

# THE CRAB CRACKER

ISSUE 329  
July 1-14, 2022  
4th of JULY DAY EDITION!



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



# Scratch Cooking

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Fully cooked prepared meals delivered to your home. Delivery days Tues. and Fri.

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Menu changes every two weeks.

## New Menu

Wild Camano Nettle Soup with toasted sunflower seeds & lemon zest sour cream

Strawberry & Feta Salad with local spring greens, toasted sunflower seeds & a balsamic vinaigrette

## Entrées

Copper River Sockeye Salmon with dill seed spaetzle, local farm vegetables, & a strawberry brown butter sauce

Lemon Pepper Draper Valley Chicken Legs with spiced chickpeas, sun dried tomatoes, olives, feta, local farm vegetables, & a tzatziki yogurt sauce

Painted Hills Grass Fed beef strip steaks with potato & leek au gratin, local farm vegetables, & a strawberry red wine demi glace sauce

"Shrimp and Grits" poached prawns with a cheddar cheese grits cake local farm vegetables & a apple cider vinegar reduction sauce

## Dessert

Chocolate mousse with candied sunflower seeds & macerated strawberries



## Camano Island Yacht Club Presents

ANNUAL  
MEMBERSHIP  
DRIVE



129  
SUNSET  
DRIVE,  
CAMANO

# Saturday August 13, 2022

Tickets: \$35 Advance | \$40 at Gate | \$15 Children (Certified Service Dogs Only)

3 PM: Gates & bar open | 4:30-6:30 PM: Music & dancing

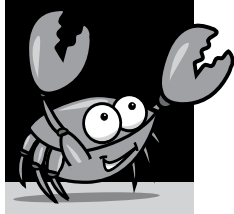
Bring your own chair | Includes picnic dinner

Cash bar | Beer and Wine Garden

Contact Cheri at 360-926-8554 or [ciycaugustconcert@gmail.com](mailto:ciycaugustconcert@gmail.com)

[www.facebook.com/CIBoating](http://www.facebook.com/CIBoating) or [www.camanoislandyc.com](http://www.camanoislandyc.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 photo: Independence Day Parade.  
Photo by James M. Shipley.*

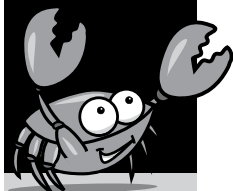


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**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: JULY 7 for Next Edition (July 15-28, 2022)**

# Calendar of Events



## 4TH OF JULY:

Both Presidents Adams and Jefferson died on July 4, 1826, and President James Monroe died on July 4, 1831.

FRIDAY, JULY 1

## FORD GIESBRECHT PERFORMANCE

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. conversation friendly. No cover.

FRIDAY, JULY 1

## YOUTH GAME NIGHT!

6:30-8pm at Church Of Jesus Christ Of Latter Day Saints, Ell Road, Camano Island. Ages 12-18. We can play sports, games and activities of your choice! invite your friends and family to come. A chance to meet new people. Games, treats & more!



FRIDAY, JULY 1

## MAZINIGWAASO: FLATSTITCH BEADWORK CULTURE AND HISTORY

6:30 PM – 7:30 PM Online event. Maziniqwaaso means, to bead. Join local Archivist, Indie O'Sidhe, as she demonstrates the Anishinaabe style of beadwork with an impressive floral design as well as some flatstitch beadwork. Indie will talk about the background of beading in the Anishinaabe communities and how the designs originated. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

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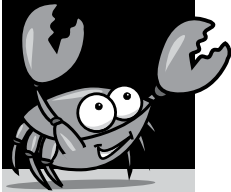
★

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# Calendar of Events



## 4TH OF JULY:

The Declaration of Independence was not actually signed until August 2, 1776.

FRIDAY, JULY 1

## STANWOOD FARMERS MARKET

"Love Thy Neighbor, Know Thy Farmer". 2pm-6pm at the parking lot behind downtown and next to the Amtrak train station. A gathering of farmers, local producers, makers & more. Shop with local farmers, food artisans & craftspeople.

FRIDAY, JULY 1

## MIDNIGHT HOUR

7:30pm - 10:30pm at Pub 282. We are a Classic Rock/R&B band driven by power hitting lead female vocals, smoking hot keys, versatile lead guitar, thumping solid bass, and creative world class drums.



FRIDAY, JULY 1

## ARTISTS RECEPTION FOR CAROL PANEK-CLARK

5-7pm at Beach 1 Gallery. "I grew up in a city with rare opportunities to experience wild and natural places. That all changed through moving several times, reading, and lots of travel. I learned to love all the glorious beauty I encountered and to feel a sense of belonging to Earth. My pastel art is my avenue to translate and share my observations and what they mean to me." Her art will be displayed and for sale the entire month of July. The Gallery is open 7 days a week. We will be serving wine, bottled water and individual bags of chips for the reception. 1243 Beach Drive, Camano Island. 360-387-1655

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# Calendar of Events



## 4TH OF JULY:

The Philippines also celebrates their independence on July 4th. After falling under Japanese control during World War II, the U.S. and Filipino forces fought together to regain control. They gained their independence on July 4, 1946.

FRIDAY, JULY 1

### **HAPPY HOUR WITH RAINBOW EATS**

4-9pm at Happy Hollow Farm (21520 50th Ave NW Stanwood) Chef Courtney and her team with Rainbow Eats provide delicious and beautifully presented meals every time! You don't want to miss out, come join us to see for yourself!

SATURDAY, JULY 2

### **JIMMY WRIGHT BAND**

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



SATURDAY, JULY 2

### **DRIVE THRU ICE CREAM SUNDAES**

10am-2pm at the Stillaguamish Grange (6521 Pioneer Hwy, Stanwood - at the fairgrounds). Come enjoy an ice cream sundae and help the Grange meet its capital fund goal to upgrade its heating system. \$5 for a chocolate, strawberry, or caramel ice cream sundae.

SATURDAY, JULY 2

### **LIVE MUSIC**

5:30-8:30pm at Journey's End Cafe, 1992 S Elger Bay Rd, Camano Island. Family friendly, delicious food and a very unique outdoor area. Tonight's performer: CD Woodbury. More info: (360) 387-9120.

SATURDAY, JULY 2

### **KIDS FESTIVAL AND "VALHALLA" BEER HALL**

At the Floyd Norgaard Cultural Center, from noon to 3:00 pm will be a "Kids Festival" held inside the hall, free for the public to attend. We will have a facepainter, arts and crafts activities, and live music. From 3-6pm pm we will be hosting a "Valhalla" beer hall with more live music entertainment, in partnership with SAAL Brewery (beer and ale available for purchase for those over 21). A salmon and Pollock BBQ will be offered for purchase between noon-6pm. Our two vintage Model-A cars will be on display in front of the Floyd this day. Phone: 360-629-6110; email: director@sahs-fncc.org

SATURDAY, JULY 2

### **INDEPENDENCE DAY WEEKEND LIVE MUSIC WARM-UP**

with "The Hippness Factor". 3-6pm at Dusty Cellars Winery. 529 Michael Way, Camano Island. More info: 360-387-2729.

# Calendar of Events



## NEED TO FIND FRESH CRAB?

An outdoor magazine rack filled with "fresh" Crab Crackers is located at the Terry's Corner at Dan Koffman's Gallery.

SATURDAY, JULY 2

### **EVENT BY GROOVE DOCTORS, RICH ROREX GUITARIST AND OTHERS**

8-11pm at Conway Pub. Groove Doctors will help to fill your prescription for music. Groove Doctors Band from Lummi Island, Washington. Deborah, Dave, Gary and Rich play a diverse selection of rhythm, blues, rock and American, to get you into the groove and to make you just have to get up and move

SATURDAY, JULY 2

### **NICK VIGARINO'S MEAN TOWN BLUES**

8 pm at Conway Muse. Nick is a great showman and his music is high energy. His style is a fusion of the Chicago and the Delta blues... hip-hopped up with an amplified acoustic bottleneck, wailing against a VERY funky bump-and-grind rhythm section.

SATURDAY, JULY 2

### **E-CYCLE**

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

SATURDAY, JULY 2

### **SATURDAY POP UP MARKET**

11am-5pm at Wit's End Books, 10123 270th St NW, Stanwood. We host over 30 booths: antiques, toys, crystals, garage sale treasures, and small businesses!

SATURDAY, JULY 2

### **ASK A MASTER GARDENER**

Today is Island County Master Gardener Clinic day. Join us at 2 PM and ask your garden questions or just listen in as we talk about what is going on in our gardens this month. Zoom Link <https://wsu.zoom.us/j/92586177662>. Meeting ID: 925 8617 7662. Password: 509241.

SATURDAY, JULY 2

### **BEAUTY BAR DIVAS**

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

SATURDAY, JULY 2

### **FAMILY BINGO**

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

SATURDAY, JULY 2

### **THE Y RIDE BICYCLE RIDE**

supported by our local YMCA. The (free) ride begins at 1pm from the YMCA. Riders need a helmet and have the equipment and know-how to repair a flat tire if they get one. More info: Lawrence Baum: [camanosail@camano.net](mailto:camanosail@camano.net).



