

THE CRAB CRACKER

ISSUE 433
June 26 - July 9, 2026

4th OF JULY EDITION!

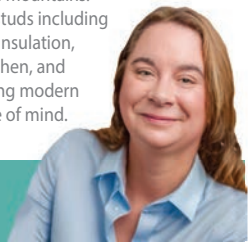


Events, Information, and Entertainment in the Port Susan Area
Camano Island • Stanwood • Warm Beach • Silvana • Conway



Location... location... location.

This north end home sits in a quiet neighborhood minutes from Terry's Corner. Walk to Barnum Point and Iverson Beach as well as your private community beach and boat launch. Views over Port Susan and the mountains. Renovated to the studs including wiring, plumbing, insulation, roof, windows, kitchen, and bathrooms - offering modern comfort and peace of mind.

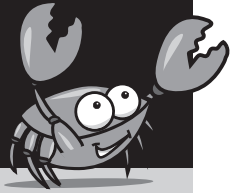


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facebook.

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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 image: Happy Independence Day!
from The Crab Cracker Community Magazine*

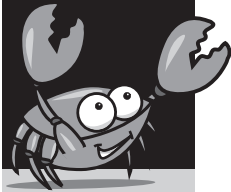


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Submission DEADLINE: JULY 2 for Next Edition (July 10-23, 2026)

Calendar of Events



FRIDAY, JUNE 26 SALISH SEA MOLT BLITZ



10am-noon at Camano Island State Park Boat Launch. Molt Search is a program by Washington Sea Grant, with partnership from Washington State University Extension and many local partner organizations. By participating you can help monitor shorelines across Washington for invasive European green crabs and native Dungeness crabs by following a simple protocol: a timed collection of all molts by the shore, submitted via MyCoast. Stop by to complete a Molt Search independently, contributing to Washington's largest single-day dataset on molt distribution across the Salish Sea.

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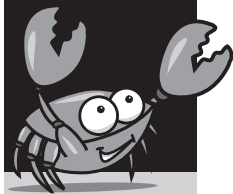
9300 271st St NW, Suite B-5,
Stanwood, WA 98292
Near QFC, between Papa
Murphy's and H&R Block

 stanwoodhearing.com

CALL 425-272-9435



Calendar of Events



FRIDAY, JUNE 26

KIDS SUMMER ART SERIES: EVERYTHING PIZZA

11am at the Camano Island Library. Join art teacher Callie Darland for a fun and engaging art program! This fun art project invites students to design a pizza topped with ingredients that represent their unique personality — the sillier, the better! Using simple Sharpie markers and pan watercolors, students will explore overlapping to create a sense of space while also practicing proportion through drawing a self-portrait.

FRIDAY, JUNE 26

POWERHOUSE

7pm at Pub 282, 370 NE Camano Dr #6, Camano. This "Cream of the Crop" collection of northwest musicians is one of the most interesting acts you'll see. They play everything from killin' Rhythm and Blues, Rock, Blues, Soul and Jazz.

FRIDAY, JUNE 26

AMPLIFY SUMMER CONCERT

Art - Music - Hope. All ages show. Hosted by Amplify, the CRC's teen music program, this night is packed with live local music you won't want to miss! Live at the Community Resource Center, Stanwood. Doors open at 6PM. Featuring Beautiful Freaks, Trash Sound Conglomerate, and Amplify bands.



SATURDAY, JULY 4TH

11 AM IN STANWOOD -AT THE WEST END

Afterwards, enjoy complimentary ice-cream with strawberries and coffee at the Floyd



4TH OF JULY PARADE ROUTE

Start at Josephine



Everyone is welcome to join in the parade. Come line up in the Josephine Caring parking lot at **10:15 am.**

Kids Costume Contest in 3 categories: **Historic, Patriotic, & 4th of July.** Winners will receive award certificate and prize money.

Calendar of Events



DID YOU KNOW?

There is one U.S. president who was born on the 4th of July. America's 30th president, Calvin Coolidge, was born on July 4, 1872.

FRIDAY, JUNE 26

STANWOOD FARMERS MARKET

2-6pm behind the Stanwood Police station. Local produce, food trucks, fresh flowers, baked goods, artisans, and live music.

FRIDAY-SATURDAY, JUNE 26-27

LAKE KETCHUM NEIGHBORHOOD GARAGE SALE

9am-4pm. Directions: From 300th turn on 76th. Follow to South Lake Ketchum Road. Turn left on So. Lake Ketchum Road. Follow the signs to individual sales.

FRIDAY-SUNDAY, JUNE 26-28

RASTELLI CIRCUS



6:30-8pm at Stanwood fairgrounds. Step right up! A REAL FAMILY CIRCUS is coming to town! Don't miss the ALL-NEW 2026 Rastelli Circus. Spectacular, packed with thrilling stunts, laughs, and jaw-dropping talent perfect for the whole family! Tickets as low as \$13.27 (includes all fees) - ONLINE ONLY! BUY ONLINE & SAVE NOW: rastellicircus.com/tour-dates/

FRIDAY-SUNDAY, JUNE 26-28

"SAY CHEEZ" SCHASAM BARN HUNT

Strike a pose and get ready to sniff, search, and shine. Say Cheez! We're bringing all the fun, laughs, and photo-worthy moments to this action-packed weekend! If your dog loves the thrill of the hunt, this is your chance to capture some unforgettable runs (and maybe a few cheesy grins). Enter now on Secreterrier! <https://secreterrier.com/events/3248/enter>

Four Springs House for your next event



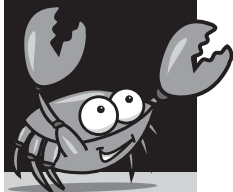
Weddings • Retreats • Business Events
Family Celebrations



Four Springs Lake
Preserve

360-387-1418 • fourspringshouse.com
fourspringshouse@co.island.wa.us

Calendar of Events



look for us
online at

[www.TheCrab
Cracker.com](http://www.TheCrabCracker.com)

or on
Facebook.

Download
current or past
editions.

SATURDAY, JUNE 27

THE GO4S ROCK

5pm at Elger Bay Cafe Beer Garden. Rock out with The Go4s in the Newly Remodeled Beer Garden. DANCE-DANCE-DANCE.

SATURDAY, JUNE 27

LIVE MUSIC WITH MCNAMEE & MICHAUD DUO

6:30pm at Conway's Pub & Eatery.

SATURDAY, JUNE 27

THE THREE C'S OF CRABBING

How to Catch, Care For, & Cook Crab. 11am at the Camano Island Library. Get a jump on the summer crabbing season with our local expert, Tom Eisenberg. Learn responsible crabbing techniques, species identification, information about licensing and seasons, and delicious cooking methods. Select one of two dates to attend--June 27 or July 8--the material presented will be the same on both days.

SATURDAY, JUNE 27

SOUTH CAMANO GRANGE PANCAKE BREAKFAST

8 am - 11 am at South Camano Grange, 2227 S Camano Drive. Menu: Pancakes, sausage links, fruit, with juice and coffee, tea or cocoa.

SATURDAY, JUNE 27

FARMER'S MARKET AT THE S. CAMANO GRANGE



Come by the S. Camano Grange for this small market featuring local farms, bakers, and makers. Fresh produce will be harvested for you, by Camano Farm Ashram and Island Harvest Farm, and freshly baked bread from Camano Sourdough, as well as products from additional growers, crafters, and artists. Come in the morning to enjoy a grange pancake breakfast inside (9-11am). 2227 S. Camano Dr.

CASCADE F.O.O.L.S HOSTS THE



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SAFE**

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FIRE FIGHTERS
CORRECTIONS
DISPATCHERS

GUARDIAN GAMES GOLF TOURNAMENT

SATURDAY, AUGUST 8TH, 2026

Hosted by CASCADE F.O.O.L.S.
in Partnership with KEEP N SAFE

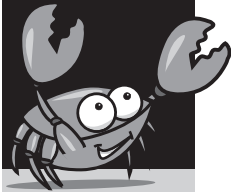


CAMALOCH GOLF COURSE
326 NE CAMANO ISLAND, WA 98282

<https://bit.ly/guardian-games-golf>



Calendar of Events



DID YOU KNOW?

A time capsule was buried by Paul Revere and Sam Adams. On July 4, 1795, the two men placed the capsule under the Massachusetts State House in Boston. It was discovered more than two centuries later by workers fixing a leak.

SATURDAY, JUNE 27

PEDRO'S BIRTHDAY FIESTA

7-11pm at Dos Reales, Stanwood. Bring your amigos to Dos Reales for Pedro's Birthday Fiesta and party with your host DJ Marcus Metz Taco Eating Contest (\$20, sign up now); Bucket of 5 beers for \$20; 2 Dollar Jell-o shots; 4 dollar wells; 1 dollar off Pedro Cervesa.

SATURDAY, JUNE 27

FAMILY BINGO



at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up... Now with \$100 and \$200 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, JUNE 27

CARS & COFFEE

Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!

SATURDAY, JUNE 27

ASK A MASTER GARDENER PLANT CLINIC: CAMANO

11am-1pm at Ace Hardware, Camano Plaza. Bring your questions, plant pictures and plant samples, and get free, research-based gardening advice from an Island County Master Gardener.

SATURDAY, JUNE 27

GROOVE AND GIVE

12:30-4pm at Community Resource Center. 9612 271st St NW, Stanwood. Join us for an unforgettable afternoon of live music, community, and giving back! Michele D'Amour and The Love Dealers, Nick Vigarino, and The Swingnuts will be sharing their incredible talents to support our work. Come hungry, Pure Smoke BBQ will be on site with food available for purchase. Grab your blankets or lawn chairs and settle in at the Willow Theater at the CRC for a laid-back summer afternoon filled with great vibes and great purpose. Every note played helps support the teen programs at the CRC — don't miss it!

Calendar of Events



DID YOU KNOW?

There are other countries that celebrate America's independence on the 4th of July.

Countries like Denmark, England, Norway, Portugal, and Sweden all take part in hosting commemorations for the holiday. This is in part to honor their many citizens who emigrated to the U.S., but also as a move to attract tourists.

SATURDAY, JUNE 27

SAVANNA WOODS ALBUM RELEASE & LIVE SHOW



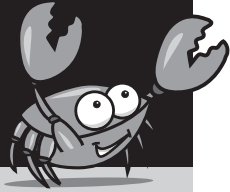
At Our Legacy Fields. Savanna Woods is releasing her new album right here at Our Legacy Fields! An intimate, up close and personal evening of new music in the lavender. 27031 36th Ave NW, Stanwood. Gate at 5pm - Show at 6pm. Tickets at the gate. No dogs, booze or smoke. Outside food is welcome. Pack your concert chairs and picnic blankets. Pack your neighbors and friends. Feel the energy of this place and experience the soulful sound of this local gem.

