

To Bee or Not to Bee, That is the Question

Be amazed at their phonetic feats! Enjoy the savory treats and sweets!



Two time winners, the Scrub-Bees: Katie Konrad, Liz Hopper and Medea Karr.

The sixth annual Vashon Community Scholarship Foundation sponsored Spelling Bee is just around the corner. "Spell It! 2012" will be held on Sunday, January 29, 2012 in the Vashon High School Theater from 3-6 PM. The money raised through this event goes towards the scholarships given to VHS seniors

who complete a scholarship notebook. The spelling bee has become a perennial favorite to help ward off those pesky winter blues. Courageous costumed spellers of all ages, from young students to octogenarians, take their turns delighting the audience
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Road to Resilience Thoughts for the Season

By Terry Sullivan, Transition Vashon

As a harbinger of hard times to come, writing a hopeful message of "good tidings" as is appropriate to the season is a real challenge for me. In fact, I already wrote a first draft and am back to square one because it was too preachy. So, giving the Grinch a vacation, I'm going to try to talk about what is hopeful for me and what I try to do to be the change that I think will help us survive in the future.

For thousands of years, the winter solstice and the return of the light has been celebrated in all religious traditions as evidence that faith and hope are warranted. I don't profess an organized faith in a deity as such, but, for me, this celebration implies a faith in Life and the "natural order of things". The cycle of light to darkness to light again is a hopeful and comforting meme. As a Buddhist, I am still trying to imagine and embrace the unchangeable wisdom and perfection of "All That Is". As a human, I have to struggle everyday to try to do and think better. Nothing strange and new there. As a professional harbinger, I have to continually fight the natural tendency to think that I know better than you do. Fortunately, all the ways that I don't practice what I preach help me to subdue my messianic tendencies. So, what do I do to try to stay focused?

I meditate. Not as much as I would

like, but any is better than none. Also any time for idle reflection helps recharge the old batteries.

I write this column. I try to be objective and factual, so I need to keep reading and listening. As far as advice is concerned, there is really nothing new there to you or me, but I know that I need some reminding. I'm thinking maybe some of you do too.

I bounce things off other people, especially my wife, Elizabeth, to keep things in perspective. I bounce them off you too; I get some response, but could use more.

I try to actively build trust and mutual regard by being trustworthy, dependable, and tolerant in everything I do, and don't get beside myself when I fall short. Probably like you, I always intend to do it, but I don't always remember. I really believe, though, that if I do it, others will see and do it too. In order to believe that, I have to come from a default position that all beings are basically good. Many consider that a naïve notion, but, for me, if there were a hell, then not having that belief would be it for me. There is a great ad on public TV where a succession of people notice someone doing a good deed and they do the same when they get an opportunity. I like as well the reminder that you don't

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VOV Recieves \$15,000 Grant from PSE Foundation



Andy Wappler, Puget Sound Energy Foundation chair present \$15,000 to Voice of Vashon presedent Jeanne Dougherty.

Voice of Vashon received a major grant this week from Puget Sound Energy Foundation. The \$15,000 grant will fund the final phase of development of the Island's emergency broadcasting system on 1650AM. At the presentation ceremony, held Wednesday at the Voice of Vashon studios at Paradise Ridge, Foundation President Andy Wapler presented the check to Voice of Vashon Board President Jeanne Dougherty as emergency broadcast system volunteers Jeff Hoyt and Susan McCabe looked on. Vashon's own Puget Sound Energy Service Center

Manager Patti McClements was there for the celebration. She works closely with Voice of Vashon volunteers during power outage emergencies. The system also provides information on ferry disruptions, road closures and -- during major storms and other emergencies -- provides comprehensive round-the-clock emergency information to Island residents for their safety and comfort.

The grant will allow VoV to install Signs to alert people when to tune to 1650AM. Several thousand dollars has already been invested in an AM radio
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Blast From the Past Ah, it's good to be home

By Hamish Todd

I am on the third, or maybe it's the fifth floor of Harborview Hospital; on the Mental Unit. I was put here by a "mental health" court. In the basement of the hospital a little court. As no charges were brought against me upon my arrest, I suppose they had to formalize my oncoming incarceration. It's like a Pink Floyd movie; the judge is a mean mouth shouting out allegations against me.

"You were in bare feet, walking down the middle of the road." She said this as though A. bare feet were a criminal offense and B. like I was in the middle of the highway. In reality it was summer time and I was on a rural country road on Vashon Island where I could have seen and heard a car coming from a mile away. My appointed lawyer did not however, offer one word in my defense, and I was summarily sentenced

to ten to 14 days on the psych ward.

I come here a lot, to what feels like the south end of the building, but it is actually the east side, at least it looks to the east- over downtown, the Sodo, and Puget Sound. I can see the northern end of the Island from here, and there are three crows from the Island, who must have followed the ambulance, for they know I'm here, and I can see them seeing me almost every day. It helps a great deal to keep me sane in this otherwise nutty place. My roommate is a big thick skulled man in his mid to late twenties. He draws dinosaurs, exclusively, and knows all their names: Tyrannosaurus Rex, Plesiosaurus, Rhampphorhynchus. He's a wonderful guy, just a little slow maybe. Granted I wouldn't want to see him angry, but that goes for just about everyone I know. There's a real mad man

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Get in The Loop

Submissions to the Loop

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

Vashon Island Junior Basketball League 2012 --

VIJB season play starts by age group. Register now to keep your little dribbler active all Winter.

Third & Fourth Grade League -- Kids at this level are uber enthusiastic for the game. Volunteer Coaches conduct one practice a week concentrating on team play, and improving basketball skills. Games will be on Saturdays starting February 4. Registration deadline is December 31. Practices begin January 7 and games start February 4. Fee is \$65 plus tax.

Fifth & Sixth Grade League -- Kids at this level get competitive and work up a frenzy for the game. Volunteer Coaches conduct one practice a week concentrating on team play, and honing skills. Games will be on Saturdays starting February 4. Play is divided by gender. Registration deadline is December 31. Practices start the first week of January and games begin February 3. Fee is \$65 plus tax.

Yay! It's time for Ski-& Snowboard -School 2012!

And, that means the Ski Bus to Snoqualmie Pass Saturdays from January 7 to February 25 -- snowboard and/or ski lessons with Ski Masters -- AND, Discount Lift Passes.

Register now thru December 31. You can print out the packet online then turn it all in, in person, at the Ober Park office.

Babysitter Training – Get Certified January 14

The Red Cross babysitter certification is coveted by many a babysitter and desired by many a parent. The class -- taught by a certified Red Cross instructor -- runs from 8:45AM to 3:45PM on Saturday, January 14 at the Chautauqua Multi-Purpose Room. Bring lunch and wear comfortable clothes. Register early-space is limited. The Red Cross has raised the fee to \$98 per student this year.

Compost the Loop

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

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

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Vashon School District looking for a Con Statement Writer for the Capital/Tech Levy

The Capital and Technology Levy will be on our ballot in February, 2012. This is a 4 year levy to replace our current 3 year levy.

I am writing the Pro Statement for the Voters Pamphlet. As of yet there is no one who has stepped forward to write the Con Statement. Because I believe that both sides of all issues need to be represented, I am putting out this request. Up to three people can be listed as writers of the statement.

For more information you can contact me at 463-7277 or the school district at 463-2121 ext 8123 for the assistant to Michael Soltman. Names of writers must be submitted to King County Elections by December 30th and statements are due by January 3rd. Since the time frame is during school break, I would probably be the better contact.

Hilary Emmer
463-7277

Sci-Fi Saturday

Sci-Fi Saturday is a new film series at the Vashon Theatre. These will be the classics from the 50's & 60's! Such titles will include, "War of the Worlds" "When Worlds Collide" "Invasion of the Body Snatchers" "Them!" and many others.

1st Saturday of each month

Show time 1:30pm

Admission \$5.00-\$10.00 + A can of food. Proceeds will benefit The Chicken Soup Brigade.

The feature will be, "Invasion of the Body Snatchers." January 7

Vashon Indoor Skate Park— Check out the Ramp Re-design

5:30PM Wednesday thru Friday; Saturday & Sunday-11:30AM -5:30PM. Open weekend hours during Winter and Spring school breaks. Save Money and skate cash free-- Get in on new low session prices, weekly, monthly and quarterly passes and special memberships. Call 463-9999 or sign up online.

Jr. Crew Spring Session starts February 3 –Join the Winners

Rowing is a blend of power, balance, finesse, and endurance above the water and below. And, it's a team sport. Vashon Jr. Crew offers a blend of characters and athletic backgrounds aiming at common goals. In 2010 Vashon earned 12 medals in 17 events at Regional Championships, and were the only crew from the region to medal in multiple events. New rowers will learn the basics of the rowing stroke and get a well-rounded introduction to this novel sport. Varsity and Novice rowers will compete in a couple of regattas throughout the season. Registration packet is available for download or at Ober Park office. Registration does not guarantee placement on the team. Season ends May 21, 2012. Fee is \$400 exclusive of regatta fees.

NEW! VoV TV and VPD Collaborate to bring you Elements of Video Production

Creating a quality video presentation is easier and more fulfilling than you may think. Your Vashon business, community and family each benefit abundantly when featured in a well produced video. From camera staging and audio support to lighting, shot planning, directing talent and post production editorial, Instructors Richard Montague and James Culbertson bring their joint 40 years of professional experience to showing you the basics, honing your technical knowledge and creative expertise. Mondays 7PM-9PM at the VoV studio, February 27 through April 2, 2012. Enrollment is limited. Age



16 and up. \$125 Get more information and register online at www.vashonparkdistrict.org

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www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at www.vashoncalendar.org

December 22 '11

STORIES for the EIGHTH NIGHT of HANUKKAH



Merna Ann Hecht

Celebrate the last night of Hanukkah, the Jewish Festival of Lights, with traditional Hanukkah stories presented by Talespinners Merna Ann Hecht. The event is recommended for ages 8 through 98! The stories for this program are rich with the flavor of Jewish humor and pathos, in celebration of light and hope for all people. Hecht is a nationally known storyteller, and a poet and teacher who has lived on Vashon for over twenty years.

