

In this issue: Lobby Day, Radiation, Self-knowledge (or, hand me the tweezers and the magnifying glass! I'm going in!), barn owls, Christmas comics, Santa swiz, I didn't really want a dog but apparently I wanted this dog, orcas return to Island waters, is that food safe to eat? and more!



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polar bear
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THE VASHON LOOP

Vol. 4, # 1

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

January 3, 2007

Vashon Polar Bears Say Good-Bye to 2006



Twenty four hearty souls plunged into the sound off Dockton Park pier on Sunday afternoon, New Year's Eve. *Story on page 19*

Father Paul Ordained a Deacon

Father Paul of Dockton's All-Merciful Saviour Orthodox Monastery was ordained a deacon on St. Nicholas Day (19 December) at St. Nicholas Russian Orthodox Cathedral in Seattle. Archbishop Kyrill of San Francisco and the Western American Diocese presided.

The Orthodox Church is in the season of Advent, and their Nativity celebration falls on the 7th of January, which is the 25th of December on the Julian Calendar.



Father Paul's ordination service. Photo courtesy of Father Tryphon

Vashon College Announces Winter Quarter Class Offerings

Vashon College is pleased announce its offerings for Winter and Spring 2007 which represent a variety of topics and formats to choose from including lectures, workshops, and courses. This is a preliminary list, and more lectures and classes may be added within the next month. Application forms and detailed information can be found at Vashon College offices, the Vashon Library and other locations in town. They may also be obtained online by contacting: *Continued on page 5*

A Different Christmas Seal

By T Martino

The storm was over and now it was Christmas day! I had carefully planned our dinner and Pete and I got up that morning to listen to wolves howl and then we exchanged presents. Mine was a beautiful cart for the dogs to pull manure in!

Pete had to go off-Island to pick up his family and I hustled about the kitchen in the cabin to prepare our feast. Then the phone rang.

It was a woman on-Island very concerned about a seal on her lawn. She told me it just looked at her and wouldn't move.

I had JUST put the main course in the oven.

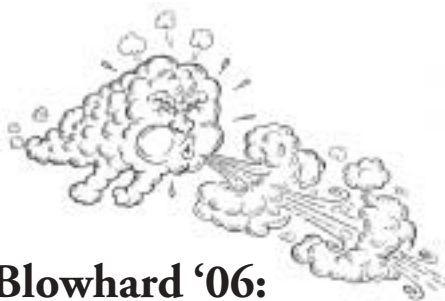
"OK.....I'll be right down!" I told her.

Then I got out our phone numbers and started the MARINE MAMMAL PROCESS (That's what I call it). The MMP is one of the tricky parts of



Wolftown photo

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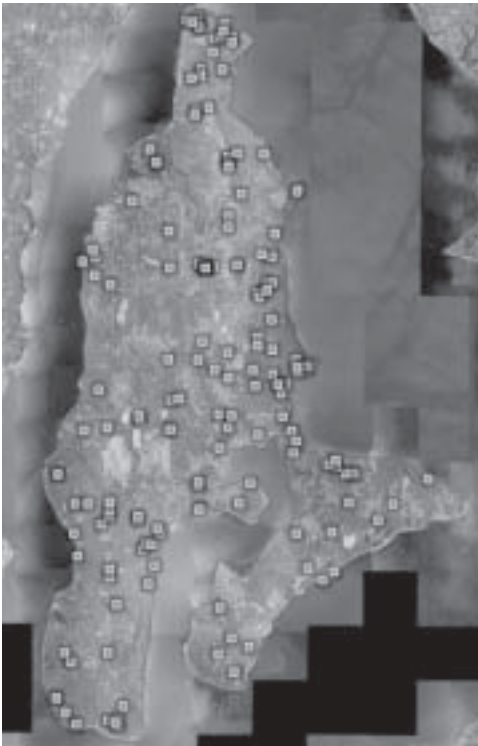


Blowhard '06:

Help Build a Map of Windstorm Power Outages

John Osborne (known to many of us as "oz") is working on producing an animated map of the geography of the wind storm of December 14.

To do this, he is collecting data about when the power went out and came back on at people's houses or businesses. He then plots the locations in Google Earth and from that information will produce a short movie of how power was restored to the Island.



This map shows the 175 points of power outages mapped by John Osborne as of 1 p.m. on Thursday, December 28, 2006.

"I think it will be fascinating to see graphically exactly how power was restored to the Island," Osborne said in the email he sent to people asking them to participate. "It will be fascinating to see the big picture when we all mostly know only our personal experience. I'm curious whether power was restored randomly or there was pattern."

"I'm a geographer by training and I'm hoping you might help me with a project that I think will be of general interest to Islanders."

Continued on page 5

Get in The Loop

VashonBePrepared.ORG

"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?	<small>The "Island 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 requires an FCC license. 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.</small>
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VIFR Seeks Public Input

Vashon Island Fire & Rescue is looking for members of the public to participate on a planning committee. The committee will be comprised of members of the public and the fire district. They will be tasked with producing and prioritizing a list of projects/issues to present to the Board of Commissioners. From this list, additional committees may be formed to research the various projects/issues.

"We are eager to get this process started. It is important that we get the input of the public, our volunteers and staff to help map out our course of direction for the next several years," says Chief Keith Yamane.

"We know that people on the Island care very much about how we respond to their needs and whether we have the equipment and resources in case of daily or catastrophic disasters. How fast or prudently we meet those needs requires that our community partners participate in helping us develop the strategies that will enable us to reach those important goals."

If you would like to be a member of this committee, please call Chief Yamane at 463-2405.

Vashon Garden Club Meets January 8

The Vashon-Maury Island Garden Club will meet on **Monday, January 8**, at the Vashon Lutheran Church. Our featured speaker will be storyteller Debbie Dimitre who will present "Patchwork Pioneers - the Story of a Seattle Pioneer," told in character by the first bride of Seattle, Louisa Boren-Denny. We look forward to her appearance at the Garden Club as Louisa Boren-Denny, who introduced the sweet-briar rose to Washington.

Visitors are welcome at any Garden Club meeting. We meet on the second Monday of most months from September through June at the Lutheran Church social hall. Come at 1 o'clock just to hear the speaker, or bring a bag lunch and attend our business meeting at 10:45. Dessert and beverages are served at the lunch break. For more information contact Pat Nesland, President, 463-9575.

New Instructor for Senior Fitness

Stacy Datin, a fitness instructor at the Vashon YMCA, is the new "Enhanced Fitness" teacher for the Senior Center's series, running from January 3 until February 7, at Ober Park. Classes start at 7:45 a.m. or 12:45 p.m., and run for an hour Mondays, Wednesdays and Fridays. Senior Center members pay \$34 for 15 sessions; nonmembers, \$41. Group Health members with Medicare Parts and and B can take the class for free.

Datin modifies the workouts according to professional guidelines set out by Senior Services of Seattle — participants can do the exercises at their own pace, sitting in a chair if they wish to.

"Two-thirds of the adult population in the U.S. do not exercise, according to the Surgeon General of the United States," she says. "These classes enhance your balance, cardio health and flexibility, which get lost if you don't exercise." Other studies have found that regular physical exercise stimulates brain activity.

Sign up for the classes at the Senior Center.

Lobby Day February 14 for Save Our Sound

Rein Attemann, Field Director for People for Puget Sound invites people to attend Priorities for a Healthy Washington's Lobby Day on **Wednesday, February 14, 2007**.

"Under the 'Save Our Sound' priority we will be lobbying for legislation that creates a new governance and accountability system; calls for septic system repair; cleans up polluted shellfish beds; phases out toxic flame retardants; and ensures funding for a year 'round tug at Neah Bay.

Attend Lobby Day 2007 in Olympia to ensure Puget Sound's ecologic and economic future is not short changed. For more information, call Rein Attemann, (206) 382-7007, or see the website, www.pugetsound.org

Everything you read in the newspapers is absolutely true, except for the rare story of which you happen to have first-hand knowledge.
-- Erwin Knoll



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Adopt a Cat Days

Vashon Island Pet Protectors will host an Adopt-A-Cat Day on **Saturday, January 13**, from 11 a.m. to 2 p.m., and **Sunday, January 14**, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.

February Is Fix-a-Cat Month

VIPP announces that in February discounted prices for spaying and neutering of cats will be \$15 to neuter a male cat and \$25 to spay a female cat. If you have questions, contact VIPP at (206) 389-1085.

Seniors Take a Trip to Tulalip

Tulalip — about an hour's ride from Fauntleroy — is the next Senior Center all-day excursion to the Indian Casino or the Premium Outlet Mall for "after holiday sales," leaving the Senior Center at 8:20 a.m., **Wednesday, January 10**. Cost: \$8 for SC members; \$13, nonmembers. Sign up ahead of time at the Senior Center.

Free Workshop on Construction Contracts

On **Saturday, January 13**, from 2 to 3:30 p.m. at the King County Library, Vashon construction and contracts attorney Ron Leaders will provide a free workshop for residents and small business owners on basic remodeling and repair contract issues. The workshop will assist Island residents to avoid being taken advantage of by some contractors who come to "help" after a disaster.

Leaders will discuss contracting techniques to protect homeowners and small businesses, as well as methods to secure adequate performance under the contract. He will also discuss various methods to address and resolve common disputes which arise. For further information, contact Leaders at (206) 463-7434, or at www.buckleyleaders.com

Appreciate an Islander

There are many people on this Island who knock themselves out doing good things. The Loop would like to hear who you think deserves appreciation, and why you think so. You can nominate anyone, and as many people as you'd like, as long as you include your reasons. We'd especially like to sing about unsung heroes. Please send names to: editor@vashonloop.com, or send snail mail to: Islanders of the Year, P O Box 253, Vashon WA 98070. Please include your own contact information.

This is not a competition. This is about appreciation and recognition of people who make the Island, and the world, a better place.

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Five things to be thankful for after the windstorm:

By Susan Wolf

1. Finally found a way to get teenagers to take a 5 minute shower
2. Made my grandkids' dream come true when we told them, "Eat all the ice cream you want."
3. Had an excuse to meet the neighbors and invite them to a BBQ in the backyard
4. Free greens for making wreaths and garlands all along the roadside
5. Neighbors can no longer hear family arguments over the roar of the generator.

The Vashon Loop

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Troy and Marie Wish You a Happy 2007!

We're still recuperating from having an absolute blast on New Year's Eve. So there will be no Tips for Homeowners this week. Instead, we thought we'd share some pictures from the party at the Sportsmen's Club. What happens in Vegas stays in Vegas, but what happens at the Club on New Year's Eve is fair game.

We had a wonderful holiday season, and hope you did, too. We're ready to get busy helping you buy and sell real estate. Give us a call - we're here to serve! 206.463.LIST.



The man, the myth, the legend



"OK, who made this mess?"



Suicide balloons contemplate The Big Drop



"Stop calling me a party animal"



Kevin, Vasa, and "Moose" Change



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Happy New Year to you, too!



