



# THE VASHON LOOP

Vol. 8, #1

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

January 6, 2011

## The Gravel Pit: What Happens Now?



The battle was, in the most formal sense of the word, epic. A protracted, 13-year-long slogging confrontation pitting a foreign-owned business interest seeking to harvest natural resources from Vashon Island against the spirited resistance of grimly determined, ecologically-minded groups headed by local charismatic leaders. Almost the same basic plot line as Star Wars, if you think about it.

In the end there was not so much a vanquishing as an armistice. The Evil Empire (which is ultimately Tokyo-based Taiheiyo Cement) agreed to accept a \$36 million payment to let go of the site, with the final result that the property is now owned by King County and will be a gravel mine nevermore.

And like Star Wars Ewoks, most Island residents are dancing in the trees. Certainly Maury Island as a whole, and the close-by communities of Gold Beach and Sandy Shores especially, are breathing a collective sigh of relief because the gravel mine area, instead of acting like a boat anchor to drag their quality-of-life and property values underwater, will now be a definite positive influence, featuring the longest remaining piece of undeveloped Puget Sound shoreline in King County.

Not surprisingly, as the conflict was clearly one of business interests as opposed to environmental concerns, the political subtext was writ large. As passions during the conflict ran high, so they do with respect to the final outcome. Some are unhappy about the stifling of a potentially active and profitable business concern in a time of heavy unemployment, and still others view Vashon as an elitist outpost riddled with NIMBY disease. A few minutes survey of comments attached to online articles regarding the outcome of the conflict frequently contain more than a little venom on this point as well as in regard

to the significant consumption of public tax dollars to create a comparatively remote park that most Washingtonians will not have easy access to.

So the current question is: what happens now? In short, the former gravel mine is to be turned into roughly 250 acres of King County "open space" park for "passive recreation", owned and managed by King County for public use. While a definitive explanation of the different types and uses of County parks is beyond the scope of this article, what this means in the general sense is that major portions of the park will be left or returned to its natural state and the general public will be free to drop by to visit the park at their leisure. This would be in contrast to an "active recreation" park which would have specific major improvements like ball fields and suchlike for "scheduled use".

At this point, it's important to understand that while the classification of The Gravel Pit Park (definitely NOT the final formal name) as "open space" is a done deal, with all the legal and practical limitations pertaining thereto, the fine details and nuances of how this is to be implemented are specifically not yet determined, and this fact is normal, reasonable, and customary at this point in the project. With this sort of park project, the King County Parks District very much considers the endeavor a cooperative effort between the County and the general public.

Islanders have had mixed positive and negative experiences with the various King County departments, sometimes resulting in mutual distrust and dislike. But the King County Parks District has a reputation with local ecology groups for being a pleasure to work with. Their attitude is said to be invariably upbeat and enthusiastic with these kinds of projects and they have

*Continued on Page 9*

## Massy Ferguson



Seattle's Massy Ferguson back from Iceland, to play first show on Vashon at Red Bicycle Bistro Jan. 15

SEATTLE - Massy Ferguson is excited to come play the Red Bicycle Bistro on Saturday, Jan. 15th. The last time the roots rockers were scheduled to play the venue, October, they had to cancel after they found out they had won a Seattle Weekly poll that sent the band to represent Seattle in the Iceland Airwaves Festival in Reykjavik.

Now that Massy Ferguson has

returned from the festival, it is ready to perform on another, albeit, smaller island -- Vashon Island.

Massy Ferguson's Iceland Airwaves Festival experience saw them get flown over free and also receive accommodations and prizes. MF performed along with groups ranging from Swedish pop star Robyn, U.S. electronica act Neon Indian and U.K. indie folk rocker Jose Gonzales (Zero 7). They performed a set at Sodoma, the venue that hosted The Shins and The

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## Community Dinner at Vashon High School

The Vashon-Maury Island Chamber of Commerce, Island GreenTech, CUVashon, The Backbone Campaign, Sustainable Vashon, and WisEnergy are sponsoring the Community Dinner at Vashon High School on Tuesday, January 11th. Our goal is to get at least 250 folks to attend.

What we are doing with food in VISD is big, important and cutting edge. The Vashon Island community should both know what is happening and, even better, experience what is happening in the lunch program and enjoy the good, nutritious food that our Island students are getting at school.

The purposes of the Community Dinner are:

\* To bring the community to Vashon High School to better understand the changes in what our children are eating and the importance of nutritious food in the school lunch program

\* To raise money for the lunch program. If we can get 250 folks out to the Community Dinner, we can raise \$2,500 for VISD's lunch program. The best part is 250 members of our community will be well fed that night

\* To have good fun

But, wait, there is more! The

Community Dinner in January will be even better. Chef Tom is featuring Sweet Water Farm's grass fed beef at January's Community Dinner. Sweet Water Farms, a vendor at Vashon's Farmers Market, has supplied grass fed beef for the school lunch program. The Farm also committed to contribute a portion of its sales revenues from the VIGA market to VISD to support the lunch program. And Mark Hornby promises to bring some extra special beef to the Community Dinner so we can fill up our baskets with great grass fed beef and support VISD at the same time.

So, here is what we need to do:

(1) Individually show up on January 11th for dinner at VHS (starts at 6:00 p.m.).

(2) Urge everyone in your business to show up for dinner too.

(3) Bring your spouse, your partner, all your friends, and anyone you might meet on the street etc.,

(4) Make at least a \$10 contribution to VISD and.

(5) Enjoy really good food. Paul Colwell with a few of his friends will be performing during dinner to keep everything hoppin'. Hope to see you there!

# 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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

## Green Party Meeting

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Greens, Democrats, Independents, and other interested progressives always welcome!  
**DATE:** Tuesday, January 11, 7 to 9 PM  
**LOCATION:** 10329SW Bank Road, Vashon  
**DIRECTIONS:** From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road.

Facilitator: Joy Goldstein

Discussion issues:

1) "Vashon Transition" will tell us about their group.

2) Bring the Billion\$ Home Campaign progress.

3) VMIGP Tri-fold brochure.

4) Washington State Green Party Bylaw Change.

5) VMICC Governance.

Questions: Melvin Mackey, Secretary, (206) 463-3468

## SIGN THE PETITION TO OPPOSE REDUCTIONS IN FERRY SERVICE

DRACONIAN REDUCTIONS IN FERRY SERVICE have been proposed in response to Governor Gregoire's demand to cut the state budget. Service reduction will severely impact ferry-dependant riders, businesses, and communities, and will adversely affect our state economy.

It is time for the Governor and the State Legislature to face this issue head-on and develop an effective, reliable ferry system to continue to meet the needs of its customers and Washington State.

### WHAT YOU CAN DO

Sign the Petition to Oppose Reductions in Ferry Service at <http://www.petitiononline.com/sosferry/petition.html>

Write to Governor Gregoire. See the "Sample letter" and "Talking Points" documents at [http://vmicc.org/comm\\_transportation.html](http://vmicc.org/comm_transportation.html)

Write to your State Legislators. Use the "Sample letter" and "Talking Points" documents (listed above) as references, and customize your letters for your legislators. Find your legislators' contact info at <http://apps.leg.wa.gov/districtfinder/default.aspx>

Time is short...ACT NOW! Then forward this message to your Washington-State friends!

**SIGN THE PETITION TO OPPOSE REDUCTIONS IN FERRY SERVICE.**

## Vashon Island Ultramarathon & Trail Run Registration

The Vashon Island Ultramarathon & Trail Run returns for the second annual series of events on June 18, 2011.

There is a pre-registration window limited to Vashon Island residents and last year's participants from January 16 to 22, after which registration will be open to the general public. Because the event was extremely popular and has a limit on participants, the pre-registration window will help keep the events locally focused and give Islanders first dibs on getting into the events.

Regular registration opens on January 23 for all. More information and on-line registration can be found at [www.vashonultra.com](http://www.vashonultra.com).

## VMICC Board Member Vacancy

The Vashon-Maury Island Community Council has a vacancy on its Executive Board. The Board wants to fill this position at its next board meeting that is held on the first Monday of each month, subject to confirmation by the members present at the following general meeting. This position is open to all Vashon-Maury Island residents who are at least 16 years old. This is an opportunity to participate in the leadership and advocacy of issues relevant to the residents of Vashon and Maury Islands.

The VMICC's by-laws (available on the web at [www.vmicc.org](http://www.vmicc.org)) describe the primary duties of the Board as follows: a. Set agendas for the general meetings. b. Implement decisions taken at the general meetings. c. Serve as interface between the community and other government entities. d. Monitor and evaluate all committees. e. Develop policies subject to approval at a general meeting. The Board, in its function as interface between the community and other government entities, is to represent the will of the membership as expressed in general meetings. Board members are expected to attend two meetings each month – the board meeting and the general membership meeting.

If you are interested in this position: please submit a brief one-page resume and a letter of interest with your name, address, contact information, current and/or previous community service, and why you want to be on the Board. The VMICC will accept submittals until further notice. The Board will review submittals, may contact you for an interview and will make a selection at their next Board meeting.

Submit materials to:  
 VMICC Board Vacancy  
 P.O. Box 281  
 Vashon Island, WA 98070  
 or email them to  
[VashonOne@aol.com](mailto:VashonOne@aol.com)

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## Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.

This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again experimenting with offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 567-6142

## Survival on Vashon!

We are delighted that the "Welcome Vashon" Action group has been formed. As announced in the 12/9/10 issue of The Loop, there will be an all island gathering at the "O" Space on February 5th for all of us interested in working together to make Vashon a welcoming community.

We feel various groups need to be ready with ideas and suggestions for this February meeting. Therefore, The Country Store is planning a Pre-Meeting to enable local retailers to get a jump start on their plans. We are inviting all retailers to join us on January 12th at the Country Store at 6:30pm. We hope everyone will come with written ideas and suggestions. We want this to be a productive meeting that results in firm ideas we can take with us to the February meeting.

Please contact Vy at 206-463-3655 or [info@countrystoreandgardens.com](mailto:info@countrystoreandgardens.com) with any questions.

## PTSA Events

PTSA Board meeting Tuesday, January 18th at the McMurray Middle School library. At 6:30 Vashon's Robin Appleford, a long-time Olympia lobbyist will speak regarding educational funding and the upcoming legislative session and offer tips on how to effectively work with Olympia. The business meeting will start at approximately 7:15.