# Calendar of Events



## 4TH OF JULY:

The first  
official national  
celebration  
of America's  
independence  
was held in  
Philadelphia on  
July 4, 1777.

SATURDAY, JULY 2

## MASTER GARDENERS COMMUNITY CLINIC

The Snohomish County Master Gardeners will be hosting a free Community Clinic at Haggen in Stanwood from 10-2. Please come and bring your questions so that we can help you with gardening concerns. (it is very helpful if you bring photos or plant specimens if you are needing help.) We will be in the garden center to meet you!



SATURDAY-SUNDAY, JULY 2-3

## OUR LEGACY FIELDS LAVENDER FARM GRAND OPENING

10am-6pm at 27031 36th Ave NW, Stanwood. Ribbon cutting at noon on Saturday. Buddy Burger Food Truck (Sat. 11am), Lopez Island Ice Cream, 911 Grub Food Truck (Sun. 11am), Smokin Dough Wood Fired Pizza (Sun.), Games, Scavenger Hunts, Beekeeper lessons, Pain parties. Fun for the whole family.

SATURDAY-SUNDAY, JULY 2-3

## SRP FARMERS MARKET

10am-3pm. Starting July 2, we will feature Secondhand Vintage items the first weekend of every month. On July 2 there will also be a "Rock Talk" presentation at 11am with fossils, minerals, and lots of cool rocks! Come check out all the great items! We are growing fast. There are different vendors every day. Vendors include produce, artwork, jewelry, candles, cupcakes and much more! Check out our FaceBook page "Skagit River Produce Farmers Market" for a list of vendors. Located in Conway on SR 534, just east of I-5 with lots of easy parking. More info: linda@SRPFarmersMarket.org.

## Stanwood United Methodist Church

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In-Person Sunday Service at 10:00am.  
Live Online Services available at 10:00am at  
[www.stanwoodumc.org](http://www.stanwoodumc.org) or on our Facebook  
page at: Stanwood United Methodist Church.



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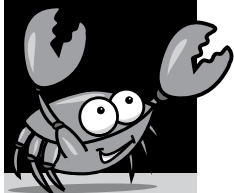
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# Calendar of Events



## 4TH OF JULY:

In 1958, a history teacher assigned a class assignment to redesign the national flag as both Alaska and Hawaii neared statehood. Robert G. Heft, who was 16 at the time, designed a new flag using the old 48-star flag and \$2.87 worth of blue cloth and white iron-on material. His design earned him a B-minus



MONDAY, JULY 4

## INDEPENDENCE DAY

also known as the Fourth of July, is the day that's long been designated as the birth date of America, which declared its independence from Great Britain by adopting the Declaration of Independence in early July 1776.



MONDAY, JULY 4

## 4TH OF JULY FIREFIGHTERS BREAKFAST FUNDRAISER

We are super excited to bring back the 4th of July Firefighters Breakfast Fundraiser. We will once again open Willow & Jim's Cafe to our Silvana Firefighters Association to come serve you. They will be here 7am to noon. Please come and help us support them and have a great breakfast at the same time. Come meet our Fire Chief Keith Strotz and our amazing first responders. So remember to tip them big! They earn even bit of it. We love our little fire department and all they do for this community. We could not think of a better way to give back. So bring your family and friends and come join us for breakfast before you start your 4th of July celebration. It's a blast!!!!

# Calendar of Events



SUNDAY, JULY 4

## UTSALADY 4TH OF JULY PARADE

Down N. Shore Drive at Utsalady Beach. There will be a patriotic walk that begins at approximately 11 am. While folks are lining up and getting ready, there will be music this year at Utsalady Ladies Aid. Provided by Fiddle n Squeeze, a fiddle and accordion duo playing Bluegrass, Celtic, and Old Time music, they will begin at 10:15 and play until 11 when the patriotic walk begins. ([www.fiddlensqueeze.com](http://www.fiddlensqueeze.com)<http://www.fiddlensqueeze.com>) After the patriotic walk, there will be a flag raising ceremony at the Ladies Aid Building led by our local Boy Scouts, followed by a few patriotic sing-along songs. And then,... some popsicles for All!





THE CELTIC ARTS FOUNDATION PRESENTS THE 26TH ANNUAL



**JULY 9, 2022**

9 AM-6 PM

EDGEWATER PARK, MOUNT VERNON, WA

### FESTIVAL HIGHLIGHTS

- Family Entertainment
- Children's Events
- Bagpipers
- Massed Pipe Bands
- Highland Dancing
- Athletic Events
- Scottish & Irish Clans
- Celtic Legends Concert
- Food & Celtic Merchandise
- Beer & Whisky Garden
- Scottish & Irish Traditional Music



For complete information  
or to purchase tickets

[CelticArts.org](http://CelticArts.org)



# Calendar of Events



## 4TH OF JULY:

Since 1972, Coney Island's hot dog haven, Nathan's Famous, has been marking Independence Day with a hot-dog-eating contest that's now become so big that it's broadcast on ESPN. The reigning champ, Joey Chestnut, holds the world record for the most hot dogs eaten (76!).

MONDAY, JULY 4

## 4TH OF JULY BAKE SALE

The traditional July 4 Utsalady Ladies Aid Fourth of July bake sale at the historic Ladies Aid building, 78 Utsalady Road. More than 40 pies and other baked goods, beginning at 10am. Many begin lining up very early, as we do sell out within minutes of opening the doors.

MONDAY, JULY 4

## MADRONA BEACH 4TH OF JULY PARADE

(To be determined) 11:11am at corner of 5th and Alder. Dress up! Decorate! Bring music/noize makers!



MONDAY, JULY 4

## CAMANO COUNTRY CLUB 4TH OF JULY PARADE

Meet at the Camano Country Clubhouse parking lot (1243 Beach Dr) at 09:45, for a parade kick off at 10am. Bring your 4th of July gear, kids, etc! Participate and walk in the parade or come sit along the parade route and enjoy! Fun event for everyone! All are welcome to celebrate.

MONDAY, JULY 4

## 4TH OF JULY AT LAKE HOWARD

4pm. Our annual 4th of July party!!

MONDAY, JULY 4

## NAUGHTY BINGO

Tonight at 8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some naughty prizes! Drink & food specials. More info: 360-629-2324.

MONDAY, JULY 4

## KAYAK POINT BREAK - DISC GOLF TOURNAMENT

9am-5pm at Kayak Point Disc Golf Resort. A 1 day, 1 round tournament on the Green, Red, or Gold layout depending on your division. What better way to celebrate the 4th of July than to play some disc golf! Registration through Discgolfsce.com is required. Full details at <https://discgolfresort.com/2022-kayak-point-break/>.



# Calendar of Events



## 4TH OF JULY:

At the first national Independence Day Celebration in Philly in 1777, 13 cannons were fired, one round for each state of the union, bells were rung, and fireworks were set off, according to the Smithsonian, which says the 4th of July fireworks tradition grew from there.



TUESDAY, JULY 5

### BOOMS TO BROOM

Beach 1 & Beach 2 FIREWORKS CLEANUP! 9am Meet @ Beach 1. Please help cleanup & help protect and keep our beaches clean!

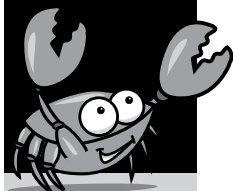


TUESDAY, JULY 5

### MUSEUM OF FLIGHT PROGRAM AT CAMA

If you have any kids who you'd like to entertain this summer, the Cama Beach Foundation is sponsoring 2 free hands-on one-hour programs to be given by the Museum of Flight from Seattle. These will take place every Tuesday morning this summer, and will be held in front of the historic store at Cama Beach State Park. A parking pass is required. Today's presentations will be as follows: 10 - 11 am: Flying Contraptions - During this fun workshop, participants will build different contraptions using basic household materials and fly them in our portable wind tubes. Design, test, and rebuild as needed in order to investigate how changing the design and materials of your contraption can affect its flight. 11 am - noon: Cyanotypes - Make a fun image-making process using things found around the park!

# Calendar of Events



## 4TH OF JULY:

It wasn't until 1870 that Independence Day became a national holiday—nearly a century after the Declaration of Independence was signed. Christmas was declared a national holiday the same year.

TUESDAY, JULY 5

## FORD GIESBRECHT PERFORMANCE

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. conversation friendly. No cover.

TUESDAY, JULY 5

## 90'S NIGHT

Join us tonight at beauty bar 9pm-2am. 10011 270th St NW, Stanwood. Drink & food specials all evening with your host & bartender DJ JESS. Dancing & fun games all night...party party party OMG!! Wear your 90's gear! (360) 629-2324. bbstyleandsip@gmail.com.

WEDNESDAY, JULY 6

## BOARD GAME NIGHT

5:30-10pm at Journey's End Cafe at 1992 Elger Bay Road, Camano Island. Use ours or bring your own. More info: (360) 387-9120.

