



VASHON

THE LOOP

Vol. 7, #26

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

December 23, 2010

Timeline to Victory

An agitator's perspective on how we beat Goliath

By Bill Moyer

On a beautiful Wednesday, Nov. 10th Dow Constantine hosted a 1pm press conference on the shore of West Seattle with the waves clapping against the bulkhead. Amongst tears and hollers of joy, historic words were spoken. The deserving stars of the day Dow Constantine, Sharon Nelson, Peter Goldmark and many others stepped up to the podium. Even the conflicted Jan Drago had some quaint though somewhat vague remarks that sounded more like a farewell address. CalPortland's Ron Summers, who less than two years ago claimed that nothing would keep the mine from expanding struck a sportsmanlike tone. Of course - \$36 million is not \$65 million, but it's not chump change.

It was fascinating to see everyone come together. It was also typical that the only folks not actually invited were the rabble (us). Luckily, I found out about it by chance, fetched the puppet and headed in. I have discussed and speculated about only a tiny part of a thirteen year struggle. This fight had so many chapters, fronts, and flanks. Many others have been engaged in the fight longer than I and can tell their version of the story better than I. Though the various flanks in this fight did not always work in perfect harmony, they did in my opinion (and some more politically minded would disagree) never work at cross purposes. It



Bill Moyer, Backbone Campaign. Visit them online at www.backbonecampaign.org

is already an amazing case study of the inter-relationship between legislative, litigation, acquisition, and direct action flanks; and how each has a vital role in delivering victory.

As a reporter confidentially said to me two days before the Martinez decision against Glacier in August of 2009 - "this battle will be decided in the court of public opinion. And we both know where that is going." I wasn't so sure. But in

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Developing the Perfect Heat Source

The economy had turned bad two years earlier for us then most as our shop sold a lot of luxury items. We had invested our entire nest egg into the business and were losing the store and the house. Then came the trade deal of a life time, or so I thought. A 30 foot Bayliner Contessa. Just big enough for a family of three to live on until things got better financially. Of course my wife was a bit less excited about it than I was, the daughter loved the idea. Then came the winter, the winds, and all that rain. We discovered just how miserable it is to live on the water and just what condensation can do to your boat, your clothes, and even your health.

I tried a catalytic propane heater..... more condensation, not to mention carbon monoxide issues which can change depending on the wind and the direction of your boat. Electric heat was costly in either batteries or gas for that loud generator the neighbors loved.

Then it hit me. After 26 years in the woodstove industry I wanted a woodstove for my boat. When I searched the market I looked for a stove that answered the needs I had. I wanted a stove that was really efficient, with a glass door, something that would burn all night on one load of fuel, and something I could cook dinner on. But I also wanted a stove that would fit inside of a twelve inch wide cabinet as that was the only place I could put a stove on my boat.



Roger Lehit and his "kimberly" Stove

It also needed a chimney pipe of three inch diameter. I then thought it would be nice to be able to have flexibility in fuel selection as fuel storage is always a problem on a boat. To be able to burn driftwood, chord wood, charcoal, presto logs, and possibly diesel might mean an easier time stowing fuel.

As you may have already guessed I ended up designing and building my own stove as I was not able to find anything in the market that did all of that.

I used my twenty six years in the stove industry to create a thirty inch

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Only On Vashon

The Final Chapter - A Note from Peter

Thanks to all of my loyal readers and friends here on the island. I am ending this column with a wonderful story from a special local lady. I have enjoyed writing these pieces about our unique home, and appreciate the many emails and words of support over the past year. Please email me for news on my next project! Writebetternow@aol.com

Eleanor has been an island resident for 14 years, travels and writes and lives at Tahlequah with her husband, dogs and cat.

Back Door

by Eleanor McNamara (Only On Vashon Essay Contest Winner)

Our back door is a large glass expanse within a nice wooden frame. It has symbolized the openness of this island where folks have never felt much need for locked doors, where keys - if they ever existed, have gone missing in drawers, (along with balls of string, odd nails, superglue, pens, fishing line and the myriad objects everyone tucks away).

This glass expanse has given visual access to the vagaries of my housekeeping, messy when I'm babysitting grandchildren or involved in a personal project, and occasionally a showcase of polished wood floors, clear counters and laundry free seating. It's a very small house.

It has also provided a clear view from the inside for our two dogs, who joyfully anticipate the arrival at the doorstep of whoever just slammed a car door and is walking down the front steps. The dogs go mad with excitement, barking and slobbering all over the glass, running in circles until the door is opened when, if unrestrained, they become tail wagging projectiles. It can be overwhelming for the faint-hearted. But then most people who come to the back door of a house are friends. It indicates a comfortable familiarity.

However, we recently came to the conclusion that we needed a new door. One that is more solid, less revealing of person and property, but one the dogs won't get half the pleasure from. We found an antique Scottish pine door with stained glass panels in the upper half. It is very distinguished looking and a good match for our old English, refinished front door, also with a stained glass upper. Plus, for a person of Irish ancestry, there's a small, symbolic gratification in joining England and Scotland together in this solid way.

I've enjoyed the ensuing paint removal, digging, gouging and sanding that goes along with any old door refinishing project. As my hands worked, my mind was free to wander and muse upon the reasons for the change and some thoughts saddened me. Yes, I'll be happy to have this lovely door finally in place and not be constantly washing granddaughter fingerprints and dog slobber off the glass, and I'll no longer know who is at the door until I open it.

But the real reason for the change is one we've shared recently with a few other islanders. We were robbed while away on a

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THE DORSAL SPIN: Holiday Gray

By Orca Annie Stateler, VHP Coordinator

Killer whales are still missing in action around Vashon-Maury as the solstice approaches. The disconsolate staff at Chez VHP is keenly aware of their absence. Imagine the glee when we spotted large, bushy blows in Colvos Pass near the Kitsap shore on December 8. For about 40 minutes in the early afternoon, Odin and I watched a Gray whale slowly meander south toward Olalla. The choppy water brought to mind watching Grays off the Oregon coast.

To date, that was our best sighting of a Gray whale in Colvos Pass, and we have lived on Colvos for nearly a decade. Typically, we are lucky to see or hear one blow from a Gray here before the whale disappears. We have had better viewings of Grays elsewhere on the Island.

The VHP thanks Mary, Stephen, and Gordon for their reports of a Gray whale near Three Tree Point on December 6 and near Point Defiance on December 5. Last year at this time, at least one Gray roamed Island waters for about a month. Several people got a Christmas Day bonus when they saw the whale foraging at Lisabeula.

This week's photo is a Mark Sears classic, a money shot of a Gray whale spyhopping in East Passage. We seldom see such exuberance from Grays in our waters, as they are usually just foraging or traveling.

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



"Gray whale spyhopping in East Passage. Photo © Mark Sears."

REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.

In other news of our flipped friends, the VHP investigated an unconventional stranding call at an opulent home on inner Quartermaster Harbor. The gooey, heavily scavenged seal carcass was beyond redemption. Now, some folks seem disappointed to learn that disposing of all marine

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Get in The Loop

Submissions to the Loop

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

RETREAT FOR CAREGIVERS

If you are a professional caregiver or a family member caring for a loved one, consider taking a few hours for your own self-care. The first of four retreats will be offered on Friday, January 7, 2011 from 9:00 a.m. to 1:00 p.m. at the Burton Retreat Center. Amy Huggins, a yoga and meditation teacher, will teach simple self-care techniques to nourish your body, mind and spirit.

A wholesome lunch and snacks will be provided. Attend a single session for \$30; register for two or more sessions for \$25/session. For information or to register, contact Carol Spangler at 206.567-5302.

Vashon Island Chorale Session Begins Jan. 11

The Vashon Island Chorale begins its next session on Tuesday, Jan. 11 with rehearsals in the VHS band room from 7:15-9:15PM. The group will prepare the Brahms Requiem for concerts on April 9 & 10. Tenor and bass voices are especially welcome. The Chorale is conducted by Gary D. Cannon.

Pre-registration will take place on Saturday, Jan. 8 from 11AM to noon at the Vashon Book Shop. Dues and music costs are \$64. For information about registering for this session, call Karen Baer at 463-9247.

Chamber Board Meeting

Chamber members are invited to attend the Vashon Maury Island Chamber of Commerce Board of Trustees Meeting.

Wednesday January 12, 2011
8:30 AM – 10:00 AM
PSE Conference Room

Find the Loop on-line at www.vashonloop.com.

The Vashon Loop

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Lutheran Church Holiday Services

The Vashon Lutheran Church will have two candlelight services on Christmas Eve, Dec. 24th. At 5pm we will have a Family Christmas Candlelight Service with children presenting a play entitled "Christmas in a Box". Then at 11pm we will have a candlelight and communion service with the choir joining in singing familiar carols.

On Dec. 26th at 2pm we will have a German Christmas language worship service. Pastor Bjoern Meinhardt is a German national and many have enjoyed this service in past years.

On the evening of January 5th 7pm - 8:30p Abdi Sami will speak about his native Iran. Abdi Sami, is an Iranian-American cinematographer and Assoc. Producer of Rick Steves documentary on Iran. He has led UN delegation tours to Iran and worked as a consultant to Mercy Corps. He will be sharing slides and commentary on Iran at Vashon Lutheran Church for a deeper understanding of the people and culture. Abdi is a Buddhist.

Vashon's Yellow Pages on line.
Find it on
www.VashonPages.com

Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House,
Vashon Business Info
www.VashonPages.com

Thank You

The Seattle Children's Hospital Guild wishes to thank the many volunteers who helped make our Holly Daze Bazaar a successful event. The tables were provided by the Senior Center and Island Lumber. The Rotary set up and took down all the tables. We were able to advertize on the reader boards at Parker Plaza, Kelly Electric and Vashon Athletic Club. Geri Peterson generously donated a lovely painting for our raffle. Various members of our guild donated baskets filled with goods. The raffle winners were: Jan Perry, Lotus, Kathy Olsen, Sandie Ellingson, Diane Cunningham, Kris Cushing, Juan Rosas, Ginger, Joanne Bardeen, Mary Jaencke, Barbara Garrison, Jeanne Reyner, Sandra Johnson and Marie Sundberg. We also want to thank the Park Department for their cooperation. Holly Daze Bazaar was a hit and proceeds will be sent to Seattle Children's Hospital for uncompensated care.

