

ISSUE 424  
Feb. 20 - Mar. 5, 2026

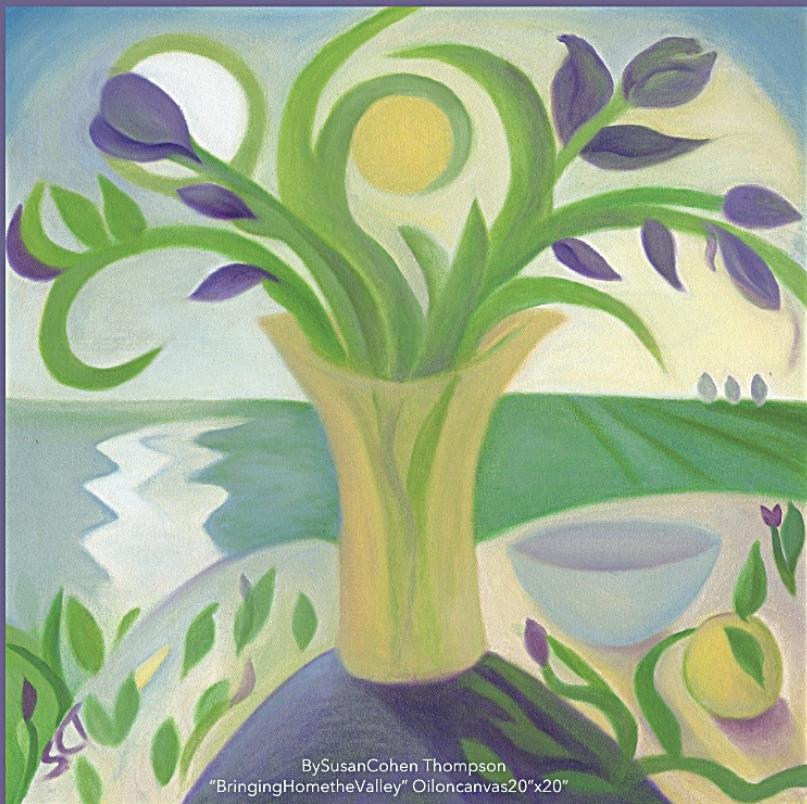
# THE CRAB CRACKER

COMMUNITY MAGAZINE



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

2026 | CAA PRESENTS the 27TH ANNUAL  
**CAMANO ISLAND  
STUDIO TOUR**



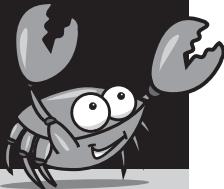
By Susan Cohen Thompson  
"Bringing Home the Valley" Oil on canvas 20" x 20"

Mother's Day Weekend  
**MAY 8-9-10**  
10am - 5pm

Encore Weekend  
**MAY 16-17**  
10am - 5pm

[camanostudiotour.com](http://camanostudiotour.com)

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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: Snow goose painting by Holly Stafford.  
Poster image of the 2026 Snow Goose and Birding Festival.*



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James and Malynda Shipley, owners, proprietors  
**[thecrab@thecrabcanner.com](mailto:thecrab@thecrabcanner.com) or 425-299-7892 / 425-299-7893**  
**P.O. Box 2535, Stanwood, WA 98292 • [www.thecrabcanner.com](http://www.thecrabcanner.com)**

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**Submission DEADLINE: FEBRUARY 26 for Next Edition (March 6-19)**

# Calendar of Events



FRIDAY, FEBRUARY 20  
**NORTH SOUND THROWDOWN YOUTH GROUP  
DODGEBALL TOURNAMENT**



at Camano Chapel. All church high school groups invited to compete. Check In: 4:30 pm. Dodgeball begins: 5:00 pm. Food: 6:00 pm. \$10 per team member covers food and tournament fee. Students in 9th-12th Grade. Grand Prize: Winner gets the bragging rights and the trophy for the year. Food & Raffle throughout the night for high school attendees! Up to 10 per team. 6 on the court, at least 1 female MUST be on each team and on the court. More info: [bostee@camanochapel.org](mailto:bostee@camanochapel.org) or [tristanfrank@camanochapel.org](mailto:tristanfrank@camanochapel.org)

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[mshipley@atthebeachrealestate.net](mailto:mshipley@atthebeachrealestate.net)

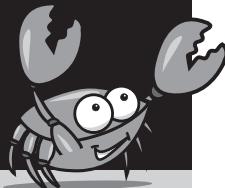
[onereal.com/malynda-shipley](http://onereal.com/malynda-shipley)

real

REAL Broker LLC



# Calendar of Events



FRIDAY, FEBRUARY 20

## CLOTHING GIVEAWAY

9am-noon at Community Resource Center in Stanwood. Need clothes? We've got you covered! Join us for a free clothing giveaway with items for children and adults. No registration required. No cost - everything is FREE.

FRIDAY, FEBRUARY 20

## TEEN LATE NIGHT

7-10pm at Stanwood YMCA. Ready for an evening of fun? Teens grades 6-13 can come enjoy games in the Teen Center, sports on the courts, and swimming in the pool-with the WiBit available too! Pizza will be provided and YMCA membership is not required. Sign up through <https://snoco.recliquecore.com/programs/1066/late-night/>

FRIDAY, FEBRUARY 20

## FREE TRIAL FRIDAY

Event by Northwest School of Martial Arts. 4:30-5pm at 27205 102nd Ave NW, Stanwood. Want to try karate? Drop in for a free trial session! 4:30-5 pm, ages 6+. We build confidence, leadership, and social skills through martial arts training. Great for kids who love individual achievement, but still want to be part of the group!

## STRONG LOOKS GOOD ON YOU.

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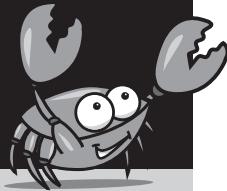
Fat

on average

 **kirra**  
HEALTH

**EMSCULPT**<sup>®</sup> is the only non-invasive treatment that combines HIFEM<sup>®</sup> technology for muscle building and strengthening with synchronized RF heating to target and eliminate stubborn fat.

# Calendar of Events



## DID YOU KNOW?

Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.

FRIDAY, FEBRUARY 20

## HOMESCHOOL HANGOUT

11:00am-12:15pm at the Camano Island Library. Connect with other homeschooling families while exploring the various online homework resources offered by Sno-Isle Libraries. Resources are for K-12 students.

FRIDAY-SATURDAY, FEBRUARY 20-21

## THE LION, THE WITCH, AND THE WARDROBE



Stanwood Camano Christian Homeschool Coop presents The Lion, the Witch and the Wardrobe - A Play by Joseph Robinette - Based on the Story by C.S. Lewis. Performed by a cast of 31 students. Directed by Emily Fontes and Megan Nichols. Two show times: Friday at 6pm, Saturday at 1pm. Location: Cedarhome Baptist Church, 29000 68th Ave NW, Stanwood. Tickets by donation at the door.

SATURDAY, FEBRUARY 21

## THE MARK DUFRESNE BAND

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. Get ready, Lakebay! The Mark DuFresne Band is bringing their powerhouse blues and soulful grooves to Pub 282! An electrifying night of killer vocals, harmonica magic, and high-energy rhythm that'll get you on your feet. One night only — you'll want to be there!

Third Friday in February is



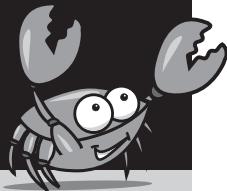
**NATIONAL**  
— CAREGIVERS DAY —

**February 20**



**World Day of Social Justice**

# Calendar of Events



## DID YOU KNOW?

Some lipsticks  
contain fish  
scales.

SATURDAY, FEBRUARY 21

## CABAM! CAMANO AREA BLUEGRASS JAM + DINNER + OPEN MIC



Come and join the Jam & enjoy some smokin' bluegrass at the South Camano Grange. Banjos, mandos, guitars, fiddles, dobros and a bass or two. It's all here. All we need is YOU! Old timers and newbies alike as well as listeners, get on down here! 3:00 pm - Bluegrass Jam Free admission. 5:30 pm - Dinner (Optional - Donation, proceeds to South Camano Grange). 6:15-ish pm - Open Mic (sign up before dinner!) Free admission.

SATURDAY, FEBRUARY 21

## GRIEF TO GRATITUDE - STORIED PASTS

11:00 AM - 12:30 PM at the Camano Library. The loss of a loved one is one of life's most common human experiences. "Grief to Gratitude - Storied Past" is a unique free program that creates the space for you to share and celebrate that reality. Come and share an uplifting story (or two) about your lost loved one to inspire joy, reflection and gratitude. Program facilitated by Danny Koffman, artist and author of books focusing on caregiving with a smile and a topspin of love. Questions: 360.348.6277. Camano Library, 848 N. Sunrise Blvd

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library



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[sno-isle.org/GetACard](http://sno-isle.org/GetACard)



**SNO-ISLE LIBRARIES**

# 2027 CALENDAR PHOTO CONTEST



Photo by Maribeth Crandell



PHOTOS DUE MAY 4, 2026

Celebrate the beauty of these islands with your best outdoor snapshots! Submit your photos for a chance to be featured in the 2027 Land Trust Calendar. Share nature through your lens!

## CONTEST GUIDELINES

- Deadline to submit photos is **MAY 4, 2026**.
- Each photographer may submit up to **FIVE** photos.
- All photographs must be taken outdoors on **Whidbey or Camano Islands**; however, they don't have to be taken at a property protected by the Land Trust.

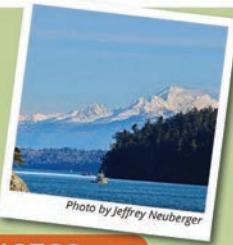


Photo by Jeffrey Neuberger



Photo by Jennifer Holmes

## SUBMIT PHOTOS

- Read the complete contest details online at [www.wclt.org/photo-contest](http://www.wclt.org/photo-contest).
- Email photos and/or questions to [wcltphotocontest@gmail.com](mailto:wcltphotocontest@gmail.com).
- Include in your email: First and last name, mailing address, phone number and email address.



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# Calendar of Events



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online at

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

or on  
**Facebook.**

Download  
current or past  
editions.

SATURDAY, FEBRUARY 21

## OVENELL PARK GREENHOUSE OPENING

Come join Puget Sound Public Farms at Ovenell Park (10521 Saratoga Dr) from 10:00 to 11:00 to celebrate the opening of their community greenhouse! We will talk about how to access the space, how to get involved with the community garden, and our future plans. Please wear water resistant shoes and weather appropriate clothing. Please RSVP by contacting Andrew Davis at andrewd.pspf@gmail.com

SATURDAY, FEBRUARY 21

## HOOLIGANS

performing live at 6pm at Conway's Pub and Eatery, 18611 Main St., Conway.