WEDNESDAY, JULY 6

## CAMANO ISLAND CLEANUP CREW VOLUNTEER TRASH PICKUP

Meet us at Four Springs, 10am to noon to finish cleaning up Camano Hill Road. We will supply all the equipment, gloves, and water. Follow us on Facebook or email at [camanoislandcleanup@gmail.com](mailto:camanoislandcleanup@gmail.com) for updates and events. Can't help but like what we're doing? Feel free to donate through Venmo or contact us. Thank you for the support and for keeping our community clean!

WEDNESDAY, JULY 6

## EXPLORING TIDE POOLS AT DECEPTION PASS

2:00 PM – 3:00 PM Online event. Join park staff to explore the Rosario tide pools at Deception Pass State Park. Travel underwater and discover some of the amazing animals which call this constantly changing environment home. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

## FLORA & FAUNA

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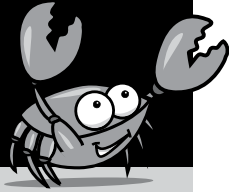
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# Calendar of Events



WEDNESDAY, JULY 6

## **THE SCIENCE AND SPIRIT OF SEAWEED WITH AMANDA SWINIMER**

6:00 PM – 7:00 PM Online event. Join us for a fun and informative evening learning all about Pacific Northwest seaweed. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

THURSDAY, JULY 7

## **SOUND WATER STEWARDS POP-UP AT CAVALERO COUNTY PARK**

10am-3pm 3 1013 Simonsen Pl., Camano. Short educational activities strengthening appreciation for the natural world. Learn about plants, animals, local landscapes and valuing them while exploring the beach without harming it. Use your curiosity to carefully observe the marine environment.

THURSDAY, JULY 7

## **ALKA JOSHI - ONLINE AUTHOR TALK**

6:00 PM – 7:00 PM Online event. Join us for an evening with New York Times Best Selling author Alka Joshi as she discusses her bestselling books, *The Henna Artist* and *The Secret Keeper of Jaipur*. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

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# Calendar of Events



FRIDAY, JULY 8

## MIDNIGHT HOUR

7:30pm - 10:30pm at Pub 282. We are a Classic Rock/R&B band driven by power hitting lead female vocals, smoking hot keys, versatile lead guitar, thumping solid bass, and creative world class drums.

FRIDAY, JULY 8

## HAPPY HOUR WITH RAINBOW EATS

4-9pm at Happy Hollow Farm (21520 50th Ave NW Stanwood). Chef Courtney and her team with Rainbow Eats provide delicious and beautifully presented meals every time! You don't want to miss out, come join us to see for yourself!

FRIDAY, JULY 8

## MYSTERY MARINE MAMMALS AT DECEPTION PASS

2:00 PM – 3:00 PM Online event. Marine mammals breathe air like us, have hair or fur, and live in the Salish Sea! Join park staff to discover a mystery marine mammal which is often seen off the shores of Deception Pass State Park each spring and fall. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

FRIDAY, JULY 8

## FORD GIESBRECHT PERFORMANCE

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. conversation friendly. No cover.

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# Calendar of Events



FRIDAY, JULY 8

## YOUTH GAME NIGHT!

6:30-8pm at Church Of Jesus Christ Of Latter Day Saints, Ell Road, Camano Island. Ages 12-18. We can play sports, games and activities of your choice! invite your friends and family to come. A chance to meet new people. Games, treats & more!



FRIDAY, JULY 8

## STANWOOD FARMERS MARKET

"Love Thy Neighbor, Know Thy Farmer". 2pm-6pm at the parking lot behind downtown and next to the Amtrak train station. A gathering of farmers, local producers, makers & more. Shop with local farmers, food artisans & craftspeople.

# AT THE Beach REAL ESTATE



**Malynda Shipley - Realtor® / Broker**  
**MShipley@AtTheBeachRealEstate.net**  
**425-299-7892**

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**\$750,000 - MLS1924112**

Your own private woodsy hideaway with deer waiting to greet you. Custom built home, 3BR 2.5BA. Close to state parks. Turn key, pride of ownership. European kitchen, walk-in pantry, wood block & granite counter tops. Primary bdrm w/deck, claw foot bathtub, walk-in closet + bonus rm. 3 wood/propane stoves w/heat pump. Huge 4 car barn/garage w/amazing loft. Lower flr, ready for a huge room & 3rd bdr. Unique finishing touches.



# Calendar of Events



FRIDAY-SUNDAY, JULY 8-10

## SHEDFEST IV

at Slimedog Speedway, Stanwood. Tickets - \$25 - \$40 shedfest-iv.eventbrite.com. Local music? Check. Fundraiser? Check. Camping? Check. SHEDFEST is the ultimate adventure to start your summer with a bang! One dream of a festival boasting a line up full of local music at a price that's accessible to everyone. With an expanding team of supporters and volunteers as well as growing notoriety in the local music community, SHEDFEST is the place to be, rain or shine, every summer. This year, we're proud to again be partnered with Whitehorse Musicians Guild and working together to raise money in support of the National MS Foundation! We cant wait to bring you a stellar weekend full of incredible local music from: WOODSHED; Hellbot; Stoned Evergreen Travelers; Uncle Lord; MTR Project; Draemora; The 69 Lines; Witch Ripper; Wet Temple; Skullbot; Cryptamnesia; Burn Through Life; Shudderspeed; Always Naked; The Moon is Flat; Creamsicle; Trip the Wire.... AND MORE



## LAUGHTER is contagious; don't miss it!

The flowers are blooming and warmer weather gives us all a reason to enjoy beautiful spring days. This season, don't let hearing loss keep you from the laughter shared with loved ones. When you hear your best, you are able to live your best and enjoy every special moment!

Happiness is happening — can you hear it? **Contact us today about your hearing health.**



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**Tonia MacPhail,**  
A.A.S., HIS

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**Ronald A Kennedy**  
Financial Advisor

9106 271st St. Nw  
Stanwood, WA 98292  
360-629-5393

# Calendar of Events



SATURDAY, JULY 9

## FARM DAYS FOR KIDS

1-2pm at Ananda Farm, 732 Haven Place, Camano Island. Join in a fun farm activity. Ages 6 —12.

SATURDAY, JULY 9

## CARS AND COFFEE

7am-10am at 848 N Sunrise Blvd, Camano Island. Free Event by The Baked Cafe at Camano Commons Marketplace. You provide the cars, we provide the coffee! All cars welcome. Lets fill this place up!

SATURDAY, JULY 9

## SATURDAY POP UP MARKET

11am-5pm at Wit's End Books, 10123 270th St NW, Stanwood. We host over 30 booths: antiques, toys, crystals, garage sale treasures, and small businesses!

SATURDAY, JULY 9

## FAMILY BINGO

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



**Back  
For  
Our  
3rd  
Season!**

Reserve Now for June - September, 2022

**NOW OFFERING** (for up to 6 people)

## CAMANO ISLAND BOAT TOURS

Port Susan tours, crabbing adventures,  
or create your own cruise!

Contact Capt. John Cavanaugh

360-672-2760

[johncavanaugh@boatsafloat2.com](mailto:johncavanaugh@boatsafloat2.com)

[www.boatsafloat2.com](http://www.boatsafloat2.com)



# Calendar of Events



SATURDAY, JULY 9

## THE Y RIDE BICYCLE RIDE

supported by our local YMCA. The (free) ride begins at 1pm from the YMCA. Riders need a helmet and have the equipment and know-how to repair a flat tire if they get one. More info: Lawrence Baum: [camanosail@camano.net](mailto:camanosail@camano.net).

SATURDAY, JULY 9

## MASTER GARDENERS COMMUNITY CLINIC

Snohomish County Master Gardeners will be hosting a free Community Clinic at Haggen in Stanwood from 10-2. Please come and bring your questions so that we can help you with gardening concerns. We will be in the garden center to meet you!

SATURDAY, JULY 9

## FREE SUMMER CONCERT

Stanwood Chamber presents the 2022 Stanwood Summer Concert Series. Free admission. 2-4 pm in the Stanwood Windermere parking lot. Tonight's performers: Stevie and the Blue Notes.

SATURDAY, JULY 9

## CASA OPEN HOUSE AND MERCHANDISE MARKET

Camano Animal Shelter Association (CASA) will host an Open House from 11 a.m. to 3 p.m. Guided tours of the shelter. Come see the shelter improvements and shop for CASA Merchandise. Our adoptable dogs and cats are waiting for you. [www.camanoanimalshelter.org](http://www.camanoanimalshelter.org).



## Custom Window Fashions

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360-336-6533

400 W. Fir St.

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



HunterDouglas 

Kristin Billings  
Window Coverings Specialist



# Calendar of Events



## 4TH OF JULY:

A woman's signature appears on some copies of the Declaration of Independence

Though she's not an official signer, Mary Katharine Goddard, who was commissioned by Congress to print copies of the important document, added her name below the original signers.

SATURDAY, JULY 9

## LIVE MUSIC

5:30-8:30pm at at Journey's End Cafe, 1992 S Elger Bay Rd, Camano Island. Family friendly, delicious food and a very unique outdoor area. Tonight's performer: Hookmeyer. More info: (360) 387-9120.

