



Vol. 5, #24

December 5, 2008 TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

Salmon Welcomed Back

By Jane Neubauer and Yvonne Kuperberg Photos by Jay Holtz



November 9th started out a good day - not raining and warm enough. I felt relieved that it wasn't pouring rain. We arrived at the site of the celebration near the old Dorethea Park by the new culvert in time to put up some traffic cones and get organized. At one o'clock, about 10 people had shown up. We were thinking - just another Vashon event - too many things to do and people don't have time. We started with drumming and rattling at about 1:10 and by 1:30 there were about 50 people there! 'Vashon Time' rules! There were kids and dogs and a woman on a horse - we ended with a salmon dance.

Continued on page 11

Holly Daze azaar



Japanese paper lantern by Janice Mallman at Waterworks, #32 on the art tour

2008 Vashon Island Holiday Art Studio Tour

December 6-7 and 13-14, 10 am to 4 pm

It's cold and wet and a long bike ride home, but the sign on the Vashon highway catches my eye. Vashon Island Art Studio Tour. A number's attached and an arrow points me toward a small building lit from within. I'm intrigued. It turns out to be a glass blowing studio. Its shelves are lined with magnificent cups, vases and bowls and the adjoining workspace gives me my first glimpse into this unusual art form. There's always been a part of me that enjoys seeing how others live and what it's like to be called to a craft different from my own. It's

Hard Times at the Loop

Annua Nutcracker



Vashon Junior Civic Ballet presents The Nutcracker on December 12, 13, 14, 19 and 20. Evening shows at 7:30, matinee at 2:30. Call Lynne Chunn for details 567-4411. Bill Chunn photo

Vashon Photographers in **Statewide Juried** Show

The crafts of local artisans will be the feature of the annual Holly Daze Bazaar at the Vashon High School, Saturday December 6. Sponsored by the Vashon Guild of Seattle Children's Hospital, the event will be from 10 a.m. to 4 p.m.

At the Bazaar, the Guild is introducing this year's artisan mug, which features the work of Island artist Ilse Reimnitz. The mug is available individually or as part of a set, which includes the previous mugs by Mike Spakowsky and Ted Kutscher Additionally, the Guild will be raffling two beautiful baby quilts at the event. All proceeds from sponsorship of the Bazaar and sales of the mugs, the raffle and food go to support Continued on page 5 By Marie Browne and Troy Kindred, Publishers

Vashon Loop is struggling financially. We know it's not a newsflash to declare that times are tough, but for *The Loop* times have been tough all year. As publishers, we have been digging into our own pockets to pay the expenses of the paper. And we've been digging deep. Unfortunately, last time we dug we came up with nothing but lint. Our primary business is real estate, and unless you've been hiding under a rock you know that real estate has been excruciatingly slow this year. Our printer has continued to print the

The rumors are true. *The* paper even though we are behind on our account, but things are finally to a point where they had to insist on getting the past due balance paid up. So, we were forced to take the drastic action of laying off our fabulous Editor Ed. For over a year, Ed Swan has single-handedly edited the paper's content and done the layout. Because of his commitment, our excellent writers and cartoonists and photographers have had a venue in which to share their work for your enjoyment (and they do it for free!). *The Loop* also provides part time employment for two terrific Continued on page 5

Four Vashon photographers, Michelle Bates, Debra Paulsen, Ray Pfortner, and Andie Styner, are included in a new statewide juried show of photography hanging at the Washington State Convention and Trade Center and called Only In Washington.

The four are among 107 photographers who responded to a statewide call for submissions last summer for an exhibit to showcase the beauty and diversity of the entire State. In all, the 107 submitted nearly 400 images. The final show includes 67 photographers and 104 photographs.

The exhibition includes images from 31 of Washington's 39 counties; 5 of the total images were Continued on page 5

Get in The Loop

Submissions to the Loop

Do you have an event 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.

Bring Us Some Figgy Pudding

second annual Figgy Pudding Fundraiser on Saturday, December 13th from 7-9 at the Vashon United Methodist Church, in Fellowship Hall.

auction, fabulous desserts, and caroling.

Proceeds from the event will help Lighthouse Theatre to create an internship program in drama therapy, the first of its kind in the involved, or make a direct Pacific Northwest. Lighthouse Theatre was founded in 2004, under the umbrella of the Vashon United Methodist Church. We are a 501 (c) (3) non-profit organization,

Lighthouse Theatre will host its dedicated to using theatre arts to empower individuals and strengthen the community. Our programs have helped to support the programs for the homeless, the elderly, and to provide outreach and The event will feature a silent education to service providers in the fields of domestic violence and drug and alcohol prevention programs. Please help us to continue this excellent work!

If you would like to be more contribution to Lighthouse Theatre, or for additional information, contact Deb Pierce.

www.lighthousetheatre.org or deb@lighthousetheatre.org

Cooking Oil Pickup Offered

Did you deep fry your turkey for Thanksgiving, but don't know what to do with the used oil? Call Scott Durkee - he will pick it up and properly dispose of the used oil. Scott's number is 463-3641, and he will pick up anyone's oil anywhere on the island. We wonder what he is doing with it? Maybe making biodiesel?



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Dinner is Served!

By Nancy Vanderpool One of the enjoyable aspects of life is to come to a warm, delicious meal with friends and neighbors. It seems to nourish our bodies and our souls. This is a Vashon tradition of hospitality that the Interfaith Council on Homelessness and near

homeless, and many more volunteers from island faith groups, is offering this winter.

On Tuesday and Thursday from 5:30 - 7:30 at the Presbyterian Church "Neighbors in Need" dinners are being served. Volunteers expand their usual meal by four, bring it to the church, serve it and clean up. Usually approximately 10 guests and volunteers participate. Guests step forward to bring supplies down from storage as well as put it back at the end of the evening. There is usually at least one chess game under way, little conversation groups and a relaxed atmosphere. We have warm clothing and blankets and

care kits available for our guests to take if they like. It is also possible at this time to obtain information about Salvation Army vouchers and other island resources.

These dinners will be available through March. We gladly accept volunteers to cook and serve the meals. If you would like to volunteer please call Emma Amiad for December, James Dam for January or Nancy Vanderpool for February. Offers to volunteer for other jobs may be made to Weslie Rogers, 463-5566.

The Interfaith Council on Homelessness and near homeless also needs financial gifts which are used to assist with rent, transportation, medical, cleaning, temporary housing and other needs that help people get past a hard time and on their feet. All proceeds go toward helping Vashon residents. There is no paid staff. The organization is a nonprofit 501C3 with tax exempt status. Gifts may be sent to IFCH, P.O. Box 330, Vashon, WA 98070.

by Paradise Valley Press © December 5, 2008 - Vol. V, #24 Don't miss an issue! Subscribe to The Loop! \$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!

