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# Welcome to The Crab Cracker! Here's What's Crackin'...

The Crab Cracker is a community magazine created **BY** local residents **FOR** local residents. It is a FREE publication printed every two weeks and distributed throughout the communities of Camano Island, Stanwood (and Warm Beach area), Silvana, and Conway. It contains an extensive calendar of events, original stories, feature articles, fun and interesting sections, community news and announcements, tide tables, and more. Please send us any material you want our communities to know about for possible entry into this publication. It is content provided from YOU that makes this publication the popular source of information and entertainment that all of our friends and neighbors enjoy.

Happy Mother's Day from The Crab Cracker! Cover photo: Mother Goose. Photo by John Iwanski.



© The Crab Cracker • Created by Walking Cat Design, Camano Island James and Malynda Shipley, owners, proprietors

thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893 P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com

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Submission **DEADLINE: MAY 9** for Next Edition (May 17-30)

# FUNNY QUOTE:

Bills travel through the mail at twice the speed of checks. FRIDAY, MAY 3

# **BILLY STAPLETON POWERHOUSE**

8:00pm - 11:00pm at Pub 282. This "Cream of the Crop" collection of northwest musicians. They play everything from killin' Rhythm and Blues. Rock, Blues, Soul and Jazz.

FRIDAY, MAY 3

# **LIT LAB LIVES**

at the Conway Muse. Bring something to share. We will begin somewhere between 6 and 6:30 pm

FRIDAY, MAY 3

# **SUNSPOTS AND ELECTROMAGNETIC PULSES**



7pm at the Camano Island Library. Sunspots, solar flares and CME's. We've all heard about them. What are they? Why should we care? What is an EMP? Learn about these phenomena, It promises to be an "illuminating" discussion.

FRIDAY, MAY 3

# **BEACH 1 GALLERY RECEPTION FOR JASON OTTO**

5-7pm. Jason Otto is a northwest contemporary artist. Lively brush strokes and energetic compositions distinguish his works. His art will be displayed and for sale the entire month of May. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water and bags of chips for the reception. 1243 Beach Drive, Camano Island.



# 8 pm – ( bands rei Tickets \$

PETUNIA & THE VIPERS

FRIDAY, MAY 3

8 pm – Conway Muse. The unique sound of one of Canada's best bands returns to the Conway Muse when Petunia & The Vipers play. Tickets \$17.50 Advanced \$20 Day of Show.

FRIDAY-SATURDAY, MAY 3-4

# PLANT AND GARDEN ART SALE

Perennials & New stock Annuals, Handcrafted Metal Cloches, Unique Bird Nest Planters & so much more. 9am-4pm. Cash or check. 912 S. West Camano Dr. near Camano Chapel.

FRIDAY-SATURDAY, MAY 3-4

# **VAMPIRES, WEREWOLVES & ZOMBIES, OH MY!**

Event by Lakewood School District 306, 17023 11th Ave NE, Arlington. May 3 at 7 p.m. May 4 at 1 p.m. and 7 p.m. Tickets are available online for \$8 at gofan.co. (Lakewood School District encompasses parts of Stanwood - Lake Goodwin).

SATURDAY, MAY 4

# MABANA FLAMES ANNUAL PLANT SALE



Spring is here and it's time to plant! 9am-Noon at the Mabana Fire Station, 3651 S. Camano Dr., Camano Island. There will be hundreds of plants. Something for everyone! All proceeds help support our Volunteer Firefighters. Cash or checks preferred. For more information contact Nancy at nancyleemcgough@gmail.com.

# DID YOU KNOW?

Coca-Cola was the first drink that was ever consumed in space.

# A.

# **WORLDLY SPLENDOR**

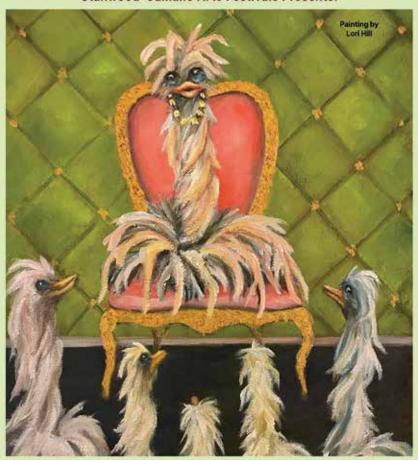
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# Stanwood-Camano Arts Festivals Presents:



# 18th Annual Mother's Day Art Festival



at Terry's Corner, Camano Island

May 10-12, 2024 | 10am - 5pm

Music by Marcia Kester Face painting by Frida Haas Sat + Sun | 10am - 5pm

The Crab Cracker had compiled this list of current events, derived from submissions & content from various resources, with effort to ensure accuracy. We recommend that you contact the venue or event to confirm the info provided.

Thank you.

SATURDAY, MAY 4

# CRIMINAL SOUIRREL ORCHESTRA

8:00pm at Pub 282. Criminal Squirrel Orchestra: A band dedicated to the fascination that original music brings to the squirrrelly soul, and how harmonies, nuance and nuts make things more fun.

SATURDAY, MAY 4

# STARDRUMS & LADY KEYS

8pm – Conway Muse. Tickets \$18 Advanced \$20 Day of Show.

SATURDAY, MAY 4

# DAYS FOR GIRLS OPEN HOUSE

12-3pm at the west end of Viking Village under the red awning. A celebration of 5 years at this location with displays of their work. Days for Girls is an international organization that provides washable menstrual supplies to girls in parts of the world where having a period may prevent them from attending classes. Over 30 volunteers from the Stanwood Camano Chapter of Days for Girls have been meeting twice each month to sew and assemble an assortment of period products which have been distributed by local members and friends to places such as the Texas border, Zimbabwe, Costa Rica, Colombia, Guyana, and recently to Gaza, as well as to area food banks and resource centers. You are invited to join us to learn more about our work. Refreshments will be served.

SATURDAY, MAY 4

# WALK AS ONE FOR PEACE

on World Labyrinth Day at Freedom Park. Thousands will participate in the 16th annual World Labyrinth Day as a moving meditation for peace and celebration of the labyrinth experience. You are welcome to learn more and participate. We will "Walk as One at 1" by walking a labyrinth at 1pm to create a rolling wave of peaceful energy passing from one time zone to the next around the globe. Join us at 12:30 at our new Labyrinth at Freedom Park for recognition of our sponsors and volunteers and a brief overview of labyrinths. At 1 pm, we will experience our new labyrinth at Freedom Park and join the "Walk as One at 1" worldwide event accompanied by Michala Connolly of Skye Healing playing Sound Bowls.

SATURDAY, MAY 4

# SHREDDING EVENT

The Stanwood Lions Club is having its second annual shredding event at the Coastal Community Bank in Stanwood from 10AM-1PM. Bring your documents to be shredded. Suggested donation is \$20. All funds will go to support the Sight and Hearing Programs as well as the Stanwood Food Bank. Used glasses and food donations are appreciated. The address for the event is 9818 SR 532, Stanwood.

SATURDAY, MAY 4

### MOTHERS DAY POP UP MARKET

10am-5pm at Kristoferson Farm. More info: office@canopytoursnw.com

## SATURDAY, MAY 4

# **FOCIP ANNUAL HOSTED SPRING WALK**

IVERSON SPIT PRESERVE; KRISTOFERSON CREEK HABITAT, ENGLISH BOOM HISTORICAL PARK, Isl. Co.: Participants should arrive at Iverson Spit at 9:45 a.m. Iverson is accessed from East Camano Drive, east on Russell Road, south on Sunrise Road, and east to Iverson Beach Road. The parking area is at the North end past the beach houses. Drivers will caravan to Kristoferson Creek Habitat a short distance away, for a brief visit. The caravan of cars will then move to English Boom Historical Park. PLEASE NO DOGS.

# SATURDAY, MAY 4

# SNOHOMISH COUNTY MASTER GARDENERS CLINIC

10am-2pmat Haggen. Please come and bring your gardening concerns. (It is very helpful if you bring samples and/or photos so that we can identify the issues & give accurate advice.)

## SATURDAY, MAY 4

# **FAMILY BINGO**

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

# SATURDAY, MAY 4

# **BEAUTY BAR DIVAS**

Join us for beauty bar divas, some of the best celebrity impersonators in Washington. Show starts at 9pm at Beauty Bar Salon + Lounge, 10011 - 270th St NW, Suite A, Stanwood. And we are open till 2:00 a.m. for karaoke and dancing after the show!! (360) 629-2324.

### SATURDAY, MAY 4

# **E-CYCLE**



10am-2pm, across from Stanwood Middle School on 94th Ave., follow signs. Accepting all TVs, monitors, computer towers & laptops only (for recycling). This is put on by Stanwood-Camano Aktion & Kiwanis Clubs & donations benefit their many local service projects.