Two chick singers and a James Brown channeller



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Loop Letters

Contribute Your Two Cents to Island Preparedness

Editor, *The Loop*:

As I write this, our Island is experiencing a test of our ability to cope in time of emergency. Preparedness is one of the concerns of the Public Safety Committee of The Vashon Maury Island Community Council. We have a representative of the Preparedness Community on our Committee and when we meet on **Friday, January 5** at 10:00 a.m. in the Courtroom of Courthouse we will be planning this topic for one of our 2007 meetings.

The January meeting will be devoted to looking back and looking forward. On the Committee we have representatives from the Sheriff, Fire and Rescue, and the Highway Department in addition to the Preparedness people. We want to hear from you about your concerns. This past year we had meetings centered on fireworks, problem dogs, possible forest fires, hunting on the Island, traffic concerns, and safety for bicyclers.

We had no expectation of solving all our safety issues, but we did strive to help connect residents with the officials who serve them and also to see if we could come up with solutions on our own. Answering a need, Valerie Vigesaa gave a workshop to help folks who have trouble walking their neighborhood due to threatening dogs. Because her workshop was so helpful, we will be repeating it in the spring. We took a road trip with County Traffic Engineer Scott Sawhill to visit problem road areas and had a good response from him. We

had a meeting on the subject of deer hunting with people of widely varying views able to agree that what we all want is a safe Island.

Looking to the future, it is clear we will be revisiting these subjects. In addition we will ask to meet with the leaders of Preparedness on the Island to assess what we learned with this storm emergency and to ask how the Public safety Committee can be of help to them in the future. Also we will have a meeting on fire safety and accidents in the home.

Our charter states “It will be the charge of The Public safety Committee to address matters which affect the safety of all residents. Anyone is welcome to bring issues of Island wide concern to the Committee. Items of most interest to the largest number of residents will be considered as a priority with the goal of mitigating, or where possible eliminating the danger involved.”

I invite you to come to our meeting on **Friday, January 5** with your suggestions for future meetings. We will be mapping out the year to come and want your input. If you are unable to attend, please feel free to call me, Jennie Hodgson, at 463-5408, or email me at jollyoctopus@comcast.net.

Jennie Hodgson

Radiation

Editor, *The Loop*:

Vashon-Maury islanders are picking up their trees with a renewed awareness of nature. For us, these past few days have been the first close call on our freezers since that big one in the seventies. Poor freezers — what about us? For two days, my backside up against the gas fireplace insert, I

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thought about radiation. That’s what I was getting, radiation, my buns a pair of marshmallows. The hot air from the insert was just going up. Radiation is not only more effective than hot air, it’s more natural. Consider the cobra.

When a cobra sticks out its tongue at you it is not giving an opinion, nor is it shedding excess body heat dog fashion. Rather, the cobra is taking aim. That forked tongue has infra-red sensors, heat eyes. And to a very limited extent, all of us can do the same. We show the inside of a wrist towards an object. Or a cheek. Seeking warmth itself, we step out of the shade into the sun — into the rays from the sun, for the sun is not sending hot air. And inside the home we instinctively shy away from cold surfaces. You may have heard people, especially women, claim that they can feel the outside temperature. And in some houses they can, those without metal foil in the walls. For heat radiation penetrates wood and brick quite readily, more readily than, for example, glass. That’s not saying a lot, actually, because every greenhouse owner knows that glass is relatively opaque to heat radiation. Now to radiators, heat antennas.

The effectiveness of a radiator is determined by temperature, size, and surface, in that order. Temperature, of course. Size, the bigger the better. Surface, hard to understand.

Size it is, then. The need for size is intuitive, even obvious given the way radiation is expressed: so much per square, uh, meter. Area seems to be the rule for any sort of electromagnetic radiation: large antenna to transmit, smaller to receive. Have you noticed that within just the past three years the antennas on cell phones have become so small you can’t find them? Like the heat eyes on a cobra’s tongue. But for transmitting heat, there have to be square meters. Consider a charcoal brazier. There is little sense of heat from a single glowing coal, but from a dozen glowing coals there comes the medium well doing of a steak. In-floor radiant heat is the clear winner in the size contest, and walls should rank next. Why walls are not being used more is puzzling. But flat radiators are coming into wider use even as conventional bulky forms remain competitive — they heat the air more which compensates for their limited presentation of area. Here’s that hot air again, always coming up; keeping it off the ceiling is such a chore. Radiator size can be summed up in this way: Increasing radiator size will to a degree compensate for cooler water; the same kilowatts can be delivered, and with more even distribution. Cooler, yes, but still.

Radiation is the delivery of choice for a sun house. Where attempted, hot air delivery of sun heat has not worked. The reason is excessive temperature drop in converting collector heat from water to air, temperature drop that a sun system cannot afford. This accepted, radiator size has to be included in the design of a solar space heat system. The criterion in this process is lowest possible collector inlet temperature (This makes the collector shiver therefore collect more warmth).

Vashon College Winter Courses

Continued from page 1

info@vashoncollege.org.

Tuesday, January 30, Dr. Richard E. Moritz kicks off a new Lecture Series planned and hosted by Vashon 101 Alumni. The topic is **Global Warming: Climate change on Earth, in the Pacific Northwest and Vashon Island.**

This lecture is open to the community, and regular tickets can be obtained at the door at a cost of \$12 each. Vashon 101 Alums may reserve their seats in advance by purchasing tickets at a cost of \$10 each when contacting info@vashoncollege.org.

Seating is limited to 60 people. This lecture will be held at Courthouse Square from 7:00 to 9:00 pm on Tuesday, January 30.

Monday, February 12 — Vashon 101, A Journey Just Begun, starts again. After the first class on

Monday, the class will meet on Thursday evenings, from 7 to 9 p.m., from February 15 through April 19. This survey of Vashon presented by eight different adjunct faculty is limited to 32 students. Alternates from the fall semester waiting list have priority to register if they submit their \$100 deposit by January 15th. After January 15th non-deposited Alternates and all other community members can sign up for the class on a first-paid, first-served basis.

Vashon 101 is an eleven session course and costs \$250.

Saturday, February 17 — Creative Responses to Disaster. Vashon College in conjunction with Vashon Disaster Preparedness

Committee and its Community Contact Team will host an all day workshop which will address the emotional and psychological problems that arise in a major disaster. Dr. Richard McGuigan of Victoria, B.C. will be the keynote speaker and is an expert on systemic non-violent resolutions to public disputes and disasters. The morning lecture will be followed by afternoon workshop sessions. The cost is \$100 for the full day. For detailed information, contact info@vashoncollege.org.

Sunday, February 18 — Introduction to Digital Media. Vashon College's Center for Digital



Waiting to take a ride around the Rock, (l to r), Judy Whitney, Bill Ameling, and Kathy Swinehart attended the first day of class for Vashon 101 last summer. Remember summer? Loop photo

Storm Map

Continued from page 1

To do this, Osborne needs to know your home address and the date and time the power was restored to your house. His house, for example, would be entered:

8010 SW Hawthorne Ln,12/14/2006,10:00 PM,O

8010 SW Hawthorne Ln,12/22/2006,12:18 AM,R

Each line has this format: your street address, date, time power was restored or lost, the letter "R" or "O," separated by commas "," ("O" is for "Out" and "R" is for "Restored.")

"In addition," Osborne said, "I would like to collect data on the actual extent of physical damage to the Island's power grid so we can all better appreciate the magnitude of the event. If you would like to report damage to the Island's power grid, send me information like this:

5678 SW Van Olinda, Tree down on wire or down wire, etc...

"The address should be the closest real address to a downed line or other damage. "I will only use your street address to get a latitude and longitude— after I do this, I will delete your actual address. There will be a link to the animation on my web site at www.oceanatlas.com. I will not save any record of your email address unless you would like me to send you email when I have finished making the movie."

"Please send all replies to storm2006@oceanatlas.com. Thanks much! oz"

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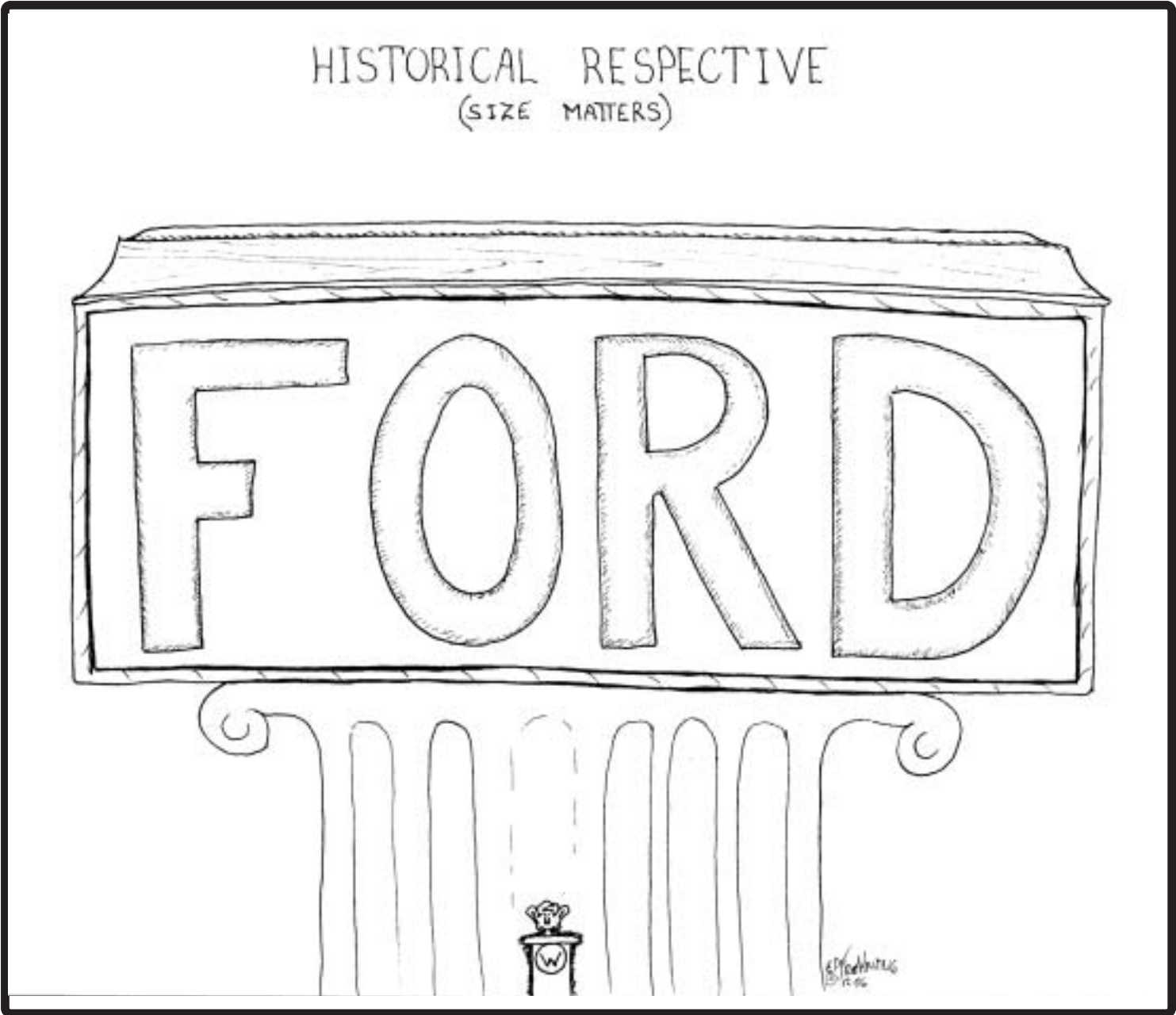
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Communication launches its first course, along with a public open house. A short film, *The History of Computer Graphics*, created by the Center's director, Frank Foster, will be shown that day to introduce examples of techniques the Center will teach in its first and future classes. Digital storytelling is an emerging communication form. Students in this introductory class will learn to weave together images, graphics, video clips, music, and sound to create personal tales. While the Sunday showing is open to the public, it is required for students who will take the class, which will meet from 7 to 9 p.m. on Wednesday evenings beginning February 21. The cost for twelve sessions is \$250. The class is limited to twelve students,

and computer equipment and software is provided.