4pm Vashon Bookshop, Wednesday, December 28.



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. If interested or if you have questions, please call Julea at 567-4421.

Vashon's Yellow Pages on line.

Find it on

www.VashonPages.com

Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info
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Next Edition of The Loop Comes out Thursday, January 5

Deadline for the next edition of *The Loop* is

Friday, December 30

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PANDORA'S BOX

Well, we are all missing Buddy.
His spirit is still roaming around and riding the cart.
Thanks for all the kind words of condolence.
It is comforting to know that he touched so many.

Cheryl's Pick of the Week:
Trying to catch the shy little tabby that keeps running under the ramp and back to the building next door.
It's becoming a challenge.
Also - Don't forget to shop early for Christmas treats!

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



NIECE PUMPING SERVICE

wishes to take this time to thank all our loyal customers for their business. In mid-November, we received notice that the fee we pay for Septic/Sewage disposal will be rising over 20% as of January 1st. Consequently, our prices will be rising at the first of the year to accommodate this unexpected change. We realize that year-end and holidays are often tight, financially, thus poor times to hear of increasing costs. But we feel it only fair to allow you as Much time as possible to take advantage of our current pumping prices.

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At What Cost to Orcas?

By Orca Annie Stateler,
VHP Coordinator

The Vashon Hydrophone Project (VHP) will not solicit “subscription” fees from Islanders – not now, not ever -- to find out where to watch orcas in our waters. We rely on you to support our research effort by calling us when you see whales. In gratitude, we do what we can to inform you, in a precautionary manner, where you can go (without trespassing on private property) for a decent view of whales when they visit Vashon.

As a research provider, the VHP is ethically constrained from soliciting fees for access to whale sightings. Monetizing sightings might compromise the integrity of the data, and data should not have an agenda. Several NGOs receive public money-- thousands of your tax dollars -- for distributing whale sightings. Asking you to pay anything extra for “orca alerts” is gratuitous. You have already paid for this information. Moreover, if last year is any indicator, you will be waiting a while for any return on your subscriber fee. Southern Resident orcas were absent from Island waters between mid-November 2010 and early February 2011.

An estimated 300,000 vessels traverse Puget Sound annually. Busy marinas and boat launches surround the Island. While Vashonites may not chase whales by boat around the Island, it is naïve to assume that others mirror our values. Often the boats in our area behave poorly, evidently oblivious to “Be Whale Wise” guidelines.

Mark Sears and I routinely observe and report vessel effects and outright harassment of endangered whales in Vashon-Maury waters. A pattern persists of vessel impacts on the Southern Residents when real-time locations are readily available via social media, text, and email. Nothing transmitted online is secure, and online content rapidly spreads like a virus. Frequent updates establish an electronic trail, allowing any boat with a smart phone to stalk the Southern Residents through lower Puget Sound.

This community was outraged at the idea of gravel barges plowing



through Southern Resident critical habitat, disturbing endangered orcas when they are most vulnerable and when they must expend more energy to find food. The impact from inconsiderate recreational boats pursuing these whales through Island waters could be worse than the impact of intermittent gravel barges. It defies logic, and I repeat, it is not precautionary to betray real-time locations of endangered species sensitive to vessel impacts on any platform that is instantly accessible to countless boaters.

Just one rude boater can interfere with our data collection, as I detailed in my last article. Just one clueless boater harassing the orcas at Point Robinson can spoil the experience for watchers on shore. We have observed that when boats impede the inshore access, killer whales do not come close to the point or the beach as they did during the October 28 superpod.

Of the significant threats facing our orcas -- depleted Chinook salmon;

toxins (PBDE, PCBs) in their blubber; ever-increasing underwater noise and crowding by boats; disease; oil spills; climate change, et al -- we likely have the most control over vessel effects and how we convey sighting information. The recovery goal for the Southern Resident Community is 120 members. Currently at 88 members, the population struggles to surpass 90. To prevent their extinction, we must emphasize the well-being of the whales over the instant gratification of humans.

Apex predators, especially endangered ones, exhibit signs of stress when we deprive them of space and privacy. The Southern Residents are overexposed. Relentlessly pursued by boats during summer in the San Juans, J, K, and L Pods deserve a much-needed break when they come here to forage and have babies. We could stand to be better hosts.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and Central Puget Sound waters, initiated three decades ago by researcher Mark Sears. Call the VHP about seal pups as well as dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com. The NMFS Enforcement number is 1-800-853-1964.



Boat on top of orcas at Point Robinson. Jeff Webb photo, 2/2/11.

To Bee or Not to Bee

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with displays of their spelling prowess. Support your favorite spellers through the agony and the ecstasy of rising and falling diphthongs.

Now is the time to gather your team of one, two or three members and register so there will be ample time to plan your costume. Once again, the audience will be voting on the costumes. Last year’s Scrub-Bees: Liz Hopper, Medea Karr and Katie Konrad won both the spelling bee and the costume contest! Their entry fee will be waived should they chose to compete again this year. The entry fee for all other spelling participants is \$50/person.

Tickets will be available at Vashon Bookshop in January and at the door on January 29. Prices for the tickets are \$15 for adults and \$10 for seniors and students. To register as a spelling participant, forms are available at Vashon Bookshop or contact Barbara Gustafson at 206-463-1638 or via email: rggbdg@yahoo.com



Emcees, Jeff Hoyt and Jeannie Dougherty

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Island Dance Theatre Ballet Company Soars through Spring

Kim Gallo and Island Dance Theatre offer ballet classes for children and adults. Price increases reflect the longer trimester session of 22 weeks. Payment plans are welcome. All classes are at Ober Park.

Beginning Ballet -- Ballet basics for dancers 5 and older. Girls-light pink leotard, tights, ballet shoes. Boys-black pants, white t-shirt & shoes. Tuesdays, 4:50 – 5:45, Starts January 3. \$140

Intermediate Ballet -- Intermediate ballet instruction for dancers age 8 and up. Girls: burgundy leotard, tights & ballet shoes. Boys- black pants, white t-shirt & shoes. Mondays & Fridays, 4-5:25PM. Starts January 9. \$400.

Advanced Ballet -- Advanced ballet instruction for dancers age 12 and up or by instructor placement. Girls- black leotard, tights & ballet shoes; boys --black pants, white t-shirt & shoes. Monday & Friday 5:35-7:30PM; Wednesdays, 5:30-6:45PM. Starts January 9. \$720

Pointe/Pre-Pointe Ballet -- All about

ballet on Pointe for dancers age 12 and older. Beginning to Intermediate training in technique, core strength and balance, With opportunities to learn Variation outside company’s choreography for common dances, i.e. Sugar Plum, Black Swan...Wednesdays, 4-5:25PM; Saturdays, 11:30AM to 12:55PM. Starts January 4. \$400

NEW! Pre-Tumbling for Movers age 3-5- Pre-tumbling capitalizes on movements natural to pre-schoolers under the guidance of certified tumbling instructor, Kim Gallo. Need leggings and a fitted shirt or leotard, bare feet, hair pulled back in a LOW pony tail for forward rolls, etc. Tuesdays, 3-3:30PM Starts January 3. \$120 or \$7.75/class.

NEW! Tumbling for Movers age 5-35

Tumbling class accelerates natural movements and moves toward improved grace, flexibility and strength for children aged 5 to 30 (some exceptions). Tuesdays, 4-4:45PM. Starts January 3. \$155 or



\$7.75/class.

Performance Class – Dancers will sing and singers will dance

Performance class is for those who love the stage. Add character to your dancing; develop staging and production skills. One performance recital for the season. Opportunities for traveling performances for sick, elderly and charity groups. Choreography will include classic and student -originated. Saturdays, 1-4PM. Starts January 7. \$25

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Submit your Event on line at
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Island Life

Black and White

by Peter Ray

I have never been a big fan of the making of physical lists, but sometimes it takes the act of writing something down to put a certain something in motion. The relative amount of movement I'm thinking about this time has to do with a seed planted in the last column here. There was mention made of a photograph from what has become a relatively distant past- my past. It was of a faded painting of a baseball on the side of an abandoned building somewhere in upstate New York. There was also a suggestion put forth that somewhere there was a physical archive of a variety of old negatives- my negatives. I knew it wasn't in my darkroom, where one might have suspected it should be residing, but I've combed through the mess in there on multiple occasions and there is no evidence of said box or boxes anywhere to be found.

This left two other possibilities, the first being that the collection had been lost. I was fairly certain that this was not the case, as I recall having seen it in some form or another since the house was remodeled. This left the other option, which has been looming overhead whenever the thought of whereabouts has come and gone. It is represented by a framed, unfinished wooden rectangle in the ceiling at the top of the stairs. It is a portal of sorts, but one that remains relatively inaccessible. To access it, one needs to reach behind a nearby door and pull out a 6 foot wooden stepladder. This action is actually a fairly easy undertaking- what isn't so easy, or pleasant, is getting beyond the image of popping the ceiling hatch and ascending into what has become an expansive rodent latrine. The other troubling image that has persisted in the land of unfounded and disturbing assumptions is that generations of nesting rat families have found the combination of glassine and Kodak safety film a comfortable habitat for perpetuating their lane of the global rat race. It is perhaps this thought alone that has kept me from attempting the discovery and recovery of a piece

of my artistic and historical past. One more loss to time and the metaphorical tide right now would be consistent with present trends, which is why I was opting for a more positive result.