SATURDAY, JUNE 27

NATIONAL FIELD DAY RADIO OPERATIONS

The Stanwood Camano Amateur Radio Club's Amateur Radio operators of our community will be participating in the National Field Day event on Camano Island at the Arrowhead Ranch (615 Arrowhead Rd.). We're planning a lot of fun again this year! Field Day is an event to put into practice disaster protocols. For this event, all radios will be powered by generator, batteries or other alternate power (solar). There will also be an opportunity for anyone interested, but not licensed or recently licensed, in Amateur Radio to make some contacts on the radio with a coach. Club members will be available to answer questions about Amateur Radio and how to get an Amateur Radio license. There will also be an educational program. Please feel free to join us any time after 11 AM. You can find more information about Field Day and the Stanwood Camano Amateur Radio Club on our website: www.scarcwa.org/ or by e-mailing w7pig@arrl.net.

Calendar of Events



DID YOU KNOW?

There are 31 towns in the U.S. that contain the word 'liberty'. The largest town is Liberty, Missouri, with a population of 32,865.

SATURDAY, JUNE 27

AUTHOR MEET AND GREET AND BOOK SIGNING



Please welcome inspirational author Anne Salley as she shares insight of her recently published memoir, "Raised to Live". Her story might read like fiction, but it is 100% true. It is the story of a woman with tremendous faith, tenacity, and grit. Enjoy coffee, tea, and cookies with Anne from 11 am to 1 pm at MQ Gadgets Gifts Goodies, 8706 271st St NW, Stanwood. www.mqstanwood.com

SATURDAY, JUNE 27

"SUMMER MUSIC"

with Dusty Recor. 4-6pm at Wine By the Bay, Stanwood. No cover charge. Weather permitting.

SATURDAY, JUNE 27

CORY VINCENT AND THE ELECTRIC BAND + WOODSHED

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. What an AMAZING show this will be! A double bill show. Tickets: \$15 ADV / \$20 DOS Doors at 7 PM Show at 8 PM 21+ only *** If the weather is fantastic we will be outside.



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Calendar of Events



DID YOU KNOW?

It's a tradition in New England to eat salmon on the 4th of July. Eating salmon and peas on Independence Day is a New England practice that dates back centuries.

SATURDAY, JUNE 27

HIDDEN ART TOKENS AT FREEDOM PARK

From 10am to 2pm- or until art/craft runs out. Look for 4"-5" ceramic tokens in Freedom Park. Turn them in at the Gateway Gallery, the little red building on the tip of Terry's Corner, for a free piece of small art/craft! One token per person please. Fun for kids and adults alike.

SUNDAY, JUNE 28

22ND ANNUAL TWIN CITY IDLERS CAR SHOW



9am-3pm in downtown Stanwood. Step into a world where chrome gleams, engines roar, and nostalgia fills the air. Join us as we rev up for a spectacular showcase of timeless automobiles, from vintage marvels to modern classics. Our event promises thrills, memories, and a journey through the rich tapestry of automotive history.

TUESDAY, JUNE 30

WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!


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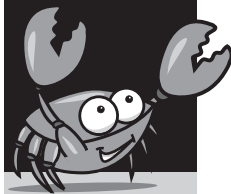
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www.CandewConcrete.com

Facebook.com/CandewConcrete

Calendar of Events



TUESDAY, JUNE 30

LINE DANCING AND LESSONS

6pm-8pm at Pub 282. TURN UP THE MUSIC & TEAR UP THE DANCE FLOOR with Lady Di Dancin'! Line Dancing & Lessons: 6-8pm. ALL ages welcome – bring your friends & family! No cover to join the fun!

WEDNESDAY, JULY 1

READ WITH A THERAPY DOG

4-5pm at the Stanwood Library. Practice your reading, de-stress, and learn about therapy dogs at the library with Linda and her registered therapy dog Preacher.

WEDNESDAY, JULY 1

TEEN GAMING!

2-4pm at the Camano Island Library. Whether you're a newbie, a casual player, or a total pro, join us for an afternoon of gaming. We've got the consoles, the screen, and the snacks—you just need to bring your A-game!

THURSDAY, JULY 2

LIVE MUSIC AT THE CAMANO COMMONS

3 to 5pm, LIVE music, Beatles to Bach, oldies & lots of goodies! with Island Affogato & Linda Younce on Accordion/Flute. Outside & weather permitting. More info at www.smallchambers.com

Get your exhibits ready for the

78th ANNUAL

"Where Roots Run Deep"

SILVANA FAIR

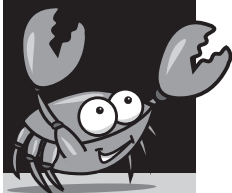
Silvana, WA
- Since 1947 -

JULY 25, 2026

You can enter almost anything you've created since July 27, 2025. Every entry earns beautiful ribbons, and eligible youth exhibitors win cash premiums! See the Fair Book at silvanafair.com for how to enter youth livestock, educational displays, posters and demonstrations. All ages can enter Dog Rally Virtual on signup genius (follow link in Fair Book). Enter Inside Exhibits at Viking Hall Wednesday, July 22, 5-8 pm and Thursday, July 23rd, 12:30-5:30 pm. Entry forms and more details are online.

Come to the fair July 25th from 9-5 for fun in the sun. Free entry, free parking! Food trucks all day, live music by Stilly River Lockdown at noon. Greased pole contest at 12:15 pm, over 35 vendor booths open all day.

Calendar of Events



DID YOU KNOW?

George Washington celebrated the 4th of July in 1778 even though he was at war. On July 4, 1778, he treated U.S. soldiers to a double ration of rum and a cannon salute.

THURSDAY, JULY 2

ROBBIE DEE'S TRIBUTE TO ELVIS

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Robbie is known for his powerful vocal renditions of Elvis' hits and his charming smile. He enjoys and performs songs from Elvis' entire career.

FRIDAY, JULY 3

STANWOOD FARMERS MARKET



2-6pm behind the Stanwood Police station. Local produce, food trucks, fresh flowers, baked goods, artisans, and live music.

FRIDAY, JULY 3


ART SHOW

Come help us celebrate freedom of art. 5 artists. 4:30-6:30pm at SR Arts Center, 462 Eagle Crest Road, Camano Island.

FRIDAY, JULY 3

FIRST FRIDAYS DROP-IN EBOOK & EMEDIA HELP

Noon-1pm at the Camano Island Library. Learn how to access library resources such as ebooks, eaudiobooks, streaming media, and on-line learning databases. Bring your device for help getting started or assistance with basic troubleshooting. Library staff are available to assist you - no reservation necessary!

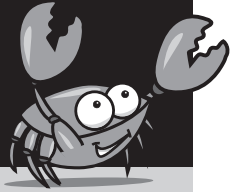


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Calendar of Events



DID YOU KNOW?

It was once considered disrespectful to keep your business open on the 4th of July.

Before the Civil War, people who kept their businesses open during the holiday were deemed unpatriotic. However, it became more acceptable after the war when storeowners started holding "patriotic" 4th of July sales.

FRIDAY, JULY 3

BEACH 1 GALLERY ARTIST RECEPTION FOR SUSAN BRERETON - "DREAMING IN COLOR"

There will be a doorprize drawing at 6:30pm. Must be present to win. Raised in the Spokane Valley and now I am free to pursue my passion for art on Camano Island. Her art will be displayed and for sale the entire month of July. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water bags of chips for the reception. Beach 1 Gallery in Camano Country Club., 1243 Beach Drive, Camano Island.

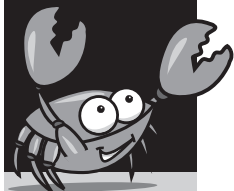
SATURDAY, JULY 4

INDEPENDENCE DAY PARADE & OLD-FASHIONED ICE CREAM SOCIAL



Parade begins at 11am. The route starts at the Josephine Caring Community parking lot and ends at the Floyd. The Ice Cream Social will be held in the Floyd. All interested groups are invited to join in the parade. Bring your horses, antique cars, fire trucks, floats, or wagons. Parade participants should meet at the Josephine Caring Community parking lot at 10:15 am. Festivities include a costume contest for children, with the best costume depicting a historical, patriotic, or fourth of July theme. (Photo above of last year's winner). The winners will receive certificates and prize money during the Ice cream social at the Floyd after the parade. Our Ice Cream Social at the Floyd begins immediately following the parade and will include ice cream with strawberries, cookies, lemonade, and coffee. All refreshments are free.

Calendar of Events



DID YOU KNOW?

The first newspaper to print the Declaration of Independence was the Pennsylvania Evening Post.

They didn't waste any time, either. The Declaration was published in the paper's Saturday issue, on July 6, 1776.

It was soon published in other newspapers throughout the colonies

SATURDAY, JULY 4

READING OF THE DECLARATION OF INDEPENDENCE



11am-11:40am at Stanwood Masonic Center. After the Stanwood 4th of July parade ends at The Floyd this year, we ask you all to join us in front of the Stanwood Masonic Hall just a few doors down. There will be a public reading of the Declaration of Independence by a brother dressed in colonial clothing with a banner of the Declaration displayed. A great time to celebrate our 250th birthday!

SATURDAY, JULY 4

4TH OF JULY PARTY & FIREWORKS SHOW



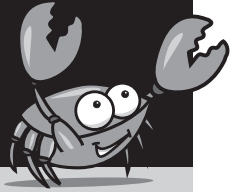
Join us for a FREE family-friendly community celebration as Stanwood/Camano comes together to celebrate America's 250th birthday at Heritage Park in Stanwood. Event begins at 2pm. Professional Fireworks Show at 9pm. Event will feature: Little League baseball & softball games; Live music by The Walrus; Kids inflatable obstacle courses & activities; Dunk tank; Pie eating contest; Inflatable basketball; Sidewalk chalk fun; Food vendors.

SATURDAY, JULY 4

4TH OF JULY BOAT PARADE - LAKE GOODWIN (TBD)

Starting at noon, boats cruise the lake, with patriotic decorations, and fireworks later in the evening. The parade is a free, community event. You can watch them from a public dock or from Lake Goodwin Community Park.