On a date that is yet to be determined in February, Ron Irvine of Vashon Winery will begin his eleven-week wine appreciation course covering the art and science of wine. This will be the first of many courses on wide ranging topics of community interest offered through Vashon College's Center for Exploratory Learning. Ron's course will meet one evening a week for eleven weeks from 7 to 9 p.m. The cost is \$250 plus an additional fee of \$55 to cover wine tastings. The dates are still being confirmed for this offering. For detailed information, contact info@vashoncollege.org.





Spiritual Smart Aleck

You Say You Want a Resolution

By Mary Litchfield Tuel

“Sometimes I wish God would just fix me up. God has more patience than me...”

Lo, the New Year. At this time of year, when we’ve made it through the shortest day, and the longest night, and the biggest wind storm, and we have gathered around the campfire to keep warm with family and friends, we look to the New Year, and we make resolutions.

We all know that most resolutions get dumped as we navigate the stormy waters of reality. We’re only human, after all, and we are doing the best we can.

I have never been one for New Year’s Resolutions, but there was a time in my life when I resolved to fix myself up. I was on fire to be a better person, the really cool, healthy, together person I was not. I wanted to do it so that my kids would grow up with a great mother.

You see, my parents did everything wrong. The only guide I had for being a parent was not to be my parents. I had some work to do.

I tried whatever seemed helpful: walking, dieting, 12-step programs, therapy, prayer, religion, self-help books, and the four “-tions:” affirmation, visualization, meditation, and relaxation.

I learned a lot. I forgave a lot, in myself and others. I realized that being hurt early in life does not confer sainthood on a person – victims screw up, and victimize, too. It’s easy to think that the world owes us because we’ve been hurt, and damn it, where’s the justice?

It is painful to admit that you have done wrong things, and that you have to take responsibility for doing them. You hope that people will have compassion and understanding for you – you might understand that you did bad things out of blind airheaded youthful ignorance, but will that excuse you in anyone else’s eyes? Perhaps you acquire compassion for others:

maybe that idiot is as ignorant as I once was.

Humility does not come easily.

I learned to mind my own business and stop blaming other people for my troubles. OK, I learned that those two things worked well for me; I didn’t always do them.

It was in my early forties that I had the epiphany that I was not going to live long enough to fix myself. I would go to my grave an unfinished work.

For all I did, for all I improved, it must have made a difference to the kids, but then I realized that they had problems all their own, and nothing I could do to improve myself would deprive them of the joy, pain, and learning value of their problems.

That was a tough pill to swallow.

Now I’m getting to the age when mortality is becoming my friend. I’m looking back on a few decades of my life, and I’ve adjusted my goal from trying to change myself to making peace with who I am.

Oh, I try to behave. Mostly. I know now that my parents, who did everything wrong, were doing the best they could at the time, just like I did the best I could in my time. That’s what most of us do.

I learn new things all the time and I’m torn between thinking, gee, I wish I’d had that information thirty or forty years ago, and thinking, gee, I’m glad there are still new things to learn, and that I can still learn them.

The line I quoted at the beginning is from a song I wrote about twenty years ago: “God’s a Better Sport than You and Me.” I wasn’t an editor then, and it’s just as well, because I might have changed it to “God’s a better sport than you and I,” and that would have been a mistake. With songs, as with people, it is not perfection that stamps them in our hearts and makes them unforgettable. That’s what I think.

Happy New Year. Good luck with those resolutions.

□□□□



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Chris and Clint, livin’ large. Loop photo

You Want Dinner? I’ll Bring You Dinner

At the Kiwanis Christmas dinner in December these two young men who were helping out with serving and other tasks showed up in this grandiose Western headgear. When I asked them their names, they said, “Chris,” and “Clint.” It was a photo I loved, but didn’t have room for in the last issue.



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, January 12

I don’t know much about Americanism, but it’s a damn good word with which to carry an election. – Warren G. Harding

Don't Forget the Birds

By Ed Swan

Vashon Christmas Bird Count

On December 31, the tenth Vashon Christmas Bird Count took place with crisp, calm winter weather making for a very pleasant day of birding. All across the country, Audubon Societies count birds in a 15 mile diameter circle over the course of a 24 hour

and Pierce County area seemed to have picked up most of the unusual and rare birds such as Mountain Quail, Gray Jays and Northern Goshawk but island counters still made a good showing.

We had a good year for total number of owl species with a Northern Saw-whet Owl responding to a tape played by myself and Sherry Bottoms, a Barn Owl seen at dawn on wire along Pt. Robinson Road by Joy Nelsen and a Barred Owl heard by Emma Amiad at her place along Wax Orchard Road. Saw-whet owls appear to be decreasing on the island and Barn Owls are still rare but possibly increasing again. Barred Owls are now widespread and when the total

numbers are in, we'll probably have a number reported around the island and probably one or two Great Horned Owls as well.

For the area of Vashon south of 204th, Nancy Miracle and I found about 60 species, seeing one each of all our common island raptors and many s p a r r o w s p e c i e s . Highlights included the Virginia Rail at the Portage marsh and the sparrow flock at K-Jo Farms which included two White-c r o w n e d Sparrows, rare in winter here.

A Lincoln's Sparrow, even rarer, showed up by the monument on Monument Road and I heard later one is coming to Pete Murray's bird feeder every day. Alan Higgins and Richard Rogers found the sole American Kestrel for the island at its usual haunt at the Wax Orchard airfield.

The Tramp Harbor/Maury Island group noted a lot of good birds including Black Scoters and Harlequin Ducks seen by both Bob Hawkins in Dockton and Joy Nelsen and the Holtz family out at Pt. Robinson. Joy and the Holtz family also found a Merlin at Pt. Robinson. John Friars found a



Kestrel spotted at Wax Orchards. Photo by Peter Murray

period. The counts happen around Christmas but actually may occur on any one day during a three week period from mid-December through early January. Since every state has many CBC count c i r c l e s established, usually more than 20-30 per state, the count days are spread out so that observers can help out on more than one count if they like. CBC numbers in North America continue to grow in importance because they

form one of the longest-running data sets reaching back to the first count in 1900. Vashon's circle covers all of Vashon and Maury Island, part of Blake Island, Three Tree Point in Burien and parts of Pierce and Kitsap County along the west side of Colvos Passage.

Sue Trevathan, the Vashon-Maury Island Audubon Society CBC coordinator, is still continuing to add up all of the species and individual birds tallied, but it appears that birders saw over 110 species and may be headed towards breaking the 115 record reached one year. The counting parties over in the Kitsap



Barn owl. Photo by Jim Rosso

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Merlin. Photo by Jim Rosso

rarity with a Thayer's Gull off his yard near KVI Beach.

On the north end Carole Elder observed a Townsend's Warbler and a good collection of Wood Ducks, Green-winged Teal, Northern Shoveler and Ring-necked Ducks at Fisher's Pond. Gary Shugart, after helping out in Kitsap County, spotted the White-throated Sparrow that's been hanging out in his yard. These birds are rare but regular for Vashon. Gary bands some of the birds in his yard and so he knows that this particular sparrow came last year as well.

Bruce Haulman took counters Dan Willsie, Jack and Pam Dawdy and Larry Huggins out on his boat to cover Quartermaster Harbor. They found the only Ruddy Ducks and Sanderling for the island portion of the count and over 300 Western Grebes. That grebe number is double last year but still down from the over a thousand that Dan used to count when the count first started.

Thanks go out to Sue Trevathan for organizing another exciting count and to all the people watching birds in their yards or joining the counting parties. If you have an interesting bird to report (not just for the Christmas Bird Count) or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net. ∞∞∞∞

It is sobering to consider that when Mozart was my age he had already been dead for a year.
- Tom Lehrer

We've Got a Lot of Kids

Silent Night

By Kevin Pottinger

The kids have been cooped up inside for months now. It seems to me that so far, this winter has been more miserable and mean-spirited than usual: cold, dark, wet, foul-tempered and discontented without comfort or redemption. In primitive desperation we bundle the kids up and push them outside to play in frigid mist. They quickly turn and press their little pained faces against the glass of the sliding door, howling to be let back in.

So, they run laps around the kitchen, singing a sort of tribal war chant. They throw heavy toys at each other, provoke fistfights, or whine incessantly, just for the exercise. Our house that seemed almost adequate in summer is now tighter than my wedding tux.

The living room floor is often littered with a thick carpet of Duplos, doll house furniture and children's books. Several huge Rescue Heroes Command Centers rise from the rubble like sandstone bluffs, which the kids climb and use as jumping-off platforms. The house is full of the remnants of play forts: piles of throw-pillows and blankets draped over backs of kitchen chairs.

While we were without electricity after the recent windstorm, we burned half a cord of dry alder in our open brick

fireplace, and still the only warm area of the house was an eight-foot arc in front of the fire. With no electricity, the kids had almost nothing to do, and much less room to do it in. So we sat around the freezing dinner table, or on the freezing toilet seat, seeing our breath in the moonlight, trying to keep from lighting ourselves on fire with the candle burning behind us on the toilet tank. We wondered aloud what the Donner Party did for entertainment, before they became cannibals.

With the power back on, we had a thankfully modern Christmas with electric lights and central heating, and lots of little kids at our house who still believe in Santa. On Christmas Eve, bathed in a beautiful flood of incandescent light, Maria and the kids assembled slabs of a packaged gingerbread house that looked like some kind of brittle-brown Canadian wood product. They broke it in several places while assembling it, and they decorated it with the icing and mini-jawbreakers that came in the package. After the kids tottered off to sleep, it sat in a fractured heap on the kitchen table. Every so often a mini-jawbreaker slid off and bounced to the floor.

My wife Maria staged the Santa swiz superbly, bringing out the traditional Cookies for Santa plate, and arranging a half-full glass of milk, and cookies with bites out of them on the plate with forensic precision. She claimed to have strewn handfuls of reindeer food on the front lawn, and she forged a letter from Santa thanking the kids for the delicious cookies, and the crumbling gingerbread



Lavender Duck

This is a beautiful 1900 vintage farm home that is currently being operated as a Bed and Breakfast on Vashon Island. This beautiful Inn consists of 5 suites; 4 in the main house and 1 in the cottage. Each suite has a private bath and a sitting area. The cottage is steps from the main home and has 2 bedrooms and 1 bath. If you love lavender this beautiful Inn has a beautiful lavender field in the back.

