#### **Hospital District Information Forum:**

Supporters of the proposed Hospital District will have a second information forum on Thursday, December 15, at 7 p.m. at the Courthouse. Considering that this issue will affect everyone, why don't some of you show up? More info, page 2.



Metke and Eggleston coming to Cafe Luna See page 18



"In Good Company"
photography show runs
seven days a week
through December at
Vashon Community Care
Center.

Pt. Robinson lighthouse photo by Ray Pfortner.



# THE VASHON COP

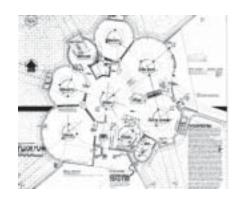
Vol. 2 #24

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM December 7, 2005

### Affordable Green Homes:

Will Vashon Support Them?
By Robert Bornn and Laura Worth

Recently we were really disappointed when our offer to donate a lovely, earth-integrated picnic shelter in Ober Park was declined, primarily because Vashon's homeless might use it as shelter. We know that there could be all kinds of liability issues involved and concerns about



maintenance from such use, but really! Clearly the real issue is we must develop a great many more affordable houses on Vashon-Maury.

And off-Island? At the rate we are going, the world is seeing a shortage of 50 million new homes per year, according to the United Nations. That's a lot of homeless nomads. So we also know we need affordable housing worldwide...fast.

Vashon Household invited all Islanders to participate in a meeting to envision the future of affordable housing on Vashon. We appreciate their commitment to affordable housing and diversity.

Yet our Islands can do better. On the island called Earth we can no longer afford to build housing that is any less than authentically-green. Conventional, "stick-built, monument-style" housing, no matter what its size — which takes but doesn't produce energy — will degrade our island and ultimately make our planet uninhabitable.

One of the reasons we moved here was the growing blight created on the Mendocino coast (Casper) by a plethora of what we call houses on steroids. We have seen that Vashon

Continued on page 4

### Merry Christmas, Charlie Brown!



Some of the Charlie Brown cast get ready for the big Christmas play. Included in photo are from top left: Will Hennessey, Lilly Hennessey, Emma Zimmerman, Natalie VanDevanter, Collette Ammon, D.J. Barnes, Philip VanDevanter, Emma Hennessey.

### The Roasterie is Ready to Party!

By Devon Atkins

The Vashon Island Coffee Roasterie invites the people of Vashon to an Open House Party, **Saturday, December 10**, 7 – 9 p.m. Special guests will include Jim Stewart, specialty coffee pioneer; T Martino, whose Wolftown organization is featured on one of the coffee labels; and, award-winning Tlingit, Island artist, Odin Lonning, who donated his artwork for the Orca label. A raffle that will benefit the Vashon Island Coffee Foundation, will be held, featuring a piece of Lonning's incredible art. Refreshments will be served, along with the Roasterie's exotic teas and Heirloom™Coffee. Come by and enjoy this "Holiday Minglement" of giving, and the connections made between people and what they create. See what the Coffee Roasterie staff is up to, and their projects that will benefit non-profit organizations.

Enjoy a sampling of the Roasterie's newly created blends. Eighty-percent of the beans come from rare, older plants, and are the foundation of the Continued on page 2



Eva is on the left (she doesn't use her last name), with Mary Marth (Roasterie employee), and some "Roasterie Regulars."

### Bonds Sold Levy in March

By Mary Litchfield Tuel

The Vashon School Board, in a special session on December 1, voted unanimously in favor of a resolution approving the sale of bonds to Seattle Northwest Securities Corporation.

The sale of the bonds will close on December 15, and funds acquired will be used to pay off loans the District had to take out to make repairs to the Chautauqua Elementary building as well as other school buildings.

As promised to voters before the election, any money recovered from legal action (the case is scheduled for September, 2006) will be used to pay off the bonds. Mark Prussing of Northwest Securities explained that recovered money would be put in an escrow account to pay off bonds, and at that point taxpayers would no longer be footing the bill.

The Board also reached a consensus that they would ask for a maintenance and operations levy on the ballot in March, 2006.

If the levy is not passed, the District will have to let go of 10 teachers and 12 other staff employees. Board Directors felt that they would need the time until March to communicate with voters the need for the levy. A March levy would give the District enough time to negotiate teachers' contracts in mid-May knowing how many positions will be available in the budget.

When asked by Director-elect Bob Hennessey how this levy would affect property taxes, Board members and Superintendent Mimi Walker stressed that they wished to be "really clear" that they are asking taxpayers to continue paying at the present level; that actual dollars may go up as property assessments rise, but actual cents per dollar taxed will go down.

In This Issue:
Thanksgiving in Oz, Orcas,
Curry in a Hurry, Philly
Chickens, Not Crab Claws,
Hoytus, Music, Jewelry,
Textiles, AND MORE!!!

The Vashon Loop, p. 2

### Get in The Loop

### **VashonBePrepared**§

How much water do you need for each person in your household to be ready for a disaster?

Better than nothing: 3 gallons

Good: 7 gallons Better: 10 gallons Best: 14 gallons

Don't forget pets and livestock! You can store the gallon jugs in your freezer! Clip this as a reminder to buy a few

### Heritage Museum Winter Hours

The Vashon Heritage Museum has gone to winter hours, **Wednesdays 1 to 3 p.m**. If you have a group that would like to see what is available another time call Fran Gordon at 463-5277.

We are working diligently toward permanent exhibits on the many facets of Island history. We also have a variety of photographs and other materials that can shed light on the past; copies are available for a reasonable fee. Also:

### Buy A Brick for Christmas

One aspect of Vashon history is the brickyards that used that good old Vashon clay. You, your business, class, family or Island organization can be a part of that history by buying a brick in the walkways around the Vashon Heritage Museum on Bank Road. An unusual and enduring holiday gift! Up to three rows of text for \$60 a brick; call Barbara Steen at 463-9355.

### Laughter Class (No Kidding)

Certified Laughter Leader Michele Caskey will lead a laughter class on **Sunday**, **December 18**, at the Ober Park Community Room at 3:00 p.m.

No humor is involved. Rather we engage the body in silly activities accompanied by a variety of laughs. By learning how to simulate mirthful laughter, we can coax laughter to show itself more freely and regularly. The physical benefits of such a practice are reduced stress, better circulation, improved digestion, and a feeling of vitality. What's not to like! For more information, call Weslie Rogers, 463-5566.

#### Roasterie

Continued from page 1

Roasterie's Heirloom™ Coffee, the Roasterie's specialty. These beans are from places like the Sierra Madre Mountains and Antigua, and all of the beans roasted are from plants that are farmed traditionally, as they've been for generations, or, are organically grown. The flavors of these quality beans are unique to the places where they are grown, allowed to ripen slowly in the shade

### **Ryther Auction**

gallons TODAY!

The Vashon Quartermaster Unit of the Ryther Child Center League will host a holiday dinner and auction on **Thursday**, **December 8** at the Vashon Island Golf and Country Club. All profits after expenses will be donated to the Ryther Child Center in north Seattle. Nonmembers are encouraged and welcome to attend. The fundraiser begins at 6 p.m. with cocktails and silent auction. Dinner and live auction will begin at 7 p.m. The cost is \$60 per person.

All members are reminded to bring their unwrapped donations for the Ryther childrens' Christmas store to the holiday dinner.

Ryther offers a full spectrum of services including intensive mental health and chemical dependency treatment for children of all ages. Providing a safe place for children to heal and grow in a residential setting, the nationally accredited child welfare agency has brought hope for children and their families in the Puget Sound area since 1883. Ryther's residential cottages, outpatient programs and foster home placement serve children who suffer from physical and sexual abuse, mental illness and chemical dependency.

Please contact Teresa Bourke, President, at 463-1752 for reservation information, or if you are interested in joining the Quartermaster unit.

at high altitudes, and then properly aged, fermented, and dried. Then, they are hand-roasted in the sturdy, original German-made roaster that

is a focal point of the Roasterie.

The heart of the Roasterie revolves around The Vashon Island Coffee Foundation that was founded in 1982 by specialty coffee pioneer, Jim Stewart, who still maintains an office in the historic Roasterie and store building. The Foundation is a non-profit organization that provides disaster relief, financial infrastructure, and technical support to the coffee farmers and workers. The Foundation encourages farmers to continue producing coffees of the highest quality, to protect the old trees, practice good stewardship, and to maintain traditional methods of growing and harvesting coffee beans. Jim Stewart finds markets for these farmers' coffee beans and directly rewards

them financially, while making sure that the money goes not only the farm owners but to the workers and their families as well. No fee is ever charged to them. Jim has visited and learned about the tiniest farms and the largest plantations of the world, buying coffee and learning the lives of the specialty beans growers and farmers. He remains committed to the people of the coffee. Eva is grateful for the opportunity the Roasterie has to purchase coffee beans through Jim's Foundation, and hopes to see you all at the Party!

For more information, call the Roasterie, 567-0071, Monday through Friday, 7 a.m. to 5 p.m., and Saturday, 9 a.m. to 4 p.m.

Email:
editor@vashonloop.com
ads@vashonloop.com
Loop Online:
www.vashonloop.com

### 2006 VIPP Calendar

The Vashon Island Pet Protectors 2006 pet calendar is available for \$15 at the following locations: Fair Isle Animal Clinic, Pandora's Box, Pampered Paws, The Vashon Bookshop, The Burton Store, and Books by the Way.

### **VIPP Bake Sale**

The Vashon Island Pet Protectors Holiday Bake Sale will be held **Saturday**, **December 10** outside of Thriftway from 9 a.m. to 1 p.m. If you'd like to contribute please drop off your tightly wrapped and labeled goodies on Saturday morning after 8:30 a.m. For more information please call Victoria 463-5381.

### **Second Hospital District Meeting**

By Lauri Hennessey

**Adopt A Cat** 

will host an Adopt-A-Cat Day

Saturday, December 10 from 11

a.m. to 2 p.m. and Sunday,

**December 11** from 12:30 to 3 p.m.

at Pandora's Box. Please stop by or

call VIPP at 206-389-1085.

Vashon Island Pet Protectors

**Thursday, December 15**, at 7 p.m., Islanders will have another chance to meet with organizers of a proposed Vashon Public Hospital District. The proposed district, as well as candidates for Hospital District Commissioner, will be on the ballot on February 7th. The meeting will take place at Courthouse Square.

It takes a simple majority for approval of the hospital district and the election of the commissioners. If the ballot measure passes in February 2006, funds will be available beginning in January 2007.

Organizers have launched a website (www.vashonhospitaldistrict.com) to answer questions, in addition to holding monthly meetings for the community.

Supporters say the cost of primary and long-term health care is increasing every year; the cost of going off-island for primary care, assisted living, and skilled nursing care is even greater. The board of directors of the Vashon Health Center and the Vashon Community Care Center believe the formation of a Public Hospital District is a viable long-term solution for our community. There are 55 Hospital Districts in Washington, but only 45 have hospitals. We are not proposing a hospital for Vashon, but rather to provide a means to maintain the level of primary care and long term health care on the island. Most all Hospital Districts are in rural communities that face the same kind of problem we have on Vashon.

### **Dates to File for Hospital Commissioner**

In the meantime, the **dates to file for Commissioner are December 12 to 14.** Filing will be on the island at Courthouse Square on the 13, from 12 noon to 7 p.m. The other two days it is downtown in the Elections Office. Filing closes at 4:30 p.m. on the 14th. All of those who file for Commissioner are encouraged to come to the December 15th public meeting.

### **Green Party Meets**

The Vashon-Maury Island Green Party will have our next meeting on **December 12** at the Asher's home. We will have the business part of the meeting at 6:30 p.m. and a video with light refreshments at 7:00 p.m. We will be showing a 60-minute documentary film, *Plan Colombia*, which examines the relationship between the drug war, counterinsurgency, and the oil industry. There are some provocative new facts and ideas in this film.

Please let Maryrose Asher know if you are planning on coming. Also, call her if you need directions. Phone: 567-0593.

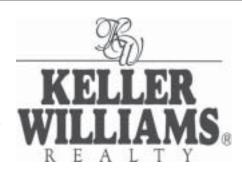


The Vashon Loop, p. 3 December 7, 05



### Troy and Marie Make Some Suggestions

As we race towards another year end (can you believe it?) this might be a good time to think about your personal and financial goals for 2006. Would you like to quit commuting and become more connected to your community? Maybe you should buy your own turnkey restaurant business and become your own boss. Or maybe your business is ready for a nice office space; we have one for rent. If your goals for 2006 include making some money in real estate, check out the two fixer-upper investment opportunities below.



If you want to learn more about real estate investing, send us an email and we'll fill you in on our upcoming class "The Millionaire Real Estate Investor." It's based on the best-selling book by Gary Keller (yes, of Keller Williams fame), and it's powerful stuff.

And last but not least, if your goals are nothing more ambitious than going to a great party on New Year's Eve, come spend the evening with us at the Sportsman's Club on Vashon. Troy's band Loose Change will be playing, and we'll party like it's...well, you know. Details on page 13 of this issue.

### Business Opportunities

#### Investment Opportunities WII LKGs

### **Professional Office For Rent**



### \$1,400- month

Rare opportunity to move into this well-designed, immaculately maintained, centrally located, fully furnished office space- rent includes utilities and grounds maintenance.

- 2 spacious offices
- Reception area
- Mail/Supply room
- 730 sq ft
- Share 240 sq ft common kitchen and
- bath with Trigg Insurance next door Shared parking - plenty of
- space for your clients

### Long Lake View with Beach Rights!



\$238,000

Over 2000 square feet on two levels gives you room to create the lake view home of your dreams. Plus a 1/19th interest in the community beach

- > 3 BR
- Fireplace
- Taxes \$1,580

- 2.5 Bath
- Community beach
- 2 car garage ➤ View, view, view!

- > 2034 sq ft Built in 1974
- Hardwood floors Fully finished daylight basement

ocation.Great Price.

### **Business For Sale**



\$55,000 **Wok In Take Out** 

Own a successful take-out restaurant on Vashon!

- High quality commercial equipment
- Assignable lease
- Steady customer base
- Healthy, delicious Asian recipes
- Owner will train

Call Troy Kindred and Marie Browne (206) 463-LIST (5478)

\$207,000 What a unique property!

A fabulous view, an unbeatable location, and an affordable price. Yes, it needs tons of work, but what a reward!

