

Events, Information, and Entertainment in the Port Susan Area Camano Island • Stanwood • Warm Beach • Silvana • Conway **Healing from Losses**

Guest speaker:

Marlene Anderson, MA

Monday, October 7 1:00 - 2:30 p.m.

Camano Center, 606 Arrowhead Rd.
RSVP to 360-387-0222 (offered at no cost)

Losses can leave us feeling hopeless and helpless.

A part of us has died too. How do we move forward? Coming to terms with our loss may be difficult, but when we realize we can move forward without dishonoring or forgetting our loved ones, we have taken that first step. Recovering from losses is not just grieving – it is reconciling and making that transition to a new life – a new identity.

Join author and therapist Marlene Anderson for this special presentation as she shares ways to make a transition to a new and meaningful life after loss.



360-387-0222 | www.camanocenter.org



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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.

Cover photo: Enjoy the colors of Autumn!



© 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: OCTOBER 10 for Next Edition (October 18-31)

DID YOU KNOW?

Wind turbines kill between 10,000 and 100,000 birds each year in the UK. Interestingly, painting one of the blades of a wind turbine black can reduce bird deaths by 70 per cent. FRIDAY, OCTOBER 4

GALLERY RECEPTION FOR SHARON SNELLING

5-7pm at Beach 1 Gallery. "Among my subjects have been highly detailed paintings of flowers, fruit, Moroccan scenes, a rusty old Ford, birds and still lifes." Her art will be displayed and for sale the entire month of October. More info about the artist is on the "Artist Spotlight" page of this magazine. 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.

FRIDAY, OCTOBER 4

MARY ELLEN LYKINS & THE CC ADAMS BAND

7:30pm - 10:00pm at Pub 282. The band's roots are in the Blues with R&B and tasty Rock mixed in for flavor. Dancin' Music!

FRIDAY, OCTOBER 4

STEWART WOODS - FRIDAYS IN THE SPEAKEASY

6:30 – 8 pm at the Conway Muse – No Cover. 18444 Spruce St., Conway. Bring your dinner in and enjoy Stewart's music and a cocktail!

FRIDAY, OCTOBER 4

UFO NORTHWEST: HOW WASHINGTON STATE SPAWNED THE MEN IN BLACK



7:00 PM – 8:00 PM at the Camano Island Library. On August 1, 1947, the tragic crash of a B-25 bomber in Washington State triggered an FBI investigation of "The Maury Island Incident"—an infamous Northwest UFO sighting, and history's first alleged encounter with the so-called "Men in Black." Relying on the FBI records, this talk exposes a Washington story that shapes our current UFO narratives, from 1950's pulp magazines to the ubiquitous X-Files and Men in Black film franchises. Also examined: how the Northwest's unique position in UFO history is challenged by others that assert contradictory narratives. Join us with guest speaker Steve Edmiston. He was the screenwriter and co-producer of the film, "The Maury Island Incident". Light refreshments generously provided by the Camano Island Library Friends. In partnership with Humanities Washington

DID YOU

KNOW?

Beyoncé is the most awarded artist at the Grammys. She's been nominated for 88 awards and won a whopping 32.

FRIDAY, OCTOBER 4

SOUR FUZZ +NIGHTSHIFT + TOLER

8 pm – Conway Muse. Alternative Rock & Indie Rock & Indie-Psych-Dance. Tickets \$13 Advanced \$15 at door.

FRIDAY-SUNDAY, OCTOBER 4-6

MEET THE ARTISTS

at Gateway Gallery, 578 N. Camano Drive (at Terry's Corner next to the playground). FRIDAY: Meet Susan Cohen Thompson, ceramics and paintings from 2pm-4pm. SATURDAY: Meet Karen Fuller, beadwork and painting; 12-2pm Dotti Burton, painting; 2-4pm Patricia Resseguie, fiber works. SUNDAY: Meet Susan Cohen Thompson, ceramics and paintings from 2-4pm. Gallery hours: Fri 12-4, Sat 10-4, Sun 12-4.

FRIDAY-SUNDAY, OCTOBER 4-6

PUMPKINFEST

10am-3pm at 31808 W Lake Ketchum Rd., Stanwood. Hand Blown Glass Pumpkins and Glow in the dark ghosts, pumpkins & fall pieces for your home. Lots of other pieces as well. Come see glass blowing up close and personal. www.glassquest.com

SATURDAY, OCTOBER 5

NICK VIGARINO

8 pm – Conway Muse. Tickets \$18 Advanced \$20 At Venue.

SATURDAY, OCTOBER 5

ROCK RADIO

7:30pm - 10:00pm at Pub 282. A Classic Rock / Blues cover band playing hits from the 60's, 70's and 80's.

SATURDAY, OCTOBER 5

HUCKTOBERFEST 2024

Presented by Discraft. A non-PDGA-sanctioned Bring Your Own Partner, Best Shot, Doubles Tournament at Kayak Point Disc Golf Resort in Stanwood. Registration (as a team) through Discgolfscene.com is required.



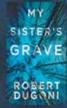


CAMANO ISLAND LIBRARY FRIENDS PRESENTS:

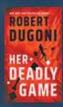
AN AFTERNOON WITH NYT BEST SELLING AUTHOR ROBERT DUGONI

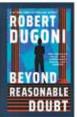


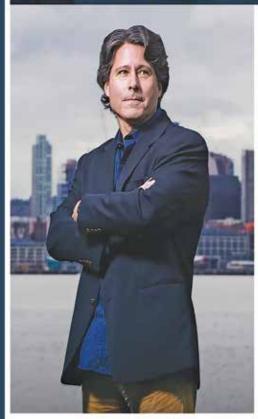












Saturday, October 19 2PM to 4PM

At Camano Center 606 Arrowhead Rd. Camano Island, WA

FREE ADMISSION.
REFRESHMENTS
WILL BE SERVED.



Seaport Books from La Conner will be on site with Dugoni's new release in October "Beyond Reasonable Doubt" as well as his other books.

He'll be available to autograph one especially for you.

Don't leave without one!

DID YOU KNOW?

Onions are a natural remedy for clearing a blocked nose.
The sulfur content in the vegetable is thought to draw mucus out of the body.

SATURDAY, OCTOBER 5

BECOME SUICIDE-ALERT

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources. This 3 1/2 hour training can help you make a difference. Why come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care. safeTALK is for everyone who wants to help prevent suicide. Your local trainers are John & Shirley Swanson, email at asist.lifeguard@ vahoo.com or via text at 360-271-2436. Location: Camano Center (606 Arrowhead Drive). TIMES: Morning Session 9:00-12:30; Afternoon 1:00-4:30. \$10 donation to cover the cost for training materials. It would help us if you would please pre-register by emailing ASIST. Lifeguard@yahoo.com or text (360) 271-2436 Space is limited to 40 participants per session.

SATURDAY, OCTOBER 5

AKTION CLUB'S 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.







MEET AND GREETwith CHRISTINA ELLIOTT

Friday, October 11 5:00pm

Island County
Multi-purpose Building
141 NE Camano Drive,
Camano

Hosted by

- → Former State Senator Mary Margaret Haugen
- Mary Kanter, and
- John Amell

Christina has over a decade of experience as an intellectual property attorney and has navigated the murky legal waters on behalf of dozens of small business clients.

As your commissioner Christina will

- Collaborate with city and state officials to solve problems
- Work to lower housing costs
- Increase childcare options in our community
- Ensure access to healthcare on our islands, including protecting a woman's right to choose

VOTE BY NOVEMBER 5

Paid for by Christina Elliott (D) for Washington P.O. Box 2496, Oak Harbor, WA 98277

SATURDAY, OCTOBER 5

SEMBLANCE

Celebrity tributes, impersonations & more at Beauty Bar Salon + Lounge, 10011 - 270th St NW, Stanwood. Live FREE SHOW!!! Show starts at 10 pm. Be there or be square! More info: (360) 629-2324.

SATURDAY, OCTOBER 5

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.

SATURDAY, OCTOBER 5

INTRODUCTION TO GENERATORS

1:00 PM – 2:00 PM at the Camano Island Library. Join us with Sue Ryan, Vice President of Camano Preparedness Group, to learn how to prepare your homes and neighborhood using existing tools and training materials. Introduction to Generators will discuss various home generator options with different pros and cons. Learn how to decide which option is best for your needs.

SATURDAY, OCTOBER 5

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.

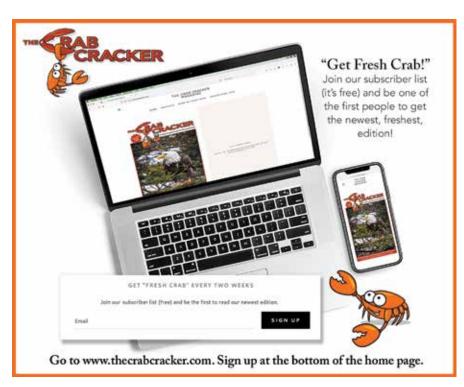
KNOW?