Calendar of Events



SATURDAY, JULY 4

ANNUAL 4TH OF JULY MADRONA BEACH PARADE



Starts at noon, south end of Alder. Celebrate the 250th birthday of the USA! Sing classics like America the Beautiful, Home on the Range, Take Me out to the Ballgame, dress in red, white and blue, bring noisemakers, decorate your bike! Fun for all ages.

HAPPY FOURTH OF JULY!

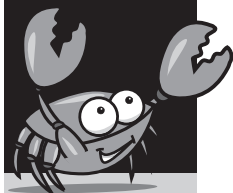
LET'S CELEBRATE OUR FREEDOM IN A SAFE MANNER
TODAY!

HAPPY INDEPENDENCE DAY! PLEASE BE SAFE!!

IN CASE OF EMERGENCY, DIAL 911.

PLEASE DO NOT CALL 911 TO REPORT ILLEGAL
FIREWORKS. DIAL 425-407-3999

Calendar of Events



DID YOU KNOW?

The Liberty Bell hasn't been rung since 1846. The last time the bell rang was on Washington's birthday in February 1846, when a major crack appeared on the bell.

SATURDAY, JULY 4

TYEE INDEPENDENCE DAY BOAT PARADE (TBD)

Annual 4th of July celebration of decorated boats that parade through the waters near Tyebeach toward Tillicum Beach. Free to watch from the beach. Starts at 2pm at south end of Tyebeach and finishes at the north end of Tillicum Beach.

SATURDAY, JULY 4

4TH OF JULY PANCAKE FIREMEN BREAKFAST



Hosted by Silvana Firefighters Association. 7am-noon at Willow & Jim's Country Cafe, 1421 Pioneer Hwy, Stanwood/Silvana. Meet your firefighters, see the trucks and support the fire district. Come join us for breakfast, where we donate our day to our little town fire department. It's our way of showing our appreciation and support and this will be our 26th year!!! They would love to see you as they will be the wait staff that day. It's a hoot and a great day to meet your local first responders. It's our own little fire fighter appreciation day. Love all of them so much for doing what they do. See you on the 4th!

SATURDAY, JULY 4

CHILL DEVILLE

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Get ready for a night of killer vibes and smooth grooves! Don't miss this high-energy performance that'll have you dancing, sipping, and vibing all night long.

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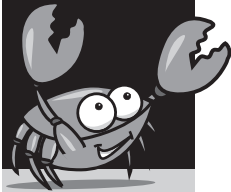
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Calendar of Events



DID YOU KNOW?

The One World Trade Center in New York was designed to be 1,776 feet tall. One of the most spectacular features of the building is its height, which represents the year America declared independence from Great Britain.

SATURDAY, JULY 4

4TH OF JULY PARADE - CAMANO COUNTRY CLUB



Celebrate Independence Day with a parade! Decorate your tractor, wagon, bike, stroller and yourself and join in the fun. Meet at the CCC parking lot at 9:30 am. Parade kicks off at 10am. We'll parade from the CCC Parking lot to Beach 2. ALL are WELCOME to celebrate!

SATURDAY, JULY 4

4TH OF JULY PATRIOTIC WALK - UTSALADY



We are excited to see you at our July 4th festivities! 10am at Utsalady Ladies Aid: Bake Sale (get in line EARLY). 11am: Patriotic Walk. Post-Walk: Flag Raising, Patriotic Songs, Popsicles! All happening at (or around) our 100 year old historic building at 78 Utsalady Road.

SUNDAY, JULY 5

GAME NIGHT WITH KEVIN

5pm-9pm at Camano Island Library. 848 N Sunrise Blvd. Beginners welcome. Bring Favorite games. May bring food.

SWIMMING IN PLASTIC?

Let's Change That – Together!

Join WSU Waste Wise for a training focused on Beyond Plastic Pollution

WHAT YOU'LL DISCOVER

- The problem of plastics + microplastics in our water, homes, & body
- Why recycling isn't enough
- Responsible consumption
- Easy swaps for lower-impact living
- Practical long-term strategies

COURSE DETAILS

Wednesdays, Sept 2 – Oct 28, 2026

4:00 – 6:00 PM

Available online or in-person

Island County Multipurpose Center

141 NE Camano Drive, Camano

Cost: \$125 (Scholarships available upon request)



For more Waste Wise information scan the QR code or contact Heather Vitiaz heather.vitiaz@wsu.edu | 360-639-6060

<https://extension.wsu.edu/island/nrs/waste-wise/>



WSU Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office or to the WSU Center for Human Rights.

Calendar of Events



**IF WE DON'T
KNOW
ABOUT IT,
WE CAN'T
PRINT IT.**

Send your info
and/or images
to: [@thecrabcracker.com](mailto:thecrab)

TUESDAY, JULY 7

WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

TUESDAY, JULY 7

SUMMER STAY AND PLAY

10:30-11:30am at the Stanwood Library. Join us for play and art activities! 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.

TUESDAY, JULY 7

TWO-MILE TUESDAY

Event by Stanwood Camano Runners. SC Runners is teaming up with the new Low Bar Stanwood for a Tuesday night group run!!! Meet at the Low Bar at 6pm. We'll run Stanwood at 6:10pm and gather for community after.

WEDNESDAY, JULY 8

THE THREE C'S OF CRABBING

How to Catch, Care For, & Cook Crab. 6-7pm at the Camano Island Library. Get a jump on the summer crabbing season with our local expert, Tom Eisenberg. Learn responsible crabbing techniques, species identification, information about licensing and seasons, and delicious cooking methods.

WEDNESDAY, JULY 8

EXPLORE YOUR CREATIVITY

with Stanwood Camano Arts Advocacy Commission. 4-5:30pm 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.



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Camano Friends Club

Memory Care Day Respite Program



Welcoming Friends, Enriching Lives

Camano Friends Club is a joyful and welcoming place where people living with memory loss can connect, engage, and enjoy meaningful time together.

A typical 5 hour day:

- Low-impact social time to encourage group engagement and support
- Small group setting with 2 to 1 ratio of participant to experienced staff & volunteers
- Light physical activities
- Art and other creative projects
- Group-oriented games and other forms of cognitive stimulation
- Lunch, snacks, and light refreshments throughout the day



Camano Friends Club

Tuesdays & Thursdays, 9:30–2:30
at the Camano Center
Pre-registration required

Contact the Camano Center to find out if this program is the right match for you:
info@camanocenter.org or 360-387-0222
606 Arrowhead Road, Camano Island, WA

Calendar of Events



DID YOU KNOW?

Our national anthem wasn't 'The Star-Spangled Banner' until 1931. It took 117 years for the words written in 1814.

THURSDAY, JULY 9 LIVE MUSIC AT THE CAMANO COMMONS



3 to 5pm, LIVE music, Beatles to Bach, oldies & lots of goodies! with Island Affogato & Linda Younce on Accordion/Flute. Outside & weather permitting. More info at www.smallchambers.com

THURSDAY, JULY 9

LIVE MUSIC WITH KELLY MCGUIRE

6:30-9:30pm at Wine by the Bay, Stanwood. PRIVATE ENGAGEMENT. RSVP REQUIRED. 360-387-1976. Good times, great music!

THURSDAY, JULY 9

TIE-DYE BOOK BAGS!

2-4pm at the Camano Island Library. Join us for some all ages tie-dye fun! Get creative with color and make a cool book bag. We will have a special section for adults and teens to try reverse tie-dye using bleach! Program funded by the Friends of the Camano Island Library.



Medicare Education Workshop

Attend our upcoming Medicare workshop and learn the essentials! This event will cover Medicare eligibility, Medicare Parts A, B, C & D.

This workshop is no-cost, no obligation and will give you the basics you need to understand your options.

Camano Center

606 Arrowhead Road, Camano Island, WA - Jensen Room

- June
 - 06/17/26 - 3:00 pm
- July
 - 07/01/26 - 10:00 am
 - 07/31/26 - 3:15 pm
- August
 - 08/12/26 - 3:00 pm
 - 08/26/26 - 10:00 am
- September
 - 09/16/26 - 3:00 pm
 - 09/30/26 - 10:00 am

RSVP's NOT REQUIRED, BUT ENCOURAGED

Please contact us to RSVP or for more information about upcoming events.



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This is an educational event. A licensed sales representative will be present with information only; there will be no sales activity. The Centers for Medicare & Medicaid Services (CMS) has neither reviewed nor endorsed this information.

Vidor and Associates is not connected to the Federal Medicare Program and this is a solicitation for insurance. Vidor and Associates does not offer every plan available in your area. Any information they provide is limited to those plans they do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



ZUMBA

ZUMBA CLASSES ON CAMANO
with Jennifer Anderson

Mondays @ 5:30pm at the South Camano Grange.
By donation, suggested: \$10.

Tuesdays & Thursdays @ 5:30pm at the Camano
Country Club. \$10 or FREE for clubhouse members.

No class on the 3rd Tuesday of the month.

There is no such thing as perfection in my ZUMBA
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their body, be social, and have a great time is welcome.

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1909 Swing Bridge to Camano Island

SAHS 92.41.22

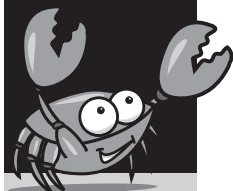
For more information, maps, and videos,
visit our website at historicsitestour.com

Start the tour from Pioneer Hwy and enter East Stanwood by the train station. Stops #1 and #5 have open restaurants.



1. People's Union
2. S. A. Thompson House
3. I.O.O.F. Public Hall
4. D.O. Pearson House
5. Stanwood Volunteer Fire Dept
6. Camano Lutheran Church
7. Camano Lutheran Cemetery
8. Kristoferson Farm
9. Barnum Point Preserve
10. Camano Island State Park
11. Cama Beach Historical State Park
12. Camano City Schoolhouse
13. Camano Island American Legion
14. Utsalady Ladies Aid
15. Camano Pioneer Cemetery

Fun and Crafts



DID YOU KNOW?

Hospitals receive a surplus of patients on July 4th due to fireworks-related injuries.

In 2020, an estimated 15,600 people were hospitalized.