I grabbed the headlamp and reached behind the door for the ladder. I proceeded to climb, and as I reached the top and began to push up the hatch, I recalled the last time I did this and the unfortunate spill of rodent raisins that fell like dry rain as they rolled off the slightly tipped, plywood barrier. Keeping it level as I lifted, and then sliding one edge past the top of the frame, I then tipped it away from me and avoided the micro-pelting by rodent leavings. This was good news, but nowhere nearly as heartening as the sight of a box just past the lip of the hatch with a Kodak logo on it, along with the word "negatives" written on the side. And, it was underneath some wider photo paper boxes which had mostly prevented rodent intrusion of either a physical or fecal manifestation.



This was good news- way better news than I was expecting, or had been accustomed to receiving as of late. I got out the vacuum and cleaned the deposits of time from the boxes' exteriors. As I flipped back the flaps, I proceeded to pull out the packets of history. As it was, there were loose negative file envelopes on the top, and a neat row of various photo paper and negative flat film boxes underneath that were stuffed with contact sheets and more negative files. But it was the assortment of unboxed envelopes at the top that turned out to hold the treasure I was searching for. Without heading downstairs to retrieve the lightbox from the top shelf in the darkroom, I began to hold up the semi-transparent sleeves to a window or a reading light to see what was there. Part way through the celluloid memory walk I saw what I was looking for. It was a single row of shots that contained the baseball building from various perspectives and distances. As it turned out my recollection of the picture hadn't been totally correct. I had recalled a thin, random stand of deciduous saplings out in front- there was no such obstruction, but trees did stand sentinel on either side. To get a better look I slipped the strip into my spiffy new negative scanner (which had been sitting dormant in its box since early Summer) and pressed go. This was a step, or steps, into whole new worlds- one being a re-acquaintance with a partially remembered past, the other a leap into a mostly dry darkroom where the wonders of the silver image can be revealed to the light of day while being in the light of day and without getting one's fingers wet. It will be exciting to see where this might go. A link to a video visualization of this column can be found out there in the dungeons of the internets and you tubes at: www.youtube.com/watch?v=oYJBS0WnTLU. And I can be reached here:

pgr42@att.net
Happy Holidays.

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Vashon Business Information

Park District Programs Available Year-Round -- All at Ober, unless otherwise noted

(Online registration available for most programs at www.vashonparkdistrict.org)

Kundalini Yoga - An Ancient Form Working for You Now P
Patti Kiriazis teaches this ancient form of yoga to help awaken, energize, strengthen and relax body and mind. It works the core system and is great for posture. \$9/class. Drop-ins are \$10. First class is FREE. Tuesday & Thursday, 12- 1:00PM

Yoga 101--Gently effective P
Patti offers this gentle, restorative Yoga to help flexibility, posture and energy. This class is good for new yoga students, seniors or people in rehab from injury, it even includes chair yoga. Start at the ground floor and work up to your optimum comfort level. \$9/class. Drop-ins are \$10. First class is FREE. Tuesday & Thursday, 1:15-2:15PM

Fitness Beyond Fifty - P -- Push the boundaries of fitness in middle age and beyond with gymnastics and dance instructor Sam Van Fleet. With strength, balance and stability training the class improves awareness of and care for the aging body. Sam’s approach is to keep you strong, stable and flexible your whole life . \$11/class in punch cards. The class is vigorous enough to require the ability to get up and down for floor work in addition to upright exercise. Wednesday, 11AM to 12:15PM.

Zumba Gold -- -P --Instructor, Dari Haffie, brings the Zumba formula (zesty Latin music --salsa, meringue, cumbia and reggaeton; exhilarating moves; and invigorating atmosphere) and modifies the moves to suit the needs of the active older participant, as well as those just starting their journey to fitness. It’s a dance fitness class that’s friendly and fun! Wednesdays, 10:20-10:50AM & Saturdays, 10:45-11:15AM. Fee is \$5/ class available on punch cards of 4,8 or 12.

Tang Soo Do -12 & Older P- An ancient form of martial art known for building self-discipline, self-confidence, physical fitness, stress management and the ultimate technique for self-defense. Classes taught by seasoned instructor Elisabeth Jellison are for students 12 and older. \$6/class. Tuesday & Thursday, 6-7PM. Classes meet January 3 to May 31.

Enhance Fitness P--Senior Fitness Instructor, Mo Brule, gets blood flowing, hearts pumping and muscles working in her musical fitness class. Members of Group Health Medicare Part A & B participate free. Others pay by session. Senior Center members pay \$35; non-members \$42 for 15 classes. Punch cards are available for 10 classes at \$37.50. Sign up at the Vashon Senior Center, 10005 SW Bank Rd., 463-5173.Monday, Wednesday & Friday, 12:45-1:45PM.

Cycling from the Inside Out – P Kelly Chevalier applies her body working skills to develop muscular awareness on cycling machines. Intensity is self-regulated with personal instruction. Monday & Friday, 11AM-12PM. Classes are \$10 each in punch card packages of 6 and 12. Drop-ins are welcome at \$12. Kelly adds weights & stretching in Plus at 12:00-12:30 for an additional \$2.50/class. Ask at the Ober Office about adding Plus to your punches.

Straight On Strength -Cycling/Intervals P -- Join Kelly Straight for a strength/ cardio combo class. This class is designed to get your heart rate up and work your muscles. Come join us for some interval work on the spin bikes and strength training. This class is super fun, has great music and is very popular! Straight On Strength Punch Cards apply to this class -- one punch card covers all. Monday & Friday, 9-9:50AM

Cycling Vashon with Nancy -- **FREE Drop-in** -- Nancy Brocard leads this happy cycling romp Tuesday and Thursday mornings 6:45-7:40AM with great music and video of Vashon cycling routes. Drop in -- it’s free!

Straight on Strength –P- Kelly Straight applies various strength training modalities -- free weights, stretch bands, exercise balls, weighted bars, balance discs, your own body weight, mat work and perhaps, a new toy from Kelly’s home studio to this class. It’s designed for all levels of fitness; you work at your personal level. Modifications are offered for rehab students and students just starting a strength program. Routines vary each class with emphasis on functional strength. The class offers exercises for your core, fascia, upper body and lower body, mind, some education and a good time! Straight on Strength punch cards cover Monday, Wednesday and Friday classes. \$10/class-- in punch card packs of 4, 8 or 12. Wednesday, 9-9:50AM

World Step Aerobics – Working the Conscious Body P -- Develop body alignment, posture and aerobic fitness “from the core” and all to Afro-Caribbean musical rhythms with master body worker Kelly Chevalier \$12/class. Drop-ins welcome at \$15.Tuesday & Thursday, 9-10A M Online registration available. Kelly adds weights and stretching in Plus at 10-10:30AM, for an additional \$2.50/ class. Ask at the Ober Office about adding Plus to your punches

Core Stability -- MORE TIME! P --Work with Kelly Chevalier applying principles of yoga, pilates and stretching to strengthen and lengthen your all-important core.\$12/ class. Drop-ins pay \$15. Tuesday & Thursday 7:45-8:50AM and Fridays, 10-10:50AM. All for the same price, and all on your punch card.

Adult “Flash Dance with Vashon Dance Theatre -- Remember Flash Dance? This is like that but ripped T-shirts not required. Come dance away your work day stress. Loosely following classic ballet, incorporating Jazz and aerobics. Gain strength, balance, flexibility and a good night’s sleep! Wear free moving clothing and ballet or jazz shoes. Tuesdays, 7:10-8:10PM, Ober Performance Room. Starts January 3; ends May 31. \$165

Vashon Dance Ecstatica – Move Through the Dark Times--A moving body initiates change. Come with an intention. Through self-initiated movement comes a resonance with your own energy at another level, whether you dance for renewal, revelation or simply to lift your spirits. Surrender to the rhythm.

VoV Receives Grant

Continued from Page 1
service available at 1650 AM that covers Vashon-Maury Island.

Money will also be used to upgrade and improve the overall system. One Sign has already been installed at the North end of Vashon Island.

Voice of Vashon partnered with Vashon Park District to construct the first part of the emergency alert system. The installation of first of three small am transmitters working synchronously to cover Vashon-Maury Island was installed in 2007. The final transmitter was installed in Dockton in 2009.

“Voice of Vashon has been working on finishing this emergency broadcasting system for several years now. It’s so perfect to have Puget Sound Energy provide the climactic funding in that they’re such an important piece of our growing network of critical information providers on Vashon.”

We’ll definitely put up flashers on the fire danger signs in front of the Country Store, by Engels, and down at the Y (solar powered), and if there’s enough in the budget, a sign at Bank and the Highway would be on the list as well (if a spot for it could be figured out). “With flashing signs at strategic locations around the island, VoV will finally be able to catch the attention of most travelers who are in their cars and very possibly unaware of a situation that could affect them.”

Voice of Vashon Standing by coordinator, Jeff Hoyt.

The Puget Sound Energy Foundation felt the partnership between Voice of Vashon and Vashon Park District, to establish The radio service at 1650AM meet the requirements for the Grant.

When the small community of Vashon Island faces trouble – loss of power, a major storm, or isolation because of a ferry disruption – the residents urgently need local information. The Voice of Vashon emergency-alert system is designed to provide that important information.