- > 2 BR
- On sewer line
- ➤ 1 Bath

Built in 1923

- Heights Water
- ➤ 870 sq ft
- Rebuildable Taxes \$2,258



Real estate agents: Are you interested in learning more about Keller Williams, the agent-focused company that lets you keep more of your commission dollars and offers profit sharing to its agents-even after they quit selling? In the Keller Williams business model, local Market Centers are run by a council of agents, led by a non-competing teamleader/broker. The books are open, and when the Market Center makes money, we all make money. No wonder we are the fifth largest and fastest growing real estate company in the country. To learn more, visit our website at www.kwvashon.com.

We are still donating 10% of our commissions on new listings to Katrina victims. To donate directly to Keller Williams Cares, visit www.kw.com

For Real Estate Services Call Troy Kindred and Marie Browne (206) 463-LIST (5478)

Mon-Fri 10 - 6 Sat 10 - 4

Your Photo Source ~ Traditional or Digital Thriftway Plaza

463-3311 We do passport photos Closed Sunday



### LoOp-Ed

### **Our Unsung Healers**

by Mary Litchfield Tuel

At the informational meeting held by Hospital District supporters in November, one point was aired that I have not heard or seen anywhere else: Hospital Commissioners, if the Hospital District is approved and Commissioners are elected, can award tax monies to whomever they think best serves the *community.* It is nice to think that some of the health care providers that have been unmentioned in the call for a Hospital District might get a little help if they need it. The fact that they have not been mentioned is one of the things I don't get about the Hospital District's

Here follows a list of health care providers on Vashon Island, and a couple of Assisted Living homes. I found most of them in the Vashon telephone book's yellow pages. It's not a complete list, and no doubt needs an

Counselors are included because it was mentioned at the meeting that the Hospital District might fund mental health services at Vashon Youth and Family Services.

Here are our unsung healers:

**Acupuncture:** Ronald Ada, L. Ac., Jessica Bolding, L. Ac., Karen Hain, L. Ac., MP, Ann Leda, L. Ac., Dennis Levin, L. Ac., Eli Stahl, L. Ac., LMP; **Assisted Living:** Island Elder Care, Knipp-Hopper Homes; **Chiropractors:** Thomas Basile, D.C., Elmer Carlson, D.C., Lauren L. Chinn, D.C., Melissa Lockhart, D.C.; Clinics: Vashon Family Practice, Vashon Plaza Medical Clinic; Counselors: Stephanie Barbee, MSW, LICSW; Lisa A. Caldwell, LICSW; William D. Carr, MIN, LMHC;

Conscious Choices Counseling; Diane Hillaire, MHC, Lutheran Community Services, Jeffrey Larson PhD; Jan McBride, MS; Nan McGehee, Meg White, LMHC, Jenean S. Richard, MA, LMHC; **Spiritual Direction:** Thomas Craighead, M.Div, MSW; **Health Info and Referral**: Health Care Management Alternatives, Inc.; Holistic Health Services: Full Circle Wellness Center, Katharina Hirsch; **Home Health Service**: Beneficial Adult Family Home Care, Visiting Nurse Services of the Northwest; Licensed Massage Therapists: Tori Beck, LMP, Caroline Sias, LMP; Nina Edgerton, LMP; Charlotte Dardis, LMP, Massage & Reflexology, Michiko Uto, LMP, Clinical & Sports Massage, Kim Teeter, LMP, CranialSacral, Steve Paschall, LMP Hellerwork & CranialSacral, Kaisha Thomas, LMP, Body Talk & Cranial Sacral, Integrative Healing Arts, Beth Lolley, LMP, Suzanne Greenberg, LMP, Relaxation Station Massage & Day Spa, Michael Horswill, LMP, Sound Massage, Casey A. Sullivan, LMP, Lynne Walters, LMP, Cert. Holistic Nurse; Midwife: Shaheeda Laura Pierce, LM CPM; Physical Therapists: Linda Hatfield; Vashon Island Physical Therapy & Rehabilitation Clinic; Physicians, Nurse Practitioners, Naturopaths Surgeons: Dean Conger, M.D., Charles G. Weispfenning, M.D., Catherine Konrad, ARNP, Elizabeth Hopper, ARNP, Medea Karr, ARNP, Sjardo Steneker, M.D., James Shuffield, D.O., Michelle Simmons, NP, Dara Morgan-Rochon, ARNP, Jim Hunziker, ARNP.

These are all people who provide health care services on Vashon Island. They have graciously kept a public silence about their exclusion from the Hospital District's aims.

Look, I'm not against a Hospital District, and I think we need both the Community Care Center and the Health Center. Those aren't the issues. The issues are goals and tactics. Why not include the whole community? What's wrong with this picture?  $\omega\omega\omega$ 

### **Building Circles**

Continued from page 1

Household is taking a stand against mass culture's worship of wasteful McMansions.

We'd like to see them push the envelope much further. Miniaturizing conventional houses can't solve our environmental

problems. The county is supporting green building with a new "BuiltGreen" program accelerated permit processes and other incentives. We have remarkable visionaries, inventors,

innovators on this island who know how to build amazing homes that affordable both authentically green. The question is: do we have the will to do it?

We are fortunate to be working with a land use planner and architect who developed a rapid building method that results in lowcost, highly insulated homes that are incredibly durable. They can offer solar-heated greenhouses for yearround produce. We are designing houses that are heated year round from the summer's sun. With all the rain we get here, we will also harvest rainwater and recycle gray water where appropriate. These

homes encourage natural water runoff to recharge the aquifer. And building green should never mean building barely acceptable or below code "outlaw" housing. Sustainable housing also needs to withstand vermin, fires, earthquakes, tsunamis, hurricanes, and mudslides.

These homes don't dominate. but instead nestle into natural

On the island

than

called Earth we can

no longer afford to

build housing that is

less

authentically-green.

any

slopes, creating loosely clustered, minimally visible communities compatible with rural character. They are lovely homes that are visually and acoustically insulated from each other for privacy using contouring of the land. They permit food-

growing roof gardens and return their "footprint" to the surrounding ecosystem. Affordable housing doesn't have to be crowded into our downtown where water has been such an issue. We think many people on Vashon would prefer smaller, less expensive homes that are also authentically green.

In addition to building affordably, we would like to see Vashon's builders get radical about smart land use, efficient energy use, conservation measures designed to sustain humans. There are brilliant housing ideas on Vashon. We need help to bring them to life.

### Trigg Insurance Agency & NW Ocean Marine Insurance

### Call Us for a Quote On **Your Home and Auto**

Lowest rates in Puget Sound through the Grange Insurance

17425 Vashon Hwy. www.trigginsurance.com

ph: 206-463-7411 fax: 206-463-7414

### Broke and Broken, Part 3: Fixing the Broken System

by Mark A. Goldman

noses. When corporate executives don't have the talent, the courage, or the through innovation, dedication, and simple hard work — but instead look for short cuts, like using their resources to corrupt the body politic or engaging in questionable marketing schemes in order to gain special undeserved favors and incentives, every aspect of society is diminished. When an executive's life becomes the pursuit of bottom line goals at any cost, rather than simply contributing to life through the successful production of goods or services that add something tangible to life, real wealth inevitably is sacrificed.

So what do we have now? Onceforbidden and socially undesirable mergers are taking place, resulting in a reduction of competition, innovation, and real value added services. Which is to say, real wealth is being destroyed. Real wealth has physical as well as social and spiritual attributes. The media, for example, has the potential to educate, facilitate, and inspire society in its pursuit of real wealth. But now instead, we have radio station owners, for example, who own more than a thousand stations where they broadcast dumbed-down news and programming that replaces the public's need to know with their own desire to grow.

Other forms of mainstream media, now owned by big corporations, are also engaged in this same destruction of the public wealth. They've lost their ability to function as the vehicle by which we as a people can find out what we need to know and understand in order to maintain a vibrant Democracy. We have instead a military-industrial-corporatecomplex dominated government that is now powerful enough to corrupt this media and also shape foreign policy...and they use that power not for the good of our country or humanity but rather to accumulate even more power for themselves and to transfer more worth fighting for is likely to come easy. public wealth into their own coffers.

married government and gave birth to defective offspring. Like church and

Corporations are devouring our state, when you fail to keep Capitalism accumulated wealth right under our and Government separate, what you get is the corruption of both, and freedom, democracy, and real wealth is sacrificed. integrity to grow their businesses "the In fact, what I am describing is the old fashioned way" — by earning it destruction of a nation as we thought we knew it — the slow but accelerating decay of its infrastructure and social fabric. We are a super-powered political economy intent on consuming itself. If allowed to continue, eventually the decline in real wealth could make most of us so poor, economically and socially, that we will no longer recognize the country we now live in.

We now have in America more millionaires than ever before. But among the rich nations of the world, the real wealth of most Americans lags behind most if not all of them...higher infant mortality, lower life expectancy, higher cost and lower availability of health care, poorer health, less financial security, more criminal incarceration, a failing educational system, unfair tax policies, extreme gaps between the rich and poor...all the result of a corrupt system that is destroying the real wealth of most Americans.

And our policy makers, those now in power and probably also those who are likely to come to power if the present group is tossed out, are determined to make things even worse. And no doubt they will if we let them.

The system is broken. Only when enough citizens begin to understand where, how and why will we really try

This link will take you to my basic strategy for fixing it, if and when you're ready to try: www.gpln.com/ basicstrategy.htm The process of implementing this simple two-part strategy could transform the social and political landscape as we know it, and the effort could give our children courage and hope for generations to come. But it would also take all the imagination, wisdom and dedication we have and it would be a test of who we are and what we're made of. The fact is, nothing this

This is the last installment of a three-This happened when capitalism part essay by Mark Goldman. You can email him at mark@gpln.com, or visit gpln.com/ broken.htm

How about it? Can Vashon-Maury lead the way to building homes that are both affordable and sustainable? It's Vashonable. And remember: Vashon is more than just an island.

Robert Bornn and Laura Worth have founded BuildingCircles Organization with Richard Britz, an internationally acclaimed land use planner and architect. They are seeking land or land owners who wish to build, owner-builders, and qualified local "angel" investors. Contact them at P.O. Box 2443, Vashon Island, WA 98070; (206) 463-4284; robert@buildingcircles.org laura@buildingcircles.org. For more information visit www.buildingcircles.org.

### SCC

Sound Contracting & Consulting

SOUNDCC972K2

(206) 463-2055

Michael O. Bradley Contracting & Consulting Services

- . Detailed, cost effective building plans
- . Liaison with DDES for permits, land use issues
- . DDES dispute resolutions
- Remodeling ideas and installations

You never write, you never call...

> Letters to the Editor: editor@vashonloop.com

# VashonPages.com On Line Directory Free Event Listing! Arts, Clubs, Meetings, Music, Sports, Non-Profit Groups Get Your Event on the Web E-mail your Press Release to: events@vashonpages.com (E-mail Submissions Only Please)

#### Register Your Own Domain Name www.RegisterExp.com

Bugarlanca Lawar Pricas Bugarlanca Pastar Barrica Bugarlanca Tha Anality

\$8.95 Domain Registration 1/yr
Hosting, E-mail & Tools to Build your
Web Site On-Line as low as \$2.49/mo
http://www.RegisterExp.com
\*Discounted rates available for Non-profits
www.DomainDiscountProgram.com\*

Letters from abroad:

### Thanksgiving Down Under An ex-pat's reflections

By John Blakemore

To begin with, it's the wrong time of year. Purple jacaranda blossoms carpet the garden and the air is redolent with sweet jasmine. The crops are up and growing under the warm spring sun but the harvest is many months off. Not really the time of year to be thankful that "all is safely gathered in, ere the winter storms begin."

Yet, like the green and gold Christmas Beetles that swarm around the outdoor lights at this time of year, the American ex-pat community answers to an inner call that sets the mind's eye on ancestral visions of pumpkin pie, yams, cranberries, great aunt Martha's various recipes and, of course, the bird. Invites and e-mails are exchanged, gatherings planned but all has a certain air of intrigue, a sense of quiet exclusion from the dominant culture, of secret rites unspoken and an intrinsic understanding that these are the business of my people.

Beyond the confines of the four walls, the world goes about its business. In Australia there are two important dates in November. The first Tuesday of the month is the Melbourne Cup horse race which while not gazetted as an official federal holiday has been seized on by the entire population as an opportunity to down tools, place a bet (known here as a punt or "to have a flutter") and hold a party. The other is 11 November when we share with the Poms, the Yanks and the Kiwis (The Canadians also but for some reason they don't have a nick name) our remembrance of those who died in the many conflicts of our collective experience. That's it-the 24th of November is a Thursday like most others—get up, go to work, school, etc., and begin to look forward to the weekend. Amongst the American community there are two choicesgo to work and do the whole thing after you get home or take advantage of our beneficent workplace laws and take a rec. day, cop a sickie, a flexie or an RDO (rostered day off) and get paid for your indulgence in the bargain.

Australians are aware of Thanksgiving; creeping cultural imperialism being what it is these

# I have met the enemy, and he can be vanquished. In town market research yields surprising results. With the exception of a couple of stunning loss leaders, we offer highly competitive prices, and often the better buy. Way cool holiday items for pets and people. Pet lover on your list? Come and check out what we've got. Horus' Pick of the Week: The complete Santa suit — hat, beard and coat. Get yours while they last.

days. You have to ask what an American actress is doing selling Jenny Craig to Australians with the promise that they'll be able to indulge themselves at Thanksgiving dinner. As Homer, the other local source of conventional wisdom on all things Yank would say, "Doh." When you tell work mates that you'll be off celebrating the great American shinto festival you are invariably forced to offer up the mythic Pilgrim story your teacher indoctrinated you with in the second grade. Australians warm to the story as it involves an excuse for eating and drinking and

...all has a certain air of intrigue, a sense of quiet exclusion from the dominant culture, of secret rites unspoken and an intrinsic understanding...

while not as uplifting as, say, the Melbourne Cup it is, nevertheless, a "good yarn."

So having sought out the traditional ingredients: Turkey—expensive but comes with the traditional plastic thermometer embedded in its breast; pumpkin—not big and orange but green, gray, beige, round or oblong—a vegetable Yanks call squash and never ever done as a sweet down here; corn

bread made from maize meal (Old British imperial language); cranberries in the jar as they are not indigenous; potatoes, yams, veggies, dressing and all the other expected trappings that establish this particular "feed" as culturally specific. Actually, most Australians eat these foods everyday of the week so it becomes special for us for the tradition and the thanks said over it.