Sunday, January 23rd, 1 pm, at the Vashon PTSA & Vashon Movie Theatre present number 2 in the parents movie series, "Race to Nowhere" ([www.racetonowhere.com](http://www.racetonowhere.com)). This event is co-sponsored by the Vashon Education Association and The Harbor School and there will be a panel discussion afterwards. Admission is \$10 with proceeds going to the three organizations.

## 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

## Actor auditions

Actor auditions - 2 new plays at Blue Heron Arts Center for Vashon Allied Arts New Works Series in March. Open call from 10 a.m.-12 on Sat. Jan. 22 at Blue Heron, and 7 p.m. -9 Thur. Jan. 27. Adult actors/actresses prepare 1 short monologue. Sides provided from scripts. For more info. Call Marc at (206) 225-8058.

## Chamber General Membership Meeting

Everyone is invited to attend the Vashon Maury Island Chamber of Commerce General Membership Meeting.

Thursday, January 20, 2011

8:30 AM - 10:00 AM

NEW LOCATION - The Center for Sustainable Book Arts (old VFW Hall) Corner of Vashon Hwy SW and Dugway Road (entrance on Dugway Road)

Guest Speakers are Luke McQuillin from VYFS, Vashon Healthy Community Network discussing town "hot spots" where unsavory activities occur and how businesses can learn how to make environmental or physical changes that deter this activity.

Chef Tom French, Vashon Island School District, Experience Food Project sharing the excitement of the new lunch program in our school district that is drawing attention from around the country.

## Compost the Loop

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

## The Vashon Loop

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## Next Edition of The Loop Comes out Thursday, January 20

Deadline for the next edition of *The Loop* is

**Friday, January 14**



# Is your Business listed on Vashon's Business Directory?

**www.VashonPages.com**

Goto [www.VashonPages.com](http://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](http://www.VashonMap.com). VashonPages.com services over 5000 visitors a month that either live on Vashon or are researching to visit Vashon. If you want to reach your Island neighbors or people looking to Visit Vashon you need to be listed on [VashonPages.com](http://VashonPages.com).

For advertising information, to update or add your business information, click Contact Us at the bottom of the Website or email Steven Allen at [steven@vashonpages.com](mailto:steven@vashonpages.com)

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# Facts and Figures

By George Wright

In short order we will be asked to vote once again on two School Bond issues. I think it only fair that you understand the finances being decided upon.

Bond I is for \$47,700,000.

New classroom building: \$19,600,000 for 36,206 square feet or \$541 per square foot.

Renovation Building A: \$22,200,000 for 42,236 square feet or \$525 per square foot.

Project Management and Design fees are calculated on top of 28% contingency.

The average per square foot cost for a High School in Seattle is just 1/3rd of our project cost at \$163 per square foot.

To say these numbers are staggering is not an exaggeration. All this information comes from the Vashon Island School District website.

We have lost 4% of students attending the High School this school year. Our enrollment is declining even with the addition students from Seattle. Don't forget those kids get a great deal by coming here and their parents pay only ferry fare and no Vashon property taxes. As it stands we have 516 students in the High School and if Bond I passes it will

cost \$92,441 per student.

Bond II for the playing fields is for \$3,500,000.

It would involve re-grading and covering the high school football field in 4" of Astro Turf which has a life span of 12 years and would need replacement before we had finished paying for the first one. A new synthetic track and other unspecified sports field modifications are also in Bond II.

Passage of these Bonds would increase property taxes on average \$720 per year on a \$450,000 home here. Not everyone who lives here can afford that.

Vashon has seen a 35% increase in demand this year over last year at the Food Bank. Vashon Youth and Family Services has seen a substantial increase in voucher requests for heating oil this year.

We have seen the School District needing to raise money for teachers and we will likely continue to see it each year. The State cannot fund our educational institutions as they have in the past.

Please think not only of your budget but your neighbor's budget as well.

## 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 effortless 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](http://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](mailto:admin@toquietinflammation.com)

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## Restoring Magnesium after the Holidays.

By Kathy Abascal

Magnesium is an essential mineral. It regulates and helps maintain normal blood pressure. Magnesium also helps regulate our cholesterol levels. Low stores of magnesium increase the risk of abnormal heart rhythms, associated with both heart attacks and strokes. Magnesium strengthens our bones and we store almost half of our magnesium in our bones. A diet rich in magnesium prevents the formation of gallstones.

Lack of magnesium is a big issue in diabetes, being overweight, and in insulin resistance or syndrome X. Magnesium influences the release and activity of insulin, the hormone that helps control blood sugar levels. When that system malfunctions, our blood sugar levels rise. As they rise, we start losing magnesium in the urine. Magnesium deficiency is a serious problem because it is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, and bones strong. It is also involved in energy metabolism and protein synthesis. Unfortunately, most of us do not get the recommended daily allowance of magnesium on a regular basis. To make matters worse, we do many things that deplete our bodily magnesium stores, especially over the December holidays:

We drink more alcohol. Drinking causes a prompt, vigorous loss of magnesium in the urine. As a result, drinking will over time deplete body stores of magnesium and many of the side effects of alcoholism are attributed to the effects of too little magnesium. Because magnesium helps maintain the heart's rhythm, magnesium loss may explain why in one study women simply drinking a class of wine a day had more heart arrhythmias, including atrial fibrillation. Another problem with alcohol is that while the liver is processing alcohol, it stops maintaining blood sugar levels and they plummet. This makes makes sugary breads, pastas, and desserts much more irresistible.

Tempting holiday foods rich in white sugar, white flour, and high fructose corn syrup also quickly take their toll on the body. A high sugar diet uses up magnesium and predisposes us toward insulin resistance and bad levels of cholesterol. Free fructose in those foods interferes with the heart's use of magnesium. One of the consequences is an increased tendency to form blood clots that can cause stroke and heart attacks. And our typical diet today -- even without our extra holiday foods -- contains too much fructose. In 1980 the average person ate 39 pounds of fructose and 84 pounds of sucrose. In 1994 we ate 66 pounds of sucrose and 83 pounds of fructose. Today some 25 percent of our calories come from sugar, mostly in the form of fructose.

Other things in the background add to our inability to maintain good



magnesium levels. Many of us take calcium supplements, and high levels of calcium can block magnesium absorption. Many of us have high blood pressure (often because we do not get enough magnesium) and we take a diuretic drug to lower that pressure. Diuretics, even those that spare potassium, deplete magnesium. So a vicious circle arises. Our diet is too low in magnesium so our blood pressure rises. We take a diuretic to correct our blood pressure but the drug lowers our magnesium levels further. In the end, this may well increase our chances of suffering strokes and heart arrhythmias.

Diabetes causes a loss of magnesium in the liver. High blood sugar levels, which many of us experience thanks to holiday eating, triggers a release of more insulin. In turn, insulin increases the amount of magnesium we lose. Finally, consider a few more holiday triggers of magnesium loss: Sodas, coffee, high salt intake (think ham, bacon, and processed foods), and of course, stress. Yes, all the stress of trying to make the holiday picture-perfect eats up magnesium.

As we move through the holidays, we lose magnesium. Beginning with Thanksgiving, we typically eat fewer vegetables. We eat more fatty meats, more mashed potatoes, gravy, rolls, and chips. We drink more alcohol and eat lots more sweets. So we stop getting magnesium from our food and deplete what little we have stored in our body. Our health begins to suffer, and our immune system responds with inflammation. We ache more, we sleep poorly, we gain weight.

Now that the holidays are past, we should make some serious efforts to rebuild our magnesium stores. It the perfect time to begin following my anti-inflammatory diet filled with foods rich in bioavailable magnesium and devoid of magnesium-depleting foods and beverages. Or at the very least, fill your January diet with plant foods like nuts, whole grains, legumes, green leafy vegetables (Swiss chard, cabbage, Brussel sprouts, and such), and fish.



## Island Life Bow Shot

by Peter Ray

It seemed like an odd question, and because I was a bit stumped by it I don't believe I really addressed it as I moved to explain further my reason for making this particular analogy. My original statement had been a response to a discussion going on at the GreenTech roundtable a short while back, and involved an action to be taken concerning the proposed cuts in ferry service. A close approximation of my statement was that it seemed that in the bigger picture of things, these reductions were merely a shot across the bow of the good ship Status Quo, and it should serve as a warning as to what we could expect as far as both near and far reaching effects of economic collapse and global resource depletion. The question that came from across the table that gave me pause was: is this bow shot friendly or unfriendly fire? With the benefit of time and hindsight the answer seems fairly obvious- a bow shot is by definition a friendly act, an offer of time for reflection. A bow shot is a heads up with an exclamation point. A bow shot is taken without malicious intent, otherwise you would be sinking already.

To step back even further, I had asked the group in an email before the meeting about what the possible fuel savings might be as a result of the service cut backs. I had mentioned that I had read that in order to power the boats that bring us home we were requiring the annual consumption of one million gallons of diesel fuel. As it turns out, that wasn't true. In going back to the Institute for Environmental Research and Education (IERE) website to check my numbers I found that according to 2001 figures we burned 2.18 million gallons per year in order to remain bridgeless. It seemed to me that in light of the fact that world petroleum reserves are getting tapped out, that we could use these cutbacks as a way to learn to use less fuel and still maintain a link to the mainland, since it appears that we will have to learn that lesson soon anyway. In a way, we are talking about the same thing in both cases. Whether it is no money to run the system or no fuel to power the boats, there is a basic void in the equation that will not allow things to continue at their present pace.

In many ways oil and money are inextricably linked. In one big sense though they couldn't be more different. Whether you choose to believe in peak oil (that world oil production has hit its peak and is now on the decline) or not, the reality is that oil is a finite resource and sooner or later it will run out. On the other hand, if one is to believe in the "out of thin air" solutions of quantitative easing and the fractional reserve system of creating money through debt, it would seem that as long as there is a supply of paper and inks, the supply of money can run on ad infinitum. But even if we just printed money to "solve" the current state budget crisis, it would still leave us looking to buy boatloads of fuel that eventually would no longer exist. So what we have now is actually an opportunity to begin the search for other ways to link with the mainland.