A plant or animal cell that has a membrane and a nucleus is called a eukaryote. All animals, plants and fungifall into this category.

FULL CIRCLE ARTS









KNOW?

The Caesar salad

recently turned 100 years old. It

was invented in

July 1924 by Cae-

sar Cardini, an Italian chef who

owned a restau-

rant in Tijuana,

Mexico.

SATURDAY, OCTOBER 5

OKTOBERFEST TRUNK SHOW

10am-5pm at Royal Touch Antiques (at The Spare Room), 1215 Hwy 532, Camano Island. How about some October fun?! Space 73 will have another Trunk Show Day plus added fun. We will have things in shop for just that day. Start your Christmas shopping early. Also, first 25 customers will get to draw a discount card good through Oct 31. And one lucky draw will win a little gift box on that day!!

SATURDAY, OCTOBER 5

VOTER REGISTRATION DRIVE



Hosted by the Stanwood Eagles. Get ready to make your voice heard! Join us for a voter registration drive at the Fraternal Order of Eagles #3041 . Whether you're a first-time voter or need to update your info, we'll help you get registered. 12-4pm. Open to the public - all are welcome! Your vote matters. 6419 Pioneer Highway, Stanwood.

SUNDAY, OCTOBER 6

BLESSING OF THE ANIMALS

10am at St Aidan's Episcopal Church, Camano Island.

MONDAY, OCTOBER 7

STANWOOD HIGH SCHOOL SPORTS

Boys Varsity Tennis vs Monroe. 3:30pm. JV Boys Football vs Ferndale. 5:30pm.



425-308-3298 pristinepanesnw@gmail.com www.pristinepanesnw.com



Fir-Conway
Lutheran Church
Fall Harvest Bazaar
October 26, 2024

10 am to 2 pm

Baked Goods - Produce-Lefse - Collectibles -

Baked Potato Feed

Free Entry - Wheelchair Accessible!



WARM BEACH SENIOR COMMUNITY

RESOURCE FAIR

BEACHWOOD LOUNGE 20420 MARINE DR, STANWOOD, WA 98292

Wednesday, November 6th, 2024



10:00am - 12:00pm



for more information contact lperkins@warmbeach.org

DID YOU KNOW?

The 'Baby Shark Dance' is one of the mostwatched videos on YouTube, with over 14.66 billion views.

MONDAY, OCTOBER 7

NARCAN® GIVEAWAY (NALOXONE) WITH HOST

4:00 PM – 5:30 PM at the Stanwood Library. Join representatives from Evergreen Recovery Centers' HOST drop-in program and learn how you can save a life! During this short training, HOST will distribute two Naloxone (aka Narcan®) kits to each attendee and will provide instructions on how to administer the medication. Representatives will be on-site for 90 minutes, and attendees can drop-in throughout this time to receive the training. Both nasal and injectable kits will be available. Hosted by the Stanwood Library.

MONDAY, OCTOBER 7

ADULT FUTSAL

Futsal is a soccer-based game played on a hardcourt, using the basketball court at Camano Chapel. 6pm-8pm, ages 18+. Cost is free!

MONDAY, OCTOBER 7

BREWCADE WEEKLY 3 STRIKE TOURNAMENT

6pm-10pm at The Brewcade, 7009 265th St NW #102, Stanwood. \$5 buy-in 3 strike Pinball tournament. Sign ups start at 6:00pm and flippers up at 6:30pm. Pot splash happens if there's over 15 players!

MONDAY, OCTOBER 7

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, OCTOBER 8

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Swimming vs Snohomish. 3pm at Stanwood YMCA.

TUESDAY, OCTOBER 8

TEEN / TWEEN DROP-IN

at the Stanwood Library! Join us for Diamond Art from Nana's Toys N Gifts, Magic: The Gathering Jumpstart decks, and a variety of other fun games and activities. New adventures await every Tuesday. Drop in whenever you can! 3pm-5pm.





THE AUTOIMMUNE RECOVERY PROGRAM



DISCOVER FOODS TO DECREASE PAIN AND INFLAMATION

The Autoimmune Recovery Program meets 6 times bi-monthly to teach you the principles of recovering health through:

- · Super healing, plant based, whole-foods
- Implementation of our therapeutic protocol
- Powerful natural remedies

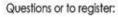
Restore your faith, recover your health, and take your life back!



Monday Evenings from 6:30 - 8:30 p.m.

September 9 & 23, October 7 & 21 November 4 & 18

Cost for the 8 sessions is \$45 if paid by September 9, or \$10 per session for those just dropping in. Participants will also want to purchase a digital Student E-Workbook for \$10.





Held at: Cedarhome SDA Church 28505 68th Ave NW, Stanwood



Text or Call 425-870-1006 to save your spot



OCTOBER 9 **LEIF ERIKSON DAY**

honors a viking explorer known as Leif Erikson. He is believed to be the first recorded Nordic person to have visited North America.

TUESDAY, OCTOBER 8

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.

WEDNESDAY, OCTOBER 9

STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Marysville Pilchuck. 3:30pm. Girls Volleyball vs Marysville Getchell. C Team & JV: 5:15pm. Varsity: 7pm.

WEDNESDAY, OCTOBER 9

CANDIDATES & ISSUES FORUM



Presented by AAUW Stanwood-Camano and the Stanwood Camano News. 6:30 p.m. at the Stanwood High School Performing Arts Center, 7400 272nd St NW, Stanwood. This forum has been presented every major election year since 1998 with 99.9% attendance by candidates. More info: info@aauwsc.org

THURSDAY, OCTOBER 10

STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Anacortes. 3:30pm.



Need new windows, patio, or entry doors?

Contact your local Renewal by Andersen design consultant for a free quote.

Mike Dickson 425-330-9506 call/text michael.dickson@rbawa.com



Research Shows Good Brain Health is Connected to Better Hearing

Recent research suggests there is a link between hearing properly and brain health.

When left untreated, hearing loss can lead to:







A recent study showed that hearing intervention slowed down loss of thinking and memory abilities by



over 3 years

in older adults at increased risk for cognitive decline*, Not taking advantage of the latest Oticon hearing aid technology advances? Trade in your current hearing aids from another manufacturer and upgrade to Oticon Intent 1 to get up to a \$200 rebate from Oticon.

Good through 12/31/2024, not eligible for devices purchased before 6/13/2024.



9300 271st Street NW, Suite B-5 • Stanwood, WA 98292 Near QFC, between Papa Murphy's and H&R Block

p: 425-272-9435 | f: 360.572.4765

w: Stanwoodhearing.com

*ACHERE Johns Hopkins Biocomberg School of Public Health. "A landmark study of the effect of hearing intervention on brain health in older adults."



THURSDAY, OCTOBER 10

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.

FRIDAY, OCTOBER 11

THE REPTILE LADY



6:30 PM – 8:30 PM at the Stanwood Library. Join April Jackson, the Reptile Lady, for an after-hours reptile program for all ages! To make sure everyone gets a chance to meet the animals and ask questions, we encourage kids to join us the first hour and adults second hour.

DID YOU KNOW?

After water, tea is the drink most consumed around the world.

FRIDAY, OCTOBER 11

STANWOOD HIGH SCHOOL SPORTS

Varsity Football vs Arlington. 7pm.

FRIDAY, OCTOBER 11

AFTER MIDNIGHT

7:30pm - 10:00pm at Pub 282, Camano Island. After Midnight - Fun, sexy rock from classic to modern.



KNOW?

The tiny pock-

et in your jeans

was designed

to hold pocket

watches. It was needed for

cowboys in the

1800s. Now it's

mainly a decora-

tive feature.

FRIDAY, OCTOBER 11

STEWART WOODS - FRIDAYS IN THE SPEAKEASY

6:30 – 8 pm at the Conway Muse – No Cover. 18444 Spruce St., Conway. Bring your dinner in and enjoy Stewart's music and a cocktail!

FRIDAY, OCTOBER 11

TRAVEL TALK

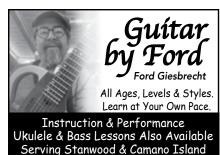


10:00-12:00 at Camano Center, 606 Arrowhead Road, Camano Island. Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Each month on the second Friday Travel Talk will have a slideshow presentation of someone's travels. This month we go to Japan, featuring the area in and around Kobe, Seattle's Sister City since 1961. Absolutely no sales pitches nor promotions, just travel fun! Camano Center members free, non-members \$5. Questions or if interested in presenting one of your trips, contact Mark Kraus at 425 503-9072 (please leave a message).

FRIDAY-SATURDAY, OCTOBER 11-12

MEET THE ARTISTS

at Gateway Gallery, 578 N. Camano Drive (at Terry's Corner next to the playground). FRIDAY: Betty Dorotik, paintings from 2pm-4pm. SAT-URDAY: Meet Jeanette Mahoney, paintings; 12-2 Amy Bush, jewelry 12-2pm. Gallery hours: Fri 12-4, Sat 10-4, Sun 12-4.