# DID YOU KNOW?

Cleveland, Ohio-It is illegal to capture mice without a hunting license.

SATURDAY, MAY 4

## **CO-ED ULTIMATE FRISBEE**

9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this event is open to all skill levels. Experience the thrill of playing this dynamic sport in a welcoming community!

SUNDAY, MAY 5

# READY PLAYER B UNSANCTIONED DISC GOLF TOURNAMENT

All players will get two 2nd shots (Player B) per hole. There are several mixed ratings-based divisions and a Women's-Only division to group players and build payouts. Payouts will be in the form of scrip/store credit to the Pro Shop. All players will receive a Player Pack that includes a custom stamped disc featuring tournament artwork from Discraft. You'll get to choose your specific disc from the molds & options available during player check-in. Pre-registration through disc-golfscene.com is required.

MONDAY, MAY 6

# **NAUGHTY BINGO**

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.

TUESDAY, MAY 7

# **SALISH SEA EARLY MUSIC FESTIVAL**

Psalms (1620) & Irish (1720) & Folksong (1820). Oleg Timofeyev on renaissance lute and 7-string guitar and Jeffrey Cohan on renaissance, baroque and 8-keyed flutes. 7pm at Fir-Conway Lutheran Church, 18101 Fir Island Road, Conway. Additional information: www.salish-seafestival.org/skagit. Admission is by suggested donation (a free will offering) of \$20 to \$30.

TUESDAY, MAY 7

## FREE COOKING DEMO

in the barn at Hazel Blue Acres in Silvana. 2pm and 6pm at 430 Hevly Road. Samples and Recipes are included! No reservation necessary. Ouestions? Call 360-770-7261.

# FUNNY QUOTE:

I'd kill for a Nobel Peace Prize.









WEDNESDAY, MAY 8

## SHORELINE STORIES WITH WSU BEACH WATCHERS

10:30 AM – Stanwood Library. Join WSU Snohomish County Extension Beach Watchers for stories and activities designed to teach children about our fascinating beaches, shoreline, and the Salish Sea as well as their role in caring for it.

THURSDAY, MAY 9

# **PARKS & PLAY**

10-11:30am at Church Creek Park, 27116 72nd Ave NW, Stanwood. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks while doing arts and crafts, sensory activities, waterplay, reading stories, pop tunnels, music and more!

THURSDAY, MAY 9

# **CAMANO'S MICROCLIMATES**

Have you ever been fascinated by how it can snow in one area on Camano, have nothing going on only five miles away, with heavy sleet or rain on the other side of that, and then, perhaps more snow beyond that? Just how many microclimates does Camano have? And what, precisely, is a microclimate? What role does Camano's location and topography play in creating these conditions? How can we prepare for a weather forecast when we don't know if our little corner of the island will be affected? Join the Camano Preparedness Group – 7 pm at the Vista Madrona Fire Station where King 5 Chief Meteorologist Mike Everett will be with us to explore these questions and help us understand the dynamics of weather on our island.

THURSDAY, MAY 9

### **OPEN MIC**

6 pm – 10 pm @ Conway Muse Speakeasy. No cost.

THURSDAY, MAY 9

# ROBBIE DEE'S TRIBUTE TO ELVIS WITH THE GRACELAND STATION BAND

7:30pm - 10:00pm at Pub 282. Robbie enjoys and performs songs from Elvis' entire career, including his early years (1950s), movie years (1960s), Comeback Special (1968), and Vegas years (1970s).

# FUNNY QUOTE:

Plan to be spontaneous tomorrow.



# CAMANO PET SUPPLY STORE

Food, treats, toys, gifts and much more. Come visit us today!

We are the community store: Offering classes, events, and a place to gather with those that love pets as much as you!

Located behind Heritage bank, next to Camano Plaza on: 185 McElroy Drive, Camano Island, (360) 505-0331

The 4th Annual

# TOTALLY PAWSOME PET PHOTO CONTEST

**SUBMIT YOUR PET'S PHOTO FOR A CHANCE TO WIN!** 



FRIDAY, MAY 10

## ALLISON PREISINGER

at the Conway Muse. Allison Preisinger presents an Interactive Evening Suitable for Introverts! Doors open 5:30 pm, Workshop 6pm, Music 7 pm with Anita Boyle Poet, Angela Boyle Zine Workshop, Jillian Walker plus Allison presents some new work in music and verse! \$25 Advanced \$28 At Venue. Should be a fun evening for all!

FRIDAY, MAY 10

## NORTHWEST BIG BAND JAZZ CAMP CONCERT

7:30-9:30pm at Warm Beach Camp & Conference Center, Stanwood. Enjoy the energetic sound of two 17-piece Jazz Big Bands. Featuring Guest Artist Brent Jensen on Saxophone. This FREE concert is open to all ages!

FRIDAY, MAY 10

# MARY ELLEN LYKINS & THE CC ADAMS BAND

8:00pm - 11:00pm at Pub 282.The band's roots are in the Blues with R&B and tasty Rock mixed in for flavor. Thwarting the conventional, the band thrives on unique arrangements. Dancin' Music!

FRIDAY-SUNDAY, MAY 10-12

# 25TH ANNUAL CAMANO ISLAND STUDIO TOUR



10am-5pm. The premier event produced by CAA. Each year over Mother's Day Weekend and the following 'Encore' weekend, dozens of venues in Stanwood and on Camano Island are open to the public where they can meet artists in their actual working environments and in gallery settings.

# DID YOU KNOW?

Idaho- It is forbidden by law for one citizen to give another citizen a box of candy that weighs more than 50 pounds.







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DID YOU KNOW?

Drink green tea before bed to

burn calories

while sleeping.

Green tea will

also increase

your metabo-

lism.

### FRIDAY-SUNDAY, MAY 10-12

# CAMANO ISLAND MOTHER'S DAY ART FESTIVAL



10am-5pm at Terry's Corner, Camano Island. Music, Food, and spectacular art. Entertainment by Marcia Kester. www.artsfestivals.org.

SATURDAY, MAY 11

# COFFEE AND CARS AT COASTAL VIE



with Twin City Idlers. 8-11am at 8807 SR 532, Stanwood. Come have coffee and admire our local hot rods. Car shows, hot rods, muscle cars, auto. Free admission to general public and free to bring by your custom Car. Participants in the car show with a custom car will receive a free 6 count of mini donuts and one 16 ounce coffee drink.

SATURDAY, MAY 11

# LET'S LIVE A.L.O.H.A.

with Gerry Ebalaroza-Tunnell. 2:00 PM – Stanwood Library. Join local author Gerry Ebalaroza-Tunnell for a reading of her new book, Let's Live ALOHA! Learn valuable life lessons through the acronym A.L.O.H.A (Ask-Listen-Observe-Heart-Adapt), which emphasizes empathy, adaptability, and thoughtful decision-making. It's a perfect fit for young readers, fostering emotional intelligence and cultural understanding in a fun and accessible way.

# JIMMY WRIGHT BAND

8:00pm - 11:00pm at Pub 282. Catering a wide variety of music

fit for young readers, fostering emotional intelligence and culti understanding in a fun and accessible way.

SATURDAY, MAY 11





# Health Fair

# CHILDHOOD VACCINES!

BLOOD SUGAR & BLOOD PRESSURE SCREENINGS!
NEW PFIZER AND MODERNA COVID-19 AND
NALOXONE (NARCAN) KITS!

Care-a-Van services are available at no cost to children 6 months through 18 years. Adults, ages 19 and up with health insurance may be billed for flu and/or COVID-19 vaccinations depending on their plan.

# May 18, 2024 10:00 AM to 2:00 PM

Island County Camano Administration Building
121 N East Camano Drive Camano Island WA 98282

Childhood vaccines available for ages 6 months through 18 years. MPox vaccine available for ages 18 years and up. COVID-19 and flu vaccine available for those 6 months and up.



# Drive. Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available. SATURDAY, MAY 11 PRIME RIB DINNER Presented by Stanwood American Legion Post 92, 26921, 88th Ave.

PRIME RIB DINNER

Presented by Stanwood American Legion Post 92, 26921 88th Ave NW. Served 4pm until gone. PUBLIC WELCOME! Thank you for your continued support. Delicious prime rib. baked potato. yeggies. salad.

roll & dessert. \$25 adults; \$10 for age 12 and under.

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano

SATURDAY, MAY 11

SATURDAY, MAY 11
FAMILY BINGO

# **PICKERS MARKET AT 271**



Join us for our 4th Market! Downtown Stanwood (Eastside) on 271st. Between the Country Store & the train tracks. Shop local vendors, artists, makers, farm fresh flowers, vintage finds, apparel, jewelry, etc.. Eat at one of our local hot spots or check out the shops lining 271. We will have snacks, music & something for everyone!