Seattle Ski Shuttle

Based in West Seattle, the Seattle Ski Shuttle provides transportation for skiers, snowboarders, and adventurers to our nearby ski areas. We have a safe, comfortable van which helps us all keep it green by reducing the number of vehicles driving to the mountain. We can shuttle islanders up to the mountain with a pickup in Fautleroy. For now the target is adults, but kids can come along if accompanied.

Check us out at www.seattleskishuttle.com or e-mail us at tours@kayakalki.com or by calling (206) 953-0237.



Sushi Bar & Beer Garden www.redbicyclebistro.com



We're hearing about mortgage meltdowns and foreclosures ad nauseum. Even though that makes for sensationalist reading, it does not necessarily reflect what's happening in any local market. And the media rarely mentions the good news, like that interest rates are at an incredible low - 30 year fixed rates are below 6%, APR. We asked Mike England, a mortgage broker with Sound Mortgage who lives here on the Island, to talk with us about the availability of mortgage money for buyers on Vashon. If you are interested in learning more from Mike, he can be reached at (206) 271-3219.

- **Troy:** There sure is a lot of misinformation floating around about the mortgage market.
- **Marie:** Yes there is. That's why we're glad Mike England is here to give us the real scoop. Thanks for taking the time, Mike! Why don't you start by telling us a bit about your background?
- **Mike:** No problem. I got into the mortgage business back in 1991, when interest rates were about 10% and you had to have a job and good credit to buy a home. What drew me to the business was the fact my uncle owned a mortgage company.
- **Troy:** Ahh yes, the old family connection. What do you like best about the business?
- **Mike:** I like that it lets me help people achieve their dreams. Before I got in the business, I went to college with the idea of being a counselor or therapist. Those skills definitely translate to helping people with their financing, especially these days.
- **Marie:** I think therapy skills are priceless in today's market! The media has beaten the mortgage meltdown to death, and there has been a lot of finger pointing along the way. Did you see it coming?
- **Mike:** A lot of us in the business knew the easy access to money would come to an end. People forget we were in a recession right after 9/11. I believe what got us out was the low interest rates. People refinanced to pay off bills and to invest, which drove the economy for a long time. The loans kept getting easier and easier to get. At one point you could buy a house, zero down, with below average credit, not prove your income, with payments that didn't even cover the interest! When the default rates reached a higher level than the investors on Wall Street were comfortable with, they stopped providing the money for the loans. That created the domino effect, which led to less money available, making it harder to sell a home. That drives values down so fewer people have less money to invest and the whole thing kind of builds on itself. Add to that all the media negativity and it's kind of the "perfect storm."

Quit the Commute in a Flash

Flash Photo - and more

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- **Troy:** Well said. So what is different now compared to a few years ago, when anybody who could fog a mirror could get a loan?
- **Mike:** Things have just gotten normal. You need to have paid most of your bills on time for the last two years, and be able to show you make enough money to afford the payment. Two is kind of the magic number. Bring in tax returns for two years, bank statements for two months, and two paystubs and your lender can determine how much you can qualify for and what your payment will be. Most people know how much they can afford.
- Marie: So there is money available for borrowers?
- **Mike:** Absolutely! What's crazy is that the media makes it seem like there is no money to lend. If a person has an average paying job, decent credit and a little money saved up, they can still buy a house.
- Troy: Tell us about some of the loan programs that are available.
- **Mike:** Most of the loans I have done lately have been here on Vashon Island. There are a lot of homes available in an affordable price range. Vashon qualifies for the USDA rural loan program, which allows zero down. I've done several FHA and VA loans on the Island, and people have been surprised how easy they are to get. Another busy group are investors looking for a safe place to put their money. Sellers and banks are willing to take less than is owed on some houses, and with today's low rates you can buy a house with a low enough payment so the rent will cover the mortgage.
- **Troy:** That is our experience, too. It's at times like these that people can secure their financial future by investing in real estate. Unlike stock in a company that can be here today, gone tomorrow, real estate is real! And they're not making any more of it.
- Marie: Let's end by reminding our readers that they can see all homes for sale on Vashon and throughout the Northwest on our website, at www.yourHTR.com. We're here to help and to answer your questions 7 days a week. Give us a call at (206) 463-LIST (5478).

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Seattle Metro West



2. Show up at K-Jo Farm on Sunday, December 21 at 9:00 AM We will bag sand and candles and load trailers and trucks This is a weather permitting activity. If it's drizzling, we are a GO. If it is raining, we all

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

energy transport to Santa Fe, or wait 'til next year.

3. Show up at K-Jo Farm later in the day to set candles on the road.Wear comfortable shoes, you will be walking a long way !

4. Show up at K-Jo Farm about 3:30 and helps us light the candles

5. Take the drive, or walk. Turn your headlights off if you can.

6. Stop by the fire at K-Jo Farm. Bring your wishes, wants and desires to add to the fire.

The more stuff we have and the more people helping, the further down the road we can go.

7. Show up at K-Jo Farm MONDAY to help pick it all up. This is where we have the most challenge getting help. If folks pick a section to pick up, it is most efficient. Each year provides its own deliciously mysterious surprise or surprises. This year, there may be an incredible symphony flutist lighting the night with music

If you own a pick up truck with NO canopy and/or a utility trailer, and you are willing to lend it to us for the day, that will be most appreciated. If you wish to send a donation, please send it to K-Jo Farm, 20602 111th Ave. SW Vashon Island, 98070 I wish us all abundant good health, gobs of giggles, mounds of extraordinary food, luminous love and the fruition of all our hopes and dreams!

Please do call or write with any questions. And YES, please forward <u>on to anyone you believe wants to know!</u>



December 5, '08 Vashon Photographers Continued from page 1

taken on Vashon. Andie has an image taken at her home and Ray has 4 images including the view of Mt Rainier from his home to Point Robinson, Tramp Harbor and the John Deere Pond on Bank Road at Christmas. Michelle has an image taken from Fremont and Debra of the Yakima River Canyon. So Vashon and our artists are particularly well represented.

The participating photographers were asked to share a distinctive place that was one of beauty and general interest, but of particular meaning to them. Each image in the show is accompanied by a statement by the photographer as to why the image and the place depicted are of particular importance to the photographer.

An estimated 1 million people visit the Convention Center each year, so an estimated 500,000 people will view the exhibit in the 6 months it will hang in the Center.

The show opened October 16 and will hang through March 31, 2009. It is on the 2rd level in the public galleries surrounding the escalators and break-out rooms. It is open to the public daily from 5:30am-10pm. There is no admission charge. Don't miss it!



"The view from my Maury Island home is guite the change from the view my New York City apartment!" —— Ray Pfortner Mount Rainier, Madrones and Sunrise from the Aerie, Maury Island, Washington

photograph © Ray Pfortner

Hard Times at the Loop

Continued from page 1

young men who distribute the paper, rain or shine: Carl Fox on Vashon and Josh Bianchi in West Seattle.

