



VASHON

THE LOOP

Vol. 9, #1

HAPPYNEW YEAR FROM VASHON'S COMMUNITY NEWSPAPER

January 5, 2012

Family Fun Night



What's red and yellow and fun all over? A mountain of spaghetti piled high with cheese and games for kids of all ages of course! And that's just what's happening this Sunday, January 8th from 5-8PM at Lewis Hall in Burton.

The Vashon Island Unitarian Fellowship is hosting its first ever Family Fun Night and will be featuring mountains of homemade spaghetti, salad, and garlic bread, plus kid-friendly games, and even a Talent/No-talent show. The event is free of charge and open to all Vashon families.

"We have some great kids in our

fellowship," says VIUF's Religious Exploration Director Indigo Lewis. "We thought it would be fun to host an evening in which we could open it up and Vashon kids of all ages could relax and ham it up – and their parents could skip the mealtime prep and clean-up on a Sunday evening."

The Vashon Island Unitarian Fellowship (VIUF) has gathered since 1950 to share liberal religious values and the common search for greater understanding that gives spiritual meaning to our lives. The VIUF is

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Dr. Martin Luther King, Jr. Commemorative Service



The annual Dr. Martin Luther King, Jr. Commemorative service, in its 23rd year on the Island, will feature newly appointed State Supreme Court Justice Steven Gonzalez. As always, the event will be held on Dr. King's birthday, January 15th. This year it falls on a Sunday and will be held at the Vashon Presbyterian Church at 7:00 p.m.

According to the event organizer, Emma Amiad, "We are thrilled that Justice Gonzalez will be our speaker this year. We will be one of the first communities in the state to hear him speak after he takes his seat on the court." He will be introduced by King County Superior Judge Mary Yu, the dynamic speaker at last year's event, and a Vashon resident. Both judges are deeply involvement work to correct the racial disparities in access to justice in our criminal justice system.

Justice Gonzalez is only the second ethnic minority to serve on Washington's Supreme Court. He brings a wealth of experience with hate crimes, terrorism and child prostitution. While serving as Assistant

U.S. Attorney in the state's Western District, he prosecuted an international terrorist who had planned on detonating a bomb at the LA International airport and was apprehended in Port Angeles.

Gonzalez is a well recognized scholar and has a deep legal background having served as a trail lawyer, a criminal prosecutor and, for the last ten years, has been a King County Superior Court Judge. He is a graduate of the University of California, Berkeley, school of law. He lives with his wife and two children in Seattle. His wife, Michelle Gonzalez is assistant dean at the University of Washington law school.

The annual Martin Luther King event is a tradition on the Island and is free to everyone. A quartet, made up of Joe Farmer, Kathleen Rindge, Dan Brown and Jean Richstad will perform some of Dr. King's favorite spirituals and Emma Amiad will share some of Dr. King's words. Refreshments will be served.

Road to Resilience The Moral Equivalent of War

The world climate summit, recently held in Durban, South Africa, illustrated once again how difficult it is to get the biggest carbon emitters in the world to take serious measures to curb their output even in the face of threats to their very existence. The summit was saved, sort of, from abject failure by a last minute agreement to meet in 2015 to discuss binding limits by 2020. What made it happen was the agreement of China and India to sign on, which made it safe for the US to sign on.

You may remember that the world's leading economies agreed recently in the Copenhagen Summit that we must keep global warming within 2 degrees C. Inherent in that figure is a compromise between what level of climate disruption is acceptable and what sacrifices we are willing to make to meet that target.

Here is the scenario we are facing, according to Kevin Anderson, director of the UK's leading climate research institution, the Tyndall Energy Program. In order to have a 50/50 chance of meeting the 2 degree C target, we have a cumulative carbon budget of about 1.4 trillion tons that we have to stay within between now and 2050. If we burn just the proven reserves that we have now, we will have put twice our budgeted amount into the atmosphere and are headed for

By Terry Sullivan, Transition Vashon

a 6 degree C future. So, if, as it appears, we aren't willing to follow a realistic plan to stay within 2 degrees, why don't we just settle for, say, 4 degrees? The reason, according to Anderson, is clear: "A 4 degrees C future is incompatible with an organized global community, is likely to be beyond 'adaptation', is devastating to the majority of ecosystems, and has a high probability of not being stable." The last part refers to the probability that feedback effects, such as melting the permafrost or releasing CO2 sequestered at the seabed, will send warming far beyond the 4 degree mark. In other words, we are probably looking at another mass extinction. It has happened six times already, although perhaps not in exactly this way.

So, going beyond 2 degrees C of warming must be avoided at all costs. If we wait until 2020, as we are currently intending, to start reducing emissions, all countries will have to then reduce emissions at a rate of 10%/year. When the Soviet Union collapsed they had a 5% reduction. Ten per cent is unheard of. Even if we could do it, it is unlikely that China and India could.

The approach to climate change by industrialized countries has been, "How can we address climate change without endangering economic growth?" Years of study by our best minds have

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Blast From the Past Island Coffee

By Hamish Todd

Kathy at the apothecary coffee shop had a degree in psychology, specializing in brain chemistry and a second degree in herbology. She looked a little like she didn't belong, but if you saw her and spoke to her about anything at all intelligible she would smile her toothless smile and beam and gladly answer any reasonable question you put before her. The south end of the coffee house was her domain. Glass jars on wooden shelves: Spurelina, Sun Flower petals, Organic Celtic Sea Salt, Sassafras, Black Tara, Uva Ursi, Turkey Rhubarb, and Wild Cherry Bark; hundreds of things for tinctures, for drinking, for poultice, all to aide what ails you. There were sticks from India to brush your teeth and caplets full of rain forest mushrooms to help you breathe; Co-Q-ID to help the liver manage cholesterol sat on a shelf by the piano.

At the north end of coffee shop/roasterie, just to the right of the front door with the cowbell, looking out the window to the porch and the street beyond that, that's where the old timers have their coffee clutch; talking of tractors and ferries and corn and their military days. There's a good deal of talk about cars and talk about the weather, and how many things have changed. And how many things seem the same.

If you keep going, towards the restrooms, you go through the tasting room, with its' stooled table and spittoon stations, the little coffee plant in the window and upstairs to the organic produce and other local fare, cheeses and wine, farm fresh eggs and milk. You might find Meredith or Gail stocking the shelves or otherwise taking care. There's chatter about the new ice cream shop out

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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.

Bones without Groans

Strengthen your major muscle groups to help prevent or reduce joint pain and improve balance.

Chris Davis MD, ER physician and certified personal trainer, will demonstrate simple exercises to increase strength in the shoulders, back hips and knees.

Shape Up Vashon will offer this class twice on Jan 11.

Senior Center at 10:00 am-11:00 am
Vashon College at 7-8:15 PM

Register for Shape Up Vashon at either class.

Come at 6:15 to have your blood pressure taken, do a 3-minute exercise test or weight-in at the evening class

Free for Shape Up Vashon members, \$5 for others.

Green Party’s monthly meeting

The Vashon-Maury Island Green Party’s monthly meeting (second Tuesday of each month) will be at Steve Graham’s home (New Location, January Only). Greens, Democrats, Independents, and other interested progressives always welcome!

DATE: Tuesday, January 10, 7:00 to 9:00 PM

LOCATION: 11525 SW 212th Place

DIRECTIONS: (206) 265-9929

Major Topics:

- 1) Vashon Governance. View/discuss a 25 minute video of Craig Beles’ recent presentation on Island governance.
- 2) Transition Vashon.
- 3) Occupy Everywhere.
- 4) The Green Team. Questions: Melvin Mackey, Secretary, (206) 463-3468

Its New and Free
Visit Our New Website
www.VashonLoop.com

The Vashon Loop

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Vashon Delta Dog Winter Schedule

Friends and Fidos:

2011 has been a good year for the Vashon Delta Dogs with teams working at Chautauqua, VCC and beginning in 2012 the VA hospital in Seattle.

If anyone has been working as a Pet Partner Team in other locations please let me know so I can include your activities in the newsletter.

2012 is hours away, so get out your new calendar and write down the following Vashon Delta Dog meetings.

We will continue with alternating 1st and 3rd Tuesdays, 6:30pm @ Chautauqua Elementary School and 2nd and 4th Mondays, 5pm @VHS.

JANUARY

Monday January 9th, 5pm VHS
Tuesday January 17th, 6:30pm CES
Monday January 23rd, 5pm VHS
Tuesday January 31st, 6:30pm CES

FEBRUARY

Tuesday February 7th, 6:30pm CES
Monday February 13th, 5pm VHS
Tuesday February 21st, 6:30pm CES
Monday February 27th, 5pm VHS

MARCH

Tuesday March 6th, 6:30pm CES
Monday March 12th, 5pm VHS
Tuesday March 20th, 6:30pm CES
Monday March 26th, 5pm VHS

Happy New Year!
Kathy and Zeppo

All Island Forum

All Island Forum meets Thursday, Jan. 5, 7-9 PM at Minglement to refine topic and plan for mid-winter forum. All are welcome.

Vashon Drum Circle

Vashon Drum Circle meets Friday, Jan. 13, 7 PM at Vashon Intuitive Arts. All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Free event; donations gratefully accepted. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities.

