haro Strait from the west side of San Juan Island. I perched on the rocks south of Lime Kiln Park, at the edge of the water. Young Spock (K20) and Cappuccino (K21), both six years old at the time, socialized and luxuriated in the nearshore kelp with their K Pod relatives.

I was babbling to the orcas – with words and sounds that I would deem silly two decades later -- when wee Spock spyhopped, eyeing the shore. A woman standing next to me exclaimed, “That whale just looked at you!”

I do not presume Spock was looking at me; however, that proved to be the first of many encounters I have had with K20 and her gorgeous family where she was close to shore – on Vashon and on San Juan Island.

Spock is a regular in photos snapped at Point Robinson. I marvel at how many pictures I have of her and her K13 matriline, sent to me over the years. When K Pod visited on January 5, K20 and her close relatives were the whales most-photographed from shore.

Grandma Skagit (K13), now 42, and her offspring often exhibit remarkable behavior. I have photos of them sharing a chum salmon in 2007, as well as several images showing the beautiful bellies and inverted tail slaps of Spock and her kin.



A plausible explanation for why a barbed dart remains lodged in the dorsal fin of Scoter (K25) is that another orca knocked off his satellite tag. A member of his close-knit, extremely tactile family -- perhaps his sister Spock -- likely removed the foreign object.

Odin and I had a productive encounter with the Ks on January 5, observing them along Maury Island and into Dalco Pass. I speculate that they finally traveled through Dalco and Colvos Passes before dark because Transients were not in the area. On an otherwise stellar day with our beloved Kéet, intrusive boaters tarnished the experience slightly.

The orcas were noticeably more relaxed after the boats left. At sunset, they rendered a striking vision in the lavender sea, logging and gently slapping their flippers and flukes. If history is any indicator, we will not see them again for many months. In 2012, K Pod departed Island waters on December 29 and did not return here until December 1, 2013. I said goodbye to Spock and her relatives as they made their customary winter farewell loop around Vashon-Maury.

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.



Spock (K20) and her brother Scoter (K25), September 2013. Photo by Josh McInnes, working under research permit.

History project for 4th & 5th graders

The Vashon-Maury Island Heritage Association is sponsoring a history project for 9 to 11 year old or students in 4th or 5th grades. Projects, due April 11, will focus on island history and may take any form. To help students think about how to approach their projects, the Association is sponsoring two workshops. The first, Saturday, February 1st, held from 1 to 3 p.m. at the Heritage Museum is free, offered by Susan McCabe, and will focus on conducting interviews. Call the museum at (206) 463-7808 to sign up. Please see the Vashon-Maury Island Heritage Association website for additional information.

Spiritual Smart Aleck



By Mary Tuel

All I Can Say Right Now

So what do you say the night after your husband’s funeral? What do you write about?

What a beautiful service it was, and how many people it took to make it happen – incredible.

How I thought I had presence of mind at the service, but afterward I realized I went through the whole thing in a daze.

How I was hugged by more people in one day than I ever have been in my life.

How proud I am of our sons, JD and Drew, and my granddaughter Allysan, and the parts they played in that beautiful service. It was tough for them. It was tough for all of us.

How wonderful it was to hear my friends sing, “I’ll Fly Away,” one of the first songs I sang with Rick over 40 years ago.

How outrageously good the sailor who played “Taps” was. Instead of falling to pieces as I’d expected to at that moment, I stood there completely transported by the beauty and art of how he played.

How I drove by the church for the first time tonight and said, “Hi, Rick!” and realized I could do that every time I drive by.

How very strange it is to think that he has been gone for two weeks. I don’t believe it’s real yet. I didn’t believe it as I watched the dirt going into the hole where his ashes were placed, and said so to my god-daughter, Maggie, who was standing at my side holding me tightly.

How great it is to remember Rick stories, such as the time a piece of my cutting board broke off, and when I told him what had happened, he said, straight-faced, “The piece of the board be with you.” Liturgy joke.

The time I asked him, “Do you have cotton balls?” and he replied, “Do I look like a teddy bear?” He said his father pulled that one on him when he was

young and he’d been waiting 30 years for someone to give him the straight line.

How a friend gave one of my sons a little urn to contain some of his father’s ashes, and when he opened it, he found it already had some ashes inside. Oops. Returned the ashes to their proper custodian this evening.

How long ago I heard a superstition that whenever you find a penny, someone who has died is saying hello to you. This was a great comfort every time I found a penny after my mother died years ago. You can believe it or not.

Here comes the “too much information” part:

After Rick’s service last night, at 2 a.m., I got out of bed to go to the bathroom. As I sat down, I felt something slip down my back and heard it plink into the toilet. I stood up, and there was a penny lying in the water.

I had to laugh – I can’t prove anything, and I’m sure there is some real world explanation for how a penny got stuck to my back and then fell off at that moment, but that greeting in that way at that moment definitely fits in with Rick’s earthy sense of humor, and it definitely cheered me up, and I’m sure that all the things we don’t see work through the things we do see to speak to us.

How much I and the rest of my family appreciate the kindness, and love, and generosity, and care that have been shown to us by so many people. Early on it occurred to me that what really counted was people showing up, and dozens, hundreds of people have been showing up the last two weeks, and it has made all the difference.

How I wish I could sleep through a night. Oh well. Maybe someday.

Thank you to all of you. And blessings, and love, and hugs. You rock.

Robert Burns Day Chorale Celebration

Robert Burns Day Chorale Celebration with whateverandeveramen.

Favorite son and bard, eighteenth century lyricist Robert Burns is widely regarded as Scotland’s national poet. He is most recognized through his poem and song “Auld Lang Syne,” often sung at New Year’s celebrations across the world, and by “Scots Wha Hae,” the unofficial Scottish national anthem. Burns Suppers occur worldwide on Roberts Burns’ birthday, January 25, celebrating both Burns’ legacy and Scottish culture in general.