My daughter joined me in the preparation (I was on an RDO) and when the pumpkin pie was cooked and the turkey borne to the table, we asked what thanks we had to give. Certainly for a good life in this sunburned country, for the end of three years of drought giving farmers hope that they will give thanks for a plenteous harvest next February and March. For our family and friends near and far and the many things that bind us together.

After the meal, there's nothing left but to turn on the telly—hey — Australia vs The West Indies Test Cricket Match—ah well, you can't have everything.

യയയ

John Blakemore lived on Vashon Island from 1978 to 1996, when he and his wife Julie moved to her native Australia. They live in Umina Beach, New South Wales.



S torewide sale Dec. 8th - 11th

Vintage Christmas ornaments now in: Shiny Brights and Romanian, etc.

### Holiday gift ideas beyond the norm

17311 Vashon Highway SW, Next to Pandora's Box (206) 463-0895



Want your giving to make a difference?
Robyn Landis is

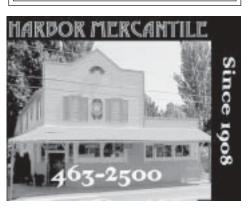
### The Eco-Shopper

your personal shopper for

ethical, environmentally friendly, low or no impact, vegan, fair trade, organic, cotton, hemp, recycled, reclaimed, nontoxic versions of practically everything!

Email Robyn at: rlandis@theecoshopper.com
Or go to Robyn's webpage:

www.bodyfueling.com





I was sitting at the kitchen table, eyeing the room speculatively, when I said to my husband, "I was thinking..."

He looked up from the newspaper, cocked an eyebrow, and said, "Mary, I've got news for you. You're always thinking."

Now, early in a relationship that sort of remark might be a thrown gauntlet as it were, but after almost thirty years of life together my response is,

"Fair enough, who would know better?"

So what I was thinking at that moment was, why not bring the shelf unit in the office room into the kitchen and put it next to the hutch?

And why not move the cabinet full of canned goods over where the stand up freezer used to be? (Isn't it interesting that both freezers and comics are called "stand up?" And a solid character is a "real stand up guy" or gal? Always thinking...)

These furniture-moving, roomrearranging musings are the direct result of two things: (1) our younger son moving out, and then, (2) our older son moving out.

Yes, we now are the proud occupants of an empty nest (except of course for our grand daughter, who is with us a lot of the time. But one three-year-old seems like light duty after 23 years of raising sons. At three and a half, she hasn't had any car wrecks, for example).

nest.

With a preschooler on hand and a new job I've hardly had time to consider our new family configuration, but I'm considering now. I've always heard that the empty nest syndrome describes a time of grief and separation, the change from one time of life to another, the leaving behind of one's youth and child-rearing years, and being left to one's own company and resources, dealing with mortality, facing old age and death, because you no longer have these larval human beings to trip over and tell what to do.

Think about it, parents. Maybe you always wanted children, or maybe you got surprise children, or maybe, like me, it occured to you in your twenties that you would like to have children. Think what it took to find a partner you wanted to raise children with, or to go through the



process of making the decision to go it alone. Many of you can think about divorce, split custody, and legal battles.

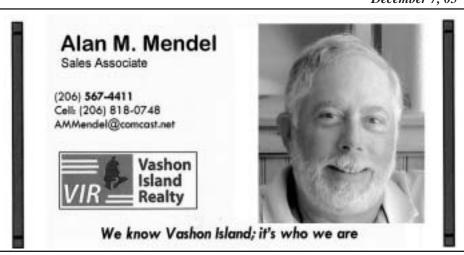
Now think about what it took to get pregnant or to adopt pregnancy at the "wrong" time, miscarriages, waiting, and in the case of pregnant women, swelling up like a poisoned pup; all the emotional ups and downs, the euphoria when the baby arrived, the exhaustion and exhilaration of parenthood, the unexpected expenses ("I never had braces! Why do they need braces?"), the incredibly hard work, the late nights, the tears and laughter, the years of laundry and lessons and groceries and dirty dishes, the unrelenting daily-ness of it all, and then, one day, one moment in one hour of one twenty-four hour period, they walk out the door and they're gone.

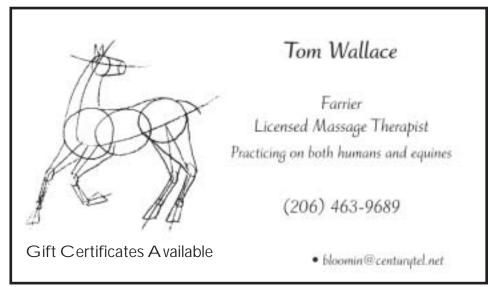
If you're lucky. If you're so Where was I? Oh, yes, the empty incredibly blessed that your beautiful babies live to adulthood and are able to walk out that door and become independent adults, which was the whole idea of raising them. Wasn't it?

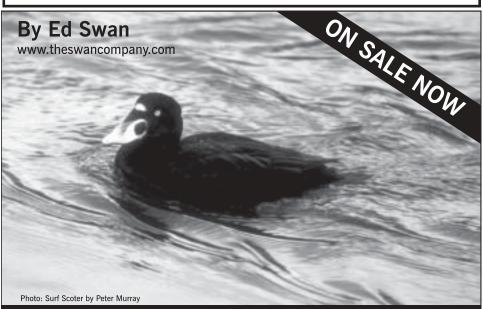
> So our adult sons have moved out, and now I'm moving furniture, and taking things to Granny's, and realizing how little we need, the two of us and our grand daughter, to be happy and comfortable in this not quite empty nest.

> And I think one more thing in this pounding silence: man, that was fast.

Joanna Gardiner Loving care for animals. plants and homes 567-0560







### THE BIRDS OF VASHON ISLAND

A Natural History of Habitat & Population Transformation

With this book Ed Swan helps readers know more about the island's bird species and how and where to find them. The book illuminates the connection of the birds to the condition of the land and water on which we all depend, and also provides:

- · A checklist illustrating the seasonal abundance of each recorded bird species.
- · A site guide of the best birding hot spots around the island.
- A description of island habitat and history of habitat and bird population changes.
- An annotated list of the 239 bird species describing where to find them, their habits and their interaction with the Vashon ecosystem.

It forms a perfect companion to your field guide or a great Holiday gift for your birding enthusiast.

A`eS^WaiŽUa`fSUf7VEiS`XadVMpS[^e AdvWdkagde[Y`WVLabk,/\$" (fi&(%Ž)+) (adWV2 fZWdiS`La\_bS`kXLa\_

Copyright@2005, The Swan Company. All rights reserved.



Licensed & Bonded

ASHI Certified

Fimothy J. Lafferty/Owner Cell 206.335.2379 E-mail timsinspections@msn.com

### Don't Forget the Birds

### **Vashon Chickadees**

Many of us take Black-capped Chickadees for granted, especially if we have been birders for awhile and focus more on the less common birds. But Blackcapped Chickadees are probably relatively new to the island perhaps only arriving around a hundred or so years ago. For much of its range, such as in the hardwood forests of the eastern United States, it is the only chickadee species. In Washington State, four chickadee species are possible in some counties. On Vashon and Maury Island there are two regularly and one  $other\ hypothetically\ possible.\ Historically,$ the hardwood forest the black-caps prefer occurred only to a limited extent along riparian corridors and as successional species after a fire on our islands. Prior to the logging of the late 1800's and early 1900's, most of this area was old growth Douglas Fir and Western Hemlock. Vashon had some burned over areas and some streams providing some hardwood habitat but not much.

Black-capped Chickadees have extended their range in Western Washington quite a bit in the last century because of all the logging providing more open area and deciduous successional habitat. However, the expansion has been fairly slow as they are non-migratory and don't like to move over large stretches of open water. It has only been in the 1990's that confirmed breeding has occurred in the San Juan Islands. There are still no confirmed sightings for Vancouver Island. It seems likely that even the short trip across Colvos Passage probably wasn't successful for black-caps until they were expanding elsewhere in the region and there was enough habitat for them on the islands, at the earliest the 1880's. They were known to be common in some areas as early as 1925 when a visiting ornithologist, A. E. Kitchen, noted them along Quartermaster Harbor.

This pattern is still reflected in many parts of Vashon and Maury Islands as we become another suburb. Joe Van Os on Maury Island had no Black-capped Chickadees on his older second growth parcel for years until logging and development approached right up to its border. As ornamental plantings and regrowth of young alder has come nearer to his property, black-caps have appeared. Black-caps are common in the residential sections of the islands, many of the open brushy areas and the areas with alders and maples.

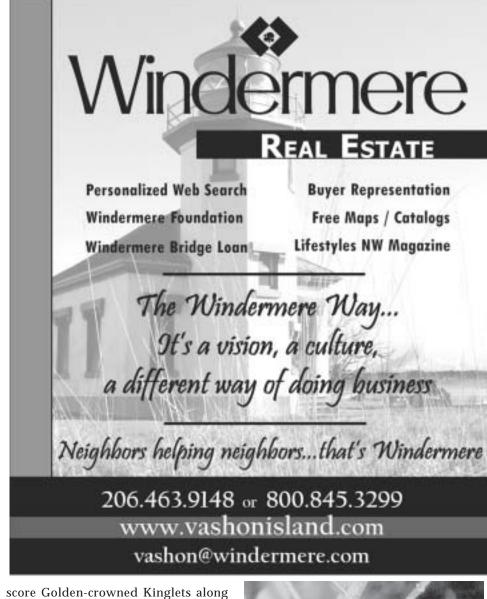
By Ed Swan Photos by Jim Rosso



Chestnut-backed Chickadees are our native chickadee and inhabit any area with a significant chunk of coniferous trees. They will venture out of such territory, but they require a coniferous base. I even have a small flock at my place along the highway even though the nearest patch of Doug fir and hemlock is a quarter-mile away. Chestnutbacked Chickadees have the same black cap and bib as the black-capped but have a deep chestnut brown back and flank. Their call is similar but sounds like a black-cap's call on a tape pushed to fast forward.

Most of the time they are up high in conifers but they can be found on lower branches and in thickets occasionally. In addition to different habitat preferences they also exhibit dissimilar foraging patterns as well. Sharpe in Songbirds of the Olympics notes that chestnut-backs feed higher in the canopy and out further to the narrow tips of branches whereas black caps stay lower in the canopy on larger branches. Chestnut-backs look for insects in a largely upright manner along the upper surface of a branch while black-caps are given to hanging upside down as they pry and examine cones and the underside of branches. Both chickadees may be enticed to come to sunflower seed feeders. If mixed seed is laid out, they will sometimes even land on the ground to pick out the few sunflower seeds in the mix.

Both species can often be found together during the winter foraging in mixed-species flocks also including Golden-crowned Kinglets, Ruby-crowned Kinglets, Brown Creepers, Red-breasted Nuthatches, Bewick's Wrens, Winter Wrens, Townsend's Warblers, Song Sparrows, Fox Sparrows and Hutton's Vireos. On the Christmas Bird Count walking the Burton Peninsula loop trail, Peter Murray, Joy Nelson and I found such a mixed species flock of five or six chickadees of each species, a dozen Ruby-crowned and two



with a few Winter Wrens and Song Sparrows. A little "spishing" sound with our lips and we were surrounded by curious birds

In local birding news, Ron Simons had a great owl sighting October 31 when he saw a Short-eared Owl hunting in the meadow by the lighthouse at Pt. Robinson. That's the first on-island sighting in at least a decade. They use to be at least uncommon when open area was more common on Vashon. Speaking of owls, the rest of the Puget Sound region is experiencing a Snowy Owl invasion. We may get a visit from one of these big white owls, so keep an eye out, especially along shorelines with grassy areas and driftwood like KVI Beach and Pt. Robinson. Larry Jensen found the first Brant goose for the season with one off Dockton November 27. A Western Scrub Jay recently visited the Dockton yard of Bob Hawkins. If you have an interesting sighting to report call me at



463-7976 or email at edswan@centurytel.net. My book, The Birds of Vashon Island, is now available in many stores around Vashon. You can also get a personally signed and dedicated copy by buying directly from me be contacting me or going to my website, www.theswancompany.com, which now has the capability to accept credit card payments. Other upcoming birding events include the Audubon on-island fieldtrip meeting at 8 a.m. at the Ober Park park and ride on Saturday, December 10.

 $\omega\omega\omega$ 

#### Across

- 1. Apprehend
- 4. Radiuses
- 9. Dress edge 12. Look
- 14. Drug doers
- 15. Fetching
- 16. Predestine
- 17. Supercooled liquid 18. Water (Spanish)
- 19. Bridle
- 21. Youngster
- 23. Sailor's yes
- 24. Feed
- 25. Cowboy fight
- 28. Old-fashioned Dads
- 31. One of Columbus' ships
- 34. Spurned
- 36. BB association
- 38. Less than two
- 40. Small particle 41. Harnesses
- 43. Fidgety
- 44. Former president of U.S. 45. Annex
- 46. Let out of prison early 48. Duke
- 51.Electroencephalograph
- (abbr.)
- 53. Look upon
- 54. Clod
- 56. Toilet
- 58. Consume
- 61. Slam (2 wds.)
- 66. Spirit
- 67. Controls

- 69. Affirm
- 71. Elegance of manner

- 75. Compass point
- 1. What a leaf comes from
- 2. Competition at
- the Greek games
- 3. Alignment
- 4. British football
- 5. Napping
- 6. High-priced
- 7. Internal Revenue Service
- 8. Publish
- 9. Mr. Downs of 60 minutes
- 11. Not nice

- 20. Manly
- 26. Extreme
- 27. Estimated time of arrival
- 32. Caffeine pill brand

- 70. Defeat
- 73. Time zone
- 74. Set in

- 22. Moved quickly
- 25. Light emitting \_\_
- 29. Foot joint
- 30. Compass point
- 33. Slant
- 34. Peanut butter brand
- 35. Change color

- 72. Yarrow

#### Down

- 10. Decorative needle case
- 13. Flightless bird
- 15. Cactuses

- 37. Poisonous snake
- 39. Ogle
- 42. Roberto's yes 43. Epoch
- 47. Impatient 49. Churns
- 50. Scientist's office
- 52. Look quickly 55. British princess
- - 57. Beginning 58. Island
  - 59. Cow sounds
  - 60. Raid 61. Prejudice
  - 62. Dit's partner
  - 63. Baker's need 64. Mangy
- 12 16

65. Northwest by west

68. Gray sea eagle

Solution on Page 17

The Vashon Loop, p. 8

### Island Life

Text & photos by Peter Ray

Eye Object

Why is it that we see things the way we do? There are a number of reasons why I am asking myself this question, again. Firstly, and not in any order of importance, I was reassured once again last night that we do not all see alike, as I wandered the halls of the Nelsen house and took in the Photographers of Vashon (POV) show that opened there. What we are treated to is a feast of saturated colors and the stark chiaroscuro of black and white, the future-is-now of digital imaging and the not-dead-yet dinosaur of silver film; the detail of the macro close-up and the expansiveness of the wide-angle landand skyscape; the plain and straight reality of the unmanipulated print and the mix, match and move fantasy world that Photoshop makes available to us at the click and drag of a stylus or mouse. There's a lot going on there, and for those who gage the value of something by the effort one has to put into it, it is more than worth the long walk in. And it is an affirmation that we indeed do not all see alike.