FREE Social Partner Dance/ Zydeco dance

VASHON SOCIAL DANCE GROUP hosting a FREE Social partner dance 7:30 - 9:30

Basics Of Zydeco Dance Lesson with Lilli Ann Carey 6:30 - 7:30 - Dance to an eclectic selection of deejayed music. Music to swing, night club two-step, waltz, one step, wiggle, foxtrot, zydeco, salsa, etc. with dancers at all levels. No partner needed, lots of friendly dancers to dance with. Bring a smile and comfortable dance shoes for dancing. Questions? Contact Candy (206) 920-7596 or visit www.vashonparkdistrict.org or, www.vashoncalendar.org ; -) Thanks to Parks District for the on-going use of the performance hall. (Suggested \$10 donation for the instructors Lilli Ann’s website: www.danceforjoy.biz)

Compost the Loop

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

VMICC Seeks Guidance for the New Year

Come and tell the Vashon-Maury Island Community Council what you want your council to do. January is the start of a new year and for the council a new set of goals, agendas and creative ideas. Share you needs and desires with each other and the board on Tuesday, Jan. 17, at 7 p.m. at McMurray School. The meeting is delayed for a day because of the Martin Luther Kings holiday on Monday. The entire meeting is devoted to getting input from the community in order to plan out this year’s agendas and line up speakers or discussions or other formats islanders want.

In addition, Kyle Cruver, who has been approved by the board will be up for approval to be a new VMICC board member by a vote of those in attendance. Please attend so that this and other important business that requires a quorum can be carried out.

In Memory Nancy Lou Rosser Sandoval

15 March 1958

27 December 2011

In the midst of the early pre-dawn sky a star beckoned and at 0350 Arizona time Tuesday the 27th of December in the year of our Lord 2011, Nancy Lou smiled, sighed and responded.

On wings silent as an owl “Lou” departed her body and life as we have known her, passing to the vast and ominous beyond into good hands.

She leaves us with a beautiful part of herself within her daughter Juliana Leona Rosser Sandoval, 8 years old of Arizona and within a wonderful son Jacob Robert Rosser Minkler, 23 years old of Hawaii.

Memorial service date and obituary will follow in forthcoming publications. In lieu of flowers please support the scholarship fund for Juliana Leona Rosser Sandoval at P.O. Box 2771, Vashon Island, Washington, 98070.

Make a date with Vashon!
www.VashonCalendar.org

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

Find it on
www.vashonpages.com
Vashon Business
Information

Vashon Island Chorale Looks for Members

Vashon Island Chorale begins its next session on Jan. 10 with weekly rehearsals on Tuesday nights in the VHS band room leading up to concerts on April 21 & 22. Singers need not audition for membership. Pre-registration will take place on either Thursday, Jan. 5 from 6:30-7:30pm or on Saturday, Jan. 7 from 10:30-noon, both in the meeting room at the Vashon Library. Dues are \$50 plus music costs. Contact Chorale President Jo Ann Bardeen for additional information: 567-5841 or jbardeen@yahoo.com.

Vashon-Maury Island Garden Club Meeting

Vashon-Maury Island Garden Club Meeting

When: January 9, 2012 11:00AM Business Meeting, 12:15PM Lunch, 1:00PM Speaker: Paul Bryant : Backyard Beekeeping. Public is always welcome.

Where: Vashon Lutheran Church, 18623 Vashon Hwy SW.



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.



Next Edition of The Loop Comes out Thursday, January 19

Deadline for the next edition of *The Loop* is **Friday, January 13**

**GRANNY'S ATTIC
THRIFT SHOP**



Operated by Vashon Health Center Volunteers

Retail Hours:
Tues/Thurs/Sat 10-5

Donations Hours:
7 days a Week!
8-4pm

We are so grateful to the Vashon community - together we created Granny's most excellent year ever!

Were open regular hours through January. We will be closing in February, for a short time for our mid winter break... We ask that you remain calm!

Granny's is looking for Good used Clothes.

You can drop off your donations 7 days a week from 8am-4pm.

Remember.....If you wouldn't give it to a friend, we can't use it!

Granny's is located at Sunrise Ridge
10030 SW 210th st, Vashon Island
206-463-3161
www.grannysattic.org

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



**Island Dance Theatre Ballet Classes at Ober Park
Winter/Spring 2012**

NEW! Pre-Tumbling – For movers age 3-5. Tuesdays 3-3:30PM. \$120
NEW! Tumbling – For movers age 5-35 (or older). Tuesdays, 4-4:45PM. \$155

Beginning Ballet – Ballet basics for dancers 5 and older. Tuesdays, 4:50-5:45 PM. \$160

Intermediate Ballet – Intermediate ballet instruction for dancers age 8 and up. Mondays & Fridays, 4-5:25PM. \$400

Advanced Ballet – Advanced ballet instruction for dancers age 12 and up or by placement. Monday & Friday 5:35-7:30PM; Wednesdays, 5:30-6:45PM. \$720

Pointe/Pre-Pointe Ballet – Ballet on pointe for dancers age 12 and older. Beginning to intermediate training in technique, strength and balance, with opportunities to learn variations in choreography. Wednesdays, 4-5:25PM; Saturdays, 11:30AM-12:55PM. \$400

IDT's Performance Class – For anyone of any age who loves the stage. Add character to your dancing; develop staging and production skills. Perform in Spring and with traveling shows. Saturdays, 1-4 PM. \$25

(Price increases reflect the longer session of 22weeks)



Sign up online at www.vashonparkdistrict.org
or in person at Ober Park
Questions: Call us at 206-463-9602



PANDORA'S BOX

**Well 2012 is here...How long will it Last
Out with the Old in with the New!
Come See What's New**

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Check out our many organic and healthy dog and cat foods. Even our animals need to recover from the Holidays!



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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.

Max Needs A Home...

MAX is a Great Pyr/possible lab/ Golden mix, 2 years old. Max was crated and neglected his whole young life and his muscles ar weak and atrophied from not being able to stand up in his tiny crate. H initially could not even stand up; now he stands and walks slowly. He is getting pool therapy and is expected to recover completely and b able to run and play like a normal two-year old dog. Max is a gentle, quiet and peaceful soul who gets along with everybody. He so needs and deserves a wonderful home. MAX is neutered, fully immunized



and microchipped. If you would like to meet Max, contact Vashon Island Pet Protectors at 206-707-2218. There is a \$125 adoption fee.

Go To www.vipp.org Click on Adopt

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SUNDAY: 9:00am - 2:00pm

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The Loop has a New Website
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How Can You Prevent Diabetes?

George Gey, MD, Jeanette Dunn, EdD, RN and Kathleen Davis MD

What is diabetes?
Diabetes is a disease that affects the way the body uses food for strength and energy. Much of the food we eat is broken down into glucose, a form of sugar. When glucose enters the blood stream from the gut, it needs be used or stored by the cells. The hormone insulin is responsible for regulating how much glucose can enter the cells. The pancreas, a fist sized organ lying behind the stomach, makes insulin.

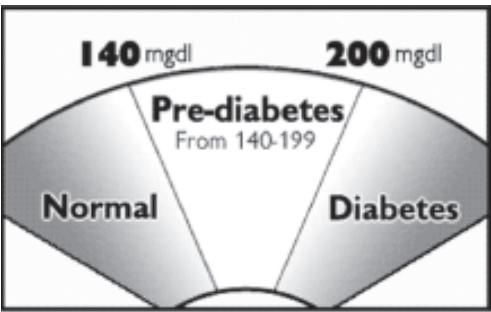
The two most common forms of diabetes are type 1 and type 2. Type 1 used to be called juvenile onset, and type 2 adult onset, but since adults can have type 1 and children can have type 2, we don’t use these names any more.

In type 1diabetes, the pancreas doesn’t make enough insulin. The glucose that should be going into cells increases in the blood stream causing high blood sugars. People with type 1 need to take insulin lifelong since we cannot live without insulin. Without insulin, excess glucose is not getting stored in fat cells, so people with type 1diabetes are usually thin.

In type 2 diabetes, the pancreas is failing because it is overworked trying to make enough insulin to keep the blood sugars normal. Insulin is putting more and more glucose into the cells, storing it in fat cells and the liver. As these cells grow and multiply, they get resistant to insulin’s attempts to squeeze more glucose in.

Type 2 diabetes develops over several years. The blood glucose stays normal as the pancreas makes increasing amounts of insulin. When the pancreas can no longer keep up with the amount of glucose it has to store, the blood level rises and we call that diabetes. Usually people with type 2 diabetes are overweight. The good news is that if the person loses weight, the cells allow the glucose to be stored and blood sugar can become normal again.

High levels of insulin contribute to the development of high blood pressure and abnormal cholesterol numbers even while the blood glucose is normal. That is why you need to have your glucose checked if you are overweight, have a blood pressure over 140/90 or abnormal cholesterol numbers.



Oral Glucose Tolerance Test

How do we diagnose diabetes?
This diagram shows blood levels of glucose taken without fasting.
Pre-diabetes is an in between state where insulin levels are going up, but glucose is still not at the diabetic level. This means there is an especially high risk of developing diabetes.
People with prediabetes and diabetes have a higher risk of having a heart attack, a stroke and kidney disease.