360-631-0661 · quitarbyford.com



FRIDAY-SUNDAY, OCTOBER 11-13

ART BY THE BAY HOLIDAY ART AND GIFT SHOW



in the Camano Center, 606 Arrowhead Rd. Free admission. Friday: 11am-5pm. Saturday: 10am-5pm. Sunday: 10am-4pm. Artist booths, silent auction, fun. www.stanwoodcamanoart.com

SATURDAY, OCTOBER 12

JIMMY WRIGHT BAND

7:30pm - 10:00pm at Pub 282. Catering a wide variety of music.

CELEBRATE VETERANS & LEARN ABOUT THE HISTORY OF EACH MILITARY SERVICE

Monday, Nov. 11, 2024 11:00 a.m.

Service Flags, Histories & Songs "Never Forget" by Mike Ballard Silver Star Recipient • Vietnam War Displays, Tours and Hero Quilts

at the Floyd Norgaard Cultural Center 27130 102nd Ave. NW, Stanwood, WA

SATURDAY, OCTOBER 12 BIGLEAF MAPLE SUGARING



with UW Professor Kent Wheiler. 11:00 AM – 12:00 PM at the Camano Island Library. Join us for an enchanting journey into the world of Bigleaf maple sugaring, led by Professor Wheiler from the University of Washington. This captivating program will teach you the art and science of tapping your very own maple trees and transforming the sap into delectable, homemade maple syrup. Whether you're a beginner or looking to refine your skills, this program is perfect for anyone with a passion for nature and a sweet tooth! Don't miss this opportunity to tap into the secrets of nature's sweetest gift.



"The Stillaguamish, A Short River with a Long History"

~ October 20th, Sunday afternoon, 4 pm ~

October Lecture Series Program featuring Michael (Tug) Buse.
The program will feature his research discoveries long buried in places like the Hudson Bay journals and the British Library. It will include both Indigenous and Non-Indigenous History.

Floyd Norgaard Cultural Center: 27130 102nd Ave NW, Stanwood

DID YOU KNOW?

People once ate arsenic to improve their skin. In the late 19th century they were said to get rid of freckles and blackheads.

SATURDAY, OCTOBER 12

FIRST ANNUAL STANWOOD SHOP OF HORROR ON MAIN STREET - HAUNTED HOUSE!



Saturdays from now through October 26 and again on Halloween night. 6pm-10pm at 9005 271st NW Stanwood. This 2-part haunted house will be full of thrills for all ages! We recommend 13 years and older for the Shop of Horror maze through the iconic "Old Newspaper Building". HOWEVER, for families with younger kids or those who prefer not to enter the haunted maze, there will be a family-friendly spooky "Haunted Carnival" area with candy and games while you wait for those who survive the SHOP OF HORROR. "I survived" merch will be available for pe-order and upon completion of the maze while supplies last! This event is to raise scholarship funds for Stanwood High School student trips-abroad programs. \$20/ticket at the door for Shop of Horror maze. **DISCOUNT if you Pre-order online for your tickets.

SATURDAY, OCTOBER 12

PACIFIC TWANG

8 pm – Conway Muse Hayloft. Tickets \$13 Advanced \$15 Day of Show All Ticket Sales Final at Show Time.





SATURDAY, OCTOBER 12

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.

SATURDAY, OCTOBER 12

CIMW HALLOWEEN RAMPANT '24

Event by Camano Island Miniature Wargamers. 1pm-5pm at Camano Multi-Purpose Center (141 N East Camano Dr, Camano Island). Using Osprey's sci-fi game, Xenos Rampant! This event is open to all. Prepare for one big game! we will have an extra long table set up for everyone to join! No need to know the rules, they are easy and can be taught as we play. Just bring an army, dice, and tape measure. BYOA - Bring Your Own Army. The rules are miniature agnostic, so use whatever models you have that fit a sci-fi, halloween theme. Best thing to do is bring what you have and we will work it out before we start! Be creative and thematic! Feel free to dress up yourself and get into the spirit of the season!

SATURDAY, OCTOBER 12

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, OCTOBER 12

PRIME RIB DINNERS ARE BACK!

American Legion Post 92 Stanwood, 26921 - 88 Ave NW. OPEN TO THE PUBLIC. Delicious Roasted Prime Rib, Baked Potato, Green Salad, Veggies, Roll and Dessert. Adults \$25, 12 and under \$10.

SATURDAY, OCTOBER 12

GIANT PUMPKIN WEIGH-OFF



10am at Kristoferson Farm. Hosting our annual pumpkin weigh-off at the farm. Come and spectate and marvel at these giants!



Guest Speaker Mary Pilkington will share the Wartime POW experiences of Col. Fred Pilkington. Let us say "thank you" and enjoy a delicious dinner of either prime rib or salmon, with the company of fellow veterans from WWII to present. To reserve your spot, Contact Lynda Buehring: goldracket @aol.com or call 206-550-4409 with your name and entrée choice. Uniforms are encouraged!

DID YOU KNOW?

The Pope can't be an organ donor. All popes' bodies belong to the Vatican when they die, which means no organ donation is allowed.

SATURDAY, OCTOBER 12

CASA FREE MICROCHIP CLINIC

11am-4pm at Camano Animal Shelter. No appointment necessary-first come first served! Pets MUST be on a leash or in a crate and at least 8 weeks old. All animals should be easily handled by experienced tech staff!

SATURDAY-SUNDAY, OCTOBER 12-13

PUMPKIN AND PIES FAMILY OVERNIGHT

Event by Camp Killogua at 15207 E Lake Goodwin Rd, Stanwood. Bring your whole family out for this fun fall overnight! Saturday evening, we will have a pumpkin carving contest after dinner and on Sunday we will have fun activities in the morning for families to participate in. Each family that attends will need to bring a minimum of one pumpkin to carve and one pie or other fall dessert (store bought please) for the pie exchange! Each carved pumpkin will be entered into our pumpkin carving contest and awarded one of the pies/desserts at the end! Families may bring more than one pumpkin to carve but will either need to submit pumpkins as a whole family or will need one dessert for each pumpkin entered. Please bring weather appropriate outdoor gear for Sunday activities! We'll be outside rain or shine but will also have some indoor activities too! Families will be housed in semi-private spaces, as space allows. \$65 per person. Cost includes Saturday dinner, Sunday breakfast & lunch, overnight accommodations, and activities.

SUNDAY, OCTOBER 13

BINGO AT THE VIKING HALL - SILVANA



5pm. \$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.





DID YOU KNOW?

Lemons float, but limes sink. This is because of their different densities, often causing unpeeled limes to sink if submerged in a liquid.

MONDAY, OCTOBER 14

ADULT FUTSAL

Futsal is a soccer-based game played on a hardcourt, using the basketball court at Camano Chapel. 6pm-8pm, ages 18+. Cost is free!

MONDAY, OCTOBER 14

BREWCADE WEEKLY 3 STRIKE TOURNAMENT

6pm-10pm at The Brewcade, 7009 265th St NW #102, Stanwood. \$5 buy-in 3 strike Pinball tournament. Sign ups start at 6:00pm and flippers up at 6:30pm. Pot splash happens if there's over 15 players!

MONDAY, OCTOBER 14

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.

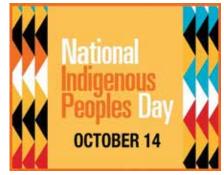
TUESDAY, OCTOBER 15

EARTHQUAKES: PREPARE FOR THE BIG ONE



5:30 PM – 6:30 PM at the Stanwood Library.nWashington State is known for its seismic activity. The potential for hazardous earth-quake shaking presents various risks to people and infrastructure. Learn about the expected types of earthquakes in Washington, including The Big One, and the practical measures we can adopt to safeguard ourselves, our loved ones, and our communities. Registration required.





TUESDAY, OCTOBER 15

STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Arlington. 3:30pm. Girls Soccer vs Monroe. JV: 5pm. Varsity: 7pm.

TUESDAY, OCTOBER 15

TEEN / TWEEN DROP-IN

at the Stanwood Library! Join us for Diamond Art from Nana's Toys N Gifts, Magic: The Gathering Jumpstart decks, and a variety of other fun games and activities. New adventures await every Tuesday. Drop in whenever you can! 3pm-5pm.

TUESDAY, OCTOBER 15

ARE YOU PARENTING TEENS?



6:30-8pm at Community Resource Center, 9612 271st St NW, Stanwood. Healing Connections Center (a new non-profit focused on mental health issues in the Stanwood-Camano area) is offering a free speaker series this fall at the Community Resource Center in Stanwood. Learn how to navigate difficult topics with your teens and tweens (grades 5-12). 6:30-7:00 Snacks & Refreshments. 7:00-8:00 Speaker and Q&A. Today's Topic: Drug and Substance Abuse. This session will explore the growing concern of drug and substance abuse among teens and young adults. Attendees will gain insight into prevention strategies, signs of abuse, and how to intervene early to support loved ones struggling with addiction.