# FUNNY QUOTE:

If you must choose between two evils, pick the one you've never tried before.

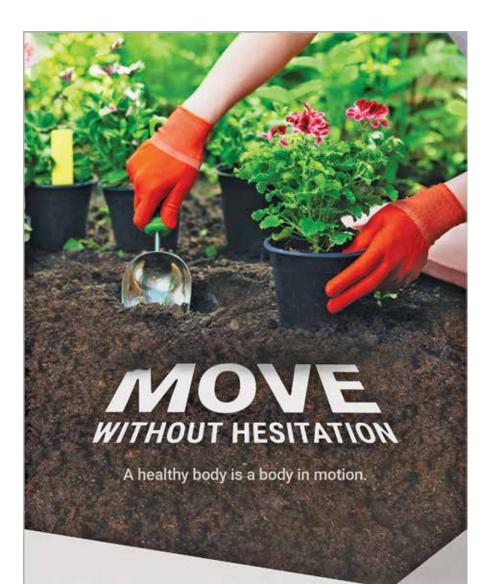
SATURDAY, MAY 11

# **QUILTING ADVENTURE, TEA & TRUNK SHOW**

2-4pm at Lincoln Hill Retirement Community & Senior Center, 7430 276th St NW, Stanwood. Join us for an exciting adventure with Carrol McVey. Her Teas are a magnificent work of art!







# Orthopedics & Sports Medicine

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SkagitRegionalHealth.org/orthopedics



# DID YOU KNOW?

There are computers designed for Amish people, with selling points like "No internet, no video, no music".

SATURDAY, MAY 11

# **CO-ED ULTIMATE FRISBEE**

9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this event is open to all skill levels. Experience the thrill of playing this dynamic sport in a welcoming community! Check out our Facebook group: Stanwood Ultimate Frisbee.

SATURDAY, MAY 11

# **SCARC 31ST ANNUAL FLEA MARKET & HAM FEST**



at Stanwood Middle School, 9405 271st St NW, Stanwood. Open from 9am-1pm, \$5 gate admission (12 years and under are free). There will be Ham Radio electronics and equipment, prize drawings, snack bar, free parking. Come find that piece of equipment you've been looking for at a great price! Talk-in frequency 147.360 + (127.3) – w7pig repeater. For more information, contact w7pig@arrl.net.

SATURDAY, MAY 11

### CASA SPRING MARKET & BAKESALE

Camano Animal Shelter Association (CASA) is sponsoring our annual Spring Market from 10 a.m. to 3 p.m. Show your support for CASA. CASA gear, pet-themed and hand-crafted items for pets and pet lovers. Enjoy free coffee and purchase delicious pre-wrapped cookies, cupcakes, bars, breads, brownies, pies and other baked goods. There will also be hot dogs and beverages for sale. The CASA Spring Market will be held at the Island County Multi-Purpose Center at 141 East Camano Drive. All proceeds benefit the abandoned and surrendered dogs, cats and other small household pets in CASA's care.





# DID YOU KNOW?

The Eiffel Tower was inaugurated the same year Nintendo was founded and Adolf Hitler was born: 1889. SATURDAY, MAY 11

# ISLAND COUNTY MASTER GARDENER PLANT SALE

9am-1pm at Camaloch Lodge - 358 Camaloch Drive, Camano Island. Most of the plants are grown by our our own MG's! We will also have an on-site plant Q & A Table to help you out with questions. Proceeds benefit the community education mission of the Island County Master Gardener Program.

SATURDAY, MAY 11

# **BIGFOOT 5K**



Unleash your inner Bigfoot and Join us for this adventurous 5k to get outdoors and run for fun with your community! Get ready to stomp the pavement and join us for a fun-filled 5K run! Located behind the Stanwood Windermere; 7359 267th St NW. Lace up your sneakers and prepare to tackle this new course with fellow Bigfoot enthusiasts, (Bigfoot getups encouraged!). Whether you're a seasoned runner or just looking for a good time, this event is perfect for all levels of experience. 10yrs and younger FREE with paying participant! More info: https://www.eventbrite.com/e/bigfoot-5k-fun-run-tickets-867117410517

SATURDAY, MAY 11

# **BOYSCOUT TROOP 46'S 5TH ANNUAL CRAFT FAIR**



10am-4pm at Camano Lutheran Church. We will have over 40 vendors selling all kinds of hand made, one of a kind, direct sales and local items. Come on out and support these great kids and vendors and help send the troop to summer camp. Location: 850 Heichel Rd, Camano. Contact Melissa Peronteau at melissaperonteau@gmail.com for more information.

# SUNDAY, MAY 12 BINGO AT THE VIKING HALL



Doors open at 5pm and games begin at 6pm. \$10 for a book of 15 games and \$1 for each black out game. We will begin serving dinner at 5pm. All profits will go to a community service project. More info: 360-618-2076.

MONDAY, MAY 13

# **NAUGHTY BINGO**

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.





LOCATED AT 8701 271ST STREET NW C STANWOOD, WA 98292



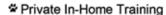
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# WEDNESDAY, MAY 15

# LANDSCAPING TO PROTECT YOUR DRAIN FIELD AND SEPTIC SYSTEM

CAMANO WILDLIFE PROGRAM - 7 pm - Live event at Island County Multipurpose Center. Scott Chase will show you how a septic system works and suggest choices to protect your drain field and reduce your chances of system failure. 141 East Camano Drive, Camano Island.

### WEDNESDAY, MAY 15

# **DROP-IN CONSTRUCTION ZONE!**

3:30 PM – Camano Island Library. Come build and explore with a variety of materials, which may include LEGO®, Magna-Tiles®, gears, blocks, and more! No registration required.

### THURSDAY, MAY 16

# **SPEECH & DEBATE SHOWCASE**





# FUNNY QUOTE:

A clear conscience is usually the sign of a bad memory.

Event by Defenders Speech & Debate. You are cordially invited to our annual Showcase, 6:30-8 pm at Roots Church in Stanwood. Come see what we've been working on this year!

THURSDAY, MAY 16

### **OPEN MIC**

6 pm – 10 pm @ Conway Muse Speakeasy. No cost.

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FDI-1867M-A-A1 AECSPAD



# DID YOU KNOW?

"Strategic incompetence" is the art of avoiding certain tasks by pretending you don't know how to do them. THURSDAY, MAY 16

# **PARKS & PLAY**

10-11:30am at Church Creek Park, 27116 72nd Ave NW, Stanwood. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks while doing arts and crafts, sensory activities, waterplay, reading stories, pop tunnels, music and more!

THURSDAY, MAY 16

# **CHRIS EGER**

7:30pm - 10:00pm at Pub 282. Rock and Blues, Country, Funk and Soul collide in this modern take on vintage roots music.

THURSDAY, MAY 16

# **ANNUAL KINDERGARTEN FAIR**



For incoming kindergarteners and their families. 5-6:30 p.m. in the Stanwood High School Commons. Families can register for kindergarten at the event or online at any time. A kindergarten student must be 5 years old prior to September 1, 2024, for the upcoming 2024-25 school year.

THURSDAY-FRIDAY, MAY 16-17

# **COMMUNITY BLOOD DRIVE**

9am-5pm at St. Cecilia Catholic Church – Stanwood. Appointments are required! To make your next appointment, visit BloodworksNW. org or call 800-398-7888. Have a question? Email us.

THURSDAY-SATURDAY, MAY 16-18

# **DEATH OF A DEAD GUY - PSMS DINNER THEATRE**

Port Susan Middle School and Stanwood Middle School students are hosting a comedy murder mystery dinner theatre show. Performances of "Death of a Dead Guy" will be from 5-7pm at Port Susan Middle School. Tickets are \$20 each. Dinner is from 5-6 p.m. and the show is from 6:10-7:10 p.m. Community members and SCSD families without a student at a middle school can buy tickets in-person (cash and check only) at the Port Susan Middle School office from 8 a.m.-1:30 p.m. weekdays or at the District office from 8 a.m.-12 p.m. and 1:30-4 p.m. weekdays.