We know you love *The Loop*; we hear it all the time. Well folks, it's time to pay for the love.

Please help keep the paper going by making a financial contribution. Wouldn't a donation to *The Loop* in someone's name be a great gift idea? We will even print their name (or yours) in a future issue if you'd like. Everyone likes to see his or her name in the paper! Another way you can help is to patronize the businesses that advertise with us. We are thankful for all our current and past advertisers, and we are especially thankful for those who have consistently advertised since our inception five years ago:



Frame of Mind, Island Escrow, Country Store, Perry's, Olympic Instruments, Island Theater, Pandora's Box, Harbor Mercantile, Joanna Gardner, Casa Bonita, and Vashon Island Bicycles come to mind. Please support *all* our advertisers and thank them for supporting Vashon's independent newsmagazine. If you'd like to advertise, contact Tamara at ads@vashonloop.com.

If you'd like to contribute directly, please send a check to *The Vashon Loop*, PO Box 253 Vashon WA 98070. Or make a donation through PayPal on our website at www.vashonloop.com. Either way, thank you. We'll keep doing the work if you help foot the bill. Thank you!

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



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Holly Daze Bazaar

Continued from page 1

uncompensated care at the Hospital.

The group will be serving lunch including homemade soups, hot

dogs, baked potatoes, baked goods and more for busy shoppers.

This is a great way to support our local artists and children in need at the same time. The Guild which has been an active organization on Vashon since 1924 meets four times a year. For more information about the Guild please call Mary Rosenbaum, 463-9446.



The Vashon Loop, p. 5

Subway 17408 Vashon Hwy SW (206) 463-4800 Mon - Fri 8:00 am - 9:00 pm Saturday 9:00 am - 9:00 pm Sunday 9:00 am - 8:00 pm





Extended hours for DDES

Extended hours for DDES services as agency moves to four day work week Department to close on Fridays starting next month

more access to staff and services at Executive Ron Sims. "Governments the Department of Development in particular have a special and Environmental Services (DDES) responsibility to spend taxpayer under a new work schedule to debut dollars as efficiently as possible. I next month that will close the office am proud of this pilot program, one day each week but extend which creates more convenient operating hours.

15, 2008, all staff at DDES will move we spend on operations at DDES." to a 10 hour-per-day, 4 days-perweek work schedule. department, located at 900 willingness to negotiate the Oakesdale Ave. SW in Renton will conditions of this pilot program, be closed on Fridays.

King County Executive Ron Sims guarded their members interests, and supported by labor unions, is but have also helped us to ensure our designed to increase efficiency in the service to the public is as effective government on multiple fronts, and and efficient as possible." also enhance customer service and employee satisfaction.

permit customers expressed a desire conditions will certainly impact for extended operating hours. Four employees' lives, we have been 10-hour days will keep DDES open successful for business from 7:00 a.m. until minimizing those impacts. At the 5:00 p.m., 4 days per week. This bargaining table both sides provides customers with an displayed a genuine interest in additional hour of access to DDES making flexibility a priority. We staff each day, Monday through sincerely hope that this program is Thursday. The DDES Permit Center a resounding success!"

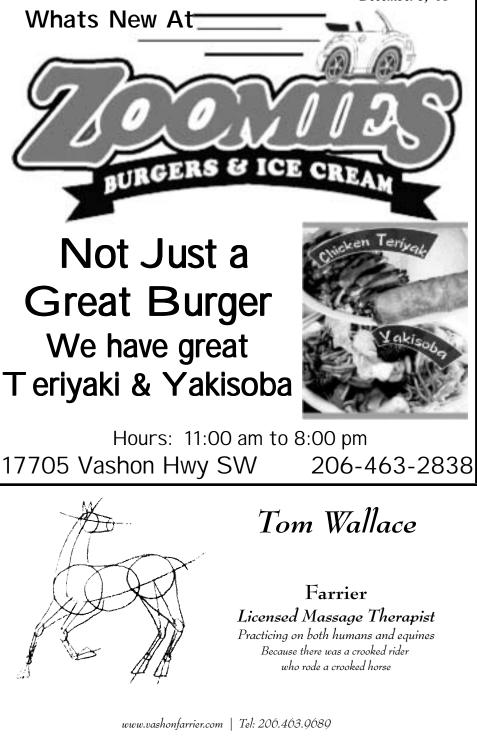
are will not have to heat or cool the will be commuting during off-peak 206-296-6682 or staying later) and therefore will be using their vehicles more efficiently congestion. even more attention to how money through to the blog.

King County residents will have is spent," said King County service hours for residents while Effective the week of December maximizing every taxpayer dollar

DDES Director Stephanie The Warden thanked unions for their noting, "The unions representing This pilot project, proposed by DDES employees have not only

Local 17 Business Representative Behnaz Nelson said, "While this In random surveys, DDES considerable change in working in significantly

Sam Anderson, Executive Officer will still provide free technical assistance to customers each of the of the Master Builders Association 4 mornings DDES is open. Under of King and Snohomish Counties the new DDES operating hours, free said, "From our perspective, there technical assistance will be given to are pros and cons with the new property owners and permit work schedule. Ultimately, we applicants from 7:00 a.m. until 9:30 understand what the county is trying to accomplish and appreciate am ., Monday through Thursday. clear the fact that they have kept us There also environmental benefits to this new informed of the change. If problems Francisco, Los Angeles and San program. A Friday closure is one develop, we feel confident the extra day per week that King County county will react to address them." DDES is committed to quality DDES building or use any significant customer service. The department amount of electricity, resulting in already has an extensive web site at annual facility savings. This is also www.kingcounty.gov/permits . one day per week when DDES However, if citizens have thoughts employees who drive will not have on additional on-line services DDES to use gasoline to commute to work, can provide to assist customers therefore reducing vehicle emissions during our Friday closures, in the region. On the other four days comments are welcomed. Please per week when the department is contact Paula Adams, Public open, employees who drive to work Information and Records Officer at at periods (coming in earlier and paula.adams@kingcounty.gov. Ed: If people have experiences and helping to reduce traffic with DDES - the good, the bad, and the downright ugly - that they would "These tough economic times like to share on a blog, go to demand that all organizations pay www.yourHTR.com and click



Tacoma Wins Port of the Year Award for 2008 Tall Ships® Festival - Second time city has received the honor

Port of the Year for its hosting of this summer's Tall Ships® Tacoma Festival in July. This is the second time that Tacoma has received this prestigious honor from the American Sail Training Association. or ASTA: Tacoma was also named Port of the Year after the 2005 Tall Ships® Festival.

To win the award, Tacoma beat larger host cities participating in the Pacific Coast Tall Ships CHALLENGE[®] including San

Tacoma was recently named volunteer participation, and overall operations. A significant portion of the award is based on voting by the captains and crews of the participating ships.