DID YOU KNOW?

The continent of Africa is in all four hemispheres





WEDNESDAY, OCTOBER 16

STANWOOD HIGH SCHOOL SPORTS

Girls & Boys Cross Country vs Arlington. 3:45pm. Girls Volleyball vs Everett. C Team & JV: 5:15pm. Varsity: 7pm. C Team Boys Football vs Arlington. 7pm.

WEDNESDAY, OCTOBER 16

EXPLORE YOUR CREATIVITY

with Stanwood Camano Arts Advocacy Commission. 4:00 PM – 6:00 PM at the Stanwood Library. Join us for an art class with Stanwood Camano Arts Advocacy Commission (SCAAC)! We will provide everything you need. For kids ages 6-11.

THURSDAY, OCTOBER 17

STANWOOD HIGH SCHOOL SPORTS

Girls Soccer vs Lake Stevens. JV: 5pm. Varsity: 7pm.

THURSDAY, OCTOBER 17

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

7:30pm - 10:00pm at Pub 282. Seattle Elvis Impersonator/Tribute Artist Robbie Dee. Robbie is known for his powerful vocal renditions of Elvis' hits and his charming smile. Robbie enjoys and performs songs from Elvis' entire career, including his early years (1950s), movie years (1960s), Comeback Special (1968), and Vegas years (1970s).



In order for a spirit to be classed as tequila, it needs to be made from the blue agave plant. THURSDAY, OCTOBER 17

STAY AND PLAY

10:30 AM – 11:30 AM at the Stanwood Library. This is an opportunity for children, birth to kindergarten, and their caregivers to come play with fun and educational toys provided by the library. During this hour, caregivers and children will engage in in-person play, socialize with others, and reconnect with the library. Drop in anytime during this event.



PARENTING 2024 FALLING COMMECTIONS CENTER

Come to a new speaker series cultivating mental health resources in our community. Learn how to navigate difficult topics with your teens and tweens (grades 5-12).

SEPT

SUICIDE PREVENTION AND SUPPORT

6:30-7:00 Snacks & Refreshments

7:00-8:00 Speaker and Q&A

Location: Community Resource Center

DRUG AND SUBSTANCE ABUSE

6:30-7:00 Snacks & Refreshments

7:00-8:00 Speaker and Q&A

Location: Community Resource Center

OCT 15

NOV 19

STRESS REDUCTION FOR THE HOLIDAYS

6:30-7:00 Snacks & Refreshments

7:00-8:00 Speaker and Q&A

Location: Community Resource Center



MORE INFO & RSVP

HEALINGCONNECTIONSCENTER.ORG

Content Warning - topics are sensitive in nature. Parents should use their discretion when bringing children to the series.

THURSDAY, OCTOBER 17

BATS: WHO THEY ARE, WHERE THEY LIVE, AND WHO THEY BENEFIT



4:00 PM – 5:00 PM at the Stanwood Library. Get ready for a unique and enlightening experience as Meg Lunnum of Happy Valley Bats brings two of her bat companions to the library just in time for the full moon! Happy Valley Bats is dedicated to rescuing and rehabilitating injured, orphaned, and displaced bats throughout Washington State. Meg Lunnum is on a mission to change perceptions and educate the public about the incredible benefits bats provide. She'll share insights on how bats live, their ecological importance, and how we can all contribute to their well-being in our local environment. Don't miss this opportunity to meet Meg and her bats! Come learn about these fascinating creatures, engage in lively discussions, and discover how we can all support bat conservation in Washington.

DID YOU KNOW?

Prince William and Prince Harry have a half-sister called Laura who largely stays out of the public eye. She was born in 1978 and her parents are Queen Camilla and her then-husband, Andrew Parker Bowles.

THURSDAY, OCTOBER 17

FINDING GOBI: THE HEARTWARMING, TRUE STORY OF A MAN AND HIS BEST FRIEND



6-7pm at the Camano Island Library. Join bestselling author Dion Leonard, a seasoned ultramarathon runner, and his dog Gobi to hear their story about the little stray that went step for step with him for nearly 80 miles through the Gobi Desert. Learn how Gobi found Dion, got lost in China, and how Dion found Gobi again.



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Kid's Korner

3D PAPER PUMPKINS



Materials: Construction paper or scrapbook paper; Something round to trace – a cup works well; Pencil; Scissors; Glue stick. We used both construction paper and scrapbook paper.

Step 1: Start by tracing 8 circles on orange paper. We used cups as our circle pattern, which works so well. You can use either end of your cup in order to make pumpkins of different sizes, or grab cups with different widths.

If you're using scrapbook paper, it looks fabulous if you use two different prints in each pumpkin. Cut 4 circles of each. Step 2: Fold all of your circles in half. If you're using scrapbook paper, fold the circles so that the white (plain) side is out. Step 3: Glue the circles together. Apply glue to the top side of one folded circle. Place a second folded circle on top. Then apply glue to the top side of THAT circle, and so on. Step 4: Once you have all 8 circles glued together in a stack, use scissors to trim the circles into more of a pumpkin shape. This will also help the completed pumpkin to sit up straight and not roll. Step 5: Unfold your pumpkin into its circle shape – so cool! If you want to add a stem or a curly vine, cut them out of green construction paper. Tuck the stem in between the layers before gluing the final segments

DID YOU KNOW?

Your tongue is covered with roughly 8,000 taste buds, each containing up to 100 cells which is what helps you to taste food.



together. - Source: https://frugalfun4boys.com

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Stunning north Camano waterfront beach home in the Driftwood Shores area-sandy beach, beautiful views, turn-key, low maintenance, #2291268



HIGH-BANK

\$865,000

Nouveau farmhouse on Camano with fabulous views, covered wrap-around porch, exquisite finishes and access to three community beaches. #2285747



STANWOOD

Private setting, beautiful NW home tastefully upgraded on 3.36 acres with orchard, greenhouse, pasture, shop, heat pump, generator. #2294060



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ONAMAC

\$749,000

Custom-built, single-level Camano home ready to move in to, in wonderful community with beach, boat launch, picnic and campground. #2290979



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Prime location, nestled on a spacious corner lot, beautiful Camano home has gated RV parking, open concept floor plan, easy off-island access. #2290924



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Sweeping views of the Olympics, Bay and town, well-appointed home with view deck, generous rooms and property, perfect for entertaining. #2291866

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Cour	nty Commissioner, District 1			
	Marie Shimada (Prefers Democratic Party)			
	Melanie Bacon (Prefers Democratic Party)	_		
	Damian Greene (Republican)			

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CHRISTMAS BAZAAR!! WARM BEACH SENIOR COMMUNITY Vendor Venue (cash, checks, some may take credit cards) Friday, October 25 & Saturday, October 26 9AM - 3PM Home Decor Food Items Sea-Glass Art Jams Hazelnut Jelly Glass Art. Suncatchers. **Bowl Cozies with Bowls** Cinnamon Rolls Various Baked Goods Fiber Arts WB FELLOWSHIP Room: Needlecraft 2 complete sets of Christmas China, Refrigerator Magnets CAMANO COOKIES! several large Nativity sets, home decor, Decounage handmade kitchen cloths, baked goods Woodworking Photo Greeting Cards, Handmade Cards, Picture/Banners - Digital Christmas Cards Jewelry-Handmade Purses & Wallets, Dog Paraphernalia & Treats, Cat Tovs Hair Bows Authors/with their books 20502 Marine Drive Stanwood, WA 98292 PLEASE BRING YOUR OWN SHOPPING BAG FOR ITEMS

Artist of the Week



Are you interested in promoting your art, craft, or live performance?

Email us info or a bio about yourself and we will feature this page to you... and it's all FREE!

SHARON SNELLING



"I've been creating art on Camano Island for about 17 years silk painting and water painting. As a teacher in California most of my art time was during breaks when I came up to the island. After retirement a few years ago I was able to devote more time to my art. I've been exclusively water painting for the last 12 years. Having grown up all over the world as an Air Force brat I take a lot of inspiration from many places. I've participated in Art By the Bay for the last few years and will be there again in October. Among my subjects have been highly detailed paintings of flowers, fruit, Moroccan scenes, a rusty old Ford, birds and still lifes. My "Purple Rain" flower was one of the featured paintings in the 2023 CAA studio tour catalog and also won an award in the Stanwood Camano Art Guild's 2022 Art Aloft show. "Waiting in Essaouria", a painting of Moroccan fishing boats, was selected to be on the shortlist of international artists for Le Venezie Watercolor Festival in Italy in 2022 and was also later in the Stanwood-Camano Art Guild's 2022 Color and light show, a regional juried art show. Its companion "Dry Dock" was accepted into the NWWS 2023 Annual Waterworks Exhibition. This year I was on the CAA Studio Tour at Edward Lynne Cellars on the island."