To mark Robert Burns Day, VAA hosts project-based Seattle choral ensemble whateverandeveramen. (w&ea.) to lead a lively evening of Burns songs and other traditional Scottish and Irish drinking songs. The group’s name is borrowed from a lyric and



album by singer-songwriter Ben Folds, and is reinterpreted as a statement of reflection and nondenominational faith--“that whatever challenges may come, life will find a way to work things out.”

Founded in 2012 by choral conductor and UW doctoral candidate Brad Pierson, the irreverent goal of w&ea. is to create approachable choral concerts of artistic merit that invite audiences to participate in singing rather than sit as

spectators. Through these fun and casual events, w&ea. hopes to initiate a whole generation of people to the positive experience of group singing.

Audience members need no prior singing experience, and the w&ea. singers will teach the songs throughout the evening. While traditional Burns Suppers are very ritualistic with a specifically set order of events, we will dispense with tradition (and the haggis) to focus on song. This is a 21+ event--to sate our thirsty audience of singers, beer has been generously donated by Vashon’s own Cliff’s Beer!

whateverandeveramen.
Robert Burns Day Celebration, Saturday, January 25, 7:30 pm. Vashon Allied Arts Tickets: \$12 Members/ Seniors, \$16 General. This is a 21+ event.

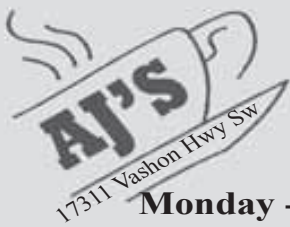
Special Thanks:
VAA is grateful to Cliff’s Vashon Brewing Company for generously donating beer for our event!

Count Shows Decline in Grebes

Continued from Page 4

Western Grebes used to form large rafts of birds in Quartermaster Harbor every winter, hanging out mostly in the middle of the outer harbor between Dockton and Shawnee. Dan Willsie performed censuses in the 1990’s, finding upwards of 5000 birds in Quartermaster. When the Christmas Bird Counts started for Vashon in 1999, the winter population was already down to 1600. The CBCs since document a steady decline, though over the last four to five years the decrease stabilized to 100-200 on Quartermaster with another 200 or so in Colvos Passage. Vashon’s decline mirrors the decrease in Western Grebes throughout the Puget Sound region. The species’ winter population fell 95% since the 1980’s. Studies indicate that these lower numbers reveal an actual decline in the overall population as well as some birds from the Puget Sound area now wintering farther south.

If you have a question about Vashon birds or an interesting sighting to report, email me at edswan@centurytel.net or call at 463-7976. My new second edition of The Birds of Vashon Island is on a ship as I write and will come into the Port of Seattle January 24. You can order one now directly from me by emailing me or visiting my website www.theswancompany.com. I’ll be signing and personally delivering books in the first week of February.



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Aries (March 20-April 19)
You have made your point; you don't have to make it again, especially if it means in any way jeopardizing a relationship with someone who would be happier to cooperate with you than be your adversary. The theme of the next few months is that people will tend to become what you make them. You cast them into the role that you play, so it would be helpful to view the people around you in the most benevolent light. Look for opportunities to collaborate and take any chance you get to defuse potentially hostile situations and let any petty matters fizzle out. You currently live in a somewhat reactive psychic environment and it's essential that you understand this thing known as projection -- seeing things as you are, rather than as they are. Therefore, be friendly, spread good vibes and see how the universe responds to you.

Taurus (April 19-May 20)
The thing to learn is how to say yes and no, and mean what you say. Human consciousness runs on a binary system, involving affirming and denying. If you look around, you'll notice that many, many people lack a clear yes and a clear no. I suggest you observe yourself for a few days and see how you do -- are you truly clear about asserting to yourself and to others what you want and what you don't want? Notice the emotions associated with these two basic positions, which do nothing more or less than guide you through your life. As you get clearer, you will start to have more faith in yourself. You will trust what you know with greater clarity; you will feel less confused; you will have a different sense of the future. Indeed, you will begin to believe that you actually have a future.

Gemini (May 20-June 21)
You're about to resume thinking for yourself, after a brief hiatus of filtering your thoughts through someone else's priorities. It's not that their priorities are wrong or lack a basis in truth; rather, you know what is right for you and you have had more than enough input from others. At the moment you seem to be working out a set of sensitive details involving an intimate relationship or business partnership, and to do this effectively you need some detachment so that you can think more objectively. One temptation you might have is to proceed from weighting one person's point of view too heavily to losing yourself to some form of group consciousness, and I suggest you make sure that you maintain your clarity and your independence from that as well. Stop asking people what they think; stop asking for advice or validation. You have all the information you need.

Cancer (June 21-July 22)
You can unravel a riddle in a relationship, but it seems to be doing that by itself a little more every day. Pay attention as this happens and you'll learn a lot. There's no sense picking a lock when the door is already open. There's no need to make anything more complicated than it is. Yes, people sometimes reveal themselves in curious ways, and once things are sorted out, what you're likely to discover in the end is that their motives and needs are pretty simple. I suggest therefore that you start from that premise, and not be too enamored of any seeming complexities, or of your own insecurities. You will be doing a lot of getting emotionally confident this year, and you're going to learn this one situation at a time; you will learn to trust one person at a time, and come out discovering that you trust yourself.

Leo (July 22-Aug. 23)
You're getting more accomplished than you may think; I know it's difficult to discern whether you're actually making progress, treading water, sliding backwards

or some combination of the above. The phrase 'getting more accomplished' is a pun -- you're indeed getting better at what you do, though mastery is not always evident to the perception of the one who is developing the skill. Your astrology suggests that you're re-learning something you had already developed long ago, or going to a new depth of cultivating a talent that you usually take for granted. Part of the story involves how you structure your time, and how you work within an organization. Go back to the roots of the story, remind yourself the total history and see what you discover.