> A key element was TTSO's support of youth sail training and its successful Youth on Board Program. TTSO is really dedicated to promoting youth sail training. This year, more than 45 teens participated in the Youth on Board Program when they sailed from Victoria to Tacoma aboard three of our tall ships, said Selden. In partnership with Metro Parks Tacoma, the Boys & Girls Clubs and the Sea Scouts, we've created a program that ASTA is considering using as a model for all its youth sail training programs.

Diego.

"We are excited at winning this award for the second time," said Stan Selden, Tacoma Tall Ships® Organization board member and spokesperson. "We worked so hard to make this event a success, not only for the visiting ships but also for the community, that it is really gratifying to be recognized in this way."

The Port of the Year Award is awarded to a city that demonstrates significant success in supporting ASTAs Tall Ships CHALLENGE® race. It is based on overall performance of a host city and award criteria include services provided to the ships and crews, community involvement,

Interim Ed: If you caught the Tall Ships[®] in Quartermaster Harbor this summer, you know what an incredible event it is. Even though I am a Viking Princess descendant by birth, I am not much of a seafarer. I vastly prefer chlorinated hotel pools and sandy Mexican beaches to icy fiords and barnacles, but the Tall Ships[®] almost make me want to sail around the world. Almost.

December 5, '08 Don't Forget the Birds

The Swamp Robin Returns

Every fall the "Swamp Robin" returns to Vashon. The Varied Thrush enjoys wet coniferous woods, hence its name. It looks similar to the familiar American Robin and is closely related. It's the same size as a robin but with all orange from breast to belly rather than red. The dark breast band across its chest provides another way to distinguish it from the robin. It also possesses an orange wing stripe on both sides of the wing. The males can be quite a bright orange but the females tend to be much paler. With these sometimes glaring colors, I often get calls about a strange bird that people think might be an oriole or Black-headed Grosbeak.

The eerie calls of the Varied Thrush can be heard in mixed and coniferous woods during the winter and early spring months. The best way to find them is to walk along any of the roads through dark, wet

woods and to listen for their song. They seem easiest to discover in late September and early October when good numbers are migrating through. The other good time to find them occurs during and after a snow or other cold snap when they come out more openly in yards to forage on the ground for spilled bird seed

around feeders. The Shinglemill Creek watershed, the trails from the Paradise Ridge horse park, Christensen Pond, and the wet, wooded roads down to the Colvos Passage off of Wax Orchard Road are the best locations to search for this elusive thrush.

Most Varied Thrush stay for the winter and then leave for the mountains or farther north to nest. When old growth forest swept down by Ed Swan

to the shorelines in pre-settlement days, these thrushes bred at elevations as low as 300-400 feet, as is much of Vashon. Now a lowland nesting site anywhere in the Puget Sound area makes for a pretty rare While no recent direct find. breeding evidence exists. Dan Willsie found an active nest once in Burton back in the 1990's. Sightings by Rick Sanders on 6-10-02 along Cedarhurst Road and by Dan Willsie on 7-12-02 at Christensen Pond, both areas with good breeding habitat, indicate that a small population quite possibly still breeds regularly on the Island.

In local birding news, November brought in a number of good sightings. Rich Siegrist and Dan Willsie, both on the northwest shorelines of the Island, saw swans flying low over their places, Tundra and Trumpeter Swans, respectively. Mike Feinstein on Luanna Beach Road and Bob Hawkins in Dockton



Photo of Varied Thrush by Don

both report Harlequin Ducks regularly now. The kestrel that hangs out on 232nd at the end of the Wax Orchard air strip in winter returned November 18. John Arum and Gary Shugart noted an adult Heermann's Gull, a pretty darker grey gull with a contrasting red beak, a number of times through the month at the Tahlequah Dock. Steve Caldwell heard Barn Owls at his place over Tramp Harbor at mid-



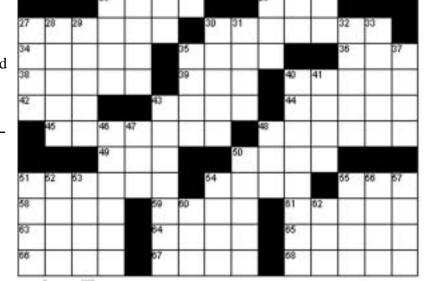
month. If you have an interesting edswan@centurytel.net or visit my bird to report or a question about website local birds, call me at 463-7976 or www.theswancompany.com. email at edswan@centurytel.net. Do you want to attract more birds to returns at the end of the month with your yard or want a guide to show groups covering birding hot spots you or a visiting friend the birds of around the Island and others Vashon Island? I'm available as a counting the birds in their yards on guide or a consultant to visit your Sunday, December 28. If you would property to teach and write up like to help out either by counting suggestions for bringing in more at your own yard or joining one of birds to your place. This would be a the groups, please call Sue great Christmas present for that Trevathan at 463-1484 or email at friend or relative who already has sue.trevathan@centurytel.net. All every thing. Again, I can be levels of abilities and all ages contacted at 463-7976 or email at welcome.

at

The Christmas Bird Count

Across 1. Objects	20. Jesus 21. Jittery	40. Long, skinny boat 42. Long-term memory	58. Brand of sandwich cookie	1	2	3	4	5	6	7	8	8		10	11	12	13
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	11. Advertise	35. Brand of coffee alt	55. Desire		62. Roman twelv				



Solution on page 14

Spiritual Smart Aleck By Mary Litchfield Tuel www.spiritualsmartaleck.blogspot.com

My friend Becky and I went to see Joan Baez at the Moore Theater in Seattle. We parked across the street from the Moore – location, location, location – and then the next thing on the agenda was to find a place to eat dinner. The closest restaurant was the Buenos Aires Grill.

They had the bill of fare posted outside the front door, and we stood there perusing it for a good five minutes. It looked good, but there were no prices listed. To my mind, when the prices are not listed on a menu, it means, "If you have to ask, you can't afford it."

Suddenly Becky stopped reading and said, "If it's good enough for her, it's good enough for us," and then said to me sotto voce, "Look to your right."

To my right, through the window, was a table with three people seated. Two were men and one was Joan Baez. We walked in and a cheerful young man seated us at the table right next to Joan Baez and, as it turned out, two band members.

Now Joan Baez is a cultural icon, so Becky and I tried to be good. We did not wish to disturb the folk goddess's dinner. Inside, though, I was jiggling with excitement and thinking, this is so cool.