SATURDAY, FEBRUARY 21

## HARVEST THE RAIN: HOW TO BUILD YOUR OWN RAIN BARREL

2-3 pm at the Camano Island Library. Scott Chase will demonstrate how to harvest the rain to provide your indoor and outdoor plants with naturally soft water. Learn what materials are needed, where to get them, and how to make your own barrel at a fraction of the cost of buying one. Program is Free, No Pre-Registration Required.

SUNDAY, FEBRUARY 22

## SINGER SONGWRITER SHOWCASE

4 PM - Arcadian Public House. Stewart Woods brings his Singer Songwriter Showcase to the Arcadian Public House. This round will be featuring: - Chad Henry - Donald Orton - Joshua Red Uttech - Savanna Woods - Stewart Woods.

SUNDAY, FEBRUARY 22

## BOARD GAME DAY

Noon-6pm at Scattered Deck Games, 8919 271st St Nw, Stanwood. All Board Games! All Day! Stop on in and play. Use some of our 300+ store copies or bring your own. Free event Every Sunday. Outside food welcome. Come play with us.



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

**Yoga and Pilates**

[movementarts.com](http://movementarts.com)



MOVEMENT ARTS

360-629-9100

Camano Commons

# Calendar of Events



## DID YOU KNOW?

Rubber bands  
last longer  
when  
refrigerated.

## SUNDAY, FEBRUARY 22 ESPRIT JOYEUX MUSIC ENSEMBLE RECITAL



You are cordially invited to a winter recital featuring Gretchen Pigott, Mandy Walter-Whitaker, & SCAF's Natalie Hagglund. Come enjoy a variety of classical and contemporary works for flute, oboe, & piano. 2pm at St. Aidan's Episcopal Church, 1318 SR 532, Camano Island. Free event! Voluntary donations gratefully accepted to benefit Stanwood Camano Area Foundation.

## MONDAY, FEBRUARY 23

### A MONDAY NIGHT OF FOLK MUSIC

featuring: Cascade Cody + Mike Frazier + Dani-Rae Clark + Richard Gans at 7 PM - Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$5 This show will be held upstairs and the downstairs Lobby Bar will be closed. - 21+ only - outside food permitted.

## MONDAY, FEBRUARY 23

### GRIEF TO GRATITUDE - STORIED PASTS

10:00 AM - 11:30 AM at the Camano Center. The loss of a loved one is one of life's most common human experiences. "Grief to Gratitude - Storied Pasts" is a unique free program that creates the space for you to share and celebrate that reality. Come and share an uplifting story (or two) about your lost loved one to inspire joy, reflection and gratitude. Program facilitated by Danny Koffman, artist and author of books focusing on caregiving with a smile and a topspin of love. Questions: 360.348.6277. Camano Center, 606 Arrowhead Road

The logo for Bayless Construction Group. It features a large orange 'B' and a black 'C' that forms a circular arrow. Below the letters, the text "BAYLESS CONSTRUCTION GROUP" is written in a smaller, sans-serif font. Underneath that, the words "Local and Family Owned" are also in a smaller font.

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# Calendar of Events



## DID YOU KNOW?

There are 293 ways to make change for a dollar.

MONDAY, FEBRUARY 23

## THE LOSSES WE CARRY AND THE COURAGE TO KEEP GROWING - A CONVERSATION ABOUT AGING



1:30 pm -2:30 pm at the Camano Center, 606 Arrowhead Rd., Camano Island. Aging brings change—and with it, losses that are often unspoken. In this compassionate presentation, Dr. Katie Eastman, licensed psychotherapist, Master Grief & Transition Coach, and author of *Uplifting: Inspiring Stories of Loss, Change, and Growth*, invites participants into a thoughtful conversation about the emotional and relational shifts that come with aging. This presentation is offered at no charge. Optional food donations for the Stanwood Camano Food Bank are appreciated. RSVP: 360-387-0222 [www.camanocenter.org](http://www.camanocenter.org)

TUESDAY, FEBRUARY 24

## TEEN CHILL & RECHARGE: JEWELRY JAM

3-5pm at the Stanwood Library. This is a relaxed, drop-in style program where teens and tweens can create bracelets, necklaces, key-chains, or whatever cool design they come up with. There's no step-by-step instruction - just supplies, music, snacks, drinks, and space to experiment, talk, and get creative at your own pace. Whether you're into bold designs, subtle styles, fandom colors, or just want something fun to fidget with, there's something here for everyone. No experience needed. Bring a friend or come solo. Stay for a few minutes or the whole time. All supplies provided.

## Happy National Tootsie Roll Day



February 23rd



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**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](mailto:info@savecamabeachcabins.org)**

# Calendar of Events



## DID YOU KNOW?

A cat has 32 muscles in each ear.

MONDAY, FEBRUARY 23

### MUSIC BINGO

Hosted by Wicked Beats. 6:30pm at Conway's Pub and Eatery, 18611 Main St., Conway.

TUESDAY, FEBRUARY 24

### JOIN THE FUN WITH LINE DANCE



6-8pm at Pub 282. Boot-scootin' good times are on the menu. Grab your crew, lace up those dancing boots, and hit the floor for Line Dancing with Lady Di at your favorite place on the island! Great food, cold drinks, and all the fun—no partner needed, just bring the energy. No cover charge, all ages welcome! See y'all on the dance floor!

WEDNESDAY, FEBRUARY 25

### MINDFUL REFLECTION THROUGH ART

4-6pm at Camano Island Library. Visual Love Letters (to Self or Others) at the Intersection of Art & Writing. Discover your layers through both hidden, revealed and personally-embellished art in this intuitive and process based approach to art making. Class incorporates movement, guided meditation and time for optional & confidential sharing at the end. All Levels. Materials provided for basic two dimensional work or bring your chosen favorites for 2D or 3D creations. Registration at [SCAACwa.org/classes](http://SCAACwa.org/classes)

A photograph of a bowl of creamy clam chowder with a garnish of green herbs, served with a side of bread. The bowl is light blue and the bread is golden brown.

National Clam Chowder Day

- FEBRUARY 25 -

February 25

### NATIONAL QUIET DAY

A chance to pause amidst the noise of modern life, promoting inner calm and self-reflection for better health.



# Calendar of Events



## DID YOU KNOW?

Tigers have striped skin, not just striped fur.

THURSDAY, FEBRUARY 26  
**STUFFED ANIMAL SLEEPOVER STORYTIME**



4:30pm–6:30pm at the Camano Island Library. Bring your favorite stuffed animal for a special night at the library! We'll kick off the evening with a cozy storytime featuring songs and books, then grown-ups will help fill out a tag for each stuffy. After that, the stuffed friends will be tucked in for an overnight adventure at the library! Once the children go home, the stuffed animals will have fun exploring the library, and we'll capture their adventures with photos! Stuffies can be picked up the next morning, along with a special souvenir from their fun night away. Don't forget to wear your pajamas!

FRIDAY, FEBRUARY 27  
**SONS OF NORWAY MOVIE NIGHT**  
6pm at Stanwood Sons of Norway. Movie TBD.

FRIDAY, FEBRUARY 27  
**FREE TRIAL FRIDAY**

Event by Northwest School of Martial Arts. 4:30-5pm at 27205 102nd Ave NW, Stanwood. Want to try karate? Drop in for a free trial session! 4:30-5 pm, ages 6+. We build confidence, leadership, and social skills through martial arts training. Great for kids who love individual achievement, but still want to be part of the group!

A poster for "CARPE DIEM DAY" on February 26th. It features a silhouette of a person with arms outstretched against a bright sun. The text "CARPE DIEM DAY" is at the bottom, with the tagline "Let's carpe diem and make the most of the present, living life to the fullest." below it.

February 26th  
**CARPE DIEM DAY**  
Let's carpe diem and make the most of the present, living life to the fullest.

A poster for "POKÉMON DAY" on February 27th. It features the iconic yellow Pikachu character peeking over a blue banner. The text "POKÉMON DAY" is on the banner, and "FEBRUARY 27" is at the bottom.

**POKÉMON DAY**  
**FEBRUARY 27**

# Calendar of Events



## DID YOU KNOW?

The giant squid has the largest eyes in the world.

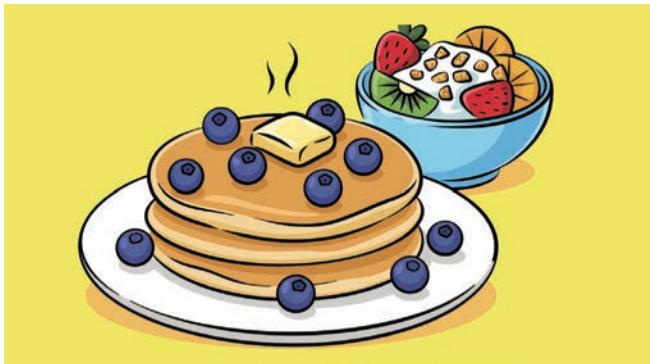
FRIDAY, FEBRUARY 27

### MICHELE D'AMOUR AND THE LOVE DEALERS

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Feel the soul, catch the groove. With smokin' blues, sultry vocals, and a whole lotta heart, this band delivers a night of music you won't forget. Come for the rhythm, stay for the vibe.

SATURDAY, FEBRUARY 28

### FUN PANCAKE BREAKFAST



Good morning - from 9-11am the South Camano Grange is having a wonderful fun pancake breakfast. There will be pancakes with blueberries and chocolate chips, tailor made for you. Janell & Chris will put together a delicious fruit salad with yogurt & granola, OJ, coffee, tea all for YOU! Hope to see you.

SATURDAY, FEBRUARY 28

### JIMMY WRIGHT

7-11pm at Pub 282, 370 NE Camano Dr #6, Camano. Get ready to rock the night with the Jimmy Wright Band! A high-energy concert experience, packed with a dynamic mix of music to keep you on your feet all night long. A show that's got something for everyone!

SATURDAY, FEBRUARY 28

### MINIMUM WAGE

performing live at 7pm at Conway's Pub and Eatery, 18611 Main St., Conway.

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# Calendar of Events



## DID YOU KNOW?

Because snow is composed of ice, it can be classified as a mineral. Water, however, does not fall under the same classification, and is not a mineral.

SATURDAY, FEBRUARY 28  
**ASTROPHOTOGRAPHY: CAPTURING THE NIGHT SKY**



11am at the Camano Island Library. Join us with Mark Simonson from Island County Astronomical Society, for an inspiring introduction to astrophotography—the art of photographing stars, planets, and celestial wonders. Whether you're a beginner with a smartphone or an enthusiast with a DSLR, you'll learn practical tips to start your astrophotography journey. We'll also explore local stargazing spots and share resources for editing and enhancing your photos. Bring your curiosity and questions—no prior experience required!