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# Speech Language Hearing Month

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# DEBRA LEPAGE



Watercolor has been my medium of choice for the last 22 years. The unpredictable way the pigments mix on the paper makes the process one of exploration and often, surprise. My latest series is rendered on a material known as YUPO. YUPO is "earth friendly," a tree and pulp free synthetic paper made of 100% recyclable materials and is perfect for flexibility in both laying down and lifting of pigments. The "Ebb and Flow" Series involves exploration of the flow of water to form organic images, shapes and textures. As in the natural world, water is the key element. Each painting evolves in a unique way-depending on the amount of water and paint used and also the use of gravity to push the flow throughout. The ebb and flow of the tides, patterns shared in nature and the human body are a reminder of our connectedness over space and time.

http://www.debralepage.com



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# Business Spotlight

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# **JARDIN NI ROSA**



Homegrown flowers from my garden to your home. Hello and welcome to my garden. My name is Rose. I am healthcare provider who has a deep passion in gardening and flower farming. I discovered my passion when we first moved in our home in Camano Island back in 2016. We have a 1.6 acre lot with open field and full-sun area. Camano island is a very laid back countryside located in the northern part of the Pacific North West. When we first moved in here the land was an open pasture as the previous owner had farm animals that grazed the land. Only a small area was dedicated for gardening. Intimidated by how big the land area was (we moved from an apartment complex with no garden), I slowly started building the garden of my dream, expanding gradually every year. To start with the garden was mostly a mix of veggies and basic summer cut flowers. My first flowers were mostly perennials. Only in 2020 that I got introduced to the beauty of flowering annuals and there was no turning back since then. I started growing more and more of flowering annuals each year. Some of my favorites are Oriental/Asiatic Lilies, Tulips, Snapdragons and Dahlias. Last year, my love and fascination for Dahlias made me grow 50 Dahlia plants. I was also introduced to Ranunculus last Spring and loved it! This 2023 I have planted thousands of tulips, 300 ranunculus, hundreds of anemones and daffodils, and many varieties of hardy annuals to set the start of Spring flower program. I am also set to plant more than hundred variety of Dahlias this year. I don't plan of stopping anytime soon. All I have in mind is what flower to grow and how many of them. For the last years I harvested lots and lots of bouquets shared amongst me, family and friends. I realized how much joy a simple flower can bring to oneself and how it can create a vibrant ambiance inside the home. This inspired me to expand my passion in flower gardening to bring more flowers to the community and give my flowers a sense of purpose by bringing joy to other people's home through selling flower bouquets and making georgeous floral arrangements.

https://jardinnirosa.site/ jardinnirosa@gmail.com 360-850-8770 85 Bradley Place, Camano Island

# DIY PRESSED FLOWER PINCH POTS FOR KIDS

If you are looking for a sweet homemade gift for Mother's Day, these pressed flower pinch pots are an adorable gift kids will love making!



Supplies: Air dry clay; Pressed flowers; Mod Podge – We used matte finish: Paintbrush.

How to Make: First, set up your work surface with a small bowl of water and newspaper or wax paper. Take a piece of clay and roll it into a smooth ball. Then, use your thumb, or the palm of your hands (for the littlest of hands) and press down on the clay ball. Use your thumbs and push outward to begin forming your dish. Forming the dish is a fun time to experiment and you can create dishes of many different shapes and sizes! Make sure your pots are smooth and try to remove any cracks. Tip-You can dip your fingers in a little water and use your fingertips to smooth out cracks. During the drying process the little cracks can expand and become larger, so try to remove as many as you can.. Use a little pinching motion to create the edge of the dish. Once you are happy with the shape of your dish you can either go ahead and add your pressed flowers or set it aside on a piece of wax paper to dry for a couple hours or overnight. During the drying process I flipped over half way through so both sides could completely dry. If you add your flowers when your clay is still wet - gently press down on the flower to make it lay flat in the clay. (My kids needed a little help with this part) Using a tweezers is the easiest way to handle pressed flowers, because they are so fragile and often break when you pick them up. Once your flowers are arranged in the right places, use a paint brush and cover with a thin layer of mod podge. If you add your flowers after your clay pot has dried – coat your dish in a thin layer of mod podge and add your pressed flowers and then cover with another layer of mod podge. (The mod podge will be white, but it will dry clear!) Set aside to dry for a couple of hours. Once it is dry to the touch your pressed flower dish is ready to use!

Source: https://foxfarmhome.com.

# **DID YOU KNOW?**

When he was President, George H.W. **Bush banned** broccoli from Air Force One and the White House.

# MOTHER'S DAY WORD SEARCH

В Ν M Ν Α R G D K В Ε С P U D S S S E C ı Ν 0 L Х O Ν Т Ν D 0 R J K J J R Ζ G L F М 0 T Ε R Ε K М Н ٧ S V Ε S S V Ν Α D Υ Н М G Ε L 0 Z Ν Α ٧ L Т Ζ С В E L Υ S C U G E Н Υ Ρ S R Ε S R Т L ı O М U В ı Т Н Ν F Р Ζ Ε Ε S U 0 Н M ı Ν Α D U Т Р F С Κ s T G ı W ı S G W Ζ ١ Υ S В Х Z P В Α F Α М ı L Υ В 0 Ν 7 C Τ W W W G Κ R Ε Α P T F G Н D N D ı L W F Q G Α P Α Ζ Κ S F D Ζ F Ν Н 0 Q М Ε Α W W ٧ 0 D W S D Q Α ١ U В 0 Ν J Υ U L C F ١ Х R 0 ١ G W F J Ζ J Q Ν Ε F В C Ε M U F Р J C S Α Т R C ı L ٧ Т Z Ε Ν W K Ν Т F Ρ U Т Α Х Ε K М S Ζ C ٧ Ε M S Τ ١ J S 0 G Ζ D U Α J C Z Т Α Ε Ε ٧ Н 0 М L C U М Q W M C G R 0 0 K ١ N G N X В J I М

MOTHER GRANDMA FLOWERS ADOPTION WISE CHILD LOVE PRESENTS PERFUME LESSONS

PARENT FAMILY BIRTH KISS COOKING



# Diane Hill Memorial Art Show

WE REMEMBER DIANE AS A DEDICATED ARTIST, TEACHER, ORGANIZER AND FRIEND. SHE WAS A CREATIVE SPIRIT INVITING US TO LOOK DEEPER INTO THE FAMILIAR.

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### \$665,000

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### WATERFRONT

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Summer beckons! Warm water beachfront community with updated one-level home and views to Mt Rainier plus studio and garage. #2208776



### WATERFRONT

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"Jewel Box" waterfront retreat-like home in the Country Club, room for guests, rights to community beaches, dock on the saltwater lagoon. 2218348



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Honest to God, I don't know where some folks get their ideas for bizness opportunities, but in the Great Marketplace of Ideas, the bad ones are soon winnowed out. Unless you count Facebook or Artificial Intelligence. Money mojos, yes, great ideas?, I'll leave it up to you to decide. But I'm definitely on the thumbs down side.

Out here in the nettle backwash, work has always been hard to come by, might explain us folks who came here just because of that reason. No need to feel guilty over being unemployed, hell, we're all unemployed. But there are those who don't share our slothful philosophies, who, out of some misguided sense of work ethic, decide to create their own jobs, what they call Entrepreneurism and the rest of us layabouts mostly refer to it as Deranged Capitalism. We've had our share over the years, everything from Viagra Falls Naughty B&B to the never opened Tyee Tavern. And I'm not even going to bring up the plethora of artists and their schemes to turn their so-called passions into riches. The list is long and brutal.

Maybe the saddest attempt at self-employment heaven was the South End Petting Zoo, the brainstorm of Wanda Jenkins and her husband Gerald, newly arrived from San Diego with plenty of start-up money from selling their ranch, bought for 100,000 and worth millions when they pulled up roots, retired early and jumped on the turnip truck headed for the island mecca of their dreams. And their dream, well, Wanda's anyway, was a petting zoo. Great for the kids, great for their parents, an amusement park get-away to the masses down in Seattle and Gomorrah searching for weekends for the whole family.

And Wanda loved animals. All kinds of animals. She had Gerald build fences and pens, shelters and watering tanks, then she filled them with goats and cows and chickens and turkeys, figured they could eat eggs and drink milk from the barnyard while they waited

Story by Jack Archibald. For further

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for the hordes to start rolling in after her advertising blitz in the social medias she was sure she was expert in. It might have gone okay, but Wanda had larger dreams and so she added deer and a couple of hybrid wolves which were mostly German shepards, a few feral cats that strayed into her gravitational field, a couple of ferrets, two pythons, various snakes and lizards, not to mention the occasional pig or possum.

Gerald, needless to say, was officially unretired, an unnatural state of existence down here. He had a helluva time trying to keep up with housing and penning the menagerie. Miniature donkeys arrived, peacocks strolled the grounds, goats stood on the roofs of their sheds, the pythons kept escaping and chickens went missing. Which, besides the expected tourists, weren't the only things going missing. Where Wanda found all these beasts was anyone's guess, but the zoo shortly became a jungle, dog eat dog, python swallowing anything it could get its jaws around and swallow. Five dollar admission got the few visitors a glimpse of life before civilization, predatory, brutal and, unfortunately, not altogether caged. The kid who tried to feed Rocky raccoon got a bit more than he bargained for, a trip to the emergency room 20 miles north, and Wanda got handed a lawsuit for injury and mental suffering. Gerald disappeared shortly after, some say back to San Diego but I saw him drinking at a seedy watering hole up toward the border not too long ago.