A lady who came in soon afterwards was not constrained in her behavior. She rushed to Baez' table and gushed, "I've been following you for 40 years! In college I was you! I let my hair grow and carried a guitar around!" And so on. Joan Baez was quite gracious to her, but after the fan went off to her own table we noticed that Baez and her band mates switched seats so that she was sitting with her back to the room, which put her about three feet away from me. I floated down the ramp to the main floor, where I waited while Becky bought the latest CD, then we went outside and noticed a group of people standing around the tour bus. Becky decided to wait, but my knee was done for the night, so I headed off to the car to await her. When she came, she had her CD autographed by Joan Baez, and a photo on her digital camera of herself and Joan Baez standing side by side. "She was very gracious," Becky said. Yes, she was. It was so cool.

could be a little scary. There is a thin line between "rabid fan" and "stalker." So I can understand the wish of a famous person to protect herself from being loved to death.

Becky and I had our dinners. The food was GREAT.

I also called my husband on my cell phone, and said, "Guess who I had dinner with!" Yes, I was so excited I ended a sentence with a preposition. He was suitably impressed, and after I hung up I said out loud, "This is so cool!" Becky laughed. We both laughed.

The concert was great. Baez performed with three musicians, and she also did some solo songs. She did most of the songs from her latest album, my favorite of which was a tune by that album's producer, Steve Earle, titled, "God Is God." Good song.

She sang from 8 p.m. until almost 10, without intermission, and did an encore of two songs. Then the band walked off stage and Joan Baez sang "Amazing Grace," a cappella, and the audience joined in, and we sang the verses with her, and broke into harmonies, until the whole audience that filled the Moore Theater to the rafters was one vast gospel choir. As the last note faded, she thanked us all and said good night.

I floated down the ramp to the main floor, where I waited while Becky bought the latest CD, then we went outside and noticed a group of people standing around the tour bus. Becky decided to wait, but my knee was done for the night, so I headed off to the car to await her. When she came, she Baez, and a photo on her digital standing side by side. "She was very gracious," Becky said. Yes, she was. It was so cool. You can read a longer version this piece at: www.spiritualsmartaleck.blogspot.com, and you can give yourself and your friends CDs of Women, Women & Song, "I Won't Wait to Be Happy" and "The Key of 'R,'" as well as Mary's album of Anglo-Celtic hymns, "Wondrous Love," by contacting Mary in one of the ways indicated in the ad which I'm hoping will run with this column. Thanks for reading, and happy holidays!



Vashon, WA 98070

(206) 718-1188 cell TamaraGriffin2001@yahoo.com



Women, Women & Song For Christmas!

This is so cool.

When Baez got up to leave, she of graciously took the hand of the ww gushing fan and said a few words, an and as she passed us I could no yo longer restrain myself and said, Wa "Have a wonderful concert. We'll Be be in the audience." She kind of smiled and kept walking. Ce

Now I am not famous, but I have been a singer/songwriter and have experienced people coming up to talk to me after concerts. Sometimes people come up with a peculiar intensity that I Won't Wait to Be Happy and Key of 'R' CDs \$15 each

> Write, call, or email: Mary Litchfield Tuel (206) 463-3327 P O Box 173, Vashon WA 98070 Mary.litchfieldtuel@gmail.com





Transition Vashon

There is a body of thought that is gaining popularity around the world - most prominently in the UK and Australia - called Transition Culture. Dedicated to the realization that it is time to face the fact that we have passed the time of Peak Oil, Peak Water, Peak Food and are well into the cycle of accelerating climate change, the authors of the concept put forth the thought that we must all figure out what we are going to do as the future all of that engenders unfolds.

As I encounter more and more writings on Transition Culture, it is obvious that Vashon is a perfect place to consider and implement solutions and strategies to deal with these issues. Many people and organizations are already engaged in that conversation. Individuals. families, communities - we must all make choices about whether we will ignore such issues and hope for the best or face them head-on and strive for the best.

We are a very defined community - unlike, say, West Seattle, which blends into surrounding communities almost unnoticed - we have an active and educated population and we stand to be isolated swiftly and completely if the flow of oil, food or money is significantly curtailed or if some other nationwide or world-wide emergency arrises.

We are dependent upon a very complex system of food and fuel production, processing and transportation and, should said system be interrupted, even minimally, it will effect us sooner and for longer than other, more accessible communities. As I have written often in this space, our capacity to deal with the direst of emergencies depends largely upon the prior preparations we make. Most of us at least acknowledge that we must phase out fossil fuels and systems that depend completely upon them. Our means of transportation, energy production, and food production and transportation must be revised - or, at least, supplemented - and the sooner the better. We have to think about the fact that, while me have sufficient food, water and fuel on our rock at any given moment, we must have a plan to get these things to the people who need

them most. Need is a significant instigator and mitigator.

From our veriest beginnings, human beings have needed the same essential things - water, shelter, food, fuel, and waste disposal. That has not changes since the last stone age and will not change even if there is another stone age in our future.

I have also written here often about food self-sufficieny for our little island castle with the saltwater moat. We have the land and, if it were put to use with the use of SPIN (Small Plot intensive more about that next time) and bio-intensive methods, we could not only feed ourselves but our immediate neighbors as well. There would, of course, be certain deficiencies - cooking oil would be a serious problem. I, for one, am not a big fan of fish oil, the natural oil of the Salish Sea indigenees.

Peak Water is a consideration we have dealt with here on Vashon for some time, Our growth and population is limited by water availability, though not so much as places in severe drought where there is literally NO water - at least we have enough here that no one goes to bed thirsty except by choice. How do we make preparations to access that water in cases of widespread power outages. I enjoy a share in Westside Water and, when the power goes out, I can only hope it comes back on before the big tank at the top of the hill empties.

island dedicated to permaculture something positive(?) So much



principles to whole towns, whole settlements, and in particular, to how we design this transition in such a way that people will embrace it as a common journey, The vision I have is of an entire as a collective adventure, as



leaving everyone on their own is the worst we can do. In times of trouble, we must strive for the best. That is how communities of human beings have survived dark times for millennia - we work together and help each other through. One man cannot grow enough corn to feed his family but four men can grow enough corn to feed all their families. I can't grow a lot of corn at my place not enough sun. My neighbor has a great spot for corn and I could grow lettuce all year - thus we could work it out.

We hang together or we will hang separately. We have the choice. Let us strive for the best for ourselves, our children, our neighbors. Continue to think about how that might look over the next decades. If you have some thoughts, let me know and we will share them. Keep heart and journey well, ME.



THE FOUR TRUCK DRIVERS OF THE APOCALYSE

ultimately sustainable way of life the guiding principle – gardens, orchards, nut trees, corn and buckwheat fields, bio-diesel earthwormhemp-fields, outhouses – but that is just my vision. The question is, what is your vision, what is OUR vision. Things have to change in the next few decades but how? How do you see Vashon in 20 years? 30 years? 50 years?

As Rob Hopkins, the originator of the phrase 'Transition Culture,' has said, "...how (do) we apply these

in its broadest sense, with an peak oil and other environmental literature is doom-laden and information heavy, and most peoples' reaction is to switch off. How can we design decent pathways which make people feel alive, positive and included in this process of societal transformation?"

