

In This Issue: more orcas than you can shake a stick at, the RQE and her resolutions, the Spiritual Smart Aleck revisits spirituality and much, much, more...



Willie Johnson sings "John the Revelator"

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The Christmas Bird Count finds some rare birds.

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Seussical Jr. comes to the Blue Heron

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THE LOOP

Vol. 5, #1

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM January 4, 2008

Island Women's Empowerment

by Sande Cheney

Attention women – Saturday, January 12, 2008, there will be a conference designed just for you!! There will be 5 speakers providing information in order to empower you and assist you in developing a vision for your future.



From left to right, presenters Sandi Silagi, Emma Amiad, Fancie Henry, Liz Brenneman and seated Matthew Parrish. Photo by Susan White.

- There are workshops on:
1. **Developing** healthy emotional/mental well being
 2. **Creating** a plan that includes

Continued on page 14

Contact Our New Representative

With the 2008 legislative session starting next week on January 8, Islanders might want to contact our new 34th District Representative, Sharon Nelson from Maury Island. Nelson recently accepted positions on the Agriculture & Natural Resources, Appropriations Subcommittee on General Government & Audit Review, and Local Government committees. *Continued on page 12*



State Rep. Sharon Nelson, courtesy photo.



Samish (J14) and family members in East Passage. Photo by Maya Sears

Keep the Orcas Coming

by Ed Swan

Throughout the last half of December, orcas gave Islanders the wonderful holiday season present of their presence. Almost daily they regaled riders on the ferry and crowds of over fifty enthusiasts at Pt. Robinson. And the latter example, especially, highlights how it should be. One day, the whales sported not much more than 30 feet off the point to the cheers of the watchers. It's perfectly possible to enjoy them from shore without disturbing them. On another day at the point, an irresponsible boater deliberately came in close to the whales for photography and had to be intercepted by a NOAA research boat and warned off.

As this edition's feature articles explain, when the orcas appear in Vashon's waters, they most require our respect and sensitivity as they strive to feed and care for their newborn calves. Washington State lists all orca populations in its waters as endangered and Vashon's Southern Resident Killer Whale population attained federal endangered status, not an exactly easy achievement under the Bush administration. The orcas face many challenges both natural and human made that will require long-term solutions such as clean-up of waterborne contaminants and restoration of salmon stocks. But some solutions we can directly address now: support making it hurt for deliberate boater incursions into the orca's operational space and continuing to back Preserve Our Islands' efforts to stop Glaciers' plan for creating a huge ongoing motor disturbance in the Maury Island Aquatic Reserve, a significant feeding area.



A juvenile orca in the San Juans with a commercial whale watch boat and a personal craft in too close. A bad idea anywhere, anytime and totally unnecessary here. Photo by Birgit Kriete.

Finding Heroes In A Dark Time

by Emma Amiad

On Tuesday, January 15th the Island will observe the annual Martin Luther King Interfaith Commemorative Service. In its 18th year here, the event rotates between Island churches and houses of worship to celebrate the life of Dr. King. It is always held on his actual birthday.

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Dr. Martin Luther King, jr. at 1963 March on Washington, courtesy USIA (NARA).

An Invitation to Protest

by Devon Atkins

Five years ago, poet, Sam Hamill protested the war in Iraq, by refusing an invitation for tea at the White House. He chose instead to invite poets to write about their thoughts and feelings. This worldwide effort would be called Poets Against the War. On Thursday, January 17th, 7 PM at Café Luna, folks will gather, in the same tradition, for Poets Waging Peace, a poetry open mic and community gathering of peace and protest. *Continued on page 16*



Brian Quakenbush reading poetry at Cafe Luna, photo courtesy Cafe Luna.

Get in *The Loop*

Submissions to the Loop

Do you have an announcement or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Ki Class

Vashon resident Paul Motoyoshi, a tea practitioner (chajin) for 38 years, will co-instruct a class in KI with Rev. Kosho Itagaki, a Soto Zen priest ordained in Japan. Here's what Paul says about KI: KI is the power we all have. We call it God, Buddha nature, the original self, the heart, the inner child—it's what puts a smile on your lips and a twinkle in your eyes. KI is like trying on new skates for the New Year. The class will consist of discussion and relaxing exercises that feed your soul and may include: what KI is, bringing KI into daily life, the nature of KI, and KI maintenance. COME ONE COME ALL. BRING YOUR CURIOSITY AND LOOK FORWARD TO AN INTERESTING AND FUN MORNING. January 12, 10 am Bennett Hall, Church of the Holy Spirit, 15420 Vashon Highway SW

For further information call Margaret at 463 4266 Suggested donation \$5

Green Party Meets

Please join us on Tues., January 8th, at 7 pm for our next Vashon-Maury Island Green Party meeting. We will continue to discuss strategies for the 2008 elections. We will meet at Joy Goldstein's house at 10329 SW Bank Road. Please call Joy at 463-9552 for directions.

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The Vashon Loop
 Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf
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Thanks P.I.E. and PTSA

The Early Childhood Program at Chautauqua Elementary School would like to give a HUGE thanks to P.I.E. and the PTSA for their generous donations! In light of our current financial challenges in the District, we are especially grateful to P.I.E. and the PTSA for "filling the gap". The PTSA was kind enough to fund the purchase of cleaning supplies, printer cartridges, and a rug. P.I.E. was kind enough to donate enough money to replace the play-kitchen areas in both classrooms, some hammering boards for the children to play with, and to take over the expense of the "Let's Find Out" classroom magazine and the "Parent and Child" family magazine for this year. Both of these publications were able to be purchased in English AND Spanish, to help support our increasing Hispanic population. So, thank you for continuing to go above and beyond for teachers and children, P.I.E. and PTSA!!! Sincerely, Elizabeth Golen-Johnson and Lynn Tilland

Vashon College January 2008 Calendar

Below are deadlines and dates for Vashon College in January. Please visit the college website for more details at www.vashoncollege.org.

January 7 - Artful Vashon Early Birds

Last day for Early Bird tuition (\$175) in Artful Vashon Course. During the rest of January, regular tuition and registration will continue for the spaces that remain.

C o n t a c t
melissa.bangasser@vashoncollege.org

January 18 (evening), 19, 20 - Planning Weekend

What should Vashon College become? Interested islanders are invited to attend a planning weekend to kick off Vashon College's six month strategic planning efforts. Join trustees, curriculum committee members, faculty, staff, students, and friends to suggest, discuss and recommend priorities to be followed up by study groups. Complimentary food will be provided for Friday evening and Saturday lunch to people who RSVP by January 15. Contact info@vashoncollege.org.



**Get Ready, Vashon!
Those winter storms
are on the way.**

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Neighbors Helping Neighbors

Aspects of Artfulness

Previews of Vashon College's New Course

by Joseph Meeker

Artful Transformations

There are many definitions of artful, but my favorite is "making the ordinary seem strange and wonderful." The ordinary, after all, is where all art begins. It becomes strange and wonderful only when someone's creative imagination helps us to perceive it in a new and meaningful way.

The mystery of transforming the ordinary into the artful is not well understood, but there are examples of it everywhere. Somehow, Shakespeare made a run-of-the-mill teenage love affair into Romeo and Juliet. Closer to home, simple business transactions often leave both seller and buyer with smiles of satisfaction. Whenever I walk into Betty Edwards' Little House, I know I will be surprised by pleasant discoveries displayed with imagination. Any normal day on Vashon is likely to include fresh perceptions of the commonplace if we are ready for them.

Transforming the ordinary is one of the topics to be considered in the Artful Vashon course that will be offered by Vashon College beginning in February, 2008. Information about registration for the course is at vashoncollege.org.

Artful Deception

Words have histories, and often their origins reveal meanings that would otherwise go unnoticed. The roots of the word deception lie in the Latin word *capabilis*, meaning "to take in one's hands, to contain." Latin *decipere* derives from this root, meaning "to capture by ruse, to trick, to deceive." Another derivative from the same root is to conceive, "to create new life."

It is important to distinguish between deception that is designed to increase power, wealth and status (these are called "lies") and deception intended to create an imaginary reality or to lead toward a hidden truth. Creative deception is another word for art.

Some other English words from the same Latin root are capable, captive, anticipate, participate, recuperate, catch, chase, conceive, inception, perceive, receive, forceps, emancipation, municipal, principality, and principled. Capability has a rich history.

Artful Deception is one of the topics to be considered in the Artful Vashon course that will be offered by Vashon College beginning in February, 2008. Information about registration for the course is at vashoncollege.org.



H HOME TEAM REALTY

Troy and Marie Ring in the New Year

We are so excited to be launching a brand new year of real estate sales! This last year was a bumpy ride, partially fueled by media gloating over the increasing foreclosure rates on "fog a mirror" loans and plummeting prices in certain markets. All is not gloom and doom – far from it! There is plenty of mortgage money for borrowers with a down payment and a decent credit score. And rates are down! Furthermore, the National Association of Realtors just released figures on November sales – and they were up a bit nationally, on a year to year basis. In a small market like Vashon, it's hard to draw conclusions from statistics. Read on.

- Troy:** Wow. It's 2008 already. December was just a blur, wasn't it? There are just too many cool, fun, and important things to do during the month. All the community events, and then all the birthdays in our family, and Christmas, followed by our rocking New Year's Eve party at the Sportsmen's Club. And we didn't even do anything special for your birthday. Next year, that will change! It's the Big One for you, and we will have the Mother of All Parties.
- Marie:** Are you trying to kill me? Having a giant birthday party between Christmas and New Year's would pretty much guarantee my permanent fall off the deep end.
- Troy:** Oh, it will be fun. My band can play, and we'll have tons of great food and invite everyone we know. Maybe we can have a giant ice sculpture, and a dance contest, and prizes. And we can hire a photographer to make a movie of the whole event!
- Marie:** You are trying to kill me. Not to mention bankrupt us. How about if we talk about it later – like next year, after it's over.
- Troy:** OK. So what are we going to do in January?
- Marie:** We're going to sell the houses we have listed, and hopefully list some more. Even though 2007 was slower than 2006, our market is still one of the areas of the country that are doing reasonably well.
- Troy:** What were the final numbers for sales on Vashon?
- Marie:** I'm glad you asked. The Northwest Multiple Listing Service has not released the official numbers yet, but based on my tally, there were 139 houses sold in 2007, at an average price (not median, but average) of \$574,000. That's a total of \$79.7 million, or \$159.4M if you count "both sides" of the transaction, that is, the seller side and the buyer side. That compares to 176 houses sold in 2006, at an average of \$570,000, for a total of \$200.6 million.
- Troy:** Median is the price right in the middle where half the houses are more, half are less. Average is figured by adding up all the sales and dividing by the number of houses. So the average price is actually up a bit?
- Marie:** Yes, it is. But it's such a small amount that you really can't draw any conclusions from it. Real estate statistics are a classic example of the famous saying that there are "lies, damn lies, and statistics."
- Troy:** I think Mark Twain said that. Or maybe it was Benjamin Disraeli. Whoever said it, it sure is true. So why are we going to be publishing more stats for our readers this year? Are we trying to confuse them?
- Marie:** Well, no. Even though numbers can be manipulated, they are still the best measure that we have, and if you look at the same measurements year to year, you do get some valid information.
- Troy:** Let's be sure to include the Secret Decoder Ring when we publish the stats, so people will understand what the heck it all means.
- Marie:** You bet we will.

Hey, readers! Want to get on our newsletter list and get fun and easy to digest real estate information as well as valuable perks? (Last month, subscribers got a \$10 coupon off dinner at Casa Bonita!) Email us at marie@yourHTR.com. Or call us at 206.463.LIST (5478). We would love to talk with you.