SATURDAY, JULY 9

## FALSE SENSE OF SECURITY

7:30pm - 10:30pm at Pub 282. YOU WANNA ROCK AND SO DO WE! These Seattle area musicians joined together to start playing some of the best rock & roll songs throughout the decades.

SATURDAY, JULY 9

## ART OFF THE WALL & MORE AUCTION

Camano Island Democrats present Art Off The Wall & more at Arrowhead Ranch, 615 Arrowhead Road, Camano Island, from 3 to 8 p.m. The event will feature a wide variety of art from local and national artisans. Attendees will be able to purchase art through silent and live auction segments. Auctioneer is Camano art icon, Jack Gunter, artist, author and filmmaker. Admission is \$10 per person and includes tickets for two complimentary beverages and dessert. Pure Smoke NW Barbeque will be onsite with food available for purchase and music will be provided by the exceptional Northwest duo, RT Collective. More information including a preview of art pieces can be found at [camanoislanddemocrats.com](http://camanoislanddemocrats.com). NOTE: We can only accept cash, check and Paypal.

SATURDAY-SUNDAY, JULY 9-10

## THE SKAGIT RIVER PRODUCE FARMERS MARKET

10am-3pm. Many wonderful products include produce and hand made arts and crafts. The vendors change every day so come often! Come enjoy the beautiful scenery, live music, and fun products in Conway, I-5 at the Highway 534 exit on the east side. For more information contact [MarketCoordinator@SRPFarmersMarket.org](mailto:MarketCoordinator@SRPFarmersMarket.org).



SUNDAY, JULY 10

## ARTISAN AFRICAN MARKET

for the benefit of the Wana Duma Children's Project. 1-5pm at 1410 Beach Drive, Camano. It just got easier to help kids in Africa!



# Calendar of Events



## 4TH OF JULY:

On July 3, 1776, John Adams wrote a letter to his wife, Abigail, to tell her how excited he was that Congress had voted in favor of independence. "The 2nd Day of July 1776, will be the most memorable Epocha, in the History of America," he declared. Adams so firmly believed that July 2 was the correct day on which to celebrate that he refused to appear at 4th of July events as a matter of principle.

SUNDAY, JULY 10

### **LIFE OF THE SPIRIT DEVOTIONAL GATHERING**

Please join us on Zoom at 11am. There will be prayers, poems and music to uplift spirits. We usually start with 10-15 minutes of prayers and readings from the world's sacred scriptures. After that, we share personal thoughts, prayers, inspirations, poems, music - whatever lifts the spirit. More info: [bahaisofcamanoisland@gmail.com](mailto:bahaisofcamanoisland@gmail.com).

MONDAY, JULY 11

### **PROTECT YOURSELF FROM FRAUD AND IDENTITY THEFT**

10:00 AM – 11:00 AM Online event. Join us for AARP's first of two presentations designed to inform and keep you safe on-line. Knowing how to protect yourself from fraud is a powerful tool in staying safe within today's ever-changing on-line environment! Con artists don't care how hard you worked. They steal billions from Americans like you every year. We're fighting back with the AARP Fraud Watch Network. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

MONDAY, JULY 11

### **VIRTUAL CANDIDATES FORUM**

The League of Women Voters of Whidbey Island will host a virtual Candidates' Forum beginning at 7pm. This event is co-sponsored by Sno Isle libraries. The forum will feature all candidates for Legislative District 10, Positions 1 and 2, and for County Commissioner, District 3. This is an important voter information event and the public is invited to attend. The Zoom link for the forum will be posted on the League's website: [www.lwvwhidbey.org](http://www.lwvwhidbey.org).

MONDAY, JULY 11

### **CAMANO ISLAND QUILTERS OPEN SEW**

(OPEN TO THE PUBLIC). 10am - 2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Want to sew with others, need help on a project? We are here to help you with your sewing needs. Bring your sewing machine, project and basic tools for an afternoon of fun! Bring a sack lunch. (No microwave).

MONDAY, JULY 11

### **NAUGHTY BINGO**

Tonight at 8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some naughty prizes! Drink & food specials. More info: 360-629-2324.

TUESDAY, JULY 12

### **MUSEUM OF FLIGHT PROGRAM AT CAMA**

If you have any kids who you'd like to entertain this summer, the Cama Beach Foundation is sponsoring this free hands-on one-hour programs to be given by the Museum of Flight from Seattle. Will take place in front of the historic store at Cama Beach State Park. A parking pass is required. Today's presentations will be as follows: 10 - 11 am: Fling Flyers – Drop in to make your own "supersonic fling flyer" of the Concorde or M-21 Blackbird, both of which are in The Museum of Flight's collection! You can even try making your own paper glider design to test. 11 am - noon: Flying Contraptions.

# Calendar of Events



## 4TH OF JULY:

A Pennsylvania newspaper was the first to publish the Declaration of Independence

It's safe to say the adoption of the Declaration of Independence was big news in America—so much so that The Pennsylvania Evening Post published the document in its July 6, 1776 edition. It was the first newspaper in the colonies to run the Declaration of Independence in print.

TUESDAY, JULY 12

### FREE COOKING DEMO

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

TUESDAY, JULY 12

### TUESDAY NIGHT BARRELS AND POLE BENDING BUCKLE SERIES!

4pm at Stanwood Equestrian center, outdoor arena.

TUESDAY, JULY 12

### FORD GIESBRECHT PERFORMANCE

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. conversation friendly. No cover.

TUESDAY, JULY 12

### 90'S NIGHT

Join us tonight at beauty bar 9pm-2am. 10011 270th St NW, Stanwood. Drink & food specials all evening with your host & bartender DJ JESS. Dancing & fun games all night...party party party OMG!! Wear your 90's gear! (360) 629-2324. bbstyleandsip@gmail.com.

WEDNESDAY, JULY 13

### BOARD GAME NIGHT

5:30-10pm at Journey's End Cafe at 1992 Elger Bay Road, Camano Island. Use ours or bring your own. More info: (360) 387-9120.

WEDNESDAY, JULY 13

### FAMILY STORYTIME

10am at the Stanwood Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading. A play time or art activity may follow.

THURSDAY, JULY 14

### HIGH FITNESS FOR FREEDOM

7pm. Join us for a fun night of High Fitness, while raising money to set people free from human trafficking. This class is no-fee, but we will be taking donations to support Rescue: Freedom and their efforts to end sex trafficking around the globe. All money goes directly to the local groups assisting women and children to get back on their feet and live fully free. Be ready to get your sweat on for a great cause! The class will be held at the multi purpose field, across the street from Stanwood High School stadium.

THURSDAY, JULY 14

### DAVID ALLEN - ONLINE AUTHOR TALK

9:00 AM – 10:00 AM Online event. Join us as we sit down in conversation with New York Times Best Selling author David Allen, one of the world's most influential thinkers on personal productivity. His New York Times bestselling book, Getting Things Done, has sold millions of copies and has been published in thirty languages. Contact us with questions: <https://www.sno-isle.org/contact-us/>

**TAKING APPLICATIONS NOW** | [www.s-caf.org](http://www.s-caf.org) | Due July 15

# ADULT SCHOLARSHIP

**The Stanwood-Camano Area Foundation has several scholarships available for adult students seeking advanced education or needing additional training or education to compete in today's workforce.**

—  
To be eligible, applicants must reside within the boundaries of the Stanwood-Camano School District or be former graduates of either Stanwood or Lincoln Hill High Schools, and have financial need. In addition to these general eligibility requirements, each scholarship listed has its own requirements.

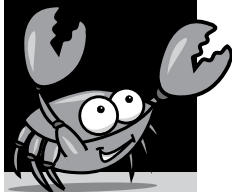
—  
Scholarships are available for the following areas of study:

- Veterinary Care
- Fire Sciences/EMT
- Visual Arts
- Caregiving
- Nursing/Medicine
- Single Parents pursuing additional training
- General Studies

—  
The adult scholarship cycle begins on June 13 with an application deadline of July 15. Applications and additional information can be found online at [www.s-caf.org](http://www.s-caf.org). For more information, contact Natalie at [natalie@s-caf.org](mailto:natalie@s-caf.org), 360-770-5842 or [natalie@s-caf.org](mailto:natalie@s-caf.org).



# Calendar of Events



THURSDAY, JULY 14

## **AUTHOR EVENT WITH MARY POPE OSBORNE**

1:00 PM – 2:00 PM Online event. Join Baker & Taylor and Random House Children's Books for a LIVE summer reading event with author Mary Pope Osborne, creator of the beloved Magic Tree House series! The author will also be giving a special reading and will answer audience questions. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

THURSDAY, JULY 14

## **PUPPET SHOW: SHARK & LOBSTER'S ADVENTURE**

3:30 PM – 5:00 PM at the Stanwood Library. In this very silly puppet show, a scaredy-Shark and his friend Lobster need a lot of help to ward off Shark's fears (plus a huge but ridiculous Sea Monster)! After the show we will color fish prints and see them glow in the dark like their deep-sea relatives. Contact us with questions: <https://www.sno-isle.org/contact-us/>

THURSDAY, JULY 14

## **"WHAT TO DO UNTIL HELP ARRIVES"**

The Camano Preparedness Group presents a program "What to Do Until Help Arrives". If you know what to do, you can save a life in the few minutes it takes for the paramedics to arrive. The public is welcome to attend all our meetings at the Vista Fire Station, 273 N. West Camano Dr. Camano Island. For more info contact Rhonda Paulson – 360-387-9923, [rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com). Also see our website: [camanopreparednessgroup.org](http://camanopreparednessgroup.org) and our FaceBook page.