My second reason for asking was because of a recent suggestion that, since I had some cameras and somewhat of a knack for using them, I could make lots of money shooting weddings. I think I have mentioned somewhere before in this space that my explorations into the world behind the lens at weddings and their parties have never turned out all that well. This is partly because I don't see things the way lots of other people do. Wendy's mom, who has seen my postcards, mentioned that she was reminded of me the other day while walking through a parking lot and saw some gum stuck to a tire and thought that scene might be of interest to me. I don't think she would have made the same connection at a wedding party. On the other hand, she could have, but the newlyweds would probably not have been looking for those kinds of photo memories of their special day.

There something wrong with the premise here as well. Saying that just because I have cameras and some talent at using doesn't them necessarily mean that it should automatically translate into big bucks in wedding biz. It is a bit like saying that since I have a delivery truck, I

could be the next UPS or Fed-Ex. Just because I have a motorcycle, I could be the next Evel Knievel. Just because I write, if I sat here pounding away long enough I could be the next Stephen King, John Irving, Dave Barry or J.K. Rowling — now there's a franchise I could get behind. Getting back to the camera thing, I do have a girlfriend and a claw foot bathtub and a shower stall and internet access. I could...but I won't.

Which all serves to bring us around again to the big question of why we see what we see. The answer of course is



 I don't know. I have no idea what makes me stop in my tracks, do a double-take, pull out the camera and shoot — not necessarily in that order. I suppose that if one were privy to that kind of information they could predict earthquakes, avoid picnic thunderstorms and retire to a private island after a brief stint on Wall Street. All I know is that something makes me stop and shoot. When I was in photo school I would go out and drive around until a scene or an object would catch my eye. Many times I found that these things were like marker buoys over a shipwreck or that proverbial X that marks THE spot on a treasure map. I would stop and get out and wander around and inevitably find more stuff in the vicinity with some sort of quirky, eye-catching appeal. I was reading a bit of Carlos Castaneda at the time and started referring to these roadside finds as "power spots" — mystical places out in the desert that Castaneda and his mentor Don Juan would seek out and explore. I'm not certain, since I have since lost contact with him, but one of my instructors at the time may have taken this concept and run with it as a visual pun. A few years ago I saw an announcement of one of his photo shows and it was entitled Power Spots, and it consisted of a number of large format, color images of dams throughout the Western U.S.

All of this still does not explain why I would take a photo of a coat rack out in the middle of the woods. Actually,



that description is an explanation of sorts by itself. One of the visual things I found that interested me was stuff that, under other circumstances, shouldn't really be there. I have found that if I try to create these strange juxtapositions of objects it doesn't work visually for me. But if I find an odd combination of things, the urge to record it is great. In a way, I am now doing what another instructor suggested, holding the camera at arms length and pointing it at something and tripping the shuttser, an act that he claimed was a visual equivalent of



### Custom/Commercial embroidery

Personalized gifts for everyone, from hats to hankies!

Gift certificates available (we call them Chuck Bucks)

### Place your holiday order now!

Call 206-567-4789 or visit www.cnpdesigns.com



saying: "Look At That!" At the time, this was a bit unconventional, since most of the time one was peering through a viewfinder and framing a scene before committing an image to silver and celluloid. Now of course, we have our LCD screens showing us the digitally optimized view of what we are seeing at arms length. And one can relatively easily insert whatever one's fancy dictates into this captured field of view long after the original has been recorded. If anything, this makes the search for the unadulterated weird juxtaposition all that more challenging and ultimately rewarding, since pretty much anything can now be converted into a visual fib.

Changing scenery allows one to see things in a fresh light, which is why I did a lot of driving around back in photo school days. A way in which one can see lots of different things without going anywhere is by watching TV. On Thanksgiving I was watching images dance around on the in-laws' brand new, flat screen TV (wow, \$900 for a kitchen set, you must be doing well). As I stood there I was reminded of the old days of color and the NBC peacock and my grandparents' big wooden console in the corner — and it had a remote! I used to get up really close to the screen so I could see nothing but the dot pattern — this, as we learned later, was not advisable but it was kind of cool. To avoid untold problems that we haven't yet heard about regarding getting too close to flat screens I can now switch to macro mode on the camera and click away at arms length. Doing this in the kitchen on Thanksgiving had the doubled benefit of capturing strange and distorted versions of what were otherwise fairly humdrum commercials, AND it seemed to unduly bother Wendy's sister-in-law: "Why is he taking pictures of our TV?"

Lastly there is the dilemma of negative space and how it separates



and changes things. Normally, you have objects in the foreground and a space that surrounds and makes them to stand out. By making that secondary space the focus of primary interest, all becomes less right with the world. I can't say that this shift in focus makes the mundane any more interesting, but it does make one at least pause to think about it. All of this still does not answer the question of why we see things the way we do. If any of this is making your head hurt, you can stop reading now and just look at the pictures.

 $\omega\omega\omega$ 

Postcards this time-#3- one or all available at one dollar each. Send inquiries to 10322 SW 165th St. Vashon Island, WA 98070



### Pedal Sense

Text and Photos by Peter Ray

### Give a Little



Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.

#### RCW 46.61.760

I'll admit it — there was a time when I would get annoyed with people riding side by side as I came up on them in my motor vehicle. This was mostly because, as I understood it, they really weren't supposed to be riding that way. This came from years of touring on two wheels with the American Lung Association and their fall fund-raising ride, the Trek Tri-Island. We were always told to ride single file, so I thought that was the law. This, of course, didn't keep us from spinning with two up on the less traveled parts of the route. But it did require that one keep an ear out for cars and trucks approaching from behind, at which point we would reform the single file line.

One of the happiest sounds one can hear on a bike, besides the birds chirping and the wind whistling on a warm day, is the tell-tale ba-dump ba-dump of a set of car tires hitting those centerline raised reflectors as a passing vehicle gives you some extra room as it motors by. On the other hand, one of the most disconcerting auditory warnings is the crackley whine of off-road tires and the throaty rumble of a big engine and no sign, or sound, of that reassuring centerline beat. As the doppler compression gets greater and there are still no centerline thumps, one is advised to get as far to the right on the asphalt as you can to avoid the big truck slip stream, protruding mirrors and large dogs barking from the bed in back. At the other end of the scale Wendy has noted, from years of team riding in Seattle, that it is that box of safety packages on four wheels, otherwise known as a Volvo, that is the most likely passenger vehicle to show the least amount of concern for those of us out there on two wheels. Yes, these are stereotypes, but they are no less

stilted or prejudicial than the view from the other side that the "twowheeled, spandex crowd" has no right to be left of the fog line because they're smaller, slower, sometimes quite reckless, and don't support the roads through gas taxes.

If one were to consult the Revised Code of Washington, part of which is quoted above, one would find that bicycles do indeed have every right to be on most roadways, and that their riders have some specific rules to follow while they're out there. In truth, the stereotypes on both sides of the coin do serve a useful purpose, if only to keep both parties on their toes. It only makes good driving and riding sense to be constantly aware of objects in motion around you, and to make common sense decisions as to how to avoid them. To this end, as one of the first projects that the Spokes People put in motion through the Community Council, we will soon be seeing "SHARE THE ROAD" signs placed around the Island as a reminder. At some point in the not too distant future they should be appearing at a few places where extra caution in road sharing seemed sensible. The operative word here of course is "share" which, one needs to point out, only works if both sides are involved in the process.

As we look back on our first few months as a Council committee, we have seen a number of other achievements out there as well. It should be noted that committee member and avid bike commuter Henry Haselton finally got his message through to WSF and cyclists will now be allowed under most circumstances to get to the front of the boats with their bikes during commute hours so connections with busses can be made. Out on our roadways, bad utility patchwork on shoulders and in bike lanes is being documented and in some cases has already been repaired, so that we can now ride more safely to the right of the fog line without having to drag out the full-suspension mountain bikes and body armor. And a subgroup of the Spokes People is now planning a campaign for next year when the weather improves to encourage kids to ride to school. This will involve a multi-pronged effort at bike advocacy, safety and public awareness that hopes to see road and shoulder improvements and possible alternative trail construction between town and the schools. And there has

Give a Little



gee-roes



No matter how you say gyro, we've got 'em here-o 17705 Vashon Hwy SW 206-463-2838

### Mattress Makers

Quality mattresses made to order in our factory; half the price of department stores, guaranteed comfort. We make standard sized mattresses, including pillowtops, latex, memory foam by Thermopedic, and adjustable beds. We specialize in custom sizes for RVs, boats, and antique beds. Come see us at 8208 Tacoma

Loop Online: www.vashonloop.com Email: editor@vashonloop.com ads@vashonloop.com

Mall Boulevard South, just a

few blocks south of the mall.

253-984-1730

been a verbal commitment from the County that we will be seeing some shoulder and bike lane widening and improvement over the next few years. It seems that it's been a pretty good few months so far. Anyone wishing to be a part of this bicycling momentum can email me at pgr42@att.net.

 $\omega\omega\omega$ 

"Hegel was right when he said that we learn from history that man can never learn anything from history." George Bernard Shaw

### **Subscribe to** The Loop!

Hey, now you can get your Loop in the mail! \$50 will cover the cost of postage and handling for a year. Send your check with your name and address to: The Vashon Loop, PO Box 253, Vashon, WA 98070.

Deadline for The Loop is Friday, December 16. Email editor@vashonloop.com or drop off at Flash Photo and call us at 463-3327.

#### Vashon Loop Staff

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Jeff Hoyt, Troy Kindred, Melissa McCann, Orca Annie, Rex Morris, Peter Ray, Jonathan Shipley, Ed Swan, Mary L. Tuel Guest writers: Devon Atkins, Rachel Bard, Marj Watkins

Photographers: T Kindred, P Ray

Original art, comics, cartoons: Richard Carson, Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Troy Kindred and Marie Browne; ads@vashonloop.com; (206) 463-9207

Editor: Mary L. Tuel Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070 editor@vashonloop.com; (206) 463-3327

Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it.

> Published every two weeks Paradise Valley Press © December 7, 2005 Volume II, Issue 24

### Vashon Island Bicycle Much more than just a bike store.

Breeze on in and ride out, same day service Check out www.vashonislandbicycles.com



(206)-463-6225

Downtown Vashon next to the Post Office

The Vashon Loop, p. 10 December 7, 05

### The Dorsal Spin: J Pod's VHP Opus

by Orca Annie Stateler

Not to be outdone by K Pod, the J's circumnavigated the Island and delivered a stirring Vashon Hydrophone Project (VHP) "podcast" at dusk on November 27. They were audible on the hydrophone as soon as they moved north of Lisabeula Park. We listened to killer whales, with the occasional sounds of a commercial fishing boat and the Southworth ferry, for more than an hour.

Perhaps Pod's lively vocalizations were commentary on the waves of chum salmon moving through Colvos Pass at the time. On his way home, Mark Sears counted five schools between Camp Sealth and the north end of Colvos. The chums were finning and porpoising at the surface.

For the first time this fall, Southern Residents made "The Loop" (ha ha!) around Vashon-Maury in daylight. Mark and I surmise they have done it a few calling the VHP if you hear orca blows in the dark. That is useful information, and we keep strange hours monitoring the hydrophone, anyway.

We are grateful to everybody who called in sightings on the 27th: Melanie, Steve, Jeanette, Ed, Mary, South End Pat, Suzanne, and Kathleen. Richard and another Pat on the Fauntleroy ferry warrant special mention. Pat's timely call for the whales and enabled us to obtain better documentation. Richard's help was indispensable in spreading the word that whales were approaching.

See, you really can make a difference when you report local whale sightings ASAP to 463-9041.

Our apologies if we missed you. I got voice mail or busy signals for most of the calls I made. I suspect many people were at church or shopping the after-Thanksgiving



sales. The orcas will return, and we will try again.

The whales also taunted us periodically, acting as if they might turn around in East Passage like they did previously this season. We strive to avoid false alarms.

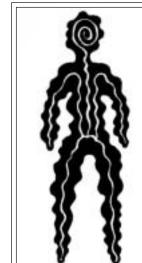
The orcas were traveling, foraging, and socializing around the Island on the 27th. Several times they were pestered by inconsiderate boaters. We presume these were not Island boaters. One yacht barreled south to Point Robinson, and the underwater noise from its high speed must have been ear-splitting to J Pod. This yacht and another committed the no-no's of parking in the whales' path and pinning them to shore at the point. Several orcas exhibited conspicuous changes in behavior, a telltale sign of disturbance.

times at night. Do not be shy about under motor pursued Ruffles (J1) and repeatedly moved within 100 yards of him, ostensibly to take pictures. Fortunately, Mark's presence seems to have a deterrent effect, or we probably would have seen more invasive boater behavior.

> Visit www.nmfs.noaa.gov/pr/ MMwatch/MMviewing.html for a refresher on boating etiquette with killer whales. Report harassment to 1-800-853-1964.

A Dorsal Spin correction: I from the ferry expedited our search learned at a recent ACS/PS meeting that the Southern Resident population is now 87, not 90. Since the Center for Whale Research released its July 2005 update, three whales are missing and presumed dead: 55-year-old female L32, 6-yearold male K31, and a 2005 newborn, L107. These losses may serve as an indicator of why these vulnerable killer whales merit an ESA listing.

If we had tail flukes, Odin and I would be slapping them in appreciation of the delicious Orca



### ANN LEDA SHAPIRO

LICENSED ACUPUNCTURIST Traditional Chinese Medicine & Herbs

Courthouse Sq., #208B Vashon Island, WA 98070 206 463-3967

219 1st Ave. S. #310 Seattle, WA 98104 206 463-3967

### massage therapy Serving Vashon and West Seattle TAMI BROCKWAY, LMP 206.898.1874

Off Brown's Point, a sailboat Blend coffee we have been drinking lately. This is one of the tasty new blends from the Vashon Island Coffee Roasterie. The beans are, of course, sustainably harvested, organic, fair trade, and shade grown.