Nancy Wallrof
Secretary

Recycle the Loop

The Vashon Loop makes great wrapping paper and it's FREE. And it's not just for Christmas presents. Any gift will look like you care about the environment when wrapped in a Loop

Make a date with Vashon!
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Vashon Library Events
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Submit your Event on line at
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A Holiday Poem

'Twas the night before Christmas & out on the ranch
The pond was froze over & so was the branch.
The snow was piled up belly-deep to a mule.
The kids were all home on vacation from school,
And happier young folks you never did see-
Just all sprawled around a-watchin' TV.
Then suddenly, some time around 8 o'clock,
There came a surprise that gave them a shock!
The power went off, the TV went dead!
When Grandpa came in from out in the shed
With an armload of wood, the house was all dark.
"Just what I expected," they heard him remark.
"Them power line wires must be down from the snow.
Seems sorter like times on the ranch long ago."
"I'll hunt up some candles," said Mom. "With their light,
And the fireplace, I reckon we'll make out all right."
The teen-agers all seemed enveloped in gloom.
Then Grandpa came back from a trip to his room,
Uncased his old fiddle & started to play
That old Christmas song about bells on a sleigh.
Mom started to sing, & 1st thing they knew
Both Pop & the kids were all singing it, too.
They sang Christmas carols, they sang "Holy Night,"
Their eyes all a-shine in the ruddy firelight.
They played some charades Mom recalled from her youth,
And Pop read a passage from God's Book of Truth.
They stayed up till midnight-and, would you believe,
The youngsters agreed 'twas a fine Christmas Eve.
Grandpa rose early, some time before dawn;
And when the kids awakened, the power was on..
"The power company sure got the line repaired quick,"
Said Grandpa - & no one suspected his trick.
Last night, for the sake of some old-fashioned fun,
He had pulled the main switch - the old Son-of-a-Gun!

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Revised Ferry Petition

In light of the Governor's new budget proposal, the petition has been revised to delete WSF as being mandated to cut their budget by the Governor. The intent of the petition was to make it clear WSF and ferry users are allies in this battle not adversaries.

WSF has never advocated service cuts, nor a fare increase of 10% in 2011, but had no alternative when mandated by the Office of Finance and the Governor.

To blame it on passing I-695, as is remarked in the revised budget, is unacceptable, as a new funding source was not established in the ensuing 10+ years.

I have been asked to make it clear that ALL the legislators of ferry communities are our partners and are fighting and working hard to secure long-term funding for our marine highways.

Please don't discard any earlier signed petitions, just drop them off or send them to me at the address below.

Send scanned copies of signed petitions to me at karionvashon@gmail.com or drop them off at your local Chamber of Commerce or other sites designated by your local Ferry Advisory Committees. MAIL ONLY SIGNED PETITIONS TO THIS EMAIL ADDRESS.

On Vashon, please drop off at the Vashon Bookstore or Chamber of Commerce.

Letters should be sent directly to the Governor telling her how this will affect riders, businesses, truckers, etc. economically. Please keep them courteous, short and to the point. If possible, emphasize the economic impact on you, your families, your businesses, your jobs and be as specific as possible. If you email her, make a copy beforehand and send it to me, so the FCP can track them.

If you have questions, please email me thru my regular email NOT the petition email address.

Thanks in advance for all your help in this matter. We need to hit the ground running this year!

More to come
Kari Ulatoski
Ferry Community Partnership

Next Edition of The Loop Comes out Thursday, January 6

Deadline for the next edition of *The Loop* is

Friday, December 31

Compost the Loop

The Loop's soy-based ink is good for composting.

Is your Business listed on Vashon's Business Directory? **www.VashonPages.com**

Goto www.VashonPages.com and find out.

If your not listed or your listing is not right just let us know and we will fix it.
If your a Realtor Agent or Bed and Breakfast now is the time to get your
information updated for 2011.

Along with our interactive Map website, www.VashonMap.com.
VashonPages.com services over 5000 visitors a month that either live
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New Year*

Highline Medical Offers Humana Medical

Highline Medical Center and its affiliated network of physicians will provide in-network medical care to Medicare Advantage members enrolled with Humana (NYSE: HUM) beginning on January 1, 2011, under terms of an agreement announced today.

Under the new contract, members of Humana's Medicare Advantage PPO plans will have in-network benefit access to the Highline Medical Center and more than 200 affiliated physicians, including approximately 80 primary care physicians and 120 specialty care physicians. The system includes 69 physician clinics and two hospital-owned health care campuses across southwest King County.

"Humana is excited about expanding our health care provider network in the Seattle area, as it will result in broader choice for our Medicare Advantage members here," said Oraida Roman, Humana regional president for Senior Products. "This addition to Humana's network makes the Choice PPO Medicare Advantage plans an even more attractive option for people with Medicare in King County."

Highline Medical Services Organization's extensive network of physicians is a full-service network that includes primary care physicians and specialists from a broad array of medical specialties.

"We're looking forward to serving Humana's Medicare Advantage members, and to working more closely with Humana," said Karen Lee, president of Highline Medical Service Organization. "Our health care professionals are committed to providing safe, high-quality health care in a caring environment, and we welcome the opportunity to serve new patients here in King County."

The Humana Choice PPO plan in the King County area offers members their choice of a primary care physician in the plan network, affordable monthly plan premiums, affordable copayments for primary care doctor visits, affordable copayments for specialty doctor visits, coverage for most annual screenings at no charge, and emergency coverage around the world.

Humana Medicare Advantage is an alternative to original Medicare, not a supplemental plan. For more information about enrolling in any Humana plans, visit www.humana-medicare.com or call toll-free 1-866-355-6152.

New Classes Starting: Quieting Inflammation with Food.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. Come learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effort-less weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.



New 5-week series: Mondays beginning January 10, 7:00 – 8:30 PM. Advance registration at www.TQIDiet.com or the Roasterie is required. There are also classes beginning in Burien, Lakewood, Seattle, and Online.

Register for the class at <http://toquietinflammation.com> or at the Roasterie/Minglement, 19529 Vashon Hwy SW, Vashon. Space is limited and prepayment is required to get on the class list. There are also classes beginning in Burien, West Seattle, Seattle, and online. For further info, visit our website or email: admin@toquietinflammation.com

Bacopa, An Herb To Remember

By Kathy Abascal

Our December holidays add brightness to an otherwise dark, rather dreary time of year. They are fun but they are also stressful. We tend to stress out as we rush about trying to get everything done just right, trying to please friends and family all while overindulging in lots of not especially healthy food and drink. Almost all those over 64 experience some degree of impaired memory. The elderly worry greatly about the looming loss of their mental faculties, especially over the holidays when there is much that needs to be remembered. All this stress adds up over time and eventually takes a toll: Some 75-90% of visits to primary care physicians are stress-related. An individual mixture of poor nutrition, lack of exercise, exposure to complex environmental chemicals, financial worries, lack of sleep, failing memory, and relationship issues ultimately manifests as illness.



Two types of herbs, adaptogens and nervines, help us cope with stress. Adaptogenic herbs strengthen the body's immune response and increase our ability to handle physical and mental stress. They are great for people who are tired, run-down, "stressed-out," "burned-out," and/or ill. This replenishment is not an energy boost like that of caffeine or amphetamine that further depletes strength. Instead, it is an aid during convalescence and a preventative to reduce susceptibility to illness. Adaptogens need to be taken long term (at least six weeks) to have an effect; those used frequently in Western botanical medicine include ashwagandha (*Withania somnifera*), American ginseng (*Panax quinquefolius*), and Eleuthero (*Eleutherococcus senticosus*).

bacopa (*Bacopa monnieri*) that has been used for thousands of years in traditional Eastern medicine. Bacopa is also called Brahmi, a Sanskrit name for an herb used to improve mental health, intellect and memory as well as longevity and system restoration. Science is beginning to confirm that Bacopa strengthens our ability to cope with stress, reduces anxiety and depression all while improving memory and mental function. It seems that bacopa may be the perfect herb for stressed out Westerners.

Nervine herbs provide more immediate relief. These herbs help in mild-to-moderate cases of anxiety and depression, and they help promote good sleep. They offer a safe, non-addictive way to help people maintain their emotional balance in acutely stressful settings. Nervines include oat seed (*Avena* spp.), hawthorn (*Crataegus* spp.), California poppy (*Eschscholzia californica*), lavender (*Lavandula* spp.), chamomile (*Matricaria recutita*), lemonbalm (*Melissa officinalis*), passionflower (*Passiflora* spp.), skullcap (*Scutellaria lateriflora*), and verbena (*Verben* spp.).

Bacopa is a very strong antioxidant with unusual effects on the brain. In animals, it increases serotonin (important in avoiding depression), reduces corticosterone and other stress hormones, and shows actions that suggest a potential benefit in Alzheimer's disease. Bacopa reduced anxiety as well as the drug lorazepam but with one big difference: Lorazepam had a negative effect on memory, while bacopa actually enhanced memory. In another study, bacopa worked as well as the antidepressant imipramine.

There are close to twenty small studies testing bacopa's effect on memory, speed of information processing, rate of reaction, and learning in humans. Bacopa improved the ability of healthy young volunteers to complete computerized tasks while at the same time increasing their energy. It improved the reaction time of young, healthy men in a variety of different tests compared to young men taking caffeine but those taking bacopa did not suffer the side effects, such as jitteriness or anxiety, that those on caffeine displayed.