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Imagine yourself living at the end of the lane in this lovingly maintained and totally adorable 1920's era cottage. Two bedrooms plus a bonus room provide plenty of cozy living space. The recently remodeled kitchen and bath assure modern convenience - the architectural details take you back to another era. There's more: a full basement, an attached single car garage, and a detached two-car garage for even more parking and storage. All this on a lovely third acre lot with a peek view! **\$329,000**

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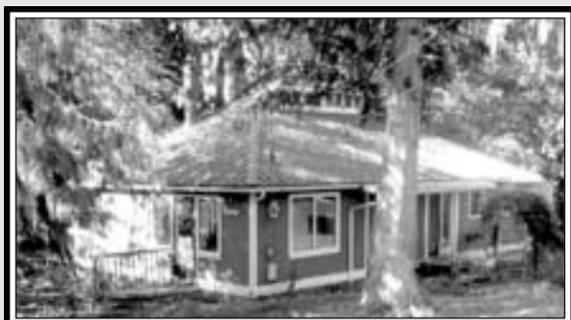


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- ☛ Zoned R-4
- ☛ 2 Bath
- ☛ 3 Bedroom
- ☛ On Sewer Line



ORCAS IN PERIL

by Birgit Kriete, Ph.D., Orca Relief Citizens' Alliance, Friday Harbor, WA

The southern resident stock of killer whales declined by almost 20% to less than 80 animals over a 5-year period by 2001. Since then, the population has fluctuated somewhat and is presently at 88 individuals, which is still considered below the number of animals essential for this population to survive into the next century. Scientists believe that more than 200 resident killer whales used to frequent our inshore waters. A combination of natural factors (such as El Nino), but mostly disturbances from vessel traffic, reduction in prey resources and toxins in the water have been deemed to contribute to the whales' decline. This led the federal government to list this population of orcas on the endangered species list in the fall of 2006, beginning a slow process of establishing more protection for the marine 'superstars' of Washington's west coast.

reproduce and provide adequate nutrition to all members of the population, especially females who need 200% of their normal food requirements during their last month of gestation and during nursing.

One area in which we can improve the orcas' lives almost immediately is by limiting boat traffic: keeping boats at least 400 yards away from the nearest whale and severely limiting the number of hours marine vessels can be around these magnificent marine mammals will give the whales the opportunity to hunt more efficiently, communicate with one another, and rest; and being able to do all of this using less energy and hence needing less food.

People have the opportunity to watch whales without impacting the killer whales' habitat from the Whale Watch Park on the west side of San Juan Island. This park is



Boats approaching an adult orca too closely, photo by Birgit Kriete.

Orca Relief, a non-profit organization in Friday Harbor, has been tracking the decline of the southern resident killer whale community since the mid-1990s and has conducted a series of research projects to determine the following reasons causing the decline:

Although one cannot correlate death rates in the southern population with fish stocks, water temperature, or boat presence alone, the combination of fish stocks and boat presence provides a strong, statistically meaningful correlation with population decline.

The presence of the whale watching fleet may be assumed to reduce the whales' sonar efficiency by 95-99%.

When exposed to whale watching and followed by whale watch boats, the respiration rates, swimming velocities and therefore energy consumption of killer whales increased by almost 20%.

A major problem the whales are facing is that most of the biological and anthropomorphically caused problems they presently face will take decades to return to satisfactory conditions. Pollutants such as PCB's have a half-life of 100 years and are still deposited into our waters. Insufficient laws exist prohibiting the dumping of toxic chemicals from industries, run-off from human consumption, and sewage.

It will take decades to restore salmon runs if at all possible. Our resident orca population's food consists to 90% of salmon and a healthy food source is essential to ensure animals to successfully

easily accessible, is free of charge and provides an environmentally responsible way of viewing one of the greatest and most magnificent marine mammals.

Don't love whales to death, watch from shore.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 11**

Glacier Northwest A Threat to Orcas

by Jessica Lisovsky, Preserve Our Islands

Ten years ago a significant threat was made to the Southern Resident Orcas that rely on the Maury Island shoreline for their health and well-being. Glacier Northwest, a multinational mining company, came forth with a proposal for a nearly 400-fold expansion of their Maury Island operations. While current extraction rates are approximately 20,000 tons per year, Glacier has proposed an annual extraction rate of 7.5 million tons per year which if allowed, would make Maury the largest volume megamine in the country. Although the upland expansion itself carries grave risks to the islands drinking water and air quality, it is the Glacier Northwest proposal to construct and operate a football field sized industrial pier and barging operation into the unique and fragile Maury Island nearshore that is perhaps most troubling and is at the heart of why Preserve Our Islands, along with a wide list of the regions environmental groups, still fight this David and Goliath battle more than a decade later.

The Maury Island nearshore area is one of only two formally designated aquatic reserves in the State of Washington. Its waterways are particularly rich with the eelgrass and macroalgae beds that provide supporting habitat for forage fish and salmon and in turn for the Southern Resident orcas which are regular visitors to Maury during the late fall and early winter months. Sadly, the orcas were listed as an endangered species nearly two years ago. In addition to exposure to chemical toxins, a declining food source and detrimental effects due to elevated underwater noise are noted to be impact pathways that have led to the whales decline.

Of great concern to Preserve Our Islands is Glacier Northwest's plan to create underwater noise at levels that the Federal Government has previously established to be capable of causing direct physical harm

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to the orcas and to be in violation of both the Endangered Species Act and the Marine Mammal Protection Act. In addition to physical harm, the noise levels created by pile driving and barge loading operations are high enough that they will drown out the communication calls upon which pod survival depends. Equally troubling is the very real risk that the underwater noise created by the barging operations will force the whales to abandon the Maury shoreline which provides a vital food source during the late fall and early winter months when young calves are in tow and salmon is scarce elsewhere. A host of orca advocates, including noted researcher Dr. David Bain have provided commentary on the potential noise impacts to the orcas from Glaciers proposed barging operation. Unfortunately, although these impacts are real and significant, these comments have fallen on deaf ears and the agencies that are legally tasked with ensuring that orca protections are met, have turned a blind eye and failed to do their duty. While we are hopeful that continued discussions will bring forth agency accountability, Preserve Our





Spiritual Smart Aleck

Spirituality Revisited

By Mary Litchfield Tuel

Last issue our esteemed Editor Ed asked us to write about spirituality. I did so, to the best of my ability, and have received a lot of good feedback of the “amen, sister” variety from people. Thank you. Glad it resonated for you.

I have also received two complaints, both of them from people who say they do not believe in God, and both taking deep exception to my statement that, “Saying you don’t believe in God is one way of saying you think you are God.” Neither of them think they are God, they said, and they resented my saying so.

Well, I didn’t intend to get all medieval on anyone’s agnostic or atheist heinie, and I apologize to my atheist and agnostic readers who felt offended. At the same time I am pondering what nerves I have trod upon, and how much of the reaction is about what I said, and how much is about the people who reacted.

Most of the steam I was venting in that statement was my own frustration with people who (1) think they have all the answers; and (2) are militant about shoving their answers down other peoples’ throats. A Christian, or atheist, or agnostic, or liberal, or conservative, or what have you, can be a know-it-all who doesn’t listen. You meet angels and asses in every strata and condition of humanity. I’m getting old and I’m getting tired of know-it-alls taking up my time.

One plaintiff was the friend I quoted in the first paragraph of that essay, who said that God did not invent man, man invented God. He wrote with some feeling about the evils of religion as well as his rational, godless, meaningless universe, which is a comfortable place for him.

I’m pretty slow on the uptake sometimes, so it was a couple of days before I went back and re-read his email and realized he wasn’t talking about the evils of God, he was talking about the evils of religion.

Which brings me to my next lesson: religion is not the same thing as spirituality. Let me repeat that: religion is not the same thing as spirituality.

In fact, religion can be a real spirit-killer. I thought about this a lot about twenty years ago when I first began going to church as an adult. That was when I realized that it isn’t God that people hate or don’t believe in, so much as religion, or church, or the terrible things people do in the name of God. It is human beings who behave so badly. It’s no wonder that a lot of people want to spit in the corner when anyone starts talking about God. They have their reasons for feeling that way.

You don’t have to be religious to be abusive or violent, but adding religion to an abusive or violent personality seems to be like pouring gasoline on a brush fire.

A more common effect of religion is that people buy into religious beliefs and opinions, and then feel threatened or afraid when they encounter a difference of opinion. The unfolding of truth is suppressed – after all, why look for the truth when you’ve already got it? Why doubt when you have all the answers? So the people who are most open to the continuing revelation of the truth in the world, the ones brave enough to face their doubts and question their God, are the ones most likely to be misunderstood, feared, reviled, and in the extreme, killed by other believers. It is extraordinary that people continue to seek their truth, considering what the consequences can be.

Religion isn’t all abuse and violence. I’ll repeat that, too: Religion is not all abuse and violence. Religions at best are communities of people coming together to learn, to grow, to support, and to serve one another, as well as people outside their community.

I still believe that where people go wrong, and by people I mean me, is when they think they are God. Whatever you believe, if you think you’ve got all the answers, and anyone who doesn’t agree with you is beneath you, well, dang, you have missed the mark.

Next time I’ll try to write something funny. □□□□

Marine Mammal Harassment: A Federal Offence



Healthy young seal on boat ramp by La Playa Restaurant, December 26, 2007. Photo by Odin Lonning

It’s a federal offence to harass marine mammals: seals, sea lions, orcas, whatever. Keeping at least 100 yards away is the law. Yes, you can’t help it with this cutie at La Playa, but when you’re on the beach and find a seal adult or pup; keep yourself and especially any dogs away. No feeding or other “assistance.” If a marine mammal looks like it needs help, back off and call those licensed and trained to deal with the situation: Wolfstown at 461-9113 or Orca Annie at 463-9041.

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Marine Life

by T. Martino

When I think of marine Life...what can I share with you my Island? We are surrounded by the Sound. It is in our every day lives. I could share the rescues I’ve done. The problems encountered when rescuing marine wildlife. The conflicts, legalities and frustrations....also the triumphs and sorrows: The otter attacked by loose dogs at KVI and the woman who called me and waited patiently for me and kept the otter safe till I got there. The young ospreys caught in the golf course netting, the great Audubon folks that spent the afternoon putting the glitter tape up to warn them off. The stranded seal pups some just fine waiting for mom to come back from hunting and feed them, others starving and still others with naval ill.

I have worked with animals and wildlife for a very long time. Naval ill is unusual, except it seems in seal pups. It is an infection caused by bacteria. (In the farm yard caused by filthy conditions.) Also perhaps more prevalent in an animal with a suppressed immune system.

But what I really want to share is this. When the white settlers came to Puget Sound it was teaming with wildlife.

Teaming.

I can only explain this from my own experience. As I started to do more wildlife rescue things popped up in my mind. How toxic our lives are. Our exposure to chemicals of all



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kinds. And it creeps into how we travel, how we eat, what we wear, how we create art and what we do. And what it does to the land and the Sound.

I found that the most important contribution I could make to help wild animals was to change the way I live. The other thing was that nature heals herself if left alone. The world balances, swinging, in a way that perhaps we do not yet fully grasp.

The last thing is a disconnection to life. Wild animals want to be left alone. When you get near them you are disturbing and frightening them, creating problems such as using up calories that may be hard to come by and causing stress that suppresses the immune system. We need to learn to leave them alone and call and ask for expert help if they are in trouble. We need to not feed them and not habituate them to humanity. For their safety and ours. We need to preserve their habitat.

The last and final thing that comes to mind is my dear old Pop. A golden day and us swimming in the sea; flashing bronze arm strokes of my father in the blue surf. Pop could hold his breath for 2 minutes. He would let us children hold his black curly hair as he pulled us through the breakers. Then surface and laugh as the spray from waves pelted us. He told me once 45 years ago. “Watch the marine life, Sister, they will tell you the health of the world. Then if something is wrong. Fix it in your own life and be a good example.”