> Odin created the stylin' Tlingit killer whale label for Orca Blend. A portion of Orca Blend sales will benefit the VHP and our endangered Southern Residents. Sales of the Wolf Blend help our friends at Wolftown. Our heartfelt thanks go to the kind, generous folks at the Roasterie for considering the orcas and Wolftown.

Please come to taste coffee and visit on **December 10**, from 7 to 9 p.m., when the Vashon Island Coffee Roasterie hosts an open house in the historic SBC building. Odin will display some of his artwork and we will answer questions about the VHP and killer whales.

Orca sounds are now posted on VHPpage the www.acspugetsound.org. Contact Orca Annie at 463-9041 Vashonorcas@aol.com.

Read the whole year's back issues of Vashon's favorite newsmagazine at www.vashonloop.com

### PRE-PAID LEGAL SERVICES ®.

AND SUBSIDIARIES IDENTIFY THEFT SHIELD NEED WILL WRITTEN OR REVISED? DO YOU...

Hand credit card to server at restaurant? Sign your credit card? Supply personal info over the net?

Keep S.S. card in your wallet or purse? HAVE YOU EVER... Been audited by the IRS?

Purchased a home? Signed a contract of any kind? Had a traffic ticket that was unjustified? Had any type of legal question?

IF YOU ANSWERED YES EVEN **ONCE CALL WITTMAN AND ASSOCIATES** 

Independent associates

Everett: 567-5776, Flo Ann: 567-5006

#### **Holden Vespers Next Two Sunday Evenings**

Holden Vespers, a sung evening service, will be held at the Episcopal Church of the Holy Spirit, at 6 p.m. the next two Sundays, December 11 and 18.

This vesper service is a quiet time apart during the Advent season.

### **Mystic River**

Thursday, 12/9

### Harry Potter & the **Goblet of Fire**



Friday, 12/10 - Thursday, 12/15

**PG13** 

Closed Friday, 12/16 - Thursday, 12/22

> **Community Christmas** Singalong 7 p.m.

Monday, December 19





Call 463-3232 or www.vashontheater.com for times



December 7, 05



### Free Delivery

### Call 56-PIZZA

### Now Open Every Day Noon- 9pm Fri-Sat till 10pm



Planef Wares



by Eric Francis http://www.PlanetWaves.ne

Happy Birthday Sagittarius! Fortunately you're someone who loves surprises, because you have a few in store this year. And, fortunately, they're likely to be the kind that both rescue you from boredom and don't overwhelm you with too much change. It's helpful to have this balance, and to trust that even progress will have its natural limits. Just remember that for each option you exercise, there will be one that pops up that will give you a spontaneous choice. Keep making decisions, particularly where work is concerned — you may not think you have too many options in that area

Aries (March 20-April 19): An entire cosmos of possibilities is opening up, and the only risk you face is dreaming up limits that don't exist. There's no wall you can't walk around, no fence that doesn't have a big opening, and no coincidence that will not actually get you someplace interesting. The size of the opening or the encounter that shifts your course will not determine the importance of the destination. As this new phase of your life opens up, some of the biggest shocks or revelations will have minor results; some of the most subtle gestures or contacts will help you recreate your life yet again.

of your life, but you really do.

Taurus (April 19-May 20): These may be some tense weeks for you, as Mars slows to a station in your birth sign. I recognize that Taurus is going through what seems like a prolonged phase of constant testing. Both emotions and events associated with Mars changing directions are likely to bring a sense of release, but you're not quite there yet. You would, however, do well to ask about the exact nature of the tension that's in the air, and how you can work with it. Tension is energy, and this one seems to be about a contradiction between fear and desire. See if you can sort out those two experiences.

Gemini (May 20-June 21): You're someone who puts a huge emotional investment into your work, and that personal quality is at a peak. But if you can practice just a little bit of detachment you'll allow a new kind of change to unfold, or rather, an important change to happen in a completely new way. There is a transition in effect, and it may be that someone seems

uncomfortable with your role. In reality, the entire environment is changing; everyone's position is being reshuffled; but you're the one who's ahead of the game. Reassess things quickly when the time comes, and act accordingly.

Cancer (June 21-July 22): You would do well to adapt an entirely different approach to wellbeing. Small changes can have a significant effect on both your body and your psychic outlook. The thing you need to remember is that both the body and the mind are flexible, adaptable entities, not the fixed and stagnant systems that lowbrow science often makes them out to be. A simple change in attitude can come with miracles; following your curiosity will lead you to the kinds of changes you've been trying to provoke for years.

Leo (July 22-Aug. 23): You could be having a lot more fun, but it seems like a little emotional drama or health crisis is taking up some of your energy. It's one of those scenes where the more attention you pour in, the less you get out, so you might want to back off for a while and, in all truth and reality, let it run its course. This will happen soon enough. You are running a different course, and you'll soon discover that you have more pleasant things to occupy yourself with than any form of anxiety. What you start now will build momentum — so ride on the most positive lightbeam you can find.

Virgo (Aug. 23-Sep. 22): I'm not guessing when I say that what you're thinking and feeling really does defy expression, but that's not a permanent state of affairs. As your home planet Mercury changes direction over the next few days, deep beneath the waters of Scorpio, you'll slowly find the feelings, then the ideas, then the words to understand yourself. At this point, your most effective medium of selfdiscovery is writing. There seems to be a contradiction of some kind dangling over your head, but the more time you spend in the particular inner room you've discovered, the more that paradox will offer a gift rather than a burden.

Libra (Sep. 22-Oct. 23): Someone may be using the logic, "I gave up something and so should you." But it's time to question this bit of psychological syntax. There are people for whom sacrifice is a way of life; a kind of religion. Not only is its basis in reality seldom questioned, but as a result, alternatives are rarely considered. And that is the heart of the problem. So rather than tearing down one form of logic, it's time to build up another. You'll need to experiment

### SPECIAL

18 x 21 Steel Buildings 30 x 40 Steel Buildings 40 x 60 Steel Buildings 60 x 120 Steel Buildings Factory Priced

**BLOWOUT!** 

Call:
BERGIN CONSTRUCTION
463-6232



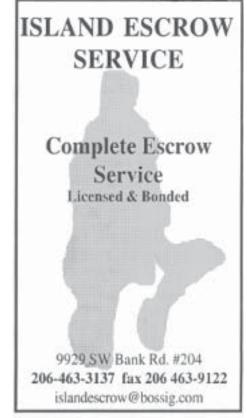
in the physical world, with your feelings, your senses, and the truly tangible kindness only you can give.

Scorpio (Oct. 23-Nov. 22): Everything is changing and there is very little you can do about it. Or is there? Actually, you're being presented with a series of decision points, and they will safely arrive one at a time. But the first one is the most vital — remember what really is the most important to you. Then, act on it. You may feel hindered at the moment, you may sense that your feet are tied, and you may be experiencing more than a little frustration in a relationship. Don't worry — if you focus on what's the most meaningful, the world will turn.

Sagittarius (Nov. 22-Dec. 22): A spectacular New Moon in your birth sign is finally allowing you to resolve an argument you've been having with God. You may have even come to doubt whether your resolve, and your promise to yourself to remain positive in the face of all the petty adversity of the world, was really the best point of view. Yet your doubts have turned to a curtain over the truth that you can now pull away. The least bit of courage will lead you to restore sincere faith in yourself, which at the end of the day is more important than faith in anything or anyone

Capricorn (Dec. 22-Jan. 20): Yours is one of the most interesting zodiac signs because who you are on the inside is so different than how you appear on the outside. At times, you even fool yourself and forget that your raging heart and complex soul reside deep beneath your excellently tailored personality. Now is clearly not the time to fool yourself. There is no longer anybody to impress. And this is finally a time when you can laugh at your fears. As you open up to feelings you never would have considered before, the world will move over and make as much room for you as you need.

Aquarius (Jan. 20-Feb. 19): Whether you choose to provoke progress or finesse it gently, you truly seem to be coming into your own where your creative enterprises are concerned. The miracle or lesson, as you choose, is that your visions really do materialize into something tangible. If you



consider the progression logically, the implication is that ideas are something tangible and have the power to reshape your life and to some true extent, those of everyone around you. Your energy is infectious in the most positive sense of the word. People will listen to you, so make sure you speak your mind.

Pisces (Feb. 19-March 20): Do you consider yourself a leader? You're not the pushy type, and I doubt you like being held up as an example. Pisces almost always finds its greatest success inadvertently, through some form of what I call luck, and most of all by feeling worthy of an opportunity with which you're presented. At the moment, all of these are factors. You are indeed a kind of example; you do need to push a little; and some genuinely odd factor will provide an opportunity that you recognize without hesitation is all your own.

Scientists have just discovered a new bird virus. It's called chirpies. They say it's untweetable.

The Vashon Loop, p. 12 December 7, 05

### LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



### **Herbs for Bladder Infections**

Bladder infections are very common in women. About 21% of all women experience some urinary tract discomfort at least once a year, and a portion of these women have a bladder infection at least once a year. Recurrent infections may eventually work their way up to the kidneys, causing increasingly serious health problems. Bladder infections are much less common in men, and when they occur often involve a sexually transmitted infection or a prostate infection. We do not know why women are so much more prone to bladder infections although we know that tight clothes, synthetic fabrics, sexual activity, and stress contribute to the problem.

Herbs work well for the simple bladder infections that most women have, and typically clear it up in a matter of days. They can also be used to prevent recurrent infections provided that life style changes are implemented to work on the underlying causes. In fact, herbs on the whole seem to work better than antibiotics because they are more selective in their effect on the microorganisms causing infection. As herbalist Michael Moore points out in his book Herbs for the Urinary Tract, balance is key to avoiding bladder infections. We need to have E. coli bacteria in our intestines to maintain health but we do not want E. coli colonizing our urinary tract. Antibiotics disrupt the intestinal flora to a much greater degree than herbs used for bladder infections which in turn may create other flora imbalances. In my opinion, antibiotics should be reserved for bladder infections that do not respond quickly to herbal treatments or for the more serious kidney infections.

We maintain a good flora balance in our bladder primarily through urination that flushes out intestinal bacteria that have moved toward the bladder. "Good urine maintains normal flora and repels flora from the other orifice." Drinking significant amounts of the right fluids will go a long way toward maintaining bladder health, and is extremely important for women with recurrent infections.

Water, obviously, is one of the right fluids. Cranberry juice,

blueberry juice, and herbal teas are also very helpful. Citrus, alcohol, caffeine, sodas, and milk are usually irritants. In order to establish a bladder infection, E. coli bacteria need to stick to the mucosa of the urinary tract, and both cranberries and blueberries inhibit their ability to attach. Studies suggest that between 12 and 30 ounces of cranberry juice daily is a good preventative treatment for bladder infections. However, sugar depresses the immune system and can contribute to bacterial attachment. As a result, the juice needs to be unsweetened or very lightly sweetened with apple or grape juice. Neither apple nor grape juice should be first on the ingredient list. If you cannot drink unsweetened juice, you will likely be better off taking cranberry capsules as a preventative. Herbal teas that help are those with gentle diuretic and anti-inflammatory properties, such as dandelion leaf, nettle leaf, alfalfa, and red clover.

The next step in maintaining bladder health requires an honest evaluation of the sugar content of your diet. Many women with recurrent bladder infections gravitate towards foods with a high glycemic index. Often this means indulging in cookies, chocolate, and other sweets but it also includes a seemingly healthy diet heavily weighted with fruits and sweet vegetables like potatoes, garnet yams, and carrots. These foods are nutritious but, if you suffer from recurrent infections (or have an active infection), you should make sure that these foods do not dominate your diet. Moreover, when you do eat them, they should be combined with foods that slow the release of sugar into the bloodstream. This can be done by combining them with foods higher in protein, good fats, and more complex carbohydrates.

Active bladder infections are treated by combining herbs with antimicrobial components that are excreted in the urine with other herbs that are anti-inflammatory and analgesic. The stellar herb in the antimicrobial department is uva ursi a low growing, shrubby plant whose leaves contain arbutin that is transformed into a strong antimicrobial in the urine. It can be taken either as a tea or a tincture. Yerba mansa and yerba santa are rich in aromatic compounds that have a different antimicrobial action than uva ursi. They seem to have a synergistic effect when combined. My favorite is yerba mansa because it is also antifungal and has a very soothing effect on the bladder. I also like to add some kava kava to my bladder formulas for pain relief. Many bladder formulas combine uva ursi with goldenrod, a fabulous diuretic, corn silk which is demulcent and soothing to the bladder, and yarrow which is astringent and stops bleeding.





Most of the various herbal bladder formulas on the market work quickly and well if taken properly. Basically, a dose is taken every hour or two diluted in an 8 ounces of water, herbal tea or cranberry/ blueberry juice. The frequency is important to maintain a consistent antimicrobial action, and the large volume of liquid is needed to flush out the bacteria and soothe the bladder membranes. Improvement should be noticeable within 24 hours although it may take several days to resolve the infection. If pain or fever persist, if symptoms worsen or if there is no improvement, you likely (Arctostaphylos uva-ursi). Uva ursi is have a more substantial infection that should be treated with antibiotics.

Once you are symptom free for a should continue drinking the right few days, you can stop taking the formula. Unlike antibiotics, there is no need to continue taking the formula for 10-14 days to avoid creating resistance. However, you



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine She co-authored the book "Clinical Botanical Medicine."

If you have questions about herbs, come by Minglement on Mondays or Wednesdays to meet Kathy. If you are interested in a private herbal consultation, you can pick up a brochure at Minglement that explains her services & how to schedule an appointment

liquids every hour or two for another week while the membranes heal, and avoid sugary, sweet foods for at least that long as well.

യയയ



Visit our website at

Dear Jayne (AKA Organic Goddess Lady) Once again I am writing to express my gratitude for your awesome food. The avocados last week were gorgeous, and the strawberries two weeks ago were a great taste of spring - unlike those monster red on the outside white on the insde no flavor things they call strawberries now. Thank you!

www.farmfreshorganic.com

The Vashon Loop, p. 13 December 7, 05



### by Rachel Bard Mary Matsuda's Story

Mary Matsuda was 17 when the Japanese attacked Pearl Harbor in December 1941.

In February 1942, President Franklin D. Roosevelt issued Executive Order 9066, decreeing the evacuation of all people of Japanese ancestry, citizens or not, from the West Coast.