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house, which he would, of course, love to take along with him back to the North Pole.

On Christmas morning, the kids opened the usual staggering pile of presents from three sets of grandparents and Maria and me. Two-year old Gracie kept sneaking Christmas cookies and eating them behind the drapes; her red slippers gave her away. Later, we went to Mass, and made a trip into town to Grandma's house, where we had a lovely Christmas dinner with my side of the family.

But for us, Christmas had already happened the week before. We had shared what we had with friends and strangers during the extended power outage. And somewhere around here, during that cold and dark week, a child was born at home in cold candlelight, and wrapped in a blanket. Maybe a brother or sister or neighbor showed up with a hot meal and a generator, or gifts for the baby. And on that cloudless and silent night, the stars sang; sleep in heavenly peace, sleep in heavenly peace.

~~~~~

## Radiation

*Continued from page 4*


The effect on radiator design is then a push toward larger radiating area: more transfer, cooler return. This need for radiating area can be eased by using water mains water to cool the return. This is standard practice in Germany. Incoming water from mains is thereby pre-heated for tap water. The end result of all this is so little wall space that you have to quit buying art at the Barnworks.

Tom Herring

## Merry Toon Christmas!

Because of the recent power outage, two Christmas comics were left out of the last issue. They were stranded on my cold, dead home computer when the power went out, and I did the paper on my laptop in the library. These things happen. But we hate to leave out any of our artists' drawings, so here are their Christmas offerings. They are in plenty of time for Orthodox Christmas on January 7, at least.

Regular strips are on page 17, as usual.



Loopy sez: Deadline for the next edition of *The Loop* is Friday, January 12



I KNOW IT MAY BE A LOT TO ASK FOR



BUT I JUST WISH I COULD BE A CHRISTMAS TREE ...



HA HA HA HA



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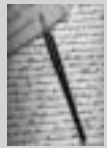
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**Essay:**  
**The Path of  
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 Resistance**

## OR — Two Grandkids and an Incontinent Dog

By Alice Orr

I am about to own up to something in myself that may find few sympathizers. I am not a dog person. We never had dogs in my family, probably because my mother wasn't a dog person. I could have inherited this genetic flaw from her. Actually, I think my problem with dogs is that I don't understand them. I never know what they are going to do next. With cats, on the other hand, I always know what they are going to do next — walk away when they feel like it, cuddle when they feel like it, hiss when they feel like it and so on. I know this about cats, and I accept it. That is why we had three cats and no dog until 3:15 p.m. on Saturday, December 16, 2006.

The grandkids began a ten-day stay with us on that date. I am a kid person. Otherwise, I would not have agreed to ten days with an eight and three-year-old to amuse and care for mostly on my own. When I entered into that agreement, I could not have foretold the windstorm and the power outage. As it happened, we were blessed with a return of electricity before the children arrived. We were warm,

shining brightly with multicolored lights in the windows and on the tree and we could cook on the electric stove. Considering that advantage over many other Islanders, it feels mean-spirited to complain of the lack of electronic distractions. Nonetheless, a few children's programs or cartoons on TV plus a computer game or two might have provided breathing space when their child-age exuberance and my grandma-age stamina limitations found themselves on collision course.


This desperation for distractions could explain the dog decision, except that I'd made the dog decision weeks before. Our granddaughter, the eight-year-old, really wanted a dog. She reminded us of that whenever she could with dog stories, dog stickers, dog drawings and lots of dog talk, but what sent her message straight to my heart was Halloween. After several years of insisting upon dressing up as some variety of princess, this year she had to be a brown dog with white spots. We had to get her a dog. Three-year-old brother agreed, though he would actually prefer a dinosaur. My husband is a dog person so the die was cast. I silenced personal doubts by asking myself, "How much trouble can a little puppy be?"



Redge and Alice

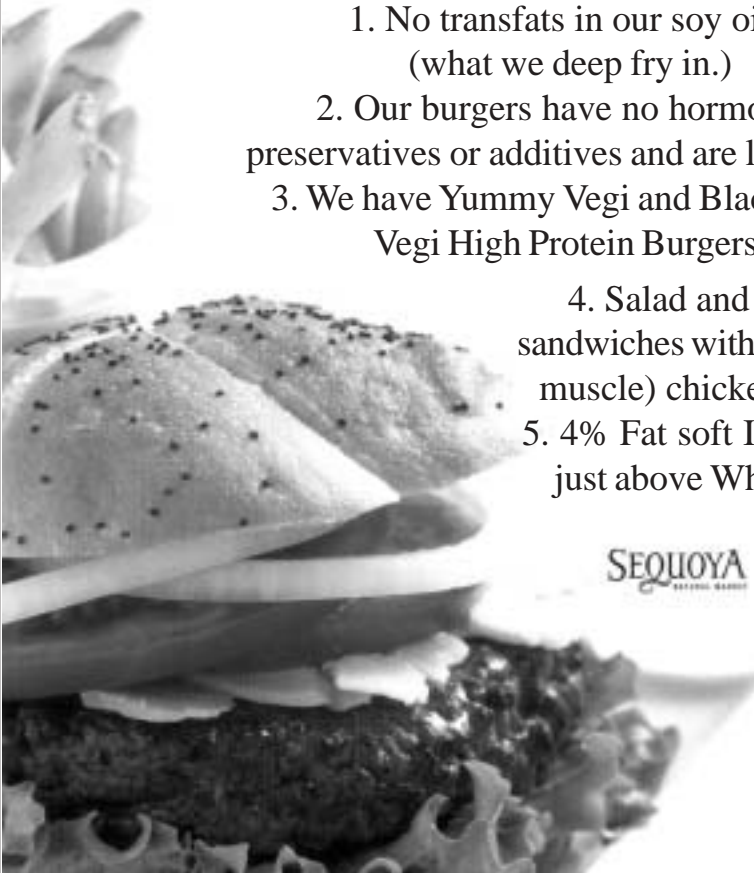
How lumbering is Redge exactly? I did my best to measure him this morning because I would like to be accurate on that point, but he thought we were playing capture the tape measure so you will simply have to take my word that he is a large dog. You will also have to take my word that he is gradually lumbering his way into my heart.

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SEQUOYA

We set off for PAWS in Lynnwood with little puppy intentions in mind. We brought a pet carrier intentionally sized for a little puppy. We stopped along the way and bought a collar and leash intentionally sized for a little puppy. I was confident all would be well. Except that when we arrived at the animal shelter, the pooch with most appeal to kids and hubby alike was not a little puppy. He was a large, red-brown, part husky, part char-pei tentatively titled Taylor. Taylor wanted a home, my family wanted to give him one and inexplicably I agreed.

We put Taylor on hold while we hurried to the nearest pet products store to buy a dog crate larger than some apartments I've lived in. On the way, our granddaughter came up with Redge as a more fitting name for our new family member. Taylor did sound too aristocratic for a lop-eared, cross-eyed animal of lumbering dimensions.

How lumbering is Redge exactly? I did my best to measure him this morning because I would like to be accurate on that point, but he thought we were playing capture the tape measure so you will simply have to take my word that he is a large dog. You will also have to take my word that he is gradually lumbering his way into my heart.

All the same, I have to ask myself and you, "Do we detect a pattern here?" Ten days of two very energetic children in a power emergency and right at holiday preparation time. Taking on the

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lion's, or at least the large canine's, share of that preparation in the first place. Bringing a dog bred to be a natural chaser into a house with three cats. Do I have a tendency to take the path of most resistance or what? My husband says, "It's all about the kids." He's correct of course, but I suspect something more impish in a corner of my character, perhaps a wee leprechaun from my Irish side amusing himself at my expense. By the way, in reference to the incontinence mentioned in the title. We were assured that was only a temporary reaction to new surroundings, and Redge has been adapting to his outdoor potty regimen quite well. Until, about an hour ago as I was writing this plea for understanding, he peed on my kitchen floor.

**Alice welcomes comments on her essays by e-mail at aorrtalk@comcast.net. To find out more about Alice and her work with writers and publishers, visit her on the web at www.aliceorrseminars.com.**



# The Dorsal Spin Pod Power

By Orca Annie Stateler

Out of necessity, Odin and I reluctantly witnessed the Big Storm's worst episodes. On December 14, we were driving to town to retrieve Odin's car from yet another repair job when the torrential downpour nailed us. I questioned aloud the advisability of driving in the sideways rain.

At 1:00 a.m. on December 15, our electricity bit the dust. Minimum 70 mph gusts compelled us outside to wrestle with a divider wall on our porch that threatened to tear loose and smash into our living room windows. Colvos Pass had 8 --10 foot swells, something I have not seen before in 14 years on the Island. We have a better understanding of hurricanes now. Our electricity was not restored until Tuesday afternoon, the 19th. If adversity builds character, we acquired a bit more in the waning days of 2006.

Killer whales from K and L Pods finally returned to the Island in December. Our elusive tall-finned friends materialized off Dilworth at dusk on December 10. In a half dozen visits over the next twelve days, they heartened us shivering, dejected humans with their "Pod Power" and reminded us why we value living here despite Mother Nature's periodic violent outbursts.

With the exception of a few Scrooges, our Island community also showed its "Pod Power" in the aftermath of the nasty windstorm. All the local merchants we patronized were accommodating. Thriftway's baristas, True Value, Bishop's, and the Vashon Island



Two Orcas, off Pt. Robinson. Loop Photo



Coffee Roasterie warrant mention for extraordinary service. We thank Rex and Barbara for buying Odin's artwork at the Roasterie.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.

We tried to spread the word when whales were here. Our apologies if we could not reach you by phone during the power outage. As far as we know, the orcas' last visit to Vashon-Maury waters was December 21. If you know otherwise, call the VHP.

We are truly grateful to our VHP spotters. Melanie and Steve provided outstanding, timely reports that allowed many Islanders



Three Whales for Three Pods

## PANDORA'S BOX

**HAPPY NEW YEAR!**

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me they were K's and L's. Visual ID's later confirmed that members of the L12 matriline or subpod were traveling with K Pod around the Island. Call us "The Little Hydrophone Project That Could."

Around 4:00 p.m. on December 20, Stogarita and I admired an elegant resting formation of 30 killer whales as they glided by the VHP site. Except for the sound of their blows, the orcas were quiet as church mice. Stogarita was excited, chasing her tail and barking happy noises. We got an eyeful from our porch when one of the boys rolled belly up, first waving his giant pec flipper and then flashing "Pink Floyd" at us. Evidently, he was excited about something, too. When



A big guy, off Pt. Robinson. Loop photo

In an early Christmas gift to our endangered Southern Residents, a federal judge in Seattle dismissed a specious, anti-orca lawsuit filed by the Washington Farm Bureau and the Building Industry Association of Washington. The judge determined that the groups failed to show how the ESA listing for killer whales harms farmers and builders.

I am eternally grateful to J, K, and L Pods. These incomparable orca souls enrich my life immeasurably. They have an uncanny knack for being a profoundly comforting presence in anguished times, and an utter joy in celebratory times. At Point Robinson, I was privileged to get a close look at 90-something super-matriarch Lummi (K7), who is possibly the eldest orca in the Southern Resident Community. I told her how much I treasure her and I offered amends on behalf of all two-leggeds for destructive, offensive behavior toward her kin.

Tragically, the Baiji, or Yangtze River Dolphin, was declared extinct in December. Habitat destruction, overfishing, and ship collisions annihilated this 20 million-year old species called the "goddess of the Yangtze." I propose one New Year's resolution: that we muster the political will and wisdom to ensure that our precious orcas do not go the way of the Baiji.