"How's life, Gerald?" I asked, slipping into the barstool adjoining. He ordered us both a round. 'Couldn't be better," he said. We didn't have much to carry on a conversation, really, but at the end he asked if I would please not mention to anyone, ANYONE, I'd seen him. Fair enough. A man deserves a quiet retirement. I did mention just before leaving that Wanda was long gone too to parts unknown. If it mattered.... He only shrugged. Or maybe it was a shiver.



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# Classes and Workshops Workshops

**Chakradance classes** at Bee Authentic Pilates in Stanwood. Fridays at 4pm on: May 3rd, May 24th, June 21st and July 19th. Chakradance is a unique healing process combining Jungian Psychology, meditation, chakra resonant music, dance and mandala art work. Guided by imagery, participants dance through the chakras, shedding layers and releasing blocked energy. Sign up online or call the studio at 360.572.2112.

**5-Week Reformer Series** at the Bee Authentic Pilates studio 8712 271st. St. NW Stanwood. I'll walk you thru the basic of the reformer and you'll learn the essence of the foundational exercises. The class moves at a smaller pace to let you be independent on the reformer. Call 360.572.2112 for more info.

Camano Fire offering two firefighter education classes June 29. Retired Captain Mike Gagliano from Seattle Fire will offer two firefighter education classes on Camano Island: The Art of Go no Go, and This House Rocks. This is a two-part seminar offered from 8 a.m. to 5 p.m. at the Madrona/Vista Fire Station, 273 NW Camano Drive. Register online at https://firenuggets.regfox.com/cifrgagliano

FamilySearch Center – FREE Open Genealogy Workshop at 795 Ell Rd., Camano Island. Tuesdays 10 am-2 pm; Wednesdays 6pm-8pm. Get help to find your ancestors with free access to premium websites and records. Contact us at camano@familyhistorymail.org, or find us on Facebook.

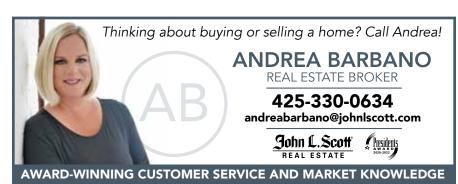
**Yoga Classes In-studio & Online** at Movement Arts. IN-STUDIO – View our schedule to monitor our status. LIVE STREAM – book classes in advance to attend our live studio class from your own home. ON-LINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Go to www.movementarts.com and follow the links to view our video library of online hour length classes; regular membership rates apply.

**Guitar Lessons with Ford Geisbrecht.** All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. 360-631-0661.

**Private Music Lessons:** piano, guitar, bass guitar, voice, and songwriting for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions or book a complimentary 30-minute lesson: HartMusicSchool.com/free-trial

# DID YOU KNOW?

The only 15-letter word that can be spelled without repeating a letter is uncopyrightable.



# Classes and Workshops

#### **FUNNY QUOTE:**

The problem with the gene pool is that there is no lifeguard.

**Yoga for Beginners Five Week Session** May 7-June 4, Tuesdays. Whether you are brand new to yoga or returning after a long absence, this 5-week course will prepare you with the first steps toward a regular practice. Sign up at movementarts.com or 360-629-9100.

**Homeownership workshop** every month on the fourth Thursday of each month at Elite interiors next to UPS store from 6 to 8 PM. We will not be holding them In June, November or December.

It's Elemental: Yoga and Ayurvedic Wisdom for Modern Living. Immerse yourself in the understanding of the 5 Great Elements (Panca Mahabhutas) of earth (prthvi), water (ap), fire (tejas), air (vayu) and ether (akasa). You'll understand how these elements are the foundation for the 3 energy principles. This workshop is available In-Studio or Online. Sign up at movementarts.com/events.

**Medicare Basics Information Class** May 8th (10-11am) Free event open to the public. We will be explaining how your Medicare benefits work, as well as the options for supplementation. Location: Camano Island Library Meeting Room. RSVP with John- 360-967-9601.

**Line Dance Lessons** at the Camano Center — Wednesdays 3:00pm-3:45pm. \$10/person or \$8/Camano Center Members. Join us! More info at www.socialdancesimplified.com.

Classes at Zs: Yoga and The Melt Method-Excellent for All levels, addresses back, shoulder and neck issues. Mondays, 5:30 pm. All classes in person and Zoom online. Text 425-320-9776 to inquire and register. SEATED Yoga, excellent for those with limited mobility, 40 minute class, once per week, Tues @ 1:30 or Fridays @ 11am. Beginner FLOW YOGA, Mondays @ 8am, Tuesday @ 10 and 5:30 pm, Wed @ 4:30 and 6 pm. YIN yoga, Wed @ 10 am. Friday @ 9:30. Come as you Are; leave as you always wanted to be. www.zsremedies.com 9504 271st, Stanwood, 360-629-5040.

**Boat America Approved Boating Safety Class** - on Zoom 8 Hour Certificate Class Monday through Thursday, 6:30 – 8:30 PM. Registration: \$20 – plus \$4.99 Book download. Printed books are available for \$1. May 6-9, June 10-13. For more information or to register, visit our website: www.BLIAUX.com, menu tab "Boating Classes" or contact Ray E. White (360-410-0432 or email BoatingSafetyWA@gmail.com. Classes are conducted by the U.S. Coast Guard Auxiliary, Flotilla 11.



#### DID YOU KNOW?

A bottle of Coca-Cola has a PH scale of 2.8, and could dissolve a nail in just 4 days.

### LEADERSHIP TRANSITION AT CASA: EXECUTIVE DIRECTOR DEPARTURE SIGNALS NEW CHAPTER IN ORGANIZATION GROWTH

Shelter operations continue to operate as usual. Camano Animal Shelter Association (CASA) would like to announce the departure of our Executive Director, Cassie Morey. We would like to reassure our volunteers and friends that during this transition of leadership, the animals in our care will continue to receive excellent care by our compassionate staff and volunteers. With the departure of our Executive Director and other board changes, CASA is in transition and would like to ask for your patience as we work with professionals to review and help implement best practices for our board members, staff, policies, and procedures with the mission of "Bringing together animals in need and caring people, forever enriching their lives" at the forefront of all we do. We thank you for your continued support of this important work for the animals of Camano Island and surrounding area. CASA continues to recruit compassionate volunteers, donors, friends, and board members to support our efforts of finding forever homes for animals and giving great care while they wait. Please reach out if you are interested in helping with this rewarding work. https:// www.camanoanimalshelter.com.

#### 2024 COMPREHENSIVE PLAN UPDATE

Share Your Feedback by May 9. The first draft of the 2024 Comprehensive Plan is now live for the community to review and comment on. The city encourages you to provide your feedback to ensure that Stanwood's guiding document accurately reflects our community's aspirations and vision for the future. The Comprehensive Plan serves as the blueprint for the growth and development of Stanwood over the next twenty years, and is updated every ten years. Please provide comments no later than Thursday, May 9 by completing the form at https://stanwoodwa.org/545/2024-Comprehensive-Plan-Update.

#### EXTENDEED DONATION HOURS

Spring has sprung and we've extended our donation hours until 2 pm! Clean out those closets, junk drawers, garages, and kitchens! The Stanwood-Camano Thrift Store is accepting donations Tuesday thru Saturday from 10am until 2pm! All of the proceeds from the thrift store go directly to the Food Bank!





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#### **SPARTAN FC TRYOUTS**



This year Stanwood Camano Youth Soccer Club will be adding on a select division called Spartan FC. Select soccer is a level of competition between that of Recreational and Premier play. Location: Port Susan Middle School. May 13th: Boys and Girls U9 and U10 (born 2016, 2015) at 5 – 630pm. May 13th: Boys and Girls U11 and U12 (born 2014, 2013) at 630 – 8pm. May 15th: Boys and Girls U9 and U10 (born 2016, 2015) at 5 – 630pm. May 15th: Boys and Girls U11 and U12 (born 2014, 2013) at 630 – 8pm. May 20th: Boys and Girls U13 U14 U15 (born 2012, 2011, 2010) at 5 – 630pm. May 20th: Boys and Girls U10 U17 U18 (born 2009, 2008, 2007) at 630 – 8pm. May 22: Boys and Girls U13 U14 U15 (born 2012, 2011, 2010) at 5 – 630pm. May 22: Boys and Girls U16 U17 U18 U19 (born 2009, 2008, 2007, 2006) at 630 – 8pm. www. scysc.com.