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Joanna Gardiner

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Care Packages Sought for Fallen Soldier's Platoon

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

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Next Loop comes out January 6

Island Life Christmas Past

by Peter Ray

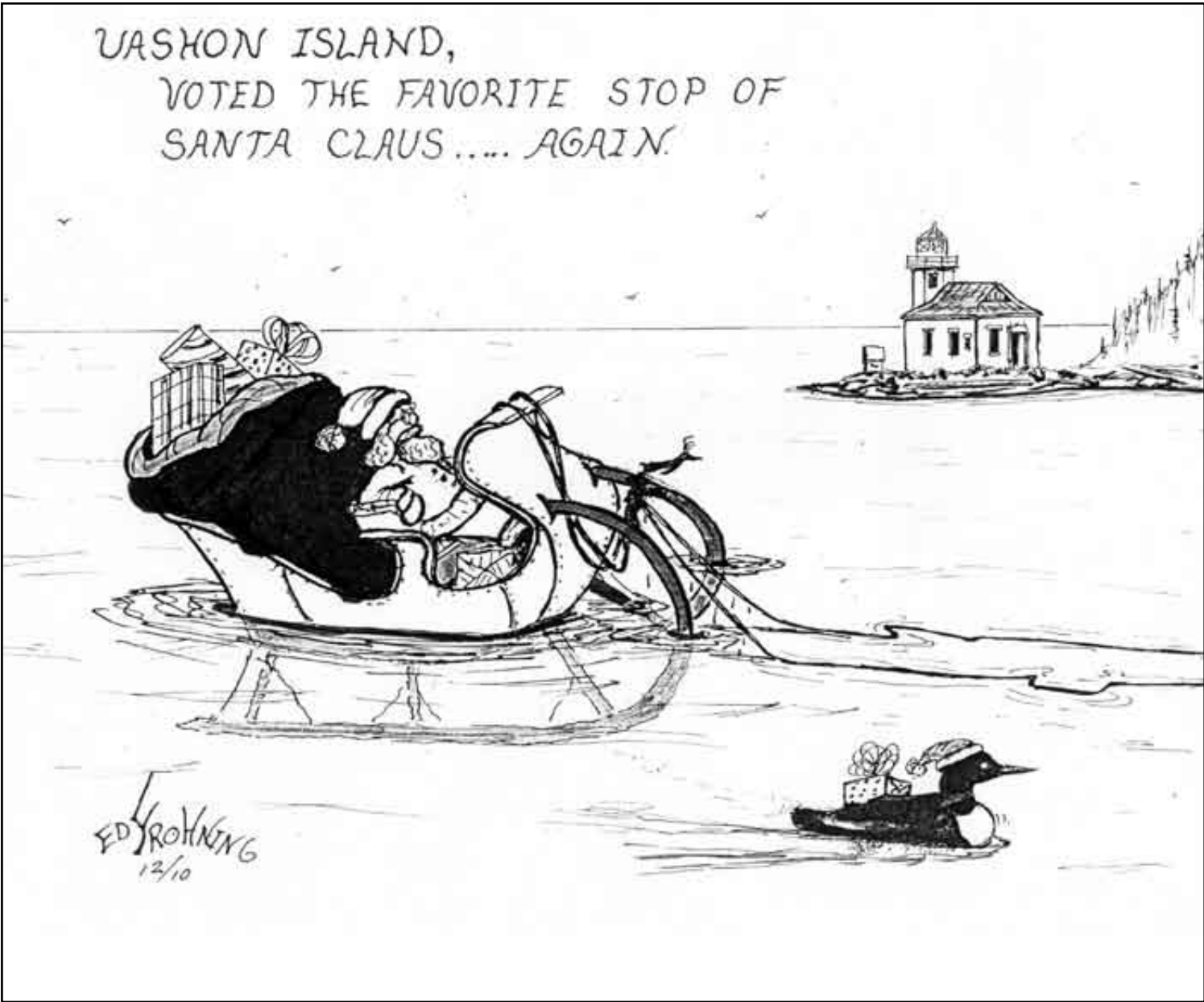
*It's comin' on Christmas, they're cuttin'
down trees. They're puttin' up reindeer,
singin' songs of joy and peace. I wish I had a
river I could skate away on....*

River- Joni Mitchell

I guess that along with certain holiday tunes from the Pogues and John Lennon, the opening lines excerpted above are a part of a song on the very short, holiday season playlist that I still appreciate anymore. In reading the rest of the lyrics of Ms. Mitchell's opus, I found that I had mostly tuned out the love-lost aspect of the bulk of the piece- it was the refrain that seemed to have always rung the loudest in my ears. There was the significance of timing in my appreciation for these words, because this song came along about the same time that this holiday changed for me from a period of anticipation and wonderment to one of daunting expectations and dread. It was newly released about when I first made the winter break trek from the warmer southlands of college days to the hometown situated in the lake-effect path of what Lake Ontario had to dish out as the winter winds blew cold and hard out of Canada. It was the time of year when one passed tractor trailer loads of bound and gagged conifers on the highway, making their bundled way to some chain-linked X-mas tree lot. Mixed in with these shipments of silenced forests were station wagons and other large vehicles draped with the lifeless, antlered and often still dripping corpses that had been bagged by hunters who were returning home at the tail end of a deer season that served to cull the herd. This bizarre trophy display ritual offered the visual equivalent, for all who cared to look, of what might have been the bloody and violent result of a terminal rejection of all the poor beasts that had not made the cut at an audition for a part in pulling Santa's sleigh. In this light, a river to skate away on had a definite appeal.

The reason for this endearing, thank-you-for-sharing intro is that River, and its simple tune and message, was a welcome respite recently in the six hour medley of holiday music that ran pretty much non stop through the airport soundtrack of your life system while I was waiting for my connecting flight back to Seattle out of JFK. Flying into JFK from Fort Myers at 8am I caught a view of Manhattan that I had never seen before. From afar, the topography of the city looked small and insignificant. Approaching from just off the Jersey shore, the morning light turned the smog layer sepia, rendering the compressed and still distant cityscape into what seemed to be an olde time photo of the New York we used to visit at Christmas in order to take in the latest Disney flick and Rockette extravaganza at Radio City Music Hall. This was the same basic entertainment package, with updated players of course, that I had just seen pictured on the front of a booklet on one of the countertops at my parents' place in Naples, a place I had never been before even though they had been wintering there for over twenty years. As Florida and Christmas rank equally low on the "few of my favorite things" scale, staying on Vashon to keep all the nursery plants safe from arctic blasts and greenhouse-crushing snows served as a good, and often true, reason for staying away from my own personal phobias of Florida and the season. It did little or nothing for my "good son" standings.

I can't say that it was an effort to make it all good on my part that sent me down there this year. Having gotten



the call from my sister, who was already there, I would say that the redeye was more a necessity than a choice. I believe that my mom knew I was there as she looked up from her hospice bed, and she made a large effort to say that seeing me was "a pleasant surprise" before sleep took her under again. I don't know that she ever regained consciousness, although she did do this strange, elbow up in the air thing, perhaps serving a fast one to one of her Naples tennis group opponents- maybe reliving her victory years ago and miles away at the badminton championship in her hometown of Niagara Falls. The hospice care givers were coming in on a more regular basis, and when breathing, heart rate and body temperature were all going up she was given doses to get them back to the norms. Having bounced back from three separate cancers, my sister had dubbed her the Eveready Bunny, but this time, with the fourth cancer taking her down for the count, she had switched from battery power to a wind up spring. We watched as the intervals between each breath got longer and longer until the next one didn't come.

Outside the temperature was dropping. The strangely cold Florida air combined with the nighttime holiday displays of soaring palm trees wrapped from trunk base to frond tip in white lights and gave one the surrealistic impression of a winter wonderland in the tropics. While it only came close to freezing, it did break the low temperature record two days running. There was no sign of frost on the tender plantings or any hint of ice on the waterways that wound through that part of Naples. There was no river to skate away on, just a plane ride north and west. Bye Mom.

Make a date with Vashon!
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Vashon Library Events
Art & Music Events
Submit your Event on line at
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Vashon Wellness Practitioners Report Gratitude and Meaning from their Work.

This month VashonWellness.com sampled commentary from health and wellness practitioners on Vashon to test the idea of a professional blog for the site. Members shared insights about cultivating gratitude to promote their own health and happiness. They also shared their thoughts about how fortunate they feel to be able to find personal meaning in their work.

In describing the role of gratitude in her own life, Caryl Antonia Greene, a Vashon workshop facilitator and counselor explained, "I believe that cultivating gratitude is one of the most powerful pathways to a more fulfilling life. Sometimes just the tiniest reminder of what we are grateful for can turn a state of mind around: a crocus pushing it's way through the hard winter ground, a hot shower, a simple kindness from or toward a friend."

Another Vashon counselor, Marci Napoli reports that she feels that being a therapist is an honor. She describes personal benefits to herself from her work, reflecting that "when she watches her clients explore and learn about themselves, she experiences learning and self exploration too. Each of my clients reaches a part of me as I identify with the very human struggles that are brought forward in counseling."

For the 2010 holiday season and for special occasions throughout the year, VashonWellness.com now identifies wellness practitioners who offer gift certificates. This year the site has aligned with the waste-free giving movement to encourage giving high-quality, local "experiences" instead of "stuff." Members who offer sliding scale fees and reduced fees for community volunteers are also noted.

With more than 80 members, VashonWellness.com has entered its fourth year of serving the Vashon community as a unique, member-supported wellness resource on-line. The ad-free site includes a no-clutter, easy-to-navigate directory of health and wellness practitioners from Acupuncture to Yoga. Visitors to VashonWellness.com can find extensive service descriptions, photos of practitioners, contact information, and links to practitioner sites.

VashonWellness.com's publisher, Laura Worth, commented that, "Coupled with a more extensive educational links page added in 2010 and the coming blog for professional commentary in 2011, this service gives the Vashon public a one-stop opportunity for wise wellness choices." Contact Laura Worth at (206) 463-9283 or www.VashonWellness.com.