4TH JULY POPSICLE STICK STAR STREAMERS



What You'll Need to Make Streamer Stars: Craft sticks or clean, dry popsicle sticks; Tissue paper, cut into skinny streamers; Ribbon; Elmer's Early Learners Washable Glue Pen; Sequins, glitter, pom poms, paint, etc. for embellishment

Directions: Start by gluing together five craft sticks to create a star shape. For maximum stability, add a dab of glue in all of the places where the craft sticks intersect one another. If you'd like to use your stars as a hanging decoration, glue a ribbon loop to the back side for hanging (or you can attach a skinny dowel to make a star wand!). Flip your stars over to the back side, and glue on an assortment of tissue paper streamers. The Early Learners glue is as strong as standard school glue, so you don't have to worry about how well it will hold up to heavy embellishments or bulky items like those pom poms. It goes on purple but dries clear so that kids can see exactly where they've applied it (plus it helps them determine when their glued projects are dry!). Once the streamers on the back side have dried completely, flip the stars over and decorate the front. We used glitter, sequins and pom poms, but the sky's the limit!

Source: www.happinessishomemade.net

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DID YOU KNOW?

There were only about 2.5 million people living in the United States in 1776.

That number is drastically different from the approximately 332 million people that live here today!

FIREWORK CUPCAKE TOPPERS



1. You'll need crepe paper streamers in lots of different colors, a good pair of scissors, 6" lollipop sticks, and double-stick tape. You can use toothpicks instead of lollipop sticks, but you'll end up with far fewer rows of fringe. 2. Begin by cutting 3" sections of streamers. On one of the long sides of each piece, cut fringe. My fringe is about 1/8" wide, and I cut about 2/3 of the way across the streamer. You can either fringe each streamer section separately, or stack them and cut them all at the same time, which goes a lot faster! 3. Tear off a piece of tape that is the same width as you first streamer section. One of the great things about using double stick tape is that if you cut a piece that is too short, you can just add another piece, and if you cut a piece that's too long, you can fold the excess over on itself. Line one end of a lollipop stick up with the top edge of the tape. 4. Carefully roll the lollipop stick across the streamer. You might have to make little adjustments as you go to keep rolling in a straight line. 5. Repeat steps 3 and 4 with another section of fringed streamer in a different color. Line up the top of the tape with bottom of the previous streamer. 6. Keep going until you have 8 different rows of fringe. You can have fewer rows, but I wouldn't recommend having more than 8. You should end up with 1-1.5 inches of exposed lollipop stick. Because these are a little heavier and a little longer than most cupcake toppers, you need to push the stick all the way to the bottom of the cupcake. It's ok if the bottom row of fringe is touching the frosting.

Source: <https://luluthethebaker.com>

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6/25!**



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FOR TICKETS**



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AUGUST 22, 2026 5:30PM

**SMALL BITES | MUSIC | AUCTION
ADULTS - 21 AND OLDER | TICKETS \$100**

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of Stanwood Camano

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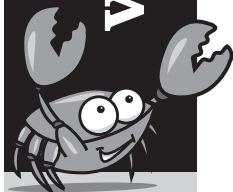
**Windermere
REAL ESTATE**



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Island Transit, Leslie Tripp - State Farm,
Merry Little Baker, MGM Flooring & Interiors

Moonshine Wisdom & Wit



Story by Jack Archibald.

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

THE END IS NEAR, SORT OF ...

The 'Population Bomb' author, Paul Ehrlich, just died. Old age mostly, not starvation brought on by world famines, over populations, water wars or cataclysmic migrations. Probably had clogged arteries from too much over saturated foods. Or ... just too much food, period. For awhile back there in the halcyon days of the '60's and '70's, Paul was our most famous Doomsayer, the guy who predicted civilization-al collapse, major famines, a world breeding itself to death, a planet too small to support billions and billions of us humans. He made a bundle prophesying our demise. The End is Near --- not predicted by a cult nut but by a rational guy.

The population of the planet when he wrote the book was 3.5 billion. It's now 8.3 billion. We could each have gotten a McDonald burger but maybe not fries. Paul was right about one thing --- the population exploded! And there were a few famines and still are. What he didn't factor in was the steep curve out of world poverty. Or the advances in agriculture, medicine, pharmaceuticals and technology. Who'd have guessed, right? Well, not Paul.

The trouble with folks who cried 'Wolf' too early is when the wolf shows up, nobody was listening to the alarms anymore. But ... the future may prove him right posthumously. We're fishing out the seas, watching the insect and bird die-offs, polluting our waters then pumping the aquifers dry. All us billions of people are pumping CO2 into our greenhouse and if climate change isn't a direct result of population, well, kick some dirt on Paul's grave and whistle through the graveyard.

If you want to be a prophet, all I can say is don't be too specific about the day of the week Doomsday is coming. The End is Near, Not Tomorrow. Maybe not even next month.

We'll need some time to get ready.



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Artist of the Week



JESSIE SANDSTROM



Jessie is a self-taught mixed media artist who has been painting and drawing for as long as she can remember. Following a career in apparel design, she returned to art as a creative outlet and a means of expression. An avid outdoor enthusiast, her work is inspired by the natural world and guided by personal interpretation rather than strict realism. Jessie lives on Camano Island with her husband, two children, and their loveable pets. She currently has pieces featured in local shops. www.jessiesandstrom.com

Before Having a Blast, Know the Laws

In Washington state, it's illegal to sell or discharge firecrackers, bottle rockets, sky rockets & missiles.

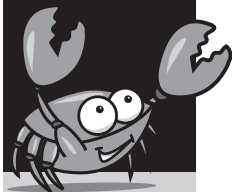
Fireworks are also prohibited in ALL Island County parks.

For more on local fireworks laws & tips for how to keep safe, scan this QR Code



**Please, stay safe
and legal this
Fourth of July!**

Business Spotlight



Are you interested in promoting your business or organization?

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

MEET YOUR NEIGHBOR



Sarah Myers Invites Stanwood to the Grand Opening of 1866 Trading Post! A year and a half ago, I made the massive leap from Dallas, Georgia to Washington. Today, I am proud to call Stanwood home and officially introduce you to our town's newest small business community: 1866 Trading Post. Located at 9901 270th Street, we are a brand-new vendor mall featuring over 40 local creators and collectors. Our shelves are packed with everything from handmade items, quilts, and tallow to antiques, tools, vintage clothing, and herbal chocolates. I love my vendor team, and I am so grateful for how this community has welcomed us. To say thank you, we are hosting our Grand Opening Celebration on Saturday, June 27th and Sunday, June 28th from 10am to 6pm. This will be our very first indoor/outdoor market event! To celebrate, everything in the shop is 20% OFF (unless marked FIRM). Plus, every purchase enters you into a raffle to WIN gift cards from our amazing neighboring local businesses. We will draw the winners live on Facebook Sunday evening! We also believe in honoring those who serve. Everyday, we offer 10% OFF items over \$30 (not marked FIRM) to our Every Yuesday is Senior Day, Featching that same wel with D. deserved discount. Whether you want to shop our regular hours (Tue-Sat 10-6, Sun 1-6) or you're a local vendor looking to rent space and grow with us, we can't wait to meet you. (404) 985-3655.

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- A 2025 Camano Island Top Agent in Properties Sold
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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.





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CAMALOCH **\$595,000**
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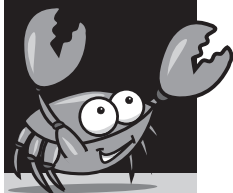
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Intuitive Tarot

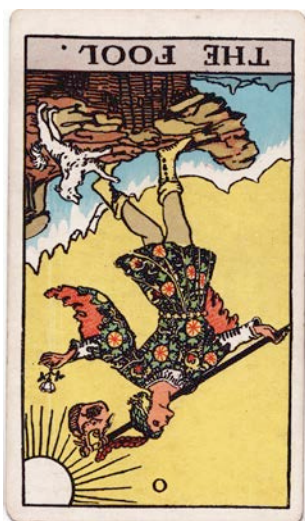
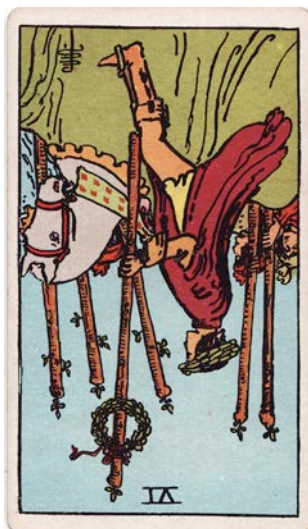


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INTUITIVE TAROT WITH TIFFANY



June 26th – July 2nd : Six of Wands Reversed. The horse's sassy side-eye smirks of knowing that when experiencing the upside down turn of a rapidly galloping rollercoaster, one may appear to be retreating backward in defeat toward the comforts of the past when, in truth, perspective is being shaken up while in forward progress, with yelps of glee ringing, often confused within the nervous system as a fearful lack of control. This week's card is celebratory and victorious; do not fall prey to despair if the path appears to backtrack upon itself. Climbing switchbacks upward along a mountain face also involves retracing your direction until the perspective of elevation shifts everything. Trust the path you've worked to align with, and against rationality, trust the horse. The year of the horse has known it's way home all along. You need only hold your vision of the intended destination of your journey.

July 3rd – July 9th : The Fool Reversed. Ahh forward facing once again with far reaching horizons offering variety in their clarity as you settle in to the novelty of these next steps. This week's card reversal reassures you that although there is much previously unknown about the territory you're carefully trekking through, requiring a potentially uncomfortable level of naïveté, you're not unprepared for this hike. You have all you need within you, alongside the resourcefulness to undertake any challenges you encounter. Trust you are accompanied even when the path feels lonesome or insurmountable, and maintaining the efforts to keep your temperament optimistically aloft levels any steepness to seem far more easily traversable. Give yourself permission to lean into musing on how you can look to the trail ahead as an adventure, and how you can infuse more childlike wonder and whimsy into each day this week.



Last Saturday of the Month

MAY - SEPTEMBER

9AM - 2PM

2026

SouthCamano930@gmail.com



Community Information



BUILD A BOAT WITH CAMA BEACH FOUNDATION!



Cama Beach Foundation kicks off summer with its weekly Toy Boat Building Workshop on Saturdays at Camano Island State Park from 10 a.m. to 2 p.m. located in the North Beach Picnic Area. First workshop begins Saturday, May 23. Follow the signs to our “shipyard” station (in the North Beach Picnic Area) and learn how to build a wooden toy boat. The best part? You get to bring it home as a souvenir! For safety, all children must be accompanied by a parent or guardian. Building materials and tools provided. \$5 suggested donation to the Cama Beach Foundation.





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Camano Commons

NATIONAL FRIED CHICKEN DAY



JULY 6

Community Information



DID YOU KNOW?