SATURDAY, FEBRUARY 28  
**AMPLIFY CONCERT**



presented by Stanwood Camano Resource Center. Featuring Suzzallo and Amplify bands. Amplify concerts exist to create inter generational community & connection through music and art, & if you're reading this I hope ya pull up Whether this would be your first time going to a DIY gig in Stanwood or your tenth, you are welcome here and there is a place for you. We will ALWAYS be a safe space for those who want to experience an all ages show in an inclusive, welcoming way. \$5 suggested donation. No one turned away for lack of funds.

# Calendar of Events



SATURDAY, FEBRUARY 28  
**STANWOOD CAMANO SNOW GOOSE &  
BIRDING FESTIVAL**



Tours and guides will help you experience one of Western Washington's most spectacular natural events – the annual winter gathering of Snow Geese and Trumpeter Swans. From 9 am to 4 pm join us at the Floyd Norgaard Cultural Center. The entrance fee is \$10. Children under 12 are free. You will find something for the whole family, including art, children's activities, informative display booths, and vendors. Enjoy birding lectures at 10 am, 11:30 am, 1 pm, and 2:30 pm. Included in the entrance fee. There will be maps and shuttles for viewing flocks of wintering seabirds and shorebirds. For an extra \$10 enjoy a bowl of homemade soup. [www.sahs-fncc.org/](http://www.sahs-fncc.org/)



## UPCOMING EVENTS



### **Lincoln Hill Retirement Community**

Your Local Senior Center

7430 276<sup>th</sup> St NW

Stanwood, WA 98292

- Valentine's Photo Fundraiser - Saturday – February 14, 2026, 10:00-2:00pm
- Homage Depression Isolation Presentation February 10, 2026, 12:30pm
- Caregivers Support Group February 3, 2026, meets on the 1<sup>st</sup> Tuesday each month
- Low Vision/Blind Support Group- Tuesday, February 17, 2026, 10:00am
- AARP Foundation Tax Aide Appointment is available starting February 3<sup>rd</sup>, 2026

Come to Front Desk to sign up for an appointment and receive your tax packet.

# WHERE WE LIVE

# WHERE WE WIN

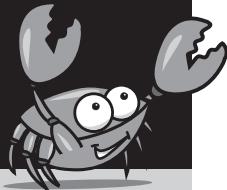


THE  
**SKAGIT**  
CASINO • RESORT

[theskagit.com](http://theskagit.com)  

Must be 21 or older with valid ID. Details at Rewards Club. Management reserves all rights. ©2026 Upper Skagit Indian Tribe d/b/a Skagit Valley Casino Resort.

# Calendar of Events



## DID YOU KNOW?

Most people fall asleep in seven minutes.

SATURDAY, FEBRUARY 28

### **BEN RICE AND THE PDX HUSTLE + CASEY FREEDOM**

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$15 ADV / \$18 DOS - Online ticket sales end at noon on the day of the show - All ticket sales are final on show day - 21+ only.

SATURDAY, FEBRUARY 28

### **SANDY ROWE**

performing live 5-7pm at Elger Bay Cafe. Camano Island singer-songwriter Sandy Rowe returns to Elger Bay Cafe for an evening of songs. Blending originals with well-loved covers, Sandy brings a soulful mix of blues, folk, Americana, vintage country and more.

SATURDAY, FEBRUARY 28

### **"WOMEN PAINTERS OF WASHINGTON" ART SHOW**



Matzke Fine Art Gallery & Sculpture Park presents... The Bi-Annual Art Show for the "Women Painters of Washington". Opening Reception 2:00 to 4:00 with Hors d'oeuvres. Gallery will stay open until 6:30. Show dates; Feb. 28th - March 29th. (50 women, 68 paintings) Plus, featured sculptors Maria Wickwire, Dan Freeman and Jon Schmidt. 2345 Blanche Way, Camano Island. Open every Fri., Sat. And Sunday 11 to 5. More info: 360-387-2759, Email: matzke@camano.net



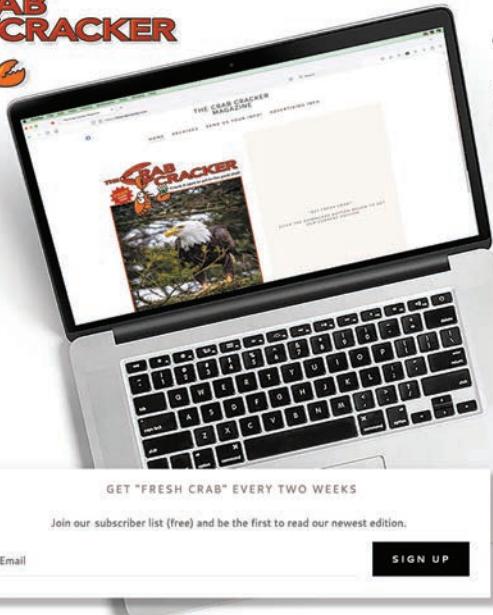
**FEB. 28 - Tooth Fairy Day**



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# Calendar of Events



## DID YOU KNOW?

The smaller the animal is, the slower they can process time.

SATURDAY, FEBRUARY 28  
**OPEN HOUSE AND ANNIVERSARY PARTY**



Event by Stanwood Tattoo Company. 6pm-6:30pm at 10003 270th St NW Suite A, Stanwood. Celebrate our six year anniversary with us at our annual Open House! Meet our artists, enjoy some complimentary snacks, check out some of our art, schedule your next tattoo, and enter for a chance to win a gift certificate and a non-certificated Glass Quest Ball in our raffle. This year, all raffle proceeds will be donated to Washington Immigrant Solidarity Network (WAISN).

## SUNDAY, MARCH 1 **BOARD GAME DAY**

Noon-6pm at Scattered Deck Games, 8919 271st St Nw, Stanwood. All Board Games! All Day! Stop on in and play. Use some of our 300+ store copies or bring your own. Free event Every Sunday. Outside food welcome. Come play with us.

## TUESDAY, MARCH 3 **TEEN DANCE PARTY**

3-5pm at the Stanwood Library. Teens and tweens are invited to join us for a fun afternoon of Just Dance, Just Dance 2, Just Dance 3, Just Dance 4, Just Dance 2014, or Just Dance 2017 on the Nintendo Wii. Take part in an epic dance battle, play some Twister, enjoy some simple instruments, or just find a comfy place to hang out. Snacks, beverages, and board games will also be available for those who just want to sit and chill. Drop in at any time in between 3:00 - 5:00 pm.



**National Peanut Butter  
Lovers Day**  
MARCH 1



**MARCH 2**  
**International Rescue Cat Day**

# SILVANA FAIR AUCTION

returns to Viking Hall in Silvana on March 14th!

Free admission, and all ages are welcome. Doors open at 4 PM, and the kitchen begins serving food for purchase at 4:30 PM. The Silent Auction opens at 4 PM, the Live Auction begins at 6 PM, and both continue throughout the evening. We will have over 100 items from local businesses - there is something for everyone. You never know what you'll find, and we know you'll have a good time! Come and support our community's youth. The Auction is the only fund-raiser for the Silvana Fair, and the money raised is used for exhibitor premiums, scholarships, ribbons, fair facilities and supplies. The fair is run by all volunteers so we can keep the fair FREE to enter and FREE to attend. Learn how you can participate at [silvanafair.com](http://silvanafair.com). If you have a product, service, or gift certificate that you would like to donate, contact us at [info@silvanafair.com](mailto:info@silvanafair.com). We will be happy to send a fair board member out to pick up your generous gift.



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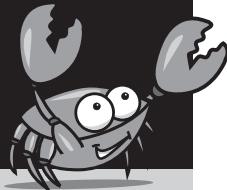
STANWOOD HEARING

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p: 425-272-9435 | f: 360.572.4765 [StanwoodHearing.com](http://StanwoodHearing.com)

# Calendar of Events



## DID YOU KNOW?

In the Olympics, competitive art was once an official sport. Between 1912 and 1952, artists won medals in architecture, music, painting and sculpture.

WEDNESDAY, MARCH 4

## CONNECT OVER COFFEE

An informal gathering open to EVERYONE where we regularly meet to share perspectives and explore ideas that spark positive change within ourselves and our communities. 1:00 pm to 3:00 pm at the Camano Island Library Community room. Hosted by Baha'is in Skagit and Island Counties, who believe in the oneness of humanity.

WEDNESDAY, MARCH 4

## READ WITH A THERAPY DOG



4pm 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.

THURSDAY, MARCH 5

## SAVE A LIFE - NARCAN TRAINING

Join Amy Wheat, Opioid Outreach Specialist with Snohomish County Human Services, to learn how to administer Narcan (Naloxone), a nasal spray that can block the effects of an opioid overdose. The training is free and open to anyone in the community. Information on how to obtain Narcan at no charge will be provided. To register, please visit [stillyvalleyhealth.org](http://stillyvalleyhealth.org), or call (360) 386-9918. Time: 6:00 pm – 7:00 pm. Format: Online via Zoom. REGISTRATION: <https://www.eventbrite.com/e/1980678772527>

THURSDAY, MARCH 5

## CAREGIVER CAFE

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>.

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## 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 98282

January:

- 1/07/2026 – Wednesday at 10:00am.
- 1/28/2026 – Wednesday at 2:00pm.

February:

- 02/05/2026 – Thursday at 3:15pm.
- 02/26/2026 – Thursday at 3:15pm.

March:

- 03/05/2026 – Thursday at 3:15pm.
- 03/26/2026 – Thursday at 3:15pm.

### RSVP's NOT REQUIRED, BUT ENCOURAGED

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



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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.

# Moonshine Wisdom & Wit



Story by Jack  
Archibald.

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

## RETURN OF THE PIRANHA BROTHERS

The Piranha Brothers, those fly-by-night, fly-by-the-seat-of-their-pants itinerant carpenters of the South End, hammered their last nail back in 1980 or thereabouts. Cascade Lumber had just opened their new location coming onto the island, and while they knew us by name and reputation, they also knew we flew under the radar of the state business licensing and the county regulations. Permits? Our motto was: We don't need no stinkin' permits.

My partner in crime and carpentry was up this 4th of July, so we toured a few of our illegal structures, most still standing, albeit a few are leaning slightly, but then, so are we. Joe had moved to various places before settling down in Seattle and Gomorrah where he bought a 1923 bungalow. Needless to say, he put the Piranha skills to work and doubled the size of his house, now worth about a cool million. He even got permits --- or so he claims. In his spare time he built boats, sailboats and kayaks. The Piranha Brothers aren't just landlubber contractors.