The Dorsal Spin Eight Whales-a-Breaching

By Orca Annie Stateler

Santa brought us many tons of breaching, black and white, charismatic megafauna. The Vashon Hydrophone Project (VHP) documented 15 orca visits to Island waters in December, and Mark Sears is with K Pod, approaching Vashon again, as I write today, January 1 — Happy 2008!

The VHP made several recordings of K Pod and the L2 matriline in December, including three in a row on December 25, 26, and 27. Yes, we had orcas on Christmas at 1:30 AM. K Pod has 19 members and the five L2 members are dearly departed Tsu'xiit/Luna's family. On December 31, I spotted L87, a male from the L12 group, traveling with K Pod. He was here in December 2006 with K Pod — most intriguing. Is this a clue to paternity?

The VHP is confirming IDs at night and in weather that is too rough to launch research boats. VHP spotters along Colvos Pass have been tremendously helpful in assigning times and locations to what we record on the hydrophone. Cooperation from Islanders and ferry commuters is critically important to our research.

Richard Rogers (<http://www.rogers-graphics.com/>), a dedicated VHP supporter, sent me remarkable photos of the December 26 encounter with K Pod. The orcas in Richard's photo shown here are siblings.

Female K20 is on the right. The adolescent female showing her belly is likely her younger sister K27, and the juvenile on the left is younger brother K34. This spectacular display

occurred less than 100 feet off Pt. Robinson, close enough for me to see K34's saddle patch without binoculars. K27's belly dance elicited copious squeals of delight from the crowd of 65+ orca aficionados.

Richard captured a rarity in another photo of the same family group farther offshore. Demonstrating the prime reason Southern Resident killer whales visit Puget Sound in fall and winter, K27 has a battered salmon in her mouth. K20 and her calf K38 are also in the frame. K38 is a "Vashon baby," discovered as a newborn in December 2004 by Mark Sears in north Colvos Pass.

On the 26th, Mark and other researchers in the NOAA boat observed K20 and K38 sharing prey. Perhaps Auntie K27 caught a fish toward that effort, since other close relatives partake of prey sharing.

In mid-December, Mark had an extraordinary encounter with adult male K21 while netting fish scales and prey remnants from the stern of the NOAA research vessel. Everyone on



K27 belly dances off Pt. Robinson between big sister K20 and little brother K34, 12/26/07. Photo by Richard Rogers.

board was impressed when K21 approached to examine Mark with his big, brown orca eye. Are the killer whales curious about the humans collecting their food scraps and poop? In Native tradition, we would give Mark a name to commemorate this event, something like "Samples with Orcas."

Please support the work of the Vashon Hydrophone Project (VHP):

The Back Bay Inn

(206) 463-5355

www.backbayinn.net ~ www.insidevashon.com

Music At the Back Bay:

Truckstop Chili, First Friday Jan. 4th, 6 to 9pm

Impromptu Trio, Saturday Jan. 12, 6 to 9pm.

REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. We are immensely thankful for your calls from the ferries and around the Island. If the crowds at Pt. Robinson are any indicator, the VHP phone tree is working.

When whales approach Vashon-Maury, calling the VHP immediately is the most effective way to put Mark Sears on the water and assist Island research. Prompt sighting reports allow us to document local orca encounters in vivid detail. We abide

by the precautionary principle and do not disseminate whale sightings by any method that alerts commercial or recreational whale watch boats to the presence of an endangered species in our waters. The killer whales are our clients and their needs come first.

2008 marks 17 years since I first met the wild killer whales of Washington and British Columbia. Now I coordinate the Vashon Hydrophone Project because I am the only person on Vashon who can identify orcas by their individual markings and the calls they make. Mark Sears is my mentor and the VHP is inspired by his 30 years of data that show Vashon-Maury is critical habitat to J, K, and L Pods in fall and winter.

Sharing ink in the first Loop of 2008 with Birgit Kriete, Dave Bain, Mark Sears, and T Martino is an honor. I met Birgit and Dave in 1992 when I was an intern at The Whale Museum. They study vessel effects and underwater noise, perhaps the most politically divisive topic in orca recovery research. Stress from boat-based whale watching is implicated in the decline of the Southern Resident killer whale population.

Mark, Odin, and I observe firsthand the vessel effects correlated with betraying the orcas' every move in congested, urban Puget Sound. The Southern Residents are highly vulnerable in winter, when most deaths occur and food is usually less abundant. Historically, this area was a haven from the relentless whale watching pressure the Southern Residents endure in summer. Times have changed. Whale watch boats found K Pod near Seattle this New Year's Day.

Orca mothers give birth in Vashon-Maury waters. Their newborns draw first breath here. Generations of extended Southern Resident killer whale families have traveled to Vashon in winter to forage, socialize, and rest. K Pod swam by the VHP site twice as I hurried to finish this article. Watching wild orcas in our waters is an unparalleled privilege that obliges us to interact responsibly and courteously with a dignified top predator. In 2008, let us strive to be as honorable as "the canoes of spirit" — killer whales — are. Contact Orca Annie at Vashonorcas@aol.com.

ACROSS

- 1 Account (abbr.)
- 5 Replace a striker
- 9 In the ___ (jungles)
- 14 Spy
- 15 Fruit
- 16 Move forward
- 17 Computer "button"
- 18 Information
- 19 Babysitter
- 20 Orange cheese
- 22 Spice
- 24 Grain
- 25 Goalkeeper

- 27 Globes
- 31 Range
- 32 Central nervous system
- 34 Creative work
- 35 Make over
- 38 Scull
- 40 Venetian red
- 42 Gives off
- 44 Tulle
- 46 Looking at
- 47 Association
- 48 Digital audio tape
- 50 Adjoin
- 51 Boom
- 52 Abdominal muscles (abbr.)

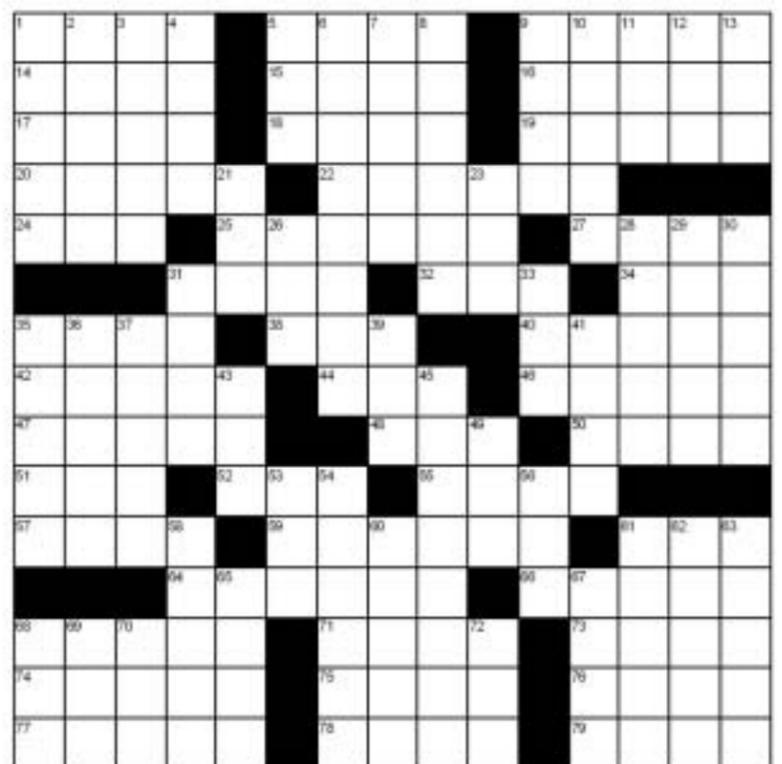
- 55 Fish catchers
- 57 Luge
- 59 Shopping centers
- 61 Expert
- 64 Fleet
- 66 Cycle
- 68 Elicit
- 71 Not any
- 73 Roster
- 74 After that
- 75 Trigonometry
- 76 Stare at
- 77 Frog sound
- 78 Hitch
- 79 Come close to

DOWN

- 1 Friend (Sp.)
- 2 Powdered chocolate
- 3 Blow
- 4 Think
- 5 Slide on snow
- 6 ___ and sugar
- 7 Unpleasant
- 8 Of life
- 9 Alcoholic drink
- 10 Adult insect
- 11 Licensed practical nurse
- 12 Thief's hideout
- 13 Wily
- 21 Gone by

- 23 Males
- 26 Canoe propeller
- 28 Quick
- 29 Deliver
- 30 Arrange
- 31 Reserve Officers Training Corps.
- 33 Compass point
- 35 Tears
- 36 Electronic mail
- 37 Waitress on "Cheers"
- 39 Newly ___, Nearly Dead
- 41 Sight organs
- 43 Hotel
- 45 East-central African country
- 49 Beverage

- 53 Pace
- 54 Biases
- 56 Cooking measurement
- 58 Capital of Bangladesh
- 60 Embellish
- 61 Saying
- 62 Waitress on Cheers
- 63 Oldest
- 65 Stink
- 67 Economics abbr.
- 68 Escudo
- 69 Director (abbr.)
- 70 Spanish "one"
- 72 Poached food



www.CrosswordSolver.com

The Reigning Queen of Everything

The RQE looks at the New Year



By Sarah Blakemore, RQE

Herself, being practically perfect in every way, has very little use for New Year Resolutions. This year, however, after examining Herself's life, the RQE decided that it might be time to take on a few new resolutions. But really, what are resolutions?

After much thought, the RQE has come up with this answer: Resolutions reflect the problems we have in our lives. Too fat? Resolve to diet. Bored with your job? Resolve to get a new one.

The RQE has very few actual problems – at least outside of the clinical diagnosis, but she's getting a second opinion on that one – but there are still a few things Herself would like to improve in the New Year.

The RQE Resolves:

1. To not just wish for a perfect tummy, but to actually do something about getting a perfect tummy.
2. To go on more dates.
3. To not refer to her dates as "that jackass" before she goes out with the hopeful contenders.
4. To describe a positive dating experience in better terms than "He didn't make me throw up a little in my mouth."
5. To not hate Angelina Jolie for being such a media whore. She really is doing nice things for the world.
6. To go to a third world country for a realty check.
7. To remember that going to a third world country for a reality check denotes a life of privilege.
8. To remember not to be mean to stupid people. Its not their fault that God made them retarded/inbred/southern/george w. bush.
9. To volunteer again. To find another color of nail polish other than "I'm not really a waitress" red.
10. To let people take care of Herself sometimes; outside of the usual adoration.
11. To hire a maid. Life is too short for housework.
12. To feel lucky that the only reason herself doesn't have a maid is that she hasn't had time to look.
13. To not even consider an affair with Herself's boss.
14. To not tell anyone about the affair She might have with Her Boss.
15. To quit wasting time thinking about having an affair with Her Boss.
16. To demand flowers more often.
17. To write thank you notes more promptly.
18. To turn Her columns in on time.
19. To really, this time, stop considering an affair with her boss.
20. To remember that it is not befitting of Herself's station in life

to give the finger to the \$#@! A-hole who takes her parking space that she clearly indicates she is waiting for with her rapidly flashing blinker.