Prevention is the key:
Healthy eating. Studies show if you are overweight, losing 7% of your bodyweight can prevent diabetes, delay its onset or improve it if your glucoses are already high. Since losing weight decreases your need for insulin, weight loss may also decrease blood pressure and help cholesterol numbers. www.choosemyplate.gov has recipes and easy advice for a healthy diet. My plate has replaced the food pyramid.
Physical activity helps you lose weight, improve heart function, can decrease glucose and blood pressure and improves cholesterol values. Interestingly, increasing physical activity is the only way we know to decrease your chance of developing dementia. Plan 30 minutes of physical activity or more most days of the week.

Need some motivation to make exercise a priority? You can win a Presidential Award for engaging in physical activity 30 minutes a day for five days a week, six weeks out of eight.
See www.presidentschallenge.com or www.shapeupvashon.org for more information, tips and rewards.
This is the first of a series of articles about health from Shape Up Vashon. To suggest other topics, write us at info@shapeupvashon.org



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Island Life

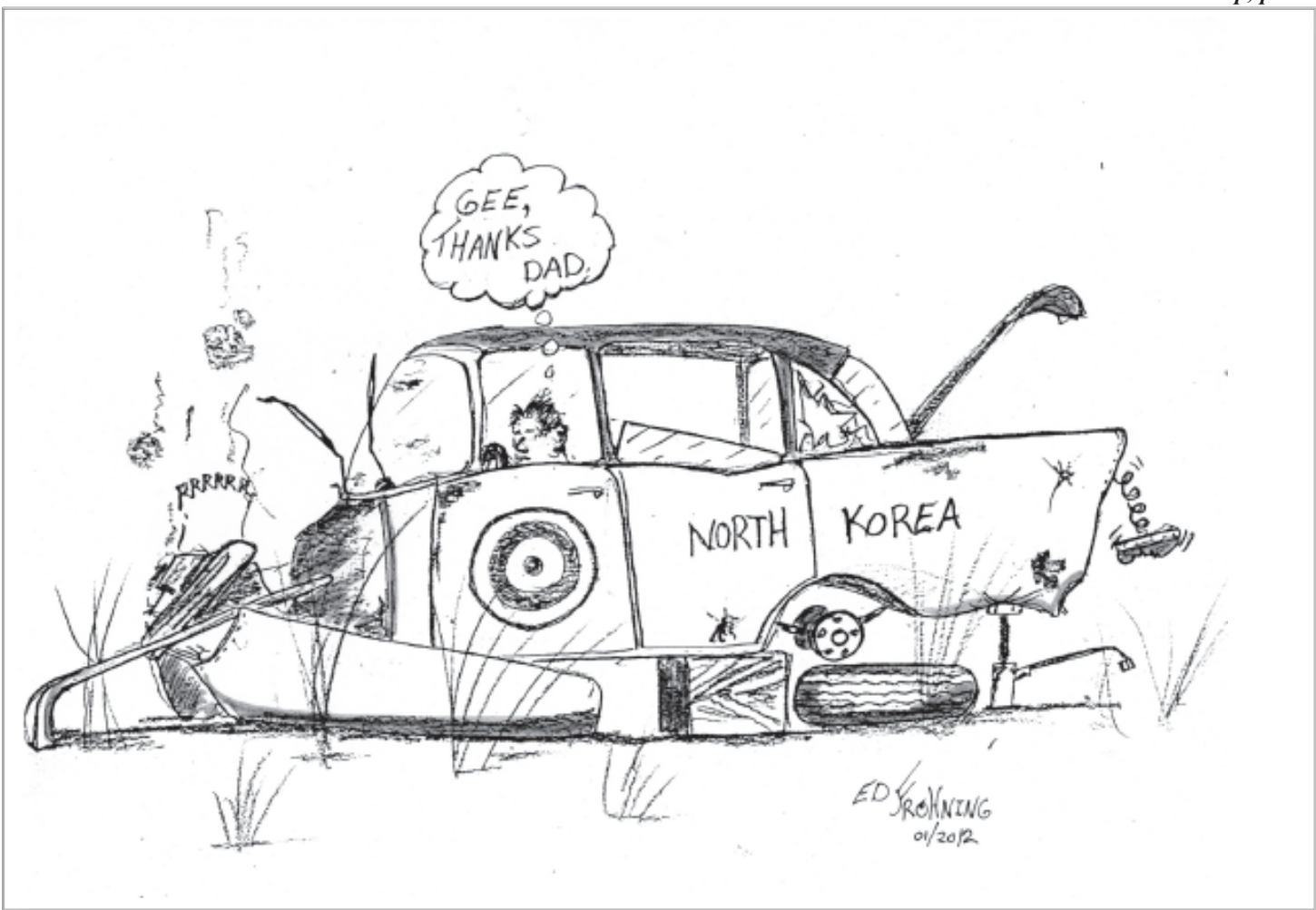
Truth to Power

by Peter Ray

Perhaps like you, I have been having various levels of internally roiling turmoil surge through my assorted thought channels and portals as to how I might contribute to the Occupy movement, as well as personal queries as to whether such an endeavor was even a valid use of my time, even though my time these days seems to be of mostly no value to anyone but me. Having received a blanket request to participate in a street action by the folks at our Backbone Campaign, with the option of using my video skills in the process, the thought came to me almost instantaneously- "Why Not?" So, on a crisp and sunny day after Solstice I packed what I deemed to be the maximum of the minimalist essentials I would need to record an event on the go. These were modern tools of relatively high sophistication, even though this grouping included a point and shoot still camera from the Nikon Corporation and the lowest end of the "professional" HD video camera line from Canon. There is, of course, a quandary inherent in fighting the corporate fight with tools coming from the corporate stronghold, but there is also the inherent irony which sometimes trumps all else.

I dressed for cold weather cycling and strapped my padded and compartmentalized camera bag on my back. The black, stealth frame of my bike hides the local origins of this aluminum steed of choice. But if Jeff, our local bike shop guru, had not rescued this goody from the dumpsters as K2 was being cleaned out, this prototype that was barren of company logo or ID would have become landfill, as well as a part of a fading memory of a briefly noble line of two-wheeled transport. I sped to the dock, noting the comfort of the pack, and boarded the ferry to once again be a part of the yearly semi-ritualistic consumption of 2.2 million or so gallons of diesel fuel so that we of the Island can come and go almost as we please. On the other shore I set my compass- sort of- for the largest black obelisk in Seattle and a 4 o'clock meeting on the steps next door at 600 4th Avenue, otherwise known as City Hall. As the red-garbed carolers grew in number I began to roll virtual film. It is odd that as motion once begat motion through silver coated celluloid or magnetic tape, one now can capture hours of movement and noise on a slip of plastic and silicon and bits of metal no larger in width and height than a slightly thinner postage stamp, and with no moving parts at all. It is also strange to think that after inventing the first digital camera in 1975, Kodak is on the edge of bankruptcy at least in part because corporate think maintained that Kodachrome seemed like it should always give us nice bright colors.

I had noted while filming (can't say shooting in this context) that there was a well dressed but discreet presence slowly walking back and forth and occasionally speaking into a not too terribly inconspicuous walkie-talkie. This made me think about our eventual walk next door to what has gone from Columbia Center to Columbia Seafirst Center to Bank of America Tower to BOAT- an acronymical designation I hadn't heard of before googling for info. What seemed interesting from the brief history described was that there had been deals developer Martin Selig cut with the city by including both retail and public space in order to gain his precious height and biggest west of the Mississippi acclaim. It is there also that the ideas of Occupy Anywhere and this



urban caroling retreat converge, in that where the singing was to take place fell into the now more heavily debated concept of public/private space, and who has the right to use it and for how long and in what capacity. I had brought my least conspicuous and least expensive camera because, well, you figure it out. In looking back, being inconspicuous in a Pakistani peasant hat, a bright blue biking windbreaker, baggy bike shorts and blue suede bike shoes was perhaps too much to ask for.

As it turned out, there were no confrontations at the Tower. It wasn't until we crossed the street and went into the bank that, unlike a certain photo supply company, has had no problem in transitioning from the days of the stage coach to the days of the Nissan Leaf- which some might argue could have started (and did- start, anyway) not long after the iron rails finally linked the two coasts, but that gets into a discussion about electricity and oil that we don't have space for here. Instead, we will say that it was in this bank that I encountered an imaginary line that indicated open or closed as well as a classification that determined whether one was a welcome customer or a trespasser. As neither of the two people that confronted me were holders of any real power, it seemed a waste of time to confront them with what I saw as the truth. The only real hard truth of the day was the realization as I reached close to the top of one of the climbs up Cherry St. on my bike, that clipping out of one's pedals on a steep incline can sometimes be difficult. Fortunately, this truth did not hurt as I lost balance and fell away from the street to a relatively soft landing. What did kind of hurt was the humiliation of continuing to be clipped in to my pedals, sideways on the sidewalk, as a passerby in a car asked if I was all right. "Yes" , I said. I'll get over it.