> We have choices to make, pathways to choose, visions to manifest. If we do not work together, we will be in our weakest possible circumstance. Like it or not, human beings are at their best in packs or tribes and







Thanks to everyone who came to our House Party fundraiser and to those who mailed in a donation, we raised over \$6500 - more than twice what our goal was! Many thanks especially local musicians to Watermark and Ian Moore. to our fabulous and bartender John Dawson. We anticipate using the extra money to put into our scholarship fund and into expanding our school programs! Thank you so much!

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Dear Madame Toujours,

I am afraid my husband may have gone bat-poop crazy. To be fair, this may have been coming on for quite some time, but it was masked by the Bush administration. When Bert and I were married back fifty years ago, he was a sensible man, a good provider, a sound Presbyterian. Gradually, over the years, he has become increasingly...er...extreme in his beliefs, but I really didn't notice until we started hearing about that nice young Barack Obama fellow on the television.

Bert is now convinced that on inauguration day, he and all the other chosen people will be raptured up, and the anti-Christ in the form of that nice Obama fellow will rule the Earth for a thousand years.

Naturally, I asked what in the world he meant. Well, it turns out Bert has been quietly supporting that dreadful Bush fellow who started all those wars and tortured all those foreigners and ruined the economy. He is convinced that Mr. Bush is God's messenger who is doing God's work—as if God would have anything to do with a lot of wars and torturing. What sort of Christian believes such twaddle? Anyway, Bert is putting his affairs in order in preparation for being called to heaven. I asked him he would have done if that war hero person with the pretty lady for a vice president was elected. He said that couldn't happen because these are the end times and Obama is the anti-Christ, so he had to be elected. I asked what if that Ms. Palin person was the anti-Christ, but Bert just scoffed. He says a nice white Christian girl like that can't be the anti-Christ. It has to be Mr. Obama

because he is a Muslim-which I don't think is true anyway.

Is this Alzheimer's? Is it some kind of senile dementia? Maybe a circulatory problem that is restricting blood flow to his brain? What can I do?

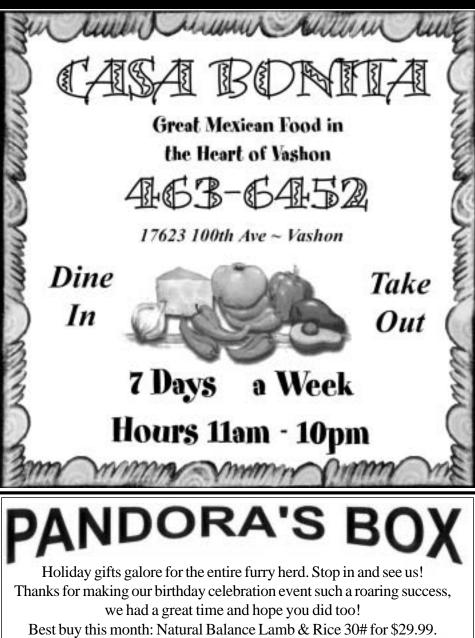
Sincerely, Taken Aback

Mathematical

Chere Mme. Aback,

Let us not be having the big worries about the strange ideas of *M*. Bert. If he is about to have the rapturings, there is not very much you can be doing about it unless you can be tricking him into breaking the major commandments. Possibly the provocative posings and winkings of *Mme*. Palin can be causing him to have the covetousness toward his neighbor's running-mate. Or ass, whichever is being the more blasphemous.

Mostly, I am having the concern that you are only recently hearing about this. Why is M. Bert not having the big anxiety to make sure you are being raptured with him? If he is having the big love and faithfulness for you, then he is annoying you for many years with the evangelical rantings and brow beatings. Possibly, you should be prepared that *M*. Bert, he is planning to be leaving you and enjoying the heavenly raptures without you. I am recommending that you are having the big rage. Crush M. Bert. Accuse him of the unfaithfulness. Demand the reparations. If he is actually raptured, get yourself the new lover who is appreciating you. Bon Chance, Mme. Aback, and there is no harm to try the treatments for the circulations to the brain. I am told that switching the undergarments from the boxers to the briefs, it can be very beneficial.



Cheryl's pick of the week: Our new return policy.





\$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Salmon Welcomed Back

Continued from page 1

We shared songs and poetry and stories – during one of which someone yelled and others got very quiet as we all moved closer to the stream to watch an 18 inch Coho swim right by where we were assembled. It gave some of us chills - what a gift! And for those who stayed around, they got to see the salmon jump the falls and another right behind her.

Many of us will continue this month watching creeks and counting salmon for the King County salmon project. Thanks to all who joined us for 'welcoming back the salmon. We will see you next year.



Herbs for the Holidays.

by Kathy Abascal

The holidays bring lights, presents, and a variety of tempting foods. We often spend our holidays with people we love in a dysfunctional way. Things may not measure up the way we think they should, and we may not have the money or time for all that we want to do. Even holidays at their best are stressful. The excitement of a perfect holiday is far more fun than one filled with bickering and complaining, but it can be just as stressful. And holiday stress invites us to overindulge in food and drink that leaves us feeling worse rather than filled with cheer.

T'is the season for a good nervine to help us stay a bit

more centered and calm. If we turn down our emotions а notch, we can avoid using an extra glass of wine or piece of pie to quiet the emotions the holidays bring up. Nervine herbs do not have a

strong, dramatic action.

instead of sipping it slowly. Drinking enough water helps us avoid overindulgence and also helps our liver metabolize the alcohol we do drink. I like bubbly mineral water but plain old water works just fine. And I always plan on drinking a glass of water for each glass of wine, beer or champagne that I imbibe.

Bitters are another herbal ally for the holidays. Things that taste bitter make us salivate and secrete digestive enzymes. In contrast, stress (whether from joy or anger) shuts down those same secretions. Simply adding some drops of bitters to some water shortly before sitting down to a holiday dinner will tell your body that it is time to relax and focus on eating and digesting. In fact, many traditional aperitifs are nothing more than digestive bitters dressed in alcohol for the holidays. Angostura bitters and quinine water added to gin are classic examples of digestive aperitifs. Over the years, however, the proportions of bitters to gin shifted toward more gin and less bitters, which does not work as well as a bitter herbal tincture.

If you have a tendency to end up drinking more than you wish you did, you might want to start the evening with a few kudzu tablets as well. Kudzu slows the absorption of the alcohol that we drink and increases the speed at which the liver processes the alcohol. In one study, chronic drinkers nursed their drinks

longer and drank less than they did without the kudzu. Thus, it could be the perfect holiday herb, allowing you to enjoy the holiday cheer longer and better.