Voice of Vashon was first established in 1999 and started webcasting in 2000. Operation of a public access channel on Comcast cable channel 21 started in 2006. Voice of Vashon can be found at www.voiceofvashon.org



Sign at north end of Island used to alert when to tune to am 1650, VoV standing by.



Andy Wappler, Puget Sound Energy Foundation chair; Jeff Hoyt; Voice of Vashon Standing by Project Manager, Susan McCabe; Vashon Park District, Patti McClements; Puget Sound Energy Service center Vashon, Jeanne Dougherty; Voice of Vashon president

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



Aries (March 20-April 19)

You're discovering the value of taking care of your health, in terms of the details rather than the broad strokes or general goals. Among the larger themes, however, it's clear that your habit of pushing yourself too hard seems to be coming to an abrupt halt. I suggest you be grateful for any minor problems that will serve as wakeup calls or call your attention to more important issues. Focus on your relationship to food, and by that I mean scrutinizing every bite that you put in your mouth. In the midst of a moment of awakening that is encompassing all areas of your life, it's imperative that you turn general goals into highly specific ones. The moment you identify something general you have as an objective, come up with three specific ways to make it real.

Taurus (April 19-May 20)

You're limited only by what you believe, and most of the time your beliefs belong to someone else. To resolve this riddle you would have to take two steps. One is figuring out what your beliefs are, and the second is figuring out where they came from. One way to identify a belief is to identify a limit that you experience. You seem to be involved in a struggle that involves creative risk-taking, or taking any risks at all. You could ask yourself how far you want to take hesitating to express your ideas or your desires. The problem seems to be not that you avoid taking large risks, but rather that you avoid the ideas that might lead you to experiment. Can an idea be dangerous? The answer is yes, but the real question is: to whom?

Gemini (May 20-June 21)

You may find yourself getting mixed up in something larger than you bargained for, and you may have a corresponding idea that there's no turning back. You seem to have put considerable thought into your choice to make a commitment, without necessarily realizing the ways in which you would have to take some significant steps in your personal growth in order to come through. However, commitments always involve others, and I suggest you open up a clear, authentic conversation with the person you're involved with -- no doubt someone you consider more powerful or influential than yourself. You still have time to get to a point of absolute clarity about your agenda and theirs, and to work out any differences or misunderstandings in advance of taking the next step. However, this will take actual honesty and careful listening.

Cancer (June 21-July 22)

It's time to get a grip on your insecurities. They may have worked for you for a while, but the risks of dragging around what amount to psychic shackles are increasing regularly. In other words, hesitation or doubt that may have lacked an obvious effect in the past could become much more costly now. Life is a process of trial and error, but that's another way of saying that it's about using what you learn. One question seems to be how soon you do that, once you're in possession of vital information. Which leads to another point: what constitutes vital? For the next few weeks, assume that anything anyone says to you is potentially meaningful. Then scrutinize their opinion, look more deeply at the issue and make a conscious decision how much it means to you -- and what you want to do about it.

Leo (July 22-Aug. 23)

Now is the time to clear up any lingering secrets you may be keeping from someone, which would include withholds or convenient misunderstandings. What you reveal now will serve the purpose of healing, while what you delay or avoid discussing will have undue power to cause problems in the future. You may be in a situation where you are discovering so much about yourself that you haven't said that you don't know what to include in the conversation. I suggest beginning with any withholds that you're aware of as such, or clarifying any known misunderstandings created by how you've presented yourself in the past. You know the time has come to live more transparently. What is nice about the current moment is that others are well poised to get used to that idea.

Virgo (Aug. 23-Sep. 22)

How do you correct what you perceive needs improvement in yourself? It's an admirable goal to be a better person, though you need a gentle way to determine how that might look in real life. Growth is not a process of scrutiny but rather creativity. Instead of eliminating a bad habit, try creating a better one. Instead of quitting a job you don't like, set some new goals for yourself that allow you to grow into a better employment situation. Transitioning from scrutiny to creativity can be challenging, especially when your list of things to 'work through' keeps getting longer. I would propose that one event around mid-month shows you how easy it can be. One way to describe the difference is that scrutiny is like planning to make decisions, and creativity is about taking action.

Libra (Sep. 22-Oct. 23)

Creativity is a practical thing. There's a rumor that creative people are flooded with inspiration and overflowing with the desire to express it. I would say that most people perceived as creative are actually pragmatists. Yes, it's necessary to have ideas before you set about applying them, but the second step counts for more than the first. Your task this month is to explore the balance between the two, which is another way of saying: apply your ideas where you think they will make a difference. That difference could be improving the view of the wall from your bathtub, or it could be about creating something that serves many people. Lurking deep beneath the ocean of your astrology is an obsession with service. You're at a point in life where what you do has to count for something.

Scorpio (Oct. 23-Nov. 22)

How far can you see into the future? The answer is you'll see a lot further if you're not depending on the opinions of others as a source of information. You might be especially sensitive to the people around you as reference points, but the chances are they are stuck on the small points and glossing over the more significant ones. You could go a long way by asking yourself how useful the past is as a predictor of the future. Trends analysts usually say the past is the best indicator of the future, and a visionary would say the past is the very worst. For you, the past is providing an excellent reference point for what it's necessary to go beyond. This really is as simple as the equation: "That only worked so well. It's time to try something new."

Sagittarius (Nov. 22-Dec. 22)

There comes that point where intelligence only goes as far as your emotional connection to whatever you're thinking about. I don't mean emoting over an idea but rather being able to sense the implications of something you're considering, while you're considering it. You're having a lot of ideas about your goals and objectives, and your charts warn that you might lose contact with what you're thinking. It will help if you slow down and consider your plans more thoughtfully, and recognize that every action has implications that go far beyond what you're immediately aware of. You cannot see all of those implications, but you can feel whether something is right or wrong for you. It's time to trust that information, and to use it wisely.

Capricorn (Dec. 22-Jan. 20)

You are becoming the embodiment of an idea. Though some would say this is dangerous, I would say it's about being real. You don't need to be an evangelist; you merely need to allow something that is truly meaningful to you, to actually change you. What good are ideas otherwise? You might perform an experiment to determine whether something is a 'real' idea or a puff of thought that has no energy behind it. A real idea will feel something like, 'If this is true, then I am a different person'. Different would pertain to what attracts you or what you find to be unacceptable or totally revolting. As the next few months progress and many new, unusual experiences come your way, discernment is going to become your most important tool. And this is something you must do with every cell in your body.

Aquarius (Jan. 20-Feb. 19)

A very old story is drawing to a close. The transition you're making is one that you will look back on as a turning point for the rest of your life. You can think of it as the time when you finally got it that you have to be honest with yourself; and by extension, when you figured out that honesty is the one thing on which any viable relationship is predicated. You have the advantage right now of someone close to you who is especially gifted at living in a transparent way. Lately this is something they have done with fixed determination to something they have relaxed into as a sensible way of life, even though it may feel uncomfortable at times. That feeling won't last long; the truth is what it is, and worthy of respect.

Pisces (Feb. 19-March 20)

You may feel you've survived without something essential for a long time -- in truth, for too long. It has not helped that this something, whatever it is, feels like it can be found in abundance everywhere but where you are. You have made contact with this missing element recently, enough to have a clue that fulfillment is possible. The best thing you can do for yourself right now is to be open to receive. This will call for a conscious approach to existence, so you can notice the many ways you've gotten used to not having this certain something that you know is essential to your existence. Take the lid off of your cup, so that the cosmic water can fill it up. Step into the light, where you can see more easily. When you breathe, feel the air rushing into your lungs.

Read Eric Francis daily at www.PlanetWaves.net.



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Next Edition of The Loop Comes out Thursday January 5, 2012

Deadline for the next edition of *The Loop* is
Friday, December 30

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Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Another Island Year

by Mary Tuel

It is that time when we pause to look back and reflect on the year that was. Well, those of us who buy into the conventional idea that a new year is coming on January 1 do this, anyway. The Island’s years tend to have a regular routine, and this year mainly followed that routine: the tide came in and went out, usually a couple of times a day. Some trees fell over. Some hillsides slid. Some days we saw the mountain, some days we didn’t. Some days the sun came out and we remembered that this is the loveliest place on earth. Just our opinion.

In late winter when the branches were still bare the crocuses came up and they were followed by the daffodils, which were followed by the tulips. By that time we were thinking, hey hey! Summer is around the corner, but this last summer the corner was a full month farther away than usual, though summer did give way to autumn on time. Great, NOW you’re on time. Stupid seasons. We could be excused for thinking we got cheated out of a proper summer this year, but that’s all weather over the dam now. Commuters kept going to work, day in, day out, hauling their tired rears out of bed to catch that bus and that ferry, leaving their island families for their commuter and work families. At this time of the year when the sun goes down a little after four and comes up, oh, I don’t know, sometime in early afternoon, they

go to work and come home in darkness, not seeing their families or homes in daylight except on their days off. You have to admire that dedication and persistence. Talk about acting out your love for other people. They kept doing it, and dreaming about the day they could live and work on the island. Meanwhile the ones who live and work here kept up their routines: moms took care of children, children went to school, business owners hoped to end this quarter in the black, retired people traveled, or met with their friends over tea and coffee. House cleaners cleaned the homes of commuters, who don’t have time. Artists, writers and musicians went to their dead-end jobs that support their creative habits, and occasionally got some of what they consider their real work done and knew once more that creative work is work, and doing it feels better than sex, which may be why non-artists hate them so.