#### FUNNY QUOTE:

The severity of the itch is proportional to the reach.

#### STANWOOD AREA HISTORICAL SOCIETY MUSEUM EXHIBITS

Open for guided visits and history research 1 - 4 pm Wednesday and Saturdays. Tour the D. O. Pearson House Museum, the Eldridge Center Gallery and Library, the Floyd Norgaard Cultural Center 3rd Floor Exhibits and the Veterans Memorial (Outside). Volunteers welcome! More info: www.sahs-fncc.org.



### Jan Mather

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WINDERMERE W REAL ESTATE

#### THIS IS CALLED THE ONISCIDAE



You may find them under a brick or a damp object. You may have felt disgusted and wondered why they exist in nature. Well, let me tell you, the oniscdae, better known as cochineal, is a subgroup of isopod crustaceans whose function is to remove harmful heavy metals from the earth such as mercury, cadmium and lead. They contribute to the cleansing of soil and groundwater to reaffirm the wisdom of nature. Do not damage them or spray pesticides! – Facebook post by Roxanne Robison.

#### FUNNY QUOTE:

No one is listening until you make a mistake.

#### **LEARN ABOUT YOUR LAKE**

Curious about the health of your lake? Check out our Lake Health Report Cards! You will learn about your lake's water quality and habitat and find tips to make a difference for lake health. Find your lake's report card at https://snohomishcountywa.gov/1109/Health-Recreation. Visit www.lakewise.or to learn more actions you can take to reduce water pollution and protect your lake.

#### **THE SPOT**

Hosted by Youth by Dynamics Stilly Valley. Tuesdays & Saturdays. TUES 2:30-5pm. SAT 7:30-10pm. Fun, food, hang out. Middle school & high school. 9831 271ST ST NW, Stanwood. 425-879-7633.



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#### Bonus Days

SUPER SIZE SUNDAY: 50¢ off any 20oz. drink MOCHA MONDAY: 50¢ off any 20oz. hot/iced Hershey's Mocha!

2 STAMP TUESDAY: Double stamps for every 12oz. drink THIRSTY THURSDAY: 50¢ off any 32oz. drink



#### DID YOU KNOW?

Tutankhamun's parents were brother and sister.

#### STARTING MAY 7 HABITAT STEWARDS TRAINING

via ZOOM. National Wildlife Federation. Are you interested in creating habitat for wildlife? Do you want to do your part to keep Washington wild? Now is your chance to become a Habitat Steward™! The National Wildlife Federation is offering a specialized, multi-week virtual training to teach you how to create and restore wildlife habitat in backyards, schoolyards, and other places in your community. The training consists of 4 classes, so make sure you will be able to attend all 4! This virtual workshop will be from 6:30-9:00 PM on the following Tuesdays: May 7, 14, 21, and 28. Optional field trips and volunteering opportunities pertaining to local habitats are available as well! Benefits include: a comprehensive, digital training manual with local resources, instruction from local professionals, engaging field opportunities, certification as a habitat steward volunteer, and continued support from NWF staff. A variety of topics will be presented on habitat restoration, PNW ecology and wildlife, natural yard care, invasive plants, native plants, & much more! The cost of the training is \$20. Note: scholarships are available! No one will be turned down due to lack of funds. Once registered, the Zoom link will be emailed to you. To register for the training, please visit https://habitatstewardsnwf.brownpapertickets.com/ or contact Guinevere Unterbrink at (206)577-7816 or WAEducation@nwf.org

#### **MONEY SMART WEBINARS**

We've just released our Money Smart course schedule for 2024, and this year, we're offering all classes online via convenient webinars. It's now easier than ever to attend our Money Smart for Small Business courses designed to help those starting and managing a business. Webinars are hosted by Katy Woods, Coastal Community Bank Branch Manager and Certified Coach. May 30: Managing Cash Flow. June 20: Building Credit. Register now at https://www.coastalbank.com/money-smart/

#### SHS HORTICULTURE ANNUAL PLANT SALE

Stanwood High School Greenhouse Production and Horticultural Science classes have been working hard this year to produce a great opportunity for the Stanwood community by producing a fantastic plant sale. The hours will be Wednesday, Thursday and Friday 2:30 p.m. – 5:30 p.m. and Saturdays 10:00 a.m. – 3:00 p.m. Sale continues the first week of May.



#### **DIY SPRING PLANTERS**

Create and decorate a one-of-a-kind planter using a repurposed paint can! Take it home filled with houseplants from Cactus & Co.











#### LIBRARY STORYTIMES

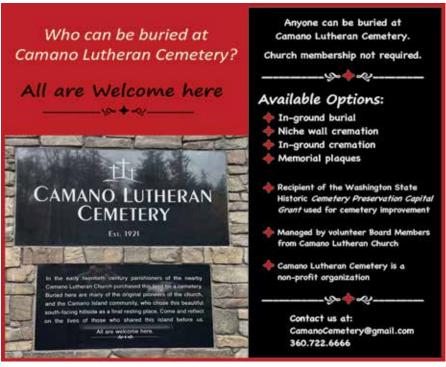
A play time or activity will follow after storytime). Monday: Toddler Storytime with Jennifer - 10am - Camano Island Library. Jump and bounce together into a world of stories, music, and movements. Tuesday: Family Storytime with Jennifer - 10am - Camano Island Library. Enjoy stories, songs, rhymes and creative activities together as a family. Wednesday: Family Storytime with Vicky - 10:30am - Stanwood Library. Enjoy stories, songs, rhymes and creative activities together as a family. Thursday: Toddler Storytime with Alex - 10:30am - Stanwood Library. Jump and bounce together into a world of stories, music, and movements.

#### FREE HEARING AID CLEANINGS

(by Stanwood Hearing). September 4th from 12:30-1:30pm @ The Stanwood Lincoln Senior Center. Call us to save your timeslot, 360-572-4422.

#### CALENDAR PHOTO CONTEST

Looking to showcase your photography skills? Join the Whidbey Camano Land Trust's photo contest and get a chance to be featured in the 2025 calendar! Submit five of your best island photos by May 31! Any photos that celebrate the beauty of these islands through your lens - including scenic landscapes, wildlife sightings, native plants, people out in nature and everything in between. All are welcome to participate, spread the word! Click the link for more information www.wclt. org/get-involved/photo-contest/.





2024 SCHEDULE





## Coffee Break

#### DATES

**9AM-10AM** 

MARCH 12 & 27

APRIL 6, 11, 6 23

MAY 8, 14, 6 23

JUNE 4, 19, 6 29

JULY 11, 23, 6 28

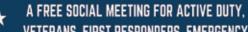
AUGUST 3, 7, 13, 6 22

SEPTEMBER 19, 21, 6 23

OCTOBER 10 6 22

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PERSONNEL PLEASE JOIN US FOR
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MEMBERS OF YOUR COMMUNITY
AND LEARN MORE ABOUT OUR
PROGRAM WITH THE HELP OF SOME
COFFEE!

VENDORS ARE WELCOME TO EMAIL AN APPLICATION TO VEND AT OUR COFFEE BREAKS. VENDORS PLEASE EMAIL INFO@HOOVESANDHEROES.ORG



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ARE WELCOME TO JOIN

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\*

HOOVESANDHEROES.ORG

#### FREE PICKLEBALL BEGINNER LESSONS AND ROUND ROBIN GAMES AT HERITAGE PARK!

Free Pickleball Beginner Lessons and Round Robin Games at Heritage Park! The Camano Stanwood Pickleball Association will be giving Beginner Pickleball lessons, as well as arranging for a series of friendly Round Robin pickleball sessions from May to August. These sessions will be taught at Heritage Park by volunteers from the Camano Stanwood Pickleball Association and are for adults 18 years or older who would like a basic introduction to the fun sport of Pickleball. These free beginners' classes are for new players only. The Round Robin events are for people who have previously attended one of our beginner lessons. Limit 10 players per session (on a first reserved basis). All players must be 18 or older please. Tennis shoes required. BEGINNER LESSONS: May 30, June 11, June 27, July 25, August 6. ROUND ROBIN SESSIONS: May 18 (Refresher & Round Robin), June 15, July 13, August 10 (Round Robin Tournament). TO SIGN UP, VISIT www.camanopickleball.com/heritagepark.

#### YOU DON'T HAVE TO KEEP A PAPER COPY OF YOUR VEHICLE REGISTRATION IN YOUR VEHICLE

Washington State law allows you to carry your vehicle registration in either electronic or paper format, meaning you can keep a photo of your vehicle registration on your cell phone instead of keeping the paper copy in your car. Make sure to always have your vehicle registration in one of these formats with you when driving your vehicle. Failure to do so can result in fines. RCW 46.16A.180(1) (d) The registration certificate required by this section may be provided in either paper or electronic format. Acceptable electronic formats include the display of electronic images on a cellular phone or any other type of portable electronic device.