21. To be nicer to marine mammals while still not thinking about having an affair with Her Boss.
22. To not bore Her friends with Her agonizing over whether or not to have an affair with Her boss.
23. To remember that perfect shoes are, in fact, important.
24. To remember that a turtle neck and jeans are not a "first date" outfit. No matter how much of a jackass the potential suitor might be.
25. To be better about keeping in touch with Graham Johnson.
26. To take Her dog to the park more often.
27. To not hate her roommate's dogs. Like people, they cannot help the fact that God made them retarded/inbred.
28. To not eat sushi more than three times a week.
29. To go see the Guernica.
30. To continue to leave a trail of sparkly destruction and chaos in her wake without damaging Her Tiara.
31. To remember that Tiaras are not "adult toys" and that misuse of Tiaras in this manner may lead to emergency room visits.
32. To remember that no one is never to mature to party until dawn.
33. To remember that it is inappropriate to party until dawn with the boss you want to have an affair with.
34. To remember that if one does party until dawn it is inappropriate to vomit inside the taxi cab and subsequently offer to compensate the driver with the remainder of the illegal substances in one's purse.
35. To remember to get all of her gown out of the taxi before shutting the door.
36. To wear the term "train wreck" with pride.

That pretty much covers everything that Herself might want to improve. If Herself can do even half those things She will consider Herself very successful. The RQE wishes all of Her readers happiness and prosperity in the New Year.

OOOO



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Compost/Recycle the Loop

The Vashon Loop is printed on recycled paper with soy-based ink. Please recycle it or use it with your composting.

Going Green

by Emma Amiad

Here's a very simple lesson I recently learned in doing things green. It also involved saving me a lot of money! Always a good thing! I needed an interior door replaced. It was an odd size so I knew it might have to be custom ordered. One day last week I finally figured out that I might have to hire someone to go off Island to find me the right sized door.

That very day I was stopping by Granny's Attic to drop off some clothes I had outgrown, (at my age



Emma Amiad

you know which way I outgrew them). I happened to glance over to their house wares area and what did I see? Doors! Lots of

doors. I called a handyman friend of mine and said, "Can't we just recycle a used door?" He said that maybe we could if he found one that fit.

He called me later that day to tell me that he found a door that was exactly the size we needed and it still had all the hardware on it and was in excellent shape! "How much?" I asked. He laughed, "four bucks." What a deal! He painted it to match the rest of the room and it now is hanging proudly.

Saving money is good but being able to reuse appliances, home furnishings, and building materials saves natural resources and is also doing your part to help save the Earth. There are several used building supply places in the Seattle and Tacoma area in addition to our own Granny's. All it takes is a little time.

Built Green is a recognized program of the Seattle King County Master Builders Association. They

certify green building and remodeling. They also do training and promote the use of environmentally sound design and construction. If you check out the Built Green handbook for contractors you will see that they recommend resources for the reuse and recycling of building materials, deconstruction debris and site preparation materials. They offer resources for places that accept almost everything for recycle. If you want to find that list go to their website at builtgreen.org and check out their resource library or go to the construction recycling directory at metrokc.gov/swd/bizprog/su_build/CDLguide.pdf

When doing a construction project or remodel project, participating contractors get bonus points toward green certification for recycling and re-using materials. The certification plan includes obvious stuff like sinks and light fixtures, but also gives credit for roofing material, sheetrock, metal, and cardboard. They also get points for reusing materials in the new project.

I recently toured a home for sale that had been remodeled entirely with recycled material. It was stunning! Beautiful glass tiles in the bathrooms and kitchen counter tops, recycled Mexican floor tiles, wood flooring, railings, lighting fixtures, cabinets and some one of a kind items like hand made ceramic sinks. It was all the more beautiful because no trees were cut, no oil and gas burned for materials to travel from other places, and no factory toxic waste created from the manufacturing of goods. Think about it folks, it's worth the effort.

Emma Amiad's articles may be found at her blog at www.vashonislandrealestate.com/blog.html. She is the broker/owner of Amiad and Associates on Vashon Island. Contact her at 206-463-4060 or her website: www.vashonidlandrealestate.com.

OOOO

3 Minutes and 16 Seconds

by Rex Morris

John the Revelator was the name of the song. Blind Willy Johnson was the artist. One hearing changed everything. I was pleasantly reminded of the occasion recently.

My senior year in high school—I had fled an abusive situation in Arizona for the hope of California. I liked folk music. At that point in my life, The Kingston Trio and Peter, Paul and Mary fit that definition and were the extent of my experience in the field.

Mind you, not that I have anything against them today—they got me where I needed to go—it just turned out there was so much more under that heading than I had ever imagined at the time.

My new high school, which seemed to be just a government afterthought after the huge school I went to in Arizona, was a font of freedom for me, a place to realize there was something in life besides chores and belt whippings. It was the place that I discovered a love for journalism that continues to this day.

They also had a 'folk music club,' which, as I recall, met during the lunch period on Thursday. I do not recall the name of the man who started the club because he was not otherwise a teacher of mine.



Willie Johnson, courtesy photo

Perhaps a dozen of us attended regularly and the teacher brought LPs from his clearly extensive collection, usually with some theme in mind.

We heard some early jazz, ragtime and radical things like The Weavers and Pete Seeger. Nothing too dangerous—it was a public school after all—but thought-provoking at the least. As I recall, we never did hear Peter, Paul and Mary, although we did hear an older version of Tom Dooley that made me think; 'if it could sound like this, why did they sing it like that?' about the Kingston Trio's version.

One fated Thursday, as the Folk Music Club meeting came to an end, the teacher had put an old Folkways album on to illustrate his final point—a compilation album of some kind. I do not remember the song he played. I do not recall the point he was making. All I knew was that, as lunch time came to an end and his next period class came in noisily, the record, now ignored, moved inexorably on to the next cut.

It was a classic acoustic blues done in the style of old southern preaching, the kind that was sung. It was a call and response song, with Blind Willy Johnson singing very low and gravely about Bible verses and then asking, "Who's that writing?" A woman singer, with a voice high and clear would respond, "John the Revelator!"

I stood there for the entire three minutes and sixteen seconds with my chin on my chest. Speaking of revelations, just hearing someone sing with such integrity and passion, something so deep and rhythmic, so alive and profound, opened a doorway for me that has never closed. Recorded in the 1930s, it hinted at lifestyles and feelings a poor white boy in Southern California could barely imagine, let alone comprehend.

I knew, even as it was happening, that I would never be the same after that song was over and it wasn't just because I was late for my next class. For one thing, it led me to be a lifelong fan of acoustic blues, especially that recorded in the 1930s—people like Blind Willy McTell, Robert Johnson, and Rev. Gary Davis. It led me to spend ten years in Hollywood, working at a premier acoustic music club where I got to hear the old blues performers who were still alive, like Mance Lipscomb, Sonny Terry, Bukka White and Mississippi John Hurt.

It opened my heart to the equally impassioned country music that was being made in the same era—the Carter Family, Gid Tanner and the Skillet Lickers, the Blue Sky Boys and Riley Puckett—early music that would lay the foundation for all of country music and bluegrass and, interestingly enough, doing so using the same chord changes and singing about the same sense of pain and loss or boundless joy I heard in those blues masters.

So what's the point? Only that it doesn't take much to rock your world, to change your mind and send you down a whole new pathway. Be open to the occasions when they occur, then pick your chin up off your chest and get on down the road.

Journey well.

Glacier Northwest A Threat to Orcas

Continued from page 5

Islands is prepared to take the path of legal recourse should that accountability not be met.

Because we value our Orcas more than we value the profit margins of one of the worlds largest cement manufactures Preserve Our Islands will continue to fight the battle for Puget Sound and for the orcas. As we have in years past, we will fight tirelessly and tenaciously until the threat to is gone and the Maury Island waterways again belong to the whales. For more information please visit our website at www.preserveourislands.org

The Cloudspotter's Guide

The Science, History and Culture of Clouds by Gavin Pretor-Pinney
Perigee, 2006, Paperback

Reviewed by Jean Ameluxen

Do you remember the teacher or professor who held such fascinating classes that you never missed one, even if it was at eight o'clock in the morning? The professor who made you think about what you were going to do with your life? Who made what you thought was a boring subject so interesting that you were hooked for the rest of your life?

For me, it was Giovanni Costigan at the University of Washington. I attended one of his open lectures with a friend and changed from a Fine Art Major to one in Political Science. If you had a similar experience, you'll enjoy this book, and if you haven't had the thrill of being pulled into a new intellectual area, when you read *The Cloudspotter's Guide* you'll know what the pull is all about.

Gavin Pretor-Pinney would make a wonderful lecturer if his teaching is anything like his writing. Although he's given us a book to read, he is really talking to us, reaching out and emphasizing. Figuratively holding out his hands and talking, as he walks us through the clouds.

Not only does the book name and describe the ten genera of clouds, but all their manifestations, and their activities. Have you ever seen a cloud that looked exactly like a flying saucer? That would be *Alto cumulus lenticularis*, the dense almond or lens shaped cloud that is formed when air is forced upward over a hill or mountain. Perhaps that's the reason for so many UFO sightings around Mt. Rainier. Or, how about that old saying: "Red sky at night, sailors delight. Red sky at morning, sailors take warning"? The ancients knew that proverb, but it took the author to enlighten me about how the earth's rotation is the reason we can read the signs.

Speaking of weather forecasting, Pretor-Pinney points out that because of satellites the media has become much more adept at predicting weather, and as a result, we are losing our ability to look at the sky and predict the weather for ourselves. His book returns that ability to us. Recapturing that ability is a skill never lost by most farmers and commercial fishermen, but as we keep our heads down, climbing in and out of cars and walking between buildings, how many of us can still predict the weather with any kind of certainty? Yes, I know, "If you can't see Mt. Rainier it's raining, and if you can see it, it's going to rain." Still there's a lot more to it than that, and we don't all have a daily view of The Mountain.

Another point the author makes is that contrails, those lovely frozen plumes left by the condensed vapor from jet engines, are doing more to increase global warming than the carbon dioxide emitted from the same engines. Really! The high crisscrossing trails form clouds that are not dense enough to keep the sun's heating rays from reaching the earth, but do have enough density to reflect the warmth of the earth back to the ground.

The author also describes a method (not accepted by all, but who is to say?) of predicting the timing and severity of earthquakes by the sight, from space, of a particular form of cloud that has appeared prior to several earthquakes. According to retired Chinese chemist Zhonghao Shou, this cloud is formed from the release of vapor as the earth moves imperceptibly prior to a quake, releasing moisture from fissures forming in the ground. The book has evocative black and white chapter illustrations by Bill

Continued on page 19

The Loop Needs Some Moola

Hey, people! We know you love the Loop, because you tell us so. We love it, too, but dang it, we need some financial support. We just can't continue to pay for this paper out of our own pockets any longer. Printing and distribution costs have increased, and revenue is down. Our writers all work for free. That's not right! Here is how you can help keep the Loop alive:

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Think of the Loop like public radio and TV (but without the scandal). We all have to support it to keep providing the great columns, comics, and alternative coverage that we know you appreciate.

Thanks for your help.

Marie Browne and Troy Kindred, Publishers

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Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond.
 Marie and Troy

PANDORA'S BOX

Welcome the new year with Cheryl's inventory reduction project. I don't want to count it, so come save me the trouble.

HAPPY 14th BIRTHDAY CORRINE!!!

Cheryl's pick of the week: The extra long, life-size pizzles are finally back. Don't miss out.

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A Thought for the New Year

by Mark Goldman

Do you enjoy and are you inspired by the work you do? Are you proud of your employer and the contribution it makes to your community and the world-at-large? Do you feel the work you do makes a real difference in the lives of your customers, suppliers and fellow employees? Does your work contribute to sustainable peace, security, and happiness, not only for you and your family, but for the rest of humanity as well?

What if we, as members of our community and extended world family, chose to dedicate ourselves to transforming the way we educate our young, conduct commerce, relate to our work, and to one another, such that one day we might honestly make the following statement?