The video for the caroling, not my falling over, can be seen here:
www.youtube.com/watch?v=58-OqCRnYss
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By Kathy Abascal

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Schisandra, a fabulous berry

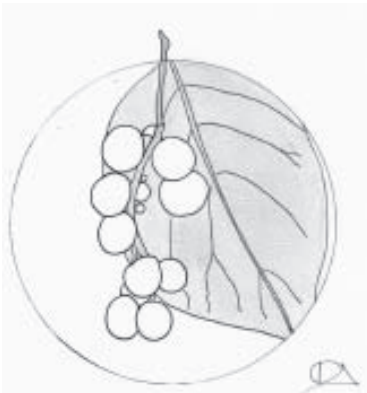
By Kathy Abascal

Need something to help you cope with the everyday stresses of life, support your liver, and help your athletic endeavors? Then schisandra may be the herb for you. Schisandra is a lovely vine native to eastern Asia. Its berries are used as an adaptogen and its Chinese name means “five-taste fruits” because the berries taste sweet, sour, bitter, pungent and salty. Herbal adaptogens are used to increase the individual’s ability to cope with physical and mental stress. They are also used to increase overall vitality. For the most part, they are not used to treat specific ailments but instead are taken fairly long term to improve overall health. As a rule they are also very safe herbs with few if any side effects.

Any of the herbs classified as adaptogens will benefit those who constantly come down with colds or sore throats. Adaptogens are a great help for people struggling with the physical stress of a chronic ailments, such as an autoimmune disease. By reducing our reactivity to stress, they can benefit anyone feeling tired, run-down, “stressed-out,” “burned-out,” and ill. They do not give a kick or energy boost the way caffeine or amphetamine does. They do not create the momentary illusion of energy while ultimately depleting our strength. Instead, they slowly strengthen and support the immune system, reduce susceptibility to illness, and promote health.

In most respects, adaptogens are interchangeable but each still has its own unique strengths. Schisandra traditionally was prescribed for people experiencing a lot of sweating and night sweats, depleting their body fluids. It also was favored for a variety of nervous conditions, coughs, and liver ailments. It was used to enhance immune response while reducing fatigue and sleeplessness. Interestingly, schisandra is both calming and stimulating.

Today, we have confirmed the traditional knowledge that schisandra helps the liver. In a study of 5,000 patients



with hepatitis, schisandra significantly lowered elevated liver enzymes in virtually all of the patients. Other animal studies showed that the berries stimulated liver re-growth after part of the liver was removed surgically. They also had a strong anti-hepatitis C activity.

Another interesting facet of schisandra is its ability to enhance athletic performance and enhance healing of injuries to the muscles. Russian studies concluded that schisandra reduces fatigue and increases endurance in athletes. In addition, a number of schisandra studies have been done on horses. These studies found that that an ounce of schisandra a day enhanced performance in a wide variety of horses, including thoroughbred, racer, polo, and jumpers. In injured horses, schisandra normalized the elevated levels of enzymes that come with muscle injuries. In other words, schisandra has a significant, positive effect on athletic ability and recovery from exercise injuries.

Given the lack of funding for herbal research, most schisandra studies have been done on cells or small animals in the laboratory. While not as

convincing as human research, these studies do present a very positive picture of schisandra’s ability to promote health: It appears to protect the nervous system, the heart, and the kidneys. The berries have anti-cancer effects and reversed drug resistance in cancer cells. Berries are always rich in antioxidants and schisandra is no exception. Overall, schisandra enhanced memory, mental function, and physical endurance in small animals. but showed absolutely no negative side effects.

Almost all of us have too much stress in our lives and we would all benefit from an adaptogen. Schisandra is a good choice for many of us. It is an excellent choice for a woman going through the night sweats of perimenopause. It is my first choice for an endurance athlete or an athlete trying to recover from a soft tissue injury. It is also an herb I recommend for those with chronic liver and heart ailments. It can be a great sleep aid. It is easy to get good quality schisandra. Of course, it is important to remember how adaptogens work. They are subtle and need to be taken for at least 6-8 weeks. You may not notice any effect at all initially. Instead, over time you simply have fewer colds, you recover from injuries more quickly, you sleep better, and you feel better but you will not necessarily consciously connect those results with your schisandra. Often we only realize how beneficial our adaptogens are when we quit taking them and life suddenly becomes more difficult again.

Food Storage Workshops

Vashon’s Food Security Working Group will be hosting a series of workshops to help families learn to stock their pantries for all sorts of emergencies – from earthquakes to power outages to job layoffs. Three Food Storage for Emergencies workshops will take place every other Saturday beginning January 21, 10:00 am to Noon.

Session 1. Emergency Preparedness January 21

Making an emergency 72-hour food kit. Preparing to feed your family in all types of emergencies. Facilitated by Cathy Fulton.

Session 2. Three Month Food Supply Basics February 4

Simple emergency pantries. Water. Budgeting. Using your stored food. Peace of mind.

Facilitated by Gene Kuhns, Former Emergency Preparedness Specialist – Mormon Church, Vashon Island.

Session 3. Keep the Process Going February 18

Baby steps to make it easier to increase and enhance your food storage capacity. Presented by Elizabeth Sullivan.

The workshops will include demonstrations, samples, and games with prizes to make the process easy and fun. Each participant will receive a CD which includes the 100-page manual, Food Storage Made Easy and several Excel spreadsheets for planning.

Cost for the series is \$20 per family or individual. Space is limited and pre-registration is required by contacting Cathy Fulton, 463-5652, cathy@MariposaGardens.org

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



Aries (March 20-April 19)

What at first seems like routine news may turn out to be a lot more meaningful than it seems on its face. Therefore, I suggest you think in terms of the implications of what you learn, and the possibilities of what it might represent for you. You seem to be pushing for big changes, or they seem to be calling out to you. Anything you learn, any information that comes your way, has the power to lead to a sequence of new ideas, and as such may represent a turning point. You will have to listen; you need to pay attention, in particular, to the details. There are two distinct sides to any news that may seem strange or jarring, and I am not saying this as a truism. Look quickly for the silver lining and keep thinking in that direction. It is not a side benefit; it seems to be the whole point.

Taurus (April 19-May 20)

Remember your negotiation skills. I only remind you because negotiation is not in vogue these days -- making demands is, typically in the style of all or nothing. Given that nobody really needs it all, but nothing does not suffice, keep in mind that the essence of negotiation is making sure that everyone gets the basics covered. You can afford to think with a little more foresight than what you might want or need right now. Devise a way of consciously prioritizing. And you will have to be the one who rises above any atmosphere (or perceived intention) of less than pleasant psychology. Part of being a professional is contributing to reducing tensions rather than escalating them. The question to ask is, 'What if everyone acted this way?' Many people don't realize it but they are waiting for someone else to set a good example -- you're the one who would be that example.

Gemini (May 20-June 21)

At the moment, you seem to be at the mercy of what a partner is going through -- and you probably think you have little influence over the outcome. The more appropriate thing to be wondering about is whether you want any influence, and if you did, what exactly it would be. The situation seems more clearly designed as something you will have to adapt to, which is another way of saying you're dealing with a force much larger than yourself. What you experience may seem on one level like you've reached a turning point in a relationship, but what's really happening is that you've arrived at a point of no return in your own life -- and the relationship is just a reflection of that. Remember the Serenity Prayer, and remember that the most important part of that is 'the wisdom to know the difference' -- and I would add: then you have to use that information well.

Cancer (June 21-July 22)

Pay close attention to what aspects of a relationship or partnership situation are working, and which are not. You don't want to wait around to find out what happens when you've got all the information that you need. Meanwhile, there are ways that you can contribute affirmatively toward a positive outcome. Much of what you're dealing with in one particular involvement are your 'hidden tendencies' coming to the surface -- tendencies which I would imagine you would let go of, if you could. The time has come to evaluate everything you say and everything you do on the basis of whether it adds or detracts from your

quality of life and your quality of work. Many factors are compelling you to rise to the occasion of your life, as it is today -- not how it was yesterday, or how you wanted it to be 10 years ago.

Leo (July 22-Aug. 23)

You need to strike a balance in a relationship situation between idealism and cynicism. That balance would come in the form of 'none of the above', or in trying to form a compromise between the two. Rather, a spirit of working from common ground, common values and a shared vision for what is possible will help you make the most of your situation. I suggest you give this at least a week or two to work itself out, as your emotions are currently under the influence of some form of projection. When Neptune leaves your opposite sign early next month, you will gain a more realistic perspective, and a lot more breathing room. To sum up, you have made a long series of compromises that it's now time to begin reversing, though this will not happen overnight. It may take years, but it will help immensely if you know the specifics of what you're working with.

Virgo (Aug. 23-Sep. 22)

There should be a word for 'fear of depth' or perhaps paranoia connected to curiosity. Anyway, neither of those will be particularly helpful right now and either could become a pretty big detriment. Therefore, go deep, and encourage your curiosity. You've been on a project the past few years of gradually letting go of your inhibitions. Now is an excellent moment to both take advantage of what you've learned, as well as to go deeper and experience something new. Your sense of adventure may be mingled with some questions about whether you're exceeding your proper boundaries, or some code of decency you're being held to but that nobody had the courtesy to inform you of. There are no actual rules and regulations, and to the extent there were, Pluto -- currently your best friend -- has taken care of them. All you need are basic ethics and your 'common' sense.