Her art will be displayed and for sale the entire month of October at Beach 1 Gallery in Camano Country Club, 1243 Beach Drive.



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MQ GADGETS GIFTS GOODIES



"What's in a Name? A LOT!!! For over a year, I have been searching for a new name for The Picnic Pantry and Parlour. Why? Weekly we have new customers who come in that live in our community and tell us, "We thought this was a picnic supply store" or "This is so much more than a picnic store". To find the perfect name, much contemplation, lost hours of sleep, and my self-diagnosis of "Paralysis Analysis", finally came to an end and we now have a new name. Just like many of our customers told me, "You will know it when it's right". And so, it's true. All the boxes have been checked as I wanted it to be perfect, meaningful, personal, classy, professional, unique... Today we announce that in October we will officially be called "MQ" Gadgets Gifts Goodies. The letters "M" and "Q" are the first initial of my daughter and son, that's the personal part. The tagline sums up what you can find in Stanwood's one-stop gift shop. Firstly, we thank each of you for your support and look forward to the future. Lastly, don't fear, we will continue to carry your favorites and keep the inventory fresh and stocked. We can now be found online at www.mgstanwood.com; Facebook and Instagram under MQ Gadgets Gifts Goodies. We will appreciate you following us on social media and the recommendation of our store to friends and family. " - Tami Schorno

8706 271st St NW, Stanwood, WA 98292 Email: tami@mgstanwood.com / Phone: 360-631-5218.



VETERANS APPRECIATION DINNER AT

Friday, November 8th. We look forward to honoring local veterans and a guest at a free dinner. Doors open at 5:30 and the program begins at 6. Our guest speaker is Camano resident Mary Pilkington who will share the wartime POW experiences of Col Fred Pilkington. Reserve your seat and select your entree of prime rib or salmon by contacting Lynda no later than 3 Nov at goldracket@aol.com or 206-550-4409. Veterans are encouraged to wear uniforms, insignia or other items to highlight your service. His Veterans Ministry thanks all veterans for their service!

CAMANO FIRE BIDS FAREWELL TO ASST. CHIEF CRAIG HELGELAND

After 34 years with Camano Fire – and 12 years with Snohomish County Fire District No. 1 – Assistant Chief Craig Helgeland has finally hung up his helmet and filed his final fire inspection report. "I cannot adequately express how grateful I am for Craig's leadership and his commitment to this fire district and this community," Chief Levon Yengoyan said. "His decades of hard work and dedication have left a lasting impact on me and on the many, many firefighters who were fortunate enough to work with and learn from him." To celebrate his retirement, dozens of friends and colleagues dropped by the Vista/Madrona fire station on Friday, Sept. 20 for a farewell open house & lunch. Community members, firefighters from other departments, and past and present Camano Fire personnel had a chance to thank Craig for his years of service and reminisce while flipping through scrapbooks that documented newsworthy moments in the history of Camano Fire. ICOM dispatch honored Craig with a last call broadcast: "Chief 102 – Craig Helgeland – ICOM announcing their last alarm at station 1-4. After 34 years of dedication, service, and leadership to Camano Island Fire & Rescue, your time in the fire service has come to a close. We hope you enjoy your retirement and wish you the best in the next chapter of your life." Though he's still wrapping his head around what retirement will look like, Craig said he is immensely grateful for the time he spent working for the people of Camano Island.

"Thirty years. My goodness. The blink of an eye," Craig said. "Thirty-four years I have been here and I've seen a lot. It's been a pleasure and an honor to do so, that they trusted me at this level to protect them," he said. "I'm honored to have been allowed to do this for them."

DID YOU KNOW?

Vietnam is the world's second biggest coffee producer. Brazil creates the most, with Colombia coming in third.

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DID YOU KNOW?

The first speeding ticket was issued in 1896. It was given to a Mr Walter Arnold in Kent, UK. Mr Arnold was times over the speed limit at super fast 8mph.

FIRE PREVENTION WEEK



Camano Fire teams up with State Farm and NFPA to recognize Fire Prevention Week. Camano residents encouraged to take action on this year's theme 'Smoke alarms: Make them work for you™" Camano Island Fire and Rescue is teaming up with State Farm® and the National Fire Protection Association® (NFPA®) to promote Fire Prevention Week™, October 6-12. This year's focus is "Smoke alarms: Make them work for you.™," which aims make sure the public knows about the critical importance of working smoke alarms. The majority of U.S. home fire deaths occurs in homes with no smoke alarms or no working smoke alarms. According to NFPA, working smoke alarms reduce the risk of dving in a fire by more than half (54 percent), "Calling 911 is the first step to getting help when a fire breaks out," Camano Fire Chief Levon Yengoyan said. "Working smoke alarms are an integral piece of that early notification of a fire – and a critical part of our ability to respond quickly and mitigate the emergency in a timely fashion." Camano Fire and local State Farm agent Leslie Tripp encourage all residents to check and test their smoke alarms this Fire Prevention Week. Here's what you can do to keep your family safe: * Test all smoke alarms monthly to make sure they work. * Make sure smoke alarms meet the needs of all family members, including those with sensory or physical disabilities * Make sure alarms are installed inside each bedroom, outside each sleeping area and on * Replace smoke alarms that are more than 10 years old, or that don't work. To support Fire Prevention Week, Leslie Tripp donated a toolkit of resources to Camano Fire, including activities and information for children and adults, to make sure the department has age-appropriate messages about smoke alarms and other home fire safety and prevention resources. "It was a privilege to donate the Fire Safety kit to Camano Fire for the benefit of the community," Tripp said. Chief Yengoyan echoed that sentiment. "Public safety, especially in a community like Camano, is a partnership of the fire department, the community, and our local businesses," he said. "We appreciate the partnership of Leslie Tripp and State Farm to make more of these lifesaving resources available in our community."

POP-UP VENDOR BOOTHS

at Camano Commons Marketplace, 848 N Sunrise Blvd Camano Island. October 5: Dried flower art by Mikki Anderson 10-4pm. October 26th: Cindy's Canning- Canned local produce 10-4pm. November 2nd: Chavet Nature Photography 10-4pm.



DID YOU KNOW?

Kim Kardashian knows the alphabet in sign language. Apparently, she used it to cheat on tests with her friends.

UPDATE ON SHELLFISH HARVESTING SAFETY IN ISLAND COUNTY

The following areas are now closed for the recreational harvest of butter and varnish clams only due to biotoxin: • Deception Pass, Similk Bay, Skagit Bay • Saratoga Passage to Possession Point, including Penn Cove and Holmes Harbor. The following areas remain closed for the recreational harvest of all species of shellfish due to biotoxin (not crab or shrimp, clean crab well and do not consume the guts and butter): • West Whidbey Island • Port Susan. For more information, visit https://www.islandcountywa.gov/644/Shellfish-Advisories.

2024 HARVEST 5K FUN RUN

Presented by Stanwood Commerce Alliance. November 2 at Bear Claw Loop, 7359 267th St NW, Stanwood. Let's kick off the holidays with a celebration of our communities successful Harvest season with a 5K around Stanwood. 9am Registration. 10am start. Ages 11 and over: \$25 (after October 22: \$30). 10 and under: free. Includes finisher medal and snacks. Register today at stanwoodcommerceal-liance.org.

FREE MONTHLY ACTIVITY BOOKS FOR SENIORS AND CAREGIVERS

By Island Senior Resources. Stimulate thinking, creativity, and mental engagement through puzzles, wordgames, mazes, and more. Download and print new books each month from our Activity Hub at https://senior-resources.org/activity-hub. More info: 360-321-1600.

2024 BUSINESS PEOPLE OF THE YEAR LUNCHEON

October 17. Purchase Tickets at the Camano Center from 11:30-1:00. Lunch tickets are \$25 each or you can sponsor a table of 8 for \$250. Sponsorship of the Table allows you to invite guests and your logo will be placed on each table. A link to payment page will be on the confirmation page after submitting this form – please note a 3% online fee transaction will be added to the total. An invoice can also be emailed to you. If you prefer to mail a check please send it to 370 NE Camano Drive Suite 5 PMB 344 Camano Island, WA 98282. Payments must be received by Oct. 10th to reserve a spot. Menu is provided by the Camano Center. If you have any questions please contact the Camano Island Chamber (chamber@camanoisland.org).



DID YOU KNOW?

Pigs can't look up into the sky. The anatomy of their spine and neck muscles limits their movement and restricts their head from being able to look upwards.