Laura Worth, MSW is the publisher and editor of VashonWellness.com and other community-based web directories for local health and wellness arts found at www.SoundWellnessCommunity.com. She is a business and life coach on Vashon as well as a web developer. Visit her at www.CoachWorth.com.



It’s Not Just You

by Rochelle Gravance

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Physique Transformation Specialist

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Ever wonder why everyone else seems to be making progress with their exercise/diet programs while your efforts return results at a snail’s pace? Ever quit an exercise/diet program because what you found out about yourself, your tendencies, old habits, creating new habits, or sticking with a program seemed more difficult and demanding than you assumed?

Truth be told, there are more people that fail to make the transition to a healthier lifestyle through diet and exercise than those who succeed. Reasons being can vary far and wide although most every reason falls into three categories:

- 1. Failure to place attention on the intention(s)
- 2. Unrealistic expectations
- 3. Follow through

As a follow up from the last article identifying the faulty equation of trying to pull motivation out of thin air, you must first identify your motives for making change. Once the motives are clear they become the driving force behind your intentions. Next you must identify your intentions (they must be specific: lose 3 pounds of fat every 7 days for a total fat loss of 20 pounds in 50 days). And finally, it’s time to follow through by placing attention on the intentions. This includes tracking food (which becomes just as much an educational process as a means for losing excess fat and getting healthier), showing up with focus for each and every workout, getting adequate sleep at night, being sure you set aside a few minutes every day to meditate and read a great book and being sure your mind and body are in balance (checking in with yourself).

The second reason we tend to fall off the wagon and one of the biggest is setting our self up for failure with unrealistic expectations. Thinking you can just cut a few calories here and there, playing hit or miss with your workouts and indulging too much will keep you in limbo and your Ego unwilling to keep up the charade.

Very little that you read or see in modern media is truth to the roots. You already know this deep down and yet there is something in each of us that wants this one new exercise or fat burning supplement to be “The One” that rids us of our belly fat. 12 Ways to Slim

and Sexy Abs sells tons of magazines but does little for you in reality. You must work hard and follow through with the small tasks that get you down the road and closer to your intentions.

The hardest category to master is following through. When the rubber meets the road you will fail to meet your intentions if you fail to place attention on them. This happens when the day is filled with a stressful to-do list and unexpected time snatchers show up. Remember that attention on you is just as important if not more as attention placed out there.

And because we sit so much more now than ever before and lead such fast paced, stressful lives, if you fail in any category you will likely fail to meet any of your intentions. It’s as simple as that.

So no, it’s not just you. You are missing pieces to the puzzle and unless you figure those out you’ll continue to think and feel that being healthier, stronger, leaner, fitter and more confident in yourself is a pipe dream.

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Vashon Library January 2011 Programs

Great Books Discussion Group
Monday, January 3, 7pm
The Great Books Discussion Group meets on the first Monday of the month, October through June. The selection for January 2011 is “Introduction to The Second Sex” by Simone de Beauvoir, in “Great Books #3”. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

Toddler Story Times
Tuesday, January 11, 18, 25
10:40am
Ages 18 months to 3 years with adult. Enjoy a 20-minute program of stories and songs just right for toddlers. Registration not required.

Preschool Story Times
Tuesday, January 11, 18, 25
11:30am
Ages 3-5. Join us for 30 minutes of stories, songs and fun! Registration not required.

Baby and Me Story Times
Wednesday, January 12, 19, 26
10am
Newborn to 18 months with adult. A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver. Registration not required.

KCLS Study Zone
Drop in during scheduled Study Zone hours for homework help from volunteer tutors: Tuesdays 3-6pm, Wednesdays 3-5pm and Thursdays 3-5pm.

Friends of the Vashon Library Meeting
Saturday, January 8
10am
Join the “Friendliest” club in town! The Friends of Vashon Library raise funds to support library programs for all ages through sales of books, T-shirts and book bags. Meetings are fun and refreshments are served.

Opera Preview: Barber of Seville, by Gioachino Rossini (1792-1868)
Sunday, January 9
2:00 pm
Presented by Norm Hollingshead
Though he was only 24 years old when his newest comic opera, The Barber of Seville, was first performed in Rome in February of 1816, Gioachino Rossini was an established composer with several popular operas under his belt. Rossini had high hopes but opening night was a disaster and Rossini was crushed. Subsequent audiences disagreed with the opening night verdict and The Barber of Seville emerged to become one of the most popular operatic comedies of all time. It’s not just the popular tunes (Figaro, Figaro, Figaro, etc.) that have made the opera so popular over the years; it’s that it is so thoroughly amusing in so many ways. Mr. Hollingshead will illustrate his commentary with recorded musical excerpts from his own collection of recordings, many quite rare.

Microsoft Word Level 2
Saturday, January 22
9:15am
Learn how to select and format text, set margins, align paragraphs and use the cut and paste function. Taught by Mindy Johnson. Prerequisite: Basic understanding of Word and experience creating and saving documents
Please register in advance by calling the library at 463-2069.

SAT Preparation with Daphne Purpus
Saturdays, January 22, 29 and February 5, 12
1:00 pm
Presented by Daphne Purpus

Four sessions will help you prepare for the SAT. They will focus on the exam format, how the questions are ordered, when to guess, how to guess, and general test-taking strategies. Students will receive suggestions about how to prepare further on their own. Prerequisite: students must take the SAT practice test online BEFORE the first session. A library card is necessary to log in to the Testing & Education Reference Center, a database that can be accessed from the KCLS website. For teens. Register at the Vashon Library, 206-463-2069.

Opera Plus: Great Operatic Duets
Presented by Norm Hollingshead
Many opera-lovers have shared that their their favorite parts of favorite operas are the “duets”, two voices blending in love or hate or friendship. NORM HOLLINGSHEAD also loves operatic “duets” and has created two lectures devoted strictly to some of his favorite “duets”. He will illustrate his commentary with recorded musical excerpts from his own collection of recordings, many quite rare. Sunday, January 23
2:00 pm
Part I (Comic Duets, Vengeance Duets, Friendship Duets, Parent-Child Duets, etc. Sunday, January 30
2:00pm
Part II (Love Duets)

ESL Classes
Tuesday, January 25, 2011
6pm-7:30pm
Come to the Vashon Library for free weekly lessons in speaking English as a Second Language. Childcare can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206.463.2069.

Only on Vashon

Continued from Page 1

week of vacation with our family. The incident was reported as a one-inch blurb listed under ‘Sheriff’s report’ in the newspaper, along with the other minor incidents occurring the same week within our community. This had the effect of reducing it to an event of ‘not much importance and soon to be forgotten’. I know we are not alone. I know the items taken were not of huge monetary value in the big scheme of things – but they were ours. They had personal significance and the theft left us with strong feelings of anger, violation, and a loss of trust.

Our home here, after 14 years of wide open living, no longer feels safe without a key to the door and the mental reminder to secure it before leaving or sleeping. So I lock this existing door on the inside and depart through the front door, for which I have a key. Most people would feel that’s the only way to leave a house, but I’ve heard from enough friends and acquaintances regarding a similar laxity toward door keys to know I’m not alone in mourning the recent changes on our island.

Whoever was responsible must have been able to calm and reassure our dogs to have gained entry. (The house sitter was presumably at work when this event occurred. Hmm!). Had they cased the place? Did they know we were away? We might never know. But because we couldn’t state positively that the house had been locked at the time, we don’t have much recourse. Oh well. The damage is done. We are getting a new back door, one with a key lock and deadbolt. One without a large glass pane through which we have enjoyed the seasons passing or our friends and family arriving. But one behind which I’ll be able to dance naked again to loud music in the living room, much to the dogs delight. It’s the only way to gain a win-win and ease into changing times.



Aries (March 20-April 19)
I suggest you call it a year on working toward any sort of professional advances or job searching, and shift the focus of your energy inward. The light is shining in your inner world and it's rather complicated in the angles of your chart where you have to relate to society in a responsible way -- so complex as to be counterproductive. Therefore with Mercury retrograde in that sector of your chart, devote your energy to closing up the business of the year and tying up any loose ends. Your inward focus will be far more productive toward anything you're striving for than what amounts to pointless busy work. Yes, check your email and your voicemail and respond selectively to what is important. Yet the juicy fruit is in your stoking your imagination, creating your vision and nourishing your dreams. If you're getting sick of hearing about the recession, unplug the television and turn on the Beatles.

Taurus (April 19-May 20)
Now is the time to start a fire and burn any beliefs that you don't want as a joyful year-end, decade-end sacrifice. By now you know what most of those beliefs are. You also know that most of the time, it seems difficult to change what seem like your fundamental ideas. It won't be difficult now, on many accounts; what is usually hidden from view is now out in the open, for one thing. For another, you've seen the negative effects of believing what is not true or what doesn't really apply to you. One problem with getting rid of old beliefs is that it really helps to have something to replace them with. Usually the new beliefs displace the old ones, though at the moment your mind is a dynamo of invention -- that's all the restless energy. In case you need guidance, here is how I would sum it up. Replace guilt with the absolute freedom to feel. Replace expectation with what you want to offer the world or those you love. Replace the concept of "God" with the reality of Self.

Gemini (May 20-June 21)
Keep it simple, and beware what you commit to. The usual advice of Mercury retrograde is "don't sign, don't buy." With Mercury retrograde in your 8th solar house (contracts, investments, taxes) then, it would be prudent to back off from all such business until it stations direct, or preferably, after the solar eclipse in early January. You will know more than you do now. You will know more about the people you are dealing with -- which brings me to the ways that the current series of aspects may be reflected in your personal relationships. The theme translates to commitment in that zone where sexual relationships overlap with financial ones. That usually translates to marriage-like relationships. You will need to be an excellent listener through this phase, so that you really have a grasp where the people close to you are coming from. It may not be easy to avoid taking things personally, but a little detachment will go a long way.