When we look at the costs, Americans spend over \$1 billion on fireworks every 4th of July.

STAY SAFE THIS FOURTH OF JULY

Hot weather, dry vegetation, and fireworks can be a recipe for disaster. This Fourth of July, take a few simple steps to keep yourself, your family and your friends safe while you celebrate. **BE HEAT SMART:** Drink plenty of water. Take breaks in the shade. Wear a hat and lightweight, loose-fitting clothes. Never leave pets or kids in a parked vehicle, even for a few minutes. Call 911 if you notice someone getting dizzy, weak, or nauseated - it could be heat exhaustion or heatstroke. **PREVENT FIRES:** Never leave a campfire unattended. Have a hose or bucket of water nearby when you have a campfire. Put your campfire completely out before leaving the area: Use Smokey Bear's drown, stir, drown, and feel method. Make sure tow chains are secure before you drive. Dragging tow chain can cause sparks when they hit the pavement. When it's dry, those sparks can ignite grass or dry vegetation along the road. Don't park on dry grass. The underside of your car gets very hot and can catch the grass on fire. **FOLLOW FIREWORK LAWS:** Island County regulates firework use on Camano Island. Fireworks are only legal for two days: July 3, from 9 a.m. to 11 p.m. and July 4, from 9 a.m. to midnight. Fireworks can start fires in seconds. Always have a hose nearby, and a bucket of water to drench and extinguish used fireworks. Don't hold fireworks in your hand. Don't shoot fireworks at other people, pets, houses, cars, or anything else that could burn or catch fire. **CALL 911 RIGHT AWAY** to report a fire, serious injury, or threats to life/property.

COMMUNITY MEAL - CAMANO

Presented by Island Senior Resources. 11:45 am - 12:30 pm at the Camano Center. By Donation. Every Monday, Wednesday and Friday except for Holidays. 606 Arrowhead Rd. Camano Island. All donations welcome! Dates and times of scheduled events are subject to change. It's always advisable to call to confirm. 360-321-1600.

MEALS 'TIL MONDAY

Stanwood Camano Food Bank is offering free, convenient, and kid-friendly grocery support for families with children age 0-18. Meals 'til Monday is available to families who reside in Stanwood and Camano Island, and will operate as a weekly text-based ordering model with easy curbside pickup at the Food Bank. Contact: scfoodbank@scfbs.org or 360-629-2789.



BAYLESS CONSTRUCTION GROUP

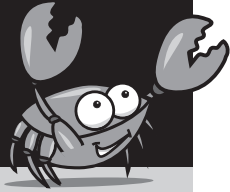
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Community Information



FREE HORNET HIVE REMOVAL



I will be offering my free services again to remove hornet hives from the Camano and Stanwood areas. The hornets are used to make venom immunotherapy. Help me save lives by giving me, Joel, a call at 509 987 7717. I remove the hornet without the use of any chemicals. I will be removing the hives until the end of July. Call Joel at 509-987-7717.

ADULT FUTSAL

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

There is still time to file your taxes!



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120 E George Hopper Rd, Suite 104, Burlington, WA
Office phone # 360-230-4061 • Cell phone # 509-679-5485
TLCUnlimitedServices.com

Community Information



DID YOU KNOW?

There are approximately 16,000 Independence Day fireworks displays that take place each year.

FREE SUMMER MEALS PROGRAM

plus extra grocery help through SunBucks. Summer meal programs help children get the nutrition they need to learn, play, and grow throughout the summer months. The Stanwood-Camano School District is again offering its free Summer Food Service Program for all children ages 18 and younger. The program is open to all families and doesn't ask for any paperwork — kids can just drop in and grab a meal. The meal will be offered Monday-Friday at the following location: Twin City Elementary (26211 72nd Ave. NW, Stanwood). Dates: June 29-August 21. Breakfast: 8:30-9:30 a.m. Lunch: 10:30 a.m.-12:15 p.m. The summer meal program will be offered Monday through Thursday at the following location: Stanwood High School (7400 272nd Ave. NW, Stanwood). Dates: July 27-August 20. Lunch: 10:30 a.m.-12:15 p.m. In addition to free summer meals, many families may qualify for SUN Bucks, a summer grocery benefit that provides \$120 per eligible school-aged child to help purchase food during the summer months. Benefits can be used at grocery stores, farmers markets, and other retailers that accept EBT.

TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS

Many of our local businesses offers weekly "events". Following are some of the locations that offer these "events" (that are typically free to participate) on a weekly basis: KARAOKE: Stanwood Hotel and Saloon - Fridays and Saturdays at 8pm. Conway's Pub & Eatery - Fridays at 7:30pm. Beauty Bar Salon + Lounge - Tuesdays at 8pm. Low Bar, 8630 271st St NW, Stanwood - Including live music - Thursdays at 7pm. TRIVIA: SAAL Brewing Company - Mondays at 6pm. Rockaway Bar & Grill - Mondays at 6pm. Pub 282 - Wednesdays at 7pm. BINGO: American Legion Hall (Camano Island) - Saturday at 6pm. Beauty Bar Salon + Lounge - Mondays at 8pm. Pub 282 at 7pm. BOARD GAME DAY: Noon-6pm at Scattered Deck Games, 8919 271st St NW, Stanwood. Stop in and play. Use some of our 300+ store copies or bring your own. Free event every Sunday. MAHJONG: Fridays at 2pm and Mondays at 3:30pm at Lincoln Hill Retirement Community. 7430 276th St NW, Stanwood. More info: (360) 629-7403.

BASKETBALL FREE PLAY FOR THE COMMUNITY

Every Friday at 795 Ell Rd., Camano. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome."

**MEYER
ART
FESTIVAL**

**08.29
2026**

TUES - 8PM
the brick road
downtown Stanwood, WA
live art, live music, makers market,
food trucks, beer garden, and so much more

Community Information



CO-ED ULTIMATE FRISBEE

Saturdays from 9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed pickup games in Stanwood. Whether you're a seasoned player or new to the sport, event is open to all.

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.

NO DISCOVER PASS REQUIRED ON THESE DAYS

Washington public land agencies have designated the days of 2026 when no Discover Pass is required to park at Washington state parks, or on land managed by the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife. The 2026 free days are: Aug. 9 – Smokey Bear's Birthday; Sept. 26 – National Public Lands Day; Oct. 10 – World Mental Health Day; Nov. 11 – Veterans Day. The annual Discover Pass is \$45 and provides unlimited day-use parking for everyone in the passholder's vehicle. The pass is valid for an entire year from the month it is purchased and can be transferred between two vehicles. Learn more and purchase yours here: <https://discoverpass.wa.gov>.

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Ask us about Bioidentical Hormone Pellet Therapy and other personalized hormone treatment options.

Community Information



DID YOU KNOW?

Only two men signed the Declaration of Independence on July 4th, 1776.

You can thank John Hancock and Charles Thompson for this one.

The rest of the delegates signed within the weeks that followed.

LOCAL FARM STANDS



Shop local and support our farmers. You can find produce, meats, artisan foods, baked goods, crafts, eggs, honey, soaps, and more at local farms and farm stands. The Crab Cracker has compiled this list to help you find one near you. PLEASE NOTE: Many locations do not operate 24/7. Please respect private property.

STANWOOD LOCATIONS:

Cookie Corral Bakery (5719 Norman Rd)
Creekside Roost Farm (72nd Ave and Pioneer Hwy)
Dacha Grown Farm Stand (31321 3rd Ave NE)
Farm Stand (103rd Dr NW and 272nd Place NW)
Farmhouse Flower Farm (29520 28th Ave NW)
Freedom Flowers (off Happy Valley)
Freshly Doug Vegetables (24008 Valde Rd)
Hazel Blue Acres (430 Hevly Road, Silvana)
Idlewild Blooms (3215 280th St NW)
Little Hands Farm Stand (18416 40th Ave NW)
Little Roots Ranch (7011 300th St NW)
Moonlight Farms (1500 276th St NW)
Morninglight Gardens (6618 Pioneer Hwy)
Our Legacy Fields Lavender Farm (27301 36th Ave NW)
Rainbow Possum Farm (20520 Frank Waters Rd)
Scarlet Sunrise Farms (3630 300th St NW)
Simple Produce (7910 Thomle Rd)
Stevens Homestead Farm Stand (30709 68th Ave NW)
Three Roots Farm (near Sunday Lake)
Village Roadside Farm Stand (4206 Village Rd)
Vine and Hen (930 Amy Place)
Warm Beach Farm Stand (18819 98th Ave NW)
West Willow Acres Farm Stand (29211 40th Ave NW)

CAMANO ISLAND LOCATIONS:

Arrowhead Ranch (615 Arrowhead Rd)
Black Dogs Harvest (920 Heichel Rd)
Blue Apple + White Rock Farm (27 N Can Ku Rd)
Camano Cookies (839 Margie Ann Dr)
Camano Creamery (382 Hampton Court)
Camano Farm Ashram (732 Haven Place and Camano Commons)
Eternity Farm (783 W Conklin Dr)
Evergreen Farm (2797 S Utopian Way)
Island Harvest Farm (825 Arrowhead Rd)
Kristoferson Farm (332 N. East Camano Drive)
Krogh Family Farmstand (end of Camano Hill Road)
Shoobox Baking Co. (Roberts Way)
South Camano Farm Stand (3905 S Camano Dr)

Keep Your Pets Safe!

The July 4th holiday is here and so are the fireworks. Almost all pet owners declare this day the worst day of the year for their pets. The Humane Society reports more lost dogs and cats on and around the 4th than any other time of the year.

Here are some tips for providing a safe July 4th for your Household:

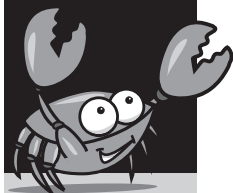
- **Exercise early** - make sure your dog gets plenty of exercise earlier in the day
- **Keep pets indoors** - keep your pets inside during fireworks, preferably with human companionship.
- **If it's hot** - air conditioning will help. Bringing your dogs to a fireworks display is never a good idea.
- **Crate or provide a safe place.** When scared of sounds they can't orient, dogs often prefer small enclosed areas.
- **Keep windows and curtains closed.** Covering the crate or lowering blinds can help calm pets.
- **Play music or turn on the TV** - give them something to listen to besides the fireworks.
- **ID tags or Microchips** - make sure your pets are wearing ID tags with a properly fitting collar.
- **Leave your dog something fun to do** - like a frozen Kong filled with his favorite treats.