If you are inspired to donate to ACS Puget Sound (www.acspugetsound.org) to help secure the future of Southern Resident orcas and other cetaceans, specify Vashon Hydrophone Project (VHP) in the memo section of your check and mail it to: ACS Puget Sound, c/o Ann Stateler, PO Box 1202, Vashon, WA 98070.

Contact Orca Annie at Vashonorcas@aol.com.



Orca off Pt. Robinson. Loop photo

to enjoy orcas at Point Robinson. The following people also contributed helpful reports: Ed, Karen, Simon, Scott, Harriet, Carl, Stephen, Julie, Bekah, Laurie, Ann, Ray, Susan, and Richard. Scott, Bob and Jan offered welcome respite from the cold - tea and a woodstove! We also appreciate the calls from folks who did not leave their names.

The orcas gifted us with many fond memories and stirring images. I will recount a few. On December 15, lack of electricity forced me to stop continuous monitoring of the hydrophone. As I surveyed the storm damage on our porch at 9:00 a.m., my gaze caught a miraculous sight in Colvos Pass: dorsal fins widely dispersed and traveling north. In our literally dark moment, Southern Resident orcas brought tears to our eyes and treated tenants who had not yet fled the building to a spiritual experience.

I have a decent battery backup for the VHP computer, so despite our frigid, dim apartment, I got a recording of the orcas. The calls told

I described this encounter to my mother, she seemed convinced that the orcas and Stogarita were communicating and understood each other.

Odin's birthday is December 21, and since he has been such a nice guy this year, he got a special visit from K Pod. As they foraged outside Tramp Harbor, the whales were far apart. On the approach to Point Robinson, however, they came together. Somebody spyhopped several times, and I am certain the orcas saw the handful of sincere people (including our esteemed Loop editor) braving a looming southeasterly squall to delight in an audience with them.

K Pod did not disappoint. Most of the killer whales brushed past the point in legendary so-close-you-could-touch-them mode. A youngster breached four times near the beach. They porpoised and slapped their pecs and tail flukes. The orcas were in the mood to interact with us, and for that, we feel honored.

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Orca Annie Stateler and Mark Sears  
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Never ask of money spent  
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went.  
Nobody was ever meant  
To remember or invent  
What he did with every cent.  
— Robert Frost





# Book Review

## Bullitt It's Not—But It's Not Bad

By Richard Bard, Guest Reviewer

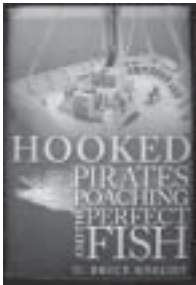
Used to be, the way you could tell a good movie was by how many adrenalin-pumping car chases it had. Now, though, we've got pictures like *Good Night and Good Luck*, in which hardly anybody even climbs into a car, let alone tries to outrun the police. Yet, it's undeniably a quality flick. It's all very confusing.

That's why in the world of books it's comforting to run across one like Bruce Knecht's *Hooked*. No cars, but there's a dramatic, long range boat chase that goes on across thousands of miles of ocean, through storms and icebergs and 275 pages. As pursuits go, this one's hard to top.

The chaser is the *Southern Supporter*, an Australian fisheries patrol boat, and the escapist is the *Viarsa*, a longline fishing vessel which initially we don't know where it's from, since its name and home port have been painted over, but which we suspect of illegal fishing near Heard Island, of which you've probably never...heard...since it's small and uninhabited and lies in the middle of a vast nowhere between Australia and Africa.

To be honest, the chase plays out in only half the book's chapters. The alternating ones deal with seafood marketing and fish politics, and it's in these that we discover what's really being chased here is the idea that the right sales pitch at the right time can create a feeding frenzy in the trendy scene of high profile foods that rivals anything that goes on beneath the sea surface.

As we go from the culinary world's discovery of Patagonian toothfish (soon to be renamed the tastier-sounding "Chilean sea bass") through the stages of a manic fishery that in not many years succeeded in decimating the species through much of its range in the Southern ocean, we find



*Hooked* by Bruce Knecht  
Rodale 2006 Hard cover, \$24.95

plenty of reinforcement for prejudicial views. Do we take the hard core environmental stance that commercial fishermen are rapacious plunderers bent on turning the undersea world into a desert? The owner and fish master of the *Viarsa* are characterized in a way that certainly makes this seem a reasonable bet. If we're more moderate, however, we see the actual fishermen as regular hardworking, not very well-paid exiles from families far away, and on the toothfish as having unavoidably gotten in harm's way: it lives in remote areas at incomprehensible depths; management of the fishery came late, if at all, and with only spotty enforcement; and so given the market's avidity a gold-rush atmosphere was almost inevitable.

Which is not to say this and other similar fisheries can't be managed successfully. The most single-mindedly grouchy character in the book, a Canadian fisheries scientist, has nothing but good things to say about the North Pacific halibut fishery, which is a model of conscientious and effective management. The toothfish should be so lucky as to have the International Pacific Halibut Commission looking after it.

As a bottom line in a story like this we'd expect something profound, considering its subject thrives at 4,000-foot depths — but the book ends rather ambiguously. This may put it at odds with the easy-to-digest certainty of a car-chase movie. But it does, at least, bring it in line with the way things happen in real life.

□□□□



## Corrections

The windstorm caused a lot of trouble. One of the troubles it caused *The Loop* was that your editor had to type things from memory that were on her home computer, and the stress of the situation caused more mistakes in the paper than usual! So:

The email address given at the end of the article by Allison Arthur in the last issue was incorrect. Her real address is: arthur.allison@yahoo.com. Well, I hope that's what it is.

The article about POI filing a complaint did not get included in its entirety, so here it is in the next column, with a nice picture. Sorry, folks. -- Editor

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**Happy  
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The mine property and what was left of the old pier as of last September. Loop photo

## Preserve Our Islands Seeks Full Disclosure

Preserve Our Islands filed a complaint in the Federal District Court for the Western District of Washington in December seeking a court order requiring that the U.S. Army Corps of Engineers promptly release copies of reports prepared by Northwest Aggregates/Glacier Northwest in support of its application for a Corps' permit for its proposed barge loading facility.

The reports, called biological evaluations, are required in order for the Corps of Engineers and the National Marine Fisheries Service to evaluate the impacts of Glacier's proposal on endangered salmon and endangered killer whales.

Preserve Our Islands requested these documents in early October, 2006 under the Freedom of Information Act ("FOIA"). The Corps acknowledged the existence of the documents but refused disclosure. The Corps' refusal is based on a narrow exception in FOIA that allows an agency to withhold certain "inter-agency" or "intra-agency" memorandums. This exemption is designed to protect against release of written documents containing preliminary internal agency discussion.

As Preserve Our Island's federal complaint states: "Glacier Northwest is obviously not a government agency. Nor is Glacier

Northwest a consultant retained by the Corps to assist the agency. To the contrary, Glacier Northwest is an applicant for a very contentious permit."

Further, "The Corp's refusal to release these documents is particularly troublesome considering the Corps's ongoing review and consideration of Glacier Northwest's permit application and, in particular, the Corps' duty to consult with federal fisheries agencies over the impacts of Glacier's request on endangered Southern Resident Killer Whales and endangered and threatened salmon populations. By depriving the public the right to review Glacier's biological information, the Corps is depriving the public the opportunity to comment on and submit further scientific biological information for the agencies' review."

Preserve Our Island's complaint seeks an order for immediate release of the documents as well as an injunction against further processing of Glacier's application until the documents are released and the public has a full opportunity to review and comment on their contents. Preserve Our Island also seeks reimbursement of its costs and expenses in obtaining the documents.

My dear boy, forget about the motivation. Just say the lines and don't trip over the furniture. – Noel Coward, advice to an actor





# Herbs for Weight Loss

By Kathy Abascal

The New Year has arrived, and it is suddenly time to implement our New Year's resolutions. Many of us have promised ourselves to finally lose those extra pounds and I think it might be helpful to again discuss whether herbs can help us achieve that goal.

We are a quick fix culture, and believe that there is a magic cure for every ailment. There simply must be a pill or potion out there that will help melt away the pounds, just like there is a purple pill that will soothe heartburn while you continue eating pizza and other greasy foods. And there is big money to be made by offering quick fix, magic potions. Americans spent some 30 billion dollars last year to help them lose weight. Weight loss formulas often combine high doses of caffeine with high doses of herbs that have a stimulant effect on the body. Historically, these herbs have never been used for weight loss and are not traditionally used in the doses prescribed. As might be expected, these stimulants prove too strong for some of the overweight people who believed that all they needed to become trim and slim was a little nudge to their metabolism. Reports of heart attacks are soon followed by newspaper stories on the dangers of herbal medicine generally, and proposed bans on herbs that are highly useful, if used properly.

The classic example is ephedra. Ephedra, in small doses, has been used for thousands of years to dry mucus membranes and relieve symptoms of allergies and asthma. One of its constituents, pseudoephedrine, is a common ingredient in over-the-counter cold medicines. Ephedra is highly effective when used properly but in high doses can

overstimulate the heart, especially when combined with caffeine. Ephedra and several other useful herbs were banned after gullible people misused the herb to stimulate weight loss, not one of its traditional uses.

The FDA is now considering a ban on bitter orange supplements. In traditional Chinese medicine, the peel of the bitter orange is thought highly useful to stimulate appetite in frail, sick people and is also used in a variety of digestive disorders. It contains synephrine, a compound similar structurally to the stimulant ephedrine. Again, because people are taking high doses of the herb combined with caffeine in a way contrary to its traditional use (to squelch rather than stimulate appetite), they are suffering adverse effects. Once again gullible people are ignoring tradition and common sense, hoping to lose weight effortlessly.