Libra (Sep. 22-Oct. 23)

How far will you go for love? You may be inclined to think that you'll go too far -- however, the dream you're following will soon lead you to a new feeling, emotional experience or depth of healing. This may feel a little like going down the rabbit hole, but unlike the one that Alice discovered, the dimension you're entering makes a lot more sense and is better suited to your nature than the brainy abstraction (or odd psychological tension) of the past few days or weeks. The theme of your life shifts clearly and somewhat boldly in the direction of healing, though what you may have forgotten is the extent to which that, for you, involves imagination and creativity, rather than some kind of technique. Both you -- and your relationships -- need space to move in, space that is reflective, sensual and creative, rather than adorned with too many ideas or chilly intellect.

Scorpio (Oct. 23-Nov. 22)

You may be noticing an odd sensation in your life, as your ruling planet Mars slows down to a retrograde. This may feel like the soundtrack is out of alignment with the frames of the movie, or like the air (or your mind) is getting a little thick. I suggest you take the cue and slow down. This is not the time to

blaze forward, but rather, for a careful reassessment. Mars retrograde lasts between Jan. 23 and April 13 -- which will give you a chance to look back on the past two years, and moreover, to prepare for the astonishing events of mid-2012. Take this opportunity to work out any hangups, disagreements or conflict over the most important thing you can do with your mind -- deciding what you want. Remember, you don't have to make all your decisions at once. You have some time, and I suggest you use it consciously.

Sagittarius (Nov. 22-Dec. 22)

You're about to have an opportunity to develop your financial resources; that is to say, to either make money, get a gig, or tap into some existing resource that has more value than you think. The key to financial success, for you, is grounding. You don't necessarily like 'the material world', and you know that there's more to life than that -- but when it comes to money or wealth in any form, your success will come from a practical, planned-out and in some ways traditional approach. As the next few days develop, I suggest you take any conversations slowly and patiently, particularly with bosses or clients. Small successes can lead to much larger ones, though you must take things one step at a time, no matter how brilliant or innovative an idea or proposal might be. Make no assumptions, and keep a close eye on the timing of commitments.

Capricorn (Dec. 22-Jan. 20)

Any secrets you may be keeping from yourself will soon come to light -- and you may wonder what the hush was about. However, what you're about to discover -- either about yourself, or about something deeply meaningful to you -- has the power to shift your perception of life -- and that means, the path of your life. Most of the time seemingly little revelations are forgotten as fast as they emerge; it's time for you to recognize the power of an idea. Now, the thing about ideas is that they are like seeds (and not everyone recognizes the value of these). In the present case, we're talking about an idea equivalent to an heirloom seed. It will need to be cultivated and cared for, and this takes time, patience and continuity. The initial excitement of possessing the thing must develop into something more mature -- with a focus on continuity and respect for the growth of living creatures.

Aquarius (Jan. 20-Feb. 19)

You are certainly getting a tour of the light, the dark, the beautiful and the beastly. While I could be philosophical and say that it's all part of the kaleidoscope of human experience, I am sure you would rather have your life be simpler. I know you're getting exhausted with spending your days experiencing the kinds of extremes of existence that have characterized not only the past week but the past few months. You are at the end of a long, challenging phase of existence. By long I mean consider that what you've been living through is a phase that began in the late 1990s. You will recognize this a lot more clearly once it's over -- which by the way happens in early February, around the time of your birthday. Being a long phase there will not be an abrupt transition; tune in quietly and you will feel the subtle motion, ephemeral though it may be.

Pisces (Feb. 19-March 20)

One thing I know from living through a lot of astrology is that when Venus enters your birth sign, that's good for you. It's a moment of not only appreciating the finer things in life, but

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actually having them be within reach. In a sense they always are, and we're often too busy or distracted to notice. But this is a special moment, as Venus makes a conjunction to Neptune and then ingresses Pisces, where it will be for a few weeks. Then, Neptune enters your birth sign. No matter how fast you may be going at the moment, or what challenges you may face, this is a moment to slow down and make space in your life for who and what you want the most. Share your abundance with others you care about. Within the madness of life, so much of it unnecessary, take a long moment and feel how beautiful your existence can be.

Read Eric Francis daily at
www.PlanetWaves.net.

Spiritual Smart Aleck



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The Ladies Who Do More Than Lunch

by Mary Tuel

Three mighty warriors gathered to go hunting. These were their names: She Who Argues; Makes Many Plans; and Straight Arrow, so called by the other two because she tended to drive the car straight through curves instead of around them.

They wanted to begin early in the morning, so they caught a ferry to Southworth a few minutes after noon and headed for the fabled hunting grounds of East Bremerton, where discarded belongings are put up for sale in the marketplaces known as Goodwill and Value Village.

Some things cannot be found in the used goods bazaars, however. One thing that must be bought new is underwear for mighty hunters, so the first stop the three made was at the market place known as Wally World.

She Who Argues overcame her many political, ethical, and moral objections to enter Wally World, which she knew was a notorious sink of corrupt consumerism, a den of vice as dangerous to the addicted shopper as an opium den is to the opium smoker, and as harmful to the general welfare of the people. She managed to quiet her misgivings because she realized that she, too, needed underwear.

Wally World is larger than many villages, and the trek from the parking lot to the underwear section was long and arduous. They lost their way and made wrong turns, but in the end found themselves among an array of bras,

panties, and socks that was so large and so overwhelming that their senses were dulled and their thoughts confused. Such is the narcotizing effect of Wally World.

Once they had made their purchases and found their way back to the car it was decided that they all were hungry, and they decamped for a cafe located where the trail of Sedgewick meets the highway of Sixteen.

Now, She Who Argues was wearing that day a beautiful shawl of purples and blues, which she usually wore as a scarf, but once trapped in a booth with Makes Many Plans and Straight Arrow, who have a tendency to be rather silly, she found a need to pull the scarf up over her head to conceal her face. “You two behave like teenagers,” she said to her companions.

Once fed and watered, the three continued on their way. They went over the hills and around a great water, and soon were in the Wilderness of Strip Malls.

Here they came first to Goodwill. They split up so as to hunt more efficiently, and spent a good hour there before meeting again, and putting their bags into the trunk of the car. They pressed on to Value Village, and again split up, the better to seek their separate objects, and they each found many more treasures.

Then they were on their way home, well satisfied with the day’s hunting and ready once more for island, home, and hearth.

They were early for the ferry at Southworth, and talked together as they waited on the dock.

Makes Many Plans, who grew up in the neighborhood of Madrona in Seattle, told the story of a time when she was a child. She had gone to see Santa Claus at Frederick and Nelson, and in her joy at the experience she told some of her friends, “Santa is everywhere!”

One of the little girls in the group begged to differ. “Santa is not everywhere,” she said in a superior tone. “Jesus is everywhere.”

“Well, Jesus isn’t in the window at Frederick’s,” Makes Many Plans replied.

Discussing theology can be so treacherous.

The boat came, and the three warriors returned home well satisfied. They agreed it had been a good day and a good hunt, and went their separate ways, promising to meet and hunt together again.



Illustration by Rick Tuel.

January 6-12 Muppets

Celebrate Basketball at the Vashon Theatre when Vashon Island Junior Basketball Presents The Mighty Macs, the story of the women’s college basketball team that began in obscurity but because the Cinderella story of women’s basketball. **Sunday, January 15th, 1:30 pm**

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Island Epicure



By Marj Watkins

Would you be wrinkle free?

Do you hope for smooth, clear, wrinkle-free skin all your life, or at least past middle age? Forget costly face creams. Save the money you might have spent on Botox. Although a lot of time in the sun will weather our skins, what we eat and drink matter, too. Some foods foster skin wrinkles. Some slow it down. The two lists below come via Dr. Jonathan V. Wright’s newsletter, Nutrition and Healing. He got them from a study published in the American Journal of Clinical Nutrition.

1. Wrinkle accelerators: sugar, sugar sweetened fruits, soft drinks, pastries, cakes and cookies, potatoes, processed meats, and milk. Go easy on those.

2. Foods that help you keep wrinkles away: eggs, beans, yogurt, nuts, olives, spinach, eggplant, asparagus, celery, cherries, melons, prunes, apples, pears, tea, and pure water. Work some of these into a meal each day, and your skin will thank you, but so will your taste buds, and the rest of your body.

Take eggplants for instance. They’re key ingredients in Greek cuisine. The Greeks say no man will marry a woman who doesn’t know at least a dozen ways to cook melitzanas (eggplants), and that this vegetable helps a nursing mother produce plenty of high-quality milk.

A winter favorite of our Greek eggplant dishes is Papoutsakia, stuffed “little shoes.”

MELITZANAS PAPOUTSAKIAS

4 servings

- 1 large or 2 smaller eggplants
- ¼ cup butter or olive oil
- 1 pound leanest ground beef

- 1 onion, chopped
- 3 Tablespoons minced fresh parsley or 1 Tablespoon dried parsley
- 1 teaspoon salt
- ¼ teaspoon black pepper
- Sauce (see below)
- Sesame seeds, optional
- ½ cup grated kefalotyri cheese

Cut off and toss stem and green leaves. Cut eggplant in half lengthwise. Soak in a basin or sink of salted water for 20 minutes to get rid of the bitter juice. The water will turn brown.