Virgo (Aug. 23-Sep. 22)
Over the next few days you will have a series of opportunities to assert your leadership and your intelligence, though the most significant thing you'll be tapping into is your creativity. Yet the true artistry of the moment is taking an inspiration and conveying it into something practical and immediate, designed to address a current problem. I'm not talking about art for art's sake, but rather the use of innovation for the purpose of getting something done, solving a problem or initiating a discussion. You may find yourself in the role of facilitator, and if you can focus the energy of a group, you will find that you solve the problem a lot more quickly. But you're the one who will seed the group with the idea that it will grow and crystallize. Don't wait for it to come from someone else. At the moment, you're the one with the fire in your mind.

Libra (Sep. 22-Oct. 23)
You seem to be working out some deep insecurities, or grappling with self-doubt. Yet I would suggest that what's really happening is that you're letting go of some issue that's been pestering you forever. This seems to involve whether you really need someone else to 'make' you feel safe and secure in the world, whether you can do it on your own, and what you need in order to do so. This is an excellent time to question the emotional influence that others have on you, or rather, that you seek and strive for. You need to know when you're being overpowered, or giving up your power, so that you have a basis for choosing to do something else. This is likely to involve your family. Do they really help you feel safer on the planet? Do they encourage you to go beyond your self-doubts, or make you wonder when you'll ever get around to getting over them?

Scorpio (Oct. 23-Nov. 22)
You have no need to consider anyone, or any idea, a threat. It's true that some influence is trying to undermine your thinking about something, and it's also true that you may be frustrated trying to get anything done, hampered mainly by some challenges focusing. You can afford to slow down and think strategically. Retrace your steps and think about three or four moves ahead. But mainly, don't let anyone undermine your confidence by offering a suggestion or an idea different than you might have come up with yourself. One of the most helpful roles others can play in your life is to do just that. If anyone seems to get under your skin, it's likely to be because they have said something you were already thinking. While you may not have the answers right now, you definitely have access to the right questions.

Sagittarius (Nov. 22-Dec. 22)
You may be looking right into a blind spot. That is to say, you may be looking at something and seeing nothing, or seeing in an inaccurate way. We all know about the blind spot in rearview mirrors; you think you've got a full view but there are hidden areas. The one I'm describing is not rearview but directly forward view. Someone may have a point of view that you're not seeing, or that they are intentionally concealing.

Someone close to you may be acting on incomplete or inaccurate information. I suggest that you suss this out gently, but with full intention. Determine what the people close to you believe and find out their motives for doing so. While you're doing that, be aware that it's not a good idea to follow people whose point of view you have not examined closely.

Capricorn (Dec. 22-Jan. 20)
You're getting to know yourself in a new way, and I do hope you're interested in what you're learning. You may be sick of the past, questioning the past and/or living in the past. Yet what you're learning involves getting to the bottom of emotional attitudes and values that are very much a product of your conditioning, but which you have not fully evaluated your commitment to. Once you do, it will be abundantly clear what you want and what you don't want; what is a positive influence and what is a negative influence. However, as you go about making up your mind what to do about this, beware if any guilt slips into your thinking. Guilt is evidence of control mechanisms that are leftovers from childhood. You are not betraying anyone by making up your own mind about how you feel. If anyone cares, remind yourself that your values are your business.


Aquarius (Jan. 20-Feb. 19)
It seems for weeks you've been trying to figure out how you feel about something, and you're about to make that discovery. It's so obvious you might be wondering how you missed it, but that seems to be a theme

of your life lately. You can keep this process going and make the next week a celebration of the obvious. Part of the obvious that you may not have noticed are the relationships between many factors in your life that you previously thought of as separate. If you make up your mind that you're beyond a growth stage where compartmentalization is helpful at all, you will embrace the connections between circumstances, people and influences. You are the one thing they have in common, and any attempt to divide 'them' up is really about dividing yourself; the recognition of unity in the world around you is the acceptance of your own integrity.

Pisces (Feb. 19-March 20)
If you need something, you know the person from whom you can get it. If you have an idea you want to manifest, you have the resources to make it happen. You're in a moment of extraordinary manifestation power, so the most significant thing you can do is identify your needs and desires, and articulate them to yourself clearly. Your chart is making an interesting point, something I've learned to consider any time I remember, which is that you may already have what you think you need. So before you go seeking and striving, look in your home, close to home and among the people that you know and love the best. In many ways 2014 is a time of reclaiming; a time of receiving; and of remembering. You need less than you think and you have far more than you know.

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

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Positively Speaking

Losing the Ring and Finding Miracles

The 8:00 miracle was discovering the winter schedule had gone into effect. Instead of ‘maybe gonna make it’, for the 8:40, I was checking emails waiting for an 8:55.

Sometimes the miracles were what we would call ‘small’; a toddler who typically springs for freedom once we hit the porch suddenly reaches up for my finger and stays in step with me. Others were large. The tow truck driver tells me there is no damage to the undercarriage after he lifts the car out of the lawn beside the driveway that had no edge. There is exactly eighty dollars in my wallet needed to pay him. Saying ‘oh well’ and letting it go after you’ve forked over your gas, cat food and dump run money and then two days later the 12 noon miracle is finding an twenty dollar bill in your wallet you hadn’t seen before. I can take the ferry to church. That night I find I will be reimbursed for the tow charges.

A miracle an hour everyday for twelve hours of daylight for a year. That was what I asked for, demanded.

It all started the Thursday before the Tuesday I made the vow to expect, recognize and receive a miracle an hour for all my waking hours.

The crease near my knuckle on my right ring finger where I’ve worn the 2.5-carat CZ diamond since May 26, 1998 belied the ability for anything to slip off. But apparently losing 42 pounds and two sizes was indeed enough for it to slide into oblivion. As I stared down on the much lighter finger, I couldn’t believe it was gone.

That ring meant a great deal to me, far beyond any financial value. As my girlfriends and male friends were diving headlong into new relationships they hoped would lead to matrimony after their divorces, I promised myself I wouldn’t go that direction until I had figured out what was wrong with me that I continually gave myself over to incredibly needy, yet charming children and adults who used me as their alter egos.