Children and some adults played sports. Serious concerned people attended meetings, got excited, and yelled at each other. Some relationships came together, some legal and some illicit, and some relationships fell apart, ditto. Babies were conceived and some were born; people died. New people with sky-high dreams of an idyllic island life moved onto the island, and disillusioned people moved off, muttering about ferry service, septic tanks, and other emotional lesions caused by this “damn island.” Another class of bright young people graduated from high school and most of them got off the rock as fast as they could, while a few stayed here for the long haul. It’s not a bad place to get stuck and live your life, if you know who you are and what you want. If you don’t know those things, you’ll probably not be content anywhere. Another Island year slips into history. Here at our house we had a nice, quiet, boring year, with no crises and no excitement. We like it that way. Trouble is exciting, and we’ve had enough excitement to last for a while. I wish you all blessings and peace and grace, a Merry Christmas and a Happy New Year, and not too much excitement. I wish your family safe, your friends true, and a summer that arrives on time. Here comes 2012, ready or not.



Mt. Rainier, December 14, 2011. Photo by Crystal Culp

Rosie Needs A Home...

Piper is a lively young dog who needs a lively young family. Homeless because of a divorce, this cheerful 18-month old girl would love a household with older children and/or teens. She gets along well with other dogs and is friendly to people. She loves cats – see picture – and has had some training, but would be a good candidate for family dog training. She is housebroken, spayed, has had her shots and her medical records are available. She is very active and would need a securely fenced yard. For more information or to pay a visit to Piper, e-mail Joan at jaybecker@aol.com or call her at 206 463-2608. There is a home visit required and a \$125 fee.



Go To www.vipp.org Click on Adopt

Vashon Library January 2012

Children & Families

Toddler Story Times
Tuesday, January 10, 17, 24 and 31, 10:40am
Ages 21 months to 3 years with adult. Enjoy a 20-minute program of stories and songs just right for toddlers.

Preschool Story Times
Tuesday, January 10, 17, 24 and 31, 11:30am
Ages 3 to 5 with adult. Join Miss Ursula for 30 minutes of stories, songs and fun!

Baby Story Times
Wednesday, January 11, 18 and 25, 10am
Ages 3 months to 21 months with adult. Enjoy stories, songs, bounces and tickles just right for your baby.

Ready-Set-Read!
If you are in elementary school, take the Reading Challenge! Read at least 20 minutes per day for 20 days in one month and choose a new paperback book at your community library. Forms are available online and at the library.

Teens

Study Zone
Tuesday, January 3, 10, 17, 24 and 31, 4-6pm
Wednesday, January 4, 11, 18 and 25, 3-5pm
Thursday, January 5, 12, 19 and 26, 3-5pm
Grades K-12. Drop in for homework help from trained volunteer tutors.

Read Three, Get One Free
This is a book-review-and-reward program that is available at any KCLS community library. Participating teens in middle school, junior high or high school may select a FREE paperback book for every three books read and reviewed.

Online Study Zone, Homework Help and SAT Tutoring
Go to www.kcls.org and click on Research & Homework for 3 choices to help with homework:
• Live Homework Help (K-12, 2pm-midnight, 7 days a week)
• Study Zone Online (by Brainfuse, live chat and whiteboard functions)
• MSP, HSPE, SAT Service Tutoring (by Brainfuse, 1-10pm, 7 days a week).

Adults

Great Books Discussion Group
The Chilean Earthquake by Heinrich von Kleist
Monday, January 2, 6:30pm
The Great Books Discussion Group meets on the first Monday of the month, October through June. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

Free ESL Classes
Tuesday, January 3, 10, 17, 24 and 31, 6pm
Learn how to speak, read and write in English. Join us for free weekly lessons, beginning to intermediate level, taught by an ESL Instructor. During the class, homework tutoring is available in the library for elementary and middle school students of ESL families.

Opera Preview with Norm Hollingshead

Attila by Giuseppe Verdi
Sunday, January 8, 2pm
Attila is Giuseppe Verdi’s 9th opera, first performed in Venice in 1846 when Verdi was only 33. The opera is based loosely on historical events but no one goes to see Attila for a history lesson. Audiences love Attila for the stirring music of the young Verdi--lovely arias, dazzling duets, rousing choruses, and even a famous trio. In recent years Attila has returned to the repertory of important American opera companies, Seattle Opera’s upcoming production of Attila, opening January 14, 2012, will be the first time this exciting opera has been performed in Seattle. Don’t miss it.

Friends of Vashon Library Meeting
Saturday, January 14, 10am
Join the Friendliest club in town! The Friends of Vashon Library raise funds to support library programs for all ages through sales of books, T-shirts and book bags. Meetings are fun and refreshments are served.

The Delightful Mr. Dickens:
Celebrating Charles Dickens’ 200th Birthday
Sunday, January 15, 2pm
Charles Dickens, portrayed by professional character actor/Dickens scholar, Jake Esau, in period costume, reads from some of his most famous works to celebrate his 200th birthday (1812-70): Oliver Twist, David Copperfield, Nicholas Nickleby, Great Expectations, A Tale of Two Cities, Martin Chuzzlewit and American Notes, as well as the brief recitation of What Christmas Means As We Grow Older.


Living in a Ghanian Village: My 2 Year Experience in the Peace Corps
Saturday, January 21, 2:30pm
Rhoda Karusaitis is a recently returned 76 year old Peace Corps volunteer from Vashon who lived in a rural village in Ghana teaching science in a high school. View photos of schools, landscapes and people, young and old while Rhoda explains how this rapidly changing society is coping with the effects of development pressures and centuries of traditions.

Paul Gauguin and the Search for Paradise
Sunday, January 29, 2pm
Susan Olds presents a slide lecture covering Paul Gauguin’s years in Paris and the Pacific Islands. The presentation includes over 100 images of Gauguin’s work, traces the development of Gauguin’s style, theories about art and his quest for a more elemental, primitive life away from Western civilization. This lecture coincides with the Seattle Art Museum’s exhibit, Gauguin and Polynesia: An Elusive Paradise, February 9-April 29, 2012.

Next Edition
of *The Loop*
Comes out
Thursday,
January 5

Deadline for the next
edition of *The Loop* is
Friday, December 30

Island Epicure



By Marj Watkins

Gluten Free Cookies for Christmas

All over the Island, thoughts of Christmas cookies dance in our heads. Gingerbread men prance across kitchen counters. But some of us are loathe to fill our bodies with sugar, wheat, and fat, knowing that we will suffer later if we indulge too freely. To some, chocolate is kryptonite. A reader has challenged me to provide for her a Christmas cookie free of gluten and chocolate.

The challenge is to produce gluten-free, chocolate-free, yet wonderfully aromatic and tasty treats for Santa, and the rest of us. The rather shaggy looking oatmeal cookies conventional to our cookie jar don't say, "Eat me! It's Christmas!"

These Italian almond cookies, Amoretti, use no flour at all. The recipe is from my book, Wholegrain and Gluten Free, available for \$15 at Minglement and The Country Store.

Lactose and Gluten Free
AMARETTI
Italian Almond Macaroons
About 3 dozen
Mix well:
2 cups almond meal
1 cup sugar or Splenda®
Scant 1/8 teaspoon salt
Beat, but not to stiff peaks
2 egg whites
½ teaspoon almond extract

Fold almond mixture into egg whites. Drop spoonfuls of the dough

onto a foil-lined, oil-sprayed cookie sheet. Or sheets. Bake at 325 degrees until pale golden, about 15 minutes. While still hot, put a candied cherry or an almond in the center of each macaroon.


For cookies you can roll out and cut into seasonal shapes—reindeer, drummer boys, etc—try these gluten-free rice cookies. They will have a somewhat grainy texture, but kids like their spicy flavor and cute shapes. My oven runs a little cool, so I set it at 250 degrees. Your more energetic oven may produce the best rice cookies at 225 degrees.

GLUTEN-FREE RICE COOKIES.
Makes about 18 cookies
Preheat oven to 250 degrees.
½ cup (1 stick) soft butter or margarine
1 ½ cups rice flour, plus ½ cup for rolling cookie dough on
1/3 to ½ cup brown sugar
¼ teaspoon ground cloves, optional
½ teaspoon cinnamon, optional
1 egg, beaten
Stir the rice flour, sugar and spice or spices into the butter. Mix the beaten egg in.

Roll out the dough to about 1/8th inch thick on a sheet of foil. Cut cookies with shaped cutters. Remove the trimmings, wad them up and roll them on another sheet of foil. Remove their trimmings.

Carefully place both cookie-clad foil sheets on baking sheets. Bake 12 to 15 minutes. Time will depend on how thinly you rolled the cookie dough. When cookies are done, let them rest on the baking sheets 5 minutes. Transfer with a spatula to a clean dish towel or wire racks to finish cooling.

For Christmas color, combine and drizzle onto the cookies: ½ cup powdered sugar, 2 tablespoons soft butter, 1 Tablespoon lemon juice and a drop of red food coloring.



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2010- Seattle Weekly

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

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


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January Anti-inflammatory Diet Classes
By Kathy Abascal

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Positively Speaking

:) ! and Courage

By Deborah H. Anderson



Without TV streaming into my home via Cable, Dish or Direct, I was a little worried about missing out on the holiday specials. Guess what I discovered as I was digging for the VHS copy of “White Christmas” that warbles through most of the last third of the movie? I own a practically new copy of “Charlie Brown’s Christmas” !! And guess what else I discovered while I watched it by serendipitous viewing at friends who have commercial TV? I like everything better without commercials!!

I’m sure the copy came from the Friends of the Library shelves. It’s pristine and I can play it over and over.

Add to that copy my VHS “It’s a Wonderful Life” and “Miracle on 24th Street” (the remake not the original) and DVD \$5 Target versions of ‘The Holiday’ and of course ‘Love Actually’ and I’m good to go. (Buy in July)

When the Olympics come I’m going to break down and get an antenna and one of those converter boxes, but for now, the season is merry and bright and easily replayed in part or in whole.