I was a bit shocked to hear the bridge option raised around the round table discussion. Having been involved in a couple of the past fights to keep the bridge away, here are a couple of reasons why a fixed span to the other side is still a bad idea. We will leave money out of the considerations as we still can create it out of nothing, or jack up the tolls at the booth. Probably both. The basic concept of an island involves separation and isolation- a bridge changes that for as long as it stands. While it is standing,



it is capable of carrying much more than cars and trucks, it can support a pipeline for water. Since water is one of the main concerns out here, an abundant source from elsewhere would change everything, not to mention the incentive to rewrite the zoning codes. I'll leave it at that.

We recently saw a major victory in the realm of common sense and environmental protection in the CalPortland/Glacier/gravel pit decision. It would seem fitting and in keeping with heightened environmental awareness if, instead of piss-ant whining and moaning to the legislature and the governor about how we are entitled to burn our 2.18 million gallons of diesel every year, we took it on ourselves to ride share more, take the bus, ride a bike, shop on the Island, and in general just roll with this punch in anticipation of the ones to come. Instead of writing the governor, write a list of what you could do to make the ferry service cuts as painless as possible. Isn't it amazing how resourceful we Islanders are?



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## Lord, Save Me from Your Followers

By Mike Ivaska

It seems really easy to grab a hold of Jesus, really like and relate to him, and simultaneously have a huge list of grievances against the church and Christians. This is true both of Christian believers and of people who simply find Jesus' ethical teaching attractive. There is no doubt that the church as a whole has hurt a lot of folks. Most, if not all, of my deepest scars have been inflicted by professing Christians. I have heard it said that the church is the only place in the world where people can stab you in the back and call it "doing God's will." Religion should come with a warning label.

However, I don't think that most people's issues with Christianity are because of the evils committed by medieval popes or because someone who called himself a Christian betrayed and wounded them. As I said, I have been devastated by the words and actions of Christians - I'm not kidding about that. I've been really hurt. Not nearly as bad as some, and they have very, very legitimate grievances. But my walk with Jesus and among his sheep has not been all peaches and cream and I am still a Christian (my theology did not even get very liberal in reaction to those wounds and has since returned to the Bible and to historic, evangelical orthodoxy). Indeed, I have not only been hurt - I have hurt. I have blood on my hands too. British minister and New Testament scholar J.B. Phillips once quipped that if Christians are going to keep a tally of their converts they should keep a tally of the people they have turned away from Christ as well. It saddens me to think about which one of those lists would be longer from my own life.

Like I said, most people don't turn from or reject Jesus so much as they reject Christianity, they reject the church, they reject "organized religion" (whatever that is), they reject creeds, they reject the Christians in their family, neighborhood, high school, and workplace, they reject television preachers, they reject political

opponents, they reject that annoying lady with the pamphlets, etc. And they don't do it because of the Crusades or because of their childhood. They do it because Christianity is boring, ugly, old, conservative, not spiritual enough, too spiritual, unscientific, unpopular, too popular, irrelevant, confusing, nonsensical, too philosophical, not philosophical enough...a few even reject it because they don't think its true. But rarely do people reject Christianity because of Jesus, or so it appears. Sure, "South Park" and "Family Guy" take a few potshots at Jesus now and then, but even those are still aimed primarily at making fun of Christians. Who doesn't like Jesus?

The frustrating challenge of it all is that you can't have Jesus without his church. I have found that to be painfully, but beautifully, true. The apostle John, who was only a teen when he became one of Jesus' twelve disciples, wrote in his old age, "Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves whoever has been born of him" (1 John 5:1). "He who does not love his brother whom he has seen cannot love God whom he has not seen" (1 John 4:20). Jesus said to his disciples, "Whoever receives you receives me," (Matthew 10:40).

There are times when I wish I could have Jesus without his flawed, ugly, annoying, messed up people. I know that there are others who would say the same thing, and I would be one of the flawed, ugly, annoying, messed up people that they wish weren't part of the package. And I am making no excuses for abuse and ill-behavior among God's people. I am saying, however, that you can't have the shepherd without being one of the sheep.

Mike Ivaska moved to Vashon Island with his parents and brother in 1988. He grew up on the island and graduated VHS in 1998. He and his wife Nichole attend Vashon Island Community Church, where he serves as associate pastor.



## 2011 Health and Fitness Predictions

by Rochelle Gravance

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The New Year is upon us and it's time to look forward. What will happen in 2011? Maybe the best predictor of future arrangements is to look at recent history. What trends have shaped our outlook and actions to date?

The health and fitness industry has shifted and rolled about in the last two decades quite dramatically. From body building to yoga and step classes. From spandex and leg warmers to moisture-wicking garments. From dumbbells and barbells to kettlebells and body weight exercises.

With all the change and options available today, one would think we'd all be more informed, healthier and in much better shape. Fact is, we're fatter and unhealthier than ever.

Is it paralysis by analysis or something else? That may be a fair judgment. Yet truth be told, the majority are still unaware of the implications of poor eating, moving and stress management.

To head the raging steed of unhealthy habits off at the pass, let's take a lesson from history while you humor me with my health and fitness predictions for 2011.

Lessons to be learned and predictions for the coming year...

1. Cardio machines once again worn to a pulp in January. I don't see this trend rescinding anytime soon. Many are still under the impression their salvation to poor eating and movement habits lies at the altar of the treadmill and elliptical. Quite the contrary, especially when cardio is performed in the traditional way and when one's fitness program lacks a proper resistance training component.

2. Workout memberships boom in January. Resolutions a plenty and failures to boot. That's the score in January. Bet your grubstake on it.

3. Tumbleweeds by January 31. Can't seem to secure elbow room at the gym come the first of the year? Worry not. By January 31st the gym will be quiet as the high desert in winter. Fact is, 75% of New Year resolutions go unfulfilled...every year. Spend some time in the great outdoors until the flash firestorm is over.

4. Kettlebells and foam rolling will hit mainstream big time. And for good

reason. Kettlebells are ideal for building dynamic strength, stability, balance and muscle tone. This is uber important since the days of muscle imbalances and subsequent injuries are upon us. Kettlebells are a much more effective cardio fat loss tool than traditional cardio exercise. And foam rolling is a must when attempting to stay injury free on your quest for better health and fitness.

5. Back, neck and knee pain injuries will continue to rise. As stated earlier, muscle imbalances, poor movement patterns, overusing the front of the body and under stimulating the posterior chain, sitting too much and persistently being overweight will push the incidence of injury and pain skyrocketing in the Big 3 joints in 2011 and the coming years. Quite possibly the saddest part is all of the above mentioned factors are preventable. Better news is most if not all are reversible. Even the worst injuries and pain can be managed with little residual effect.

There you have it. My partial, incomplete list of predictions for 2011. If I was a gambler and Vegas was kind with odds, I'd beg, borrow and steal to place a hefty bet on these predictions. But your health shouldn't be a gamble. Don't become another statistic and fail miserably with poorly thought out resolutions. Be sure you know the truth when it comes to your health.

## We've Got a Lot of Kids The First Column

by Kevin Pottinger

Below is the first "We've Got a Lot of Kids" column that appeared in the July 20th, 2005 edition of the Loop.

After a Loose Change gig in the summer of 2005, seated at Casa Bonita with our good friends Troy and Marie, I asked if I could write something for their paper. Watching three of our four kids wrestling for control of a bowl of bean dip, we concluded that I should try to write something about those kids.

I didn't want to write about how cute we thought our kids were, or offer cheerful parenting tips. My wife Maria and I were struggling to maintain our sanity during those first blurry, sleepless years when we had four babies in three-and-a-half years, so I felt compelled to write about the insanity of our lives, to make light of the shrieking horde in the living room, those bickering did-too-did-nots, Their Quadrasonic Majesties the Babies.

We survived, this far: we survived through our love for each other, the help of our friends and family and the community of Vashon. Our kids are mostly in school, and our lives are more orderly and almost routine. We can, for instance, go to the bathroom now without worrying that one of them is going to crash through the living room window or choke on handfuls of dry cat food. We've even read grown-up books with tiny print, to ourselves, without any pictures in them, silently, while the kids played quietly at our feet.

OK, that happened only one time, for about eight minutes, but it did happen. Below is that first column I wrote. \*\*\*\*

We've got a lot of kids.

Well, it's only four kids, but to me, it seems like a lot more than just four. My parents had five kids and that didn't seem like so many. A few of our friends have four kids. Some have more kids than we do. Four isn't really that many kids I suppose, unless they're all mine.

See, they're all little kids: all of our kids are four years old or younger. A little while back they were all three years old or younger.

They cannily imitate one another's cries. It certainly sounds like more than four kids to me. I can never bring quickly to mind what we named them. Nametags would certainly help. And they run in a pack, or a moving, buzzing swarm. We have infant twins and twins are usually telepathic, so the realization of what we're up against with these four is staggering.

If somehow I didn't know better, and were I to guess in some hypothetical state of ignorance, I would say we have perhaps 350 kids.

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For peace of mind and some quiet at night, we all sleep together in a giant bed made with a king sized bed, two cribs and two twin beds all pushed together. It is magnificent: perhaps several miles across. The giant bed allows my wife and I to rest along with the kids, else we'd be up all night walking rounds, tending to the spiny little anemones crying in their own rooms, banging on the bars of their cribs with sippy cups.

We are lucky: they are all rosy cheeked and quite healthy, with good strong teeth and sound orthodontic bites, and well developed jaw muscles. But we don't put our fingers near their mouths anymore.

We got pregnant by accident the first time, but after our first beloved boy, the rest were completely our own decision, except for the part about having twins. Therefore, it follows that we somehow decided to do this.

We have our eldest boy, who's four and a half now, our lovely daughter who's almost three, and the year-old twins, a boy and a girl. Not so many kids, I suppose, unless they're mine.

We may have another child, if more accidents "happen". We have one empty seat left in our Explorer. If that gets filled and we find we accidentally need yet another seat, say we have another set of twins, we'll just not go anywhere, because after all: how could we?

Twins can be fascinating, and our twins are no exception. With the twins in their special double stroller, my family and I are treated like rock stars, or at least as members of a rock star's entourage. By simply parking the car and taking the hoods off the little parrots in a public place, they gather a goo-gooing crowd in minutes.