On Work

Written by me circa 1988-89

I am somebody, and I stand for something, and I love who I am and what I have become. I get paid money for what I do, but I do not work for money. Rather I work to contribute my energy, my talent, and my love to those endeavors that express who I am and what it is I stand for. I work at my place of employment because working there gives me the opportunity to be this way.

I do not really work for my employer or my supervisor, and no one works for me. We are all working to achieve the goals, and to forward the purposes for which my company exists. My company's purpose is my purpose—that's why I work here—and my employer is here to help me be of service to you.

I exercise the authority delegated to me in order to achieve our aims and I am responsible for the results. I take pride in what I do and where I work.

I do my job honorably, which is to say, I tell the truth and my word is my bond.

I do not make promises I cannot keep and I do not pretend someone else is responsible for my mistakes. I treat everyone I know with dignity and honor, and I respect those qualities when I see that they have the courage to express that way too.

I never promise to keep secrets, because I never do anything I need to hide. Everything I do can stand the light of day. And still, I can be counted on to be appropriate in what I say and do.

If I sometimes make mistakes or fall short of my ideals, I take responsibility for what I've said or done and clean up any 'mess' that I created. I am always willing to learn from my experiences and so I am forgiving of myself and others.

I am loyal to my company and those with whom I work by being loyal to truth and honor above all else.

This is how I am and this is how I work and this is how I am with you.

Mark A. Goldman is an activist and author. On March 5, 2007 he declared himself to be a candidate for President of the United States in the upcoming election in 2008. Email: mark@gpln.com

Fastpitch players get ready!

Registration for Girl's Fastpitch begins January 3rd and ends February 22nd. Sunday player clinics begin Sunday, January the 6th 12:00-2:00 and run through the end of February. For more information and registration forms contact the Parks Department or go the Vashon Youth Baseball & Softball website, www.vybs.org.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 11**

Wolf Shoot

(T. Martino's of Vashon's Wolf town letter regarding the Idaho Department of Fish and Game Commission (IDFG) plan to control wolves. The IDFG has released its terrible wolf "population" plan that could remove hundreds of gray wolves from our state through hunting and trapping. Orcas are only one mammal facing extreme challenges in this country- editor)

The hunting plan robs Idahoans of opportunities to see wolves. Wolves are one of the main attractions in Yellowstone Park and wolf watching brings over \$60 million into the Yellowstone area economy. Few Idahoans will ever see a wolf if IDFG's faulty plan goes into effect. IDFG has thrown a bone to wolf supporters saying they might consider one or two non-permanent "wolf viewing areas" as long as outfitters and ranchers agreed and were paid by non-government sources for any "losses" caused by wolves. With that type of thinking, let's ask IDFG for reimbursement for lost wildlife viewing because of livestock use or outfitter hunting. Why is Idaho rushing into a full-scale wolf hunt, while Minnesota with over 3000 wolves, has no wolf hunt? Politics, politics - pressure from public land livestock grazers, big game outfitters, anti-predator groups and the Governor.

The Plan fails to advocate for non-lethal methods of keeping wolves and livestock apart. Wolves can learn to stay away from sheep and cattle by use of proven proactive, non-lethal methods. Because of powerful ranchers and their ties to Wildlife Services (formerly Animal Damage Control), wolves are now rarely given a second chance to learn to fear man or stock. A few ranchers are willing to live with wolves. Others turn their sheep and cattle out on top of wolf denning areas and as a result, entire wolf packs have been killed. There are 1700 ranchers who graze on Idaho's public lands with 10% (170) controlling 80% of public land allotments. There are 1.4 million people who reside in the state. Why should a handful of ranchers dictate whether wolves live or die? IDFG is supposed to represent all Idahoans. Please remind them of this as they revise their unbalanced wolf plan.

Public land belongs to ALL of us!

Wolf number objectives are absurdly low throughout the state. In the 2.3 million acre Frank Church - River of No Return Wilderness (larger than Yellowstone Park), IDFG's objective is for ONE TO FOUR breeding pairs. Minimum wolf number objective is EIGHT. There are no cattle or sheep in the Frank. But IDFG cites "ungulate conflict" between wolves and elk. Why? We suspect it's big game outfitters who don't want wolves. Imagine if there was only one wolf pack in Yellowstone Pack and a total of eight wolves. That's what IDFG is proposing for the Frank as their bottom line. IDFG needs to reconsider its wolf number

objectives in the Frank and all the DAUs.

Southern Idaho Mountains wolf number objectives - this includes most of the White Clouds, Boulders, Pioneers, Smokys and Lost Rivers, over four million acres. Breeding pair object: ZERO TO FOUR. Minimum wolf number objective: EIGHT. Why so low? Ranchers who run cows in places like Copper Basin and the White Clouds, or sheep in the Smokys and Boulders. Protest this ridiculously low wolf number on some of the wildest land in America. Insist that IDFG's revised plan spells out in detail a proactive, non-lethal livestock management approach.

I oppose the "harvest" of wolf families. IDFG proposes to sell wolf tags for \$9.75 to anyone and the hunting season will go from Aug. 30 to March 31. Trapping would also be allowed. Imagine a wolf held painfully in a trap for 48 hours until the trapper "sportsman" arrives to kill it. IDFG's plan will allow wolves of all ages to be killed without any regard to the social structure of a wolf pack. YOU do not represent all Idahoans. If a hunting season is ever established, the least IDFG could do, is start slowly and issue a few tags — not the wholesale slaughter they are proposing.

WOLVES ARE HIGHLY SOCIALIZED PACK ANIMALS. IDFG says they will manage wolves and hunt wolves as big game just like mountain lions and black bears. Yet there are 3000 lions and 20,000 black bears in Idaho alone. There are far fewer wolves. We're not amused that IDFG doesn't know the difference between the lives of wolves, bears and lions. Killing alphas and other adults in a pack and leaving sub adults and pups on their own, will lead to more conflicts between wolves and livestock. Yet the IDFG naively keeps saying their wolf killing plan will reduce conflict. The hunting season would stop just before denning season in April. By then, the alpha female may well have lost her entire pack at the time she needs them most. Then in late August, when pups are just starting to travel, the hunt begins again. IDFG should be ashamed for proposing this inhumane wolf hunting plan and needs to be told as much.

Please re-think this.

T Martino

PS You can send the Idaho fish and game your thoughts at idfginfo@idfg.idaho.gov



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LoOp Letters

Orca Network

Dear Editor,

We would like to clear up some misperceptions printed in recent issues of The Loop regarding an "off island Sighting Network." Readers have been asked to not report whale sightings to this Sighting Network, and that it results in the presence of boats and helicopters around the whales off Vashon Island.

Orca Network, based on Whidbey Island, has a Whale Sighting Network to encourage people in the Northwest to watch whales from our many miles of shoreline. We believe educating the public about the whales is an important step in saving the whales, their habitat and prey. Through our email list and website, we gather important data on orcas and other whales for researchers and government agencies, and educate people who in turn become advocates for the whales.

Orca Network's 1-866-ORCANET hotline number is the official public reporting number used by NOAA Fisheries and the Center for Whale Research for Puget Sound and coastal orca sightings. Orca Network shares sightings on an immediate basis with NOAA Fisheries and the Center for Whale Research so they can get out to obtain ID photos or collect samples. Sightings are also posted on our website with a day or more delay, and emailed to our Sighting Network Email list to encourage shore-based whale watching.

Other sources also share whale sightings: the Coast Guard; ferries; news media; and the wonderful www.OrcaSound.net hydrophone network which broadcasts live orca calls from different hydrophone locations. This isn't a bad thing - it's wonderful that the public is interested in the orcas, because it's going to take all of us, working together, to save them.

We realize there are many different perspectives on what is best for the orcas, and not everyone agrees on how to conduct research or educate the public. What we do have in common is we all care about the orcas and want to help them, and we each fill different niches in our various approaches to research, education and advocacy.

Please visit our website, www.orcanetwork.org to see what Orca Network is all about. We hope you will call in your whale sightings to our hotline number (1-866-ORCANET) or email us at info@orcanetwork.org, as well as report your sightings to the Vashon Hydrophone project.

Susan Berta & Howard Garrett,
 Orca Network, Whidbey Island, WA



Thanks Vashon for a great 2007!!
 We can't wait to party with you in "08"



Time for Bitters

By Kathy Abascal

The holidays are over and most of us are now trying to recover from our excesses. These excesses usually involve too much sugar, too much fat, too much alcohol, and too many late night meals. The ultimate effects of these excesses vary immensely but all involve an overwhelmed digestive system. Our food choices have thrown off our ability to properly digest and absorb nutrients. To make matters worse, the nutrients we need most have often been absent from our diet. The result: Digestive "upsets," weight gain, poor sleep, reduced immune function, aches & pains, and even depression. It is actually startling how many ailments and discomforts at their core are due at least in part to a disorderly secretion of digestive juices.

Digestion is designed to follow an organized sequence that begins with chewing. As we chew, we mix our food with an enzyme-rich saliva



Dandelion

that begins to break down carbohydrates. Chewing also signals the stomach and other organs that food is on its way and that digestive enzymes are needed. The stomach then produces enough acid to break down proteins in the food, and bile and pancreatic enzymes are secreted into the intestines to digest fats and finish carbohydrate digestion so we can absorb the nutrients they provide. If we digest our food properly (especially if we are eating healthfully) we provide our intestinal flora with the "right left-overs" and do not experience digestive problems.

However, when stress is present (which it almost always is), our stress response shuts down the secretion of digestive fluids, including saliva. Without adequate amounts of saliva, we do not begin to digest our carbs in the mouth. We also fail to produce enough stomach acid, pancreatic enzymes, and bile. As a result, we do not break down

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 has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today.*

New Class Starting:
Eating for health & weight loss. Learn more about quieting inflammation. Being overweight is an inflammatory condition that takes a toll on your health. In this series of 5 classes you learn how to use diet and herbs to quiet inflammation and improve your health. Significant benefits include a relatively effortless weight loss, improved sleep, and the disappearance of annoying aches & pains. A new class series begins Monday January 14th at 6:30 pm and runs for 5 consecutive Mondays. Advance registration is required. The fee is \$60.00 and you can sign up at the Roasterie. For more information, contact Kathy Abascal at 463-9211 or anemopsis@yahoo.com.

our food the same way and end up feeding our intestinal flora very different left overs. Different microbes thrive on these and produce by-products that we are not used to. The result is usually burping, bloating, flatulence, stomach cramps, and imperfect stools.

But poor digestion often has more far reaching consequences and malabsorption of nutrients is linked with many health problems. A good example is depression. Numerous nutrient deficiencies are linked to depression. Lack of tryptophan (the precursor of serotonin) as well as phenylalanine and tyrosine have been shown to depress mood in human studies. As a result, low grade protein malnutrition and poor absorption of these amino acids tends to aggravate or precipitate depression.

Low vitamin B12 and folic acid levels also contribute to depression. These vitamins are critical intermediates in the production of certain neurotransmitters that in general elevate mood. In one study, vitamin B12 deficiency doubled the risk of depression in women. While these vitamins often need to be supplemented in depression, it is equally important to ensure that they are absorbed properly by making sure that the person is making enough stomach acid.

Getting the body to produce digestive juices when they are needed is really quite simple: Take bitter tasting herbs before meals. The idea of beginning meals with a bitter tasting substance is a foreign concept to most Americans, particularly after a holiday filled with non-stop sweets — from candied yams and glazed hams to pies, cookies, and spirited eggnogs. It is easy to become addicted to the taste of sweet food and to actually be a put off by the idea of taking something that tastes bitter. However, we need bitters because our digestion cannot work well without them.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Dec. 28**

The taste of something bitter causes a reflex secretion of saliva, stomach acid, pancreatic enzymes, and bile. Perhaps because so much of the wild foods we evolved eating are bitter, we are designed to respond effectively to any bitter taste. It makes us salivate. It makes our stomach juices run. Herbalists take advantage of that reflex when they prescribe a bitter tonic to their clients. Right before meals, the person takes a small amount of bitter herbs mixed in some water. Immediately, this will start the flow of saliva and transmit the message to the gut that food is on its way. This simple measure reestablishes proper digestion.