Me, I stayed put on the South End. Built some small buildings, a woodshop, boathouse (yeah, I built kayaks and sailboats too), greenhouses, saunas and finally built our mansion on the hill. With a permit. To save a marriage. Joe's mizzus really hadn't heard tell of the Piranha boyz, probably couldn't imagine us slamming additions together with used lumber and nails we'd pulled and straightened. We were poor and untrained but we didn't let that stop us. Or the building inspector either.

When Joe drove off, I decided maybe retirement was premature. Got a knee replacement that's hobbled me physically and spiritually, but it's time to strap on the tool belt, I figure, and let the Piranha Brothers ride once again. Today I tore off the old deck. Tomorrow I start framing a bigger one. The Piranha Brothers, legends in their own minds....

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Carlindo Pereira, MD Jared Rasmussen, OD Murtaza Merali, OD

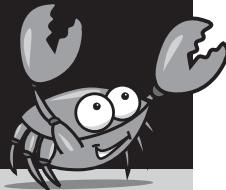


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# Longevity Lens



*A column about longevity and aging well.*

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

*Questions?  
ask@kirrahealth.com*

## WHY BODY COMPOSITION IS YOUR ULTIMATE LONGEVITY STRATEGY



If you want to live longer and stay strong, body composition matters more than the number on the scale. The ratio of muscle to fat—especially visceral fat stored around your organs—has a powerful impact on metabolic health, mobility, and long-term disease risk. More muscle and less visceral fat create a foundation for resilience as you age.

Muscle plays a central role in blood sugar control. After you eat carbohydrates, insulin helps move glucose into cells—primarily muscle cells. Greater muscle mass is consistently associated with better insulin sensitivity. Visceral fat does the opposite. Unlike subcutaneous fat, it is metabolically active and releases inflammatory compounds linked to insulin resistance, type 2 diabetes, and cardiovascular disease.

Inflammation is another key factor. Aging is associated with chronic low-grade inflammation, which correlates with frailty, cognitive decline, and heart disease. Visceral fat contributes to this inflammatory burden, while contracting muscle releases signaling molecules that help regulate metabolic and inflammatory pathways. Shifting body composition toward more lean mass reduces this risk profile.

Hormones and joint health are also affected. Higher body fat levels are linked to impaired insulin signaling and altered sex hormone balance. Meanwhile, excess weight increases mechanical stress on knees and hips, raising osteoarthritis risk. Stronger muscles improve balance, stability, and force absorption—supporting independence. Preserving muscle requires progressive resistance training and adequate protein intake. With age-related anabolic resistance, consistent strength training and sufficient high-quality protein become even more important.

If longevity is your goal, talk with your physician about how you can build lean muscle, reduce visceral fat, and improve long-term metabolic health.

For more discussion on this, visit [kirrahealth.com/blog](http://kirrahealth.com/blog)

## Fun and Crafts



### DID YOU KNOW?

Dolphins use unique whistles to distinguish each other in a pod.

### PAPER PLATE SNOW GOOSE



Supplies: White Paper Plate; black Feathers; Orange Paint; Paintbrush; Black Sharpie; Tacky Glue; Scissors

Instructions: Using the photo as a reference, cut out a half circle from the plate as shown. Cut the neck area shorter too. Cut a triangle for the beak. Paint the beak orange. Using the black sharpie pen make a small dot for the eye. Using the picture as a reference glue the feathers to the body of the goose. You now have a lovely goose to display for everyone to see. Source: <https://www.freekidscrafts.com/paper-plate-goose/>

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# Fun and Crafts



## DID YOU KNOW?

Compared to all other human parts, human teeth do not have the power to heal themselves.

Since teeth are coated in enamel and not made of live tissue, they cannot heal on their own like other parts of the body.

## WHIMSICAL BIRDS FROM RECYCLED CARDBOARD



Supplies Needed: 22-gauge wire - Cardboard box - Paint (your choice of colors) - Feather (optional, for added flair) - Hot glue or craft glue

### How to Make Your Whimsical Birds

1. Cutting Out the Birds: Cut out two bird shapes and two wings for each bird from the cardboard. You can use either hot glue or craft glue to attach the two bird body pieces together. Hold off on attaching the wings for now—you'll want to paint everything first!
2. Painting Your Bird: This is where the fun really begins! Let your imagination run wild as you paint your birds. I went for a vibrant, whimsical look by adding circles, dashes, stripes, and other playful patterns. Choose colors that make you happy—there's no right or wrong here!
3. Creating the Legs: For each leg, cut a 10" - 12" length of 22-gauge wire. Fold the wire in half and pinch the fold almost together. Now, create an oval shape on both the left and right sides to form the bird's toes. You should end up with three toes per foot! Once you're happy with the shape, bend the foot so your bird will be able to stand. I twisted the wire together to give each leg more stability, but feel free to experiment with what works best for you.
4. Attaching the Legs: To attach the legs, gently insert each one into the cardboard body and secure with hot glue. Make sure both legs are almost the same length so your bird can stand properly. Spread the legs apart and adjust until your bird stands on its own. This might take a little finagling, but it's worth the effort!
5. Final Touches: Once you're satisfied with your painting, attach the wings using hot glue. If you want to add an extra touch of whimsy, glue a feather to the tail for a bit of flair. And just like that, your whimsical bird is ready to brighten up your space!

These whimsical birds are a great way to recycle and reuse materials while creating something that brings a smile to your face. I hope this project inspires you to look at everyday items and turn them into something magical! Source: [www.caroladamscreations.com](http://www.caroladamscreations.com)

# Artist of the Week



Are you interested in promoting yourself and your craft?

Email us your bio and we will feature this page to you... and it's all FREE!

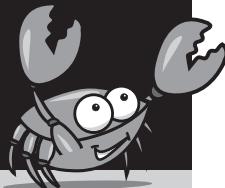
## MEET HOLLY STAFFORD



SCAAC's February Artist of the Month! Her colorful artwork is prominently featured on the official poster for this year's Stanwood Camano Snow Goose & Birding Festival (Saturday, February 28). You can also spot her playful snow goose-themed mural along the brick road at the future home of the Meyer Art Center. Holly creates joyful, nature-inspired artwork filled with swirling color, playful spirit, and heart. Originally from Alaska and now based on Camano Island, she draws inspiration from wild landscapes, starry skies, and the everyday magic found all around us. Working in watercolor, ink, and acrylics, her pieces radiate light, movement, and a deep sense of wonder. "I've been an artist all my life, and I think one of the reasons art is so important is that it sparks creativity and imagination," Holly shares. "Those two things are imperative and critical for any industry. For me, art is all about sparking love and excitement." When people experience her work, Holly hopes they leave with good vibes, happy feelings, and a sense of joy and love. We're thrilled to celebrate Holly and her art this February. Check out her art at [www.hollysimages.com](http://www.hollysimages.com) and stop by the future home of the Meyer Art Center and experience Holly's art in person!



# 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!*



We are a locally owned Stanwood clinic providing personalized, one-on-one physical therapy for pain relief, injury recovery, balance, and post-surgical rehab. Our goal is simple: help you move better and live fully. Hi, I'm Maria. I've been a physical therapist for almost two decades, and what matters most to me is making sure every patient feels seen, supported, and truly understood. I don't just look at a diagnosis—I take the time to listen to your story, understand your goals, and create a plan that fits your life. My main areas of focus are orthopedics, especially post-operative rehab and total joint replacements, as well as chronic spine and joint pain, balance and fall prevention, and Parkinson's care. I believe recovery is more than exercises—it's about building confidence, regaining independence, and feeling like yourself again. Outside of the clinic, I'm a proud dog mom of three. I grew up in the Philippines, where I earned my bachelor's degree, and later completed my Doctor of Physical Therapy at the University of Montana. I love traveling and gardening, I'm curious about food and culture from around the world, and I'm an avid Broadway fan—stories on stage inspire me the same way stories from my patients do.

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**CAMALOCH** **\$869,000**

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**STANWOOD** **\$650,000**

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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.



# Community Information



## DID YOU KNOW?

Ants are so strong that they can carry 50 times their weight.

## COMMUNITY MEAL – CAMANO

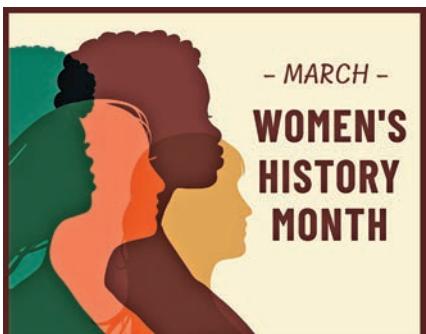
Presented by Island Senior Resources. 11:45 am - 12:30 pm at the Camano Center. By Donation. Every Monday, Wednesday and Friday except for Holidays. 606 Arrowhead Rd. Camano Island. All donations welcome! You determine your ability to contribute to your own or someone else's meal. Our full cost of a meal is \$12.20. Coffee or tea is \$1.00. Dates and times of scheduled events are subject to change. It's always advisable to call to confirm. 360-321-1600.

## TRANSITIONAL KINDERGARTEN REGISTRATION IS NOW OPEN IN STANWOOD-CAMANO SCHOOLS

Applications are now open for next school year's Transitional Kindergarten (TK) program in the Stanwood-Camano School District. TK is a free, full-day early learning option designed to help young learners build the skills and confidence they need for a successful start to kindergarten — especially for children who have not previously attended preschool. Stanwood-Camano has offered TK since the 2022-23 school year, with programs currently hosted at Cedarhome Elementary, Twin City Elementary, and Utsalady Elementary. Eligible students may apply regardless of where they live within the district. The TK program is available to children who will be 4 years old by September 1 at the start of the school year. Applications close March 15, at which point we began scheduling screening meetings. Learn more on our Transitional Kindergarten page: [www.stanwood.wednet.edu/TK](http://www.stanwood.wednet.edu/TK)

## YOU CAN ADVERTISE ON OUR BALLFIELDS

With baseball and softball coming up in a few weeks, now is a great time for local businesses and organizations to secure advertising space at our outdoor athletic facilities, including our baseball and softball fields. These high-visibility locations are busy throughout the spring, summer, and beyond with school events, league play, and community gatherings. The district's new permanent outdoor advertising program is designed to support student programs while giving local partners year-round exposure in places where families, students, and fans regularly come together to celebrate Spartan pride. It's a simple way to support students, strengthen community connections, and put your business in front of thousands of people throughout the season. And every penny in sales goes to the ASB to support student activities! Learn more and find full details here (and please feel free to share widely!): <https://www.stanwood.wednet.edu/departments/communications/athletic-facility-advertising>



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# Community Information



## DID YOU KNOW?

Plants were formed before seeds.