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# Windermere

REAL ESTATE



**WATERFRONT** **\$1,295,000**  
Distinctive high-bluff waterfront property on Camano with expansive westerly views. #1952141



**FINISTERRE** **\$1,260,000**  
Spacious upscale home with Sound and mountain views and two levels of living on the north end of Camano. #1933725



**CAMANO ISLAND** **\$730,000**  
Beautiful upgrades at this 4-bedroom home with a generous acre of island paradise and EV station. #1933512



**UTSALADY** **\$679,000**  
Gorgeous setting on the north end of Camano for this wonderful home on 1.45 acres and great outdoor living spaces. #1937341



**COUNTRY CLUB** **\$599,900**  
Great location on Camano & expansive Sound & mountain views at this 3-bedroom home plus private beach access. #1948538



**EDMONDS** **\$850,000**  
Home in a great location with 3-car garage and needing a little TLC to shine it up. #1952215

**STANWOOD**  
7359 267th St. NW, #D  
360.629.8233



**CAMANO ISLAND**  
818 N. Sunrise Blvd.  
360.387.4663





# Windermere

REAL ESTATE



**STANWOOD** **\$569,000**  
Wonderful 4-bedroom home in the Ridgeland Estates neighborhood, easy for commuting and close to so much! #1951385



**SUNDIN BEACH** **\$1,100,000**  
New, luxury home by Hezel Homes on the north end of Camano with breathtaking sunset views, beach access, EV station. #1922748



**NORTH END** **\$875,000**  
Exquisite views of Saratoga Passage from this fabulous 3-bedroom north Camano home and includes beach access. #1949682



**BOTHELL** **\$1,050,000**  
Fantastic private home on a large, corner lot just minutes to Woodinville or easy for commuting. #1944026



**VACANT LAND** **\$795,000**  
Beautiful shy 16 acres on the north end of Camano offering potential western views and possibly sub-dividable. #1955140

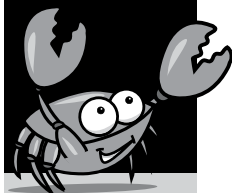


**COUNTRY CLUB** **\$1,875,000**  
Unparalleled blend of sophistication and simplicity at this Pre-Sale luxury home on Camano. #1951446

Visit [WindermereStanwoodCamano.com](https://www.WindermereStanwoodCamano.com) for more information

Windermere Real Estate/CIR





## INDEPENDENCE DAY POPPERS

Materials: 12x12 scrapbook paper, cut into fourths (I chose festive colors); White tissue paper; Ribbon; Candy/small prizes; Tape; Scissors

Directions:

1. Cut tissue paper a little wider than scrapbook paper and place it on the wrong side of the scrapbook paper.
2. Line back of scrapbook paper with tissue paper and roll both together to form a cylinder. Tape shut leaving about 1-2 inches of tissue paper coming out of each side.
3. Tie one end with ribbon to secure shut.
4. Fill cylinder with candy. Make sure to get the candy inside of the tissue paper.
5. Tie other end of cylinder shut to seal in the candy.



Meals are available at no charge to children ages 1-18.

Meals will be served at the following locations:

School Name and Address	Inclusive Dates	Meal Times
Twin City Elementary 26211 72 <sup>nd</sup> Ave NW Stanwood, WA 98292	July 5 - August 25	Monday - Thursday:  Breakfast: 8:45-9:45 Lunch: 10:45-12:15
Stanwood High School 7400 272 <sup>nd</sup> St NW Stanwood, WA 98292	July 5 - August 25	Monday - Thursday:  Breakfast: 8:45-9:45 Lunch: 10:45-12:15

\*Meals must be consumed onsite.

# Be Safe!

Americans love celebrating our independence with fireworks. But did you know they were invented in China thousands of years ago? The earliest known fireworks were created by mixing saltpeter, charcoal, and sulfur, placing the mixture inside a hollow piece of bamboo, and heating it over a fire, where it would explode with a bang!

Fireworks are only fun if you are safe while enjoying them! Become a "safety sleuth" this Independence Day by using the numbers in the chart to decode each missing word in the following safety tips. Then, be sure to follow those tips to have a fun and festive Fourth of July!



The Mandarin word for "fireworks" looks like this. Can you write this word on a sheet of paper?

- Set off fireworks \_ \_ \_ \_ \_ only.  
15 21 20 4 15 15 18 19
- Keep a bucket of \_ \_ \_ \_ \_ nearby when lighting fireworks.  
23 1 20 5 18
- Only an \_ \_ \_ \_ \_ should touch or light fireworks.  
1 4 21 12 20
- Light \_ \_ \_ \_ \_ firework at a time.  
15 14 5
- Watch from a \_ \_ \_ \_ \_ distance.  
19 1 6 5
- Never \_ \_ \_ \_ \_ a "dud."  
18 5 12 9 7 8 20

1	2	3	4	5	6	7
A	B	C	D	E	F	G
8	9	10	11	12	13	14
H	I	J	K	L	M	N
15	16	17	18	19	20	21
O	P	Q	R	S	T	U
22	23	24	25	26		
V	W	X	Y	Z		



## Family Fireworks Fun

On July 2, 1776, delegates from 12 of the 13 colonies voted in favor of declaring independence from Britain. The next day, John Adams wrote a letter to his wife saying that he believed this important day would be celebrated annually throughout history with parades, games, sports, and "illuminations from one end of this continent to the other." A year later, the first organized Independence Day celebration was held on July 4, the day the Declaration of Independence was formally adopted by Congress.

Today, we celebrate in much the same way as the founding fathers did, with games, parades, and fireworks. This year, celebrate by making kid-friendly fireworks — flameless sparklers! Check them out at [kidscraftroom.com/sparkler-firework-craft-for-kids/](http://kidscraftroom.com/sparkler-firework-craft-for-kids/).

### Fireworks Fact!

In 2018, about 278 million pounds of fireworks were used to light up the skies in the U.S.!



\* [interestingengineering.com/the-history-of-fireworks-from-ancient-china-to-today](http://interestingengineering.com/the-history-of-fireworks-from-ancient-china-to-today)

\*\* [pyro.memberclicks.net/assets/docs/FactsandFigures/Fireworks%20Consump.%20Figures%202000-18.pdf](http://pyro.memberclicks.net/assets/docs/FactsandFigures/Fireworks%20Consump.%20Figures%202000-18.pdf)

† [history.com/news/july-4-fireworks-independence-day-john-adams](http://history.com/news/july-4-fireworks-independence-day-john-adams)

ANSWERS: 1. outdoors; 2. water; 3. adult; 4. one; 5. safer; 6. reflect

# Classified Listings



## 4TH OF JULY:

Americans spend more than \$1 billion on fireworks each year.

## FOR SALE:

**1992 Honda TRX200 ATV;** red/black; Good condition; New battery; New tires; \$700.00 cash; I have title. 901 351 4317.

**2000 Nissan Xterra.** Please call for details at 360-387-8303.

**17' 2005 Smokercraft Osprey Deluxe.** \$10,000 or offer. 90 HP Honda. Fish Tank. Full canvas. Depth finder, compass, anchor, galvanized trailer. Always garaged. Current license. Camano, 360-708-4469

**FOR SALE:** ALMOST NEW 2019 DUCKWORTH 18.5' HONDA 90 4 STROKE ENGINE LOW HOURS & NEW 4 STROKE 9 YAMAHA. 2 NEW SCOTTIE DOWN RIGGERS, POLE HOLDERS, LOWRANCE TECHNOLOGY. SIDES AND BACK FOR WEATHER. A GREAT CRABBING & PLEASURE BOAT. 206-713-9005

**For sale:** Hat press, mug press, inversion table, black armoire desk, 4 piece bed set (cal king & high boy dresser), Shopsmith Mach 5 with 12" Planer, Table saw and Biscuit Joiner attachments, Craftsman Router Table, Double Insulated Plate Joiner, leather couch, twin mattress/box spring (free), cameras: 2 Polaroid, Canon AE1 35mm, Minolta Maxxum 3xi 35 mm, 80# punching bag with gloves, love seat (fabric). Please call for details & pictures at 360-387-8303.

**Critters and more!!** Fibro EE chicks, Chicks-Mix, Rabbit, yolk-less eggs(golf ball's). Text (949) 838-7541 or find us on FB @3chickscritterandcraftmircofarm.

## GARAGE / ESTATE SALES:

**Garage Sale** July 1-4 at 354 W. Cross Island Rd. on Camano Island. Clothes, books, kitchen items, jewelry, glass wear and other miscellaneous items.