Cancer (June 21-July 22)
There are times when fast communication works, and times to let discussions go on for weeks. Now would be an excellent moment for the latter approach. I suggest you make no attempt to finalize arrangements, opinions or intentions; rather, observe and deduce. Mercury retrograde is an interesting phase for people with Cancer or Cancer rising because it engages you with so much of what you've tucked away in the hidden corners of your mind (that's the natural relationship between Cancer and Mercury). As you discuss anything with another person, you're getting into a window into either what you believe, or what you don't want to believe. As the conversation evolves, move slowly, as if you're moving underwater. Remember that you're relating to some of your deepest material. Be gentle with everyone and you will learn a lot -- and open the door to a

hidden dimension of pleasure.
Leo (July 22-Aug. 23)
Put a little extra emphasis on your health. That includes getting enough movement to stay flexible, and making sure you don't over-exert yourself, say, shoving snow if you live in Buffalo and you don't exercise regularly. Get enough rest. Make sure that the floor stays dry and that you not only drive with caution, but also get in and out of the car with caution. As for your mind, the thing that runs the body: any stress management, or reduction, techniques you can put to work these days would be a good idea to warm up now. Remember, you can only do so much work, and only so much work is necessary. There is a long list of things that can wait till after January 2nd, and I suggest you keep that list current. Focus on what needs attention now, and when you're not focused on something, let your unconscious work on it quietly in the background.

Virgo (Aug. 23-Sep. 22)
Sexual adventures have a way of becoming something else. We know this, whether they morph into friendships, enemy-ships, love affairs, entanglements, scandals or actual loving relationships. But the thing to remember is that they tend to transform, and there is an old expression that 'sex changes everything'. It transforms us. All of that said, I suggest you focus on observing and participating consciously in that process of transformation. Part of that is going to involve monitoring your language. Are you speaking the language of peace or of power? Are you hearing words that invite or repel? In an odd way, your reality will follow the words you choose. I suggest you choose carefully, and listen just as thoughtfully. Ultimately this is the test: are your experiences creative? If so, that is where you want to be. If not, then gradually guide yourself to a new place, remembering as Adrienne Rich suggested: words are images; words are maps.

Libra (Sep. 22-Oct. 23)
Whatever may be going on with you now, look for the emotional roots of the matter. Everything physical, spiritual or mental will -- for now -- come back to an emotional state that is influencing the rest of your reality. Your feelings will likely be grounded in your domestic situation, which may in turn be magnified by any encounter with your family of origin that is imminent as the holidays draw near. How does this translate, in practical terms? I suggest you spend plenty of time alone, getting a sense of your interior weather. Adjust your commitments according to how you actually feel rather than how you think you should feel. Take extra measures to take care of yourself, and follow the healer's guide, 'take care of yourself before you take care of anyone else'. This goes against the conditioning of our culture, especially for many women. If there is a 'lesson' in what you're experiencing, this may be it.

Scorpio (Oct. 23-Nov. 22)
Beware of head-trips -- the kind you inflict on yourself, and the kind that others inflict on you. In fact I suggest you do your best to avoid all conversations of 'issues' with anyone you think has issues. If it sounds like I'm saying make nice and keep things superficial, you're correct, and it's probably the first time you've ever heard me say anything to that tune. Yet with the energy you save, I suggest you carefully investigate the inner ties that are binding you to your situation. This is likely to be a matter of your mental outlook, though that has many constituents, which include believing things that were perhaps true at one time but are not true today. Or, they were true for someone else but are not true for you. Be aware that you may be feeling

particularly sensitive to what others are feeling, which could qualify as empathy or which could coax you into codependency. You're your own person -- live that way.

Sagittarius (Nov. 22-Dec. 22)
Make some fast decisions to slow down your outward flow of cash, and quickly return to more creative matters. Your chart is full of mixed signals at the moment, and if you listen to them, you'll get in the way of your ability to manifest the abundance you know is on its way. Therefore, I am suggesting you focus on something else, on something that feels good and creative and that leaves you with a sense of belonging and participation. While you're doing this, a deep level of instincts will take care of your survival, instincts that are likely to be confused when you translate them into concepts. Mozart is said to have asked his wife to read to him while he composed music, so as to distract the 'word' part of his brain and leave the rest of it free to create music. In a similar way I suggest you distract yourself from facts and figures, and spend your time in the abundantly lush territory of your creative life.

Capricorn (Dec. 22-Jan. 20)
By the way, in case you haven't noticed, there's a really interesting alignment in your chart right now. Capricorn plays by different rules, though this still may be playing a tad of havoc with your head. Yet somehow you're in your element. You don't need to work harder or think deeper -- you're looking for the key idea that's going to unlock a puzzle and set your energy free. The way this is likely to work is in layers, and each layer will have its access point. Unlike most humans do these days, I suggest you remember the phases of this journey, because as you collect these revelations, they will add up to more than the sum of the parts; or said another way, you add up to more than the sum of your talents, your ideas and your good deeds. A lot more. Happy discovering that fact.

Aquarius (Jan. 20-Feb. 19)
As you know, you're not the cool, logical person that the world perceives you to be, and that you love to be when you can. Particularly lately, you're an intricate, complex and inwardly focused critter, always preparing to leap off the next psychic cliff. What is really interesting, and exciting, is that you're losing your intimidation about exploring your own labyrinth. You're fully aware that there is a vast dimension to you that has no adherence to logic, no loyalty to being rational, no need to make sense all the time. What you would benefit from is clarifying your relationship to the past. It still seems more solid to you than it really is. I suggest you consider the idea that the past is an interpretation. And as you look at it differently, that interpretation will change -- and as you see the past in an original way, you will create an interpretation that favors you.

Pisces (Feb. 19-March 20)
Focus on who you are -- not who others think you are, or who you think others think you are. That is entirely their business. It would, of course, be a triumph in the life of a fish to not take personally what others seem to think of you personally, but it's a huge distraction, and besides, you would be surprised how little many others think of anyone besides themselves. I say this because you're visible at the moment -- it's that time of year. If what you do in life is designed to reach out, trust that you're doing just that. Yet remind yourself that you're not really reaching -- you're emanating a vibration. I suggest you focus your awareness on tuning that vibe like a guitar. Harmonize with your desire, and very quietly be who you are. That is your point of influence and indeed of power.


Read Eric Francis daily at
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How Did You Come to Vashon Island?

by Mary Tuel

How Did You Come to Vashon Island?

I love to hear people tell how they stumbled on this island, and ended up living here. Here, I'll get the conversational ball rolling:

When I was going to school at Cal Poly in San Luis Obispo, California, back in the 60s, I was in a country-folk-rock band. The band consisted of Van, my sweetheart, on lead guitar, me as chick singer, Randy on rhythm guitar and dobro, Bruce as bass player, and a long line of drummers who came and went. That was when I learned that drummers as a rule are goofy, to put it mildly. I don't mean to impugn the whole class of percussionists, I'm just saying that rock drummers are predictably unpredictable.

Anyway - Randy met a married couple named Marc and Chrissie who were also old-timey musicians. Mark played wicked fiddle, Chrissie played banjo and guitar and autoharp and they both sang. We became friends and played music together, until Van and I moved to Los Angeles in 1969 to become rock stars.

Seriously. That was the plan.

After that Randy played gigs in San Luis Obispo with Marc and Chrissie. In 1971, just before I moved out of LA, I got a letter from Bruce the bass player. He said, "Bummer in the summer. Marc and Chrissie have moved to Seattle." Marc had apparently graduated from Cal Poly - who saw that coming? - and

acquired a job up in Seattle. Sometime around Christmas 1971 I received a letter from Marc. He and Chrissie had moved to an island, the letter said, and had met a couple of musicians who lived there. They were planning to build a concrete sailboat and sail around the world playing music, but they needed a singer. Marc invited me to visit. No one had ever literally invited me to sail off into the sunset before, so I quit my job, packed my '58 Chevy with a few necessary belongings, and drove up for a visit. I arrived at the Fauntleroy ferry dock on April 16, 1972. Once on Vashon I followed the traffic up the highway, and it was right around the nursing home and the Episcopal Church that I knew: this is home.

I drove up to the main intersection, and using the pay phone there called my friends to let them know I had arrived. About 12 minutes later, up drove a VW beetle with a police car paint job - white doors, blue fenders, and eagle decals on the doors - with Chrissie waving at me over the shoulder of the young hippie driving. She jumped out of the car and introduced me to Rick Tuel. Yes, he was the very first person I met on the island, but we didn't get married until seven years later. Slow learners.

Now, there is quite a convoluted tale of that trip, but we'll skip that for now. I returned to California after a couple of weeks, but the island had taken hold in me. I had dreams about the island and Mt. Rainier all that summer.

In November of that year, I came back and decided I would move here. On January 4, 1973, I started driving north and arrived here on January 5 after driving all night through a snow storm. I had about \$37 to my name. I moved into a house full of hippies, and stayed.

Interesting (to me) fact: my first son was born exactly nine years later on January 5, 1982, during a snow storm. Second interesting (to me) fact: my first boy friend on Vashon Island moved off the island after we broke up and went on to be Microsoft employee number 9.

A question I've never been able to answer is how Marc and Chrissie got here, because they soon got S-A-V-E-D and moved off the island to join a large evangelical church which later dissolved in lawsuits and acrimony. They got me here, though, and I never left.

So what's your island story?



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Timeline to Victory

Continued from Page 1

hindsight - I can see that he was right. Here is, in chronological order (top to bottom) description of the grassroots direct action campaign and how it interwove with political and legal developments. I've included articles of the last couple years and a sampling of the earned media received since the Sutherland quid pro quo lease was granted. I believe it is an inspiring and instructive outline of how the direct action campaign can turn the tide for community interest over corporate power.

I hope you enjoy the journey - and figuratively or literally see yourself in the pictures.