May 26, 1998 was to have been my 25th anniversary and I was to have been on a cruise somewhere. Instead, I was sitting at Zoopa’s at Northgate with my youngest daughter.

That’s when I bought the ring that meant I was going to focus on my faults, my part, introspection, reflection and repentance. That’s some pretty hard-core deep living. I never wanted to be in that kind of marriage again or go through divorce. Delving inward was the price I was going to have to pay. The ring would remind me.

Now, sixteen years later, I searched for it not knowing how I felt about losing it. How would I remember to search myself?

I looked again when I got home. Apparently my six-year-old friend had the best solution. ‘The Gnomes took it!’ she stated matter of factly. I let it go.

The next day, a Friday, an interesting thing happened. I observed, when I looked at my finger, I no longer had any condemnation for myself. I didn’t have a, “You are so a person who doesn’t get it” thought breeze through my brain and heart. Instead, I felt freedom and confidence and fearless initiative. I was focused on the present.

Dear Readers, it may be if you are a person not accustomed to loss, any moment of ‘suddenly less’ will stop you in your tracks and send you into a vortex of confusion. I, a person who is more accustomed to loss than acquisition, will share a most momentous epiphany raised from my naked finger.

Without the sparkly reminder to go deep, and because of a two year final

By Deborah H. Anderson



exam of a life experience where I taught myself to call crazy, crazy and stand up for myself, I realized I had healed from having a mentally ill Mom who, bless her heart, lived more to control than to love. She had told me it was my job to manage her anxiety. Wearing the ring, I had explored all those internal enmeshments and now that it was lost, I noticed the biggest epiphany yet. I had healed.

By Tuesday morning of the next week, comfortable with my ringless finger, feeling liberated, I was facing anew a set of life challenges that seemed impossible.” I need a miracle an hour”, I wrote to two separate friends.

Something mystical took over and I said, “Yeaaaaaa.... Let’s look for a miracle an hour. God! A real thing! I’m holding you to a miracle an hour. And I’m gonna keep track.” Hour one...a miracle... hour two.. another... hour three...the whole day long. They didn’t stop. Money, fresh conversations, new opportunities, affirmations where none were before, miracles, appearing without reason or rationality and way beyond coincidence.

By Tuesday night I felt like I was standing under a waterfall and the spigot would not turn off. I was exhausted from receiving. At the top of each hour, I began a new watch. Each hour there was another, and another and another. I was going to have to increase my ability to receive.

By the weekend, I realized the onus was on me to expect, notice, receive and thank. They were not going to stop coming my way. The past introspections gave way to a new focus; how to build on miracles.

A week later, I found the ring at the bottom of my knitting bag. I held it in my hand. I liked this new way of living. I didn’t want to go back to the old, dark, self recriminating examination. I thought about putting it in a drawer.

I gently put it back on my finger curious about what would happen. My eyes saw a new thing. It looked different. Now, it reminded me of all the miracles, all the sparkly promise in my life, a right heart, a new peace, a love and respect for myself I had not known before. It wasn’t about being married anymore. It was about being alive. Me loving Me.

Miracles are no less hard work to assimilate into one’s life than obstacles or ignorance or internal insights. They are, however, more fun. The ring now reminds me to receive joy and blessing. It says, “You go girl!” . It’s gonna be a heck of a year!!

Love,
Deborah

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A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 10: Convoluted Policy-Making & Autism

by Karen Crisalli Winter
and March Twisdale

Pure science is a beautiful and complex dance of careful planning and unexpected discoveries. But things get truly convoluted when we throw in money, public agendas, politics, media, and liability law. Here’s how.

Before 1900, there were no federal regulations of pharmaceuticals and anyone could manufacture vaccines. Then tragedy struck. In what the newspapers later called “criminal carelessness,” contaminated vaccine batches killed at least 23 children. This led to the Biologics Control Act of 1902. In addition to setting manufacturing standards for many types of medications, the Biologics Control Act put government in charge of safety enforcement and private industry in charge of manufacturing.

Why can you confidently buy a bottle of ibuprofen, and why are tainted batches found and recalled? Because of a vaccine tragedy more than a hundred years ago, and how society responded to the problem.

Another incident, in 1955 drew considerable attention when Cutter Laboratories accidentally released an injectable polio vaccine in which the polio virus was not completely killed. There was no negligence involved and all procedures were followed properly. The polio virus was simply tougher than the scientific knowledge of the time understood. 40,000 children got polio, 200 were paralyzed, and 10 died. In response, the California Supreme Court ruled that Cutter Laboratories was not guilty of negligence, but was still liable for the harm done.

This precedent of “strict liability” would be devastating to the vaccine market. Freed of the necessity of proving negligence, the number of vaccine-related lawsuits skyrocketed. An additional problem was that doctors continued to assure patients that vaccines were absolutely safe, opening the door to lawsuits for “breach of warrantee.”

The truth is that vaccines, like all medical treatments, have risks. There is nothing that can be done to make vaccines absolutely safe. This fact is understood by the scientific and medical communities. There is no debate. And, caring for a single child with severe vaccine injuries can cost millions of dollars. There are 74 million children in the USA. Even if severe adverse reactions are only one in a million, liability settlements for those 74 kids makes it financially unsustainable to manufacture vaccines.

And so, by the mid 1980’s, there were only 3 vaccine manufacturers, and only one manufacturer of the DPT (diphtheria, pertussis, tetanus) vaccine. In 1984, there was such a shortage of the DPT vaccine that the CDC recommended pediatricians immediately stop giving DPT boosters, in order to ensure sufficient supplies to vaccinate infants. Society needed to respond to the problem.