My wife stays home with the kids, because she wants to, but more to the point, because she has to: the daycare bill for these midget wrestlers would be several thousand dollars each month. She has several medals of valor, which I fashion from time to time out of tin foil and floss. I present them to her in a small ceremony attended by our little kids who signal their approval with burping and smacking noises from their high chairs.

I go to work most days, because I have to, but really, because I have to. I am the very picture of a suburban father grabbing a donut as I sail out the door, gaily shouting "Gotta run, hon!" and sing-shouting "Zip-a-dee-do-dah!" at full breath, commuting to a big, well-appointed office downtown full of adults, to talk about software and engineering and water cooler gossip. Pi R squared, you know. Alpha beta. I could not do what my wife does, but she could do what I do, and much better. Which is why I do what I do. So she can't.

In the months and years ahead, as the kids grow up and my wife and I grow old, we will always remember with fuzzy nostalgia, the days when you could just simply pick them up and carry them from the room screaming.

\*\*\*\*

Thanks for the use of the hall, Troy and Marie.

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# Planet Waves



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

## Aries (March 20-April 19)

What is the role of technology in your relationships? Has Facebook replaced the sight of someone's face, or texting the sound of someone's voice? Digital devices are rapidly infiltrating the realm of human interaction, threatening to take over entirely. There is a reminder in your solar chart to check in with the influence this is having, and to look in subtle ways. Plenty else has been stirring in your interpersonal life; you seem to need a lot more space -- both emotional and physical -- than you have any time in recent memory. You're finally recognizing that what does not work for you cannot be made to work. You are entering a time when the old structures of your life will feel the strain and birth contractions of your rapidly increasing self-awareness. What adjustments to your life patterns have you made to respond to these needs or desires? How have these adjustments affected your relationships? Do you crave human companionship more or less than you did one year ago?

## Taurus (April 19-May 20)

Pluto in Capricorn raises questions about the role that religion has played in shaping your worldview. Remember, like many things, that role should be invisible -- till you look. Religion is more than 'about itself'. Far from being a closed system, it's about all of existence, not merely taught in a house of worship. Its effects reach into every aspect of life, most particularly, how we are supposed to feel about ourselves. Its ideas are, to this day, defended with guns, armor and constitutional amendments. Have you investigated this topic lately, on the most personal level? Have you questioned the extent to which any of the psychological patterns you would love to change are connected to the religious beliefs and practices of your parents? In what ways are your values shaped by religious concepts, among them the supposed necessity of guilt, the 'institution of marriage', faux conservatism, or the notion that God is powerless or vengeful? These days you seem determined to embrace life with your own philosophy. Does it make room for who you want to be at your very best?

## Gemini (May 20-June 21)

Anything giving you feedback does so in a language of some kind. The poet Adrienne Rich described relationships as the dream of a common language. If you were to consider your relationship experiences specifically in the context of the words that are spoken, what would you learn? Do you feel that the words and ideas you express in your partnerships are mutually understood? Do you and the people around you speak the same language? If not, by what means do you overcome the differences? Do you enjoy learning new words and concepts, or do you find the process frustrating? One thing to consider are the potential differences in perspective between you and those close to you. Do the people you attract tend to have a wider or narrower worldview to your own? Where are they from, geographically? How does their spiritual perspective differ from your own? Most significantly, how do you respond to these differences?

## Cancer (June 21-July 22)

Do you feel like the world is making room for you, or more like it's closing in on you? And, whatever is happening, would you say you're responding more with presenting your vulnerable side, or by thickening your skin? Your charts for 2011 suggest that you're going to be a lot more visible, and have the potential to challenge outdated ideas of 'success' and 'achievement' with an invention or creation of your own. If you take your current relationships as an indicator, how would people respond to your having a much more prominent role in the world? There are some who say that success breeds contempt. Others say that everyone likes to bet on a winner. What is your theory? You are a deeply emotional person and some of

your transits describe developing authentic emotional independence. How does that feel to you? Have you found ways to be more independent, while not isolating yourself at the same time?

## Leo (July 22-Aug. 23)

How long does it take to get to know a cat? Mysterious as they are, you get the basics right away. The more significant question for you is, how long does it take for you to get to know the people in your life? It has been a gradual process of seeing through your projections, peeling back layers, looking through the image that people project, though it seems you've been persistent. Your love has been steady, despite many twists and turns. So too has your process of gaining awareness of who the people you care about the most really are. Think back five or 10 years and consider your impressions of the people who have been in your life continually. What was your sense of who they are then, and what is it today? How have you changed in that time, including your philosophy of relationships? Finally, there is a group relationship angle. You have learned a lot about connecting with groups, and how to be yourself in them -- but what, exactly?

## Virgo (Aug. 23-Sep. 22)

Your sign draws much of its energy from the planet Mercury, which is retrograde three times a year. One of the properties of Mercury retrograde is how swiftly, after turning direct, it moves from going one apparent direction to coming up to full speed in the other direction. That suggests a life where you are constantly reconsidering just about everything. Yet some elements of your existence proceed on an entirely different cycle. That involves Chiron, which is in the process of changing signs. For the past five years, Chiron has been your solar 6th house, suggesting you've learned a lot about how to take care of your health. Aquarius, which is in that house for you, is excellent with theory and needs a little help putting things into practice. My question for you is, what have you learned, what have you applied and if you had to choose one longterm goal, what would that be?

## Libra (Sep. 22-Oct. 23)

Most people would say that Saturn in their sign put them under pressure and slowed down the pace of their lives. I have a feeling you're responding differently to Saturn in Libra. The influence of this planet tends to be about guiding us to mature. (In that respect, everyone is feeling it in a slightly different way.) I'm wondering what messages you're getting, and whether Saturn seems to be working as a force for change, or a force that appears to be slowing things down. Some of the most sage words an astrologer ever said to me about Saturn near or conjunct one's Sun (as it is for you in these couple of years) is that it represents coming to terms with yourself. That can at times represent a loss -- such as a loss of what was not truly your own. As another astrologer (a Libra) once said, Saturn always gives more than he takes away. Be mindful of the exchange. Participate consciously.

## Scorpio (Oct. 23-Nov. 22)

The year began with a series of professional or employment-related upheavals that seem to have rewritten the script you thought you were following. They also had an interesting effect of revealing what happens when you're not really taking authority over your life; and you got some clues as to what you can do to get your grip back. How is that coming? Have you made any progress in bringing your personal identity and values closer to the work that you do? Much of what you're experiencing involves old thought-forms, mental patterns and factors of your environment giving way to something new, as if their time has finally come. This will -- of necessity -- change your work patterns, how you think about yourself and how you relate to the people around you. Yet more than ever, you need to choose the

direction of your life. You are in a position to choose what you think of as your destiny. And what would that be?

## Sagittarius (Nov. 22-Dec. 22)

One theme I have not emphasized but which is pervasive in your astrology involves financial independence. This is a big theme nowadays, as the dog of capitalism tries to cast off the fleas of humanity. Yet at the same time, many are becoming weary of being so invested in the system, dependent on one source of income, or one concept of abundance. Pluto in Capricorn is, for you, a story about developing your personal resources in such a way that you have greater personal responsibility over your financial affairs. This includes your methods of acquiring wealth in its many forms, and how you invest them in yourself. Considering the many potential facets to this project, from developing accounting methods to recognizing the many ways that your money represents your power, how is that going? What have you learned about the relationship between standing on your feet financially and emotional independence from your parents?

## Capricorn (Dec. 22-Jan. 20)

I've made a number of references this year to your leadership calling. That's a story about Saturn, the planet of Capricorn, making its way across Libra, your solar 10th house -- the house connected with authority, reputation, fame and acclaim. Even if you're not famous by the standards of People magazine, we are all 'famous in our own worlds', and people look up to you as an example of grounded, purposeful living. Your mission seems to far exceed that, as you may be in a position of leadership in your profession, or even pioneering a new way of doing things. How do you feel when you are called to take a prominent role in the world around you? Does the example you set live up to the theories you hold? Are there any double standards in your life that you would like to resolve? And most important, what are the top items on your agenda, in terms of what you came here to achieve?

## Aquarius (Jan. 20-Feb. 19)

Five years of Chiron in your sign has come with its share of everything from recognizing your 'imperfections' to embracing your talents. In these years, the things that have happened to you, and that you have initiated, had the mark of not only setting you more firmly on your life course, but also in helping you recognize and embrace who you are from the inside out. If you had to list a few of these events and how they have changed you, what would they be? How have developments in seemingly unrelated aspects of your life taught you the same thing, or revealed the same basic truth? In what ways have your ideas about life grown closer to the life you live every day? Last and certainly not least, there is something about Chiron that relates to standing out and being as different as you are. Are you any more at peace with yourself about this than you were, say, in 2005?

## Pisces (Feb. 19-March 20)

You're about to reach the conclusion of Uranus in your birth sign. This visit, by one of the most restless, revolutionary, inventive and disruptive planets, goes back seven years. This is a good time for a review of where you were at the beginning of that stretch, which goes back to March 2004, and where you are today by contrast. In what ways have you experienced personal reinventions during that time? What 'radical' elements of yourself have you developed and brought to the forefront of your life (remembering that radical means coming from your roots)? What have you done to adapt to a condition of constant change, both inner and outer? If you view these past seven years as a time of preparation, what do you think you were preparing for? If you were free to choose a theme for the coming seven years, what would that be?

Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net).



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# Spiritual Smart Aleck



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## Zombie or Not Zombie

by Mary Tuel

The Committee was San Francisco's improv troupe back in the 60s. You might know of other improv groups, the most famous of which is Second City, through which many of our comics and actors pass on their way up.

One night in the 1960s my date and I went to see The Committee, and they did a sketch about computers. In the 50s and 60s we felt threatened by computers. We were afraid they would take over and human beings would become their slaves. This was a popular theme in science fiction of the day, best exemplified by the computer HAL in 2001: a Space Odyssey: "I'm sorry, Dave. I can't do that."

The Committee's sketch started with four men on stage. Two were in lab coats, and two were in suits, standing straight and staring straight ahead. One lab coat explained to the other, pointing to one of the staring men, that this was a gee-whiz super computer that could do gosh darn near everything, and the one standing next to it was a second generation computer, designed by the first.