Moss-like plants most likely reproduced with single-celled spores. Then 150 million years later, multicellular seeds finally began to evolve

## DR. LAWRENCE FREDERICK BAUM



of Camano Island, WA, a distinguished scholar and educator in his field, passed away peacefully in his sleep in Tucson, AZ beside his beloved Norwegian Elkhound Elg on December 2, 2025 at the age of 87. Dr. Baum spent much of his life in the pursuit of knowledge and the betterment of his community through education and service. He was a curious, brilliant and complex person and will be missed by the people who knew him. Born in Cincinnati, Ohio, Lawrence moved to Seattle with his family at an early age. As a teen, he became very involved in boat building; first a canoe and eventually a catamaran. Cycling, sailing and mountain climbing (including all major Pacific Northwest peaks), along with Boy Scout activities, were his passion for years, and he was an active cyclist up to his last day. After graduating from Roosevelt High School in Seattle, Lawrence pursued an extensive academic journey in the field of geology first earning a Bachelor's at Stanford University, a Master's from University of Washington, and finally a PhD from The University of Idaho. Following his academic achievements, Lawrence continued his lifelong role as an educator as a geology professor at the University of Bahia in Salvador, Brazil and again at the University of Idaho in Moscow, ID. Over time, he moved with his family back to Kirkland, WA, and eventually landed on Camano Island, WA. Over the years he taught community college rock-hounding classes, was a certified US Sailing Association instructor and was a cycling coach and mentor to many. Lawrence also had an entrepreneurial spirit that started with opening the Velo Sport bicycle shop in Moscow while working on his doctorate, and later Baum & Assoc., a mining consulting practice in Kirkland. After moving to Camano and opening a small custom sailboat manufacturing shop, he later earned a 50-ton Captain license to start his Camano Sail & Power charter business and his US Sailing Association sailing school. Lawrence is survived by his sister Barbara Baum, his children Heidi Monroe and Andrew (Carrie) Baum, grandsons Sterling (Jessica) and Adrian (Sarah) Monroe and Nathaniel Read, as well as great-grandson Cassian Monroe. The family will have a private memorial to celebrate Dr. Baum's final wishes for a maritime spreading of ashes in Puget Sound. In lieu of flowers, the family requests that any donations be made in Lawrence's memory to the charitable organization of your choosing. The family thanks you for your support and asks that you share this tribute with anyone who was touched by Lawrence's life.

# Community Information



## WHIDBEY CAMANO PHOTO CONTEST

Our annual Calendar Photo Contest is officially underway. Grab your camera, snap those photos and share your favorite island scenes for a chance to be featured in our 2027 Wall Calendar. Submit your photos to [wcltphotocontest@gmail.com](mailto:wcltphotocontest@gmail.com) by May 4, 2026. Let the contest begin! Learn more here: [www.wclt.org/get-involved/photo-contest](http://www.wclt.org/get-involved/photo-contest).

## STANWOOD SPARTAN WOMEN'S FOOTBALL IS LOOKING FOR PLAYERS FOR 2026 SEASON

Are you an 18+ woman? Looking for friendship? Looking to improve your physical and mental strength? Looking to unleash all your potential? Interested in playing football? The best workout/conditioning and lots of fun for a great cause! Proceeds go to scholarships for youth sports in our area! No prior experience necessary! We learn together! Consider joining us! Come check out practices, meet some returning team members and talk to us! We are looking forward to seeing you! Sundays 1-3:30pm at SHS stadium, Wednesdays 5-7pm SHS. Locations subject to change depending on availability.

## 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](http://www.sahs-fncc.org).



### **Looking to connect with your community without spending a dime?**

An ever-growing number of people are turning to The Crab Cracker Community Magazine, a local publication dedicated to offering free information and event listings with every issue. This magazine makes it easy to explore what's happening in our community. Best of all, it's completely free. You can advertise and promote yourself and/or your event within our magazine.... AT NO CHARGE!\* Contact us with your details and we will get your information out into the community.

**We are here to help you make the most of where you live.**

**THE  
CRAB CRACKER**  
COMMUNITY MAGAZINE

**425-299-7893 / [thecrab@thecrabcanner.com](mailto:thecrab@thecrabcanner.com)**

\*Some exceptions apply. Contact us for more details.

## NEW LISTING



**\$889,000 / MLS# 2471679**

**250 Saylor Road, Camano Island, WA 98282**

Secluded, one level living, custom-built home on your own private, wooded 4.77 acres in a desirable mid-island location, offering exceptional privacy and a peaceful natural setting. This 3-bedroom, 3 full bathroom residence features a spacious and flexible floor plan ideal for both everyday living and entertaining. The open-concept main living area is designed for large gatherings and comfortable hosting, enhanced by a cozy wood stove that adds warmth and character. The unique kitchen layout feels like having two kitchens, featuring custom cabinetry, generous storage, and ample workspace. The huge primary bedroom feels like your own private suite, offering space to relax and unwind, complete with its own patio and private entrance. An additional bedroom features its own private bathroom and patio access with a separate entrance, making it ideal for guests, a home office, or multi-generational living. Huge garage. Outdoor living is a highlight with a covered deck, multiple patios, and a large, usable yard surrounded by mature trees for year-round privacy. Additional features include an upgraded well, a convenient dog washing station, and the home is wired for a generator for added peace of mind. A rare opportunity to enjoy serene island living with space, comfort, and thoughtful custom design.



### Home Facts

Single Family      3 Baths  
3 Bedrooms      Built in 1997

Living Area: 2,796 Sq. Ft.

Lot Size: 207,781 Sq. Ft.



**real** REAL Broker LLC

**Malynda Shipley** Broker / Realtor

**425-299-7892** [mshipley@atthebeachrealestate.net](mailto:mshipley@atthebeachrealestate.net)

# Community Information



## DID YOU KNOW?

People can actually die laughing. Intense laughter can cause suffocation or a heart attack.

## CAMP ERIN



Camp Erin is a no cost, overnight weekend camp at Camp Killoqua in Stanwood for youth grieving the death of someone significant to them. This program is a blend of fun, traditional camp activities with facilitated grief activities. Grief activities educate youth about grief, coping skills, and provide safe opportunities to share and connect with other grieving youth. Campers are placed in cabin groups with similar age peers and supportive, trained adults and participate in a mix of small group and larger group activities. The camp is facilitated by professional staff affiliated with Providence at Home with Compassus Snohomish, as well as trained volunteers. Join our volunteer team! Our staff will help you discover your strengths and guide you toward your best role. Comprehensive trainings are tailored to each position to ensure volunteers are confident and comfortable in their responsibilities. If you have any questions regarding Camp Erin or other resources for grieving youth, please call us at (425) 382-6060 or email [CampErinSno@Compassus.com](mailto:CampErinSno@Compassus.com).

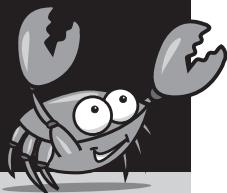
## ADULT FUTSAL

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

NATIONAL  
**CEREBRAL  
PALSY**  
AWARENESS MONTH  
MARCH



# Community Information



## NO DISCOVER PASS REQUIRED ON THESE 2026 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: March 9 – Billy Frank Jr.'s Birthday; March 19 – State Parks 113th Birthday; April 22 – Earth Day; June 6-7 – Free Fishing Weekend; June 19 – Juneteenth; Aug. 9 – Smokey Bear's Birthday; Sept. 26 – National Public Lands Day; Oct. 10 – World Mental Health Day; Nov. 11 – Veterans Day. Each date commemorates a special day of the year. Try before you buy a full year of adventure. Discover Pass free days make it easier to check out state parks and state-managed lands. 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. And Discover Pass funds go a long way for your public lands. They provide critical funding for State Parks, DNR and WDFW. The Discover Pass supports recreation and conservation opportunities, keeps bathrooms cleaned and trails maintained, cares for the health of forests and helps protect our seashores for generations to come. Learn more about the Discover Pass and purchase yours here: <https://discoverpass.wa.gov>.

## The Camaloch Lassies 9-Hole Golf Club

Thinking of joining us for the 2026 season? We welcome women golfers of all ages. The club provides the opportunity for friendly competitive golf and to encourage the knowledge of and adherence to the rules and etiquette of golf. Our club also is the perfect place to play if you cannot commit to 18-holes of golf. We play mid-mornings on Tuesdays, allowing for 9-holes of golf, followed by lunch together. We are a fabulous place to meet new friends and to enjoy the camaraderie of our luncheons, special events and to be involved in our community fundraisers and volunteer opportunities.

Please reach out to **Captain Amy Noel at 206-321-9840**



w/artist  
Quynh  
Nguyen

STANWOOD  
CAMANO  
ARTS  
ADVOCACY  
COMMISSION

*Free!* **ARTIST TALK 3/14** 5-6 pm



[scacwa.org/classes](http://scacwa.org/classes)

**Meyer  
Art  
Center**  




# Community Information



## CAMANO ISLAND AMERICAN LEGION POST # 207

Our Legion Post has been very busy with a number of both administrative and construction projects in the last few months and this has been extensive. Improvements to the building and a new staffing program means access to our post facilities has a representative on board 5 days a week in addition to the other activities on both Saturday and Sunday. CJ Holmes is our on site Veterans Representative and will provide assistance and information to veterans during the week from 09:00 to 5 pm. She has begun a 'Homeless Veteran' project which coincides with a 'Housing Opportunity' that has been offered and being discussed. Contact information: Phone # 360-207-4836 Info@scveteranscenter.org The building's renovation has included a new foundation, a new heating system with more plans for kitchen and bathroom remodel and update. We still have much to do to reach our goal but we have a great team on board and we are moving forward. We are aggressively pursuing funding with significant donations from both individuals and community entities. Grants continue to be submitted with mixed results but great possibilities. The Stanwood-Camano Veterans Museum & resource Center has emerged as our target program and project. Post # 207 has begun to enhance our local history with posters and artifacts from our Military Experience over the years and promises to be an interest to all who served our country from our local community. To Celebrate we are planning another 'Corn Beef & Cabbage' dinner at the Post on St. Patrick's Day, Tuesday March 17th from noon to 3 pm. It's a great chance to gather for food and friendship.

NATURE CULTURE ART

STANWOOD CAMANO

## SNOW GOOSE & BIRDING FESTIVAL

Saturday February 28, 2026

*Floyd Norgaard Cultural Center*

9 am - 4 pm



*Schedule and tour information available at [www.sahs-fncc.org](http://www.sahs-fncc.org)*



## ARROWHEAD RANCH flower farm

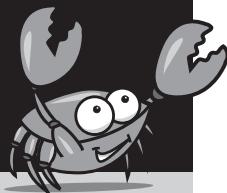
### Dahlia Tuber Sale!

Dreaming of summer blooms? Order online now for a vibrant summer garden! Orders placed now will be shipped in April.

Limited Quantities Available  
[arrowheadranchflowerfarm.com](http://arrowheadranchflowerfarm.com)



# Community Information



## DID YOU KNOW?

If the earth doubled in size, then all trees would topple over. This is a direct result of changes in surface gravity.