In May, Mary and her mother, father and brother were forced to leave their farm on Vashon Island along with 120 other island residents of Japanese ancestry. At gunpoint they were herded onto trucks, onto the ferry, and in Seattle into dingy, crowded and airless railroad cars. After three days they found themselves at Pinedale Assembly Center near Fresno. This was the first of the four camps the Matsuda family would be sent to during the next four years.

Mary's sheltered life left her completely unprepared for what she saw at Pinedale. "Soldiers with machine guns stood in twenty-foothigh guard towers situated at strategic points along the perimeter of a huge camp. The area was encased in steel-wire fencing topped by three rows of barbed wire. Large searchlights next to the towers rotated continuously. Black tar-papered barracks were laid out in regimented form along the flat terrain. Impatient soldiers yelled at us to move forward into the camp as a stream of Japanese families flowed in behind us."

It took Mary Matsuda Gruenewald 60 years to find the strength to tell her story. The result is Looking Like the Enemy, NewSage Press, 2005, a searing, first-hand account of one of the most shameful chapters in American history. It's also the story of an extraordinary woman who rose above an appalling experience and came to terms with it.

On Vashon she'd hardly been aware of racial prejudice. Her hardworking parents had built a home and ran a successful strawberry farm. Like other Japanese on the island they were well respected. To their sorrow, the U.S. Supreme Court had ruled against granting citizenship to Japanese immigrants. But Mary and her older brother Yoneichi, having been born in this country, were citizens. That made their inclusion in internment even bewildering.

No wonder Mary stumbled over the words "with liberty and justice for all" in the pledge of allegiance to the flag, recited every morning in the camp school.

In the camps Mary suffered from boredom, resentment, uncertainty about the future, self-doubt, lack of privacy; yet most pervasive was fear, literally fear for her life. She was intimidated by the armed guards, the barbed wire, the way the relentlessly rotating searchlights pinned her in their glare. No matter how often her parents, "Mama-san" and "Papa-san," reminded her that "Shikata ga nai"-"It can't be helped"—she agonized, lost her appetite, couldn't sleep. Only much later did she realize how much stress her parents felt too; but for the sake of keeping the family close and secure they hid it.

Finally the tide of war turned for the U.S. Anti-Japanese sentiment and some of the restrictions begin to subside. The government permitted Nisei (second-generation Japanese) to enlist in the Army. Yoneichi did so, hoping it would prove his loyalty, and served with distinction in the Italian campaign. A few prominent people like Harold Ickes, Secretary of the Interior, championed the internees' cause. Western governors suddenly realized they had an agricultural crisis on their hands without the Japanese farmers, and young Nisei were granted seasonal leaves to go work on the farms.

And finally, buoyed by her mother's calm conviction that everything would eventually work out, Mary found self-confidence and purpose. She volunteered as a nurse's aid in the camp hospital, then was accepted into the U.S. Cadet Nurse Corps. Her lifelong career as an R.N. was launched. Eventually, with the defeat of Japan in August 1945, the camps began to close and Mama-san and Papa-san went back to Vashon.



basis for a rich life."

Mary could never forget, but she by Roland Carey has a chapter on forgave. "Bitterness is corrosive to the Japanese farms (p. 57). In the excellent person who holds it," she said much Vashon Island's Agricultural Roots by later. "It does nothing to solve Pamela J. Woodroffe you'll find a good whatever the problem was that caused story of the Matsudas (Chapter 6) as it in the first place...Forgiveness is the well as chapters on Augie Takatsuka and the Mukais. Note the endearing Reading this book is far from fun, photo of Mitsuno Matsuda on the but it's an enriching and eye-opening cover of Woodroffe's book: Mary's experience you shouldn't miss. If it Mama-san, proudly displaying her makes you want to know more about basket of strawberries, a convincing the people and the period, Van example of what she'd so often told Olinda's History of Vashon-Maury Island her children: "Hikkari suru"—"Be strong, brave, and sturdy."

### We've Got A Lot of

by Kevin Pottinger

### Our kids get dirty

Our kids get dirty. They like it. Something about clean, scrubbed skin says "blank canvas" to our filthy Picassos, our Rembrandts of Grime, working with all things dirt.

They'll smear dirt, sidewalk chalk and wet house paint on each other's faces. They'll take big scoops of dry dirt and pour it slowly and lovingly on one another's heads. They'll put grass and dandelions in each other's ears. They'll eat deer poop and spit only part of it out. They'll fill baseball caps with mud and put them on their little brother's head. When prompted to "just look at all that mud on your shoes", they'll sit right down in a deep, filthy puddle to have a look. They'll splash, slide and soak in mud like they had some sort of weird biological adaptation for it.

I used to give our oldest boy a bath every single night. I had a theory that it calmed him down, that he would cry less in the evening hours. I think it calmed me down instead. Most of my theories about our kids seem to be like that. When I have a headache, the baby gets the Tylenol, then the baby feels much better, and pop!, I have a new theory.

When a lot more kids came, the baths got much more crowded and much less frequent. When the twins (our 17-month-old babies) got big enough, we began bathing all four of them in the bath at once (It was another theory I had). The first time was a little rough. The next time, and all the times thereafter, were a little rough.

One twin baby would be crying as if crocodiles were biting off her toes, one at a time, at the first knuckle; the other twin would get on his feet and launch himself, hard head first, between his

siblings toward the opposite end of the tub, then fall underwater and gulp quarts of filthy bath water and sputter and cough, until he was manually righted and admonished to sit down! in the bath. Our eldest (he just turned five) would ritually torture his compliant and gullible younger sister with sophisticated trick squirt-in-the-eye games; every time his trick would make Meredith recoil backwards, causing huge tsunami bath waves, swamping the babies and slopping gallons of water and bath toys on the floor.

We have a big bucket of bath toys that only interests the kids if it's dumped in its entirety into the bath. They like the big splash and noise of the toys as they all hit the water at once, like those horses and riders in the Calgary Stampede. After the dumping, the toys bob cheerfully in the water, or silently submerge pointy side up, to lodge under someone's butt when they sit down. The bath toys don't really interest them. They like to splash.

No splash! I'm dripping with water, the bathroom walls are wet five feet up,

and there is water on the ceiling. No splash! I shout hoarsely. The twins are grinning at me and splashing. No splash! Man, this whole thing is completely and utterly messed up. There's water running down my face. No. Splash. I'm growling at this point. Meredith intones, like a clock tolling the hour, "Dad's mad."

They take turns standing up to get washed with a washcloth and baby soap, and they tilt their heads back to get their hair (and if they don't hold still, their eyes) shampooed. After we're done the bath water looks like that brown water that the poor farmers use on their crops

The kids get out of the bath eenyminy-mo, (hey kids! I rig the eeny-minymo!) and get dried off with wet towels and get their pajamas on while I mop up the bathroom. The best thing about the whole bath thing is that all the kids smell great for the first time in a week, and it makes my wife and me actually want to hug and kiss them and have them on our laps.

The Vashon Loop, p. 14 December 7, 05





### Island Epicure

by Marj Watkins

### **Curry in a Hurry**

A freezer stocked with leftover Thanksgiving turkey — what a boon to quick meal prep in this busy season of Christmas shopping, card addressing, gift wrapping, and holiday parties!

No leftover turkey? Nor pre-cooked chicken? It takes only a few minutes to cut a fresh chicken breast in cross-grain slices, dice and poach them in this flavorful sauce. Serve it on 10-minute boil-in-bag rice. Serve it with a bag of ready-made salad and there's your quick meal. For a little more elegance, top the salad with a few olives and slivers of red onion or slices of red radish.

#### **Hurried Curry**

Serves 4 to 6 Stir-fry 5 minutes: ¼ cup Butter, Oil or Ghee

1 large onion, chopped Add:

1 thin-skinned Apple, well

washed and chopped 2 teaspoons Curry Powder

Cover and cook on medium heat 15 minutes.

Add:

1/2 cup Chicken Broth, or 1 teaspoon chicken granules and 1/4 cup water

When broth is hot, while stirring, add:

1 Tablespoon Cornstarch mixed with

¼ cup Chicken Broth, or reasonable facsimile

Mix and stir-cook until sauce thickens, about 3 minutes.

Add:

2 cups diced cooked Turkey or turmeric. Chicken

1 cup Coconut Milk

Stir-cook until your curry is steaming hot, 5 to 7 minutes more. Enjoy!

### **Vegan Tofu Curry**

Serves 2 to 3

½ block firm Tofu cut in 1-inch chunks

½ cup whole-wheat Flour or sifted whole Cornmeal

Dash salt

4 Tablespoons Olive Oil, divided ½ cup chopped Onion

1 small thin-skinned Apple, chopped

1 teaspoon Curry Powder 1 cup Coconut Milk Salt to taste

Drain tofu under pressure to Cooking time: About 25 minutes expel excess water. Cut in pieces about 1 inch square. Dredge in combined flour or cornmeal, and salt. Heat 2 tablespoons oil in heavy frying pan. Brown tofu cubes. Remove gently with slotted spoon and reserve. Wipe out pan. Add remaining 2 tablespoons oil. Heat. Add onion. Stir-fry 5 minutes. Add apple and curry powder. Cook covered 15 minutes. Add remaining ingredients, including the browned tofu dice. Heat to steaming. Serve over steamed quinoa or brown rice, or bulgur, or cubed whole-grain bread.

What curry does for you:

Turmeric, the spice that turns curry powder a cheerful yellow color seems to ward off many diseases, including several kinds of cancer, coronary heart disease, and Alzheimer's. The benefit comes from curcumin, main ingredient of

Many clinical trials of curcumin's medicinal benefit in humans are now under way in the United States. England, and Israel.

Dr. Christopher Goss of U of W is looking for cystic fibrosis patients for a study of curcumin's safety and effectiveness in treating their disease. The dose he'll give his test subjects will be 50 times the amount they'd get in a portion of curry, but that normal amount does seems to act preventively. Dr. Goss's sponsor, Fibrosis Foundation Therapeutics, a nonprofit drugresearch organization, finds that in England the cystic fibrosis rate for Indians and Pakistanis is only onefourth that of Caucasian residents.

> Eat well and stay well! യയയ

# Barber & Beauty Shoppe (206) 463-7212



Family Hair Care ~ Sensible Prices Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

### **Breast Cancer: Heal or Cure?**

by Weslie Rogers

Now that a comfortable amount of time has passed since being in the thick of breast cancer, after the thud of diagnosis, the search for the cure, the realization that there is no cure, choosing a minimal invasive treatment after an abbreviated selfcourse on breast cancer education, accepting that I'll live with a sword of Damocles emblazoned with CANCER and therefore deciding to be actively involved with healing, involving continuing life changes, qigong, and laughter(PHEW!), now that I can add all this to my resume(!), I'm reading more books about life, cancer, and death, now more for curiosity and critique than in a frantic searching mode.

I'm left wondering why some people with a poor cancer prognosis live valiantly, and others, with a good prognosis succumb, either to the primary cancer, or a remission. I've encountered, many times, authors (doctors and laymen), talking about the difference between a cure, and healing; this discussion satisfies the question almost, as follows.

Curing is what a doctor hopes to do for the patient's disease. Healing is what the patient potentially can do, to embrace life, to fully live. One can't happen without the other, usually, but the manifestations can differ, and can depend on the given quality of each. So if a patient goes to a doctor with only a cure in mind (a noble first step, but only that, a first step), and forgets about the other necessity, the healing, that patient has forgotten to change his or her life. What enters one's life without a message? As Nietzsche said, "Whatever doesn't destroy me, strengthens me."

One of the benefits of a qigong practice (briefly, *qigong* is an exercise in embracing energy) that has come into my life after cancer is that of assertiveness; that is, being active with an illness diagnosis, and then a healing continuum. "In the beginning...darkness was upon the face of the earth." There's definitely an analogy here with any life threatening illness. The patient must struggle, suffer, believe, hope, and emerge into the light, i.e. heal. This plan, this pathway through the tunnel, to the light at the end, starts and ends with the patient. The doctors assist, and are most often necessary, but their contingency on the patient's life is not dictated. They don't sustain the breath. Only the patient maintains the healing, the breath, the light. In simplistic terms,

a plan for continued breath, for emergence, or reemergence into life needs to be.

I'm left wondering why some people with a poor cancer prognosis live valiantly, and others, with a good prognosis succumb

This paradigm of cure vs. healing even has its own vernacular. In Michael Lerner's *Choices in Healing* (definitely recommended for those who need help in deciding how complementary medicine might help in treating cancers of many kinds), he talks about the distinction between science — called biomedicine, and human experience — called biopsychosocial medicine. I can only think these new names have baptized the importance of a healing protocol. And Michael Lerner talks of a debate going on about how modern medicine should be involved in a patient's healing process (pg. 19). Proponents of biomedicine believe the physician-scientist should ply only his technical skills and stay away from the emotional and spiritual issues of a patient brings along with his/her illness. Those on the other side, biopsychosocial medicine, recognize how the mind, emotions, and life embracing forces influence the course of illnesses. Just read any of Dr.Bernie Siegel's books (Love, Medicine, and Miracles is one), and you will encounter many discussions of the huge impact the right doctor has on the patient, who also has to be "right" with his or her input to heal.

Max Lerner, in his inspirational book Wrestling With the Angel, writes as he lives through his cancers, and eloquently addresses these two angles. He relied on surgery and chemotherapy for a cure, and his own vivacity for life to continue healing.

So, if we could somehow come out with a showing of the degree to which the mind affects the body, we might be closer to advocating the strength of healing, and to easing the dread of a cancer, or other life threatening diagnosis, accompanies the thought of invasive. sometimes in themselves life threatening, treatments.

Remember Albert Schweitzer: "Each patient carries his own doctor inside him...We are at our best when we give the doctor who resides within each patient a chance to work."

യയയ

The Vashon Loop, p. 15 December 7, 05

From North End to South end From Dockton to Burton Come see Dr. Basile If you'r tired of "hurtin'"



Vashon Family Chiropractic Dr. Thomas Basile 463-1850

### Philadelphia Chickens

know, the story of how these two big Hollywood stars come to this little bitty Island and do a show. We've got all the strange and quirky characters. Kind of a rock version of Waiting for Guffman.

all there is to it. And I'm sure his brother is just as cool. And their sister. And Kevin's married to a cool lady. It's just cool. And you know what makes it the best? taste. They're hometown boys.