In 1986, Congress passed the National Childhood Vaccine Injury Act (NCVIA), to be funded by a tax of \$0.75 per vaccine. The NCVIA was designed to improve informed consent, stabilize vaccine supplies, improve research on vaccine complications, and protect those injured by vaccines. Additionally, vaccine manufacturers would only be subject to lawsuits for outright negligence. The Vaccine Adverse Event Reporting System (VAERS) was established to improve documentation of vaccine complications, and the Institute of Medicine established a committee to review the literature on vaccine side effects.

But most well-known was the formation of the National Vaccine Injury Compensation Program (NVICP). This program was intended to assist families suffering from a vaccine injury. Further, the pharmaceutical companies are never involved. The general reasoning is that since our society reaps the benefits of a vaccinated population, we also bear responsibility to those injured by vaccines.

Proving a claim of vaccine damage with the NVICP is extremely difficult and requires meticulous documentation. The US government has no intention of paying damages for anything that could possibly be ascribed to any cause other than vaccine damage! On average, it takes 2-3 years to adjudicate a claim after it is filed and approximately two-thirds of cases are rejected. Despite this, the NVICP has paid damages to 3,456 people since 1989. Total costs have been more than \$2.8 billion dollars.

So how does autism fit into the picture? Autism is complicated and virtually undefined. This lack of understanding has presented challenges to the NVICP. Here’s why. Approximately 15 years ago, there were two hypotheses proposed regarding the cause of autism. One hypothesis involved the MMR, specifically the live measles component. The other hypothesis involved thimerosal, a mercury-containing preservative that was used in vaccines. The media firestorm around these two hypotheses led to a temporary but significant reduction in MMR use, a few measles outbreaks, the removal of thimerosal from most vaccines, and an explosion of research into autism. It also led to nearly 5,000 claims being submitted to the NVICP for vaccine-induced autism.

Most of these claims were grouped together into the Omnibus Autism Proceeding (OAP). In 2009, after 7 years of reviewing the research, the vaccine court ruled that the MMR does not cause autism. In 2010, the vaccine court ruled that thimerosal does not cause autism. All subsequent cases arguing that autism was caused by MMR and/or thimerosal would be summarily dismissed.

Was that the final word on autism? Not exactly. Encephalopathy is a known complication of both the DPT and the MMR vaccines. And there are quite a few children who have received compensation for vaccine-induced neurological damage who also have a diagnosis of autism, further complicating the situation. To date, the significance of children who have a dual diagnosis of vaccine injury and autism is a subject of heated debate and intensive scientific inquiry.

This matters because appropriate services for autistic children are expensive and when parents are desperately seeking support for their children, the National Vaccine Injury Compensation Program offers a possible solution. Of course, the NVICP is equally desperate to deny any responsibility for children with autism, because a payout to tens of thousands of children would bankrupt the compensation fund.

When millions of dollars are at stake, human beings tend to have difficulty interpreting science with anything approaching neutrality, even when the science is very clear. And, regrettably, the science is not clear. Thus the continued debate, discussion and research.

Ultimately, the lesson to take away from the past century of vaccine science is this: When we mix together science, money, public agendas, politics, media, and liability law, things get truly convoluted...and the truth can be almost impossible to find.

“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
Email: KarenandMarch@rocketmail.com

Island Epicure



By Marj Watkins

Warm Salad for a Cold Day

Even in Kuching, Sarawak, Malaysia, latitude 1 degree 30 minutes north of the equator, there are days when the sun is at it’s farthest south--like about now--when a warm dinner is welcome. Their hottest time of year is at the spring equinox, with the sun directly overhead, and on through April. In Kuching, and in Singapore, latitude 1 degree 18 minutes north, a warm salad has appeal.

Malay cooks start with raw peanuts. They shell them, toast them and grind them. They send some agile youth up a coconut tree, somehow cleverly open that tough nut, remove and grate the flesh and strain the juice from it. Now they’re ready to start making the sauce and preparing vegetables. My recipe is generously adapted from the recipe in my Malay cookbook, acquired decades ago on a visit to relatives on a mission post then, Dick and Jean Hall. Jean and their cook spend the morning preparing the peanut sauce and the vegetables from scratch. My sauce needs 45 minutes cooking and stirring time, peanut butter and canned coconut milk hasten preparation.

I cooked chicken the evening before, making enough for two meals, and swapped it for tofu or eggs. That’s because I’m an omnivore. I’ve made the sauce with 1/2 coconut shreds and 2 cups or more of water when I had no coconut milk on hand.

PEANUT SAUCE
Makes about 2 cupfuls

- 1 13.65 ounce can coconut milk
- 1 small red onion, or 1/2 large red onion, minced
- 2 Tablespoons coconut fat from top of can
- 1/3 cup Adams creamy peanut butter
- 1/8 teaspoon cayenne or a sprinkle of dried hot red pepper flakes, or 1/2 to 1 fresh red or green chili pepper, frozen and grated into the sauce (wear rubber gloves here)
- 2 tablespoons lemon juice
- salt to taste

Skim off 2 Tablespoons of coconut fat and heat them in a 6-cup heavy saucepan or skillet. Stir-fry the onion 5 minutes, then add the chili pepper if using and stir-fry a couple of minutes more. Add remaining ingredients except lemon juice. Stir-cook until heated through. You can eat it now, or continue to cook, stirring often and thinning with water vegetables were cooked in or hot water, about 45 minutes, until thick. Any time between just heated and 45 minutes, the sauce tastes raw.

Hot Vegetables: Boil and skim out by turns: 2 sliced carrots, 2 peeled and sliced potatoes, 2 handfuls green beans cut in 1 1/2- or 2-inch lengths, 4 cups nappa cabbage (cook just until somewhat wilted). Keep these warm while you prepare the cold veggies.

Cold Vegetables: 2-inch cucumber strips, red bell pepper strips.

For vegans: 1 lb. tofu, drained and cubed.

For vegetarians: 1 egg for each child, 2 for each adult, boiled, cooled, peeled, and sliced.