**Garage sale** July 8th and 9th 8:00-3:00 970 Double View Dr Camano.

**Onamac Community Annual Garage Sales.** July 8 & 9; 9 - 3pm. Always a huge success with numerous homes and quality items. End of Camano Hill Rd, right onto W. Camano, immediately turn left at Admiralty Way into Onamac (near Camano Chapel).

**Multi Family Yard Sale** July 8,9 & 10th . 8-4. Come rain or shine!! 1416 Pilchuck Dr., Camano.

**I ♥ CAMANO ISLAND**

**SUMMER IS TOTALLY CLAWSOME!**

**KERRI JONES | BROKER | NORTH48 REAL ESTATE**  
**KERRI@CAMANOKERRI.COM | 206.963.6615 | CAMANOKERRI.COM**



# Classified Listings



## 4TH OF JULY:

There have been 27 versions of the U.S. flag.

**Stanwood-Camano Kiwanis is holding an estate sale** on July 15 & 16, 9am-4pm each day (no early arrivals please). Proceeds from the sale benefit scholarships to local HS Seniors and other local service projects by the Stanwood-Camano Kiwanis Club. Location: Starfield Lane, Camano Island – off of Midcrest and Montecello, follow the signs.

**AMAZING GARAGE SALE:** Artisan crafted Copper Yard Art, and Bird Houses, Trellises, Picture Frames, Charcuterie boards, Kitchen items, Christmas gift ideas. Sat & Sun, July 16 & 17. 8-4. 1457 Carol Street, Camano

## PROFESSIONAL SERVICES:

**Just opened my computer repair store in Stanwood.** That Computer Guy - [www.thatcomputerguyinstanwood.com](http://www.thatcomputerguyinstanwood.com) I am fixing PC's, Mac's Cellphones and Tablets and having a blast! Come in and check it out. Open Mon - Fri 10am to 6pm. 360-629-3295.

**Teacher** offering in-home childcare on Camano with large yard and private beach. Call Lori @ (831) 392-7777

## WANTED:

**Want to rent:** Quiet, friendly, responsible, non-smoking tenant seeking pet-friendly, wi-fi enabled mother-in-law or similar on Camano Island or Stanwood. I carry renter's insurance and happily offer testimonials from my landlord of 7 years, employer, and additional character references for my medium-sized dog and I. Looking for the right fit and have flexible move-in date between now and September 30. Let's talk! (206) 402-7738

**CASA**, the Camano Animal Shelter Association, is seeking an Executive Director to provide leadership in planning, fundraising, community relations and staff supervision. [www.camanoanimalshelter.org](http://www.camanoanimalshelter.org).

**Single working female**, looking for studio or quiet mother in-law house for rent in the Stanwood/Camano island area. Please contact me at 425-426-7412 for more information.

**Considering a career in Real Estate?** Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Marla at [marla@windermere.com](mailto:marla@windermere.com) for more information. [windermere-stanwoodcamano.com](http://windermere-stanwoodcamano.com).

## Four Springs House for your next event



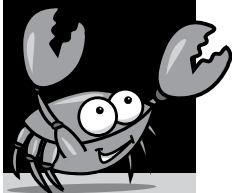
Weddings • Retreats • Business Events  
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# Photos and Art



## 4TH OF JULY:

Edward Rutledge was the youngest person to sign the Declaration of Independence at 26 years old, while Benjamin Franklin was the oldest at 70 years old.



*4th of July display at Ladders & Lace, 2021.*



*4th of July Land Rush. Painting by Camano artist Jack Gunter.*



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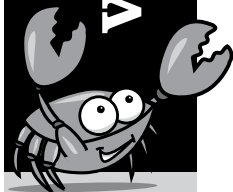
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# Moonshine Wisdom & Wit



*Story by Jack  
Archibald.*

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## INDEPENDENCE DAYS

Some of us layabouts at the Poker Parlor were trying to think up something special for an upcoming 4th of July celebration. We figured we got so many Vets down this way the Diner might as well declare itself a VFW South End Auxilliary. And since most of them are vintage car guyz too, they could hold their own annual Independence Day Parade from Camano Head to the Elger Bay Store. I, of course, wanted to just use these militiamen as an excuse to secede from the Island, but cooler heads prevailed. As usual.

Two Toke Tom served in Viet Nam and now is pretty much anti- every war. Jimmy Z, who's old enough to be Tom's old man, fought the Japanese in WW2. Tom thinks Jimmy's still fighting em and maybe so, but I notice Jimmy driving a Toyota pickup now even though he swore for 60 years he'd never buy a 'Jap Car'. Baghdad Bill fought in the second Iraq War and Big Larry just got back two years ago from Afghanistan. Jerry spent a year in Korea and frostbit a couple of fingers he wishes he had back, but he still can play a mean guitar. We even got Crazy Eddie who 'liberated' Grenada. We're missing Somalia and Panama and Bosnia, but with all the newcomers rolling in, we may cover those too eventually.

Sometimes the boyz argue among themselves about those wars and sacrifice and what patriotism really means at the Friday night poker game we've been running since 1986 down at the Marina and Bait Shop. Two dollar limit on bets, no limit on alcohol. The pots don't do much damage, but single nettle Daddle Distillery moonshine sometimes does. I sit in with these war-hardened patriots most Fridays and serve as their patsy and their sometime referee, the one who never served even in peacetime. Or what Two Toke calls a draft dodging, student deferred, flag burning, Summer of Love hippie protester. He takes great joy in telling me I would've loved the smell of napalm in the morning over there on the Delta. Jimmy Z chimes in how his platoon could've won Viet Nam single-handed although Jimmy never once has told us one iota the hell that must have been lwo Jima. But he's the one who puts a liver spotted hand on Bill's arm whenever Bill gets overwhelmed by memories of buddies lost in the HumVee he was driving when it was blown off the road to the airport in Baghdad.

We've fought too many wars, I think, before realizing I've said it out loud. I see by their pinched lips and averted eyes I won't get an argument tonight. Patriotism comes in all uniforms, even no uniform at all. Big Larry finally breaks the swelling silence, pushes a handful of quarters into the pot and says, real quiet, "I'm willing to spend a couple bucks, Skeeter, to see if you got more than bluff in this hand." Grateful to change the subject, I say, "Name of the game, Big. Read em and weep."

# Business Spotlight



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## LOCAL PSYCHOLOGIST DR. ERIN MCKEE

1. What made you choose to become a psychologist? What is your education? I have a doctorate in clinical psychology, called a "Psy.D." and separate a master's degree in Cultural Anthropology. I decided to become a psychologist because I loved talking to people about their inner experiences and when I was working on my own issues, I saw a psychologist who was extremely helpful. I wanted to reduce suffering in others as she had helped me reduce mine.

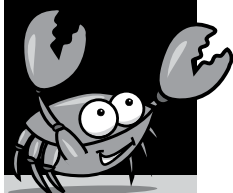
2. What are your special areas of practice? I was lucky enough to do most of my clinical training with the Veterans Administration in California and Louisiana. I became very interested in how trauma affects our psyches and our relationships. I have specialized in trauma and stressor-related disorders including PTSD and anxiety.

3. What is the difference between trauma and PTSD? Why do some people develop PTSD and others don't. We don't yet know why some people who are traumatized develop PTSD and others do not. One theory is that those with protective factors--resources such as positive social support and adaptive coping--may help prevent the development of PTSD after a traumatic event. There is not a link between the number or intensity of trauma and PTSD, unexpectedly.

4. What types of trauma treatment do you use? I integrate. I have been trained in Prolonged Exposure, Cognitive Processing Therapy and EMDR: I take elements of these and combine them with my main treatment modality, Buddhist Psychotherapy, and Posttraumatic Growth therapies, to "pendulate". In other words, allow the client to process their trauma(s) and then take an organic break, with the understanding that we will come back to the trauma-processing as they are ready. If a person is too activated to engage in mindfulness-based trauma treatment, we use "resourcing" a technique developed by Tara Brach, PhD.



# Business Spotlight



## 4TH OF JULY:

Bristol, Rhode Island, was home to the first 4th of July parade in 1785.

5. How do you think therapy positively impacts a community, besides the individual client? I feel that the emotional regulation and boundary-setting that psychotherapy teaches helps everyone in a community to be calmer, more peaceful and kinder to each other, reducing interpersonal violence and cruelty.

6. What are examples of mindfulness exercises and what are the benefits of mindfulness practice? My favorite is RAIN: when strong feelings arise, we learn to recognize, allow, investigate with care and nourish with self-compassion. The exercise aims to discover what is the unmet need and help the client get out of the mind and into the body. I also teach the tranquilizing aspects of Buddhist Psychology and teach breathing techniques to calm the body and mind.

7. What do you do to relax? What do you like best about the Camano Island/Stanwood area? I meditate. I use the breath to anchor my awareness and sit or lie down for at half an hour or so; I also love to hike. I go to Camano Island State Park at least once a week. I often engage in walking meditation while there, focusing on each foot: lift, place, step, and use the body as the anchor for my awareness practice.