The Country Store has many products to keep your pets calm during holidays, thunderstorms & more:

- Thundershirt
- Quiet Moments
- Happy Traveler
- Adaptec/Comfort Zone
- Feliway

Dining Guide



DID YOU KNOW?

The proper way to fold an American flag is in the shape of a triangle. The reason behind the triangular shape is so that it replicates the iconic “tri-cornered” hat that soldiers wore in the Continental Army during the Revolutionary War.

ACES BBQ (Stanwood) • (206) 465-4931
AMIGO MEXICAN RESTAURANT & LOUNGE (Stanwood) • (360) 629-5052
ARCADIAN PUBLIC HOUSE (Conway) • (206) 799-1179
BAKED CAFE (Camano Island) • (425) 530-3314 or (425) 232-5885
BEAUTY BAR SALON + LOUNGE (Stanwood) • (360) 629-2324
BEST BURGER HUT (Stanwood) • (360) 853-0067
BLUE HERON KITCHEN & BAR (Camano Island) • (360) 502-8700
CAMA BEACH CAFE (Camano Island) • (360) 387-3266
CAMANO THAI (Camano Island) • (360) 926-8688
CENTER CAFE (Stanwood) • (360) 629-7403
COASTAL VIE (Stanwood) • (360) 355-9541
CONWAY'S PUB & EATERY (Conway) • (360) 445-4733
COOKIE MILL (Stanwood) • (360) 629-2362
DOS REALES (Stanwood) • (360) 629-0822
DRAGON PALACE (Stanwood) • (360) 629-8106
DUCK IN CAFE (Stanwood) • (360) 629-3440
FARMERS CAFE – (Stanwood) • (360) 629-4953
GYRO STOP (Stanwood) • (360) 572-4175
IXTAPA MEXICAN RESTAURANT (Stanwood) • (360) 629-5228
JACK IN THE BOX (Stanwood) • (360) 629-2384
JIMMY'S PIZZA (Stanwood) • (360) 629-6565
JOHNNY'S BURGER STOP (Stanwood) • (360) 629-9427
JOURNEY'S END CAFE (Camano Island) • (360) 387-9120
LATINOS RESTAURANT (Stanwood) • (425) 308-6610
LITTLE CAESARS PIZZA (Stanwood) • (360) 629-6999
LOW BAR STANWOOD (Stanwood) • TBA
MAMMOTH BURGER COMPANY (Stanwood) • (360) 572-4500
MCDONALD'S (Stanwood) • (360) 629-9787
MIYAKO'S TERIYAKI & WOK (Stanwood) • (360) 629-4535
MUSTARD SEED BAKERY & CATERING (Stanwood) • (360) 572-2499
NAHA TERIYAKI (Stanwood) • (360) 629-0681
PADDLE PUB (Stanwood) • (360) 652-4156
PAPA MURPHY'S TAKE 'N' BAKE PIZZA (Stanwood) • (360) 629-3826
PAT'S THAI (Stanwood) • (360) 572-2381
PATINI'S GRILL (Stanwood) • (360) 629-0822 or 360-572-2981
PHOENIX PAVILION (Stanwood) • (360) 629-4662
PRIMAL BARBECUE (Camano Island) • (360) 572-2122
PUB 282 (Camano Island) • (360) 926-8960
PURE SMOKE BARBEQUE (Stanwood) • www.puresmokenw.com
RALIBERTO'S TACO SHOP (Stanwood) • (360) 629-2000
ROCKAWAY BAR & GRILL (Camano Island, at Camaloch) • 360-926-8920
SAAL BREWING CO. (Stanwood) • (360) 629-0102
SAHARA PIZZA (Stanwood) • (360) 629-6886
SASQUATCH SUBS (Stanwood) • (360) 610-2765
SEN - JAPANESE RESTAURANT (Stanwood) • (425) 765-4577
SPARTAN DRIVE IN (Stanwood) • (360) 629-8988
STANWOOD CAFE (Stanwood) • (360) 629-8427
STANWOOD CUPCAKES (Stanwood) • (360) 926-8241
STANWOOD GRILL (Stanwood) • (360) 629-5253
STANWOOD HOTEL & SALOON (Stanwood) • (360) 629-2888
STANWOOD THAI (Stanwood) • (360) 572-2200
STARBUCKS (Stanwood) • (360) 629-2701 • 629-5027 • 629-2500
STILL WATER LOUNGE (Stanwood)
SUB JOINT (Camano Island) • (360) 230-9611
SUBWAY (Camano Island) • (360) 631-5055
SUBWAY (Stanwood) • (360) 629-2678
TACO TIME (Stanwood) • (360) 629-5018
TAPPED CAMANO (Camano Island) • (360) 572-4986
THAI THAI KITCHEN (Stanwood) • (360) 629-0600
TWIN CITY LANES CAFE (Stanwood) • (360) 629-3001
VIVO ITALIAN BISTRO (Stanwood - COMING SOON) • (360) 629-2044
WAYNE'S CORNER CAFÉ (Stanwood) • (360) 939-2300
WILLOW & JIM'S COUNTRY CAFE (Silvana) • (360) 652-0372

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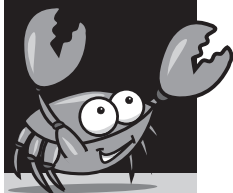
- *Decks*
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What is That?



A new column describing a local or native plant or animal in our area.

COASTAL BLACK GOOSEBERRY



(*Ribes divaricatum*), also known as Wild Black Gooseberry or Spreading Gooseberry, is a native, thorny shrub found in moist, low-elevation areas along the Pacific coast, including Camano Island. It thrives in open woods, along damp streambanks, and at the edge of forests. Where to Find it on Camano Island. While specific, publicly mapped spots for foraging on Camano Island are sparse, *Ribes divaricatum* is considered “widespread and common” along the West side of the Cascades in Washington. You are likely to find them in: Moist forest edges and damp hillsides: Look in naturalized areas, especially near water sources or in dappled shade. Camano Island State Park and Cama Beach State Park: These parks contain the damp woods and coastal bluffs favored by the species. Foraging Notes: The shrub grows 4–9 feet tall, featuring arching branches and 1–3 sharp spines at each node. The berries are small, smooth, and turn from green to a dark, purplish-black when ripe in July and August. What They Can Be Used For. The berries of the Coastal Black Gooseberry are considered some of the finest native berries in the PNW, with a sweet-tart, juicy flavor. Culinary Uses: Fresh Eating: Ripe black berries are pleasant to eat raw. Jams & Jellies: They have a high pectin content, making them ideal for jellies and jams. Baked Goods: Used in pies, tarts, cobblers, and muffins, often as a substitute for cranberries. Sauces & Beverages: They can be simmered into sauces (often paired with meat) or used to make syrup for cocktails or mocktails. Dried: Historically, berries were dried and pressed into cakes for winter, sometimes mixed with salal. Medicinal and Practical Uses: Traditional Medicine: Indigenous communities have used the inner bark and roots to make decoctions for treating sore throats, colds, and as an eyewash. Practical Tools: The long, sturdy thorns were used by the Nisqually and others as tools for tattooing and removing splinters. Landscaping: It is a valuable plant for wild landscapes and wildlife gardens, as the flowers attract hummingbirds and the shrub offers cover for birds. Caution: The plant is known for its sharp thorns; it is recommended to wear gloves when harvesting.

1ST HOUR

Severe bleeding can kill in under 5 minutes.



The average ambulance response time is 7–10 minutes.

That means... **YOU** are the first responder.

THE 4 STEPS THAT CAN SAVE A LIFE

STEP 1 FIND THE BLEED



Look for:

- Pooling blood
- Soaked clothing
- Continuous bleeding that won't stop

If it's heavy and fast — it's life-threatening.

STEP 2 APPLY DIRECT PRESSURE



Use anything:

Hands • Shirt • Towel

Press hard and steady directly on the wound.

Do **NOT** keep checking — maintain pressure.

STEP 3 USE A TOURNIQUET (IF NEEDED)



If bleeding doesn't stop:

- Place it 2–3 inches above the wound
- Tighten until bleeding stops
(*this will hurt — that's okay*)
- Do **NOT** loosen it once applied

STEP 4 HOLD UNTIL HELP ARRIVES



Stay with them. Keep pressure on.

Shock can happen fast — keep them **calm and still**.



**You don't need to be a medic.
You just need to know what works.**

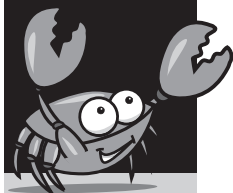
**Because when it happens...
there's no time to Google.**

**BE READY
BEFORE IT HAPPENS.
THE FIRST
HOUR
MATTERS MOST.**

1H 1ST HOUR

Be ready before it happens.

Longevity Lens



A column about longevity and aging well.

Dr. Maria Cayabyab ("Dr. Maz") is a board-certified OB-GYN, a functional medicine practitioner, and medical director at Kirra Health.

THE REAL GOAL OF HORMONE THERAPY



One of the biggest misconceptions about hormone therapy is that it's simply about replacing hormones. In reality, the goal is much bigger than that. The goal is helping people maintain their energy, strength, vitality, sleep, mental clarity, and quality of life as they age. Many women and men notice changes in midlife that seem to appear gradually and then all at once. Energy declines. Recovery takes longer. Sleep becomes less restorative. Muscle becomes harder to maintain. Libido changes. The body simply doesn't feel as resilient as it once did. While these changes are common, they shouldn't automatically be dismissed as "just aging." For some individuals, changing hormone levels may contribute to these symptoms, and hormone therapy may be one tool within a broader healthy aging strategy.

Hormones can be delivered in several ways, including patches, creams, gels, oral medications, injections, and pellets. Each has advantages, limitations, and situations where it may be appropriate. Hormone pellets are tiny implants inserted beneath the skin during a brief office procedure. They are designed to provide a continuous, gradual release of hormones over several months. Many patients appreciate the convenience of not having to manage daily creams, patches, or medications. At the same time, pellets are not the right choice for everyone. Because they dissolve gradually over several months, dosage adjustments cannot be made as quickly as with some other delivery methods. Successful treatment requires careful patient selection, appropriate dosing, and ongoing monitoring.

The most important question isn't which therapy is best—it's which option best fits your symptoms, goals, lifestyle, and medical history. For more insights, visit kirrahealth.com/blog.

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COLD WATER SAFETY



SPRING WATER CONDITIONS

Periods of warm weather in the spring and early summer cause snowmelt to increase, causing rivers to run faster and colder than later in the summer.