To serve: Arrange on a platter in this order: Nappa, potatoes, green beans, carrot slices. Ring with cucumber and bell pepper strips. Boiled eggs may be halved or sliced and served on a separate plate. Present the peanut sauce in a sauceboat or bowl with a small ladle.

Road To Resilience

Continued from Page 1

to withdraw from meth. There are known locations from which it is being sold. These “drug houses” are a source of anxiety for those living nearby. The need to pay for drugs tends to outweigh the taboo against taking other people’s property. The burglaries seem to cluster around these houses.

The most immediate problem that Vashonites are concerned about is theft. Because of a very few people, we all have to keep everything locked up, Our first reaction is to ask the sheriff’s department to apprehend these lawbreakers and remove them from our community, although there’s ample evidence that this procedure does nothing to solve the long-term problem. In any case, it just happens that we don’t have that option. The Sheriff came out last year and told us that, although they can sometimes apprehend burglars and recover stolen property, they don’t have the money to make a case to prosecute small time drug sellers or users on Vashon.

As much as we would like to pay someone else to take care of this, it is our problem to deal with. How do we discourage burglaries in the most effective, efficient, and least violent manner? The most obvious solution is some form of neighborhood watch. We keep an eye on our neighbors’ homes when vacant and report anything suspicious. We form teams to drive through neighborhoods to establish the fact that drug houses and potential thieves are being watched. If there is a more positive approach to the problem, we need you to come to the meeting and propose it.

I know that a lot of us value our anonymity, but, in this situation, anonymity, both of the burglar and between us and our neighbors, is a problem. We need to take responsibility for ourselves. It will require that you participate or cooperate in some way to make it work. We need your ideas, so please come out to the council meeting on Jan 27, 7:30 pm at McMurray Junior High. Major Wills from the Southwest precinct of the King County Sheriff’s Department will be there to present strategies that have worked in other places.

Ultimately, we need to do more to stem the causes, but all in due time.

Comments?
terry@vashonloop.com

Why I avoid high oleic oils

By Kathy Abascal

The food industry profits when it can use inexpensive ingredients with long shelf lives. Transfats were added to our foods because they met these criteria while also sounding very healthy. But as far back as the 1950s, evidence began to show that transfats were not healthy but, absent definite proof of harm, they remained in our foods. Some 50 years later, scientists concluded that transfats were unhealthy and had actually caused some 20,000 deaths.

Faced with a threat of an outright ban on transfats the food industry began looking for a replacement and created hybrid seed varieties very high in MUFA, a monounsaturated fat. Today, high oleic-sunflower, -safflower, -canola, -soybean, and -corn oils are promoted as purportedly healthy fats that tolerate high heat well. The food industry is actually excited about high oleics because they have qualities that make them a good substitute for transfats.

High oleic oils come from new varieties of plants. While they are hybrids rather than genetically modified plants, they are created using radiation, toxic chemicals, and techniques that border on genetic modification. Humans have not eaten these new fats for any length of time and this is a red flag for me. I am skeptical of any food that has neither traditional usage nor solid medical research data proving safety. When gold standard medical studies are lacking we rely on the fact that humans have been eating a food or using an herb for thousands and thousands of years to assess safety.

And there is science to support my conservative view: A New York Times article reported that as we hybridize plants to get sweeter vegetables that travel and store well, we consistently trade off one benefit for another. And often what we lose is nutrition. A sweeter hybrid berry is lower in omega-3 fats than an heirloom berry. An apple hybridized to travel well has fewer antioxidants than an heirloom variety. That, of course, raises questions about the changes they are making to the fat ratios in these new high oleic seeds. What other changes occurred in the seed hybridized with radiation, toxic chemicals, and gene silencing. Do we know?

We do not. We do not even know that oils with a really high MUFA content are better for us. The assumption that they are is based on research showing that olive oil (which contains some MUFA) is healthier than margarine filled with transfats. We assume that yet more MUFA




Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

is better simply because we believe that more is always better. It is a problem that we do not actually know that more MUFA is better. A bigger problem is that we do not know what else may have changed in the oils with a higher MUFA content.

Another problem from my perspective is the type of companies creating and marketing these oils. The big players are: Cargill, Archer Daniels Midland, and BASF. The former include two of the big players in the Corn Refiners Association, said to use tactics such as threatening to sue cooperatives like PCC for informing the public of research linking high fructose corn syrup and fatty liver disease. BASF is a German chemical company. I am reluctant to accept assurances from these companies that their new creations are healthy innovations that I should include in my diet.

I distrust the food giants Cargill, Archer Daniels Midland, and companies like BASF; they are ultimately more interested in profits than in my health. I do not believe that these new fats will prove healthy. Remember, we were told transfats were better for us than butter and olive oil. And at least 20,000 people ended up paying for that advice with their lives. The ability of our bodies to process fats is limited and the process is incredibly complex. We need to make sure that any fat in our diet is high quality and will not tax our livers. The food industry now claims that their new high oleic oils are healthier than EVOO. Are you ready to buy into those marketing promises? I am not.

Unfortunately, the health food industry is buying into these claims, just as they originally jumped on the margarine bandwagon. Today “healthy” chips, crackers, cookies, deli salads, and more increasingly contain high oleic oils. Nutritionists at PCC assure us that the high oleics in their deli salads are a good thing. I think it is time for us to take responsibility for our health by sticking with our old tried and true food friends that have sustained us for millennia. We should demand EVOO for our deli salads and, if on occasion a very high heat oil is needed, maybe a high quality peanut oil for the chips and crackers but no high oleic oils of any type.



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Formed from deep within the Westsound Union, Rippin' Chicken plays a greasy brand of funky, bugaloo and soul jazz, executed with creative ease by 3 funky brothers from different mothers who LOVE to play together.