Another popular weight loss supplement is a South African herb, Hoodia *gordonii*. The San Bushmen traditionally used this succulent to reduce food cravings in times of food scarcity. It appears that it may quiet the brain's response to a starvation condition. Of course, the San Bushmen typically are physically fit, lean people who use Hoodia when there is no food around. Today it is being sold as a safe, effective remedy for unfit, overweight people facing an abundance of tempting foods. Moreover, most of what is sold as Hoodia is not Hoodia at all. This plant is endangered, and would already have been wiped out if most of the supplements sold actually contained the right plant. Instead, most people are taking a supplement that contains an unidentified plant for a non-traditional use.

Another heavily advertised dietary supplement, Cortislim, targets cortisol as the cause of obesity. Relacor also focuses on this stress hormone. "Cortisol causes belly fat. You need Relacor." Relacor blends some vitamins with some nervine and adaptogenic herbs. Nervines and adaptogens can help people deal with stress which may help them stick with a weight loss program. They will not, however, melt away belly fat. Relacor is quite expensive, and contains some herbs that unfortunately are often adulterated in commerce (such as skullcap and Chinese ginseng) but it otherwise seems to be a



Ephedra



**Kathy Abascal's New Book Now Available!**

Kathy Abascal's New Book Now Available! You can now buy her book *Herbs & Influenza – How herbs used in the 1918 flu pandemic can be effective today* at local Vashon stores. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at <http://www.HerbsandInfluenza.com>.

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 recently started a blog which you can read at [www.herbsandinfluenza.com/blog](http://www.herbsandinfluenza.com/blog). You can email her if you have questions about herbs (Anemopsis@yahoo.com) or you can stop by the Roasterie on Friday afternoons to discuss any aspect of herbal medicine with her in person.

harmless formula. Cortislim provides some vitamins along with green tea extract and bitter orange extract. I would not recommend either one.

Losing weight is a struggle with an addiction to the wrong foods and a habit of not exercising enough. Unfortunately, there is no safe herbal or pharmaceutical pill that will make it easy to lose weight. Drinking lots of green tea will not magically boost your metabolism but it is a healthy, no calorie beverage. A well chosen adaptogen will make you more motivated to stick with your diet plan, and a nervine can calm you enough that you do not grab a pastry out of anger or frustration. In the end, however, weight loss is about learning to eat reasonably, and finding the time to exercise. I have once again resolved to use Kelly Chevalier's world step classes to boost my metabolism and to resume my struggle to get sugar out of my diet. How about joining me?

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All my life affection has been showered upon me, and every forward step I have made has been taken in spite of it. – George Bernard Shaw



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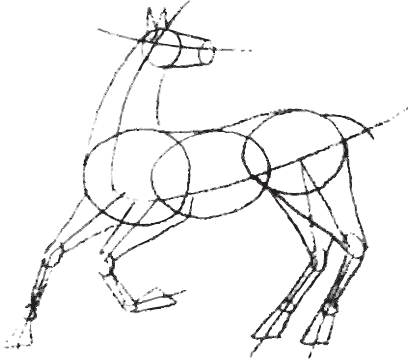
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**Aries (March 20-April 19):** Boundaries between friends and lovers melt as the world is infused with the energy of cosmic awakening. Don't we have enough partitions in life without spending most of our days deciding who is right and who is wrong to look at, or to be looked at by? You are a beacon for all forms of love at the moment. That is freedom — enjoy. Family Focus: Many parents play favorites with kids — learning not to is definitely a skill.

**Taurus (April 19-May 20):** You are poised for a stunning professional breakthrough this week, and moreover, for the world to wake up and figure out what you have to offer. You convey this feeling through your emotions and psychic energy, however, rather than your sales performance statistics. Get used to being irresistible; you have finally arrived. Family Focus: A child's observations about faith will ease your mind.

**Gemini (May 20-June 21):** God comes in many forms. Long ago we figured out it wasn't just a Sunday morning thing, but for you right now the life of Spirit is infusing your world 24 hours a day. This is a moment of inspiration but also a moment of freedom that can only come when you admit to yourself that you are perfectly safe, and perfectly loved. Family Focus: Your spouse or partner has a tremendous influence over a child these days.

**Cancer (June 21-July 22):** What do others want from you and what do you want from them? Think of it this way: your life at the moment is much more about giving than it is about taking; and much more about receiving than it is about asking. You have so much to offer, and the world is offering everything to you. Embrace it with an open heart. Family Focus: Health issues are largely psychological in nature. Cut the stress first.

**Leo (July 22-Aug. 23):** Every now and then, you do something with impact, something that actually changes the world. Every once in a while, someone touches your life so deeply that you are changed forever. In this rare and beautiful moment, both are happening at once. Family Focus: Children are deeply sensitive to the energy of adult relationships.

**Virgo (Aug. 23-Sep. 22):** Your sign is blessed with a natural healing gift that is coming on strong right now. The beautiful thing about offering healing is that you don't actually do anything except stand up and, in the words of the Master, feel the energy move through you. This is not about words but rather sharing the strength of your heart. Family Focus: Do something fun and spontaneous with your kids. Plan it that day.

**Libra (Sep. 22-Oct. 23):** Your reputation as one who likes to think things over is about to be replaced

by a reputation for one who needs to do exactly what you need to do, when you need to do it. What you are feeling is so vivid and so full of life, you have every reason to share it with the world. Family Focus: All kids are natural born artists. Make sure you encourage them to stay that way.

**Scorpio (Oct. 23-Nov. 22):** What if you could go the rest of your life without worrying about money? This is more a question of learning how not to worry than it is of how to manifest wealth. But as the more enlightened self-made people will tell you, the two are closely related. Family Focus: Children feel safe if adults feel safe.

**Sagittarius (Nov. 22-Dec. 22):** There seems to be no limit on your perception, or your ability to persuade people that your point of view is worth listening to. But you have a lot to learn from the ideas of others, too. The mix of the two will add up to more than you can imagine — so get the dialog going. Family Focus: Television is not dangerous. Worshiping it as a god is.

**Capricorn (Dec. 22-Jan. 20):** There is no describing the anguish of self-doubt, nor is there really any way to describe the awesome relief of putting those doubts behind you. Freedom is the freedom to feel safe and loved within one's own skin, which really means the freedom from caustic self-defeating

tendencies. You are finally outside that cage. Family Focus: You were a very mature kid. Your own kids may be different.

**Aquarius (Jan. 20-Feb. 19):** This week's stunning conjunction of Venus and Chiron in your birth sign tells me that you are finally throwing off all the layers that cluttered and obstructed the real you. Beneath all those heavy coats, sweaters and armor is someone who is eternally optimistic, and deeply loved by your friends. Family Focus: Loving relationships are the most important learning example a child can have.

**Pisces (Feb. 19-March 20):** Your recent winning streak of professional breakthroughs is now greatly aided by the assistance of a friend with some excellent connections. The only mistake you could make is singing your own praises too loudly. This week, take a break — let others do it for you. Family Focus: You can finally back off a little and spend more time at home.

**Eric Francis has more of your astrology for you at PlanetWaves.net.**      oooo

Keep your temper. Do not quarrel with an angry person, but give him a soft answer. It is commanded by the Holy Writ, and furthermore, it makes him madder than anything else you could say.





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Is It Still Safe to Eat?

By Marj Watkins

The storm of December 14 left many people wondering about food that thawed, and foods in their electricity-starved refrigerator. You might clip this column and post it on your refrigerator, both in case of another such chilling challenge, and for answers to other food storage questions.

Don't open the freezer or refrigerator unless you have to. Take out what you need, then close the door promptly.

Do use fresh foods first. Let the frozen foodstuffs in the freezer keep each other cold until they start thawing.

Do refreeze slightly thawed foods that still have ice crystals in them when the power comes back on.

Do refreeze previously cooked foods that have thawed; cooking has killed bacteria.

Don't trust the sniff test absolutely. Is the color off? Even before it thawed, was the food frozen too long to still taste good?

Don't taste food to see if it's still good. Food that smells okay can still make you sick.

When in doubt, toss it out.

For more information about storing food, and about stored food, visit [www.fsis.usda.gov](http://www.fsis.usda.gov), [www.cfsan.fda.gov](http://www.cfsan.fda.gov), or [www.cdc.gov](http://www.cdc.gov).

Answers to some food safety questions:

Q. I cleaned my freezer and found some meat dated 2004. Is it still good?

A. A freezer set at 0 degrees F (check with a refrigerator thermometer) will keep frozen foods safe to eat practically forever. But they may not still taste okay.

Date food packets before you put them in the freezer.

Meat — use within:

Sausage — 2 months

Raw steaks — 4 months, and up to 1 year

Raw roasts — 4 months and up to 1 year.

Bacon — 1 to 2 months

Poultry – 2 months

Q. If I cut the mold bits off cheese, will it be okay to eat?

A. Not if you're really mold-sensitive. The roots of those mold patches can go down an inch or more, and spread an inch to the sides of the visible mold.

Get rid of present mold, then wrap the cheese in gauze or cheese maker's cloth that has been moistened with vinegar to prevent new mold.

Q. Should I refrigerate peanut butter after opening?

A. Not usually necessary. Some natural peanut butters settle to the bottom of the jar leaving a layer of oil on top. Do refrigerate after restirring if that happens.

Q. I've got these cans of fruits and vegetables with no use-by dates on them, and I don't know how old they are. Do I eat them or throw them out?

A. Acidic foods like peaches and tomatoes keep for up to a year and a half. Date cans before shelving, especially the cans in your emergency stash. Use and replace as they approach use-by dates.

Low-acid foods like meats, sea foods, and vegetables like beets and beans keep up to two years. In a cool, dry place they may keep as long as 5 years, but I wouldn't count on that long.

Don't ever use food from cans that leak or bulge, or are badly dented. They may contain dangerous bacteria like clostridium botulinum, the bacteria that produces a deadly toxin causing botulism. Be especially careful of baby foods because botulism can be fatal to babies.