Lab coat 2 said, "But if computers can build computers, couldn't they take over?" Lab coat 1 laughed and said, "oh no, there's no danger of that." The two lab coats left the stage.

After a moment of silence, the second generation computer said, "How long now, Daddy?" and the first generation computer replied, "Not long, son."

Blackout. We laughed, perhaps a bit uneasily.

Now you could say that computers

have indeed taken over, but it turns out that rather than making us less human, we have made them a way of expressing our humanity. We practice tribal behavior online, making friends, meeting lovers, making marriages, telling stories, handing along folklore and gossip, sending pictures and videos (mostly of cats and dogs doing cute things), and, of course, passing along dreadful lies. I've heard television called the electronic hearth; perhaps computer monitors are the electronic campfires around which we sit and tell each other stories - granted that my campfire is on Vashon Island, and my friend's campfire might be in Texas.

So the whole "computers taking over" scenario played out in a way that none of us could have imagined back when we feared they might take over and make us less than human.

I was thinking too much the other night and it occurred to me that many popular books, television shows, and movies now tell zombie stories. We watch stories of the undead, hungry to steal life from the living, and the small bands of non-zombie human beings who escape and outwit the undead. The narrative is tense, scary, and sometimes funny but the theme is always, "How do I remain human and fully alive in a world where everyone is trying to rob me of my life and humanity?"

That's a pretty transparent metaphor for our fears that we are the living dead, locked into lives and jobs and relationships and thought patterns that smother us and make us less than human. For us feeling alive and human is a struggle. How do we attain that feeling of liveliness? How do we slay our inner zombies?

When we are faced with a great blessing or a great tragedy, we feel alive. We are grounded in our humanity and feel our connections to those we love. But great blessings and great tragedies are rare things, thank heavens, and not things we can control. ordinary things in everyday life cause us to feel alive?

I can't tell you what does it for you. Here are some things that do it for me: singing, writing, praying, the company of dear friends and family, staring out a window, solitude. These are some of my links with my humanity.

What lets you know that you are fully alive, and fully human?

There won't be a quiz.

# Drama Dock Announces Upcoming Auditions



## The Rocky Horror Show Auditions!

Drama Dock is excited to announce upcoming auditions:

Saturday, January 8th 6:30 to 9 pm auditions for The Rocky Horror Show at the Ober Park Performance Space. Please be prepared to sing a song - or part of a song (16 measures minimum)-- and, if possible, I would prefer to hear a song from Rocky Horror! Perusal script available at the library. Questions? Contact Elizabeth Ripley: eripley13000@hotmail.com or 463-6388

Performances for Rocky Horror will take place between July 7th & 17th in 2011.

Please note: I will not be auditioning anyone under the age of 18 years - bring I.D.

Cast of Characters:

Usherette/Magenta: Mezzo Belter

Janet Weiss Soprano Belter

Brad Majors Baritone

Narrator Mature-all voice types possible-- Bass Baritone preferred  
Riff Raff Tenor/High Belter/Rock Wailer

Columbia High Belter & has to know how to Tap Dance - bring yer shoes!

Frank N. Furter Baritone

Rocky High Baritone

Eddie Think the singer Meatloaf :)

Doctor Everett Scott Baritone

The Transylvanians - an assorted group of all ages, all voice types and all sizes :)

## Enchanted April Auditions

Saturday, January 15th 7 to 9 pm auditions for Enchanted April at the Ober Park Performance Space. Please prepare a 1 to 2 minute monologue of your choice. You may be asked to read from the script. Perusal script available at the library. Questions? Contact Elizabeth Ripley: eripley13000@hotmail.com or 463-6388

Performances for Enchanted April will take place between April 15 and 24.

Cast of Characters:

Charlotte Wilkins - Lotty - 30 - 40ish dowdy, childless, fed up, earnest, no social graces, wispy hair, crumpled hat, face puckered with effort and fear, instant soul-mate with Rose, shocked by her own daring at planning this adventure as well as the extravagance of it. Finds the Italian setting wildly,

ridiculously, divinely beautiful.

Rose Arbuthnot - older than Lotty, 30-40ish, prudish, proper, gives every penny to the poor to make up for her husband's evil books, she can't spend anything on her own enjoyment because of where the money comes from. Says of her husband's writing, "No one should write a book God wouldn't like to read."

Clerk - any age, male or female

Lady Caroline Dester - 18 - mid twenties, enchantress and society beauty. Single, from a wealthy, well-known family, wants quiet and to escape from the grabbing hands of men. Wants to recover from too much of everything an indulged young woman knows. Has an overbearing mother who "thinks nothing of value could come from the thinking of a beautiful young woman."

Thomas Briggs - 18 - thirty, handsome, portraitist who inherited the castle. Uses a hat and cane, nice guy smitten with Caroline at first sight... though he can't see very well!

Mrs. William Fisher - 60 to 100, aggressive dowager, widowed 11 years ago, still wearing black. Offers for her personal references: Archbishop of Canterbury, Pres. of the Royal Academy, Gov. of Bank of England. Lives in the past where eminent Victorians such as Tennyson and Browning were family friends. Walks with a cane and wants only to sit in the sun and remember.

Domenico - mature, Italian speaking - caretaker of the castle

Francesca - any age, Italian speaking - housekeeper for the castle

Mellersh Wilkins - 30-55, discreet family solicitor, forceful, top-hatted, frock-coated, respectable, with a high opinion of himself. "Needing an airing" according to Lotty, his wife. Thrifty except where his food is concerned.

Frederick Arbuthnot - (a.k.a. Ferdinand Arrundel) - 30-55, writer of successful, salacious, biographies of royalty: Cleopatra, du' Barry. He writes under a pseudonym to respect his wife's sensibilities. Spends most of his time away from her and knows Lady Caroline very well in his "other life."

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Deadline for the next edition of *The Loop* is  
**January 14**

**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.

**HEALTHY FOOD KITCHEN ORGANIC JUICE BAR**  
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# Don't Forget the Birds



by Ed Swan

## Western Scrub-Jays: Our Next Breeding Bird?

On the recent Christmas Bird Count, Randy Smith and his wife Sharon found the Western Scrub-Jay that chose the neighborhood north of the ferry to hang out in this winter. Scrub-Jays share the same family as our familiar blue-bodied and black-headed Steller's Jay but ornithologists classify them in a different genus. The blue of the Scrub-Jay looks lighter and duller than that of the Steller's Jay. They also differ in that the Scrub-Jay has a rounded head, longer tail and a white belly and eye-stripe, giving it a totally different look than the darker, crested Steller's Jay.



Western Scrub-Jay photo by Jim Rosso

Randy first reported the jay on the Christmas Bird Count several weeks ago. This winter and last winter, single birds popped in and out of neighborhoods on the north end of Vashon. The previous two to three winters before that, they stayed in the Dockton neighborhood on Maury. Joy Nelsen spotted a bird for Vashon-Maury's first record in 1992 on Maury Island. Until the recent several years' of birds staying for the winter, sightings consisted of usually short visits or one-time sightings scattered around the Island.

This record of Western Scrub-Jay occurrence for Vashon reflects the Western Washington experience over the last few decades. The jay represents one of several California species such as the Anna's Hummingbird and House Finch which expanded northward with development. The historical habitat for Scrub-Jays primarily includes open oak forests with some variations of other nut producing trees. They learned to adapt to suburban areas and greatly expanded their range over the last fifty years.

In Washington State, early ornithologists documented well its status as a very rare breeder along the Columbia River at the turn of the last century. By the late 1970's birds were appearing in Thurston and Pierce Counties and a first breeding record in

the Puget Sound region took place in the mid-1990's. It now extends its breeding range to British Columbia. Scrub-Jays nest regularly in Seattle and Tacoma neighborhoods. Vashon seems to be delayed by about a decade from the rest of the area, so breeding here hasn't occurred yet. I would expect we'll get some of the wintering birds staying year-round in residential neighborhoods in the next few years and then having multiple birds finding mates.

Other birds of interest on the Christmas Bird Count included seven Redhead ducks on a small bit of unfrozen pond in Paradise Valley. Puddle duck numbers came in low because all of the major ponds iced up with the cold weather. Sherry Bottoms also saw a Barn Owl, always a good find for Vashon. If you have a question about Vashon birds or a photo or sighting to share, call me at 463-7976 or email at edswan@centurytel.net.

I'm also available as a guide for finding birds around the Island and the Puget Sound region. This is a great time to get a gift certificate for a birding tour. The next few months represent some of the best birding for Vashon with all of the region's waterfowl on display and easy to see from the Island's shores. If you have birding friends or relatives coming, give me a call or visit my website at [www.theswancompany.com](http://www.theswancompany.com) to find out more.

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### Live Entertainment Weekly



**January 7, at 8:30pm**  
**Poultry in Motion**

**January 8, at 9:30pm**  
**Luc & The Lovingtons**

**January 15, at 9pm**  
**Massy Ferguson**

**17618 Vashon Hwy SW**  
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11:30am to midnight

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## Gravel Pit

Continued from Page 1

historically been very eager to reach out to the local Vashon community as an integral part of the process. They very much want to make sure that everyone is heard and that the needs and desires of the local community are intrinsic parts of the project.

Using past projects as a reference, what is likely to happen is a series of public meetings will be held in which the public is invited to participate. Over time, the members of the public with a sustained interest in the project tend to coalesce into a sort of ad hoc working group that interacts with the county to move the project planning forward.

The potential for participation of the groups formally active in the battle with Calportland (The Cascade Land Conservancy, Preserve Our Islands, Vashon-Maury Island Land Trust, People for Puget Sound and the Washington Environmental Council) is unclear. It would not be surprising if individuals crossed over from those organizations and became involved with the planning of the new park. What is most important to stress is that involvement is open to everyone and it is hoped many new people get involved.

Ultimately, there are three primary influences, interacting and overlapping with each other, which will dictate the ultimate realization of the Gravel Pit Park project:

1. The expressed desires of the public.
2. Legal limitations on use created by the funding sources employed (\$19.1 million for the purchase of the property came from the County's conservation

futures fund which brings about the "open space" restrictions).

3. The reality that the County is subject to the same code limitations for land-use that anyone else is: critical areas, watersheds, slopes and so on make for usage limitations and permitting requirements.