After performing and recording together for the better part of a decade in groups such as, The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the direction of the great Lucky Brown), Rippin' Chicken presents this power-house rhythm section as the center of attention, playing the music they wanna, in a style that is all their own. "



Rippin'

Saturday, January 18 at 8:30pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle
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VAA Family Series welcomes Becoming Bridges



The struggle for human and civil rights in the United States has been marked by courage, persistence and a battle for justice. Broadway Center for the Performing Arts' Becoming Bridges invites kids and families to join in the American story as a multimedia theatrical journey brings the words of Dr. Martin Luther King, Jr., Langston Hughes and many other authors, poets, activists and human rights pioneers to life. Among these accounts is the story of Ruby Bridges, a brave little first grader who helped integrate public schools in Louisiana in the early 1960s, told through performance, music,

songs and video elements. This is the first performance of VAA Family Series 2014. Caspar Babypants performs on February 8 and Book-it presents The Phantom Tollbooth on March 8. VAA is grateful to our Family Series sponsors, 4Culture, Artsfund, R.O. Enterprises, Inc. and Vashon Thriftway, for their support. Family Series: Becoming Bridges Saturday, January 18, 10:30 am, Vashon Allied Arts Single Performance Tickets: \$6 Youth, \$8 Adult. Series Tickets: \$15 Youth or Adult Available at VAA, Heron's Nest, VashonAlliedArts.org

Comedy Night

Continued from Page 1

professionals? Through an elaborate series of blackmails and a failure of due diligence, both Cory Michaelis and Andrew Rivers have agreed to venture out to our twee little island. Cory performs in clubs all over the place and has opened for Louie Anderson, the fat guy. A teacher by day and comic by night, Mr. Michaelis keeps it relatively clean but edgy enough to keep the audience from feeling like they're in a classroom. A teacher/comedian! Nice! We should have thought of that!

Our Headliner Andrew Rivers has put over 140,000 miles on his poor car in the last four years driving from one whorehouse to another. Just Kidding! Driving from one comedy club to another. Wow! That's a lot of shows. Thats a lot of jokes. Thats a lot of driving. Thats a lot of DRIVE. This man (he is a full-grown man even though he looks like a twelve-year-old) is working very very very hard to be very very funny so that he can get paid real money and never ever have to come back to Vashon. We told him Vashon was a big city with lots of television producers and talent scouts, so if you catch his

eye make sure to do that framing thing with your thumbs and index fingers like you're looking through a television camera. He'll be on Conan soon enough and you'll be able to tell everybody you saw him when he was twelve.

Your host for the evening is local gadabout Jim Farrell. He will do whatever it takes to make you feel comfortable without actually touching you. Did we make Mr. Farrell sign a contract that made it explicitly clear that he is not to tell any stories about cannibalism? YES. Is he sorry about that whole cannibalism thing the last time he hosted? YES. Does he have the authority to waive the \$8 cover charge if you let him make out with your wife? NO!

The show starts promptly at 8 p.m. Do everybody a favor and leave your children at home where they can play games and enjoy childhood without being exposed to the profane, difficult, funny, adult art of stand up comedy.

Saturday, January 31 at 8pm. Mature Audience Only! \$8 cover At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.co

One Nite Stand



We all know a OneNiteStand is never enough - you just want more! Well good news, they're back! And they have new stuff with female guest artists who will redefine the local blues scene. This band is 'nothin' but rockin' blues' and you'll say "oh yeah!" when you hear them! Can Blues be this much fun? It is for the players and it will be for you when you join this band of musicians who've been rode hard and put away wet. They're dusting it off and shinin' up nice for another rare gem of a show. OneNiteStand

These musical veterans play their favorite blues tunes and spice 'em up with their own originals. They've all got blues chops, from growling it to flat-out rockin'. Band members are Luke McQuillin, Mike Nichols, Slab Finley, Gib Dammann, Fletcher Andrews and Matt Eggleston. And wait 'til you hear the female singers! Fresh from playing in the local band Avaaza, Terri and Azula will leave you crying for more. This band has been playing for a long time and have musical histories too long to mention here.

Saturday, January 24 at 8:30pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

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Your admission ticket gets you into the fun; bring extra spending money for food and drink provided by the Hardware Store and cupcakes and more! All to benefit an extraordinary arts education program See You at the Circus!

Run Away with the UMO Circus! SATURDAY, January 25! Doors Open at 5:30pm!

Tickets are \$17 for individuals, \$10 students and seniors and \$30 for a family! Tickets available at the Vashon Bookshop and: www.brownpapertickets.com/event/547084



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Chris Brokaw Live

By Stephen Jeong

Singer-songwriter/composer/rocker Chris Brokaw has recorded and toured to international acclaim since 1990, when his New York-based rock band Codeine burst upon the scene, via Sub Pop Records.

Their albums featured a deliberate and experimental style that garnered immediate attention. Subsequently, Brokaw left Codeine to work full-time with Boston-based band Come, who released four albums, toured with Nirvana on their final US tour and accompanied Johnny Depp on a tribute album to Jack Kerouac. After the dissolution of Come in 2001, Chris embarked on a solo career that keeps him on a busy multi-country touring schedule of over 100 concerts per year.

Compelled to perform and write music since he was twelve, Brokaw picked up the guitar and then the drums largely as a self-taught musician. He was exposed to cutting-edge rock music by his father, who had been a jazz drummer. He is driven by the idea that music is capable of accessing powerful emotions,



and he endeavors to create music that is inspiring, intimate and full of surprises.

In addition to his solo career, Brokaw also plays with The Lemonheads, The New Year, Dirtmusic and as an acoustic duo with Geoff Farina. In 2008 he started his own label, Capitan Records, and made Seattle his home-base in 2011. This will be his first Vashon performance.

Chris Brokaw
Saturday, January 18, 7:30 pm
Vashon Allied Arts
Tickets: \$14 Member/Student/
Senior, \$18 General
Available at VAA, Heron’s Nest,
VashonAlliedArts.org or call 463-5131.