**DID YOU KNOW THAT TEENS CAN EARN VOLUNTEER HOURS FOR WRITING BOOK REVIEWS?**



Have you read something that you can't stop thinking about? Ever wonder what other teens are reading? The library wants to hear from you! Submit your review to be shared as part of a booklist or book card on the Sno-Isle teen page. You can also earn volunteer hours. Keep in mind you are reviewing books for other teens, so they should be appropriate for ages 12-18. We would like reviews for a wide variety of books, not just the popular ones. Contact us at [teens@sno-isle.org](mailto:teens@sno-isle.org) with questions or to get your hours verified (after your reviews have been accepted). 1 completed review = 1/2 hour of volunteering or community service. Teens may submit up to ten reviews each school year (September-August). Find out more at: <https://www.sno-isle.org/.../book-reviews-volunteer-hours/>

## VOLUNTEERS AT HOSPICE OF THE NORTHWEST

May work directly with patients, assist in the office, help with community relations, support fundraising events, or work on special projects. Whatever your interest or skills, we have a volunteer position to suit you. To learn more about volunteer positions at Hospice of the Northwest, please visit [www.hospicenw.org/volunteer](http://www.hospicenw.org/volunteer)

**WHIDBEY  
GARDENING  
WORKSHOP**



MARCH 21, 2026

**REGISTRATION OPEN NOW**

Presented by Island County Master Gardener Foundation in affiliation with WSU Extension

Join us at Oak Harbor High School

*Celebrate the PROMISES of Spring*

Gardening Classes  
Make-n-Takes  
Demos & Marketplace

**WhidbeyGardening.org**

# Community Information



## DID YOU KNOW?

Australia is wider than the moon. The diameter of Australia comes in at 2,485 miles, while the moon's diameter stretches 2,113 miles in diameter.

## HERITAGE PARK EASTER EGG HUNT



The City of Stanwood is egg-cited to host our first-ever Easter Egg Hunt at Heritage Park! Hop into spring with this free and fun community event featuring thousands of eggs, sweet treats, giveaways, specials and more! There will be three different egg hunt zones for three different age groups. Look for signage upon arrival to see what zone your child should hunt in. Learn more at <https://stanwoodwa.org/1681/Heritage-Park-Egg-Hunt>. Businesses are invited to participate by contributing plastic eggs fill with candy and promotions/special offers. This is a fantastic way to promote your business while being part of this memorable event. Sign up to join us at <https://www.surveymonkey.com/r/BMKSGSV> and drop your eggs off at City Hall by March 30th.

## SCYSC SPRING SOCCER CLINIC IS HERE!



Open to kids ages 5-11 and focused on building strong fundamentals in a fun, encouraging environment. Tuesdays: April 7, 14, 21 & 28 from 5-6:30PM at Heritage Park Register here: <https://system.gotsport.com/programs/4224M5509>. Limited Spots Available. Let's grow skills, confidence, and love for the game this spring!

## 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."



# 2026

## Winter Speaker Series

### WSU Snohomish County Master Gardener Foundation 23<sup>rd</sup> Annual Sustainable Gardening Lectures

***All are invited to attend!***

\$110 for the series or  
\$30 per single session  
Fridays, 9:30 a.m.–11:30 a.m.

**Everett Station**  
Weyerhaeuser Rm, 4<sup>th</sup> Floor  
3201 Smith Avenue  
Everett, WA 98201  
(Free parking at train station)

For more information, registration  
and payment options,  
[www.gardenlectures.com](http://www.gardenlectures.com)

Questions? Call Snohomish County  
WSU Extension Office Monday–  
Friday, 11:00 a.m.–3:00 p.m.  
(425) 357-6010

All proceeds go to the Master Gardener Foundation of Snohomish County, a 501(c)(3) organization, which provides major funding support to the Snohomish County Master Gardener Program.



WSU EXTENSION  
Snohomish County

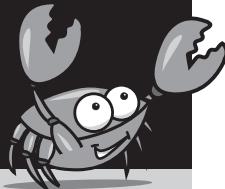
Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, national or ethnic origin; physical, mental or sensory disability; marital status, sexual orientation, or status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local Extension office.  
Reasonable accommodations will be made for persons with disabilities and special needs who contact Mary Watts at 6705 Puget Park Dr., Snohomish, WA 98296; (425) 357-6001; [mary.watts@wsu.edu](mailto:mary.watts@wsu.edu) at least two weeks prior to the event.



Parks &  
Recreation



# Community Information



## DID YOU KNOW?

According to research at Imperial College London, humans shed roughly 200 million skin cells per hour.

## TRIVIA, KARAOKE, AND BINGO NIGHTS



Many of our local clubs, pubs, bars, and restaurants, and even the senior centers, offer karaoke or trivia nights. They offer these "events" primarily to boost revenue during slow mid-week periods, increase customer loyalty, and stand out from competitors by providing interactive "entertainment". These events turn normally quiet nights into busy, high-traffic, and profitable evenings. 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 at 8pm. Conway's Pub & Eatery - Fridays at 7:30pm. Beauty Bar Salon + Lounge - Tuesdays at 8pm. 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.

## FREE PPE SUPPLIES AVAILABLE



North County Regional Fire Authority is offering free PPE supplies while inventory lasts. Available items include: Non-latex exam gloves; N95 masks; Face shields; Blue isolation gowns. Pick-Up Locations: Station 99 - Stanwood - 8117 267th St NW; Station 48 - Smokey Point - 4228 Airport Blvd. Hours: Monday-Thursday, 9am-4pm. For questions or coordination, please contact: MSO Brian Price - 360-572-9592. We're committed to supporting the safety and preparedness of our community. Stay safe and take what you need.

Stanwood-Camano



## You are invited Art at the Schoolhouse Show

March 28 - April 26, 2026 \* 10am -5pm daily

Plan on visiting the Art at the Schoolhouse Show. This fun art show is held in the 1888 one-room schoolhouse at Christenson's Nursery in Mount Vernon during the Tulip Festival.

**Christianson's Nursery** 15806 Best Road, Mt. Vernon, Washington 98273  
[christiansonsnursery.com](http://christiansonsnursery.com)

*Experience  
History  
In Person*



## STANWOOD • CAMANO HISTORIC SITES AUDIO TOUR ALL YEAR ROUND



1909 Swing Bridge to Camano Island

SAHS 92.41.22

For more information, maps, and videos,  
visit our website at [historicsitetour.com](http://historicsitetour.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

# Community Information



## DID YOU KNOW?

We sweat when we are anxious in order to inform others

## FREE TAX RETURN PREPARATION

Appointments now available. AARP TaxAide is providing FREE tax return preparation on Mondays and Wednesdays at Camano Center and Tuesdays at Lincoln Hill Retirement Community in Stanwood thru April 15th by appointment only. Appointments must be made in person while picking up a Taxpayer packet at the location closest to you. While our goal is to assist Seniors and low income individuals, we will do returns for any taxpayers that fall within our scope.

## NW GLASS QUEST



2026 marks the 17th Annual Northwest Glass Quest – a unique 10-day treasure hunt for hand blown glass balls on Camano Island and Stanwood Washington. Join the Hunt Feb. 13-22, 2025. The event is organized by The Camano Island Chamber of Commerce. [www.northwestglassquest.com/](http://www.northwestglassquest.com/)

## 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.

**Four Springs House**  
for your next event



**Weddings • Retreats • Business Events**  
**Family Celebrations**



**Four Springs Lake  
Preserve**

**360-387-1418 • [fourspringshouse.com](http://fourspringshouse.com)  
[fourspringshouse@co.island.wa.us](mailto:fourspringshouse@co.island.wa.us)**

# The Losses We Carry *and* the Courage to Keep Growing

— A Conversation About Aging —

## Monday, February 23

1:30 pm -2:30 pm at the Camano Center

606 Arrowhead Rd., Camano Island 360-387-0222



Dr. Katie Eastman

**Aging brings change**—and with it, losses that are often unspoken. In this compassionate presentation, Dr. Katie Eastman, licensed psychotherapist, Master Grief & Transition Coach, and author of *Uplifting: Inspiring Stories of Loss, Change, and Growth*, invites participants into a thoughtful conversation about the emotional and relational shifts that come with aging.



# 55+ RESOURCE FAIR

**SATURDAY MARCH 14TH  
10:00AM - 2:00PM**

Connect with 40+ local organizations offering valuable resources, support, presentations and education - all under one roof and FREE!

Complimentary  
lunch from  
10:30am-1:00pm



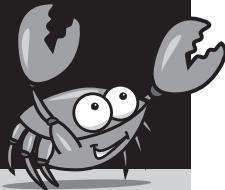
**CamanoCenter**  
Get connected.

606 Arrowhead Road

(360) 387-0222

[www.camanocenter.org](http://www.camanocenter.org)

# Dining Guide



## DID YOU KNOW?

The bacteria on your skin cause the itching on your skin. *Staphylococcus aureus* releases a chemical that activates a protein in our nerves and tells our brain that there is an itch.

**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 BOXCAR** (Stanwood) • (360) 629-0651  
**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  
**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 BARBECUE** (Stanwood) • [www.puresmokenw.com](http://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 CAFE** (Stanwood) • (360) 939-2300  
**WILLOW & JIM'S COUNTRY CAFE** (Silvana) • (360) 652-0372

# Band-Aid Bulletin



*A monthly message from the Stanwood Camano School District Health Services Department*



# The Band-Aid Bulletin

## HEALTH CONDITIONS

State law requires that ALL children who have been diagnosed with a life-threatening condition must have a medication or treatment order and Emergency Care Plan in place before he or she can attend school.

The law defines life-threatening condition as a "health condition that will put the child in danger of death during the school day if a medication or treatment order and a nursing plan are not in place." Examples of diagnosed life-threatening condition include severe bee sting allergies, severe food allergies, severe or unstable asthma, unstable diabetes, or severe or uncontrollable seizures.

The medication or treatment order for children with a life-threatening condition must be from the child's licensed health care provider. If a medication or treatment order is not provided for a child with a life-threatening condition, the administrator of the child's school is required to exclude the child until the medication or treatment order has been provided and an Emergency Care Plan is prepared.

If your child has a life-threatening health condition that may require medical services to be performed at the school, IT IS VITAL TO YOUR CHILD'S SAFETY that you notify your school's principal or school nurse.

The necessary forms will be provided and a time will be arranged for you to meet with your child's school nurse to develop an Emergency Care Plan. Please contact your child's principal or school nurse if you have any questions about what to do concerning your child's life-threatening health condition.