Q. My raw meat turned gray in the refrigerator. Must I toss it?

A. Not necessarily. Spoiled meat smells spoiled, and/or is sticky or slimy. Cook or freeze meats the day you buy them. Be sure to date before freezing. Use permanent marker.

Source of information: Consumer Reports, December 2006 issue. And experience.

P.S. Thank you, Julea Gardener for asking if I'd write about these questions. If anyone, has more questions, call me at (206) 463-9626 and I'll try to answer them. ☺☺☺☺

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Solution to Puzzle on page 16

Madame Toujours

Dear Madame Toujours,

I have a question about something that happened last night, and I just don't know what to do. See, about a year ago, I was living with a man, Jerry, who just wasn't really very nice to me. He criticized me a lot, and he was always telling me what to do and when I could do it. I think he also told lies about me to my friends because they started to act very strange around me, and told me all the time I should do what Jerry told me. Finally, Jerry started getting so mad at me that I got scared and moved out on my own.

That was about a year ago, and yesterday, I got a phone call from one of his friends. We talked about where I was living and how my job was going, then Suzie, that's Jerry's friend, said I really should get back together with Jerry because everybody really misses me, and Jerry is a really wonderful person and a good friend. At first I told Suzie that I wasn't going to get back together with Jerry because he had said and done a lot of really mean things, but she said she didn't agree that he had done anything wrong. He was only trying to help me and to be supportive, and I should stop being so stubborn and be willing to let people help me.

I am confused. Am I being too stubborn? Maybe if I get back together with Jerry, he will be different. What should I do?

Sincerely,  
Single and Happy

Chere Mlle. Happy,

Congratulations for being the sensible person who is getting rid of the useless lover who is not being the ornament to your life. Unless M. Jerry is having the major brain transplantings since you are tossing him aside, he is still being the same selfish, unkind person he was when you were crushing him beneath your heels.

Now you are wondering, "But Madame Toujours, if Jerry, he is the useless lover who is being thrown away like the yesterday's trash, why is anybody wanting me to be dating him?"

This is because when you are spitting on M. Jerry and deciding not to be pushed around anymore, this is not being nice. Instead, it is being forceful and independent and assertive for yourself. Mlle. Suzie is not liking when people are being assertive for themselves. She is wishing for everybody to be nice because then she is not having to make the troublesome moral decisions such as, "Should I support my friend who is being treated very badly?" She is much preferring if you will smile and be nice while M. Jerry is being cruel and rude to you, and she is not caring very much if you are feeling very sad and unfortunate and possibly bruised because of the rudeness of M. Jerry as long as she can go pleasantly on with her life where everything is nice.

Bon Chance, Mlle. Happy, and remember that to be nice is not always the same as to be good or to be happy. ☺☺☺☺



## NO POSITIVELY SPEAKING THIS ISSUE.

Columnist Deborah Anderson is on vacation. She'll be back next issue.

## Elephant Seal

*Continued from page 1*

wild animal rehab. It is weirder than birds of prey, weirder than big land predator stuff it is the top of the food chain alpha all time weird thing.

You see because of mistrust, lack of communication and plain confusion, rescuing a marine mammal can be a hard thing to do. I had struggled for years to learn the raptor process, the endangered species process, and the threatened species process; and all the forms, phone calls and letter writing that go along with trying to understand how to do anything with wildlife.

It reminds me of a woman stopping her car in front of my Ozark, Osage, Grandpa and asking him how to get to Salinas California. My grandpa shook his head slow and told her sincerely, "Ma'am, you can't get there from here."

The MMP works like this: first you have to call Dept. of Fisheries. They are in charge with the safety and health of our marine mammals. The equivalent of Dept. of Fish and Wildlife for land creatures. Then you need to describe what happened to the animal, where it is located, and what its problem is. Then they give the STRANDING people permission to go take a look. Then the animal is transported to rehab.

Why is this you might ask? Why are the folks who can do triage not supposed to go look? It's because of an old friend of mine, who sadly now is dead. Believe it or not he died of cancer associated with a seal bite. He was a dear person but sadly the forms and paperwork and obligations of the MMP drove him wild, and one day in confusion that involved a state trooper and the coast guard and an injured seal in the back of a car...

The rules were changed by an obliging judge in a court of law.

SIGH...

Right now the only place that I know of that has a marine mammal holding enclosure is Wolf Hollow (funny they have no wolves?) in the San Juans. This is a LONG ways away for an animal in trouble. So Wolftown decided to start learning the process to help our Island marine wildlife.

I got a very nice woman on the phone who talked me through the process in detail which has never happened completely before. Poor folks at Dept. of Fish are pretty busy and understaffed.

I had some reports on the seal previously but had not seen it myself.

The Dept. does not usually let us move more common species unless they have been on the beach at least 48 hours. Also, why they are sick and injured comes in to the decision making. Why? Now, without saying much, remember a couple of things. The Dept. of Fisheries does not make the laws, we do...and seals eat fish.

Also remember that these folks really do care about Wildlife and are trying hard to do a pretty tough job. I guess what I'm trying to say is that stuff changes when we talk about things with understanding, and compassion.

Anyway, the woman at Dept. of Fisheries gave me permission to do my thing and away I went.

The lady at the house where the seal was had told me she thought the seal was ill because it wasn't moving much and its hide looked funny. I got there to the house and was quietly directed to the lady's lawn in her back yard.

Yep, there was a seal resting there.

I took out my field guides and double checked my sightings. Carefully did my triage paperwork, took respiration, and then observed for 45 minutes. The seal was molting. This means that it was naturally losing its hair and skin and replacing it with new. A rather handy method for changing your clothes. When they do this they normally haul out of water.

Its respiration was slow, 16 breaths per minute, but for an animal used to diving deep no surprises there. And my wild life charts were a help to confirm that was normal.

Most seals do have discharge from eyes and nose; that is normal. This guy looked at me with a sad kind of tranquil gaze. He reminded me of my Christmas dinner that was waiting half cooked.



*Wolftown photo*

The seal was still of good weight and there was something about his eyes that piqued my memories but I couldn't place it. He was 4 feet long, the spotting was from molting? It brought to my mind the rolling Pacific and other seals of Ano Nuevo in California.

He had been reported as a Harbor seal. He was not sick at all. Probably just the molt. Hum? I wrote down everything I saw: Yawning, stretching, scratching. Crawled forward like big caterpillar. Followed me with head as I moved around him. (Or her!)

I looked carefully at my field guide but whoever took the photos for it thought that people reading it could tell differences about 200 yards away in the dark. Or could tell



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different species by smell. Seals do smell pretty bad. But not as bad as fox manure.

I had wrecked my glasses AGAIN, common for me at Wolftown what with wolves bounding with joy into your face

wildlife so conveniently. I usually have to do it in the mountains in extreme cold with threats of avalanches, etc. Here you could sip tea and watch in total comfort from your living room.

SIGH!

I went back to Wolftown and called Dept. of Fisheries then sent the photos by e-mail. They confirmed the sighting was of a yearling elephant seal that was molting.

HUM!

Well, there you are! I put our dinner in and just as soon as I did the well went off. No water for washing up. Pete got there and asked me, "How are things going?" "Normal for Wolftown," I told him with a smile, looking out at our storm wreckage.

The Christmas elephant seal happily left the lawn a few days later.

HAPPY HOLIDAYS! LOVE YA VASHON!

T And WOLFTOWN!

## Wolftown needs your help now!

**We sustained heavy damage in December's windstorm and are in need of volunteer help to rebuild fences and repair structures! You can also contribute funds, as recovering from the storm will wipe out our reserves. We also need assistance with wildlife rescue. Please call today and find out how you can help!**

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Vashon Tri State Wrestlers Rogen Lopez, Eddie Protzeller, Tyler Gateman, Sam Chapman, Kyle York, Alex Steamboat, and Micah Sohl wish Vashon a Happy Holiday Season!

### Tri State Wrestling Tournament Results:

Dec.15 and 16th, Coeur d'Alene, Idaho: The tournament is made up of 55 of the most competitive teams from 4 states (I know, they should change the name...)

After 29 hours of driving, 29 hours in the gym, and after little sleep, here are the Tri State results:

Tyler “Freight Train” Gateman and Alex “Steamboat” Stemer placed 7th. Freight Train dominated a number of opponents, capping his tournament with a 1st round pin for 7th. He is our first two-time Tri State placer. Steamboat won a number of close decisions (often coming from behind in the 3rd round) and had 2 pins on his way to 7th. Slammin’ Sam Chapman made it to the quarterfinals by winning his first two matches. He finished just short of the top eight. Rogen Lopez won three tough matches after losing his pigtail in a 32 man bracket! Unfortunately, he ran into Steamboat in the consolation bracket, thus finished just short of top 8. Micah Sohl, coming back from injury and up a weight class, won one match and Kyle York and Eddie Protzeller gained valuable mat time against very quality competition.

Quick Tri State History: The team has gone for the past four years and has now garnered five placers and three Finalists! Evan “Mad Dogg” Mattingly, Champ 2003; Tyler “Freight Train” Gateman, Champ 2005; Nick “Rumble in the Jungle,” Runner Up, 2003.

Dec. 13th: Vashon Wrestling Beats Washington 48-29 to go 2-0 on the year!  
103— Sam Chapman pins his young man!  
112— Eddie “Scissorhands” Protzeller pins his young mustached opponent!  
125— Meg Thorn loses by pin but fights really really hard!  
130— Freight Train wins by forfeit!  
135— Rogen Lopez decisions their best wrestler!  
140— Steamboat pins his dude!  
145— Wil’ Flower pins his dude, too!  
152— Kyle “Kork” York wins in the most exciting match of the night vs. Wilie Wooooo!

160— Corliss gets caught in a body lock but he’ll get better!  
171— Micah Jordan Sohl wins by a decision!  
189— Geran Webbmaster wins with masterful technical wizardry!  
215— We forfeit.  
285— Tiny Timmy gets pinned but then comes back to pin their real heavyweight in an exhibition match!

#### Check out upcoming matches:

Wed. Jan. 10th, Home Meet vs. Cascade Christian at 7:00.  