You see I'm from Norristown, Pennsylvania, right by Valley Forge just outside of Philly. We can't pronounce the word "joy" correctly to save our souls, because we can't pronounce the letter "o" in the Queen's English way. It's one of the things that sets us apart. And I always ask when saurkraut. I hear the accent. "Arrre yu fruhm Phillee?" is the sentence.

way but it bonds us. The grandson of the Genuardis has opened a grocery store in Sunset Hills over town and I want to take him the copy of the aging newspaper ad I've saved all these years showing that tomato paste is on sale for 27 cents a can. I also want to hear him talk about home. I love bein' around people from

minorities. Blacks, Italians, Irish, Catholics and Jews, some Germans and quite a few Quakers thrown in there. When you grow up in the city that collected the cast offs from the other big cities, there's no ax to grind. No one has a chip about being a minority because everyone is. Minority rules.

While we did have the Blue in high society) the city is unpretentious at best. We're the working people who live close to our neighborhoods. My high school, Norristown High, didn't do school busing because we were

I'm thinkin' someday it's naturally integrated. Can you gonna make a great movie. You imagine? We all had bi-racial romances in a cappella choir. Never really did get over Al Ragland and my friend Steve still has a soft spot for Jackie Rich.

It's the town where all white people are not the same and you Kevin Bacon is just cool. That's are defined by your foods. Stuffed artichoke hearts, potatoes and corned beef, grits and greens, and yes, everyone eats Scrapple. Remember, the syrup kills the

> Tastykake rules! (My favorites are Butterscotch Krumpets and Tandytakes.)

> Hoagies are the best. Pizza like none other. Cheesesteaks, well, of course. A day trip to the Dutch country can score you some great Shoofly Pie and fried corn anything or sausage and

We are where democracy correct started. Independence Hall and pronounciation of the inquiring the Liberty Bell are there to remind us everyday that we are a I don't know why we talk that country of rebels and upstarts with just enough money behind us to back the project. We don't have the flash and dash of NYC or DC. We're a step above Newark or Baltimore. And somehow it's all because of the accent. My kids can always tell when I've been on the phone with home. It takes about two seconds to catch it again.

This last weekend I was gifted Philadelphia is a town of with a visit to my kids who are both going to school in the DC area. It was snowing when I arrived and as I dragged my suitcases over the cobblestones past the red brick houses with the white porches, I knew it was going to be a tease. Driving my daughter back to Baltimore I saw the sign, "Philadelphia 120 miles."

"We're going, kids. We've got Book (the book of who was truly a free car and I'm just driving up to Rittenhouse Square and going to sit for fifteen minutes, take a quick dash to the Rodin Musuem and then out 202 to King of Prussia Plaza. I can't stand being







this close to home and not going. It's been ten years."

But we didn't.

So I hang my homesickness on the hope that the Bacon Brothers do that hit song "Philadelphia Chickens" which has all the American Bandstand you can cram in thirty-two bars of music. And I'll pull up the Norristown Times Herald on the web and maybe call Aunt Ginny.

Because there are a lot of unique places in the world, but nothing folks, except maybe Vashon, compares to the down home goodness unpretentious, settled into life with ease and an air of carefree like bein' from Philly. People cere always remarking on my strong personality...nah...I'm just from Philly. We're all strong.

Love and forgive everybody. It's a great life. Enjoy it. -- Jim Henson The Vashon Loop, p. 16 December 7, 05

# Lop - Sports The court jester of sport

Erneee.

I've turned into a huge sports fan, mostly thanks to you and Michael Bates (the baller who throws in 30 most Tuesday nights, in case you haven't heard of him). So, in short, thanks. Also, I want to watch a few basketball games and wrestling matches this winter. When are the upcoming home events?

Thanks, Mary W. Woodworth

P.S. I'll be there wearing my Green Tide or Where the Wild Things Are T-shirt. They're both pretty tight.

Dear M.W.W.

Thanks for the support and I'll write the upcoming home events down below. This winter will be hot even if the weather is cold. You know what I'm saying? -- E.

P.S. By the way, did you hear of Bates's plans to get in the Guinness

#### **Upcoming Home Events!**

Girls Basketball:

12/9(6:00 p.m.) vs. Cedarcrest 12/20(6:00 p.m.) vs. Nathan Hale 12/22(6:00p.m.) Alumni Match **Boys Basketball:** 

12/13 (7:00) vs. South Widbey 12/22 (7:30) Alumni Match Wrestling:

Wed, 12/14(7:00) vs. North Mason (Watch the Pirates attempt to avenge their lone loss of last year!)

**Quick Winter Rosters:** 

Starting, or otherwise:

Girls B-Ball: Jennifer Osgood, Deb Hill, Anya Serebryakov, and Carin Beba.Boys B-Ball: B. Amstrup, Shane Davis, Zak Andrus, Corey (Holler if You Hear Me!) Hollert, Avery Weston, Mike Serko, Matt Zapel, Leif, Taylor, Justin, and Tall Tom. Wrestling: Scissors Hands Protzeller, S. Shiosaki, T. Eberle, Freight Train, Meg Thor, Gator Gateman, Steam Boat, Latino Labito, Haymaker Hayden, Looking Glass, Wild Flower Volker, Big Bill, Air Jordan, Master Quan, Air Guitar Salazar, Pizza Pringle, Jose Douset, Mishmeister, May Shark, Work.

### **Big Time Questions!**

what was better, one in the hand or two in the bush. He seemed confused and yet motivated. What is going on with



Caption for "air": This year's VHS Wrestling Team (a.k.a. Wild Things) have their own house band, led by Air Guitar Salazar.

him? When will we next see his rankings grace the page?

Justin Abdou (Simon Fraser Wrestling Coach -- the one with the big arms!)

Mr. Abdou,

Rick is on leave finishing his research for his upcoming book: Hunting or Life, Which is More Relevant? That's why he's asking those questions; developing data. We all wish Rick the best in his exquisite research and look forward to reading about his findings.

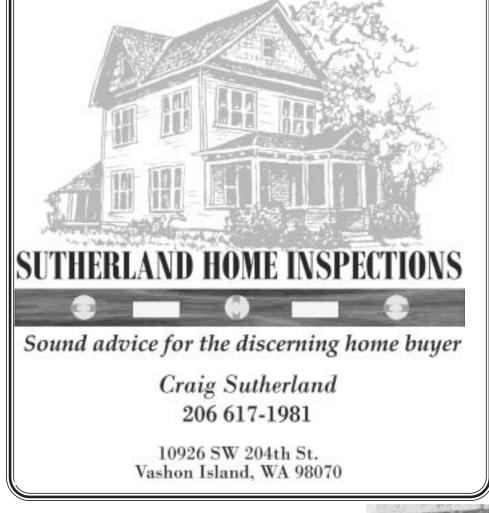
Earnestly, Ernest

Hey, Ernie, Did you hear about that recent crab claw story? It's a little different than the recent wild turkey absurdity, but pretty crazy nonetheless. -- BJ Nelson

Yes, BJ, I have heard. Below is a copy of the press release found on Skar Cheffington's Website:

#### Young Man Finds Crab Claws but Can't Really Talk About It

Wax Orchards, VI— Wiley "Wildflower" Volker, 16.5 years of age, finds crab claws in his Vashon Wrestling duffel bag. "They were pink and a little crispy, but they still scared me a bit," Dearest Ernest, I ran into Rick Volker stated yesterday. "But I'm really Wheeler yesterday and he asked me not supposed to talk about it. In fact, I think you should call them bear claws or eagle talons, not crab claws." I asked Wildflower why I should call these claws something that they obviously



were not. He replied, "There are some things that you should know and some you should not. You should know that I found one bear claw and one eagle talon in my bag. There, report that!" Wildflower hopes to eventually put these \_) claws on a "super fly necklace to wear pimping this Winter Break." He also hopes to do well on his quizzes in English class. Remember, contrary to the title of this short: there were no crab claws found, anywhere.

According recent reportage, this creature may or may not have been found in a Wild Thing's duffel bag. No more can be said, but rest assured—no crab claws.





Photo credit: Amy Salling

Eighth grade Harbor School student Patchouli Ferguson with friend Vasa Seymour, and eighth grader Will O'Neil with his grandmother, Jean Kushleika, play Spanish Bingo at The Harbor School's Annual Special Friends and Grandparents Day, held Friday, October 21. Guests accompanied students to their morning classes, and later were treated to an all school assembly with dramatic and musical presentations by the students.



Rankin' Rich currently holes up in an undisclosed location completing the necessary research for his world famous rankings



December 7, 05 The Vashon Loop, p. 17

### Lopy Laffs

#### **Living Will**

A man and his wife were sitting in the living room and he said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the

His wife got up, unplugged the TV, and threw out all of his beer.

Q. What has four legs, is big, green, fuzzy, and if it fell out of a tree would kill you? A. A pool table.

A Texan is talking to an Irishman. "Back" horse like that once."

at my ranch, I can saddle a horse and ride for two days and not get across my property." "Aye," says Paddy, "I had a

### Thoughts From A Senior Citizen;

I'm sure everything I can't find is in a secure place.

I'm a walking storehouse of facts...I've just lost the key to the door.

I'm wondering, if you're only as old as you feel, how could I be alive at 150?

They sure seem to be making adults much younger these days, and when did they let kids become policemen?

Why is it that you must wait until night to call it a day?

In the beginning God created War, Famine and Pestilence. Then He created politicians to ensure that we all got our share.

In matters of principle, stand Iil

a rock; in matters of taste, swim wi

the current. -- Thomas Jefferson

#### That's Nice

The young construction worker came running into Sporties and said to his boss, "Andy, somebody just stole your pickup truck from the parking lot!" Andy demanded, "Did you see who it was?" The breathless apprentice answered, "No, but I got his Vicense number."

I'd lift weights but they're so heavy.









WILD WORLD / Ed Frohning

THE COALS AREN'T









by Jeremy Gregory







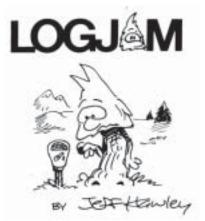


OMIGOSH! IS

THAT A GENUINE



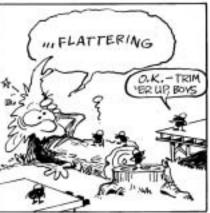












The Vashon Loop, p. 18 December 7, 05

## LoopArts



### **Charlie Brown a Big Hit** with a New Generation

by Lauri Hennessey

Christmas is all about?'

— Charlie Brown

Marita Ericksen has been doing music and teaching kids for a long time. And, it's hard to explain how a chorus director knows "it" — that something that tells you when you have something great on your hands. Whatever it is, Ericksen knew it when she decided to stage the "Charlie Brown Christmas" this year.

Attendance lit up like...well, I just gotta say it. Attendance lit up like the tree that Charlie Brown's friends magically changed from a scraggly tree to a full, lush, decorated tree.

When word got around that Ericksen was staging the play, new kids came out of the woodwork to join the Chorus this fall. The Chorus, sponsored by the Vashon Park District, now has over 30 kids participating in the Charlie Brown Christmas, which will be staged on Vashon for the first time ever on Saturday, December 10, at the Vashon Methodist Church.

"These kids are amazing," Ericksen said. "We have the world's have a great Linus, Sally, and the whole gang. And you have never seen such a joyful dancing beagle as Emma Zimmerman's Snoopy," Ericksen said.

"This play is beloved to people. Many people remember watching the show on television each holiday season. Think of all the lines we all know and love. 'I know nobody likes me. Why do they have to have a holiday season to emphasize it?' is a classic. I always loved Sally Brown saying, 'All I want is what is coming to me. All I want is my fair share," Ericksen said. "These kids are taking a beloved classic, and making it their own!"

In addition to putting on the play, Ericksen said the kids will also be singing some great songs, including "Hanukah Nagilah," "Somewhere in

"Is there anyone who knows what My Memory," and "A Holiday Wish," as well as some wonderful holiday classics. The Youth Chorus is also scheduled to sing at the upcoming Kiwanis party on December 11th.

> Ericksen said that the kids clearly have an affinity with the Charlie Brown play, and rehearsals have been a kick in the pants, especially when the group of Woodstocks all dance around with Snoopy. She said kids young and old will love the play, and family and friends of the cast will love it, too! (But don't be surprised if you find yourselves saying the lines along with the cast!

> The December 10th concert will feature Randy Bruce at keyboards, Dan Brown on bass, Larry Lawson on flute, and a string trio, coordinated by Gaye Detzer. The Parent Coordinator is Dianna Ammon. In addition to the cast, the play includes the group of Woodstocks, played by siblings Christopher and Andrew Walker, Laurel Pratt, Jack Vogel and Will Hennessey.

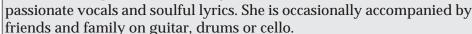
The cast includes: Phillip Van Devanter as Charlie Brown, D.J. Barnes as Linus Van Pelt, Emma most inspired Charlie Brown in Hennessey as Lucy Van Pelt, Molly Phillip Van Devanter. We have a McCammant as Sally Brown, Emma sassy Lucy in Emma Hennessey. We Zimmerman as Snoopy the dog, Lilly Hennessey as Pigpen, Abraham McBride as Schroeder, Jeanne Currie as Violet, RaeLani Mathias as Peppermint Patty, Dylan Grace-Wells as Shermy, and Claire Vogel as Frieda. The rest of the chorus includes Selena Biro, Mimi Carkonen, Zoe Clark, Louise Currie, Margaux Currie, Mary Kate Gildea, Avery Kott, Anil Krogness, Alyssa Larson, Mary Lawrence, Olivia Mangione, Amanda Ohmert, Alesha Rosford, Grace Shapiro, Meg Sullivan, Daisy Sullivan, Natalie Van Devanter, Sarah Zimmerman and Garrett DuFresne.

> Tickets are on sale before the concert through family and friends of the cast. At the door, suggested ticket donations will be \$6 general admission, \$5 students/seniors, and \$18 family. Children 5 years and under are free.

### Two Vashon Songwriters at Cafe Luna Maren Metke

Maren Metke, singer, songwriter and pianist, returns from a few years' break with a concert at Café Luna this Friday, December 9, at 8 p.m. Her 2005 CD, entitled *Hourglass*, is out and will be available.

Her work has been described as ethereal folk piano with bluesy,



She is a native Islander who has played various shows, venues, benefits and festivals off and on for the last 15 years, including the Island Earth Fair, the Strawberry Festival, Islewilde, Bishop's Café and Lounge, Voice of Vashon Radio, and Café Luna.

### Kat Eggleston

Vashon's own Kat Eggleston will appear in concert at Café Luna on Friday, December 23, starting at 7:00 p.m.