**We don't just close files, we welcome neighbors home.**



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# Intuitive Tarot

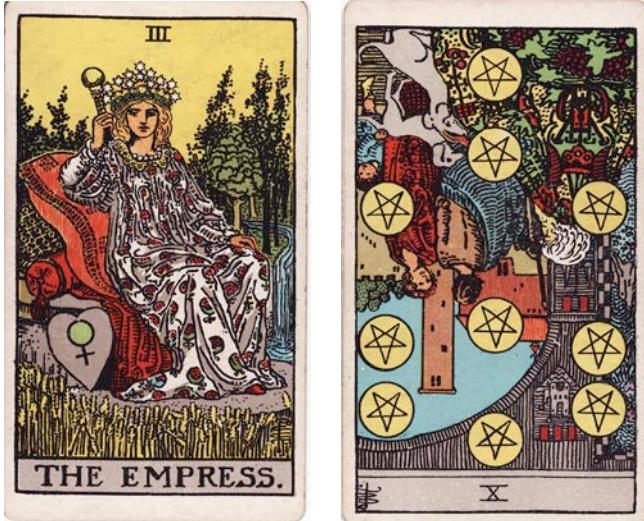


*Tarot from the  
classic Rider  
Waite Smith deck.*

*Encounter more  
at: [linktr.ee/tiffnyfitzpatrick](http://linktr.ee/tiffnyfitzpatrick)*

*Visit me at  
Cactus + Co at  
the Commons for  
Live readings on  
March 7 between  
12-4P.*

## INTUITIVE TAROT WITH TIFFANY



February 20th – February 26th : The Empress. This week's card reassures you that the flow of your life is more in alignment than you may have been allowing yourself to perceive. A paradigm shifting planetary conjunction will continue to encode behind-the-scenes within the matrix, while Venus in Pisces invites you to lovingly remember your sovereign existence along your path, trusting the Fates-favored unfurling of the gestation of your future. You are already the success, even as you continue to lay bricks toward your desires. An Empress is an empress even before she feels ready to stand in her title and responsibility. Often the title exists long before the readiness to own it, and yet claiming such can ignite action toward your future-self, her embodiment guiding you ever closer to unite the present with the dream. Look for how prosperity arrives this week, even in the smallest of manner, as blessings, when acknowledged, rarely travel alone.

February 27th – March 5th : the Ten of Pentacles Reversed. As this week pulls at you from many directions, hold the resonance of last week's message within you, and allow your intuition, alongside the alignment with who you're becoming, pull you forward, navigating through the crowdedness as magnets seeking to connect. As Mercury stations retrograde in Pisces just days before a full moon eclipse in Virgo, the logical, practical, reasonable, and organized approach will not support as you have come to rely, shrewdly bottlenecking your advancement via implementation of feelings, sensations, and intuition, much like imposed dependency on trusting your alternate senses when suddenly finding yourself without light or vision. Quite literally, feel your way forward at this time. Warmth feels lacking and there is a heightened propensity for conflict with family. Reactivity will amplify tensions, so honor your boundaries but aim to diffuse. Lead with love.



## CASA'S PET OF THE WEEK:

**ALEXANDRA** - All kittens come spayed or neutered, age-appropriate vaccines, treated for worms and fleas, microchipped and well socialized. Kittens do well in pairs or having a close to same age friend to play with and continue socializing. They are great with people of all ages and have met a few dogs and have not minded them around. Kittens are \$175 for one \$250 for 2. Come by the shelter and fill out an application today!

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

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## NOAH'S PET OF THE WEEK:

**CHINO** - Hello! I'm a 2 year old cat looking for my new FURever home! Could that be you? Come in and meet me today! Make sure to bring the whole family!

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

---



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

**BLUE** is a handsome boy who is dreaming of being someone's cherished family member. He loves car rides more than anything else and he has been known to invite himself into unknown cars just to go for a ride. He would be a fantastic companion for someone who drives for a living....he is the best sidekick! FIRST STEPS: Visit [www.save-a-mutt.org/adoption-application/](http://www.save-a-mutt.org/adoption-application/) to fill out an application.

**Save-A-Mutt (Silvana, WA):**  
[www.save-a-mutt.org](http://www.save-a-mutt.org)

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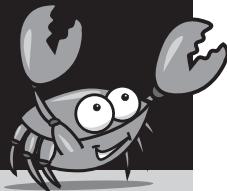
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# Cooking Mamas



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created by  
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"Great recipes  
begin in Mama's  
Kitchen!"

Visit me at: [www.CookingMamas.com](http://www.CookingMamas.com)

## TUSCAN SHRIMP

Sautéed shrimp bathed in a light and creamy sauce, filled with sun-dried tomatoes, and fresh spinach. This flavorful dish is served over pasta, rice, or with crusty French bread. Enjoy!



INGREDIENTS: 2 T. extra-virgin olive oil; 1 lb. large shrimp, peeled, deveined, tails removed; Kosher salt and freshly ground black pepper; 3 T. unsalted butter; 3 cloves garlic, pressed; 8 oz. sundried tomatoes; 3 c. baby spinach; 3/4 c. heavy cream; 1/4 c. freshly grated Parmesan; 1/4 c. basil, thinly sliced; Lemon wedges, for serving (optional); Pasta for serving

DIRECTIONS: 1. Heat olive in a large skillet over medium-high heat. Season shrimp with salt and pepper. When oil is shimmering but not smoking add shrimp and sear until the underside is golden, about 2 minutes, then flip and cook until opaque about 1-2 minutes more. Remove the shrimp from the skillet to a plate and set aside. 2. In the same skillet, reduce heat to medium and add butter. When butter has melted, stir in the garlic, and cook until fragrant, about 1 minute. Add the sun-dried tomatoes and season with salt and pepper. Cook until the tomatoes are heated through then add the spinach and cook until spinach is beginning to wilt. 3. Stir in heavy cream, parmesan and basil and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. 4. Return the shrimp to skillet and stir to combine. Cook until shrimp is heated through. Serve over a bowl pasta, rice, or potatoes. Garnish with more herbs and squeeze lemon over the top before serving. Serves 4

# Classes and Workshops



## DID YOU KNOW?

You can be very pregnant and not know it.

About 1 in 500 people don't realize that they are pregnant until halfway through their pregnancy.

**Zumba Classes** with Jennifer Anderson at Camano Country Club now on Tuesdays and Thursdays @ 5:30PM (except every 3rd Tuesday). All fitness and dance levels welcome, ages 10+. FREE for Club-house members or \$10 drop-in. Want to move your body, listen to fun music, and have a great time with great folks? Then come join our crew! To follow my class schedule, find me on [www.zumba.com/](http://www.zumba.com/)

**Join Art Garden Yoga** and learn effective movements to strengthen and tone for the gardening season to come. Wednesdays and Saturday mornings at 9 AM in February and March 2026, \$10 per class. In person outdoor class at Ovnell Farm in Stanwood. 50% of class proceeds support Puget Sound Public Farms. More information and sign up at [artgardenyoga.com](http://artgardenyoga.com)

**Norwegian Language and Culture Class.** Every Saturday at 9:00 a.m. at the Sons of Norway Lodge, 9910-270th Street N.W., Stanwood. \$ 5.00 per class. For more information, contact: [cuberhall@aol.com](mailto:cuberhall@aol.com)

**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. Email Joyce to sign up at [fact@ms-deadlines.com](mailto:fact@ms-deadlines.com)

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

**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](mailto:camano@familyhistorymail.org).

**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.

**Movement Arts Yoga Classes In-studio & Online.** ONLINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Go to [www.movementarts.com](http://www.movementarts.com) and follow the links to view our video library of online hour length classes.

**Navigating Medicare:** What You Need to Know Before You Choose. Join us for a FREE Medicare Workshop at the Camano Island Library Meeting Room. March 11th, 10-11am. Reserve today by calling John at 360-967-9601. John is a licensed insurance broker serving Camano and Stanwood, here to provide clear guidance and local support.

**Yoga for Beginners** February 10-March 10, 2026 Tuesdays 6-7:15pm With Carol Mason. This five-week course will prepare you with the first steps toward a regular practice. This session is offered in-studio only. \$95 Register at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100

**YogaTone** Sundays March 1-22. 11:00am-12:00pm with Kara Keating.

# Classes and Workshops



Drop-Ins Welcome! Jump into spring and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. 4 classes for \$100 or \$35 drop in register at [movmentarts.com/events](http://movmentarts.com/events) or call 360-629-9100.

**Upper Body ROLLief with Myofascial Release** April 11, 2-4pm. In this workshop we will focus on rolling out the soft fascia tissues of our upper body. This workshop will introduce the Coregeous ball into the practice; a soft inflated ball. It will also use 2 sets of therapy balls that we used in the previous lower body workshop. Please choose the pricing option 1) Workshop only: \$35 2) Workshop + All Props: \$80 or 3) Workshop + Coregeous Ball: \$50Space is limited, reserve now at [movmentarts.com/events](http://movmentarts.com/events) or call 360-629-9100.

We are a family run company  
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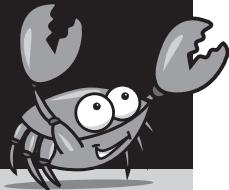


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# Photos and Art



## DID YOU KNOW?

Humans have tongue prints, just as we have fingerprints.



*Stanwood Snow Geese photo by James M. Shipley.*



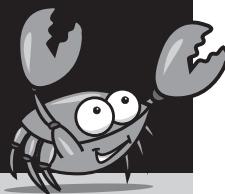
*Raindrops on Cedar. Photo by James M. Shipley.*

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# Classified Listings



## DID YOU KNOW?

If all of the world's entire bacteria were stacked together, it would stretch for 10 billion light-years.

It could wrap around the Milky Way over 20,000 times.

## FOR SALE:

**Fore Sale:** CarryLite Flambeau 39 Plastic Vintage Male and Female Mallards Hunting Decoy Ducks with Hunter's Backpack Included. \$1,200. Call or text Felix at (360) 420-9139.

## MISCELLANEOUS:

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

**For rent:** Spacious 1200sq/ft apartment. Lower level/ four-plex. Downtown historic Stanwood. One bdrom/one bath. Large windows/ commercial heat/ lots of light. W/D. N/S. \$1200/mo + all util. Refs/ co-signor. Text for pix: 564.516.9765.

**Long-term rentals.** Camano Island resident of 15 years & small business owner seeks long term rental. One bdrm, 1 bath single family house w/ laundry, yard & shed or garage. diane 360 202-2610.