Congratulations all!
Bill Moyer
E.D. Backbone Campaign and proud member of the Mosquito Fleet

Eagle Eye Proofreading and Editing

Nancy Morgan

onvash@hotmail.com



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Deadline for the next edition of *The Loop* is
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Rock & Roll with Murgatroyd at the Red Bicycle Friday on New Years Eve



2011



Opening up for Murgatroyd is a new band called "The Four Horsemen". Live at the Red Bicycle Bistro & Sushi on New Years Eve, starting at 9:30pm. All-ages 'til 11pm, 21+ after that. Free cover!

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Next Loop comes out January 6

Positively Speaking

“Texas Hope (which does not disappoint)”

By Deborah H. Anderson

Once a year I explain on the occasion of His Birthday why, for me, it’s the best.

Having addressed Texas Faith, I will speak to Texas Hope and next time Texas Love...

Christianity’s a hard sell. There’s violence, the church is , quite frankly , a poor witness many times with all it’s political intrigue and ..well..monetary interests. So many people have been killed in the name of Christianity. Nonetheless, the track record of other faiths is the same, identical, no difference; murder , mayhem and selfishness. While the cats were out killing mice, the business community said, ‘hey...we could make 40% of our profits if we can convince them true Christianity is about giving gifts’.

And then there’s the fact that frequently following Jesus seems more like an endurance test. As one colleague said to me many years ago, “Nobody ever said abundant life was going to look good.” Actually I’ve always had a secret hope it would...look good that is.

There’s that word...hope.
So back to November in Texas, Austin to be exact.

Caity steps out in her drop dead gorgeous crepe gown and out of her mouth came the fruit of nine years of hard work.

At the age of fourteen she was handed a twenty two thousand dollar scholarship to THE school for the arts in the world. All we had to come up with was about twelve thousand a year for the rest of tuition and expenses. We have our collection of fundraising stories. The funniest is the one where she’s singing on a corner in downtown Seattle near Pike Place market and I’m standing a distance away to keep her safe. As the arias bounced off the brick siding of the Seattle Store, a drugged out transvestite clearly in last year’s fashion statement and stockings from, well, maybe a week ago, declared to me, cigarette waving in his/her hand, “Set her free!!!!” and then would wander over to Caity yelling, “Be FREE!!!!”. Trooper that she is, she never missed a measure.

When they were growing up I explained to my children that street people were Jesus’ special people. I told them Jesus paid special attention to them since they weren’t so good at looking out for themselves. They were not to be afraid of them because Jesus was very very near them. After the recital, Caity regaled her friends with this, her favorite story of the nine years.

Mine is flying to Interlochen in the dead of winter to celebrate her 16th birthday by making our family spaghetti dinner which I served for her friends on a dormitory basement ping pong table the weekend 16 (yes sixteen) inches of snow fell in twenty four hours. When I arrived at the Traverse City airport to return home and the attendant said ‘we’re looking for volunteers...” my hand was up to take the bump before he could finish the sentence. Much better to fly to Chicago in a real jet than over Lake



Michigan to Minneapolis in a Masaba turbo prop that looked like something out of a Bob Newhart airline joke.

UNTIL...the pilot of the newer and supposedly stronger jet came out, leaned over the people on the opposite side of the aisle from me and declared loudly, “I never trust those de-icer guys . Gotta watch ‘em”. The flight indeed felt like it needed a little orange cone on the top of the plane and a sign hanging out the back that read ‘student pilot’.

There were no guarantees this experiment in education and training was going to work out. All I had beyond Faith was Hope.

Jerome Groopman in his book ‘The Anatomy of Hope: How People Prevail in the Face of Illness” (c. 2005 Random House) writes:

“...hope differs from optimism. Hope does not arise from being told to ‘think positively’ or from an overly rosy forecast... True hope has no room for delusion. Clear eyed hope gives us the courage to confront our circumstances and the capacity to surmount them.”

Sitting in the recital hall, the release of all that Hope had held up washed over me. Despair has no power where Hope lives.

There was only one time years ago when Caity was afraid. I woke her up for school (before she’d traveled to Michigan to study her muse) told her I had lead her astray, we had to be realistic, things were never going to get better and I was sorry I’d portrayed things falsely to her. She had a meltdown and I had to go get her at school later that day.

“I’ve never seen you without Hope, Mom” she declared as we sat on the couch. “Don’t ever do that again”. And I didn’t. I began again to cling to a verse that had meant much to me in former years....“We rejoice in our suffering knowing suffering produces endurance, and endurance produces character and character produces Hope and Hope does not disappoint us because it is the love of Christ poured into our hearts through the Holy Spirit”. (Romans 5:3-5)

And that’s my holiday message for you. There’s always Hope. Jesus is all about Hope...in the dark, in loss, in injury, in controversy, in conflict, and in the promise of new birth.

With the birth of two grandchildren and Caity’s victorious conclusion, more than ever life for our family this year is about Hope. May it be for yours also.

Love,
Deborah



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Bacopa, an herb to remember

Continued from Page 4

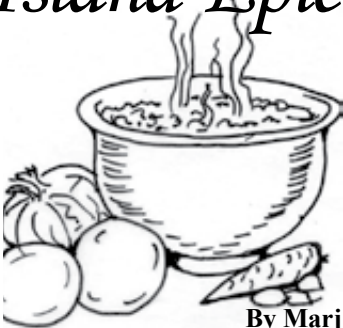
Adults (40-65 years old) were better able to recall word pairs, an ability that seemed to be due to a reduced “rate of forgetting.” It improved cognition while reducing anxiety and depression in a group of healthy adults over 64 years of age. Bacopa improved learning and remembering in a group of adults (55+ years old) who did not show any signs of dementia. It improved attention and verbal memory in a group of adults (aged 50-75) who persistently complained of memory impairment but who showed no signs of dementia when tested. It improved the ability of adults with an anxiety neurosis to focus.

Bacopa improved working memory in a small group of children with IQs between 70 and 90 who were

classified as “slow learners.” It improved memory, math skills, and verbal communication in a group of children of average intelligence. It improved the attention span of children with a hyperactivity disorder.

Bacopa did not improve memory in two studies but both of those studies tested people using bacopa for merely hours or days. Like all adaptogens, All bacopa’s effect builds over time, and typically needs to be taken for two months before positive effects show. In Ayurvedic medicine, bacopa is often taken as a honey or a syrup. Most of the human studies looked at people taking it in capsule form. So, if the holidays have you feeling a bit run down and your memory seems to be fading, you may want to give bacopa a try.

Island Epicure



By Marj Watkins

A Cake for Christmas

A fitting finish for the Christmas feast for our family needs to be as low in carbs as a cake can get, and gluten free. If it’s also high in protein and other nutritional elements, as well as having flavor and texture that send people back for seconds, that’s okay, too.

The Almond Meal Cake from my book Enjoy the Other Grains: Bake Gluten Free (available at Minglement and the Country Store) gives you all this. Quinoa flour has become hideously expensive, so I’m substituting sorghum flour this year.

High Protein Family Size
ALMOND MEAL CAKE
Preheat oven to 350
Bake in 9x9x2-inch pan or baking dish
9-12 servings
Stir well in mixing bowl: (Break up lumps with fingers if necessary)
1 ½ cups almond meal
½ cup quinoa flour or sorghum flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup brown sugar
or brown Splenda®
Separate, yolks in one bowl, whites in another:
4 eggs
Combine and stir into egg yolks:
¼ cup water
¼ cup orange concentrate
1/3 cup brandy (cherry, apricot, or crème de banana)
1 teaspoon vanilla
Start oven. Oil ceramic baking dish. When oven heats, put baking dish in and heat it for 6 minutes.

In a large bowl, beat egg whites to soft peaks. Add:
¼ teaspoon cream of tarter.
Continue beating to stiff peaks. Beat in 1 tablespoon sugar or Splenda®.
Stir egg yolk mix into dry ingredients. Stir brandy and vanilla into batter. Fold in egg whites. Pour batter into hot oiled baking dish. Should sizzle.
Bake in center of oven 35 minutes. Test with toothpick. If it comes out clean, remove cake from oven. Invert on rack. Cool 10 minutes. Lift off baking dish.
Serve warm or at room temperature with applesauce, drained canned sliced peaches, or almost thawed frozen raspberries or strawberries. Top with whipped cream or vanilla yogurt.
Another favorite cake of ours, also low in carbs, especially if made with sucralose, is angel food cake. And everybody loves chocolate cake. I’ve combined them in another recipe from Bake Without Wheat, a gluten-free Chocolate Angelfood Cake. Note that the sugar is much less than with most cakes, but you don’t miss it. Baked in a loaf pan, it’s easy to slice and top with somewhat thawed frozen berries and whipped cream.

Brown Rice Flour
CHOCOLATE ANGELFOOD CAKE

Preheat oven to 350 degrees
Bake in 5x9-inch loaf pan
Makes 8 servings
Sift:
3/8 cup brown rice flour
6 Tablespoons sugar or Splenda®
2 Tablespoons unsweetened cocoa
¼ teaspoon salt
Beat until foamy:
6 egg whites at room temperature
Beat in and beat to stiff peaks:
1 tablespoon cream of tartar
Dash salt
Fold dry ingredients into egg whites, one third at a time. Transfer batter to ungreased 5x9-inch loaf pan with the bottom lined with waxed paper.
Bake 25 minutes or until a toothpick inserted at center comes out clean.
Cool upside down on rack for 30 minutes. Peel off waxed paper while still a bit warm.

Merry Christmas, everyone!

Wood Stove

Continued from Page 1

tall cylindrical shape stove with a ten inch diameter that can be installed in a twelve inch wide cabinet space with a three inch pellet vent chimney. This unit will burn up to eight hours on one presto log and 12 hours on one load of standard charcoal. We cook on it, and it has the glass window for viewing the fire.

The best thing the stove does for us is that it makes our boating experience completely different. Instead of feeling like we are trapped in a cold wet box, we have a nice warm and more importantly dry cabin. The bilge pumps work a lot less and we do not have mildewed clothes, pillows and bedding.

The tests performed at our shop, preliminarily show great promise of unprecedented performance both in fuel economy and in emissions, and we are now working on Washington State certification for air quality which we anticipate soon.