DANGERS OF COLD WATER

Cold water drains body heat up to 25 times faster than cold air. It only takes water as cold as 60°F to cause dangerous physiological responses, even for confident swimmers in calm water.

COLD WATER PREPAREDNESS

Always wear a life jacket in and around water and dress for water temperature, not air temperature. Keep a close eye on children and pets near water. Know the signs of cold shock (involuntary gasping & rapid breathing) which drastically increases the risk of drowning.



**THE AIR MAY BE HOT
BUT THE WATER IS COLD**



weather.gov/safety



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DON'T BE
INSANE!

SAVE
your
BRAIN!

Did you know...

Bicycle helmets have been shown to reduce the risk of head injury and the risk of brain injury

75% of bicycle-related fatalities among children could be prevented with a bicycle helmet

Children ages 10-14 are at a greater risk for traumatic brain injury because helmet use declines as children age



CASA'S PET OF THE WEEK:

FRANKIE is still waiting for his forever home. In the meantime, he's luckily been in foster with an amazing trainer who is working with him on his anxieties and reactivities. Frankie is INCREDIBLY sweet and is such a lovable guy who absolutely adores people. One of the many great things about Frankie is he is potty trained and knows basic commands such as sit and stay! He is such a smart, loyal boy who just wants to please his owner.

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



NOAH'S PET OF THE WEEK:

Hello, my name is **LEO!** I am very timid and shy when you first meet me, but I do love treats and slowly come out of my shell with time and patience. If you are interested in meeting me, please come to The NOAH Center and speak with a Matchmaker. !

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



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

FREYJA is a loving, goofy, and loyal girl who truly lives for her people. Shes what I like to call a Velcro dog - she wants to be by your side as much as possible, whether thats cuddling on the couch, following you around the house, or joining you on your daily adventures. She is playful, affectionate, and full of heart. **FIRST STEPS:** Visit www.save-a-mutt.org/adoption-application/ to fill out an application.

Save-A-Mutt (Silvana, WA):
www.petfinder.com - Search "Silvana, WA"

ARROWHEAD GROOVES OUTDOOR CONCERT SERIES PRESENTS:

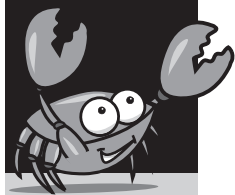


Eagles
TRIBUTE

AND OTHER REAL. AMERICAN. MUSIC.

August 22, 2026 | 1:00 PM - 5:00 PM



AMERICAN FLAG FRUIT TRAY

A fun and easy patriotic fruit platter for 4th of July! Cookingmamas.com



INGREDIENTS: 1 lb. cherries; 1 lb. strawberries cut in 1/2; 1 pint raspberries; 1 pint blueberries; 3 (5 oz.) bags Flipz white fudge covered pretzels

INSTRUCTIONS: Start with a rectangular shaped tray. Fill a small bowl with blueberries and place in the upper left corner. Add a horizontal row of cherries, then a row of white chocolate or yogurt covered pretzels, followed by a row of strawberries, another row of pretzels, and a row of raspberries to complete your flag. Serve and enjoy!

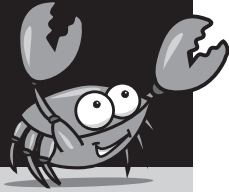
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If you are already working with an agent, this is not meant as a solicitation for that business.

Classes and Workshops



DID YOU KNOW?

The 50th star was added to the American flag on July 4, 1960.

It symbolized Hawaii's admission as the U.S.'s 50th state.

Zumba classes on Camano with Jennifer Anderson. Mondays @ 5:30pm at the South Camano Grange. By donation, sugg: \$10. Tuesdays & Thursdays @ 5:30pm at the Camano Country Club. \$10 or FREE for clubhouse members. No class on the 3rd Tuesday of the month.

Full of Words: A 10-Week Women's Writing Circle (Free at the Camano Island Library, Aug 5 - Oct 14). Registration is required. If you have questions or would like to register please email the facilitator, (Joyce) at fact@msdeadlines.com.

Heritage Park Introductory to Pickleball Classes! Have some fun, exercise and meet new friends on the Pickleball courts in Stanwood. These free Introductory classes are for new players only. Limit 12 players per session (on a first reserved basis). All players must be 18 or older please. Tennis shoes required. Protective eyewear highly recommended. Pickleball paddles will be provided if you don't have one. Only a few classes remaining. Introductory Lesson (attend one) *Saturday, July 11: 11am – 1pm *Tuesday, August 4: 6pm – 8pm HOW TO SIGN UP FOR INTRODUCTORY LESSONS: Visit <https://www.camanopickleball.com/heritagepark> and select the date(s) of the session(s) you wish to attend. (Limit one beginner lesson per person.)

Health & Wealth Mondays Every Monday 5:30-7pm at the South Camano Grange. Presented by Evergreen Farm. We host rotating classes including crafts, history of the grange talks, financial health information classes, AI and technology classes, wellness checks like blood sugar testing, sourdough starter classes and more! Suggested donation recommendations for these classes vary by topic.

Chair Yoga at Lincoln Hill Retirement Community. Lower stress, reduce risk of heart disease, more stable blood sugar, less back and arthritis pain, sharper memory, reduce anxiety and depression, sleep better, feel happier and weight loss. Come join us on Tuesday and Thursday mornings at 10am in our exercise room.

Free ladies exercise class Tuesdays and Thursdays from 9-9:45 at Camano Chapel followed by a short encouragement message. Please come join us! camanochapel.org/connect for more information.

Guitar Lessons with Ford Geisbrecht. All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. Serving Camano/Stanwood since 2002. 360-631-0661.

SUMMER READING
JUNE 1 - AUG. 31

KICK OFF

A SUMMER OF READING

READ WITH US & JOIN FUN EVENTS!

SNO-ISLE LIBRARIES

sno-isle.org/summer-reading

Classes and Workshops



Private Music Lessons (in-home or in-studio): piano, guitar, sax, clarinet, flute, voice; ages 5 and up; all skill levels. Personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions. Book a free 30-minute lesson: HartMusicSchool.com/free-trial. (Music teachers apply here: HartMusicSchool.com/apply-to-teach).

Free Macbook and iPad / iPhone Tutoring 3 / 30-minute sessions in the Camano Center Library (1pm, 1:30pm, 2pm) the second and fourth Thursdays of each month. Sign up at fact@msdeadlines.com

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 subscription websites and records. Contact us at camano@familyhistorymail.org.

Movement Arts Yoga Classes In-studio & Online. ONLINE 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.

Karate & self-defense mini camps, ages 6+! NW School of Martial Arts located @Stanwood Masonic Lodge. 12-4 pm, \$40/child per date: 6/30, 7/14, 7/28, 8/11, 8/25. Email nwschoolofmartialarts@gmail.com to get your registration link!



SAVE CAMA BEACH CABINS

Do you miss having the cabins open and seeing visitors excited about the park, Camano Island, and Stanwood? Does your business miss the income from tourists? Does your family miss the fun educational events at the park? There is a new group forming to reopen the cabins.

Save Cama Beach Cabins group is asking the Washington State Legislature for funding to repair the septic and water systems so the cabins can be used again. A website with more information will be available soon. They need your help to contact the Governor and your State Legislators to urge their support for this effort so the Cama Beach cabins can be reopened for all of us.

Governor's office: 360-902-4111
Representative Clyde Shavers: 360-786-7884
Representative Dave Paul: 360-786-7914
Senator Ron Muzzall: 360-786-7618

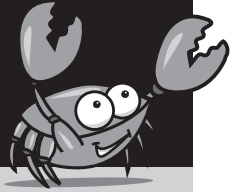
Thank you for your help! Watch the Crab Cracker and/or go to our website for more info.

SaveCamaBeachCabins.org / info@savecamabeachcabins.org

Photos and Art



4th of July display at Ladders Clothing Co., Stanwood.



DID YOU KNOW?

Former President Barack Obama's older daughter was born on the 4th of July. Malia Obama was born on July 4, 1998.



4th of July fireworks photo by Jon Sullivan.



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Classified Listings



CRABBY COMMENT:

"Thanks for keeping us all connected, informed, humored, and aware of all that our wonderful community offers. In every issue I find new things to do, new people and places to visit, and great ways to volunteer in the Stanwood/Camano area because of your Crab Cracker!"

- Gaylen Brule-Link

FOR SALE:

Items for Sale: Double Ocean Kayak Used once. \$975.00. 4 - 17" tires like new \$ 40.00 ea. Captain Beds: Solid Wood Made in Gig Harbor Knotty Pine (6 draws Beautiful) \$350.00 each. Great for kids or guest rooms - will send photos. Email sandi.lindbeck@icloud.com.

Brooks Addiction Walker Shoes, Women's 9.5 (B) Medium—one V-Strap and one Lace-Up. White Leather, Brand New in Box. Exceptional cushioning and support. \$60 each. Call/text 360-333-7596.

Air Conditioner - Friedrich ZHP14DB Portable 4-in-1 Heat/Cool Unit with Wi-Fi, Window Kit, Hoses, and Accessories. Quiet, efficient, Excellent Shape, Plug-In Ready. \$260. Call/text 360-333-7596.

Women's motorcycle gear: Tourmaster Trinity boots 9.5 \$60, Bell Pit Boss XS/S helmet \$40, Olympia AG5 jacket M \$80, Firstgear overpants sz 14 \$70. Like new. Call/text 360-333-7596.

MISCELLANEOUS:

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

For Sale: Multifamily properties on Camano for investors or short-term rental opportunities. Please contact Glenda Fabrizio; Windermere Real Estate Co., Glenda@windermere.com, (206) 228-6312

PROFESSIONAL SERVICES:

I'm looking for remote work in copywriting and business newsletters. My background also includes strategic communications, customer success, project management, and strategy consultations. Tiffany FitzPatrick, 812.251.4604, tiffanyfitzpatrickco@gmail.com.

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.

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. windermere-stanwoodcamano.com.

Clubs and Meetings



DID YOU KNOW?

Joey Chestnut currently holds the title of hot dog-eating world champion after setting the new record at Nathan's. He ate a record-breaking 76 hot dogs and buns in the 2021 competition.