## PROFESSIONAL SERVICES:

**SHOP at Savvy Traders Collective** in Stanwood - open daily!

**Part Time Nursery / Gardening Work** - \$20/hr. Stanwood. Leave message: 360-629-9377

**Celestial Isle** - Private Fantasy Weddings Camano - Gorgeous Forest Sanctuary, Coordinator, Farm to Table Catering, Photographer, DJ, Classical Musicians, and Ordained Minister on-site! Unbeatable rates on all packages ! Check us out at @celestial\_isle\_ on instagram or go to Thenatureofmusic.com

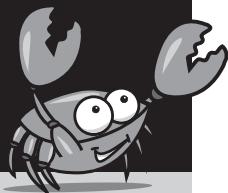
**I'm looking for remote work in copywriting and business newsletters.** My background also includes strategic communications, customer success, project management, and strategy consultations. Tiffany FitzPatrick, 812.251.4604, tiffanyfitzpatrickco@gmail.com.

**Camano Decks & Sheds LLC** Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmittchell8974@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](mailto:jillvail@windermere.com) for more information. [windermerestanwoodcamano.com](http://windermerestanwoodcamano.com).

# Clubs and Meetings



## DID YOU KNOW?

Ron Swanson from "Parks and Recreation" is based on a real person – a woman who holds a high bureaucratic position and is also anti-government.

**Friendship Tea** - Join us for tea, treats, and a nice visit with friends, both old and new on the first Tuesday of each month at the Camano Center. No charge (donations welcome) to Camano Center members. Non-Members \$5 fee paid at the front desk. Call Connie at (360) 652-7211 for more information.

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

**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>

**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. This is not a hard core off-road group, although some folks visit Walker Valley ORV occasionally. Many people's Jeeps are their daily driver. We do hold events; recovery training, trip planning, forest service trails group rides, Juniper Dunes, overlanding, Jeeps and Java, supporting local businesses, etc. We hold a monthly meeting the 3rd Saturday at the Camano Island American Legion Post #207 located at: 609 W Camano Drive, Camano Island, WA 98282. Meeting starts at 9:30 am. Come early!!

**Mabana Flames:** Join us in supporting Camano Fire for our monthly lunch meeting on Thursday, March 5th at 10:00am at Vista/Madrona Fire Station, 273 NW Camano Dr, Camano Island. Flames meet 10am the first Thursday of the month, September - June, except January. Come and support Camano Fire. More info: Lenore at 206-930-0846.

**The Camano Island Library Friends** are meeting Thursday, February 26th at 3 PM in the Community Room at the Camano Island Library. We would love to see you there! Join us. Our guest speaker will be Roz Moscolo, Executive Director at the Camano Animal Shelter Association (CASA). Shelters are the best! Come learn about how the Friends directly support our library programs. New faces are ALWAYS welcome, bring a friend!

**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](http://www.CIWRC.com)

**Ski/Snowboard Stevens Pass.** The Merry Mountain Ski Club provides a luxury coach on Tuesdays with stops in Bellingham, Burlington, Stanwood and Everett. Additional weeks if interest and good conditions. 206-550-4908. [tuesdayskibus@gmail.com](mailto:tuesdayskibus@gmail.com)

# Clubs and Meetings



## DID YOU KNOW?

Sherman Poppen, an engineer from Muskegon, Michigan, made the first-ever snowboard as a toy for his daughter in 1965 by bolting two skis together.

**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.

**Neurodivergent Preschooler Support Group for Parents.** Mondays at 9:30am at Stanwood Cooperative Preschool, 27027 102nd DR NW, Stanwood. You're Not Alone. Adult-only support group for parents and caregivers of neurodivergent young children who want connection, understanding, and practical tools from others walking a similar path. Join a community that supports you.

**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](http://www.crc-sc.org/events).

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

**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](http://www.crc-sc.org/events).

**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!

**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>.

**March Potluck / Membership Meeting (all scandinavians welcome!)** March 2, 5:30pm at Sons of Norway Abel Lodge, 21098 Second Street, Conway. Come join us for our second potluck and meeting of the year! The door open at 5:30 pm, the St. Patrick's Day potluck dinner starts at 6 pm, and our meeting follows dinner. With winter driving, we are going to try and start the meeting between 6:30-6:45 pm so people can get on the road to head home earlier. March's dinner theme is St Patrick's Day, so please bring a side or dessert to go with corned beef! Not a member, but you are interested in learning more? Please attend and find out what Sons of Norway is about. You do not need to be Norwegian to be part of this group. We are an inclusive group, and we welcome all people who have some Scandinavian ancestry.

# View from the Bleachers



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

## MY SHORTEST DATE

This is a true story about the shortest date in my life. Now, technically you could make the case that my wife was my shortest date, given that she tops out at 5 feet 0 inches. But I'm not talking about the shortest person I ever dated. No, I mean the shortest date in terms of hours... um, make that minutes. Because my shortest date lasted exactly 37 minutes.

As much as this may come as a shock to some of my readers, I was not exactly a Ladies' Man in my youth. That's because I went to a private all-boys' military prep school from grades one through twelve. I had literally no interaction with girls, and thus virtually no dating experience, until I headed off to college.

In my first year at college, I had exactly one date. That's because my dormmates, always up for a fun practical joke at my expense, decided to enter my name – without telling me – into a computer dating dance party. To participate, you filled out a form with information about yourself, which information was fed into a computer database. It then matched you up with another student the algorithm determined was compatible with you. Like a primitive version of Tinder but without the ability to swipe right.

A week later, I received a notification that I had been matched up with a computer date. Huh?? How did this happen? Then realizing that I had had roughly about as much sex in my freshman year as a neutered Boston Terrier, I decided to "go with the flow" and see where this unexpected opportunity might lead. The rules explained you were supposed to meet your match prior to the actual event. Her name was Judy Spivey, from Suffolk, Virginia.

When I knocked on her door, Judy greeted me with an almost guilty look on her face. After ten minutes of mindless, mundane conversation about "what's your major," my soon-to-be date dropped this bomb: "Tim, you probably should know something before we go out on this date. I'm engaged."

"I'm sorry. You're engaged? Engaged in what?" I replied, pretending not to understand what she'd just said.

"I have a fiancé," she clarified. "We both decided to enter our names in this computer dating thing, just to see what kind of people we would get paired up with. We meant it as a joke."

"Wow. Hilarious. So, I'm the joke, is that it?" I thought to myself, realizing this was a complete waste of my time.

"I got paired up with you," my not-so-dream date sheepishly explained.

"Oh, I see. And who did your future husband get paired up with?" I asked, barely hiding my annoyance.

"He didn't." [Insert long, extremely awkward pause...] "But we both agreed that I should go through with this date" – like it was her civic

# View from the Bleachers



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responsibility, like jury duty – just an unpleasant commitment she'd have to endure.

The dance was two days later. After we arrived at the dance, we sat nervously for about fifteen minutes, sipping our Diet Cokes as I struggled to keep the conversation going with questions like "Do, you think we'll have a good basketball team this year?" and "So, how did you and your fiancé meet?"

Before long, I noticed Judy kept diverting her glance to something in the distance. Make that, someone. Who was she looking at? Now, don't get ahead of me. Then she looked back at me, noticeably agitated, and said, "Pardon me, I'll be right back."

She headed off to talk with the person in the distance. You guessed it. Her fiancé had been watching us the entire time. It probably was the right call not to try to slow dance with her in front of her future husband. I still remember Judy's words when she returned: "Would you like to see World War Three begin? Or would you like for this date to be over right now?"

If this had happened today, the far more self-confident, wise-cracking version of me would have grinned and said, "Thanks for giving me a choice. I think I'll go with the first option, Judy." But the shy, freshman college student version of me instead said, "I understand. I wish you both the best of luck." Then I looked at my watch. 37 minutes had elapsed. As I plodded back to my dorm, it occurred to me I could have watched an entire episode of Hawaii Five-O. It would have lasted longer than my date.

Now and then I look back on our surreal, aborted courtship and wonder whatever happened to Judy. I tried to look her up on Facebook but without success. But I like to imagine her future without me. Maybe – just maybe – she had a miserable, tumultuous marriage, and her husband left her for a younger woman he found on Tinder. That makes me smile.

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

The logo for Bayless Electric features a stylized map of the state of Florida in yellow, with the company name "BAYLESS ELECTRIC" in large, bold, white capital letters overlaid. The "I" in "BAYLESS" and the "E" in "ELECTRIC" are designed to look like light poles with horizontal lines representing power lines.

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## TIDE TABLES / SARATOGA PASSAGE / FEBRUARY 20 - MARCH 5, 2026

	Date	High /Low	Tide Time	Height Feet	Moon Visible
F	20	Low	12:19 AM	1.4	
20	High	6:45 AM	12.2		
20	Low	1:04 PM	2.5		
20	High	7:01 PM	10.2	☽	
Sa	21	Low	12:58 AM	2.8	
21	High	7:12 AM	12.1		
21	Low	1:47 PM	1.6		
21	High	8:01 PM	10.0	☽	
Su	22	Low	1:41 AM	4.4	
22	High	7:40 AM	11.8		
22	Low	2:36 PM	0.9		
22	High	9:12 PM	9.7	☽	
M	23	Low	2:30 AM	6.0	
23	High	8:12 AM	11.5		
23	Low	3:30 PM	0.3		
23	High	10:38 PM	9.6	☽	
Tu	24	Low	3:30 AM	7.4	
24	High	8:52 AM	11.2		
24	Low	4:30 PM	-0.1	☽	
W	25	High	12:34 AM	9.9	
25	Low	4:41 AM	8.3		
25	High	9:43 AM	10.7		
25	Low	5:36 PM	-0.4	☽	
Th	26	High	2:04 AM	10.6	
26	Low	6:09 AM	8.7		
26	High	10:53 AM	10.3		
26	Low	6:45 PM	-0.7	☽	

	Date	High /Low	Tide Time	Height Feet	Moon Visible
F	27	High	2:58 AM	11.3	
27	Low	7:43 AM	8.3		
27	High	12:17 PM	10.1		
27	Low	7:50 PM	-1.0	☽	
Sa	28	High	3:40 AM	11.8	
28	Low	8:50 AM	7.3		
28	High	1:37 PM	10.2		
28	Low	8:45 PM	-1.2	☽	
Su	1	High	4:15 AM	12.1	
1	Low	9:40 AM	6.2		
1	High	2:44 PM	10.4		
1	Low	9:34 PM	-1.0	☽	
M	2	High	4:46 AM	12.2	
2	Low	10:24 AM	5.0		
2	High	3:44 PM	10.5		
2	Low	10:19 PM	-0.4	☽	
Tu	3	High	5:14 AM	12.3	
3	Low	11:04 AM	3.9		
3	High	4:40 PM	10.6		
3	Low	11:00 PM	-0.4	☽	
W	4	High	5:40 AM	12.2	
4	Low	11:41 AM	2.9		
4	High	5:33 PM	10.6		
4	Low	11:38 PM	-1.5	☽	
Th	5	High	6:05 AM	12.0	
5	Low	12:17 PM	2.1		
5	High	6:23 PM	10.4	☽	



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