AN OVERVIEW OF THE CYBER SECURITY FORUM



presented by the Camano Law Enforcement Support Foundation. The Growing Threat of Cyber Fraud. The risk of financial loss due to cyber fraud is a significant and escalating concern for everyone. The rise of artificial intelligence (AI) further amplifies these risks when using our cell phones and computers. We are all susceptible to falling victim to scammers who exploit our trust. Empowering You Against Cyber Threats. This Forum will equip you with the knowledge and tools to navigate the complex world of cyber security. You will gain a deeper understanding of the terminology, risks associated with sharing personal information, and practical tips for strengthening your financial profile. We will provide actionable steps you can take to safeguard yourself against many of these risks and offer resources for further learning and assistance. Key Takeaways: Learn about prevalent scams and how to protect yourself. Discover online resources for additional information and guidance. Understand the assistance available from law enforcement. Addressing the Unique Needs of Seniors - Seniors are particularly vulnerable to cyber crime. While many seniors utilize cell phones and computers, they may not be as technologically savvy and often remain unaware of the associated risks. They may lack the experience and judgment to fully comprehend the risks they assume as users. This Forum is specifically designed to educate seniors about the most common scams and provide guidance on avoiding these risks. Attendees will learn a layered approach to risk mitigation and actionable steps they can implement to better protect themselves. Recognizing that seniors may have difficulty recalling all the information presented, we will provide a printed handout summarizing key points, common scams, and tips for avoiding them. The handout will also include a glossary of common cyber security terms. Expert Insights and Q&A - The Forum will feature a panel of experts, each addressing specific areas of expertise. There will be a Q&A session for attendees to address their individual questions and concerns. Join Us to Enhance Your Cyber Security: October 24, 2024 Time: 2:00 PM Location: The Camano Center, 606 Arrowhead Road, Camano Island. Register: https://www.camanolesf.com.



DID YOU KNOW?

The Night's Watch cloaks in Game of Thrones were made from Ikea rugs. The show bought the rugs, shaved them down and then dyed them to make the cloaks.

COATS FOR KIDS

Brand new coats now available for children ages 0-18 of Stanwood and Camano Island. Appointments are required and can be scheduled at the Stanwood Camano Food Bank during scheduling hours: Wednesday: 9am-1pm. Thursday: 11am-1pm. Saturday: 9am-1pm. www.stanwoodcamanofoodbank.org/coats.

PUMPKIN PICKING



Whether for pies, jack-o-lanterns, or decor, there are plenty of local sources: *Kristoferson Farm* - 332 NE Camano Dr, Camano. (360) 387-5807. *Camano Farm Ashram* - 732 Haven Pl, Camano Island. contact@camanofarmashram.com. *Valde Road farm stand*, Stanwood. *Hooligan's Harvest* - organic u-pick patch with many varieties. 25708 95th Ave NW, Stanwood. Opened this year! *Arrowhead Ranch* - you can come by from 10am-3pm, purchase a pumpkin, and take a walk through The L.A.N.E. *Island Harvest Farm* (pie pumpkins) - 825 Arrowhead Rd, Camano. (360) 618-2813. *Clear Valley Farm* - 727 Lakewood Rd., Stanwood/Arlington. (425) 308-4456. *Skagit Acres* - 18923 Johnson Rd., Suite B, Mount Vernon (Conway). 360-424-6760.

SCCAR REALTOR FOOD DRIVE



October 1st-October 31st. This charitable initiative aims to gather both non-perishable food items and financial contributions to support individuals and families facing food insecurity within the community. Let's rally together and make a difference! Your donations of canned goods, boxed meals, and other shelf-stable items (monetary contributions are also accepted. \$2.18 equals one pound of food) can truly change lives. Look for food bins in local realtor offices. More info: fooddrive@sccar.org.

DID YOU KNOW?

In the course of an average lifetime, while sleeping you could eat around 70 different insects and 10 spiders, or more.

THE GROWING KINDNESS PROJECT



In every community, there are individuals who have quietly contributed to the greater good through their service and sacrifice. Often, their efforts go unnoticed, unacknowledged, or forgotten because of the guiet nature of their work. The strength of our communities lies in our ability to truly see each other—not see through each other. That's why we're excited to take a moment to recognize and honor a special group in our community: our Veterans. On Saturday, October 5, Seaside Services Inc will be giving away 100 floral arrangements to Veterans in our community. While we know we can't reach every Veteran, we hope to remind as many as possible that they are seen, valued, and remembered. If you're a Veteran, we invite you to stop by anytime between 10am and 3pm on October 5 to receive a complimentary fresh flower arrangement as a token of our gratitude for your service. If you know a Veteran, pick up an arrangement and deliver it to the Veteran in your life. Here's how you can help: Spread the word! Donate flowers or foliage! If you're a local flower farm, email us at hello@growingkindnessproject.org. Volunteer your time! Let's come together to create a heartfelt moment of gratitude for those who have given so much.

TSUNAMI WARNING AND THE GREAT WASHINGTON SHAKE/OUT

A reminder that at 10:17 a.m., Oct. 17 the sirens on the coast of Washington will go off as part of the Great Washington ShakeOut Drill. They will sound off with the actual wailing sound, not the typical Westminster chimes. If you're on the coast, don't call 911. This is just a test. Learn more about the Great ShakeOut Earthquake Drills at shakeout.org/washington



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LITTLE FREE LIBRARIES



Little Free Library is a nonprofit organization who's mission is to be a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led Little Free Library book-exchange boxes. "Take a book, share a book" at any of these local Little Free Libraries: CAMANO ISLAND: 904 Marble Road, 746 Livingston Bay Shore Drive, 1285 Mount Baker Avenue, 272 Dr Johns Place, 2077 Paradise Road, 3851 S. Camano Drive, Gull Way (on the south end). STANWOOD: 27027 102nd Dr NW, 31514 78th Dr NW (Lake Ketchum), 30709 68th Ave NW (Lake Ketchum), 9611 188th St NW. CONWAY: 18101 Fir Island Road, 19710 SR 534. SILVANA: 1501 Pioneer Hwy. More info: https://littlefreelibrary.org

DID YOU KNOW?

Blue whale tongues can weigh as much as an elephant. Their hearts can also weigh almost a ton and only need to beat once every ten seconds.

HELP US TRAP FOR HORNETS



Washington State Department of Agriculture's hornet team is fully staffed, but it's not too late for you to become a citizen scientist! Can I still Join? Yes you can! Trapping began in July and Washington residents are still welcome to help monitor for northern giant hornets. You can build, hang, log, and monitor a bottle trap to potentially catch a northern giant hornet. Any trapping between now and November is appreciated, even if you can't trap all the way until November. Learn how to trap for hornets on our trapping webpage (https://agr.wa.gov/departments/insects-pests-and-weeds/insects/hornets) Where can I get the materials? Contact Gaylen Heacock at amelia8_14@msn.com

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.

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.

PLAYGROUND MEET & GREET

Wednesdays at 12:30-1:30pm at Freedom Park, Camano Island. A fun opportunity to get the kids outside playing while we get to know other moms in the same boat as we are.

HOOVES AND HEROES COFFEE BREAK

A free social event for active duty, veterans, first responders, emergency support personnel, and their families. Meet with members of your community and learn more about our program with the help of some coffee. 9-10am on Thursdays at 2532 292nd St NW, Stanwood. More info: info@herehoovesandheroes.org.

DID YOU KNOW?

The iCarly high school set was also used for Saved by the Bell and That's So Raven. That's why it looks so familiar!

LIVE ONLINE TUTORING HELP AVAILABLE!!!

Get expert help with live online tutoring, learn study skills and collaborate with other learners through the Brainfuse resource. Tutors are available everyday online from 1pm - 11pm PDT. Stop by the library any time during open hours (Mon-Sat 10am - 6pm) to get a personalized tutorial of this online resource.

COMMUNITY OPEN SEW

Mondays with Camano Island Quilters. 10am - 2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public, enter thru back entrance of church. Want to sew with others, need help on a project? We are here to help you with your sewing needs. Bring your sewing machine, a project, and basic tools for an afternoon of fun! Bring a sack lunch. (No microwave).



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CHILDREN'S MUSICAL THEATER IN STANWOOD

Young people ages 7-16 – Interested in acting, singing, being a stagehand or working with audio/video equipment? An Enchanted Journey: A Musical Adventure in the Land of Pilgrim's Progress - Based on the book 'Pilgrim's Progress' by John Bunyan Thursday nights from 6:00-7:30 this fall at the Cedarhome SDA Church, 28505 68th Ave NW, Stanwood, WA 98292. No charge, all welcome! For more information: Email: Cedarhomekidz@gmail.com

PUZZLE EXCHANGE

Join us for our Monthly Exchange!! Please note we will be meeting on Sunday October 13th at 2pm! We are a family friendly event, so bring your bag or box and come swap a puzzle or more. We ask that any puzzle you own that is not chosen please take it home and bring it to our next exchange. Hope to see you there!! 360-305-6771.

BASKETBALL FREE PLAY

Every Friday at 795 Ell Rd., Camano. "Hey everyone! I am setting up (all-ages) basketball night for the community. Note: it is at an LDS church and I am a missionary, but we are here to play basketball. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome and message me (on Facebook) if you have questions!" - Jorden Spears.