Camano Island Quilters – Meet the first Wednesday of every month September through June from 10-12 noon at the Stanwood United Methodist Church – 27128 102nd Drive NW, Stanwood. Visit our website for more info: camanoislandquilters.wildapricot.org/

Neurodivergent Playgroup Please join us at the Stanwood Co-op Preschool every 2nd Mon of the month from 1–3 p.m. Free and open to the community, siblings welcome! Location: 27027 102nd Dr NW, Stanwood Info: (360) 629-3155 admin@stanwoodpreschool.org

Rainy Day Room Playgroup Free weekly play group 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.

Dottie's Nature Play is for ages 0-5 and their caregivers on Thursdays from 10:30-11:30am at Community Resource Center of Stanwood Camano (across from Stanwood Library). This outdoor playgroup is all about hands-on discovery, sensory-rich experiences, and letting curiosity lead the way. Come dressed for the weather and ready for adventure!

Kaleidoscope Play & Learn a FREE play group for 0-5 years and their grown ups. A variety of developmental activities that promote early learning. Inclusive of all young children, languages, and cultures. RSVP at www.crc-sc.org/events.

Meditation group at 1pm at Lincoln Hill Retirement Community. Meditation has many benefits including reduced stress, lower anxiety, improved sleep quality, and better emotional regulation.

Camano Island Jeep Club: Do you own a Jeep? Would you like to meet others who share their interest in Jeeping? We are a friendly group of mostly locals. We hold a monthly meeting the 3rd Saturday at the Camano Island American Legion Post #207 located at: 609 W Camano Drive, Camano. Meeting starts at 9:30 am. Come early!!

Community Open Sew 2nd Monday of the month with Camano Island Quilters. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public. Want to sew with others, need help on a project? We are here to help you. Bring your sewing machine, a project, and basic tools for an afternoon of fun!

Camano Island Women's Republican Club – Join us for a potluck and conversation about policies, politics and interesting speakers that affect the Stanwood/Camano Island communities. The club meets on the 4th Tuesday of every month at The Chalet at Camaloch, 358 Camaloch Drive at 12 noon sharp. www.CIWRC.com

Stanwood / Camano Coin Club Meets the 4th Monday of each month at Island County Multipurpose room: 141 SE Camano Dr, Camano. This club offers collecting opportunity, education and mentoring to all ages. Buy - Sell - Trade - Learn.

Silvana Serinity Al-anon family group meets Wednesdays, 10 am, at Peace Lutheran church in Silvana. More info: 425-367-1776.

Clubs and Meetings



DID YOU KNOW?

Edward Rutledge was the youngest person to sign the Declaration of Independence. The man was just 26 years old when he helped shaped history! (The average age of signing members was about 45 years old.)

Parkinson's Support Group located at Lincoln Hill Retirement Community can provide essential emotional support, reduce isolation, and offer practical, firsthand knowledge to help patients and caregivers navigate by connecting with others who truly understand the daily challenges of the disease. It meets every 2nd Monday of each month at 10:45am in the Center Hall.

Caregivers Support Group meets at 10am Lincoln Hill Retirement Community. (meets first Tuesday of each month). Come meet and talk to others participating in the care of a loved one. This group meets at 10am. Open to the community.

Caregiver Cafe: First Thursday of the month. Calling all caregivers of kiddos aged 0-5! Start your day with breakfast at the AM Breakfast Caregiver Cafe at 10am at the Stanwood Camano Community Resource Center, across from Stanwood library. Adults only. Childcare provided as space allows. The Caregiver Cafe is a FREE, family centered, parent led program. During the sessions, we offer free on-site childcare so parents can relax, connect with others, share experiences, and engage in meaningful conversations in a supportive community. Space is limited, so be sure to RSVP on our website today! <https://www.crc-sc.org/events>.

Are you or your loved ones suffering from depression or anxiety? There is hope! The Nedley Depression & Anxiety Recovery Program is an evidence-based community education course designed to provide the tools, support, and practical interventions needed to overcome depression and anxiety and achieve optimal mental health. Questions? Call/Text 425-870-1006.

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: SUNDAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; "One Day at a Time," Lincoln Hill Retirement Community, 7430 276th ST NW, Stanwood, 6:30 pm (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 and additional Al-Anon meetings in Northern Snohomish County call 360-618-0464 or go to <https://district28alanon.com>

Interested in joining Camano Island Quilters? We would love to meet you, stop by, and/or check us out on our website at <https://Camanoislandquilters.wildapricot.org>.

The Stanwood VFW Post 12228 meets the 2nd Tuesday of every month at 6 p.m. Meetings are held in the American Legion Frank Hancock Post 92 building next to CVS Pharmacy.

View from the Bleachers



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

A SURVIVAL GUIDE FOR COPING WITH AIRLINE TRAVEL

When Orville Wright first took flight over the beaches of Kitty Hawk, NC in 1903, he couldn't have imagined that a century later, millions of people the world over would be getting into shouting matches with ticket agents, security screeners and baggage handlers over the nearly universal frustration caused by his invention. Thanks for the 12-inch gash in the side of my brand new suitcase, Orville.

The first rule of air travel is simple: Don't fly if you can possibly avoid it. But sometimes air travel is unavoidable. If you simply must book a flight, here are a few helpful tips to reduce your stress level. These just might help you resist your urge to strangle the Delta Airlines ticket agent in Concourse C.

Packing: If you absolutely must fly I recommend packing light, so that you can fit everything into a carry-on and avoid the delay of waiting for your luggage at baggage claim on your arrival. It may force you to make some difficult decisions – like which to leave home: your sun lamp or your snow cone machine. Hard choices, I know.

If packing for a longer trip, a carry-on might not always be an option. You may need a larger suitcase. By FAA guidelines, your luggage can only be one of five colors: black, grey, blackish grey, greyish black or navy blue. It's easy to mistake your bag for someone else's, so make sure it stands out by attaching a brightly colored neon orange strap securely to the handle. Once the luggage comes down the carousel, your bag will be easy to spot. Yours will be the one missing the brightly colored neon orange strap – as well as its handle.

Boarding: For many of us, the most exhausting part of air travel is waiting in all those long lines. When going through TSA Security, you will usually have several lines to choose from. It's important to know which is the slowest. Here's a simple rule of thumb: The slowest line will be whichever one you decided to get in.

Your line will inevitably be the one stalled by the traveler who barely speaks English embroiled in a twenty-minute heated debate with the TSA agent (who also barely speaks English) arguing that the army surplus bowie knife he tried to sneak through is a gift for his seven-year-old niece. Just accept your fate and just pick a random line. Then start taking off your shoes, socks, belt, overcoat, shirt, slacks, and underwear for the TSA screener. But leave your glasses on – unless they're your night vision goggles.

As you board the plane, it's important to be patient. The time it takes to reach your seat will vary between ten minutes and a week-and-a-half. The delay is typically caused by some 350-pound dude in camo pants and mullet haircut who will spend 15 minutes trying unsuccessfully to cram a carry-on the size of a small bison into the overhead rack.

The flight: To get a good seat, you need to book far in advance. But because you foolishly booked only 11 months before your departure date, congratulations, you got the last row on the plane. If your luck

View from the Bleachers



is like mine, you'll be seated in a middle seat right in front of the restroom, between that same 350-pound mullet head in camo pants and a 21-year-old first-time mom with her five-month-old baby on her lap. Your best bet is to get heavily sedated. And just pray you fall unconscious before the baby throws up on your lap.

Baggage claim: Upon arrival, head directly to baggage claim. Notice how it's been an hour and now the only bag revolving around the carousel is a black bag with a brightly colored neon orange strap – which oddly enough is not your bag. At this point, I recommend spewing a series of loud obscenities interspersed with the name of whatever airline you swear you'll never fly again.

Go to the lost luggage desk, where you will see a sign that reads "On break. Back in one hour." When he eventually returns, he'll display as much concern for locating your lost luggage as he has about Norwegian currency fluctuations.

You'll eventually be informed your luggage, which was supposed to arrive in Savannah, GA (airport code SAV) was misrouted to an airport with a similar airport code – Savoonga, Alaska (airport code SVA). If all of this still sounds like a bit too much excitement, there is one other way to take the hassle out of flying. Next time, take the train.

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

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TIDE TABLES / SARATOGA PASSAGE / JUNE 26 - JULY 9, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 26	High	1:54 AM	10.7	☉
26	Low	9:28 AM	-0.8	
26	High	5:23 PM	10.3	
26	Low	9:33 PM	8.0	
Sa 27	High	2:33 AM	10.5	☉
27	Low	10:06 AM	-1.3	
27	High	6:06 PM	10.9	
27	Low	10:29 PM	8.1	
Su 28	High	3:13 AM	10.4	☉
28	Low	10:43 AM	-1.7	
28	High	6:43 PM	11.3	
28	Low	11:20 PM	8.0	
M 29	High	3:53 AM	10.2	☉
29	Low	11:21 AM	-1.9	
29	High	7:16 PM	11.6	
Tu 30	Low	12:07 AM	7.8	
30	High	4:33 AM	9.9	
30	Low	11:58 AM	-2.0	
30	High	7:46 PM	11.8	
W 1	Low	12:51 AM	7.6	☉
1	High	5:14 AM	9.6	
1	Low	12:35 PM	-2.0	
1	High	8:15 PM	11.9	
Th 2	Low	1:34 AM	7.2	☉
2	High	5:57 AM	9.2	
2	Low	1:10 PM	-1.6	
2	High	8:42 PM	11.9	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 3	Low	2:18 AM	6.8	☉
3	High	6:42 AM	8.8	
3	Low	1:46 PM	-1.0	
3	High	9:10 PM	11.9	
Sa 4	Low	3:04 AM	6.2	☉
4	High	7:31 AM	8.2	
4	Low	2:22 PM	-0.1	
4	High	9:37 PM	11.8	
Su 5	Low	3:52 AM	5.4	☉
5	High	8:28 AM	7.7	
5	Low	3:00 PM	1.1	
5	High	10:05 PM	11.7	
M 6	Low	4:39 AM	4.3	☾
6	High	9:41 AM	7.3	
6	Low	3:44 PM	2.5	
6	High	10:34 PM	11.6	
Tu 7	Low	5:26 AM	3.1	☾
7	High	11:05 AM	7.3	
7	Low	4:34 PM	4.1	
7	High	11:06 PM	11.5	
W 8	Low	6:14 AM	1.7	☾
8	High	12:40 PM	7.7	
8	Low	5:32 PM	5.6	
8	High	11:41 PM	11.4	
Th 9	Low	7:05 AM	0.3	☾
9	High	2:27 PM	8.7	
9	Low	6:40 PM	7.0	
9	High	11:41 PM	11.4	



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