Without commercials interrupting my ho ho viewing I feel like I have a fighting chance of experiencing the first Christmas ever as a Christian where I can focus on Jesus, the reason for the season.

Once a year I write this Christmas column focusing on why I’m a Christian (besides being called to it.). Now let me also explain that Hanukkah is equally important to me. I have family and friends who are Jewish so the celebration is around me and the story is part of my history as a Christian but more

importantly the Sacred Truth that if we keep the temple Holy, there WILL BE enough oil in the lamp even though there is only a one day supply . And please, if you are a Christian, don’t just throw in Dreidel, Dreidel, Dreidel to the carol sing and call it good. Totally different and really offensive to confuse, ‘we believe the Messiah is here’, and ‘ We’re still waiting’.

So back to Jesus... on an Island that has so many different paths spiritually speaking let me put it this way, My Jesus is your Buddha. But here’s the difference. That dying on the cross thing, that act that made the triune God incarnational is what’s different. I am in an active relationship with Him who I believed makes every day an eternity if I so believe. And I don’t get a second chance. This is it. Do or die.

You believe in leaning into the pain, I believe that not only do I do that to receive life abundant, but Jesus did it first, showed me how, and through the mystery of the Holy Spirit helps me do it. Just to explain the difference.

For someone who doesn’t drink recreationally (I’m a celebratory drinker, Christmas Sherry, Easter champagne, Mother’s Day Mimosa) I’ve learned a lot from my friends who are in recovery. Those twelve steps just put it all together in one place.

So take step #6. It goes something like ‘remove this defect from me”. That’s Jesus, that’s the Holy Spirit, that’s God’s design for me, complete wholeness.

Everyday I surrender again, like it was the first time.

Mystery called me to knowledge of Jesus. That’s why I don’t use a formula like the Four – was it laws or steps Campus Crusade? It’s also why I can only tell my story. I can’t say to someone if you do this, this will happen. I can say, ‘If you confess with your lips and believe in your heart Jesus Christ is Lord’, then you belong to him. And oh yes, don’t mistake church for Jesus. Don’t throw out Jesus because of the church. Go talk to the people who are feeding soup at those dinners or giving vouchers for electricity. Or go talk to people who pray.

Ah... prayer. :) That’s the first reason I continue to believe and maintain an active relationship with Jesus through the Holy Spirit. Prayer without ceasing: God, thank you; God, kinda tested today; God, what on earth are you doing? And God I had no idea!!

That’s the second reason. ! is a constant part of my life. Relationships I thought were dead God revives and restores in amazing ways. Parts of my gifts and talents surprise me because I never considered them a gift or talent.

To live out those unknowns takes enormous Courage. That’s my third reason. Jesus is courage personified: the courage to speak the things of God to the establishment, the courage to hang with the disenfranchised, and the courage to live out his calling unto death. ; the courage to be resurrected. ☺

Ok.... This is the last example. All through typing this article I was successfully able to backspace and make my colon/parenthesis appear as that, not a smiley face. Suddenly only the smiley face will come into view. Enough said. That’s why I’m still with Jesus. Against all odds. If you’re chosen for Hanukkah keep the law deeply. If you open to Merry Christmas. Check out Jesus.

Love,
Deborah



Blast From the Past

Continued from Page 1

on the ward, rages around in his robe barking orders to no one in particular. I steer well clear of him. Doesn’t seem to be any women on this ward, not like other hospitals I’ve been in, where they mix it up.

Getting here was a trip and a half; maybe the crows saw the incredulous look on my face. I was arrested by an Island cop I knew and another hot shot visiting from Burien who stomped back and forth, looming tall over me, who made threats, like I was going to run. Macho asshole. I had offended the interim minister at the Presbyterian Church. I went in looking for John, the full-time minister thinking he might calm me. Instead I ran into this uptight woman who took umbrage with my disheveled appearance and bare feet. I’d taken to wearing bare feet most of the time, my protest over Chinese made sneakers and everything else. My feet had gotten tough in a couple of weeks it seemed and I could walk over just about anything without fear of cutting myself. Our feet grow so soft and sensitive inside our shoes, they’re hardly fit for walking on their own.

My ambulance was a big GM station wagon with hospital doors in the back. It was and had been run for a decade or more by Randy and his wife, I can’t remember her name. Their ministrations were kind. They were both in trouble with the now Fire Department who had EMTs for every one of their many ambulances and Randy and his sweetie were in danger of being driven out of business. I may have been their last fare. I was propped up on a gurney so that I sat up looking out the back, and the Island went by backwards, north to the ferry. Like standing on your head, the perception is different while traveling forwards and looking backwards, somewhat surreal. This was all a long time ago now. I take my lithium and stay out of trouble. I made peace with the church; they let me ring the bell one Sunday. I still see the crows, or their cousins, up in the alley, behind The Hardware Store, Sporty’s, The Liquor Store and the Pharmacy. Ah, it’s good to be home.

on happiness and long life from “The Warmth of Other Suns”
(p532.) “She lived in the moment , surrendered to whatever the day presented, and remained her true, original self. Her success was spiritual, perhaps the hardest of all to achieve. And because of that she was the happiest and lived the longest of them all.”

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*The Loop's soy-based ink
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Herbs for the Holidays

By Kathy Abascal

This time of year we are surrounded with lights, presents, and a variety of tempting foods. It is a beautiful time of year but it can be quite stressful as well. We often spend our holidays with people we love dearly but in a somewhat dysfunctional way. Our celebrations do not always measure up the way we think they should, and we may not have the money or time for all that we want to do. The excitement of a perfect holiday is far more fun than one filled with bickering and complaining, but it too can be stressful. And holidays invite us to overindulge in food and drink and we end not feeling especially filled with cheer.

If we could just turn our emotions down a notch, we could avoid using an extra glass of wine or piece of pie to quiet the emotions the holidays sometimes bring up. Nervine herbs help us do just that and, to me, this is



the season for a good nervine. One to help us stay a bit more centered and calm. Nervines are not drug-like and do not have a strong, dramatic action. Instead, they sweetly soothe and take some of the edge off the moment. My favorite holiday nervines are oats (*Avena sativa*) or kava (*Piper methysticum*). Kava is a bit stronger and has a more obvious action so you might want to try it along with a lot of water. The water is important because, when we are busy shopping, cleaning, cooking, and having fun, we

often forget to drink enough water. Without enough water, our bodies simply cannot handle the metabolic waste of stress, alcohol, and rich food. Moreover, we tend to confuse a need for water with hunger leading us to eat more than we should. Dehydration also makes it easier to gulp down wine instead of sipping it slowly. Drinking enough water helps us avoid overindulging and also helps our liver metabolize the alcohol we do drink. I like bubbly mineral water but plain old water works just fine.

Bitters are another herbal ally for the holidays. Things that taste bitter make us salivate and secrete digestive enzymes. In contrast, stress (whether from joy or anger) shuts down those same secretions. Simply adding 10-15 drops of bitters to a few sips of water shortly before sitting down to a holiday dinner will tell your body that it is time to relax and focus on eating and digesting. In

fact, many traditional aperitifs are nothing more than digestive bitters dressed in alcohol for the holidays. Angostura bitters and quinine water added to gin are classic examples of digestive aperitifs. Over the years, however, the proportions of bitters to gin shifted toward more gin and less bitters, and that does not work as well as a bitter herbal tincture.

If you have a tendency to end up drinking more than you wish you did, you might want to start the evening with a few kudzu tablets as well. Kudzu slows the absorption of the alcohol that we drink and increases the speed at which the liver processes the alcohol. In one study, chronic drinkers nursed their drinks longer and drank less than they did without the kudzu. Thus, it could be the perfect holiday herb, allowing you to enjoy the holiday cheer longer and better.

Of course, in the end you may find that you forgot your water, did not take the bitters or the kudzu, left your nervine at home, and indulged a great deal more than you intended. A digestive cup of herbal tea, some mixture

The Vashon Loop, p. 11

of catnip, fennel, chamomile and/or peppermint tea will help a lot – provided you remember to make and drink it.

To help abort the impending hangover, you need to drink a few more glasses of water before bed. A little Oregon grape or barberry tincture in the last glass of the night may help your liver process some of the excess alcohol. But keep some willow bark capsules on hand just in case you wake up with a headache. Willow bark is one of many herbs that contain the precursors to salicylic acid, the famous ingredient in aspirin. Unlike aspirin, willow bark does not tax the stomach because it does not have the blood thinning properties of pure aspirin (which is why it is of no help in a heart attack) and does not cause stomach bleeds. It will effectively sooth a mild hangover headache.

Here’s hoping you use these herbal helpers but also find time now and then to sit down with a cup of fragrant herbal tea and enjoy the way all of the holiday lights brighten up the long, cold nights of the holiday season.



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Road to Resilience

Continued from Page 1

have to go looking for good deeds to do; they will come to you and you merely have to decide to do them. I guess the Boy Scouts had it right all along. I see it as not just a nice thing to do, but as something really practical and necessary if we are going to survive and remain resilient during the trials of the post petroleum, climate change era. We will need to have a strong community based on mutual trust and commitment. It doesn’t mean we will agree on everything, but solid ties will mean we can agree to disagree and still find common ground.

What gives me reason for hope? I recently read an article (and a friend told me of one as well) stating that studies have shown that social change begins to occur after 10% of any given population has determined that the change is necessary. This is really hopeful because I know that a lot of Vashon folks are not going to readily accept the idea that we need to make some drastic changes in our lifestyle. We have so many groups on Vashon interested in making sustainable, imaginative

changes in the way we do things that I have to think that we can easily reach that 10% tipping point. I’ve tried to find my reference to these studies so you could read more, with no luck.