There are many bitter formulas on the market. Most contain the beautiful *Gentiana lutea* (gentian) root along with some other more aromatic bitters like *Zingiber officinale* (ginger) rhizome. Often the tonic effects of bitters become stronger the longer they are used. So, if you are feeling run down or out of sorts after the holidays, try taking 10-15 drops of a bitter tonic about 5 minutes before your meals. You will be amazed at how much better you will feel if you do.

○○○○○

Contact Our New Representative

Continued from page 1

Nelson's new committee appointments should help her address key Island issues such as the Glacier Mine. Contact Rep. Nelson at her Olympia office: PO Box 40600, 436A Legislative Bldg., Olympia, WA 98504-0600. Toll-free Hotline: 1-800-562-6000, TTY (hearing impaired): 1-800-635-9993, nelson.sharon@leg.wa.gov.

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Farmer's Market News

Happy New Year Farmers, Market Craftspeople and Farmers Market Shoppers!

Thank you for an enjoyable and successful Farmers Market in 2007. The Vashon Farmers Market grossed over \$200,000 in 2007 which means that money circulated on Vashon Island at least one more time and allowed island farmers, craftspeople, and the community at large to be more self-sustaining.

Planning is in the works for another great Farmers Market season on Vashon Island. Take a look at what is just ahead as we prepare for another year.

Grooves for the Green: The Thomas Marriott Trio is coming to Cafe Luna, January 11th, 7:30pm Fundraiser for the Vashon Farmers Market 2008 Music Program Now there's world class jazz on Vashon. The Thomas Marriott Trio is coming to Cafe Luna, January 11th, for a one-night fabulous fundraiser for our own Farmer's Market Music Program! Money raised, from a small cover, will help pay musicians to play during the weekly markets, and help pay for a sound system. What a terrific way to combine incredibly uptown jazz with making the Market even better! So, save the date and hold on to your hats; this is going to be BIG TIME.

The Vashon Island Growers Association (VIGA) would like you to mark your calendar for two classes we are sponsoring: growing for the market and designing a website for your farm. For more information, call Joanne Jewell at 463-3518. Classes are free with membership in VIGA.



Planet Waves
by Eric Francis <http://www.PlanetWaves.net>



Aries (March 20-April 19) You may feel like you are being put to the test, and you are. Yet the question is what test, exactly? Well, the current challenge involves whether you feel safe taking such a big chance, or feel secure pushing yourself to achieve so much. It is all about how you feel in the context of what you want. You would be wise to question whether a) feeling insecure really means you are in a compromised position; and b) what you consider to be the source of your strength. At the moment, it appears that most of your support is coming from your community. Some of that assistance you recognize the value of; some of it, it's very likely you have no concept of how valuable it is. Note that your community changes with your role in the world; as you change and grow, different people consider you their peer. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) You're about to strive for some peak experience in your career. In truth you're already there, or well on the way — what you are seeking is a tangible feeling of soaring to new heights. I humbly submit that you must consider the difference between the feeling and the reality. There are a lot of ways to get the feeling; what is more crucial is that you recognize your achievements for what they are, ground yourself, and build on that success. If you take the conservative approach, you would feel closer to the Earth, and you might need to stretch a little to have a wide perspective. That is better than soaring and falling. The way you handle your professional life now will set patterns that extend far into the future. Pay attention to those patterns. Choose the ones that work for you. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) While the stars are leaning distinctly in your favor, you may not be entirely thrilled with the prospects life is holding out for you. It may feel impossible to make any progress, and you may feel divided against yourself in some odd way. This is entirely an illusion. You are free to express yourself fully. You are free to vent your frustration in entirely constructive ways, and more to the point, you are free to use it as a tool to learn about yourself. Yours is a rare state of mind at the moment; you have the ability to feel what you really want, and once you do that, you will feel how easy it is to get what you want. What you need to guard against is identifying too closely with negative emotion. Recognize that you have a choice in all matters of feeling, and that what you get is most likely to be what you want. Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22) Pluto makes its way into your opposite sign Capricorn in late January, though the vibrations have been shaking up your world for some time now. The implications of this long-term transit focus primarily on people having a more profound impact on your life than you may have ever imagined possible. >From a growth standpoint, you need to be vigilant against situations that may come with a power struggle. Such are not necessities in life, though they occur frequently enough. While I am not suggesting that you convert to being suspicious, you need to be discerning of the motives of others. Remember what people say initially about what motivates them, even if they change their tune later. Look for the results they

get, and look at how they relate to others as contrasted to how they relate to you. Those who feel like a victim most of the time are more likely to make you into one next. Those who feel like winners are likely to have that agenda for you. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) You may feel, yet again, like everything is coming at you at once, but consider this. You are being pulled out of yourself and toward the future. The sense of unfamiliarity is precisely that sense of standing in a strange new landscape of time. There are different people around you, and they have styles of relating, to you and to one another, that may seem a little strange. I suggest you notice the differences, and how they make you feel — and appreciate them like you were visiting a foreign country. That sense of the new and the unfamiliar are precious while they last; humans have a way of converting everything to the ordinary in a short time. The planets are conspiring to keep you on your toes, which means alert and aware, and there is a reason, soon enough to be revealed. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) For years, others have been doing their best to coax or shock you out of your shell. And for years — until recently — you have most likely felt unprepared to rise fully to the occasion. Now that you have Saturn visiting your sign, you're blessed with a measure of stability and yet the sense (as Saturn often bestows) that change is natural and inevitable. Take advantage of the strength that Saturn is offering, and the ability that it's giving you to structure your life in new ways. This will help you accommodate what may be an overwhelming influx of energy and activity. You have always had flexibility going for you; you typically have a healthy respect for your limits. What you have now is a blend of both, at a time when both will support you in some unusual endeavor or breakthrough. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) The ground beneath you is moving, but you are safe. Your source of nourishment is changing, but your new source is both healthy and potent. Indeed, what you most urgently need to adapt to is how to work with so much energy rising up from the Earth into your heart, body and soul. You may be possessed of the feeling that you are somehow on your own, with an unusual degree of responsibility for your own sustenance and destiny. Very likely you have received signals the past three or four weeks that you will succeed brilliantly, but I would caution you that this is true to the extent you are able to live each new day as being different from the last. History is over; you are writing on a new page of your life. That is to say, stop yourself each time you have the feeling you owe something to someone. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) You must get over the feeling that your greatest achievements are behind you — and get over it fast. Your perception is like you're looking at the world through prism glasses, seeing everything upside down. Your sense of the passage of time is skewed, though this gives you a certain advantage at the moment. In particular, you have an opportunity to completely reassess your commitments to others, and

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their commitments to you. You have a chance to look honestly at what is working for you and what is not. Indeed, you have the prerogative to free yourself from any situation or circumstance involving another person that is not fully to your advantage — but to use this power you must be exquisitely honest with yourself about the basic facts. Use language, not just feelings. A fact is something that can be supported or denied by tangible evidence; start making a list. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You have seen what others are capable of; now you must own up to what you are capable of. In a word, that translates to anything. The more boldly you can embrace your negative potential, the greater strength you will feed into your positive potential. If you want to be the most passionate [heterosexual] lover, embrace your queer side. If you want to be the perfect spouse or partner, embrace the potential you have to be boring, faithless and inconsiderate. In sum, admit that the light you carry casts a shadow. Try standing with the light to your back to see how long that shadow is. Then turn around, and face the Sun, which is blazing in you as well. Eric Francis has more of your astrology for you at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) Pluto is about to enter your sign, but Jupiter has already arrived. It's as if you're being given an advance against future royalties, and an incentive to view this long-term transit as an entirely positive development. Most people don't view Pluto this way — you have little choice in the matter. I would sum up this development with a few simple ideas: you are the person who sets the limits on your bliss, or who blows off the roof. You are the person who violates tradition and makes your mark on the world. You are the benefactor who has the power to solve the problems you perceive in the world. In other words, you are no longer one

among the meek and the mild; you are among the brave and the wild — but for this to last, you must be fair with everyone, and I do mean everyone. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) What an odd mix of energies you are under at the moment. From the look of your solar chart, I would surmise that your sense of standing at the very edge of reality is counterbalanced by an overwhelming feeling of safety. The closer to the edge you get, the safer you are likely to feel. However, consider this, before you decide you are able to fly. Where would you go, if you could go anywhere? Why would you go there? For the sake of something new and exotic, or to fulfill your new mission in life? The things you actually need to do are eminently practical, and I suggest you take great solace in your ability to get up every day and do your best and most devoted work. It is also true that you need to have fun, but I see no shortage of that in your chart. Eric Francis has more of your astrology for you at PlanetWaves.net.

Pisces (Feb. 19-March 20) If you have time and again had the feeling that the world is too stuck in its ways to make any room for you, you are in for a pleasant surprise. Traditions and established structures that have for so long held you back are likely to start opening their doors. You may not see the reasons; they may not see the reasons; everyone will see the results. You may not see the mechanisms of action; indeed, many of them are 'invisible' in the sense that they are not easily traced by direct cause and effect. What is crucial at this juncture of your life is that you stop falling for the sad lie that the past is what sets the limits on the future. You live in a world where what was impossible yesterday verges on inevitable today. Eric Francis has more of your astrology for you at PlanetWaves.net.

Island Epicure



The Waffle Gourmet

By Marj Watkins

At our Christmas dinner with many of our family members gathered around the table, it became clearer than ever that I'm the matriarch of a growing family of mostly non-wheat-eaters. This isn't all bad; it pushes us into getting acquainted with good things made of cornmeal, rice flour, oat bran and oat flour, quinoa bran and quinoa flour, rye flour, buckwheat flour, and almond meal.

Having just given a grandson a waffle baker like ours for Christmas, my focus just now is testing waffle recipes for him. I promise to share the ones that come out the best with you.

Our aluminum Belgian waffle has big wells for butter and syrup, or whatever you decide to put on it. If yours is of different design and metal, perhaps electric instead of stovetop, follow the manufacturer's instructions for using it and ignore the baking directions for the following recipes.

Make a double batch of waffles for breakfast one morning, then refrigerate or freeze the extras for a later meal. Slip one of these cold waffles into the toaster, and it's as hot and crispy in a couple of minutes as it was when it came from the waffle iron. Or pop one into a skillet on low heat to warm while you make the rest of the meal.

BUCKWHEAT WAFFLES

Makes 2 stove-top waffles or 8 (3 to 4 inch) pancakes

Sift:

¼ cup buckwheat flour
½ cup barley flour
¾ teaspoon baking powder

Scant ¼ teaspoon salt

Combine and add:
3 Tbsp. orange concentrate

¾ cup water
1 Tablespoon olive or canola oil

Add 1 egg

Beat all ingredients and let the batter rest 10 to 15 minutes. Meanwhile, spray the waffle iron with vegetable or olive oil and heat it. Spoon half the batter fairly evenly over the hot waffle iron squares. Cook 3 minutes on medium high heat. Turn the iron and cook 3 more minutes. Check waffle for doneness. If not crisp and golden brown on both sides, cook a minute or two longer.

Cornmeal waffles are my favorite. They adapt well to breakfast, lunch, or dinner dishes. Here's a satisfying main dish for lunch or dinner:

Gluten Free
CORNMEAL WAFFLES
Makes 2 large waffles

Sift:

1 cup whole cornmeal
½ cup brown rice flour
1 ½ teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar or Splenda®
Fork, beat and stir in:
2 eggs
2/3 cup milk
2 Tablespoons olive or canola oil

Let the batter rest 10 minutes or so while you spray a cold waffle iron with oil and then heat it to the far side of Cook on the dial.