#### FUNNY QUOTE:

The hardness of the butter is proportional to the softness of the bread.

#### 2024 CAMALOCH JUNIOR GOLF

will start on Thursday May 9th and proceed on Thursday May 30. Completed registration forms are required to the Pro Shop by April 22nd. Information = Bill McGlashan @ wemcgl@gmail.com.





## THE MUSIC OF ABBA

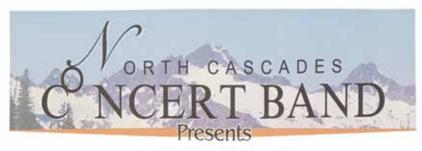
MAY 17 & 18, 2024 DOORS OPEN AT 7:00PM | SHOW AT 8:00PM

### LIVE IN THE PACIFIC SHOWROOM!

Must be 21 or older. Management reserves all rights.







### ESPIRIT DU CORPS



#### Featuring Soloist

Staff Sgt. Will Samson Presidents Own Marine Band

#### With

Peter Blau-Ormsby Musical Director

#### Selections include:

First Suite in Eb by Gustav Holst
The Barber of Seville Overture by Rossini
Procession of the Nobles by Rimsky-Korsakov
and Them Basses by G. H. Huffine

#### Friday

May 3, 2024
Bellingham High
School PAC
7:30 PM

#### Saturday

May 4, 2024 Arlington High School's Lynda Byrnes PAC 7:30 PM

#### Sunday

May 5, 2024 Anacortes High School's Brodniak Hall PAC 3:00 PM



There is no admission charge, although donations are greatly appreciated. For more information.

\* visit our website at www.nccbend.org. The North Cascades Concert Band is a 501(c)3 non-profit organization.



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#### **Upcoming Classes and Events**

Visit our website for tickets & registration; www.scaacwa.org

 Printmaking from Nature w/ Tasha Smith TEEN/ADULT Drawn Together ALL AGES (FREE)

 Floral Collage w/ Tasha Smith TEEN/ADULT 05/18 05/31 Crochet Basket w/ Beth Erickson TEEN/ADULT

 Drawn Together ALL AGES (FREE) 06/13

Mindful Reflection Thru Art w/ Gaylynn (FREE) 06/26

Whale Tale Watercolor w/ Jeanette Mahoney ADULT 06/29

07/13

MORE INFO

Fair Weather Painting w/ Lydia Crouch TEEN/ADULT

WWW.SCAACWA.ORG

05/04

05/09





#### FUNNY QUOTE:

What happens if you get scared half to death twice?



Mother hen. Photo by Irita Godoy.



Momma cat and kitten. Photo by Cladia Meyer.





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Rowland Interiors. We take the pressure off by providing our best advice to get you on your way, or we can provide a quote to take the project off your plate. Either way, you're unstuck and on your way to a beautiful transformation.

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#### Are you a FAMILY CAREGIVER?

### ROSALYNN FOR CARTER CAREGIVERS INSTITUTE





**Health Navigating** 

#### DATE:

Friday, May 17th

#### TIME:

1:00 PM -5:00 PM

#### **PLACE:**

Camano Center 606 Arrowhead Road Camano Island, WA 360-387-0222 www.camanocenter.org

#### **HOW TO SIGN UP:**

Call 360-387-0222 to register Seating is limited to 20 individuals

Sign up today for your FREE

Dealing with Dementia

Workshop

#### DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You

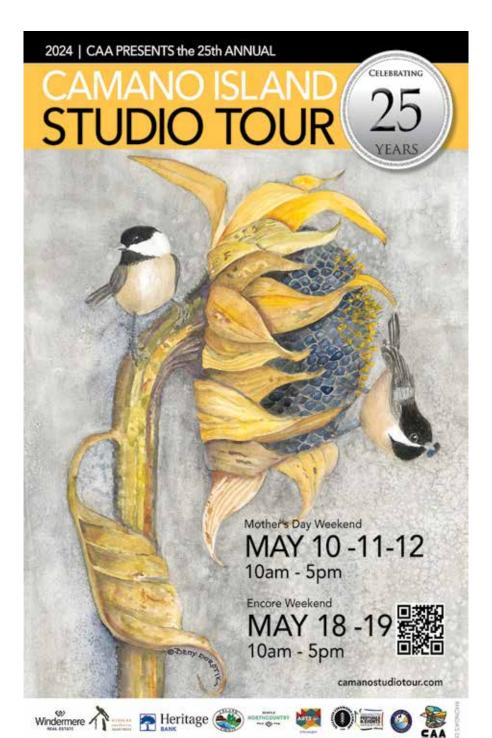


Attend the 4-hour class and receive Guidebook.

#### PRE-REGISTRATION IS REQUIRED.

To reserve your spot, please contact:

Camano Center at 360-387-0222





# Clubs and Meetings

look for us

online at

#### www.TheCrab

or on **Facebook.** 

Download current or past editions. *Friendship Tea* - Drop by for tea, treats, and a chance to visit with friends, both old and new. 1st & 3rd Tuesday mornings of from 10:30-12:00. No charge for Camano Center members; \$5 for non-members. Please check in at the Front Desk. For more information, contact Connie (360) 652-7211.

**Rainy Day Room Playgroup** Free weekly play group on Mondays at 3:30-4:30pm Community Resource Center for ages 0-5 and their grown-ups! Friendship and community....getting out of the house. More info: www.crc-sc.org/events.

**Teen Programs** Monday through Friday at the Community Resource Center, please visit www.crc-sc.org/teenprograms for more details and schedule of activities.

**Parent Café** - 1st Thursday of month at 10:00-11:00 AM – RSVP only on calendar AND 3rd Thursday of the month 5:00-6:00PM, RSVP only on calendar. Our calendar is located here www.crc-sc.org/events.

**Kaleidoscope Play & Learn** Tuesdays and Wednesdays, 10-11:30am and 3:30-4:30pm - a FREE play group for 0-5 years and their grown ups. Facilitators guide children and their caregivers through a variety of developmental activities that promote early learning, and is inclusive of all young children, languages, and cultures. RSVP at www.crc-sc.org/events.

**Camano Island Quilters-Machine Embroidery Group** Every 1st Friday of the month. 10am-noon at Skagit Regional Clinics in Stanwood, 269th St., Conference Rm A. CIQ members will share help, ideas, designs, etc. Come join in the conversations.

**Camano Island Quilters Open Sew** Every 2nd Monday of the month. Open to the public. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Bring your sewing machine, project & basic tools for an afternoon of fun! Bring a sack lunch.

**Teen Late Night** Every Thursday. Grades 9-12, 4PM-6:30pm at Community Resource Center of Stanwood Camano. A safe place for teens to come and connect over food & fun.

Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! Here is a list of our meeting in the Stanwood/Camano Island area: SUN-DAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; WEDNESDAY, "One Day at a Time," Stanwood Senior Center, 7430 276th ST NW, Stanwood, 7:00pm (For Zoom hybrid meeting call 360-618-0464 if you would like the meeting ID for Zoom), THURSDAY, "Stanwood AFG", United Methodist Church, 27128 102nd Dr., Stanwood, 7:00pm, SATURDAY, "Paths to Recovery," Camano Lutheran Church, 850 Heichel Rd, Camano Is, 10:30am. For more info call 360-618-0464



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#### **Questions?**

Email savvy.septic@snoco.org or call 425-388-3636

Funding: This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement PC-01J89801 to the Washington State Department of Health. The contents of this document do not necessarily reflect the views and policies of the Environmental Protection Agency, nor does mention of trade names or commercial products constitute endorsement or recommendation for use.









#### CASA'S PET OF THE WEEK:

**ZIPPY** is a young 6 month old cat who is looking for his forever home. He is a spunky, outgoing guy who loves people and is sure to make anyone laugh. He is very active and loves to play. Zippy does well with other cats and dogs. Zippy is currently in foster, so please contact the shelter if you are interested in meeting this sweet quy.

**Camano Animal Shelter Association (CASA):** 360-387-1902. www.camanoanimalshelter.org



#### NOAH'S PET OF THE WEEK:

Hi I'm **MAGIC** and I'm a 1 year old cat! I would love for you to come meet me today at The NOAH Center.

**The N.O.A.H. Animal Adoption Center:** (360) 629-7055. www.thenoahcenter.org



#### **SAVE-A-MUTT'S PET OF THE WEEK:**

**CLOUD** is a beautiful girl who makes friends everywhere she goes. She is friendly and gentle and you can take her anywhere. She has been a dream with everyone. FIRST STEPS: Visit www.save-a-mutt.org/adoption-application/ to fill out an application. We are a foster home based rescue.