Drain, rinse and pat dry. Scoop some of the pulp from the center of each eggplant half, leaving a shell ½-inch wide. Rub the shells with olive oil, inside and out. Place in a baking pan and pop into the oven for a few minutes pre-cooking, but not so long that your eggplant shells collapse. Place eggplant, hollow side up, in a baking pan.

Filling: Heat the ¼ cup of oil or butter and sauté the beef. Breaking it up into meat grains as it cooks. Push meat to one side of the pan and sauté onions until soft, being careful not to let it over-brown. Add the scooped out eggplant pulp and parsley, salt and pepper. Cook uncovered until all the liquid is absorbed. Stuff each eggplant half.

BECHAMEL SAUCE:

Melt 2 Tablespoons butter in a skillet. Stir in 3 tablespoons flour. Remove from heat. Cool. Whisk in 1 cup warmed milk, plus salt and pepper to taste. In a small bowl, beat an egg well. While beating, gradually add some of the milk. Add this mixture to the rest of the milk. Stir and cook until the sauce thickens. Stir in grated cheese if using. Pour sauce over the stuffed eggplants. Sprinkle with sesame seeds if desired.

EASY BROILED EGGPLANT: Peel and slice a large eggplant. Soak slices in salted water for 20 minutes. Line a baking sheet with foil, spray it with olive oil spray, Drain the eggplant slices. Pat them dry with paper toweling. Lay them of the oiled baking sheet/sheets. Spray with olive oil. Sprinkle with dried of chopped fresh oregano, salt and pepper. Broil 4 to 5 minutes, until fork-tender and lightly goldened. This tastes so good that two people can easily eat one entire eggplant cooked this way.

Canoes of Spirit

By Orca Annie Stateler,
VHP Coordinator

Chez VHP is recovering from a New Year’s Day medical emergency, so I am revisiting an earlier column that proved popular with my dear readers.

“Killer whales are the canoes of spirits, and if shamans are lucky, they get these spirit canoes.” A Sitka villager uttered these profound words a century ago to the ethnographer James Swanton. To us (Odin and Orca Annie), killer whales are sacred. Life with orcas rejuvenates our bond with the Divine.

Reverence for animal relations and the natural world is our First Nations ancestral legacy. Nanih Waiya (Choctaw for “Creator”) endows all creatures with exceptional talents. Humans do not possess exclusive dominion over Mother Earth and her inhabitants.

Killer whales are celebrated in the culture and spirituality of Northwest Coast Natives, many of whom have Killer Whale clans. For 10,000 years or more, Coastal Native wisdom, stories, and art have shown a sophisticated understanding of orcas that Western thought is just beginning to grasp.

The Tlingit word for killer whale is Kéet. The story “Natsiclané,” or “Creation of the Killer Whale,” portrays Kéet as a noble, perfect creature – what humans should aspire to be like. The relationship between orcas and their food, salmon and seals, is hallowed. In Haida cosmology, killer whales are not mere human beings, but Ocean People. Killer Whale Chiefs of important reefs married Creek Women of adjacent streams containing vital salmon runs. The fish “children” left their father’s house and migrated to their mother’s house at the stream’s headwaters. The Haida word S’gana means both “killer whale” and “supernatural power.”

In several encounters with Southern Resident orcas at Point Robinson, we watched with pride and amusement as the S’gana pulled the humans along the shore like a magnet. Pungent orca breath wafted to our faces and noses on the stiff wind. Sharing the air, we truly became one with the killer whales.

In Tlingit art, the killer whale’s blow embodies spirit. The forceful spray of water vapor and air is not just physical, but animate. Human-like creatures and spirit faces radiate from the blowhole and give shape to the whale’s exhalations.

Other mystical creatures often appear inside or around the killer whale’s body. These may represent fluke prints of surfacing whales, water flowing off the whales’ backs, other entities, or even phosphorescence.

The Western paradigm seems lacking in words to describe the peak experience of interacting with orcas. In



a time when cynical, mainstream culture seems more disconnected than ever from nature, orcas still affect people in ways that transcend the mundane.

Native people discovered early on that killer whales might surpass two-leggeds in intelligence. Orcas are perpetually teaching us, humbling us with novel insights. Witnessing intimate moments in orca society has been a privilege. After decades of observation, we conclude that no social order is more harmonious than that of killer whales. We are troubled that the fate of the higher-functioning species may be in the hands of the less competent species.

One crucial measure of success in our work is how well we maintain the integrity of our spiritual union with killer whales. Our job is to pay careful attention to our teachers, the orcas, and gather valuable information about them in a non-invasive manner congruent with our Native values. With any luck, we can impart some Indigenous wisdom while we help to recover an endangered species.

We harbor no sense of entitlement that the universe owes us a living from the orcas’ suffering. The whales are not a tool for self-promotion or any political agenda. We take offense when we see behavior that dishonors and imperils what we hold sacred. To be an authentic voice for killer whales, we run the risk that people will sometimes feel threatened by our words.

Killer whales have made all the sacrifices in an unbalanced relationship with modern humans. To our endangered orcas, the canoes of spirit, we pledge to restore balance by doing what we can to prevent their extinction and leave their home intact, if not substantially improved, for generations to come.

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.

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“S’gana, Haida Killer Whale,” © 2007 Odin Lonning, Tlingit artist.

Positively Speaking

Vocal Fry, Frugal Fatigue, and Eggnog Eschtalogy'

By Deborah H. Anderson



Wow... one more holiday to go: Eastern Orthodox Christmas. For us multiple faith families it a long season of gratitude and joy... and partying. With close friends and fmaily who are Jewish and then the Western/Eastern Christmas seasons which only coordinate once in w awhile, it's just about from Thanksgiving through the first week in January that is a festival of one kind and another. I welcome it every year. It puts a totally different spin on the shortest dark days of the year.

And in the midst of those religious holidays, the world rolls over into a new year.

The days of 2011 were a mixed bag for me personally. The challenges of the recession the experts say is over were overwhelming for me at times. But on the other hand, I experienced some of the sweetest relational reunions ever all because I decided to have the courage to reach out one more time to people I thought had chosen to absnt themselves from my life. It made bearable the one enormous loss I had to face in my life this year.

So what's a girl to do with 2012, the brand new clean slate stretched out before me?

I've decided to let three pop trends guide me through the next time zone.

The first is a speech pattern called vocal fry. You've heard it. It's how Bill Clinton and a whole bunch of girls like Kim Kardashian let their voice go way down low and kind of growl their way through their lower tones while speaking. I used to call it 'sitting on your vocal chords'. It's not good for them, your chords, and can damage them severely at worst. But... it's hit the cool factor and now I hear it all the time. It's my perception the person uses it when they're trying to posess more power than they feel like they have at any one particular time.

So... the lesson I carry forth into the new year isI will not do anything that is cool if it's going to hurt me. Simple

enough. I'm not really into being cool but every once in a while I get caught up with appearances and that resolve will be a good check for monitoring overindulgence of that which is trendy.

OK. So. Second phenomenon is Frugal Fatigue. The pundits came up with this phrase as an explanation for why people are spending money again in the malls. They say people are just getting tired of being frugal. It's an act of rebellion. I'm promising myself not to rebel against pinching pennies twice.

Third pop story that will drive us all to nausea...the end of time as we know it according to the Mayan Calendar.

There was a night not long ago when I made the mistake of taking a cup of egg nog to bed with me to savor as I read and watched ten minutes of a favorite film before I drifted off. Sure enough, two hours later I'm sitting upright in bed trying not to heave. It definitely felt like my world was coming to an end. After chastising myself for stupid indulgences (see points one and two), I started thinking about the end of the world. That happens when you are willing yourself to not go hug a toilet.

Here's what I came up with. It may be that we are all gone on 22 December 2012 like the Mayans are predicting. Or it may be that the world stumbles on for endless days to come. With that in mind I created a win/win.

In the year 2012 I'm going to live everyday as if it were the last I was ever going to live. I'm going to throw my best efforts into everything, work harder and play more than I ever have before. That way, if I wake up the day after the world was supposed to end, I'm going to be more ahead of my own game than I've ever been. See? Win/win.

So, on my mark, getting set... ready, steady, GO!!

Happy New Year.
Love,
Deborah



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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Blast From the Past

Continued from Page 1

by the back door, between the espresso and the parking. White Center ice cream on Vashon, local, fresh, that's what the whole place feels like.

Over by the back door, by the espresso stand they're dropping beans through a cylindrical shoot that fits in a hole in the floor. On roasting days, while the beans roast and cook and are dried on the big turning wheel, you can stand in the small hallway gallery and watch them slowly spin round. Most all the separating and designating and bagging and labeling goes on downstairs, out of sight of those seeking caffeine. The plate from the hole in the floor is removed and beans are poured in and fall down into a machine that weights them and places them into one, three, and five pound bags. Little ones love to watch them swirl down the hole and Len calls out from the window where the old folks have left,

"Watch out you don't fall in there," Len says to a toe-headed kid in a yellow rain slicker.

"You can't fall in, the hole is too small," says the kid

"Mark my words," says Len. "It only looks too small. Go ahead, I dare you, if you watch too hard you'll get dizzy and if you get too dizzy you could fall down and go right down that hole and end up chopped into teeny tiny pieces."

"Ah mister, that's just nonsense," says the kid kicking lightly at the hole to show that it's far too small to fall through, dizzy or not.