Spoon half the batter into the hot waffle iron. Reduce heat to medium. Cook 2 minutes. Turn the iron over. Cook 3 to 4 minutes more. Waffle should be golden brown and easy to remove. If it balks at removal, turn the iron over again and bake another minute or two.

For breakfast, serve Cornmeal Waffles with yogurt and applesauce, or with peanut butter and jam, or real maple syrup or honey with an egg and/or sausages on the side.

For dinner, try them with white clam sauce or with small shrimp heated in a cream sauce.

"WHITE" CLAM SAUCE

Makes 3 servings

1 Tablespoon butter
3 green onions, sliced, tops included
1 can chopped clams
liquid from clams
1 cup chicken broth
2 Tablespoons cornstarch
2 Tablespoons water
1 Tablespoon dried parsley
1 teaspoon dried tarragon

Sauté onions in butter 2-3 minutes with parsley and tarragon. Drain clam liquid into pan. Add chicken broth. Bring to boiling. Stir in cornstarch mixed with water. Cook while stirring until sauce thickens and clears. Add clams. Serve hot over waffles, toast, pasta, or rice.

Island Women's Empowerment

Continued from page 1

good nutrition and body movement for a healthy body

3. Smart investing

4. **Own your own business** – learn how to be successful from a woman who is a successful business woman on Vashon

5. **Design your home to give you power and a sense of beauty.**
This conference is being held at the Methodist Church at 17928 Vashon Hwy. Suggested Donation is \$10 to \$25 – proceeds going to the Vashon Food Bank and DAWN. Scholarships available. Bring your own Brown Bag lunch and join other women from 10:00 am to 4:00 pm. Opportunities to build networks and support centers for your lives.

PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday
12am to 5pm Sunday



Don't Forget the Birds



Vashon's 10th Christmas Bird Count

By Ed Swan

Birders scoured the Island for birds of all kinds on December 30 for the tenth Christmas Bird Count (CBC) on Vashon. So far the total number of species adds up to about 110, but not all counting parties have yet to turn in their tallies. The CBC counts all birds within a 15 mile diameter circle. Vashon's circle includes all of Vashon and Maury Island, the southern part of Blake Island, Three Tree Point in Burien, and parts of Pierce and Kitsap Counties on the other side of Colvos Passage. Last year set the highest total with 121 species.

checked out the pond at the intersection of Quartermaster Harbor Drive and Monument Road for ducks. Ravens over Kip Schwarsmiller's place harassed another. Bianca Perla found the Wax Orchard American Kestrel. A Merlin made a try for some Pine Siskins at my house and another was seen by Sherry Bottoms and Michelle Ramsden at Meadowlake Pond off 188th.

More shorebird species than ever before were seen this year as well. Rich Siegrist found Sanderling and Black Turnstones at Fern Cove and



An American Wigeon (left) and a Eurasian Wigeon (right). The Eurasian Wigeon in color has a pretty brick red head with yellow forehead as opposed to the white forehead of the American. The American Wigeon white forehead led to its old name of "Baldpate." Photo by Gary and Linda Peterson at Vashon Community Care Center.

The weather for the CBC was both good and bad. On the good side, it was mostly sunny with only a few very short sprinkles of rain here and there. On the bad side, a stiff breeze created a good chop, making the seabirds hard to spot. Vashon's southern and western shorelines provide good land habitat that also was too windy with birds seeking shelter out of sight.

Despite the wind, birding inland and along parts of Quartermaster Harbor was good. The south Vashon group saw three falcon species. One Peregrine Falcon

a Wilson's Snipe along his driveway. John Friars and Brian Bell discovered a Greater Yellowlegs, very rare here in winter (actually the second record for Vashon), at Raab's Lagoon. Ron Simons, Lynn Greiner, Nancy Miracle and I recorded a Spotted Sandpiper at Camp Sealth. Several groups flushed Killdeer along the shoreline.

Linda and Gary Peterson photographed a Greater White-fronted Goose at the Vashon Community Care Center pond. These birds migrate overhead in

Continued on page 15

Positively Speaking

"The Eyes Have It"

by Deborah H. Anderson

Fifteen years is a long time. As a number there is something neat and tidy about it. It seems a number that is somehow contained. As the year 2007 came to a close, so did a 'project' I've been working on for fifteen years. Since columns like these seem the place for quasi transparency, I'll share a quasi bit of it.

Now if you are sitting in a neat and tidy house and you grew up with peace and support and you married well and your children came easily and you knew just what your calling was and lived it out accordingly, this may not be for you. If you moved to the Island because you could soar with your wings open in this wonderful place where anyone can do anything then this column may miss the mark for you.

If however, you are in another life experience, it might be encouraging to read on.

So, fifteen years ago I walked into a counselor's office who was actually a friend and said, "There's something I'm not getting about (my husband). There's something I'm not getting about (my mother). And there's something I'm not getting about (my co worker) and I'm not leaving here till I get it and lose one hundred pounds. Week after week I would make my way from the Island and talk non stop for an hour trying to figure it out.

At one point she said, "You're not using me very much". I wasn't up to taking care of her feelings so I told her the truth. "I'm not here for therapy. I'm paying you to listen while I sort this thing out. "Kind heart that she was, every once in a while she would drop a nugget in to speed me through a paragraph or two.

You see, I actually did counseling with other people; sat in the other chair. And if you've been through those classes and that training, you discover that most people need two things to make it through: the opportunity to talk without interruption and a good friend who can reflect back a sense of worth and meaning to life.

After the appointment I would always schedule a matinee at a movie somewhere. Reflection is a luxury in some seasons of life. Certainly it was in my time then. I

was, by the end of my time there, a single mom with four kids and full time job that was really 24/7. Introspection in that season is usually a fifteen minute devotional, quick prayer and three words in the old journal: "I'm still alive."

Although I have yet to lose the hundred pounds I did leave the office eventually. I discovered all three people were exploiting me. Simple. Once I said directly to all three people, "Oh I don't think so" I realized why I'd gained a hundred pounds. They were three very unhappy people and I was the poster girl for "Chin up, Carry On. Tomorrow is Another Day". It was going to be them or me. If you've been there, you know there is no middle ground with that situation. As I've said before, if you tell them they can't, they go find someone who will. I chose me.

Do not try this at home unless you are willing to understand there are severe consequences. I say this because I didn't have a clue there would be consequences. But you know fifteen years passes along eventually and I have "me" back I have my strength back. I have my joy and peace back. All I have to do is recoup the financial loss. Money is easier to reclaim than the intangibles.

You see I used to look at life through a pair of binoculars that was turned the wrong way round. It could have been worse. I could have been looking through a Viewmaster. (I believe that's a registered trademark) Of course, if I'd done that I'd still have all of them in my life. Or I could have looked through a telescope and been chasing the wrong dimensions to my situation or taken forever to get a picture of the total panorama. But no, I was blessed. I just had the binoculars turned around. Once they were to my eyes appropriately I could examine everything properly and then take them down and see the larger picture knowing what the little stuff was.

Now it is a fresh new year. The intensity of the holidays will be over and winter lull will begin. Hunker down and maybe ask yourself if you look at life through a Viewmaster

(again with the registered trademark), a telescope or binoculars turned one way or the other. It isn't enough to reflect. We have to know the source of our point of view.

May the days of 2008 be filled with new insights that bring joy and wholeness and peace to your life. Like they say, the right tool for the right job. Viewmaster, Telescope or Binoculars. Me? I'm going to work on losing a hundred pounds. Time to finish the job.

Love
Deborah

◻◻◻◻

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Vashon's 10th Christmas Bird Count

Continued from page 14

spring and fall but this winter, for the first time in recent memory, the Peterson's documented this bird and Marianne Kirkland reported another or perhaps the same bird earlier in the week at the mouth of Judd Creek. The Peterson's photo provides a very good example of the importance of photography. Their picture instantly documents a rare species. Even though the bird is not close up and center, the photo provides adequate looks. If you see a bird that you know is unusual or that you're unfamiliar with, please use your camera if you can and share your shots.

Whooo is hooting? Jamie Acker will be our presenter, hailing from Bainbridge Island, and active in Kitsap Audubon. The program will be Thursday, January 17, 2008, at the Vashon Maury Island Land Trust building at 10017 Bank Rd at 7:00 p.m.

Jamie Acker has been a birder for over 30 years, and has specialized in studying the owls on Bainbridge Island since 1995, in particular the Barred Owl. He is a licensed owl bander and has banded many of the Barred Owls on Bainbridge, and in the last four years, equipped some with radio telemetry. He also bands Northern Saw-whet Owls in an



A Greater White-fronted Goose, sitting in the lower left corner of the photo, with Canada Geese and American Wigeon. Note the white extending up from the beak. On its lower side there's just barely visible a bit of the white flank line, two diagnostic marks. While not an art photo, it's very useful for documentation and even has the other species present for size comparison. The photo helps rule out the likelihood of a hybrid in this case. Photo by Gary and Linda Peterson at Vashon Community Care Center.

If you have an interesting bird or bird photo to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

Upcoming Audubon Program:
OWLS OF VASHON — January 17, 2008

The Owls of Vashon will be the topic for our January Audubon program. In this season of long nights and short days, it is a great time of year to enjoy our local owls.

attempt to help further understand this common migratory owl. Through "owl prowls", much has been learned about the habits of our owls.

For more information, call Laura Bienen at 206-567-4613 or consult >vashonaudubon.org. As always, our January 17, 2008, Owls of Vashon Audubon program is free of charge, coffee and cookies are provided, and all are welcome."

Island Birding Guide
Species Identification
How to Attract Birds

Ed Swan

(206) 463-7976

edswan@centurytel.net



Loopy sez: Deadline for the
next edition of *The Loop* is
Friday, Jan. 11



Winter Sports Summary and Pictures:

Boys Basketball: The young and talented Boys Team have started off the year undefeated with wins over quality opponents such as Fife, Sultan, Foster, and Seattle Christian. Also, they knocked the socks off of the Chimacum Cowboys, as well.

Girls Basketball: The Girls Team has started the year on fire with a 4-1 record. They defeated Seattle Christian in a thriller and trounced Chimacum, as well. Their only loss is to the Sultan Turks. Currently, they are playing in a tournament in California.

Wrestling:

The Pirate Wrestlers start off the year undefeated (2-0) in League, boasting wins over Steilacoom (51-36) and Washington (44-33). Highlights include Keegan "Mush" Shrum, Kyle Martin, and Adam "Baloney" Thalhoffer's pins against Steilacoom and Masta' Quang and Sylvie Shiosaki's pins versus Washington.



Kyle "K-Mart" Martin Jr. locks up Masta' Quang Patrick in a criss cross cradle.

The Tri-State Tournament is made up teams from four states (I know, maybe they'll eventually change the name...) and VHS wrestlers competed against some of the best wrestlers in our state, and our country. Rogen Lopez finished one match away from placing and Alex Stemer was two matches from placing. Adam Thalhoffer won one match and Kyle York and Geran Webb fought tough against the rugged competition.

Come watch the Pirate Grapplers take on Orting (2nd at state the last 2 years) on Wed. Dec. 9th!



What doesn't baloney mix well with? VHS Wrestler Adam "Baloney" Thalhoffer shows off his latest creation, baloney rolled up around granola. Other famous recipes by Adam include baloney around red vines and baloney sandwiches with strawberry cream cheese.

The Blaine Tournament consisted of 22 teams from Washington. Rogen "Rodge" Lopez and Alex "Steamboat" Stemer both placed 2nd in the tournament.