Of course, in the end you may find

that you forgot your water, Instead, they sweetly soothe and did not take the bitters, and take some of the edge off the indulged a great deal more than you intended. The old Eclectic physicians used a special herbal cordial for these moments. Tummy tamer, my version of the formula, combines peppermint, quiets mild heartburn, flatulence, A little Oregon grape or barberry is why it is of no help in a heart



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moment. My favorite holiday nervines are oats (Avena sativa) or kava (Piper methysticum), and in my experience, a good nervine taken with a lot of water works wonders.

Most of us are dehydrated in the best of times, and when we are busy shopping, cleaning, cooking, and having fun, we seriously forget to drink enough water. Without enough water, our bodies simply cannot handle the metabolic waste of stress, alcohol, and rich food. Moreover, we tend to confuse a need for water with hunger leading us to eat more than we should. Dehydration also makes it easier to gulp down wine

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cinnamon, goldenseal, and turkey tincture right before bed may help attack) and does not cause rhubarb in a simple syrup. This your liver process some of the stomach bleeds. It will effectively formula quickly and effectively excess alcohol. But keep some willow bark capsules on hand just stomach aches, and other in case you wake up with a digestive evidence of too much headache. Willow bark is one of rich food and drink. A cup of many herbs that contain the catnip, fennel, and peppermint tea precursors to salicylic acid, the will also help— provided you famous ingredient in aspirin. remember to make and drink tea. Unlike aspirin, willow bark does To help abort the impending not tax the stomach because it hangover, you need to drink a few does not have the blood thinning more glasses of water before bed. properties of pure aspirin (which

sooth a mild hangover headache. Here's hoping you find time now and then to sit down with a cup of tea or a glass of water and enjoy the way all of the holiday lights brighten up the long, cold nights of the holiday season







"Losing and Winning"

by Deborah H. Anderson

"Would you like to see it?" she world is increasing. It isn't a tidal asked, a little puzzled. I had wave, but the level of the channel is responded to an ad for a free king rising and soon my boat will be size bed. "Oh, well that doesn't floating out to sea. It's a great feeling really matter" I told her. "It's not after fifteen years. about fung shui or style or anything. I just want to stop sleeping on a twin experience of watching people bed and I haven't decided between losing their shirts. They're very a queen or a king. So, for free, I'm upset. I remember being upset like willing to try a king on and if it's too that. Feeling futile. Distraught my big then I can downsize later. I don't destiny was so much in everyone really care what style it is."

But I went to see it anyway.

upstairs bedroom at the end of fifteen thing you can do is continue to make steps, my eyes opened wider than the best choices you can and nurture they had all day and I'm sure my yourself in non monetary ways. face registered my astonishment. There was a solid oak four poster somebody that got you into a bad king with drawers underneath and business deal, distance yourself. If a carved headboard.

money for this?!!".

life changes and give and take and that you love. And give thanks. such.

I was flabbergasted. Only nights before I had looked into the master like less. Secondhand. Quiet. bedroom and opined to the cats and dog that what I really wanted/ fifteen years ago after the dad/ needed, for the look and ambiance husband in our family left. I wanted to be right, was a four poster bed a reminder I was focusing on me. with posters that were short enough to not obstruct the incredible tree sleep in the middle. I clung to the filled view out all of the windows. side like I was sleeping on a ledge. God created no death as beautiful as And that's when the loveliest autumn leaves. It's breathed into my miracle happened. Only it wasn't a soul watching the turn of the seasons miracle, just a place where I'd been as the huge maples surrounding my imposing hardship where I didn't house waft down through the need to. For many years now, I've ancient cedars to rest here and there woken several times a night with my as they decompose.

I've had the humbling else's hands.

So I'll tell you what I learned Rounding the corner of the and maybe it will help. The biggest

If you were aligned with you have a besettin' indulgence, "Are you sure you don't want stop. Be kind to yourself. Feast your senses on what doesn't cost "No" she replied. It was all about anything. Hug the ones near you

Always count your blessings.

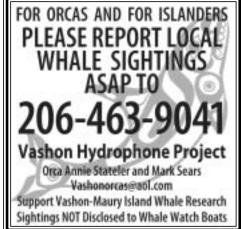
Not a big enough fix? Learn to

I imposed the twin bed on myself

It took a week for me to finally hands and fingers totally 'asleep',



and will bless you in magnificent ways through joining you with other people's stories. Make good choices. Make sure you are not one of the people causing the problem. Trim the sails, pull up the anchor so you don't fight the waves. Put on your life vest. And know that although you may never get your money back or maybe it will come back double or triple, the quality of life you will have when this is over, is ten times what your money could buy you. This morning I sat in the wingback chair from Granny's in the little alcove where I read and listen to music in the master bedroom and stared and stared and stared at the bed as the faux victrola played, singing 'promise me you'll give faith a chance' from the song "I hope you dance." Give thanks because in this losing you will find out what winning is all about.



And now, here it was in front of numb. me. The bed I had longed for.

spaghetti dinner for the their labour, not get it checked out? Doctors are my son and daughter in love, moved expensive. If you've lost money, big the beast out and down and loaded money, in the last few months, you'll and tied and reversed the whole start to be amazed at what suddenly process on the other end.

So a lot of people right now are learning about waiting. Some are took to the new bed for a good solid belly up on the sand with little seventeen hours straight. I awoke chance of making it back to the stretched out diagonally realizing I ocean hoping an extra big swell is had not woken once to shake the headed their way. Others are circulation back into anything. See, waiting through the drought hoping it's not possible to be almost six feet for rain. Some are waiting for the tall and ample in shape without mudslide to stop and the earth to something stabilize.

I'm not in any of those categories. has disappeared. Out of synch with the world once more, just as everyone is losing, my because of other people's greed; the

I just figured I had the family A week later with a trade of a bent towards heart problems. Why becomes a luxury.

Sick with somethingerother, I falling asleep somewhere. The numbing problem

Right now you may be losing bucket that has no bottom.

Love Deborah







be fun to be a super genius, but they don't realize how hard it is to put up with all the idiots in the world. Hobbes: Isn't your pants' zipper supposed to be in the front?



Genius does what it must, talent does what it can, and some had best do what they're told.