Another reason for hope is those very groups that are working hard to make us a tighter, more resilient community. To all the people that are working to promote energy and resource conservation, move us away from fossil fuel dependence, protect our local biosphere, make us more self reliant, investigate and promote local green businesses, improve our ability to find and act on consensus, and see that all of our neighbors’ needs are being taken care of, we extend a heartfelt thank you!

One of my resolutions for the new year will be to

get to know the people in my neighborhood and to start walking the talk. I can’t believe that I’ve lived here for almost 35 years and I still don’t know all my neighbors! Another is from the famous 84 year old, Dorli Rainey, that got pepper sprayed in Seattle recently: “...always try to step a little outside my comfort zone”.

There may come a time when it will be a lot harder to do the right thing, or your family’s survival may depend on the good will of your neighbor. And even if things don’t get that bad, being a good neighbor is still going to make your life a lot richer.

Hoping the spirit of the season may set your course for the year!

Comments? terry@vashonloop.com



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Loose Change will rock the house from 8:30 to 2012 - and there is no cover!!
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Threshold

Seattle-based Threshold is five seasoned pro musicians who are also huge fans of the Moody Blues. The band name is drawn from the 1969 Moody Blues album 'On The Threshold of a Dream'. Developing and honing the act has been a multi-year labor of love that culminated with Threshold's debut in February 2011. The entire band is very excited to publicly celebrate their great enthusiasm for the enduring Moody Blues, whose seminal work 'Nights In White Satin' recently charted for an unprecedented 4th time as the result of Simon Cowell's U.K.-based talent program 'X Factor'. With 3 original members John Lodge, Justin Hayward and Graeme Edge, the Moody Blues will once again tour the U.S. in mid-2011 (for tour dates see <http://bit.ly/hLvuoj>).

As an outgrowth of Seattle-based pop-rock/oldies cover band The Paperback Riders, John Lund, Tom DiNuzzo and Rick Berinato joined forces with David Colin Hare in 2008 to perform Moody Blues songs exclusively. Recently Tom Mullin was recruited to round out the act.

Bassist/vocalist Tom DiNuzzo came of age in Northern California and performed there with New Generation, Airborne and Sunstone, playing guitar and later bass. After moving to Seattle in the mid 70's, Tom joined Westberg Laughman, an original recording acoustic act based at UW. He received vocal coaching from a member of the Seattle opera. Later he played with Yesterdays Papers, Sloe Motion, The Tracers, Red Ball Jets and Rebop. From the late '90s he played for several years with the Evinrudes, who backed Mitch Ryder in '00.

Guitarist/vocalist John Lund began performing professionally in the late 70's, gigging the Pioneer Square club scene in downtown Seattle with hard rockers Hostage. Soon after, he formed The Plugs who were regulars in the

Tacoma club scene. He then formed Rescue who recorded an original single named "A Child's Heart" that received radio airplay. From the 90's John played with The Flashbacks and The Spotlights before forming The Paperback Riders. John is an ardent Moody Blues fan, and has met the band.

Keyboardist/guitarist David Colin Hare hails from Seattle with a lengthy performance history spanning four decades, appearing with such Northwest favorites as Revolver, Delta, The Tim Turner Band, Tommy Knockers and The Night Riders. David is a gifted keyboardist and guitarist, and it was his great affinity for The Moody Blues that led to the formation of Threshold. David has done serious long-term homework on the musically challenging material and has been a driving force in advancing the act.

Drummer/vocalist Rick Berinato is a consummate musician and performer of many years who has also taught the art to others. Prolific songwriting has also been a common thread throughout his musical career. Rick sang lead and harmony vocals while playing with rock, funk, blues, swing, and country bands, diverse experience that he says groomed him for the tremendous variety of the Moody Blues material. Says Rick "Playing their songs allows us to transmit the positive vibe that seems to exude from the Moody DNA."

Guitarist/keyboardist/vocalist Tom



Mullin moved to Western Washington in '03. Since then he played with KG3, Gray Sky Falling, Born To Be Wild and Hardrive before joining Threshold. In '08 Tom backed Goldy McJohn, original keyboardist for Steppenwolf. Tom previously played with a wide

variety of acts and toured the upper Midwest with The Hits featuring Dennis Provisor, famously of The Grass Roots. As a teen he played in several bands with wunderkind John J.R. Robinson, the most recorded drummer in history and a boyhood friend. Free Cover

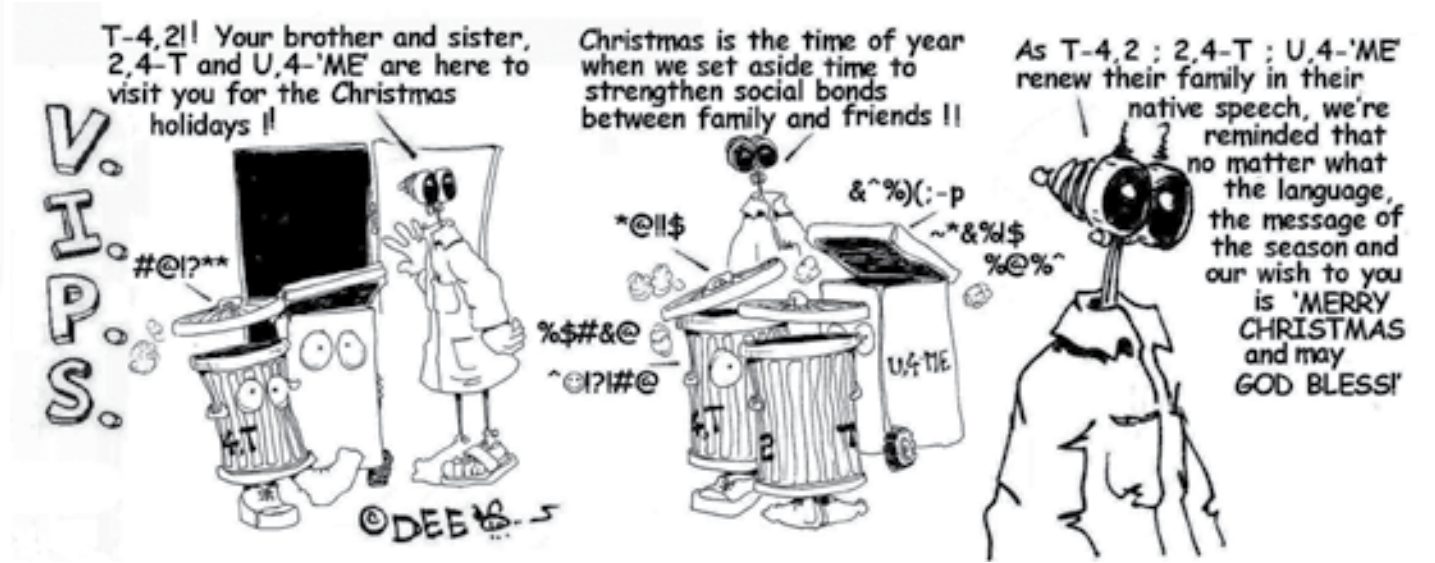
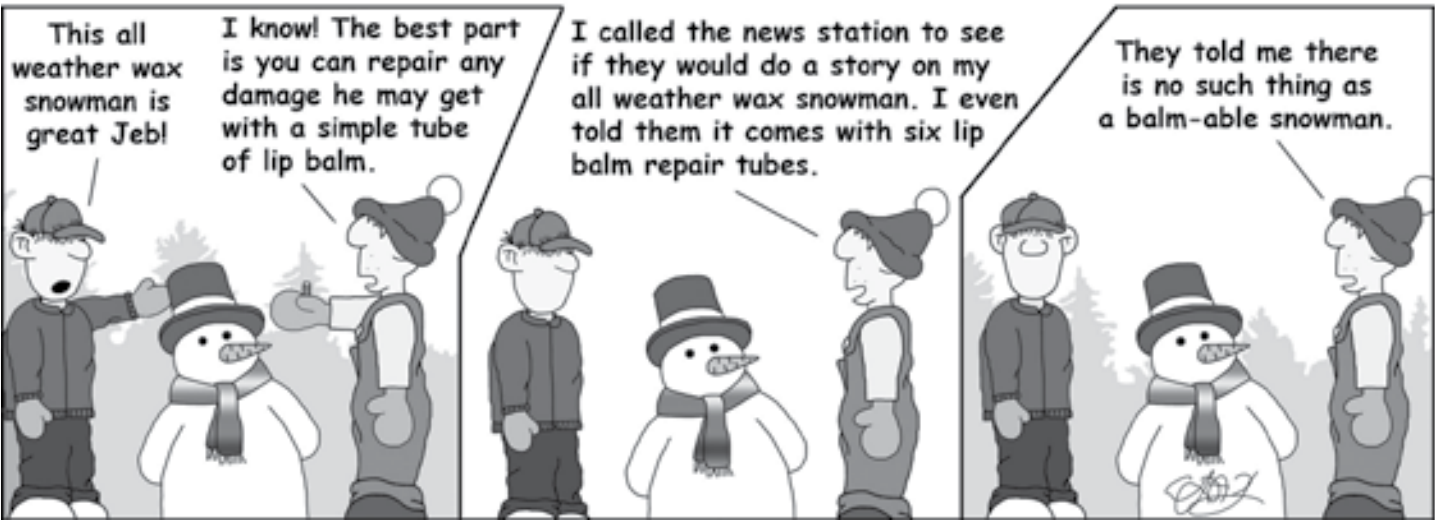
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Friday, Dec. 23rd @ 8pm @ The Red Bike, Aimee Cartier, Andy Royer, Harris Levinson, Jeff Hoyt, Jim Farrell, Steffon Moody & physical comedian extraordinaire, Bill Robison provide a sure-fire antidote to the Holiday season with "Holiday Comedy Shorts: An Evening of Brief Spoofs." Come early, pay \$5 and we'll spike your seasonal eggnog with hilarity.