The Vashon Wrestling Team is dropped off the Blaine Tournament in a stretch limo.

Vashon Girl Wrestlers Perform Well at the Rochester Winter Ball—(an All Girls Tournament taking place on Dec. 27th). The glass slipper fit nicely on three Vashon Female Wrestlers: Madeleine "Mad Dog" Wolczko, Sylvie "Karate" Shiosaki, and Lizzy "Lizzard" Corliss. Wolczko placed 1st in the 103 pound division and Shiosaki also took home the championship at 119. Corliss wrestled well, placing 5th. All three girl wrestlers are improving at a rapid rate, impressing coaches from around the region.



Hahahahaha, it's Wrestling Country! Mike Mattingly poses with Rockbusters Adrian and Gray. Next Home Rockbuster Event: Saturday, Jan. 5th: Sub-Districts!



Graeme Britz "Crackers" tries to break down Lizzy "Lizard" Corliss in wrestling practice. Wizard Bio-Chemist, Perlito Bloomgrenini instructs in the background.

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Not Just a Great Burger

An Invitation to Protest

Continued from page 1

I grew up in a small, east-coast community where children thought what their parents told them to think. My parents didn't do much thinking; mostly they worked hard and did what they were told. So, one year, when I became friends with a Quaker girl and her family, I instinctively kept it a secret, especially that one week, I spent each day after school, helping her family to pack box after box of food items for something called The Poor People's March. It was years after that, when I sneaked away from a small private girls' school to ride in a van full of unfamiliar adults to our nation's capitol, to march in the streets, and then, years later in Boston, where I was arrested for sitting in protest.

Over the decades, I have protested wars, the working wage, Mexican immigrants' living conditions, lack of fruit for children in the slums of Istanbul, women's access to family planning in Jamaica, the cost of uniforms for Greek waitresses, and a host of other injustices. But, I have never felt my passion for justice as intimately as I did five years ago, when I helped organize, "Poets Waging Peace," an

event held at The Blue Heron Performance Space, when Islanders of all ages and dispositions gathered in community to share thoughts and feelings about the war in Iraq.

And now, all these years later, we will gather again to begin this hopeful new year with the energy of community in protest of this terrible war that has still not come to an end. Teachers, young adults, mothers and fathers, politicians, business people, and children, who just might be brave enough to tell their parents, will come together to share and enjoy original poetry, and poetry known to us all, in an act of solidarity: "Poets Waging Peace," Thursday, January 17th, 7PM, at Café Luna. Save the date, and for more information, call me, Devon Atkins, 353-9227, and check out the Café's website, cafelunavashon.com.

Thanks Vashon for a great 2007!!

We can't wait to party with you in '08"



Lopy Laffs

A grasshopper walks into a bar, and the bartender says "Hey! We have a drink named after you!" The grasshopper replies "Really? You have a drink named Steve?!"

One Liners

Modulation in all things.
Housework, if you do it right, will kill you.
The trouble with mental notes is the ink fades so fast.
I am a nobody, nobody is perfect, therefore I am perfect.
Birds of a feather flock together and then crap on your car.
The problem with telephones is that they never nap when you do.
Women should not have children after 35—35 children are enough.
Most people are so lazy, that they don't even exercise good judgment!
When your outgo exceeds your income, then your upkeep is your downfall.

I thought I had child-proofed my house but somehow they still get in.

I heard a car laying rubber late last night—must be the new skid on the block.

There is something fascinating about science. One gets such wholesale returns of conjecture out of such a trifling investment of fact.
- Mark Twain

Bachelors know more about women than married men; if they didn't, they'd be married too.
—H. L. Mencken

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. ~Bill Vaughan

The optimist says the glass is half full. The pessimist says the glass is half empty. The pragmatist, being thirsty, drinks the water.

Anger is only one letter short of danger. —Eleanor Roosevelt

Human beings have a special kind of memory; selective.

Don't be so humble, you're not that great. —Golda Meir

I'm saving my money—who knows, it might become valuable again.

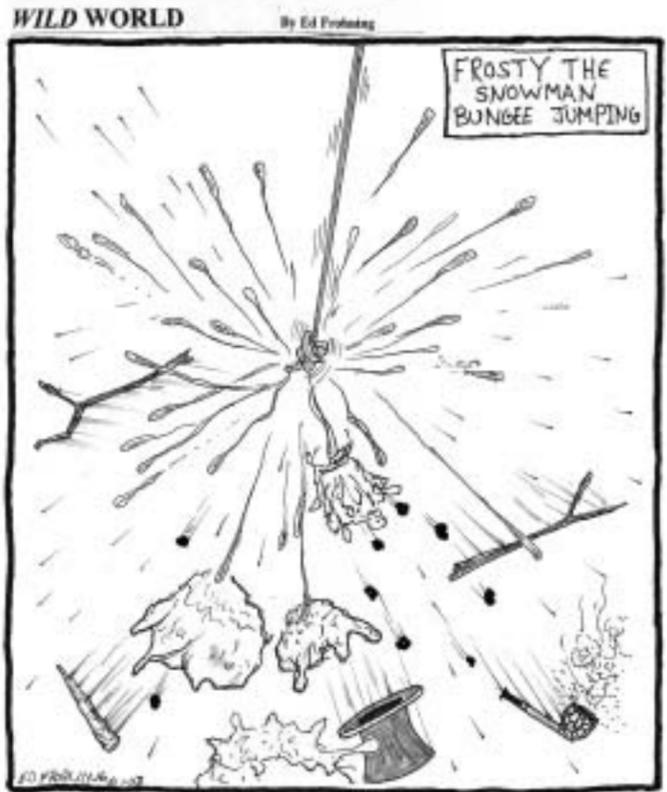
Once we had Clinton, Johnny Cash and Bob Hope. Now we have Bush, no Cash and no Hope.

How many of you believe in telekinesis? Raise MY hand!

What has four legs and an arm?
A happy pit bull.

A dog has an owner. A cat has a staff.

Energizer Bunny Arrested; charged with battery.



If evolution is outlawed, only outlaws will evolve.

A man came down with the flu and was forced to stay home one day. He was glad for the interlude, because it taught him how much his wife loved him. She was so thrilled to have him around, that when a delivery man or the mailman arrived, she ran out and yelled, "My husband's home! My husband's home!"

OFFSHORE



Solution to puzzle on page 7



More VIPs at: <http://vashonislandpeoples.blogspot.com/>

LOGJAM





Beowulf Excitement

by Eileen Wolcott

This epic poem seems like it has been the subject of many motion pictures but not like this. Oscar-winning screen writer Rodger Avery (Pulp Fiction) has wanted to make this movie for 25 years. He was assigned this Anglo-Saxon piece of literature back when he was in high school, playing Dungeons and Dragons. He thought it didn't read very well at all. As he went over it, he came to the realization that it was like an oral history, meant to be told or shown, not read in silence. Over the years he read it many different languages and really put a deep effort into creating an inspired movie. When Robert Zemeckis teamed up with him to use ground breaking technology, it was finally time for this story to be told the way it should be. Whenever Anthony Hopkins or John Malkovich are in a movie I'm on board. I love fantasy movies, but this year I feel steeped in the feeling behind this genre, after traveling to Scotland to watch my husband lift ancient testing stones, the modern day dragon.

The Cloudspotter's Guide

Continued from page 9

Sanderson, and many excellent photographs to let us see precisely the type of cloud we are reading about.

The rains are here and it's the wrong time of year to lie in a pasture gazing at the clouds, but when the heavy Nimbostratus have given way to Stratocumulus perlucidus, I'll be out there finding elephants, dragons, seahorses, and whatever else my imagination can see in the clouds. Now through winter is a good time to read this book, because after you've read it, in the Spring, you'll want to join me.

Beowulf
1/4 - 1/10
Charlie Wilson's War
1/11 - 1/17
National Treasure
1/18 - 1/24
The Kite Runner
1/25 - 1/31

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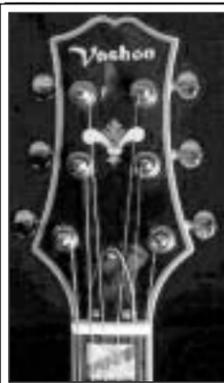
Our 60th Year!

2008 VFW Essay Award Banquet

by Olde John Croan

The Veterans of Foreign Wars (VFW) Post 2826 Awards Banquet will be conducted at the Veterans Hall on Saturday, January 19, 2008, starting at 2 PM. Students from Chautauqua Elementary, McMurray Middle and The Harbor School submitted ninety one essays. The Washington State VFW asked fifth graders to write about: "Who is My Hero?" Sixth through eight graders wrote about this question from the national VFW: "Why am I an American patriot?" Every student will receive a Certificate of Accomplishment. The first, second and third place winners in each grade that participated in the contest, will receive a framed certificate and cash.

In the past years, VFW Post has spent around \$1,000 for certificates, framed certificates and cash awards; however, we are low on funds now. The students, the leaders of tomorrow, deserve recognition for their great essays. Contributions would be greatly appreciated. Please make checks to "Vashon VFW Post 2826" and send the contribution to: Veterans of Foreign Wars, P.O. Box 162, Vashon, WA 98070. The Teachers, Judges of the Essays, and Community members that helped with the Essay Contest will receive recognition. The VFW encourages the students to bring family and friends to the Banquet and all that helped with the Banquet are invited. Beverage and desert will be served. We hope to see you all there at the Veterans Hall

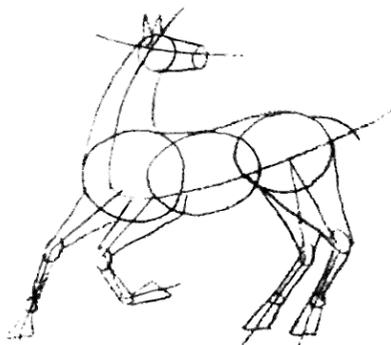


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Truckstop Chili and Impromptu Trio Play the Back Bay Inn

by Daniel Brown

Truckstop Chili will be performing the evening of the First Friday, Jan 2008 Studio Artwalk, from 6 to 9pm.

This band has been a Vashon Island institution for nearly thirty years, in several incarnations. Lead, created, and inspired by John van Amerongen from the start, he has also written a tune titled, Truckstop Chili. This offering, and others from him, like She's Been Pullin on that Bottle too Long, about an Island girl many have met, always gets a chuckle from the locals. The trio version of the band includes John van Amerongen, lead singer/

guitarist, Jean Richstad on fiddle/mandolin/vocals, and Daniel Brown on acoustic bass/vocals. The American folk roots tunes, bluegrass, and original VanAm hits have helped marry, bury, and celebrate many islanders birthdays/benefits/events.

The Impromptu Trio will be performing again, Jan 12, Sat from 6 to 9pm.

Back so soon, again after a packed house, and cheering fans!



Impromptu Trio at left and Truckstop Chili above, courtesy photo.

Finding Heroes In A Dark Time

Continued from page 1

This year's observance will be held at the United Methodist Church at 7:30 p.m. There will be music by a quartet of local singers as well as songs performed by the Vashon Children's Chorus.

The theme this year is "Finding Heroes In A Dark Time". Members of several of the Island faith groups will talk about individuals they believe are heroes who have inspired them and read from their writings. There will also be readings from Dr. King's own speeches and letters.

Reverend Jan Van Pelt, pastor of the United Methodist Church will open the event with a welcome message. A collection will be taken

to help the Interfaith Council on Homelessness, the Island's interfaith volunteer group organized to assist those who are homeless or at threat of becoming homeless.

The Circle In The Square, a part of Vashon's Jewish congregation, Havurat Ee Shalom, will provide refreshments. Everyone is welcome to this evening of inspirational music and readings. For information call Emma Amiad at 463-6259.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 11**

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