8. What if I'm on the fence about therapy? Or afraid to start therapy? That is completely understandable; the media portrays therapists as cold and often strange. I recommend trying one session and if you don't connect with the therapist, try someone else! When therapy clients are asked what makes the biggest difference to them, it's not the interventions or therapeutic orientation of the therapist... it's the relationship. I personally follow the model of viewing my clients with unconditional positive regard and provide a completely nonjudgmental space for them to grow.

9. Who are your role models? Drs. Tara Brach and Jack Kornfield, both Buddhist psychologists. Ram Das, Mark Epstein, MD, Buddhist psychiatrist, and the founders of Narrative Therapy, David Epston and Michael White.

10. What do you feel are the biggest factors impacting mental health in the community? After three years of the COVID 19 pandemic, many folks appear to be suffering from profound alienation. Our extreme rugged individualist culture in Washington is causing people to fear and "other" each other in order to protect themselves.

To schedule with Dr. McKee, please visit: <https://erin-mckeeepsyd.clientsecure.me> – Source: interview by Melonie McCoy



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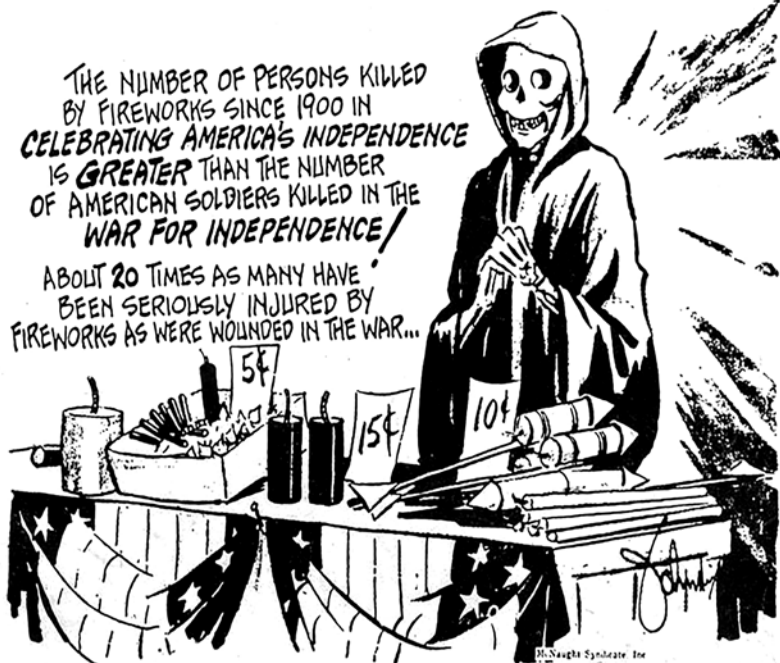


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# STRANGE AS IT SEEMS

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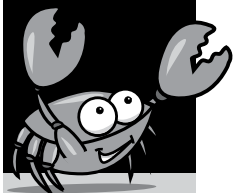


## HAVE A HAPPY FOURTH OF JULY!

- ★ DON'T BUY "BOOTLEG" FIREWORKS OF ANY KIND.
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- ★ DON'T GO NEAR FIRECRACKERS THAT DON'T GO OFF.
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- ★ DON'T HOLD SPARKLERS NEAR CLOTHING.

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# Community Information



## 4TH OF JULY:

The Liberty Bell in Philadelphia is tapped 13 times every July 4th in honor of the original 13 colonies.



## RAISING CANE RANCH SWITCHED TO SOLAR: FIND OUT IF YOU CAN TOO!

Are you interested in renewable energy for your farm or rural small business? Snohomish and Pierce Conservation Districts have teamed up with Spark Northwest to help farms and rural small businesses apply for grant funds for renewable energy and energy efficient projects through the Rural Energy Development Program. Nick Pate, owner of Raising Cane Ranch, took advantage of the program to install solar power on his farm. "We ended up with 60 panels on our roof and the grant covered about half the cost," explains Nick. Raising Cane Ranch is now powered entirely by solar energy. "It can be hard for people to imagine paying that upfront cost because you're not getting something tangible like a tractor," says Nick. "But there's a long-term financial benefit. And the grant makes it a lot more affordable." "You can also get a battery backup with solar," he adds. "That can be a real advantage, especially for farms with refrigeration. If you have a power outage, you're not going to lose all your produce. You have a source of power without relying on the grid." If you own a farm or rural small business, you may be able to: receive financial assistance to switch to renewable energy, or save money by making your system more efficient. To learn more, email Joe Crumbley at [jcrumbley@snohomishcd.org](mailto:jcrumbley@snohomishcd.org) or visit [snocd.org/usdareap](http://snocd.org/usdareap) for more information. To find out if you're located in an eligible region, please visit [eligibility.sc.egov.usda.gov](http://eligibility.sc.egov.usda.gov).



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# Community Information



## **OPEN HOUSE SATURDAY & RESEARCH WEDNESDAY**

Open House Saturday: Every Saturday, 10am-1pm at the Stanwood Area Historical Society Tolin House, West Stanwood (between the Pearson House Museum and the Floyd Norgaard Center). Research-Wednesday: Every Wednesday from 1-4pm at the Stanwood Area Historical Society Eldridge Center.

## **FAMILY HISTORY CENTER OPEN WORKSHOP**

Come any Tues. (10am-noon) or Wed. (6:30-8pm), 795 Ell Rd, Camano Island (Church of Jesus Christ of Latter-day Saints), and get an absolutely FREE personalized consultation. We'll show you how to discover your ancestors and get FREE access to Ancestry.com, Fold3.com military records, Newspapers.com, ArkivDigital, and other premium websites. Visit our Facebook page for more information [www.facebook.com/groups/CamanolIslandStanwoodFHC](http://www.facebook.com/groups/CamanolIslandStanwoodFHC)

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# Community Information



## NEED TO FIND FRESH CRAB?

An outdoor magazine rack filled with "fresh" Crab Crackers is located at the Dan Koffman's Gallery at Terry's Corner.



## ATTENTION ALL BUNNY OWNERS!

(posted on Facebook by Northwest Veterinary Clinic of Stanwood). Rabbit hemorrhagic disease virus (RHDV) is a highly contagious virus that often causes sudden death in both domestic and wild rabbits. Historically it has been seen primarily in Europe and Asia and was considered a foreign animal disease, however there is a strain (RHDV2) that has been spreading across the US. Recently, Washington State confirmed RHDV2 in a rabbit housed exclusively indoors in King county. The good news is that a vaccine is available. In the US, a company called Medgene has received emergency use authorization for their experimental RHDV2 vaccine. To help protect the rabbits in our community, we will be holding a vaccine clinic for local rabbit owners. Rabbits need a series of two vaccines, spaced three weeks apart, and will likely need a yearly booster. The vaccine clinic will be held on July 16th, from 9am-12pm. Pre-payment for BOTH vaccines is required as we will be special ordering the vaccines for the event. The cost is \$35 for each vaccine, or \$70 per rabbit for the series. Rabbits older than 4 weeks are eligible for vaccination. No additional clinics are planned at this time. If you would like to register your rabbit(s), please email our office at [info@nwvetstanwood.com](mailto:info@nwvetstanwood.com) and we will send you the registration forms. Thank you for helping stop the spread of RHDV in Washington! More detailed information about RHDV can be found here: <https://agr.wa.gov/.../ani.../animal-diseases/rabbit-disease>

## Pioneer Day Saturday

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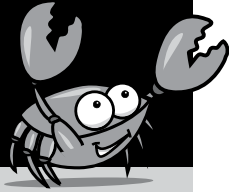
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# Community Information



## 4TH OF JULY:

President Zachary Taylor died in 1850 after eating spoiled fruit following 4th of July speeches.



## POISON HEMLOCK

eems to be proliferating a lot this year. Check out around the Freedom Park/playground and the purple/green stemmed, delicate white -flowered bushes are everywhere. The county knows about this but until they work on eradicating it, it will be spreading once the blossoms dry out. It's also on Highway 532 near the bridges to the island, along East Camano in various yards. (My route to town). An article in the April 2022 issue of Good Housekeeping has a story about a man who cleared his property, not knowing what it was, and he was hospitalized for months while doctors tried to figure out what was happening to him. Some people think it's Queen Anne's lace, but it is a flowering bush, not an individual stemmed flower, and the stems are completely different. People need to be using gloves, goggles and protective clothing when removing it just to be safe. Helen Smith, (360-387-5362)

## THE ART OF PHOTOGRAPHY

Summer Art Classes for Youth with SCAAC, 9:30AM-12:30PM, Registration is required. Class will be held at the CRC. Students will learn the art of photography with teachers who are skilled educators with art backgrounds and experienced in teaching various ages. Following the series, some of the art created in these classes will be featured in a public art show at The Loft gallery space at Camano Commons. The show will run from 9/7-10/5. Register at <https://www.crc-sc.org/events/>



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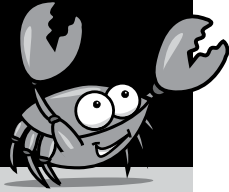
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# Community Information



## 4TH OF JULY:

Americans are expected to eat 150 million hot dogs over the July 4th holiday.