Save-A-Mutt (Silvana, WA): (425) 280-0502. www.save-a-mutt.org

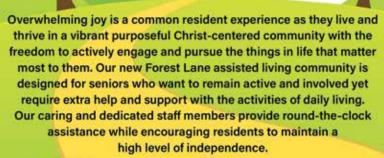




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# Classified Listings

#### DID YOU KNOW?

The oldest "your mom" joke was discovered on a 3,500 year old Babylonian tablet in Iraq in 1976. The tablet has since been lost, but the text remains preserved.

#### FOR SALE:

**SEAHAWKS!** Season ticket holder since 1975 has 3 games for sale with 4 seats on the 50 yard line (Seahawks side). Camano Island resident. Many references. 206-953-7336.

**Selling:** High chair, birch wood, Stokke Tripp Trapp, price USD 79.-Pick up Camano Island. Phone 425 395 2797

**Organic raised chicken eggs,** Certified organic feed and treats. Free range on a farm in N. Camano. Variety of blue, pink, green, white and brown. \$9 dz. Additional info at Vineandhencamano@gmail.com.

#### MISCELLANEOUS:

*I buy vinyl record albums:* Rock, Pop, Jazz and more. I'll buy a few or a collection. Call Mike @ 425-530-8021.

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**Science and Math Tutoring:** I can help you review and strengthen your math and science skills. I have many years of experience with a very gentle approach. E-mail ijmuzinich@gmail.com or 360-661-9517.

**Camano Decks & Sheds LLC** Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmitchell8974@gmail.com. Serving Outlying Areas.

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#### WANTED:

**Considering a career in real estate?** Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Jill at jillvail@windermere.com for more information. windermerestanwoodcamano.com.

Wanted: horse to ride. Gentle for beginner. Share cost or lease roadsafe. 360-279-1565

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# Cooking Mamas

BRIE BITES TOPPED WITH MAPLE BACON AND WALNUTS

Enjoy these sweet and savory bites with your favorite crackers or toasted baquette!



Cooking Mamas created by Dusty Hutchins-McNutt.

"Great recipes begin in Mama's Kitchen!"

Recipes by

Visit me at: www. CookingMamas. com Ingredients: 10 (.9 oz.) each mini brie wheels; 1/4 c. chopped toasted walnuts; 1 T. pure maple syrup; 1 tsp. apple cider vinegar; 5 slices cooked bacon chopped; Sliced scallions for garnish

Instructions: Preheat the oven to 250 degrees. On an oven-safe serving platter or baking sheet, bake the brie wheels until warm to the touch and slightly oozy, about 3-5 minutes. In a small bowl, combine walnuts, maple syrup, vinegar, and bacon. Top each warmed brie bite with a spoonful of the maple syrup mixture. Garnish with scallions and serve immediately. Enjoy these sweet and savory bites with your favorite crackers or toasted baguette!



# View from the Bleachers

Read more of Tim Jones' humor every week at www. ViewFromThe-Bleachers.net or check out his new YouTube channel by the same name.

#### HONEST CONVERSATIONS

I tend to say Yes to most invitations, even when I really want to say No. Not long ago I received an invitation to attend a fundraising event to save – I honestly can't recall the critter – let's say the Western Spotted Otter – when what I really wanted to do was lie on my couch and watch football. (I'm confident my \$25 donation helped save a few spotted otters.) Maybe it's just as well I attended the boring fundraiser, as my team lost in overtime.

Every week I'm confronted with situations in which I say, "Sure, I'd be happy to... Attend your party / Donate to your cause / Fill out your 80-question survey / Feed your cats while you're away for two weeks," etc... when what I really want to do is give them a more HON-EST RESPONSE. I'll explain with a few slightly altered examples that are all eerily close to actual invitations I've received.

A friend invited me: "Tim, a group of us are going on a 3,000-ft. elevation gain hike up Mount YulNevaMaykit (okay, so I made up the mountain's name – I think it was actually called Mount KillaMeNow). We plan to stop at an Iranian-Vietnamese restaurant on the way home. I know this place that makes the best fried chicken testicle soup."

My actual response: "Gosh, that sounds like fun. Thanks for inviting me. My calendar looks clear. Hey, do you think that restaurant might have a Caesar salad?"

What I wanted to say as an Honest Response: Let me get this straight. You want to inflict pain and suffering on me over several hours, only to "reward" me with a dish so disgusting that it would make my cat vomit? How long have you secretly harbored a death wish for me?"

A relative of mine texted me: "Heard this fascinating podcast about Robert F. Kennedy Jr. He makes a lot of sense. You should really listen to it. He has some innovative ideas about how we can live to 150 by banning all vaccines and adhering to a strict diet of cauliflower, oysters, and tobacco-onion juice. The audio interview is two hours long but it goes by fast."

My actual response: "Thanks for this. I will try to watch it in the next day or two. I have been curious about Robert F. Kennedy Jr. I had thought he was a bit of a kook, but maybe I've judged him unfairly."

My Honest Response: "Thanks for this. I was looking for a way to help me get to sleep faster. This looks like just the ticket. Ever since you first voted for Trump, I was concerned you'd lost your mind. And your most recent text officially confirms it. If you never hear from me again, don't worry. It just means I've blocked you on every device I own."

A friend named called to ask: "Tim, my daughter Empress is going to turn 23 next month. I'd like to help her celebrate this milestone birthday by throwing her an epic music festival in our backyard with some local rock bands. I'm asking guests to donate \$150 to help make this a birthday Empress will never forget. I think a music fes-



tival is just the kind of therapy that will help her overcome the funk she's been in ever since she failed to realize her dream of becoming a TikTok influencer with five million followers. Can I put you down as a YES?"

My Actual Response: "Wow, what an exciting day you have planned. I would love to attend but I'll be out of town that weekend. But thanks for the invite, Jill."

My Honest Response: "Um, Jill, first of all, 23 is not exactly a milestone birthday. Second, Empress? Who names their kid Empress? Was the name Queen Aphrodite already taken? Third, I really believe you need to think much BIGGER if you want to impress your darling Empress. I recommend asking each person to donate \$5,000 in bitcoin. If you get a mere 200 suckers people to say yes, you probably can convince Elton John to come out of retirement and perform."

Of course, the next time someone texts me insisting I watch a "must-see" four-part PBS documentary series titled "Comic Sans – The Forgotten Font", I won't insult them with a snide, sarcastic, but honest reply. Knowing me, I'll send back my usual, polite response: "Thank you so much for thinking of me. Sounds amazing!" – right before I press the DELETE button.

[Read more of Tim Jones' humor every week at www.ViewFromThe-Bleachers.net or check out his YouTube channel by the same name.]

# MEDICARE QUESTIONS?

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#### TIDE TABLES / SARATOGA PASSAGE / MAY 3-16, 2024

<u> </u>		High	Tide	Height	Moon	D-4-		High	Tide	Height	Moon
Date		/Low	Time	Feet	Visible	L	Date	/Low	Time	Feet	Visible
		/ LOVV	Time	1661	VISIDIC			/LOW	Time	1661	VISIDIC
F	3	High	1:55 AM	11.5		F	10	Low	1:08 AM	7.0	
	3	Low	8:16 AM	4.5			10	High	6:02 AM	10.9	
l	3	High	1:26 PM	7.9			10	Low	1:14 PM	-3.1	
	3	Low	7:36 PM	1.6			10	High	8:50 PM	12.3	
								_			
Sa	4	High	2:32 AM	11.7		Sa		Low	2:00 AM	7.5	
l	4	Low	9:01 AM	2.7			11	High	6:41 AM	10.3	
l	4	High	2:53 PM	8.8			11	Low	1:58 PM	-2.5	
	4	Low	8:38 PM	2.5			11	High	9:46 PM	12.0	
Su	5	High	3:05 AM	11.8		Su	12	Low	2:58 AM	7.7	
	5	Low	9:42 AM	0.8		30	12	High	7:21 AM	9.5	
l	5	High	4:04 PM	9.9			12	Low	2:44 PM	-1.6	
l	5	Low	9:36 PM	3.5			12	High	10:44 PM	11.6	
			3.32					1129	10.4	11.0	-
М	6	High	3:38 AM	11.9		М	13	Low	4:10 AM	7.6	
l	6	Low	10:23 AM	-0.9			13	High	8:04 AM	8.7	<b>A</b>
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ть	_	1	12-17 AM								
Th	9	Low	12:17 AM	6.4		Th		High	1:12 AM	10.8	
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I	9	Low	12:31 PM	-3.3		1	16	High	12:01 PM	6.7	
I	9	High	7:57 PM	12.5			16	Low	6:15 PM	2.5	





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