Eggleston is one of the most accomplished singer/songwriters today. Elating audiences with her beautiful blend of sweet melodies and gentle honesty, Kat's music is universally appreciated by young and old. Kat has four CD's released, three of which are available from Waterbug Music, one from Redwing Music. Additionally, she is one of the lead singers of The Otters, and has made a CD with Kate MacLeod.

Kat's songs touch a wide range of life's experiences with unusual



clarity and authority. On Second *Nature* we're in for honest lyrics honestly sung in a clear alto with flawless intonation. She goes straight to the lyrical and emotional truth of every word and every note. Her musings on home, childhood, and her father's garden are gems not to be missed.

#### Café Luna December Events

Thurs. 12/8 — 7-8:30 p.m. OPEN MIC (Everyone welcome)

Fri, 12/9 — 7 p.m. Maren Metke. Folk Piano & Vocals

Sat, 12/10 — 7:30-10 p.m. Brent Magstadt. Solo Acoustic

Fri, '12/16 — 7:30-10 p.m. LukenFranz. Sat, 12/17 — 9-5 p.m. VIPP fundraiser. Holiday Giftwrapping.

Sat, 12/17 — 7:30-10 p.m. Tribal Voices. World Beat Improvs Celebrating Life Sun, 12/18 — 9-5 p.m. VIPP fundraiser.

Holiday Giftwrapping.

Wed, 12/21 — 5-7 p.m. Paul Pauper. Acoustic Solstice Celebration Fri, 12/23 — 7:30-10 p.m. Kat Eggelston. Songwriter, guitarist, traditional musician Sat, 12/24 – 9 a.m.-1 p.m. VIPP fundraiser. Holiday Giftwrapping. Sun, 12/25 — HAPPY CHRISTMAS.

WE ARE OPEN 8 a.m.-1:30 p.m. Fri, 12/30 — 7:30-10 p.m. Brian DeMarco Original Acoustic Roots for the Soul. Sat, 12/31 — HAPPY NEW YEAR!! We

are closed at 5 p.m.

### Vashon Library **December Calendar**

#### Late Night at the Library, Saturday, December 10, 6-10 p.m.

Be architect and builder of your own gingerbread house! Materials will be provided. Join in the Vashon Library Cyber Café. Surf the world wide web or play a game of chess, cards, Magic, or Monopoly. Refreshments! Door Prizes! Security will be provided. Sponsored by Friends of the Vashon Library.

#### **JobFind: Employment Help for Adults** Thursday, December 15, 9:30-11:00 a.m.

Your search for employment just got easier! JobFind can help you whether you are unemployed or underemployed. Vashon Youth & Family Services has partnered with WorkSource, as part of the Rural WorkSource Connection Project, to help Island residents who are seeking to improve, change or find living wage jobs. Typical discussions include: networking, uncovering the hidden job market, dynamite resumes, marketing yourself with a great cover letter, polish your pitch, road blocks, and getting past "no." Co-sponsored by the King County Library System. No registration required.

#### Jingle Bell Rock! Presented by Clay Martin's Puppet Theater Sunday, December 18, 2 p.m.

A new show for the holidays featuring Frosty the Snowman and favorite holiday music including "Sleigh Ride", selections from the "Nutcracker Suite", and, of course, "Jingle Bell Rock". There will be a magic show by Father Christmas along with variety acts by Rudolph the Reindeer and the ever popular "Punch and Judy". A holiday show for the whole family. For ages 3 and up. Please register beginning Sunday, December 4 by calling the library-463-2069. Sponsored by Friends of the Vashon Library.

December 7, 05 The Vashon Loop, p. 19



By Jeff Hoyt

### **Hoytus Podcastus Alertus**

It's been a wild time in the world of Hoytus Interruptus, the podcast. First of all, a radio station in San Francisco (KYOU Open Source Radio) is now broadcasting the shows over the air on a regular basis, bringing all kinds of new listeners from the Bay Area. Also, a blogger in Holland recently discovered Hoytus and put a link to it on her site, leading to lots of hits and positive feedback coming from Europe.

> Two new podcasts have been posted at http://www.hoytus.com.

Meanwhile, two new podcasts have been posted at http:// www.hoytus.com. Both are expanded audio versions of stories that appeared here in The Loop previously.

The most recent posting is called "Not One to Judge." The story was inspired by the time back in April when I was asked to judge the costume contest during Oscar Night at the Vashon Theater. The whole experience conjured up memories of another judging experience I endured many years ago that turned out very badly. The podcast version of "Not One to Judge" features very cool music from Talking Heads, Eliza Carthy, Caleb Sampson, and a 70's pop star who shall remain anonymous for the moment.

If you scroll further down on the site, you'll come to "Boats Afloat and the Whale that Loved Them." This piece started out as an examination of island life with particular emphasis on living around a ferry schedule. From there, it morphed into a retelling of one of my favorite ferry stories of all time, that being the tale of Springer the baby orphaned orca. It's been over three years since Springer's rescue rehabilitation, yet interest in her welfare has never waned. The podcast features an update on Springer's health and whereabouts, interviews with Orca Annie Stateler and ferry worker Kim Shride, and music from Randy Newman, Joan Osborne, Pearl Jam, and the Real Tuesday Weld.

Again, you don't need an iPod to listen to a podcast. Just go to http://www.hoytus.com and look for the words "click here to listen" (just below the description of each show). One click ought to do the trick. The Hoytus podcast is also listed in iTunes. Just follow this Music thread: Store>Podcasts>Search>type "Hoytus."

If you enjoy the show (or if you don't enjoy the show), please feel free to click the "comments" button and leave your thoughts for all to

And thanks for taking the time.

തതത

### The French Come to **Madigans This** Sunday!

By Devon Atkins

The holidays have arrived at Madigans, Vashon's home décor and gift store, located in the big yellow Victorian right next to DIG. It's an all-together fun and visual feast just to walk in the front door, but there's also a touch of the continental. In addition to all the elegant and quite affordable housewares, lamps, furniture and gift-giving possibilities, there's Mary Ellen Peterson, owner of Madigans, French jewelry, imported from Paris. The entire collection will be featured Sunday, December 11, 12 noon to 5 p.m., when a representative from the company will spend the afternoon at Madigans.

"This is jewelry that everyone likes," says Madigans owner, Mary Ellen Peterson. "It's classic, yet not like anything else, and women of all ages like it and look good in it." There is no nickel to irritate, and women seem to like the ease with which the jewelry goes on; most of the bracelets are made with elastic instead of those difficult clasps. Men like it, too, and love the opportunity to just give Madigans a call, and have a gift wrapped and ready to pick up, by the time they arrive there!



models a piece of jewelry from the collection that will be featured this

"Potluck Paris," the Seattle company that imports the jewelry, was started by Patti McKillip, a Capital Hill gal, who makes regular visits to France to hand-pick each piece from the artisans and jewelers who live there. This jewelry is made from recycled silver and pewter flatware and fondue pots. If only this jewelry could talk! The shapes, patterns, and textures are intriguing, and the look of it is classic, yet wholly different from other jewelry you might see. For more information, call Madigans, 463-0080, or stop in anytime, Monday/Wednesday -Saturday 9 to 5, Sunday 12 to 5.

തത്ത

### **Vashon Bookshop**



Overheard at the corner of **Christmas Tree & Santa's Cottage:** "You're going where?" "To the Bookshop! Great gift books for way less!"

Mon-Sat 9-7, Sun 9-5 463-2616 17612 Vashon Highway

### RECYCLING

### The Dirt Yard

At center across the street from LS Cedar next to Central Storage

#### Accepting Soils

Top Soil Sandy Dirt Gravel No Clay

### Accepting Clearing Debris

- Stumps
- Brush
- Landclearing Wood Waste
- ✓ Landscaping Waste

#### Accepting Concrete



- Concrete
- Concrete with Rebar
- Asphalt
- Stone
- Brick



Custom Screened Soils Available: Bark, Compost, Top Soil, Rock, Drainfield Cover, Crushed Concrete, Crushed Asphalt and Special Yard and Garden Mixes

206-999-4541 Dennis



### NO HAZARDOUS OR NON-ORGANIC MATERIALS

### The Holidays At Vashon Tea Shop

By Devon Atkins

Can you believe it? The unassuming Vashon Tea Shop is a hotbed of holiday activity. Folks and their children are busy cutting out

snowflakes while tea is steeping and perusing the unique Asianflavored gifts, teas, and tea accessories, but, also, there are surprising arts and entertainment.

To begin,

the walls of the Tea Shop are graced with a terrific display of Suzani tribal rugs, offered by Islander Carol Merz Frankel. Suzanis are from the western Uzbekistan (Bokara and Samerkand), and are heavily influenced by the Persians. These Suzanis are generously colored with flowers, birds, and trailing vines. Embroidery is chain-stitched, and the intricate shading is accomplished by using small dye lots of hand-dyed thread.

Shop-goers are enjoying this exotic look, and Susan Bassett, the Shop owner, encourages other textile merchants and craftspeople to think of the Tea Shop as a place for display.

In addition to art, there's entertainment in the form of WORDS, the spoken word open mic that takes

place each month. Susan has outfitted the place with special lights, and the eclectic and ever-changing crowd meets to share and enjoy words of all kinds:

> stories, memoirs, commentary, poetry, rants and raves, original or notable. Generally, it's a fourth-Wednesday gathering, but because of the holiday crush, WORDS will occur Wednesday, on December 14, 7 p.m.

Folks are invited to

share anything that speaks to the time of year, but are also encouraged just to bring whatever they like. This will be a fun evening, and always amazing, depending upon which of the thousands of amazing Island folks happen to come! Sign-ups begin at 6:30 p.m. Call to be on the monthly emailing,

The Tea Shop is about sipping tea, but it's also about events. During the next couple of months, there'll be Tea Talk and Tastings, Japanese Tea Ceremony events, and other unexpected gatherings that will revolve around fascinating Tea Cultures. Curious? Stop by the Tea Shop, and ask Susan what it's all about: Monday-Saturday 10:30 a.m. to 5:30 p.m., and Sunday 10:30 a.m. to 5:00 p.m.



The Vashon Loop, p. 20 December 7, 05

### Be One With Nature \$545,700



- 2 Bedroom
- 9 1.75 Bath
- 5.75 Acres
- \$ 1920 Sqft
- Vaulted Celings
- Westside Location
- **Outbuildings RV Parking**
- - Shop & Stable

#### MLS #25156042



You'll Fall in Love When You Discover this Home. Discreetly Sheltered Among Towering Firs and Old Hemlocks, This Home is One With Nature with Its Cedar Shingles and Artful Angles. Designed and Built with Exceptional Quality by an Award Winning Architect. Masterful Use of Vaulted Celings, Open Spaces, and Warm Wood Finishes, Creates a Setting Inviting You to Spend Time Inside. The Cook's Kitchen makes Entertaining a Joy. Work at Home in the Separate Office Building. You Can Even

Raise Alpacas!

206-463-7677

Come party with Loose Change see page 13

SAND SEPTIC SERVICE

looking for something to do on NYE

Whats up?

17637 Vashon Highway SW

**RR Ties** \$5.00 - \$22.50 ea Vashon p/u

4 Grades 463 5161

**MEADOW HOUSE** Lovely, furnished one bedroom apartment with kitchen, deck, yard, cable. Great for out of town quests. Children welcome. No Smoking or pets. \$675 per month. Month to month or short term lease. Available January 1 Security deposit Req. (206) 463 3009

ARCHITECTURAL FINISHING

**Master Painter, Drywall Service** 

Fine Wood Finishing, Wallpaper

Serving Vashon since 1976

**Rex Morris 463-3009** 

CALL RON TEED

Septic systems are like husbands. If you don't attend to them, they might go out.

~Septic service

~Portable to lets

For rent: Beautiful home, two drooms, two baths, just south of Burton. Wood stove and electric wall heat; propane range; large living room kitchen.Beautiful garden, peekaview. Available December 12 for three months or longer, furnished or not (you pick). \$864 month, first/last/deposit. Separate artist studio also available. Must have good references! 463-0801

"Using the "Island Channel" is a way for islanders to communicate with each other in an emergency. Cut out this card for your bulletin board, refrigerator, or wallet and make copies for friends and family."

And put the VashonBePrepared site URL on there somewhere, too. That is:

www.VashonBePrepared.org

### ISLAND CHANNEL

Citizen's Band - Channel 2 Marine VHF - Channel 71

FRS/GMRS - Channel 2

(462.5875 MHz - turn Privacy Codes OFF) Are your batteries fully charged?

The "Istand Channel" is a common channel number on CB, Marine, and "walkabout" Family Radio Service (FRS) and General Mobile Radio Service (GMRS) radios. Use the Island Channel year-round. When emergencies occur you'll know where to listen and how to use your radio.

Note 1 - Using an FRS GMRS radio on the GMRS channels

Note 2 - Use marine channel 71 only as a "go to" channel. Monitor channel 15 at all other times. Use Marine VHF only for ship-to-ship and ship-to-shore communications.

Note 3 - Not all FRS/GMRS radios assign Channel 2 to the same frequency. Check your radio's manual for the frequencies assigned to each channel.



KELLER WILLIAMS.

Simpli

206-463-7677

SEATTLE METRO WEST

Fred and Carolyn Steen

"We are passionate, focused, and real. Together we have 20 years

of real estate experience on Vashon Island. We'd love to help you

**Local Expertise With a National Presence** 

**Keller Williams Realty** 

~ Over 38,000 Agents in 400 Offices

~ Vashon's only National Real Estate Office

~ 5th Largest Real Estate Network in the US

~ Recognized and Respected for Excellence

home\_4\_you@hotmail.com

realize your home owning dreams."

froup

**Farming Fencing** Front end loader Small backhoe

**Doug York** (206) 567-4776 Driveway repair **Rototilling Brush cutting** etc.

### **Business For Sale**



Tremendous business opportunity! Own a successful take-out restaurant on Vashon!

- High quality commercial equipment
- Assignable lease
- Steady customer base
- Healthy, delicious Asian recipes
- Owner will train

### **Wok In Take Out**

Serious buyers please call Troy Kindred and Marie Browne

(206) **463-LIST** (5478) www.kwvashon.com



#### KELLER WILLIAMS

(206) 463-LIST (5478)

#### PROBLEM SOLVER

You've got problems, we've got solutions. You've got questions, we've got answers.

Call Nick and Bryce, 567-5879

#### HOUSESITTING

Plants, garden and pet care

**Excellent References** Marie Schlick 567-4030.