Beyond the limitations imposed by these factors there are no special limitations for the park. Kevin Brown, Director of the Parks and Recreation Division for King County has emphasized that the park is to be open to the general public and available for public use. The site already has an extensive trail network and its expansion, improvement and possible connection to the Maury Island Marine Park are already under discussion between interested parties. Kayak and canoe access, some picnicking facilities, variations on access and parking facilities and sanitary facilities are also on the table for examination and discussion. There has also been some mention of the potential for horse trails for the equestrian community.

Initial phases of the project will probably focus on restoring the site to its natural state to the extent that that's practical and possible. There's old equipment and facilities to remove, substantial re-vegetation of the area, mining scar considerations to resolve, and arsenic remediation to consider.

A party celebrating the acquisition of the park site will be held at 7 PM on Saturday, January 8 at the Open Space for Arts and Community. Food and music will be provided and there is no entry fee. The public is expressly invited and encouraged to attend.



## Espresso Latte and Wisdom To Go

**Monday - Friday 5:30am - 3:00pm**  
**Saturday 7:00am - 3:00pm**  
**Sunday 8:00am - 2:00pm**

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# PANDORA'S BOX

Thanks to Vashon for all your great support this past year. We really appreciate it, it makes a big difference to our little family.

In other news: Memorial Party for Dad's left foot soon to be scheduled. Don't miss it, we'll have lots of great specials.

Buddy's Pick of the Week:  
Merrick cow feet in honor of Dad.



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Next Loop comes out January 20



# Positively Speaking

## “Texas Love: Revenge and Selfishness”

By Deborah H. Anderson



A neighbor returned my call while I stood at the baggage carousel. “We’re home and there’s no power yet and it’s cold. They say they’ll restore it by 1AM but they’ve been saying that all week”. I was mentally prepared to return to a very different scenario than I had enjoyed all week.

The second Thanksgiving feast of the day consumed with relatives in the north end of Seattle, the car retrieved from my son and daughter in law’s parking lot, the snow removed from the outside of it and I was ready to do the ferry dash.

Rousing from my traditional “12:55 AM ferry boat power nap” I steadied my eyes on the car in front of me.

Mystic that I am, each time I return to the Island after a significant trip, my heart is filled with a mantra of sorts that will guide me through the next chapter of my life. Usually it sums up all that I’ve learned and speaks to me of the direction I should continue in the future.

This time it appeared on the rear end of the car in front of me. With a myriad of bumperstickers littered across the tailgate, the one in the middle stood out like it was three dimensional. Drum roll please...

“The best revenge is compassion”

That was what it said. Now I have followed that directive for my whole life. It’s not the way of the world. The world says, get even, get back, do unto as you’ve been done unto, at least get settlement money. Certainly the world’s way will get you more money. Litigation is the backbone of American capitalism.

Each life has a broad array of betrayals and inequities one might experience. I remember one time I discovered my boss had a real drug problem and was stealing drugs from a supply meant for clients. My boss’s supervisor called me in and asked me if I thought they should fire the person. I told them because of the kind of person I was I thought they should put the person through rehab. They did. Twice. I was the one who got fired. Hmmm you might say. Then what’s the point? For a whole year after that I struggled to pay my bills. I did eventually find other work. The boss did get clean after a fashion.

But here’s the bigger point. Being in the middle of the drug world is a really icky place to be. You’re in the middle of people who are constantly lying about their behavior and trying to avoid Truth at all costs. Sure it was awful not being able to pay my bills and having my family struggle. I was, however, free of that deceitful environment. That’s how it’s happened each time I’ve taken the

high road. I’ve suffered financially, but the essence of my integrity, faith and hope has remained fully intact. It has allowed me to continue to love people. I would have been fired eventually even if I’d said the boss should have been terminated. Big corporations don’t want whistle blowers around. There is always a fear of transparency.

That doesn’t mean I don’t speak up for myself. That doesn’t mean I don’t say my piece. But it does mean I disengage from the impulse to strike back. The sum of those actions, cumulative over the years, is being stronger and more delighted by people and their gifts and talents that ever I have been. And I was pretty gungho on people before. I can, in fact spread love to others, and ...get this...love myself more. It’s why every great pacifist involved in social justice issues can extend compassion to people who spit on them. It leaves their essence intact.

This year I have to connect with myself in ways that are substantially more self directed than I’ve done in years past. I have to connect with the health of my body in a primary way, increase the footprint of my dreams and aspirations, enjoy my friendships more vigorously. The cumulative effect of consistently choosing compassion rather than retribution leaves with me with an internal emotional and spiritual bank full of the freedom and energy to be more alive and present in my own experience of living.

Unexpectedly in November of 2010 I found in Texas, the confirmation that three things abide: faith, hope and love. And the greatest of these if Love.

2011 is already unrolling. If Love is your default mode and compassion is your response to those who’ve hurt you or betrayed you or left you feeling a lack of assurance that life is good, you will find yourself making choices that build your stockpile of energy for a more positive contribution to the eternal good that is present in our world despite the odds. Much better than trying to figure out how to get your pound of flesh.

Happy New Year.  
Love  
Deborah



# Putting Louis XIV to Bed: The King’s Musicians

Salish Sea Concerts and the Salish Sea Early Music Festival present Putting Louis XIV to Bed: The King’s Musicians on Thursday, January 13 at 7:30 PM at Vashon United Methodist Church at 17928 Vashon Highway SW, with John Lenti on baroque guitar and theorbo (a long-necked lute), baroque bassoonist Anna Marsh, baroque flutist Jeffrey Cohan and baroque violinist Courtney Kuroda. Additional performances of this first program will take place in Bellingham, Tacoma and Seattle, and as part of the Salish Sea Early Music Festival on Orcas, Lopez and San Juan Islands. Please see below for complete concert details.



This exploration of several late 17th-century manuscripts from the Library of Congress and the Bibiotheque Nationale in Paris will include selections from 18 Trios to Put the King to Bed by the king’s favorite composer Jean-Baptiste Lully, and will reveal the moving and irresistible melodies which surrounded Louis XIV, even at bedtime. In addition to Lully, composers to be represented include the king’s guitar instructor Robert de Visee and Marin Marais, both among the musicians who serenaded Louis XIV during his evening bedtime ritual. This program features the seldom-heard baroque bassoon, baroque guitar

(Louis’ instrument) and theorbo which were widely used at the court of Louis XIV, as were the flute and violin of the period.

The suggested donation, a free will offering towards expenses, will be \$15 or \$20 for all concerts. Youth 18 and under are free. For further information the public is requested to call (206) 463-9804. Please see [www.concertspirituel.org](http://www.concertspirituel.org). Pay-as-you-wish tickets and additional information will also be available through [www.brownpapertickets.com](http://www.brownpapertickets.com).

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# Island Epicure



By Marj Watkins

## Good-bye, Year of the Tiger Hello, Year of the Rabbit

Until Chinese New Years Day, February 3rd, I believe, we're still in the Year of the Tiger. Most tigers live in warm climates, like India. Perhaps somewhere in China, tigers still live, but the last tiger seen in Kunming where my son Steve is spending winter vacation with his in-laws, the last tiger walked into town in 1960 or thereabouts. Tiger are powerful creatures, suggesting hot or spicy foods.

Steak Diane is a quick, easy meat dish that never fails to please carnivorous humans. Quantities depend on number of diners, and their appetites. It's the seasonings and the technique that make the dish great. Pork tenderloin cut in slices just under ¼-inch thick would be ideal, but less expensive pork steaks work fine, too.

### STEAK DIANE

#### Ingredients:

Minute beefsteaks or thinly sliced pork cut in pieces about 1 ½ x 1 1/2 inches.

- Tenderizer
- Dijon style mustard
- Black pepper
- Hot water
- Brandy, optional
- Tarragon butter, optional

Sprinkle steaks with water and then tenderizer. Prick thoroughly with a fork. Turn over. Repeat. Let rest a few minutes to come to room temperature.

Heat heavy-bottomed wide skillet. Cast iron works great.

Add and spread oil enough to cover bottom. Sear steak pieces on one side. Sprinkle with pepper and spread with a thin layer of Dijon mustard. Flip to brown other side. This sort of toasts the

mustard.

Transfer to a hot platter. Deglaze the skillet with hot water, using a wooden spatula if you have one.

Pour in a glug or two of brandy. When hot, ignite. Pour sauce over steaks as it flames.

Garnish with Tarragon Butter.

### TARRAGON BUTTER

- 3 Tablespoons soft butter
- ½ teaspoon dried tarragon leaves or ½ Tablespoon fresh tarragon, pounded or well bruised
- 1 Tablespoon minced fresh parsley.

Combine ingredients well. Place a dab on each little steak.

You can also make Pork Steaks Diane Either beef or pork

For the vegetarians, vegans, and gluten sensitive among us, a heart and tummy-warming dish is Rice Pasta with Red Beans. The proteins in the pasta and the beans balance each other to make a main dish with complete protein.

### RICE PASTA WITH RED BEANS

- 4 servings
- 8 ounces rice small shells, macaroni, or wheels
- ½ teaspoon salt
- 2 Tablespoons extra virgin olive oil, divided
- 1 15-ounce can red kidney beans
- 1 8-ounce Hunt's tomato sauce
- Red pepper flakes or red hot pepper sauce to taste

Bring a large pot of water to a rolling, rollicking boil. Add 1 Tablespoon of the oil, the salt, and – while stirring – slowly add the pasta. Reduce heat to medium and cook the length of time directed on the package. Press a piece of pasta against the inside wall of the pot with a fork edge. If it cuts fairly easily, drain the pasta through a sieve or colander. Toss with the other tablespoon of oil. Return pasta to the pot, along with the remaining ingredients. Stir. Heat to steaming. Serve hot.

Bon appetite, and Happy New Year!

P.S. You were born in the Year of the Tiger if you were born in you who were born after Chinese New Year in 1926, 1938, 1950, 1962, 1974, 1988, or 2000, or in January of the next year. The rest of that year, 1927, 1939, 1951, 1975, 1989, or 2001 belongs to the Year of the Rabbit.