Thurs. Jan. 11th, Home Meet vs. Fife at 7:00.



Just a Pictaw’ Folks (Note: Life is so much bettaw when you embwace a speech impediment!): I’ve been chilling off the coast of St. Lauwent, swimming with spidew monkeys and expanding my mind. Not much moe time for wowds, they’wre clouding this hewe cuwwnt vision of mine. Anyhow, hope you awl have a weally wicked New Yeaw. Check out the concewt on Youtube.com. Wappers Micah Sohl, Dominatwics Wolzcitoo, and Bwendan Bwic wap up the new yeaw’ in style! ~ Sincewely, Ewnest on Vacation  
ps. The Picture is from Open Mike at VHS in November.

ooooo

**Wrestling Alumni Update:** Evan “Mad D o g g ” Mattingly is currently ranked #3 in Junior College Nationals. We look forward to hearing how he fares this January and February for the North Idaho Cardinals.

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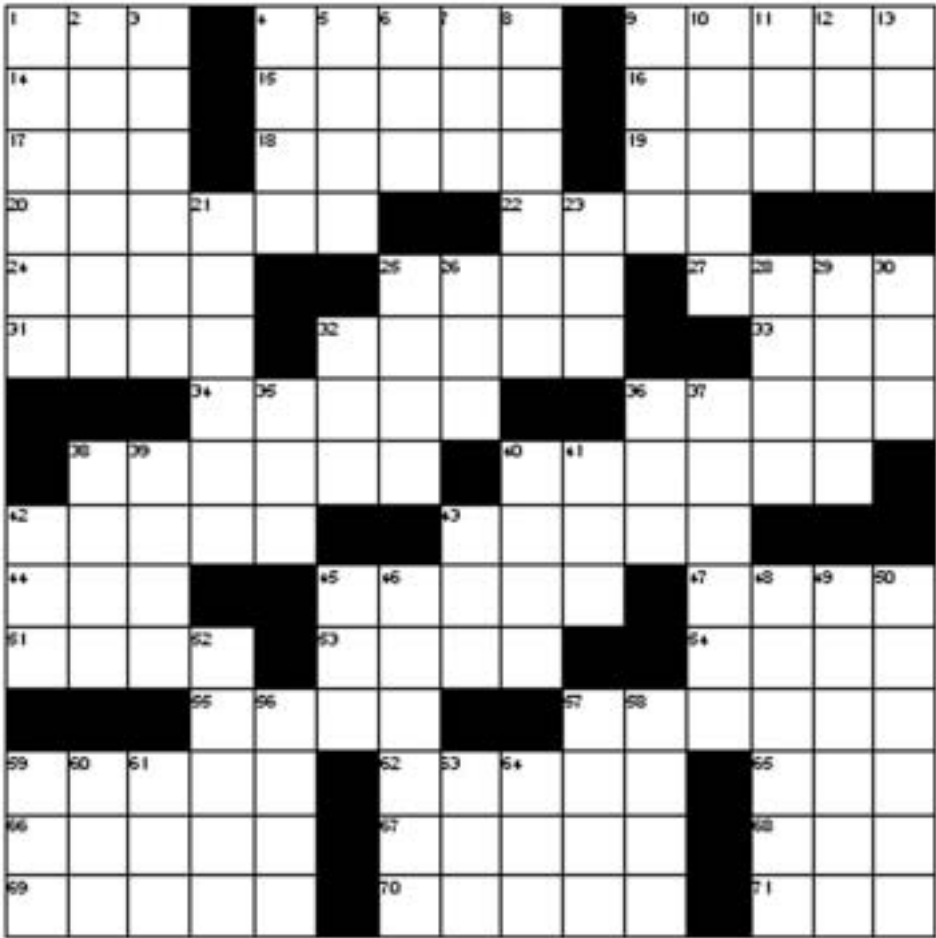
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#### Across

- 1 Bay \_\_\_\_
- 4 Hurray!
- 9 Loaf ends
- 14 Time period
- 15 Russian ruler
- 16 Goads
- 17 Tell
- 18 To that time
- 19 Fetch (2 wds.)
- 20 Safe
- 22 Type of tea
- 24 Untruths
- 25 Doting
- 27 Grub
- 31 Docile
- 32 Music ‘color’
- 33 Cow sound
- 34 Kiwi
- 36 Objects
- 38 Most accurate
- 40 Tranquil
- 42 Book holder
- 43 More confident
- 44 Aurora
- 45 Weighted fishnet
- 47 Writer Bombeck
- 51 Skirt
- 53 Pixies

- 54 France & Germany river
  - 55 Meager
  - 57 Stationary
  - 59 Cat food brand
  - 62 Cite a source
  - 65 Explosive
  - 66 President Rutherford B.
  - 67 Dwarf
  - 68 Boxer Muhammad
  - 69 Nail filing board
  - 70 Uncanny
  - 71 Big Apple (abbr.)
- #### Down
- 1 Enssue
  - 2 Muse of Astronomy
  - 3 Master of \_\_\_\_
  - 4 Become less distinct
  - 5 Tear
  - 6 Picnic visitor
  - 7 XI minus IV
  - 8 Connected
  - 9 Gargantuan
  - 10 Eat away
  - 11 Chicken creation
  - 12 Confederate General
  - 13 Supersonic transport
  - 21 Convenient
  - 23 Discs
  - 25 Fly or move swiftly

- 26 Extinguished
- 28 Prayer ending
- 29 Very large book
- 30 Distress call
- 32 Mass transit
- 35 Arbiter
- 36 Wrath
- 37 Mother \_\_\_\_
- 38 Thousand (abbr.)
- 39 Perch
- 40 Phoenix’s BB team
- 41 Bard’s before
- 42 Position
- 43 Drink slowly
- 45 Mr.
- 46 Appear
- 48 Wickerwork stuff
- 49 Primarily
- 50 Extremely cold
- 52 Burnt color
- 56 Effortless
- 57 Very large truck
- 58 Linden
- 59 That woman
- 60 Pig meat
- 61 Leer
- 63 Compass point
- 64 Pro

**Solution on page 14**



# Lopy Laffs

*The trouble with being punctual is that nobody's there to appreciate it.*

Silence is sometimes the best answer.

The Garfield Hut in Long Branch, N.J., is built with the ties used on a special railroad spur constructed by 2,000 residents of the community so that the fatally-wounded President Garfield could travel over it from the regular rail line to the Presidential Cottage. The spur, 5/8ths of a mile in length, was built between 6 p.m. on Sept. 4, 1881 and 1 p.m. the following day.

*All good things arrive to them that wait — and don't die in the meantime. — Mark Twain*

*Success is the ability to go from failure to failure without losing your enthusiasm. — Sir Winston Churchill*

## One (or so) Liners

*Life is the ultimate IQ test.  
What is the skinny on obesity?  
The more you have the more you spill.  
If love is blind, why is lingerie so popular?  
Funny, I don't remember being absent minded.  
Questions pile up at a much faster rate than the answers.  
Isn't the best way to save face to keep the lower part shut?  
If at first you don't succeed you are running about average.  
A diet is when you have to go to some length to change your width.  
A bill collector came to my house the other day, so I gave him a huge stack of old bills.  
Help a man when he's in trouble and he will remember you the next time he's in trouble.  
If you think this is a free country, try to park your car downtown and see what happens.*

The stupid people of the world band together for strength against intelligence. You can't win.

## OFFSHORE

Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time.

*I've still got it, but nobody wants to see it.*

Life is like a box of chocolates — it disappears before you get your share.

Crossword Solution Can Be Found on Page 14



## LOGJAM



I'm getting into swing dancing. Not on purpose; some parts of my body are just prone to swinging.

*It's scary when you start making the same noises as your coffee-maker.*

I think I've reached my sexpiration date. Spontaneous speeches are seldom worth the paper they are written on. -- Leslie Henson

*Familiarity breeds contempt - and children. -- Mark Twain*

## VIPs

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Loop Arts

### Julius Carlson in Rare Vashon Performance

Classical guitarist Julius Carlson will be giving a New Year's Concert at Café Luna this **Thursday, January 4**, at 7:00 p.m. Carlson will play soothing Baroque and Renaissance guitar solos as well as celebratory Latin dance music, interweaving his performance with narratives from his adventures in South America and Europe.

Carlson, who was raised on Vashon Island, played his first concert at the Strawberry Festival. A graduate of Vashon High School



Julius Carlson

(1997), he went on to study classical guitar performance at the Oberlin Conservatory of Music (2002) and, following nearly four years of folk music research in Argentina and Chile, to earn a Master's degree in Musicology at the University of Chile, Santiago (2005).

Continuing his music education with an emphasis on European music, Julius spent the 2005-06 academic year as a DAAD scholar in Berlin, where he conducted research on the 19th century composer Felix Mendelssohn Bartholdy. He is currently a doctoral student at UCLA.



### Kevin Burke: Sweetest Bowing You've Ever Heard at Bishop's on Sunday, Jan. 14

Kevin Burke, "the finest living Irish fiddler in the world," will appear on **Sunday, January 14** at 7 p.m., at Bishops Pub & Grill. Tickets are \$15 at Bishops and Vashon Island Music (must be 21 years old to attend).

Kevin Burke's fiddle playing has been at the forefront of traditional music for over 30 years. His work during the 1970's with Arlo Guthrie, Christy Moore and the Bothy Band established him as a first class musician and brought him international acclaim in both Europe and America. He also gained recognition as an exciting soloist with his far-reaching album, *If the Cap Fits*.

Kevin Burke will conduct a workshop earlier in the afternoon of January 14 at Steve Austin and Marilyn Kleyn's house, at 16700 McIntyre Road, 3 p.m., Sunday, January 14.

\$40 per person if 10 sign up; please call Steve Austin for further directions and to coordinate attendance, at (206) 274-7579.

Although Kevin has spent much of his life playing in a group context, he has never lost his love for solo fiddle music – the "naked fiddle" as he himself sometimes puts it. This is very evident in his most recent solo release, "In Concert," which is a live performance of mostly unaccompanied traditional pieces.

The New York Times describes Kevin as "a superior instrumentalist in any idiom.....impressively virtuosic," the Washington Post writes of his "lyrical style that is always emotionally electric", and the Irish Times says that "Burke's fiddling is one of the high spots of the current Irish musical scene."

Whether solo or accompanied, on record or in concert, Burke is an immensely engaging performer.

### Choose a Wintertime Dance Class!!

March Twisdale, former Arthur Murray professional dance instructor, is offering dance classes this winter on the Island.

Winter Session starts **February 15, 2007** and the class package includes: Ten (10) Group Lessons and Ten (10) Practice Parties (taught on Thursday Nights from 6:45-8:15 p.m.) AND Two (2) Private

Lessons with March (taught on Tuesday Nights by appointment).

For eight (8-10) lucky couples, this package will only cost \$140 per couple!

NOTE: The two (2) included private lessons will be scheduled in the first few weeks so that there will be time for extra private lessons once you see how helpful and fun they are! Additional Private

Lessons are only \$30 (In 1996, at the studio, they would have cost over \$75).

Take a chance — you'll be glad you did! Dancing is easy — you already do it and just don't know it! NOTE: Registration is expected by January 10! \$50 non-refundable deposit due January 10; \$90 balance due on February 15. Call March Twisdale at (206) 463-0870 or Email @ marchpower@yahoo.com for information and registration.



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 Loopy sez: Deadline for the next edition of *The Loop* is Friday, January 12





Reptet. Photo Courtesy of VAA

## Reptet Launches VAA Panache Series 2007

By Janice Randall

Seattle-based jazz group Reptet was recently nominated for three Earshot Jazz Golden Ear Awards, Best Jazz Record, Best Acoustic Jazz Group and Best ‘Outside’ Jazz Group. They will perform at Blue Heron Art Center **Saturday, January 13, 8 p.m.**

“A juggernaut jazz band, arresting, compelling, and just plain cranked-up,” says *Earshot Jazz*. Tickets are \$16 VAA members, seniors, students/\$18 general admission and include complimentary wine and cheese reception.

Reptet is comprised of six Seattle area talents: Tobi Stone, saxophones, clarinet, flute; Samantha Boshnack, trumpet, flugelhorn, slide trumpet; Izaak Mills, saxophones, flute, bass clarinet; Ben O’Shea, trombone; John Ewing, drums and percussion; Ben Verdier, bassist and pianist.

Reptet began nearly a decade ago when drummer, John Ewing assembled a few musicians from

Seattle funk, rock and reggae bands. Ewing’s desire to play jazz convinced friend and former band mate, trumpeter Christopher Littlefield and a handful of other regional musicians to play weekly jam sessions. Chris suggested the name Reptet — a truncation of repertoire and quartet and the name has stuck although Reptet is now a sextet consisting of six multi-instrumentalists. Their colorful music has established them as a group of considerable excitement, talent and vision while simultaneously debunking preconceived ideas of what a jazz group “should” be. Reptet performs mostly original compositions and they have been heard on radio stations across the United States and Europe. Reptet has toured the east and west coasts of the US, and recently released their second full length CD (*Do This!* — Monktaill Records) to worldwide critical acclaim.



Being a whulger...

I do not object to people looking at their watches when I am speaking -- but I strongly object when they start shaking them to make certain they are still going. -- Lord Birkett, British MP and lawyer



...is a mental game.

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The sign says, “Happy New Year 2007, Toby and Scott.” All photos by Liz Lewis

## Vashon Polar Bears Say Good-Bye to 2006 with a Nice Cold Swim

Twenty four hearty souls plunged into the sound off Dockton Park pier on Sunday afternoon, New Year’s Eve. These polar bears included swimmers of all ages who braved a water temperature of 46 degrees F. Afterwards, it was a weenie roast around a warm fire. This casual group (or some version thereof), also called “Whulgers,” meets regularly during summer months to swim in the invigorating open waters of Quartermaster Harbor. Scott Bonney and Toby Beard, two of the ringleaders of the group, were absent from the New Year’s plunge, hence the sign wishing them a Happy New Year.





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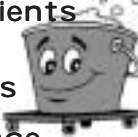
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