"Maybe," is all Len will say, and his eyes twinkle like it just might be. That was the key to telling tall tales; say it like you believed it. The cowbell clanged and a woman walks in from the rain, immediately hit by the smell of fresh roasted coffee. She feels better already. It was going to be a good day.

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Family Fun Night

Continued from Page 1

committed to individual freedom of belief, diversity, a sense of community, and religion that enriches the spirit.

Director Lewis expands, "Unitarianism is a faith that really celebrates the whole child, and the adults within it are committed to providing kids of all ages opportunities to have fun, learn from one another, and explore their own spirituality in a safe community. Eating together and being silly are all part of philosophy."

Although not a spiritual event, VIUF values of inclusion, compassion, and respect will all be on view during Family Fun Night. The spaghetti will be homemade by kids and adults alike, games for younger kids will delight, and the gifts of our island youth will be on full display during the evening's highlight - the Talent/No Talent Show. So don't forget to bring your magic tricks, violin, or favorite Shakespeare passage to share.

Skip the dishes Sunday night and bring your family to Lewis Hall (behind the Burton Community Church) for good food, good company, and good fun. For more information or to perform in the Talent/No Talent show, contact Indigo Lewis at re@vashonuu.org or visit our Facebook page - Vashon Island Unitarian Fellowship.

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We've Got a Lot of Kids All the Blue Legos

by Kevin Pottinger

Our family is like a full-sized symphony orchestra, made of only trumpets. Around the supper table our four kids compete with one another for air space, attention and the seats closest to Mom. While they joust in the same spectrum, each kid has their own strategies, verbal and physical weapons, defenses, charisma values. And rather than passively wait for the predictable conclusion, the usual, inevitable uneasy truce, one night we could simply assign appropriate ability scores and play our four

dragons with an eight-sided die and a pad and pencil, my wife Maria and I pulling shifts as Dungeon Master. One of the swell things about being in a large-ish family like ours is that if one or two of us are off doing something other than yelling at each other across the living room, the shape and texture of the family changes dramatically. It's like we have several families rolled into one; like one of those multi-tools with the pliers and screwdrivers and socket drivers: the kind that I didn't get for Christmas. For example, if our oldest has gone to basketball practice

for the evening, leaving his three younger siblings at home, then those younger kids, closest in age and for the moment majority female, play reasonably quiet games involving semi-complex motor skills, strategy, roleplay, teamwork. I'm The Mom, a perennial favorite. Rather than shouted insults and the ever-popular pummeling of one another, they rely on subtle snubs and polite reprimands to sway opinion. Maria and I, not having to shout over the usual and customary din, have a tendency to read more, to discuss issues in greater depth, to chuckle. On another night both of our girls might be away at a giddy and perhaps ill-advised all-girl slumber party, leaving both of our boys at home together. They'll haul out all twenty-four-hundred pounds of unsorted Legos in garbage barrels upended on the living room floor, sounding like an entire greenhouse of shattering window glass, and paw through the drifts of Legos looking for the matching Star Wars battle glove, or every single square blue brick for a Tower to the Ceiling for the hamster. Our younger boy carefully avoids his older brother's hair-

trigger trip wires that will send a ready punch singing through the air, and conversely his older brother avoids any violation of the rules of fair play that could send his younger brother tattling to Mom, agonized sobs turning to indignant shrieks echoing down the hall. My wife Maria and I often sit happily with the boys on the rug, assembling our own towers, racing to be the first with the tallest, teasing the boys, tousling their hair. I've got all the blue Legos. In the afternoons, when the twins, our youngest, were enrolled in morning kindergarten, they would settle into familiar and easy amusements, play that they'd been perfecting since they were small: less than a hundred cells apiece. They would play Store, with a fake cash register and plastic coins, or Waitress with a pencil and a pad of paper. Our youngest girl would provide chirpy play-by-play and cheerful instructions for her twin brother, who would grunt monosyllabic replies, the strong and silent type. When all the other kids are on play-dates or at ballet, and it's just Maria and I with our oldest boy, I'm filled with nostalgia for old times, like it

The Vashon Loop, p. 11
was when we were three in our damp beach house on the north end, making it up, before his younger sister and the twins arrived and set us firmly and irrevocably on the course we travel today. It's like a visit from some rarely seen nephew, on break from boarding school. It's an equally rare occurrence when we have no kids whatsoever in our charge. The absence of bickering and fidgeting and all those brain waves and personalities in conflict leaves a crushing vacuum. The silence is startling and vast. We're free to study one another's faces with our fingertips, although I don't think Maria would be interested in letting me do that; we can watch grownup entertainment and eat spicy Indian food; but Maria doesn't like spicy Indian food. It's just that we could. We avoid discussing kids or the finer points of car repair. We're reminded that our love for one another made this whole thing go. As we crawl into bed, I feel something sharp and angular lodged under my butt. Apparently I didn't get all the blue Legos.

Road to Resilience

Continued from Page 1

not produced a solution. Many have concluded that it is the growth economy itself that is at the root of climate change. The fact is, we don't want our growth economy to change and we don't want climate change that will jeopardize it. In Asia, monkeys are easily caught by putting a fruit in a tethered jar that is sized so that, when the monkey grabs the fruit, he is unable to get his hand out of the jar. As it happens, very few monkeys will abandon the fruit even as they see their captor coming to take them. My basis for hope lies in the premise that we haven't seen our captors yet and that we will be smart enough to drop the fruit soon enough to avoid getting caught. The growth economy is our fruit in the jar. If we don't drop it, we're done for. Underlying all this is the fact that we aren't convinced that our survival could be at stake. And why should we be? Never have we had more control over our world; never have we been more ensconced in the world of our making and unaware of the world without. Another basis for hope is that World War II has shown that we can drop everything and mobilize a huge coordinated effort once convinced of the danger. Unfortunately, it usually requires a war or other imminent threat of violence from humans to trigger it. It was that same war effort that ended the Great Depression. What if we could marshal those forces when the threat was our own behavior and not somebody else's? In 1906, William James wrote an essay, "The Moral Equivalent of War," in which he said that since war was the only thing that

fully engaged the human spirit, a pacifist needed to find the moral equivalent to satisfy that need constructively. He didn't foresee the situation we are in now. What is required here is an effort that is the moral equivalent of war. We are fighting for our existence and we can't let the economy or our individual lives, much less our comforts and conveniences, stand in the way of what must be done. Jimmy Carter used James' phrase to characterize what was needed to face this problem thirty years ago. We then voted him out of office in favor of Reagan's "Morning in America." We would be far better off today if we had started to transition then, and we definitely can't afford not to act now. We can get our governments to move that 2020 date up if, as after Pearl Harbor, we have the courage and the will to do what needs to be done. Comments please! terry@vashonloop.com

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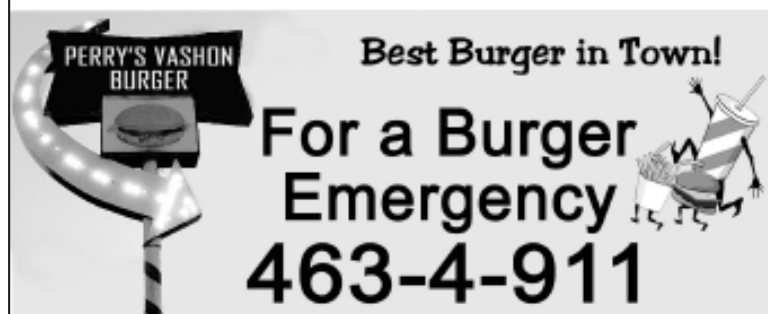
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Cordaviva



Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, afrobeat, funk, and various latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

The members of Cordaviva have performed at such notable Seattle venues as Sasquatch Music Festival, Bumbershoot, Hard Rock Cafe, The Triple Door Mainstage, Showbox, Neumo's, Tractor Tavern, and ACT Theatre. Cordaviva's influences stem from musical legends such as Nigeria's Fela Kuti, Guinea's Bembeja Jazz, and Congo's Franco & TP OK Jazz, as well as

the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

If you missed this band the last time they came through, now is the time to see them up close and on fire!

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


Saturday, January 28, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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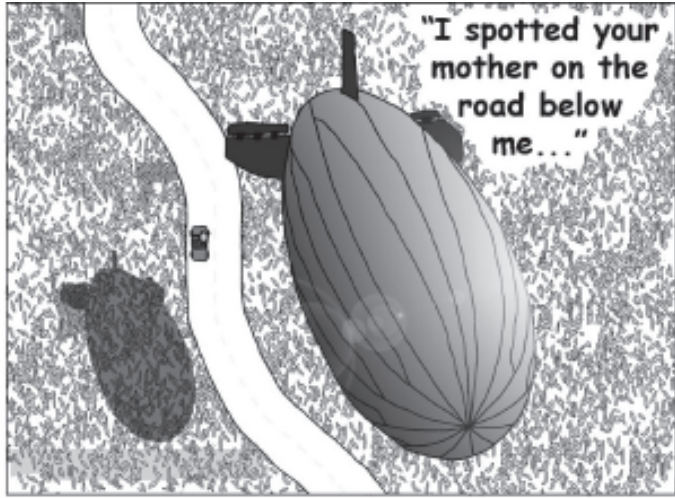
BY Jeff Hawley




Dad, how did you and Mom meet?