# Encaustic Art at the Red Bike



Encaustic artist Lisa Hurst of Waking Hands Studio is displaying her work at the Red Bicycle Bistro during the month of January. Hurst, a teaching artist with years of experience in metal sculpture and clay, branched out into encaustic painting when she relocated to Seattle two years ago. The process involves incorporating oil pigments, as well as mixed media, in a beeswax base. "The encaustic medium is immensely transformative as the wax heats, spreads, solidifies, and reheats in layers," Hurst says. The resulting work has depth and texture unique to this process. Hurst says she enjoys both the speed of the process and the challenges it poses. Unlike conventional oil paintings, encaustics set up very quickly, presenting both difficulties and opportunities.

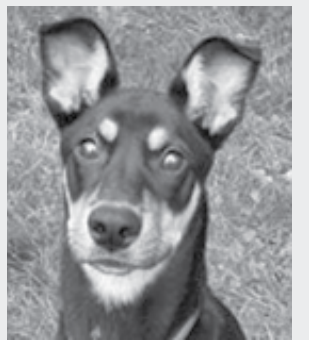
The name of Hurst's Pioneer Square studio has its roots in her philosophy of art and life. "Waking is a celebration of a person's life when they have passed – a

'wake'; a goodbye to something lost," she explains. "It is also our common idea of coming back to wakefulness from sleep; coming into movement, awareness, and richer emotion. My experience in art making is often both of these wakings simultaneously, and I view art as an essential healing and growth tool."

Originally from Texas, Hurst lived at Paradise Cove twenty years ago before moving to Virginia with her family. She has taught in public schools, Radford University, and Virginia Tech. She currently teaches at the Art Institute of Seattle. Hurst says "I need to teach or I stagnate. I teach in order to learn." She splits her time between Vashon Island and Seattle. "Like a lot of people I love the intensity of the city but I crave the peace and openness of island life. I feel like I have closed a magnificent circle by returning to this area". She can be contacted at [lisa\\_1\\_hurst@yahoo.com](mailto:lisa_1_hurst@yahoo.com).

## 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](mailto:jaybecker@aol.com). There is a \$125 donation requested to mitigate the costs of rescuing her and all our other dogs.



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## Next Edition of The Loop Comes out Thursday, January 20

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# Quartermaster Inn & Restaurant

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February 17 - Six Regions, Six Cabernet Sauvignons

March 31 - Pinot Noir - American v. French

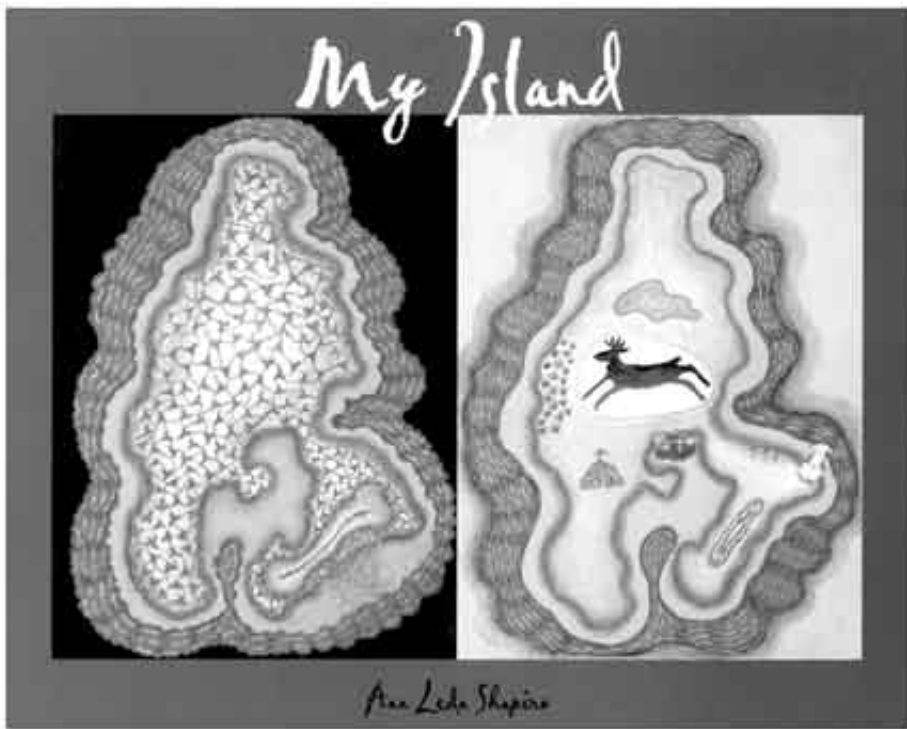
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# Lopy Laffs

Three phrases that sum up Christmas are: "Peace on Earth," "Goodwill to Men," and "Batteries not included."

My daughter is an electrical officer on a carrier. Recently I asked her what her duties were. She answered, "To fix electrical problems."

When I asked what was considered an electrical problem on a carrier, she replied, "Anything you can't fix with a hammer."

How about the two old men, one a retired professor of psychology and the other a retired professor of history...their wives had talked them into a two week stay at a hotel in the Catskills. They were

sitting around on the porch of the hotel watching the sun set. The professor of history said to the professor of psychology, "Have you read Marx?" To which the professor of psychology said, "Yes, I think it's the wicker chairs!"

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 guy walks into a bar with a dachshund under his arm. The dog is wearing a SeaHawk's helmet and is holding pom poms.

The bartender says, "Hey! No pets allowed in here! You'll have to leave!"

The man begs, "Look I'm desperate. We're both big fans, my TV is broken, and this is the only place we can see the game!"

After securing a promise, that the dog will behave and warning him that if there is any trouble they will be thrown out, the bartender relents and allows them to stay in the bar and watch the game.

The game begins with the Sea Hawks receiving a kickoff. They march down field stop at the 30, and kick a field goal. With that the dog jumps up on the bar and begins walking up and down the bar giving everyone a high-five.

The bartender says, "Wow that is the most amazing thing I've ever seen! What! does the dog do if they score a touchdown?"

"I don't know," replies the owner, "I've only had him for four years."



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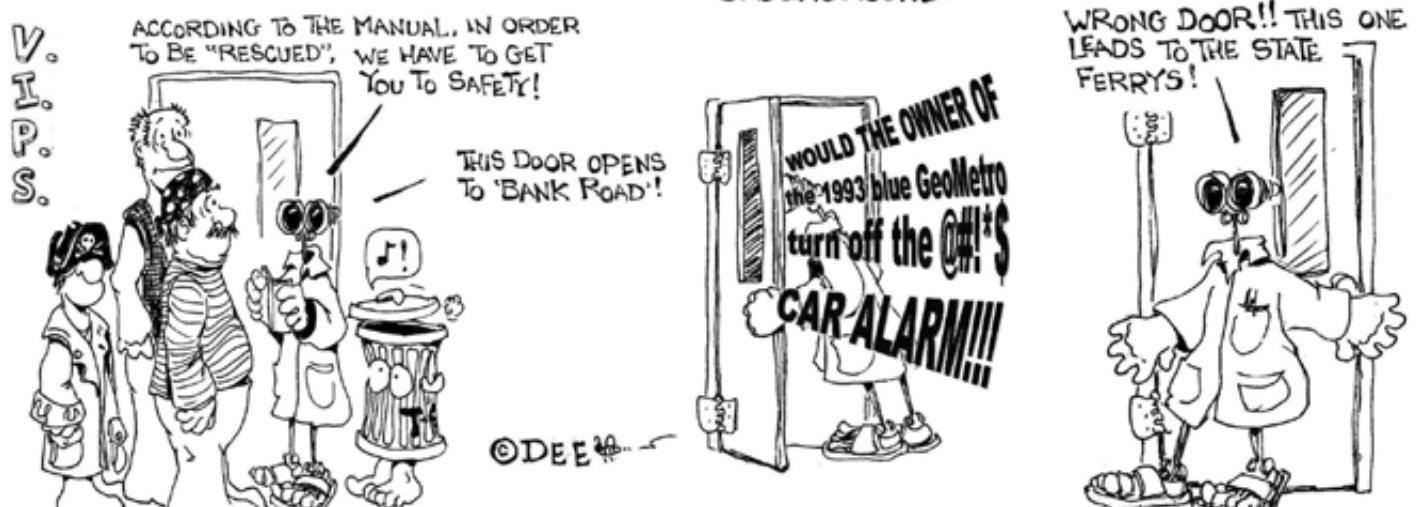
While touring historic buildings in Alexandria, Virginia, we visited an old church. The guide told us that George Washington had attended services there and pointed to his pew. A reverent silence fell. The guide, encouraged by this, went on to tell us that church services back then had been very lengthy -- frequently lasting three hours or more. The mood of the moment was shattered when an anonymous voice whispered loudly, "So George Washington slept here too!"

## Moose Lake



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## LOGJAM





## Poultry in Motion

There's a new thing going on around the Island called "Poultry in Motion". That's right "Poultry" not "Poetry". It's a little country, a little Cajun and it's about having a good time. We may throw in some western swing as well; you just never can tell.

Just look for the big yellow chicken. "Poultry in Motion" is a bunch of Vashon roosters: Dave Lang, the man who brought Cajun music to Seattle with "How's Bayou" back in the 70's, will be pumping the accordion, fiddle and mandolin. Wilson Abbott will be doing his swampy slide thing on Dobro and lap steel guitar. Gib Damon will be wackin' the drum kit. Steve Amsden is on the acoustic guitar with an occasional banjo break out. Doug Ringer lays down that solid bass line. Chris Anderson does the lead guitar duties on that bright red Strat. And Randy Bruce tickles the ivories and plays a



sweet fiddle to boot.

Finish your weekend with some great food, good drinks and some foot stompin' music with "Poultry in Motion".

This show is an all-ages show 'til 11pm, 21+ after that. Free cover!

Friday, January 7, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

## Luc & the Lovingtons



Luc & The Lovingtons are a World-Soul-Pop band based out of Seattle, who have recently garnered international acclaim through their "Freedom Song". A sought after group with contagious energy and warmth, The Lovingtons bring back the spirit of the days of Motown, with a stack of songs full of empowerment, uplift and joy. With a powerhouse of vocal harmonies over rich soul grooves, they are a classy and youthful group known for... their sincerity and authenticity. Four of the five members grew up in a small mountain town in the Methow Valley of North Central Washington and the fifth a hip-hop artist hailing from Chile. They are a dynamic group with humble roots. A charismatic and energetic performer, Luc leads the group through a set of songs created with lyrics that channel the introspection and empowerment of artists like Stevie Wonder and India Arie. Harboring the name of love in their moniker, the band is a powerful representation of music and social service combined.