For more information about the “kimberly” (patent pending) stove call 206-463-3990 and ask for Roger Lehet

Dorsal Spin

Continued from Page 1

mammal carcasses is not in our job description as stranding responders. Unless a WDFW or NOAA biologist wants a carcass for necropsy, we allow Nature to reintegrate the remains into the marine food web.

The unconventional part was when the homeowner asked if we could be of assistance in removing a four-foot long King snake residing in the innards of the house – ductwork and such. Though not venomous, the snake is intimidating to the electrical work crews, et al. On a positive note, the homeowner did acknowledge that the snake is a highly efficient mouse muncher.

I am quite familiar with wild King snakes from the time I lived in Arizona. They are frequent visitors to gardens and swimming pools. King snakes, however, are not indigenous to Puget Sound’s damp, cold climate. The Inner Harbor snake is likely an escaped or irresponsibly released pet, for shame!

Relocating itinerant pet snakes also exceeds our purview as marine mammal stranding responders, though I felt a tinge of envy. That snake could have eaten well at Chez VHP a few weeks ago when we found a mouse scurrying about the living room. We offered amnesty to the little rogue, but he refused to stay outdoors. Alas, he got a one-way ticket to the Mouse Hereafter, and a



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Braille Needs A Home...

Braille is smart and graceful, full of fun, and beautiful. She also is slowly going blind from a genetic defect. Born in February, she is only 9 months old, but has spent much of that time in shelter care. She has little formal training but is eager and quick to learn. Her poor sight doesn’t seem to affect her at all; she runs and plays with other dogs, negotiates steps without faltering, and never bumps into anything. She plays well with other dogs and could happily be either one of a family pack or The Only Dog. Except for her eyes, she is in robust health, has all her shots, and is spayed. She will need eye drops twice a day for the rest of her life. For more information, e-mail Joan at jaybecker@aol.com. There is a \$125 donation requested to mitigate the costs of rescuing her and all our other dogs.



Go To www.vipp.org Click on Adopt

neighborhood cat scored a tasty snack.

Whatever you celebrate, you can still buy art – on layaway, to boot -- for whales and wolves. Every holiday season, Tlingit artist Odin Lonning, www.OdinLonning.com, sells work to benefit the Vashon Hydrophone Project (VHP) and Wolftown’s wildlife rehab. Check out his pieces at the Vashon Island Coffee Roasterie or call Odin at 463-9041 for custom orders.

Finally, we would be remiss if we did not thank the secret Santa’s elves who left a lovely, yummy package of holiday cookies and fudge on our porch earlier this month. If you are reading this, we deeply appreciate your thoughtful gesture. Holiday blessings to you and all of our VHP supporters.

**Eagle Eye
Proofreading and
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Come Celebrate New Years Eve at the Q

with Loose Change

The best party on the Island!

Special dinner menu, drinks, champagne, and silly hats!

No Cover Charge

Join us at the Quartermaster Inn on New Year's Eve for a legendary musical blowout with everyone's favorite R&B band. Loose Change has rocked crowds on New Year's Eve for many years now and this year is sure to be a treat as front-man Troy Kindred rocks his own house.



www.quartermasterinn.com

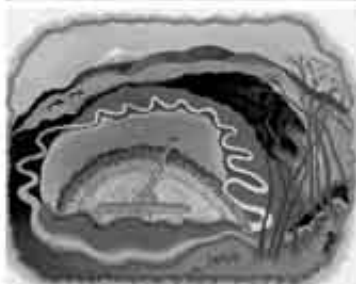
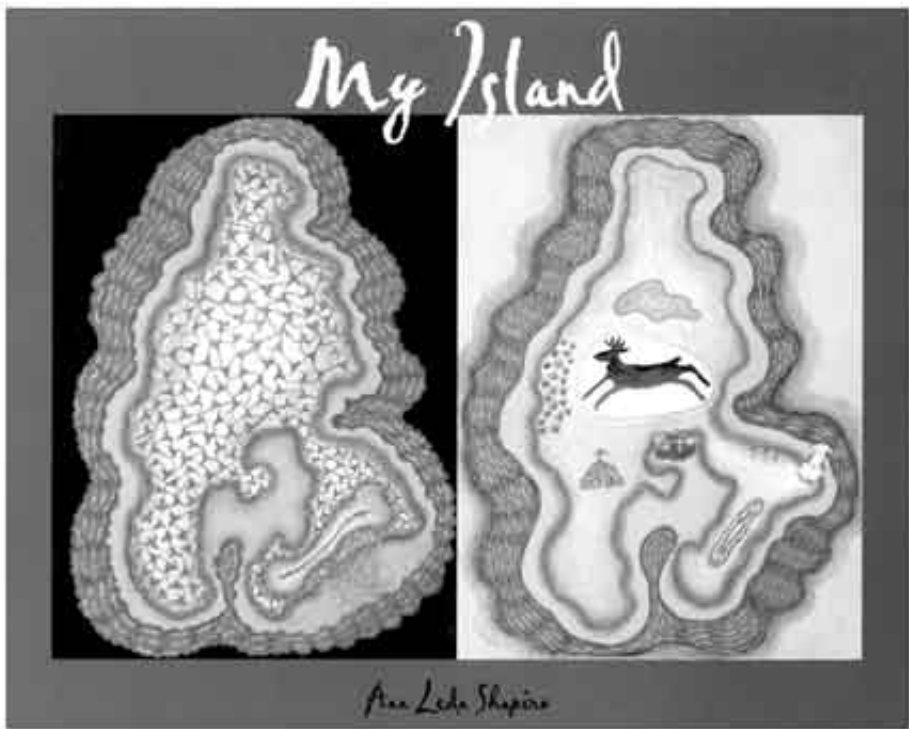
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Lopy Laffs

There are some days I practice positive thinking,
and other days I'm not positive I am thinking.

As he was driving home from work, a man was stopped up town by a local police officer. The motorist was given a ticket for failing to come to a full stop at a the four-way. "Don't I get a warning?" he protested. The officer replied, "Sure. If you don't come to a complete stop next time, you'll get another ticket."

"Mother," said a little boy after coming from a walk. "I've seen a man who makes horses."

"Are you sure?" asked his mother.

"Yes," he replied. "He had a horse nearly finished. When I saw him, he was just nailing on his feet."

Abraham Lincoln was walking into Springfield one day when he was overtaken by a stranger driving in the same direction. Lincoln hailed him and asked, "Will you have the goodness to take my overcoat to town for me?"

"With pleasure," the stranger said, "but how will you get it back again?"

"Oh, very easily," Lincoln replied. "I intend to remain in it."

A police officer pulls over this guy who's been weaving in and out of the lanes. He goes up to the guy's window and says, "Sir, I need you to blow into this breathalyzer tube."

The man says, "Sorry, officer, I can't do that. I am an asthmatic. If I do that, I'll have a really bad asthma attack."

"Okay, fine. I need you to come down to the station to give a blood sample."

"I can't do that either. I am a hemophiliac. If I do that, I'll bleed to death."

"Well, then, we need a urine sample."

"I'm sorry, officer, I can't do that either. I am also a diabetic. If I do that, I'll get really low blood sugar."

"All right, then I need you to come out here and walk this white line."

"I can't do that, officer."

"Why not?" asked the exasperated officer/

"Because I'm drunk."

Ever notice how long weekends are like rainbows? They always look great from a distance, but seem to disappear whenever you get up close.

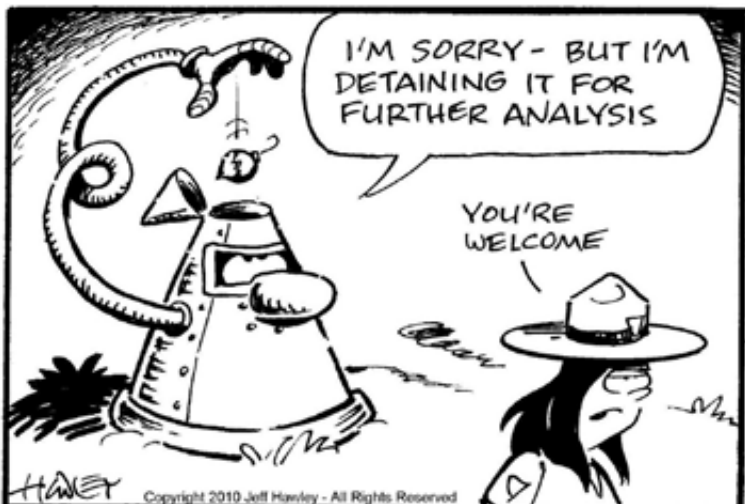
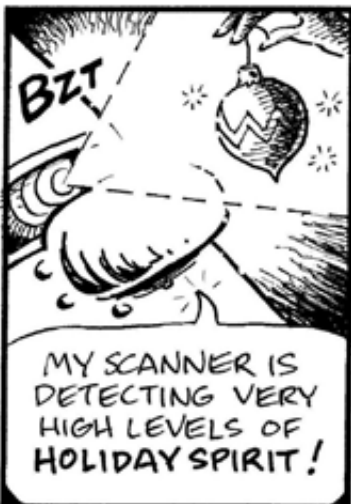
When I was a 20-something university student, I became quite friendly with my study partner, a 64-year-old man, who had returned to school to finish his degree. He confessed, with a wink, that he had once thought more than friendship might be a possibility between us. "So what changed your mind?" I asked him. "I went to my doctor and asked if he thought a 40-year age difference between a man and woman was insurmountable. He looked at my chart and said, 'You're interested in someone who's 104?!'"

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Moose Lake



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What’s going on New Years Eve
TV Dinner

TV Dinner gets an early start to New Years eve with jazz, blues, rock and soul music from movies and television. From Doris Day to Dundler Mifflen. From the professor to Mary Ann. TV Dinner shares this cornucopia of tasty jams complete with a side dish of roots and reggae.