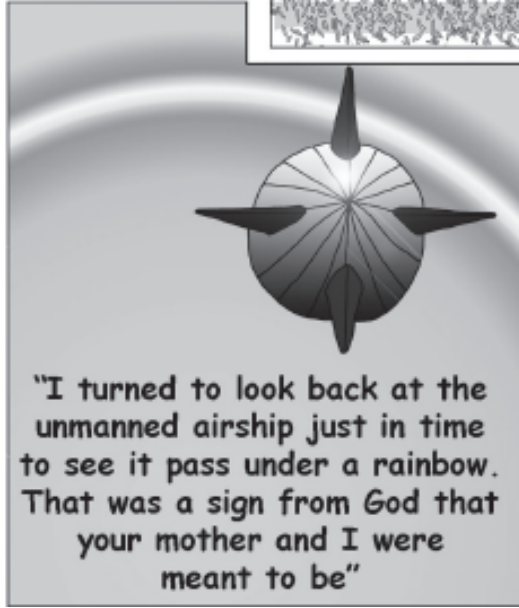
Well Max, I was the captain of a zeppelin in World War II




"I spotted your mother on the road below me..."



"...she was so beautiful I leapt from the mighty dirigible so I could be with her. Lucky for me I landed right in the car she was driving."



"I turned to look back at the unmanned airship just in time to see it pass under a rainbow. That was a sign from God that your mother and I were meant to be"



Your father took my order at a Blimpie drive-thru...why do you ask?

The VASHON PHANTASAMOGORIC SOCIETY of Island sooth-sayers, fortune-tellers, prognosticators, predictors, Ethereal Plane travelers, spirit communicators, mediums, ETC., held their first meeting of the year.




V.I.P.S.

The venue of the meeting was not published because members extrasensorially knew the time and place.




After extensive discussion, however, members resolved, that SO far, this year is just like the old one!






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Weekend Entertainment January 6

Threshold

Seattle-based Threshold is a group of five seasoned pro rock musicians who are ardent fans of The Moody Blues. Developing and honing the act has been a multi-year labor of love that culminated with Threshold's debut in February, 2011. The band is very excited to publicly celebrate their overwhelming enthusiasm for the enduring Moody Blues whose seminal work "Nights In White Satin" recently charted for an unprecedented 4th time.

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

It quickly became evident to all involved that with this dynamic lineup now in place, something extraordinary was about to explode onto the Northwest music scene, mobilizing the populous existing Moody Blues fan base.

Guitarist/vocalist John Lund began

Friday, January 6, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



performing in the late 70's, gigging the Pioneer Square club scene with hard rockers Hostage. Soon after, he co-founded The Plugs who were regulars in the Tacoma club scene. He then formed Rescue who recorded an original single named "A Child's Heart" which received local airplay. From the 90's John played with The Flashbacks and The Spotlights before forming The Paperback Riders. John is an extraordinarily ardent Moody Blues fan and has personally met the band.

Free Cover all ages till 11pm

Sarah Christine



Sarah Christine was born and raised in the beautiful green state of Washington and makes her home on Vashon Island. She gains much influence and inspiration from the mountains, evergreens and everchanging bodies of water which surround her. Sarah's style of music is a blend of folk, soul and reggae interwoven with conscious lyrics and uplifting positivity.

She strongly believes in the healing power of music and it's ability to strengthen and unify people. "Music is a gift from Spirit, it is a common language that everyone can understand." Sarah has been composing and performing for the last 10 years and has performed throughout Washington, Oregon, California and Hawaii. Sarah has performed at a number of festivals including the Northwest Reggae Festival, Sierra Nevada World Music Festival, Seattle Hempfest, Northwest Folklife, NW

Friday January 6, 7pm, At The Vashon Island Coffee Roasterie, 19529 Vashon Hwy SW

Herbal Faire, Vashon Island Earthfaire, and the Okanogan Barter Faire, among many others. Sarah has contributed back-up harmonies to such artists as Prezident Brown, Jah Levi, Pure Water, Adrien Xavier, and Big Island Groove.

When Sarah is not performing she is spending time with her partner and three amazing children. Another passion besides music Sarah holds is assisting babies that are coming into the world. Sarah is a labor and delivery support doula and often will sing and chant with the laboring women as a way to keep her grounded and centered with her baby. Several of Sarah's beautiful songs have been channeled in the company of a new being about to arrive in this world. "Music is alive and constantly breathing throughout our universe. It dances among the breezes and is available to take us into higher realms. I give thanks for the gift of music and seek to be an instrument to facilitate growth, awareness and love."

Blumeadows

An Evening of Reggae and Blues. The music of BluMeadows has been described as a mix of various styles, Afro-Cuban, funk, hip-hop, reggae, rock calypso and everything in between. BluMeadows says his music is best described as "consciousness" rock with a universal message.

Saturday, January 7, 9pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940



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Deadline for the next
edition of *The Loop* is
Friday, January 13

Madeline Waits

Original Oil Paintings



Originally born and raised in the woods of Vashon Island, Madeline Waits currently resides in Olympia, WA, where she practices a variety of art making. Heavily influenced by the work of Marc Chagall, Ana Mendieta, Andrei Tarkovsky, and T.S. Eliot, Waits' show of Oil paintings explores the ambiguity of time, place, and identity. Her personal experiences with dreaming and nostalgia, direct her desire to transform imaginative narratives into physical representations. This show exists to stir insights concerning transitions and growth within the Self.

www.madelinewaits.com

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

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

Hejira

Acoustic Ancient Style & Global Rhythms

Second Friday Wine Tasting with Ron at Cafe Luna

Hejira is a genre-bending musical hybrid combining ancient world styles, global rhythms and exotic scales with modern instrumentation. The duo consists of founder/composer Don Baragiano on guitar and Anil Prasad on the Indian percussion.

Vashon Winery's Ron Irvine continues his search for the best table wines from around the world with the Second Friday Wine Tasting from 6:30-8:30 p.m. at Café Luna. Irvine urges Islanders to start their Friday nights with the wine tasting experience he provides at the Café, in a friendly, intimate setting. He offers four wines for \$10, and the tasting happens at the tasters own pace. Tasters can taste the wines in any order that they choose, and they are invited to hang around and enjoy Hejira's intriguing mix of classical, folk and Arabian musical styles. www.vashonwineclub.org. Wine club



members receive a \$1 discount on the tasting and bottle purchases.

Taking place Friday, January 13. Wine Tasting starts at 6:30pm, music at 7:30pm

Art Returns to Nature



By Janice Randall

Two nationally known artists and avid outdoorsmen, painter Kesler Woodward and photographer Paul Bannick, exhibit work in the VAA Gallery opening 6 p.m., Friday, January 6. The show runs through the month. They will also speak in VAA's Arts and Humanities Series at 7 p.m., Sunday, Jan. 8.

Woodward originally from South Carolina, has lived in Alaska for 30 years. Curator of Visual Arts for Juneau's Alaska State Museum for many years, he also taught art at University of Alaska at Fairbanks for two decades until he retired to paint full time.

From acrylic to oil, canvas to paper, his expressionist landscape paintings will offer a selection of colorful Alaska and Pacific Northwest landscapes, many inspired by the North Cascades. "I love painting reflections of forest and

water," he says.

Award-winning photographer Paul Bannick's work is based on interrelationships between species and elements of habitat. Currently working on a second book about owls, Bannick says they are his favorite subject. His gallery exhibition however, will include many bird species.

Using a Canon 1-D digital camera, Bannick combines his eye for photography and nature with his day job in environmental conservation. "When I switched careers, I found more time for my passion," he says.

Gallery Opening
Friday, Jan 6, 6 pm
Music by Steve Meyer,
Fletcher Andrews, Jack Barbash

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Vashon Chamber Music

features Bach Cantata

By Janice Randall

Vashon Chamber Music commemorates Martin Luther King Jr.'s birthday in a spiritually-themed program, Sunday, January 15, 3 p.m., at the Methodist Church.

Third in the 2011-12 Concert Series, the all star ensemble will play the Bach cantata, "Ich habe genug," (I have enough) for baritone, oboe and strings. The program will also include pieces by living composers from Estonia (Pärt) and Latvia (Pelecis). Telemann's Trio Sonata in G Minor for violin and oboe, is considered one of chamber music's most amazing listening experiences.

The ensemble will include: Andrew Krikawa, baritone; Dan Williams, oboe; Artur Girsky, violin, Seattle Symphony; Karin Choo, violin; Michael Werner, percussion; Principal percussionist of Seattle Symphony; Gaye Detzer, violin; Heather Bentley, viola; Douglas Davis, cello; Rowena Hammill, cello.

Tickets, \$18/\$21, are available



\$18/\$21 VAA, Heron's Nest, Vashon Bookshop and www.BrownPaperTickets.com.

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!" (Monktaill 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 Monktaill 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.

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

Friday, January 20, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Friday, January 13

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January 6-12 Muppets



Celebrate Basketball at the Vashon Theatre when Vashon Island Junior Basketball Presents The Mighty Macs, the story of the women's college basketball team that began in obscurity but because the Cinderella story of women's basketball. Sunday, January 15th, 1:30 pm

Vashon Theatre

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