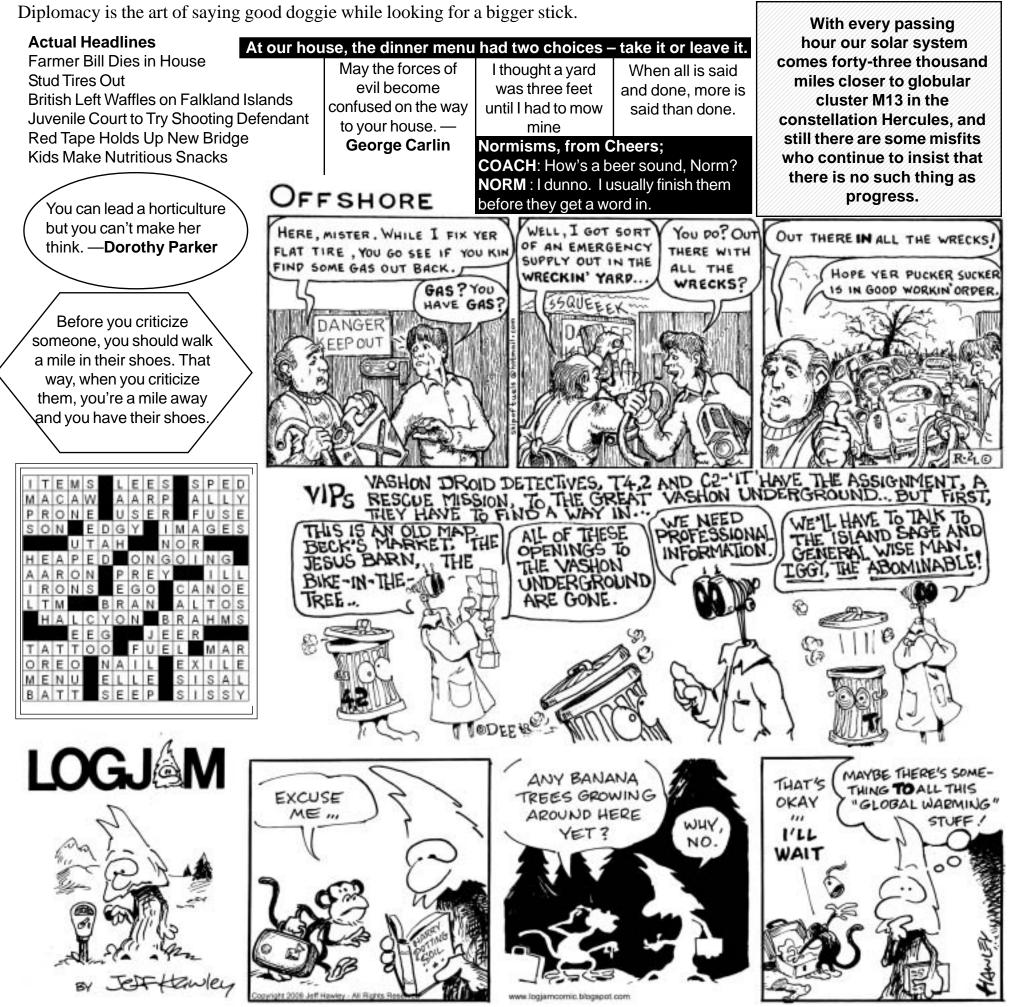
One Liners

Honk if you want to see my finger.

Beer: It's not just for breakfast anymore. When you don't know what you are doing, do it neatly. Multitasking means screwing up several things at once. Anything worth taking seriously is worth making fun of. A bartender is just a pharmacist with a limited inventory. I don't think Artificial Intelligence can beat real stupidity. I used to have a handle on things but it came off in my hand. If at first you don't succeed, destroy all evidence that you tried. If your parents never had children, chances are you won't either. WILD WORLD By Ed Frohning

December 5, '08

AFTER IGNORING THE SONGBIRD OF HAPPINESS, GUNTHER IS NOW VISITED BY THE MAGPLE OF DEPRESSION.



December 5, '08

The Vashon Loop, p. 15

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Loop Arts

Nathan Wade and the Dark Pioneers and **Red Jacket Mine Free Show!**



will perform a free show at the Red Bicycle on Saturday night, December 6th, starting at 9:30pm.

Begun as a solo four-track project to satiate an overactive mind trapped in the barren hill country of southeast Missouri, Red Jacket Mine's arrangements have grown more ambitious and tape hiss levels have mercifully fallen, but front man Lincoln Barr's vivid lyrical imagery and melodic song craft have remained constant. Joined in Seattle by fellow Missouri transplant Andy Salzman (drums), Seattle rock veteran Patrick Porter (guitar/ pedal steel), and Idahoan jungle cat Ryan Chapman (bass), Barr's dreams of Red Jacket Mine-asreal-band finally became reality, and the band set about honing its craft in a series of increasingly high-profile club gigs while Barr penned the songs that would

Two great rock 'n roll bands comprise their debut studio album.

Nathan Wade & The Dark Pioneers are Seattle's purveyors of apocalyptic Americana, hitching the rusted scraps of American roots music to a battered pick-up truck and dragging it across a broken 21st Century landscape. It's a cinematic trip down a desolate highway as the dashboard rattles apart and the truck radio blasts songs of murder, drug abuse, and Biblical arcana. Nathan Wade is a true fixture here on the Island, having performed several solo shows, as well as opening for Ian Moore with his band.

Red Jacket Mine will start the night off at 9:30pm, with Nathan Wade & The Dark Pioneers taking the stage at about 11pm at the Red Bicycle Bistro & Sushi. This is a 21+ event and another one of the Red Bike's free cover shows.

Holiday Art Tour

Continued from page 1

part of why I love Vashon in all its funky glory, hopeful initiative and neighborly goodwill. What

better wav to this celebrate community than by visiting some of the artists who make it so interesting and colorful? And what better way to support our loca economy than by purchasing Vashon made gifts for friends and family holiday this season? Every first and second weekend ir December, loca artists open their studios to visitors on the Vashor Island Holiday Art Studio Tour. This

December13th-14th from 10am-4pm daily. With a total of 32 studios participating, visitors will have the chance to view and purchase artwork directly from a wide range of talented artists.

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Demonstrations, hands-on activities and unusual new studios will make this year's tour a fascinating experience for firstlanterns to time visitors and long-time fine jewelry, participants alike. Come try your dipped hand at weaving in The candles to Willingham Weavery (studio #16) o o d or experiment with encaustic carvings, painting at Animal Botanical (studio #14). Watch Ukrainian egg to greeting batik demonstrations and visit the cards, visitors beautiful, hand-crafted yurt where of all kinds Fiddle Home Farm Beeswax are sure to Candles (studio #15) are made. f i n d Blow your own glass holiday something ornament at Brian Brenno Blown Glass (studio #4) and watch affordable master glass blowers at work. and unique With so many possibilities, the - all while tour promises to be an exciting and rewarding experience for all. For tour maps and detailed year's free self-guided tour will and avoiding the cost and hassle studio information, pick up a brochure at local island





Silver and abalone shell jewelry by Sue Shotridge, studio #2 on the art tour

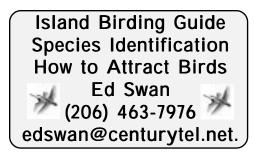
take place December 6th-7th and of holiday shopping off-island.

appealing, meeting neighbors

W

Candles by Emily Pruiksma and Shane Jewell at Fiddle Home Farm Beeswax Studio, #15 on the art tour

businesses or go to www.vashonislandartstudiotour.com.



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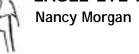


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