Come celebrate with TV Dinner Light (less players, but still sounds great) with Pat Reardon on guitars, Steve Meyer on stand-up bass, and Andre Sapp on mandolin. Over several courses, they mix sweet melodies and salty solos so everyone goes home satisfied. Try TV Dinner just once and you’re sure to have

Friday, December 31, 7pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



a yabba dabba doo time, a dabba doo time, you’ll have a gay old time (and be home in time for Dick Clarke.)

Rock & Roll with Murgatroyd



Murgatroyd, formed on the Island in 2008, combines the talents of four long-time Island musicians; Brett Bacchus, “Rez” Arnot, Morgan Snyder, and Doug Spencer. This union, brings together for the first time, all the talent, power, raw energy, personality and swagger, reminiscent of 1970’s arena rock. Anchored by the thunderous

Friday, December 31, 9:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

rhythmic combination of Bacchus and Arnot, Snyder and Spencer’s guitars rip at the fabric of the weak and together deliver the final one-two punch, leaving the audience exhausted; yet satisfied. This band has been taking the Island by storm this last summer, performing at RezFest at Lisabeula, at the Vashon Island Music Festival and at Strawberry Festival. Now it’s time to invade the Red Bike again! Take no prisoners, make no apologies, Big Rock is back!

Opening up for Murgatroyd is a new band called “The Four Horsemen”. Live at the Red Bicycle Bistro & Sushi on New Years Eve, starting at 9:30pm. All-ages ‘til 11pm, 21+ after that. Free cover!

Loose Change at the Q

Don’t miss the party! We’ll be eating, dancing, drinking, cavorting. Dinner specials will include Jumbo Scallops and Prawns, Chicken Cordon Bleu, Surf n Turf, and more yummy choices. Loose Change will rock the house from 8:30 to 2011 - and there is no cover. Silly hats and champagne toast on the house - this is Vashon’s best party by far. Reservations are a must. Last year we ran out of chairs! 206.463.5355

Friday, December 31. At the Quartermaster Inn, 24007 Vashon Hwy - 206-463-5355



Rack “N” Roll at the Sportsmens Club



At the Sportsmens Club on Cemetery road, Friday December 31. Starts at 8pm music at 9pm

Friday, December 31, at 8pm. At The Sportsmens Club Rack “N” Roll Bash

Join The Spotlights Danny Cadman, Lauren Sinner, Jerry Todo and Scotty Johnson for a great night of classic rock & roll songs. Ring in the New Year at the Sportsmens Club, Rack “N” Roll Party.

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Soul Provider - Funky Bubbles New Year

Soul Provider are the Pacific Northwest’s most accomplished and energetic soul/funk band, putting on a spectacular show that includes the finest sounds of the ‘60s and ‘70s.

With four extraordinary voices, four formidable horns, and a rhythm section tighter than James Brown’s pants; the moment they hit the stage, Soul Provider promise to take you on a sensational journey through the finest era of American dance music.

Tickets available at Books by the Way, Vashon Bookshop and online at www.brownpapertickets.com

Friday, December 31, 8pm, Open Space, 18870 103rd Ave SW, Vashon, 206-408-7241



Tickets \$30 Adult, \$15 Student/under \$18.

Sculpture and Oil Paintings
grace Gallery in January

By Janice Randall

Two Oregon artists launch the New Year at Blue Heron Gallery on January 7, sculptor Christopher B.Wagner and oil painter Doreen Steggell. Hear live jazz at the opening (6 to 9 pm) by Richard Person and Jim Hobson.

Originally from Erie, Pennsylvania, Wagner says there was always plenty of driftwood along the shores of Lake Erie, so carving became a favorite pastime. After taking a sculpture class, he discovered a spiritual connection with his carving and switched from a philosophy major to Sculpture and Art History.

Wagner says, “Everyone can relate to the figure; it’s common ground. I want my work to be universal and intuitive for the viewer.” Wagner adds that his current body of work is based on a series of recurrent dreams and the elongated forms may be seen as reaching or seeking the unattainable. He also sculpts animal/human hybrid figures to address animalistic, primal instinct nature of human beings.

Architect by trade and now full-time artist, Steggell uses an architectural approach to paint her untraditional landscape oil paintings. Bold and vivid, Steggell says her work is about space and place.

She currently resides in Eugene, Oregon and often trains to Portland. “I became fascinated with the Willamette



Walking Tall, by Christopher B. Wagner

Valley landscape. I love the open space of the valley...layered with islands of trees. Here in the valley I’m amazed how things turn green in the fall; colors of the season are different.”

Skilled in watercolor, drawing and a printmaker too, Steggell says monotypes often function as part of her creative process to explore composition. “They influence each other,” she adds.

Paul Benoit

For the past 20 years, Paul Benoit has performed and recorded his own music and collaborated with numerous songwriters. From 1996-98 Paul’s electric/acoustic roots rock band, Crosseyed, released two albums and toured successfully throughout the western U.S.

In 1997, Paul co-founded Hanuman, a 4piece all-acoustic instrumental ensemble blending jazz, bluegrass, funk, country and rock & roll with African beats. Hanuman released five albums, sold over 8,000 recordings and toured the U.S., playing at clubs, festivals, and theaters, up to 200 dates a year. In 2001, the band received Best Touring Band and Best Album awards from Sounds of Seattle and was voted best new band by the Seattle Weekly.

Paul’s songwriting and sound continues to evolve with his solo work and he has released five solo recordings of roots-rock, pop, folk, blues and the lush and complex arrangements of his 2nd CD, Combustible, named a top 12 DIY CD in Performing Songwriter Magazine. He composed the soundtrack for 2 films including “Diggers”, winner of the IFP/Seattle Spotlight award, which premiered at the 2007 Seattle International Film Festival.



His newly released 5th CD, Bluebird, was recorded in a small beach village in El Salvador and placed 23rd on the 2009 Euro-Americana Charts. Paul continues to perform throughout the United States, Canada, Europe, North Africa, Mexico and Central America solo, with his band, and with performer /poet Chris Chandler.

Free Cover, All Ages till 11pm, 21+ after that.
Friday, January 7, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Wolfstown’s flock of sheep will now hire themselves out to clear brush and grass. They will browse down brush- but not touch young trees. We do not need fencing but use our stockdogs. So any terrain is possible including edging trails.

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To figure how long a job can take please send us how big an area... or T will come look. 206-463-9113 or wolftown@centurytel.net

Artist Reception Nanette Langston Charron

Vashon local, Nanette Langston, followed her husband and the US Navy to the sultry South Pacific. Always an artist, she was inspired to reciprocate the colors and fantastic nature of their temporary island home in Guam. The journey transformed Nanette into an “eternally devoted watercolorist.” Escape to the tropics this January with vibrant sunsets, incredible flora filled with dragonflies, mermaids, orchids and seascapes.



Friday, January 7, 6pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Jenne Sluder

Jenne delivers a unique and powerful vocal quality that often takes her audiences off guard. Her lyrics speak to the human condition, the mystique of the natural world, and creative maladaptation to industrialized civilization. Jenne gives equal weight to wrapping her chords around, and putting creative spins on, stylistically similar songs by peers and predecessors including Melanie Safka, Neil Young and Leonard Cohen as well as Isaac Brock, Connor Oberst and Kristin Hersh (to name a few). With a minor in Music Theory and Indigenous Origins of Song from Guilford College, she draws on a background of diverse musical explorations from fronting a punk band to teaching appreciation of blues and hip-hop in a rural public school; performing sacred songs at ceremonies and organizing junkyard bands at youth camps; swapping songs with the Nandi tribe of Kenya, Africa and speaking/performing alongside Peter Yarrow of Peter, Paul & Mary as part of a conscious aging initiative. Jenne is available for special occasions, social gatherings, food & drink establishments, rallies, festivals, fundraisers, conferences and retreats, as well as in educational settings. A native of Appalachia, North Carolina, Jenne Sluder works concurrently as a wilderness-based therapist and holds



an MA in Transpersonal Psychology: Ecopsychology from Naropa University and a BA in Comparative Religious Studies: Environmental Studies from Guilford College.
www.jennesluder.com
Saturday, January 8, 7pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Advertise in the Loop!
Fall is a great time to get back in the Loop.
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Next Loop comes out January 6

Massy Ferguson



Massy Ferguson is a four piece rock-and-twang outfit that originally started rehearsing in an under-construction commercial building in Seattle’s Wallingford district in early 2006. Founding members Adam Monda and Ethan Anderson crafted the band’s early ditties amongst scaffolding, sheetrock and rolls of carpeting, creating a fitting backdrop to their own nascent project. Over the past four years, Massy Ferguson has moved out of the construction-site phase and become a fixture in the local roots rock scene, headlining packed venues as well as supporting larger acts such as Son Volt, Fastball, Billy Kreutzmann of the Grateful Dead. The band has toured Australia, played for U.S. troops in Germany – and, fortunately, has moved into a proper rehearsal space. Their 2008 debut album, “Cold Equations,” went on to garner praise from influential DJs such as Bruce Warren at WXPN (Philadelphia), who made MF’s song “The Ride,” the station’s Download of the Day in March of 2009. In November 2009, the band was part of a video interview of Seattle bands on local station KEXP, where the band has been in rotation since 2008 with the songs “Breathing In” and “Powder Blue.”

Hailing from a town that is better known for indie and grunge rock, Massy Ferguson has their own brand of blue collar americana, likening their sound to Drive-by-Truckers, the Hold Steady, Tom Petty and the Jayhawks. They have been described as “blue collar alt-rock” and “raucous rock americana.” In 2010, the band signed to Seattle’s Spark & Shine Records and in October, will release their second full-length album, “Hard Water.” The 4-piece band expects continued success with this latest album, building on what they’ve already done. In the words of Seattle Weekly’s Brian J. Barr, “You know only good things can come from a band that named themselves after a tractor company.” Free Cover, All Ages till 11pm, 21+ after that. Saturday, January 15, 9:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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