This evening of live local comedy is hosted by local humorist and provocateur, Steffon Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

The full lineup of comedians is soon to follow...we will reveal it soon!

Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at this local Yuk fest.

Cover charge is \$5, and the show starts at 8pm, but show up early and get a seat, because it is always packed! (Also note, that children may be altered in unknown ways as a result of exposure to Comedy Night. If you feel

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they need to be altered, you may want to bring them. Just sign the liability release at the door.)
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New Years Eve at the

Red Bicycle



If you happened to go to the Church of Great Rain show last February, you saw an amazing band perform called Publish The Quest. They were responsible for a lot of bodies moving in chairs that night and sold a lot of CD's because of it. Then they blew the roof off the Bike at the Halloween show this year.

Publish The Quest blends groove music melodies with vocally driven compositions that continually question social issues through story telling. Songwriter Jacob Bain formed the band in 2008 to record The Threads. As a result of that experience, seven passionate people have come together to form a strong bond and a band that is serious about keeping feet moving, bodies shaking and minds engaged!

Publish The Quest is destined to make a difference both at home and abroad. After recording with Femi Kuti, Matt Chamberlain,

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

Eyvind Kang, Radioactive and Vieux Farka Touré, the band went into the studio recently to record a song to benefit music education in Cape Verde. Sodade, which features Cape Verdean vocalist Laise Sanches, was released in Portugal earlier this year.

Publish The Quest performed in Zimbabwe in April at the Harare International Festival of the Arts (HIFA). HIFA was a six day annual festival and workshop program that showcased the very best of local, regional and international arts and culture in a comprehensive festival program of theatre, dance, music, circus, street performance, spoken word and visual arts.

PTQ is fresh off a road trip through California this month and about to embark upon another trip to Poland in November, where they will open for the amazing Nneka.

This is an all-ages show until 11pm, then 21+ after that. The cover charge is only \$10.

The Diggers

Farmers, Activists,

Autodidacts & Musicians



The Diggers (Islanders Camille Coldeen, Nick Simmons and David and Danny Salonen) began as a busking project, making its haphazard, impromptu debut at the Farmers' Market one Saturday morning in the late Spring of 2009, said Coldeen. The group's namesake is an historical English political group of agrarian, egalitarian communists who were active in 1649. Their idea was that if all the common people of England banded together to form small, self-sustaining communities based on ecologically integrated farming

Friday, Dec. 30, 7pm, At Cafe Luna, 9924 SW Bank RD. www.cafelunavashon.com

practices, the oppressive ruling class would either have to join them or starve. Being non-violent led to the Diggers' almost immediate downfall, since they were trounced by the enthusiastically violent ruling class Cavaliers. The members of Vashon's Diggers are not only musicians but also farmers, activists, autodidacts and enthusiasts. "Through the fun we have with our music," Coldeen said, "we experience a sense of creative and cultural solidarity within our own community. We encourage heckling, commentary and sing-a-longs."

The Grinch ~ Sets the

Record Straight



Back by popular demand, Steffon Moody and family performs The Grinch- Sets the Record Straight at the Vashon Movie Theater, along with a showing of Dr. Seuss' classic holiday cartoon, "How the Grinch Stole Christmas" (narrated by Boris Karloff). The free event is on Thurs., Dec. 22nd @ 7:30pm, and is gifted to the community by the Vashon Parks District and Vashon Theater.

Last year The Grinch's antics wowed a packed house at the Ober Park performance space, as he enacted his side of the story amidst the excited squeals of the abhorring/adoring crowd:

"Hear ye Hear ye! All Vashwhovians Large and small, Near or far, One and All, I, the Grinch, have come out of my Hole, to right a wrong that is indeed... quite Tall." This year, The Grinch is backed by a supporting cast of Grinchette singers (Steffon's talented wife and daughter,

Arlette & Louisa Moody) to help rally his Grinchy cause, and provide a rocklicking good time:

"It seems that the story is a bit one sided. Painting me as a villain, and then as a Saint. And you might think that's what happened, But it aint! Hit it Maestros..."

Steffon's mercurial movements, witty irreverence and boundless energy resuscitates the Grinch in a way that would even make Jim Carrey envious. It's a Family Show, appropriate for all ages, though parents should gage whether their child can handle a live Grinch in all his glory. So come Vashowhovians and delight in the remaking of this classic Seussian character. And after our final "Fa-Who-Dor-Ays", WHOliday donations to the Vashon-Maury Food Bank will be warmly received by the Grinchettes.

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Friday, December 30

Long Lost



Island drummer Todd Zimberg will reunite with two of his closest musician friends, guitarist Michael Gotz and bass player Keith Lowe, for another epic performance at the Red Bicycle Bistro. The trio has had so much fun playing gigs at the Red Bike that they decided to come back and give the Island another spectacular night of jazz, rock and blues. The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing. Their debut at the Red Bicycle over a year ago was an excellent opportunity for the three to kick off the new incarnation of this group and now it's become a really exciting project for them all. Michael Gotz has been performing as a guitarist and pianist for 35 years. His relationship with music began over 40 years ago as soprano soloist with the Sacred Heart Boys Choir. While essentially a jazz player, Michael

has performed in a variety of genres including Reggae, Pop and Country. Keith Lowe, in over thirty years of playing, has yet to meet a musical style that he doesn't like. He has played and recorded in many different genres, including orchestral, rock electronic ambient, folk, bluegrass, jazz roots and country. Todd Zimberg has worked in the Puget Sound region as a drummer, percussionist and educator for more than 20 years. On his home Vashon Island, Todd is a member of the Island Jazz Quintet as well as the Portage Fill-Harmonic Big Band. He also maintains a practice in private instruction, has worked as an Artist in Residence in the Vashon Schools as well as for the Washington State Arts Commission. He created and directs a summer youth percussion camp that is now in its 12th year. Free Cover!

Saturday, January 14, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Reptet



Reptet is a genre bending band of musicians based out of Seattle whose instrumentation consists of drums, bass and four horns. These six multi-instrumentalists have an expansive approach to their music, performing original compositions that incorporate reggae, rock, ska, punk, modern classical, avant-garde, eastern European folk influences and more. Their internationally acclaimed 2006 release, "Do This!" (Monktail Records) made the year end top 10 lists of many jazz journalists and was chosen Top Jazz CD of the year by Jazziz magazine's Alex Gelfand. They also won two Earshot Golden Ear Awards (celebrating the best of northwest jazz), including Best 'Outside' Jazz Group and Best Performance of the year (as part of the Monktail Raymond Scott Project). In 2007, Reptet criss-crossed the United States exhaustively touring in support of "Do This!". Their next CD, "Chicken or Beef?" was released in the summer of 2008 and was similarly embraced. In fact, the 8th Annual Independent Music Awards

named it a finalist for Jazz Record of the Year. They made an unexpected move in 2009 by taking a page from the punk rock play book and released a red vinyl two-song record called "Agendacide". They released their fourth CD entitled "At The Cabin" in January 2011. Their upcoming touring plans include trips to Europe, and Canada and across the US. Their live performances have been described as, "arresting, compelling and just plain cranked-up!" with stage shows evolving into transformative performance art pieces using costumes, story telling, dance routines and absurdist humor. Young people are especially enthralled by Reptet. They have incorporated a educational component to their play book and have done numerous school presentations, workshops and clinics throughout the United States. Reptet have established themselves as a new model for jazz in the 21st century by embracing tradition while simultaneously

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News Years Eve with The Doily Brothers

The Doily Brothers band is truly an Island fixture. The band was originally formed circa 1970 and some very talented Island musicians have been a part of its soul. Bringing you a well rounded mix of Classic Rock , Country & Blues, the energetic (and sometimes explosive) style of the Doily Brothers will keep you on your feet. So, for something unique and entertaining, this band delivers..... Join the Doileys for a New Years party at Sporties, December 31, at 9pm.



Saturday, December 31, 9pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

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infusing their music with modern (and sometimes futuristic) sensibilities. Reptet is a genre bending band of musicians based out of Seattle whose instrumentation consists of drums, bass and four horns. These six multi-instrumentalists have an expansive approach to their music, performing original compositions that incorporate reggae, rock, ska, punk, modern classical, avant-garde, eastern European folk influences and more. Their internationally acclaimed 2006 release, "Do This!" (Monktail Records) made the year end top 10 lists of many jazz journalists and was chosen Top Jazz CD of the year by Jazziz magazine's Alex Gelfand. They also won two Earshot Golden Ear Awards (celebrating the best of northwest jazz), including Best 'Outside' Jazz Group and Best Performance of the year (as part of the Monktail Raymond Scott Project). In 2007, Reptet criss-crossed the United States exhaustively touring in support of "Do This!". Their next CD, "Chicken or Beef?" was released in the summer of 2008 and was similarly embraced. In fact, the 8th Annual Independent Music Awards named it a finalist for Jazz Record of the Year. They made an unexpected move in

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The DoVE Project, a Vashon anti-domestic violence program, is requesting proposals from fundraisers. This is a part-time position. For the RFP, go to VYFS.org. Proposals due January 15th, 2012.

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**Care Packages Sought
for Fallen Soldier's Platoon**

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command. He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

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

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