Photos and Art



Autumn oak leaves. Photo by Pipa Lou.



"Fall flower garden" by Kris Hyppa

DID YOU KNOW?

It would take 19 minutes to fall to the centre of the Earth.





Story by Jack Archibald.

For further moonshine wisdom and wet powder wit, check out the SKEETER DADDLE DIARIES at www.
skeeterdaddle.net



AFTER THE LIGHTS GO DIM

Back in the early '70's I lived on a Polish homestead in Northern Wisconsin, wife, dog, a few hippie friends, sort of an ersatz commune, which, of course, didn't last long. Not as long as my short-lived marriage but that's another story. The little mill town we lived near, Mosinee, was pretty much a redneck burg, home to the Posse Comitatus, one of those fun gun clubs advocating anti-government sentiments. Part of the reason I left, but again another story.

This story is about the Herman's Hermits who came to Mosinee to play some sad sack of a gin joint on its outskirts. You maybe remember these guys, mid '60's, Mrs. Brown You've Got a Lovely Daughter hit, mostly a flash in the pan but hey, big for awhile on the pop charts, part of the British Invasion. A decade later the lads are down to touring backwash America to crowds of dozens, not the thousands they once performed for.

The lead singer whose name I can't remember, was interviewed on the Wausau station promoting the gig and the D.J. asked him what he thought of playing for really small audiences in the waning years of a once really successful career in a crummy tavern far from the madding crowds of yesteryear.

And Herman, or whatever his name was, said it was great being on top of the charts, drawing huge crowds, being famous ... but the real deal was playing their music. Which was what they'd be doing this coming weekend to whoever shows up. We're bloody musicians, he said, and that's what we bloody do, play music.

I gotta say, some 50 years later in my own twilight career, I still remember this interview. And I think now what I thought at the time, bloody good on you lads! The money, the fame, the whole music industrial complex --- not really the point in the end. Nice to have hits, nice to have a chart topper. But in the end, despite the lights going dim, the band plays on. Course, me, I might miss the groupies....

Classes and Workshops

DID YOU KNOW?

The Fiffel Tower was originally intended for Barcelona. The Spanish city thought it was too ualv, so Gustave Eiffel pitched it to Paris instead. French critics weren't too thrilled either. but it's one of the most famous landmarks in the world today.

Community Emergency Response Team Class - The Camano Preparedness Group's CERT (Community Emergency Response Team) Training for October is open for registration. DATES: Oct 18 (6-9:30 pm) & all day Saturday and Sunday, Oct 19 and 20 (9:00 am to 6:30 pm each day). This training helps you understand measures that need to be taken in your neighborhood following a major disaster, how to work together as a team, and how to remain safe. Training includes basic preparedness, organizational skills, disaster medical operations (disaster first aid and medical logistics), disaster psychology, fire and utility safety and fire suppression, light search and rescue, and terrorism. There is no charge for this course, though we do ask \$25 per attendee to cover the cost of the Personal Protective items we provide. Space is limited so register soon. Contact Rhonda at rspaulson.rp@gmail.com.

Chakradance @ **Bee Authentic Pilates** - Chakradance Saturday at 4pm on October 5th, November 2nd, December 7th. Chakradance is an experiential intuitive healing process combining moving meditation, chakra balancing music, dance and art work. By releasing blocked energy and suppressed emotion you will restore balance and change your life. Sign up at www.beeauthenticpilates.com

Yoga for Better Posture - 6-Week Course: Oct 15-Nov 19, Tuesdays 6-7:15pm. Posture matters. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? It might seem like these are three different questions, but all of them can be improved with better posture. It's important that we align ourselves physically in order to align with the life we want to lead. This session is offered in-studio only. 6-week session incl. Workshop Manual \$119 Register in advance movementarts.com/events or call 360-629-9100.

Yoga is back again! Pathway to Wellness Massage & Yoga. Starting September 6th Every Friday from 930am-1030am. Call or text to reserve a spot. 425 308-0598. 10120 270th St NW, Stanwood, WA 98292

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.

Homeownership workshop 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.

Classes and Workshops

Line Dance Lessons at the Camano Center with Kari — every Wednesday 3:00pm-3:45pm. Fun and exercise! More info at www.socialdancesimplified.com.

Private Music Lessons: piano, guitar, bass, aand voice 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: HartMusic-School.com/free-trial. Now accepting applications for new teachers.

Yoga for Better Posture 6-Week Course: Oct 15-Nov 19, Tuesdays 6-7:15pm. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? It might seem like these are three different questions, but all of them can be improved with better posture and by developing your proprioception, an awareness of how you are standing, sitting and generally carrying your body. This session is offered in-studio only. 6-week session incl. Workshop Manual \$119 Register in advance movementarts.com/events or call 360-629-9100.



Private Music Lessons: piano, guitar, bass, aand voice 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: HartMusic-School.com/free-trial.

MEDICARE QUESTIONS?

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Clubs and Meetings

look for us online at

www.TheCrab Cracker.com

or on **Facebook.**

Download current or past editions.

The Stanwood Coin Club meets the 4th Tuesday of the month at the Stanwood Library (summer months 6pm, informal meeting). September to June 7pm - 9pm. Members are knowledgeable in wide range of numismatic topics and are offering mentorship in hobby, assistance with appraisal and have access to reference materials! Contact: Mike at gardenday2727@gmail.com

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 10am and Thursdays at 3:30pm at 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, 2:30-5:30pm at the Community Resource Center, please visit www.crc-sc.org/teenprograms for more details and schedule of activities.

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.

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 360-618-0464z



Update 9/20/24 Shellfish Harvesting Safety



Now closed for the recreational harvest of butter and varnish clams only:

- Deception Pass, Similk Bay, Skagit Bay
- Saratoga Passage to Possession Point, including Penn Cove and Holmes Harbor

Remain closed for ALL species of shellfish:

- West Whidbey Island
- Port Susan





CASA'S PET OF THE WEEK:

FRUITY PEBBLES - This sweet guys is a Pitbull/Shepherd/Hound mix who are now looking for their forever home. Since they are still babies, they will need owners committed to their training to help them become the best dogs they can be. They would do well with other dogs and cats. Their expected weight is around 65lbs Stop by to visit, if they look like the dogs for you.

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



NOAH'S PET OF THE WEEK:

SNOOPY - Looking for a playful, active pup to add some life and love to your family? Look no further! At 4 months old, this adorable pup, is looking for a FURever home committed to training, while giving out plenty of love and patience. If you are ready to add this beautiful, cutiepie puppy to your family, come and talk to an Adoptions Matchmaker today!

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



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

TROOPER is an energetic guy who would love to belong to a family that will include him in all their plans. Whether it's going for a ride in the car or relaxing on the couch this guy wants to be right beside you. 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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WINDERMERE W REAL ESTATE



Save the Date and Celebrate Art

Stanwood-Camano Arts Guild



Art by the Bay

Holiday Art and Gift Show

October 11, 12, 13

Indoors at the Camano Center



41 Artists Booths · Free

Show hours: Friday 11, 11am-5pm, Saturday 12, 10am-5pm, Sunday 13, 10am-4pm

www.stanwoodcamanoart.com





Classified Listings

DID YOU KNOW?

Oueen Elizabeth II had a stand-in to make sure the sun wouldn't aet in her eves. Ella Slack was a similar height to the late Queen, so she would rehearse big events beforehand to make sure everything would be comfortable for the monarch. However, she wasn't allowed to sit on the throne, so she had to squat above it.

FOR SALE OR FREE:

Firewood logs 4 ft to 8 ft. Fir, alder, Maple, Cedar. Will help load. \$120. P.U. load. 360-387-9229.

MISCELLANEOUS:

Old rowboat needed for good home. To be filled with flowers most of year and Christmas tree and lights in December/January. gommxo@gmail.com.

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

Sweet studio for rent - \$1,500 includes water, electricity, garbage, covered parking and washer/dryer. Full kitchen, large studio and ¾ bath. Call 509,240,2909.

PROFESSIONAL SERVICES:

Stained glass shop, design, and fabrication. Got broken satained glass? We can fix it. Message 360-629-9377.

Are you looking for someone who has a caring heart to be a companion/Caregiver for the one you love? I have lots of experience and references. I have had the pleasure in working with the elderly and disabled off and on for 42 years. Give me a call (650)455-3666 and u look forward in talking with you. Steff

Learn to square dance, have fun, meet new friends, lessons start September 10th, first lesson free, for info call Jerry at 425-327-4742.

"I fix stuff and know things. How can I help? 206-245-5482.

Your Home Remodeled, Repaired. Douglas, local craftsman. www. Alpinerenovationsllc.com. 425-478-2098.

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.

Psychonauts: Certified guide and comprehensive education in meditation, lucid dreaming, psychoactive substance use and ritual. Free initial consultation. 206-245-5482.

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 call 360-661-9517.

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.