In February 2010, two-time Grammy award winning artist Jason Mraz, after discovering the "Freedom Song" and being struck by the music and it's story, began to cover it around the world. Since then, the Lovingtons have performed in a national tour with Mraz, selling more records than any other opening act in the artist's touring history.

"...one of my new favorite groups, I think they're one of the most heart-centered bands out there today" -Jason Mraz

In November 2010, Luc & The Lovingtons performed at The Freedom Awards Ceremony in L.A. The ceremony honors the top humanitarian leaders fighting against modern slavery today.

While on tour in Chile-South America in January 2010, The Lovingtons filmed a colorful music video in Valparaiso, to their song "Come On Down".

This is an all-ages show until 11pm, 21+ after that. Free cover!

Saturday, January 8, 9:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

## 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

# Lunavision Presents Under Our Skin

A real-life thriller and shocking expose about how our corrupt medical system is failing to address one of the most serious epidemics of our times. A gripping tale of microbes, medicine and money, UNDER OUR SKIN exposes the hidden story of Lyme disease, one of the most controversial and fastest growing epidemics of our time. Each year thousands go undiagnosed or misdiagnosed, told that their symptoms are "all in their head." Following the stories of patients and physicians fights for their lives and livelihoods, the film brings into focus a haunting picture of



the healthcare system and a medical establishment all too willing to put profits ahead of patients. By Andy Abrahams Wilson and Open Eye Pictures.

www.underourskin.com

Saturday, January 15, 7pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

## Vashon Celtic Players and Knitters too!

Here's a Vashon institution that just happens to find its home at Cafe Luna every Third Sunday of the month. It's the kind of music that you can enjoy with both ears, or just half an ear, while talking to a friend or quietly relaxing. So, grab a beer and have a great time with these fun-loving folks; at least a dozen of the 70 musicians show up to play most of the

merry melodies (mostly Irish, jigs, reels, and polkas) from memory. Beginners are welcome; staying with the beat is the only requirement. Get a head start with the 250 tunes on their website, home. comcast.net/~saustin98/lark/.

Sunday, January 16, 4-6pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

## Upcoming 2011 Salish Sea Concerts on Vashon

- On Thursday, February 10 at 7:30 PM at United Methodist Church, Irish and Scottish Baroque and the Russian Guitar will feature Oleg Timofeyev from Iowa City, Iowa on lute and Russian 7-string guitar with Jeffrey Cohan on baroque flute and an 8-keyed flute made in London in 1820.

Two distinct worlds of musical expression will be explored: Scottish and Irish baroque music by the blind Irish harpist Turlough Carolan, Scottish flutists James Oswald and Burk Thumoth and others on baroque flute and lute, and works for the Russian guitar and the 8-keyed flute of the 19th century by Mauro Giuliani, Ignaz Held and others.

- On Saturday, March 19 at 7:30 PM at at United Methodist Church, Concert Spirituel and the American Handel Festival (www.americanhandelfestival.org) present A Handel Celebration for Bach's Birthday with soprano Linda Tsatsanis, baroque flutist Jeffrey Cohan and harpsichordist Lisa Michele Lewis. The program will be repeated in Seattle on March 21.

Birthdays celebration selections will include Meine Seele hort im Sehen and Singe Seele, Gott zum Preise from Handel's Nine German Arias; Sweet Bird, That Shunn'st The Noise Of Folly from Allegro, ed il Pensieroso, Handel's pastoral ode based on the poetry of

John Milton; Klein-Zschocher musse from Bach's Peasant Cantata and Ei! wie schmecht der Coffee susse! from Bach's Coffee Cantata; and solos for flute, cello and harpsichord by both Bach and Handel.

The program will be dedicated to conductor and harpsichordist George Shangrow, who championed the oratorios and other large choral and orchestral works of Handel and Bach in the Northwest.

Please celebrate following the performance with birthday cake for Bach!

- Finally, on Thursday, April 14 at 7:30 PM at at United Methodist Church, Johann Sebastian Bach's Musical Offering will feature harpsichordist Hans-Jürgen Schnoor (Lübeck, Germany), baroque violinist Ingrid Mathews (director, Seattle Baroque Orchestra) and baroque flutist Jeffrey Cohan. Location to be announced.

One of the greatest works of chamber music of any era, the complex and beautiful Musical Offering trio sonata written by Johann Sebastian Bach on a theme provided by King Frederick II "The Great" of Prussia after Bach visited him in 1747, will be performed in addition to sonatas and other works by J.S. Bach for flute, violin and harpsichord.

## Jack Needs A Home...



Jack loves to play with balls outside or chase sticks that you throw way out in the water at the beach. He loves going to Lisabeula or KVI beach...his favorite thing is to run like the wind and chase sticks. Jack is big, probably too big to be around small children... he is just too excitable and hasn't been around a lot of children. Jack is good with other dogs and plays well with them. Black/Lab, 8yrs, Male

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# Ric Gillman

## Six and Twelve String Acoustic Guitar



Ric Gillman, a seasoned solo performing and recording artist, hails from the shores of the Great Lake Superior. He is a sailor, a writer, producer and most of all an amazing guitar player. He has recorded and performed with some of the music industry's best including Bobby Vee, Pat Donahue, Tommy Emmanuel, Spider John Koerner and more. He has written and produced shows for Independent Public Radio and has an ongoing presentation on the Public Radio Exchange. His latest series of programs "The Madeline Island Radio Hour" airing from Grand Marais, MN to Bizbee, AZ has been touted as one of the better programs to cross the borders. He claims since these stations cross the Canadian and Mexican borders, that the show must be international. Teaming up with some great musicians has lead to his opportunity to form and perform with several ensembles.

"Chance" of 'Northern Exposure' fame, Big Top Chautauqua and nationwide "Tent Show Radio", CharterKats, a 12 member ensemble of the Midwest finest talents, the "Great Lakes Boys" (named by Director James Billington, Library of Congress) and a duet with his son Bentley, one of the best vocalists and upcoming talents in the region.

With 5 CD's to his credit and a 6th on the way you can't afford to miss the intricacies of his finger style or journey he presents. Quite simply there is laughter and amazement on the way.

"Some of the finest guitar playing I have heard, anywhere"- Submitted by Barb M. Brown, Chequamegon Associated Press

Friday, January 14, 7pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

# LeRoy Bell Concert



Check out LeRoy Bell and His Only Friends when they play Bell's bluesy, soulful all original music at the Blue Heron, 7:30 pm, Saturday, January 15. Known as a songwriter turned musician, Bell has performed with some of the greats including: B.B. King, Etta James, Al Green, LeAnne Rimes, Michael McDonald, Mavis Staples, Keb Mo, Taj Mahal, Leon Russell, Sonny Landreth, Charlie Musselwhite and Los Lobos. He'll be joined by Terry Morgan on bass and vocals and Davis Martin on drums and percussion. Tickets are \$12/\$15 and available now at Blue Heron, Heron's Nest, Books by the Way or Brownpapertickets.com.

## Artist Reception

# Nanette Langston Charron

## Eternally Devoted Watercolorist

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

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## Massy Ferguson

*Continued from Page 1*

Bravery in past Airwaves festivals.

"It was a great experience" MF singer Ethan Anderson said. "We got to hear a bunch of great acts, eat some crazy food ... basically bum around and then play a gig. I'd do it again in a heartbeat."

Anderson and MF won the Seattle Weekly Reverb Festival poll, receiving the most votes for "vote for your favorite band," beating out 60 other Seattle bands.

Massy Ferguson most recently released a new album, "Hard Water," which received great reviews and heavy rotation on a number of national stations, including Seattle's own KEXP. They we're also voted as the #7 Album of the Year by AbsolutePunk.net, which called them America's "next up and coming rock americana act."

This is an all-ages free cover show until 11pm, then 21+ after that.

Saturday, January 15, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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www.vashonloop.com.**

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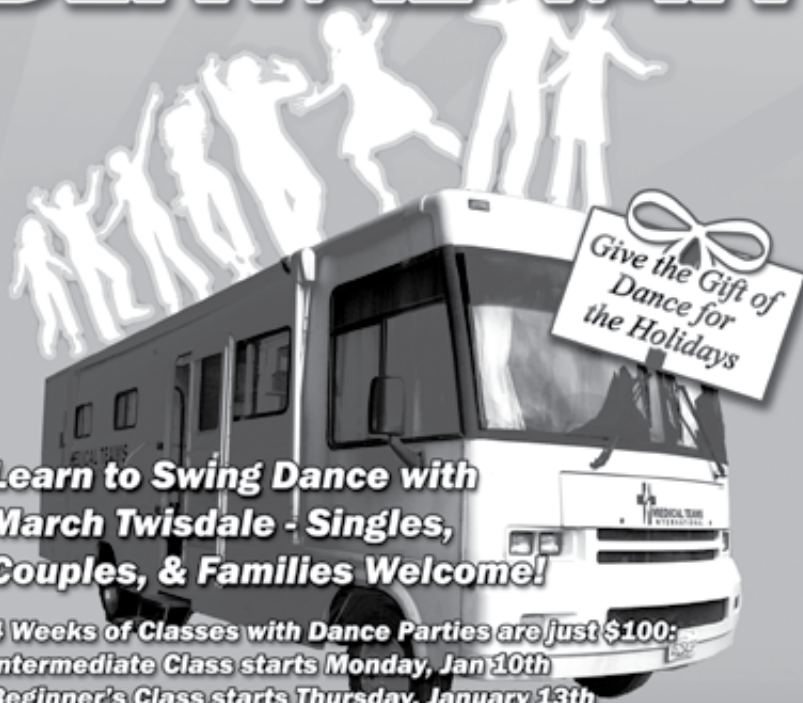
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Hope is on the way.  
The Medical Teams International Dental Van helps Vashon Island residents get the dental care they need! We want to support them and are raising funds by offering dance classes where 50% or more of the proceeds goes towards supporting this vital island service.