Community Cinema Vashon Advance screening of Las Marthas



Community Cinema Vashon, presented by the Independent Television Service (ITVS), Voice of Vashon, Island GreenTech, and the Vashon Theatre, is excited to offer an advance screening of Las Marthas on Tuesday, 1/28 at 6pm. Dating from the aftermath of the U.S.-Mexico War, the annual colonial-inspired Martha Washington Society debutante ball in Laredo, Texas is unlike any other. Las Marthas follows

two Mexican American girls carrying this gilded tradition on their shoulders during a time of economic uncertainty and tension over immigration. Produced and directed by Cristina Ibarra, Las Marthas premieres on Independent Lens on Monday, February 17, 2014 (George Washington’s birthday), 10 PM ET on PBS (check local listings.)

Tuesday, 1/28 6-8pm, FREE of charge.

Vashon Chamber Music



By Rowena Hammill

Vashon Chamber Music inaugurates 2014 with the first of a three-concert series in the visually and acoustically beautiful sanctuary of the Vashon United Methodist Church. Repertoire possibilities are basically limitless; a concert every night still would only scratch the surface of what’s available for small combinations of instruments. The challenge is to find the right mix of pieces and players to make a special evening for audience and performers alike.

In January, we welcome two long-time members of the Seattle Symphony – Laura de Luca on clarinet and Mikhail Shmidt, violin. They will be featured in the clarinet quintet by Weber and a trio for violin, clarinet and piano by Milhaud. Then Mikhail will be joined by series regulars for Shostakovich string quartet

no. 9. In February, Trio Pardalote plays Beethoven’s glorious string trio in Eb, as well as collaborating with composer Wayne Horvitz in a piece for trio and electronics (yes, we play new music, too!). Finally, in May, we end with a crowd and a flourish as, along with trios by Haydn and Schnittke, we present the Brahms string sextet in G major.

Vashon Chamber Music
Sunday, January 19, 7 pm
Vashon United Methodist Church
Tickets: \$18 Member/Student/
Senior, \$22 General
Series B, Sunday evenings
Tickets: \$48 Member/Student/
Senior, \$60 General
Upcoming concerts:
February 23 & May 4
Available at VAA, VashonAlliedArts.org or call 463-5131.

50 Sense Circus

In the tradition of circus, the 50 Sense Circus will bring you thrills and chills with daring acts of skill and ingenuity...but not by ingénues. These powerful performers are in their middle years (40 to late 50’s!) and they will be rocking it with depth of character! Set in the circus ring at Open Space for the Arts and Community, audience members will be treated to a hybrid theatrical circus with triple trapeze, dervish Spanish web spinning, intricate falls on tissu, and banshee-like bungeeing. Not to mention sideshow acts of accordion expertise, strip tease, spoken word, oracle conjuring and roller skate conquering. These seasoned performers have inventoried the stories they’ve been told and are ready to give you their 50 cents on life and death, courage and fear, abundance and scarcity through sneaky deep comedy, visual poetry, and a 50 item “To Do” list. This is a journey led by women in the deep strength of their performing years, who aren’t afraid to let you know that the real price of admission to a great life is the admittance that you are more powerful than you imagine!

Theater maven, Tina La Padula directs the crew that includes, Martha Enson (Enjoy Productions, Teatro Zinzani), Janet McAlpin (UMO Ensemble, Open Space for the Arts), Leah Mann (Lelavision), dancer Sumayya Diop and poetess Storme Webber. The show will be under the musical direction of Linda Severt (Juggletunes, Room Circus). The



band features Amy Denio (Spoot Music) and Marchette DuBois. With invited guest acts including Aviatrix, The Silk Worms, Bohemian Acro and more! Open Space for the Arts, Lelavision and Enjoy Productions are producers of this phenomenal production.

Saturday, January 18 @ 8pm, Sunday, January 19 @ 4pm. Open Space for the Arts, 18870 103rd Ave SW, Vashon, WA 98070

Admission \$15 adults, \$8 children/seniors. Brown Paper Tickets: www.brownpapertickets.com/event/539357, Vashon Book Shop. \$17 adult, \$10 children and seniors @ the door.

Doors open 30 minutes before show time for live interactive sculpture!

Proceeds from the door will benefit DoVE Project

www.vashondoveproject.org/ and Eve Ensler’s 1 Billion Rising Project www.onebillionrising.org/

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**Next Edition
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January 30**

Deadline for the next
edition of *The Loop* is
Friday, January 24

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Rippin' Chicken

January 24, 8:30pm
OneNiteStand

January 31, 8pm
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Next Edition of The Loop Comes out Thursday, January 30

Deadline for the next edition of *The Loop* is **Friday, January 24**

Loopy Laffs

LOGJAM

BY Jeff Hawley

THERE'S GOOD NEWS AND BAD NEWS

THE GOOD NEWS IS-- WOODEN GEARS ARE OBSOLETE, AS ARE WOODEN SIDEWALKS AND WOODEN BUCKETS!

AND TH' BAD NEWS?

HELLO...? NEWSPAPER?!

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V.I.P.S.

WARNING: THE FOLLOWING CARTOON STRIP CONTAINS MATERIAL OF AN EDUCATIONAL NATURE...

We Interrupt the comix strip in progress to bring you a science exploration moment!

CARBON DIOXIDE IS NOT THE PRIMARY GREENHOUSE GAS, THAT IS, THE GAS THAT CONTRIBUTES THE MOST TO THE GREENHOUSE EFFECT.

UH-OH, GREENHOUSE GAS...

WATER VAPOR IS THE PRIMARY GREENHOUSE GAS BY ONE TO SEVERAL ORDERS OF MAGNITUDE (DEPENDING ON THE INVESTIGATOR).

AS YOUR CONGRESSMAN I'M PROPOSING A TAX WHERE YOU'LL ONLY PAY FOR THE CLOUDS YOU USE. -A CAP AND WASH TAX-

This concludes today's science exploration moment. We return to the comix strip in progress...