Local Stories and Poetry

FALL

Fall slides forward and the birds fly sideways, south The sun sets lower on my brow and my eyes turn down The leaves curl slowly over my shoulders now I'm not fond of Fall, nor am I of dying Resting, yes and a time to nest But I just don't like it It gets on my nerves the way leaves dance away twirling and swerving like bye-bye baby, you have to stay... I'm not fond of Fall.

- Linda Del Negro.

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Cooking Mamas

APPLE CIDER DONUTS

What could be better on a cold, crisp, Fall morning than a cup of hot coffee and warm apple cider donuts?



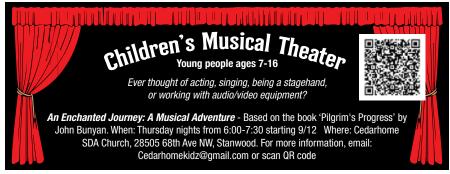
CINNAMON-SUGAR: 1 c. sugar; 1 T. ground cinnamon or ginger DONUTS: 2 c. fresh apple cider; 3 1/2 c. all-purpose flour, more for rolling; 2/3 c. brown sugar, packed; 2 tsp. baking powder; 3/4 tsp. salt; 1/2 tsp. baking soda; 1/4 tsp. ground cardamom; 1/4 tsp. ground cinnamon; 1/4 tsp. ground nutmeg; 1/4 tsp. ground allspice; 2 lg. eggs; 6 T. melted butter, cooled; Canola oil for deep frying; Chocolate Glaze or Maple Glaze for donuts, optional

DIRECTIONS: 1. CINNAMON-SUGAR: In a shallow bowl, whisk together 1 cup sugar and 1 tablespoon ground cinnamon; set aside. 2. DONUTS: In a small saucepan, bring the apple cider to a rapid boil; cook over high heat until reduced by half, about 10-12 minutes. Cool completely. 3. In a large bowl, whisk together flour, brown sugar, baking powder, salt, baking soda and spices. 4. In a separate bowl, whisk eggs, melted butter and cooled cider; stir into dry ingredients just until moistened (the dough will be sticky). Refrigerate, covered, for 1 hour or until firm enough to shape. 5. Divide the dough in half. On a floured surface, pat each portion to 1/2-in. thickness; cut with a floured 3-inch doughnut cutter. 6. In an electric skillet or deep fryer, heat oil to 325 degrees. Fry the doughnuts a few at a time, until golden brown about 2-3 minutes on each side. Fry the doughnut holes, a few at time, until golden brown and cooked through, about 1 minute on each side. 7. Drain on paper towels; cool slightly. Roll in cinnamon-sugar or dip tops of doughnuts into a glaze of your choice. Yields: 1 dozen doughnuts plus doughnut holes.

Recipes by Cooking Mamas created by Dusty Hutchins-McNutt.

"Great recipes begin in Mama's Kitchen!"

Visit me at: www. CookingMamas. com



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.

EVERYTHING I NEED TO KNOW I LEARNED FROM BUDDY

I used to stress out over some of the silliest things, like, was I a good enough manager at work? Was I doing enough to be a supportive husband? Would my teenage daughters turn out okay? Would I ever cure my banana slice drives off the tee? (Answer to that last question: No.)

But then I met somebody who helped me put so many aspects of my life into proper perspective. His name is Buddy. I've known Buddy for the past eight years. He's starting to get up there in age. I'm not sure how many more years he has left, to be honest.

I've never seen him shave. He seems to wear the same outfit every day. He prioritizes comfort over fashion. Buddy has never been one to be concerned with impressing other people. He doesn't care if others judge him for his lackadaisical lifestyle. He is comfortable in his own skin. Buddy leads a simple, modest life.

Nowadays, since I'm retired, and I'm pretty sure Buddy doesn't work anymore either, we see each other often. He's never been into accumulating tech toys, expensive clothes, or watches. He never pursued getting a driver's license, so he can't even legally drive. As far as I know, he doesn't travel much. At least he's never mentioned any trips to exotic locations. He's never been to Disneyland, nor has he expressed any deep desire to visit the Grand Canyon. He's pretty much a homebody, from what I can tell.

Buddy's needs are simple. He doesn't brag about his latest achievement. He never talks rudely or arrogantly around women. He doesn't drink or smoke. He's no gourmet, but he wouldn't turn down a good New York steak if you offered it to him.

In our visits, Buddy has helped me realize what's important in life – and what isn't. He comes by now and then and, with a gentle glance, reminds me to take a deep breath and relax. If he had a mantra, it would be four words: "Don't Worry. Be Happy." The way my friend sees it, nothing on my list of worries is all that pressing, anyway. Whatever it is I'm currently obsessing over, it can't be that important. Or if it is, it will pass soon enough. Keep reminding me about that, okay, Buddy?

I often wonder how Buddy lets the worries of life just glide over him, like water off a duck's back. He never complains about any of his ills, even when his arthritic legs are acting up, and it's hard for him to take long walks. He's unflappable and takes everything in stride. I admire this about him. I want to be more like Buddy. I need to acquire his indefatigably calm perspective on life's ups and downs.

Over the past several years, we've become extremely close. When I share some of the things I have been working on, Buddy never interrupts me. He's a better listener than a talker. He never discusses his own troubles. He is the least self-absorbed, most well-adjusted fellow I've ever known. When you're in his presence, his entire focus is on you. And in minutes, all my cares and worries seem to melt away.



There have been times when I was so busy that I didn't slow down long enough to reach out to him to say hi. But he never seems to hold a grudge about those sorts of things. When we finally reconnect, he'll just look at me with the kindest eyes, and I know he's just glad to see me again.

I don't know how much longer Buddy will be around. I've noticed he's been moving a lot slower lately. And I can tell he's in pain sometimes, especially when he gingerly attempts to negotiate stairs. But he never complains. He just accepts his lot in life, never choosing to play the victim. Buddy has taught me to be a more patient, calm, and grateful human being. He has taught me to be more forgiving of others and not to worry about things I can't control.

I think about the fact that someday before too long, Buddy will probably pass away. When that day comes, I will miss him terribly. But until then, I'm grateful to have him in my life. And at the end of every day, I look forward to lying in bed, knowing that in a few minutes, Buddy will quietly meander into my bedroom, and lie down next to me. And my wife doesn't mind it a bit. After all, Buddy's her cat, too.

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

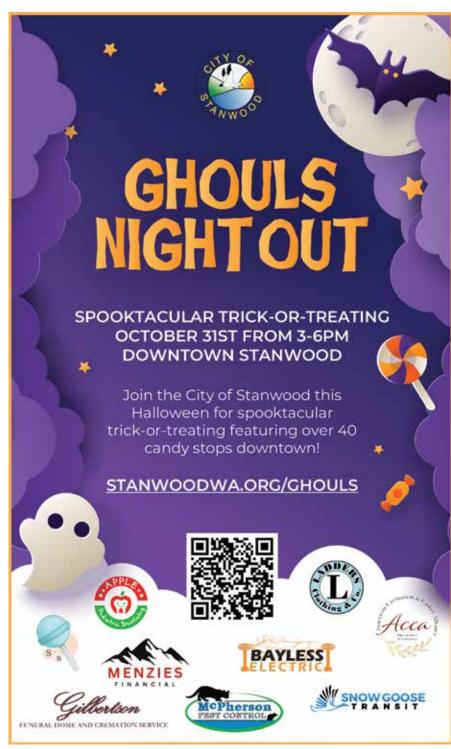


TIDE TABLES / SARATOGA PASSAGE / OCTOBER 4-17, 2024

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10 Low 5:55 PM 8.0	Th	10	Low	4:31 AM				
		10	High	12:40 PM	10.2			
10 High 8:51 PM 8.4		10	Low	5:55 PM	8.0			
		10	High	8:51 PM	8.4			

D	ate	High /Low	Tide Time	Height Feet	Moon Visible
F	11 11 11 11	Low High Low High	5:33 AM 1:47 PM 7:17 PM 11:03 PM	0.5 10.6 7.4 8.0	
Sa	12 12 12	Low High Low	6:37 AM 2:30 PM 8:20 PM	0.5 11.0 6.4	
Su	13 13 13 13	High Low High Low	12:49 AM 7:41 AM 3:02 PM 9:03 PM	8.1 0.6 11.4 4.9	0
М	14 14 14 14	High Low High Low	2:17 AM 8:40 AM 3:32 PM 9:43 PM	8.7 0.8 11.7 3.2	0
Tu	15 15 15 15	High Low High Low	3:27 AM 9:34 AM 4:02 PM 10:22 PM	9.7 1.3 12.0 1.4	0
W	16 16 16 16	High Low High Low	4:31 AM 10:25 AM 4:33 PM 11:03 PM	10.7 2.1 12.1 -0.3	Ō
Th	17 17 17 17	High Low High Low	5:32 AM 11:16 AM 5:06 PM 11:45 PM	11.5 3.2 12.1 -1.7	





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