## P.E.O. CONTINUING ED GRANT FOR WOMEN

Grants up to \$5,000 are now available to women whose careers have been interrupted and would like to return to college/technical school. An applicant must have a 24-month gap in her education and be within 18 months of completing an education program. The grants are offered by P.E.O., a non-profit organization that supports advancement of women through scholarships, grants and loans. The money can be used for tuition, books, transportation, child care while in class, plus other items. Applications must be submitted this year, with grantees announced early in 2023. For more information about this continuing education opportunity, contact a local P.E.O. member at [peochapterjl.wa@gmail.com](mailto:peochapterjl.wa@gmail.com).

## STOP THE BLEED CLASS (FREE)

A STOP THE BLEED CLASS with Robert Mitchell, MD FACOG (Director of the Disaster Medicine Project) will be offered August 20, 2022, 1:00-4:00pm at the Camano Island Library (848 N. Sunrise Blvd.) in partnership with the Camano Preparedness Group. This class teaches how to stop major bleeding from various accidents using tourniquets, compression bandages, Quick Clot, and wound packing, among other methods. Certificates are issued at the end of class. This class is FREE, but REGISTRATION IS REQUIRED. Space is limited, so register soon! Contact Sue at [kk6sue@gmail.com](mailto:kk6sue@gmail.com) for more information or to register.

## CAMANO ISLAND QUILTERS-ACCEPTS DONATIONS

Camano Island Quilter Guild will accept in kind donations of quilting related items which are used for our community outreach programs. Cotton fabrics, as well as flannels, fleece and minke fabrics are acceptable and of course, batting! Thread, rulers, notions, rotary cutters, self-healing mats, scissors. Quilting books, pattern. Sewing machines, cutting tables. Contact us via e-mail [info@ciqguild.org](mailto:info@ciqguild.org) to coordinate pick-up of items from a guild member. We are a 501(c)3 Non-Profit organization.

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# Local Stories and Poetry



## 4TH OF JULY POEM:

'Twas the night before Sunday, getting ready for bed  
When I heard booming off Camano Head -  
I thought it was thunder but lasted too long  
So I dashed out to the deck just to see what was wrong.

O'er the mainland near the Reservation  
It was now clear there was a celebration -  
Rockets and mortars soaring so high  
Exploding with brilliance in the night sky

Coyotes were many, yet I could not see  
Their vocal unrest in three part harmony  
Be calm my neighbors dispel any strife  
It's just another facet of Camano Island life!

- Terry "Camaniac" Briggman

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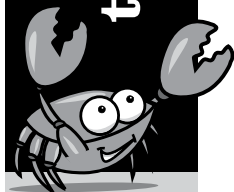


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# View from the Bleachers



*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 LAME UTAH NATIONAL PARKS VACATION

I don't want to sound negative, but my recent two-week vacation visiting all five of Utah's national parks was, well, disappointing. I was utterly unimpressed. Utah contains five national parks that they call The Mighty Five: Arches, Canyonlands, Capitol Reef, Bryce Canyon and Zion – or as I prefer to call them, The Forget 'Em Five.

My wife and I went with two other very nice couples. They all seemed to have a great time. But I can only conclude that it's because they never get out much. What sad, pathetic lives they must lead. I sure hope they're not able to read.

Here's what we did: We hiked – I mean, EVERY SINGLE DAY – for hours at a time. Every day, out of the hotel by 7:30am to start trudging over rocks and tree stumps in search of well, rocks and trees.

Over the course of a three-hour hike, one gets a bit parched. And yet not a single one of the "Mighty Five" had a Starbucks – I know this for a fact, because I asked hikers coming from the other direction "How far to the Starbucks" and every one of them looked at me like I was deranged. .

Here is my takeaway review of the five national parks:

**Arches National Park:** If you like reddish-brown rocks and a handful of crumbling arches, then you've come to the right place. But seriously, you might want to see a doctor first, because, what's wrong with you? And the arches are not even that good – with several of them revealing large chunks where part of the arch has given way. And they don't even let you jump on them or ride your scooter across them.

**Canyonlands National Park:** Lots more of those reddish-brown rocks, which my artiste wife was constantly correcting me by saying "they're actually the color of burnt sienna." Thanks, sweetie. This place also has no shortage of rather large crevices, which once again my wife constantly pointed out were more appropriately known as "canyons." Whatever. Same difference.

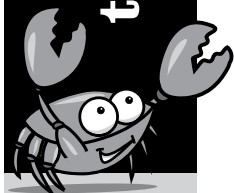
If you like seeing a giant hole in the ground, then be sure to check out... The GRAND CANYON INSTEAD. Because, honestly, this place totally copies the Grand Canyon. The Grand Canyon that we know of today was formed roughly seventy million years ago – a full ten million years before the formation of Utah's Canyonlands. So, they had TEN MILLION years to come up with something unique and different. But no, they just had to plagiarize another national park. Talk about mailing it in.

**Capitol Reef National Park:** If you'd like to visit a landscape that feels like the surface of Mars, but with Big Horn Sheep, this park might be to your liking. But if you ask me, don't waste your time – unless you have a Big Horn Sheep fetish, in which case, I don't want to know about it.

Oh sure, Capitol Reef's environs look other-worldly, much like Mars. But I saw the Matt Damon movie, *The Martian* three times, so I think I know what the surface of Mars looks like. (It looks like Capitol Reef.) So, this park is just copying the look and feel of that movie. I hope Matt Damon sues you for millions.

**Bryce Canyon National Park:** This park is filled with a unique rock formation called "hoodoos." The hoodoos all had the same color: Orange. Bright flaming orange. Here's an idea – why not try adding ANY OTHER COLOR BESIDES ORANGE? Frankly, I thought that the rock formations reminded me of the Terra Cotta Army of Xi'an, Chi-

# View from the Bleachers



na. Only the Xi'an exhibit has far more places to sit down and signs explaining what you're looking at. My advice? Check out the China exhibit instead.

Zion National Park: This was the last of the five parks we saw. Like the other four, this place was another one-trick pony, with canyons, switchback trails, and crumbling rock formations. (Okay, so technically, that would make it a three-trick pony.)

The food selection at Zion, like most of the parks, was extremely limited. All it offered were Big Horn Sheep, Mule Deer, and chipmunks – which you have to kill and prepare yourself. And let me tell you, the chipmunks were disappointingly gamey.

There, I just saved you five thousand dollars in airfare, hotels, meals, and light saber souvenirs for your kids. No need to thank me.

I'd have to say my favorite place we hiked was our final night – when we reached Vegas. There we made one final trek – down the famous Vegas Strip to see the Bellagio's towering fountains. So mesmerizing – and not a canyon or ancient volcano to be seen. The volcano's two doors down at the Mirage.

[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.]

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# Fire Talk with CIFR



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commissioners  
that make up  
Camano Island  
Fire and Rescue  
(CIFR).*

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



## SAFETY FIRST THIS FOURTH OF JULY

Firework-related fires are still possible this Fourth of July, even though we've had a cool, damp summer. If you're planning to celebrate with fireworks, please keep these safety recommendations in mind: Fireworks are legal on Camano, but only for three days – July 3, from 9 a.m. to 11 p.m.; July 4 from 9 a.m. to midnight; and July 5 from 9 a.m. to 11 p.m. Fireworks can cause fires (even if it rained recently). Always have a hose nearby, and a bucket of water to drench and extinguish used fireworks. Be mindful if you're shooting fireworks over a bluff. Sparks could land in grass and brush and start a fire. Don't hold fireworks in your hand. Don't shoot fireworks at other people, pets, houses, cars, or anything else that could burn or catch fire. If you accidentally catch something on fire or get burned, call 911 for assistance.

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## CASA'S PET OF THE WEEK:

Meet **JILL!** Jill is a sweet, lovable girl who loves to play. She is an adventurous girl who loves to play and explore. Jill has been in foster with other cats and dogs and has done well, although dogs tend to scare her at first. She loves to play and wrestle and can be quite active. If Jill sounds like the girl for you, please send us an application via email.

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



## NOAH'S PET OF THE WEEK:

My name is **PAYTON** and I am quite the gentleman. I love to run and play but I do tend to be on the shy side when it comes to meeting new people. I consistently have bonded best with people who take the time to interact with me slowly and calmly. My energy level is quite high! If you are looking for a lovebug who is so ready to find his FURever partner, come visit with me!

**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:

**ELSA** was at a high kill CA shelter and we were able to rescue her. She's soooooo cute. But don't be fooled by her wee size, at 2 years old and less than 10# - she is an energetic little girl. . You **MUST** visit [www.save-a-mutt.org/adoption-application/](http://www.save-a-mutt.org/adoption-application/) to fill out an application and get pre-approved before meeting any dogs. We are a foster based rescue. There is no facility to visit.

**Save-A-Mutt (Silvana, WA):**  
(425) 280-0502. [www.save-a-mutt.org](http://www.save-a-mutt.org)

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\* Annual Percentage Yield (APY) effective 05/25/2022. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



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## MINI FRUIT PIZZA COOKIES

Shortbread cookies topped with sweet cream cheese frosting and fresh seasonal fruit!

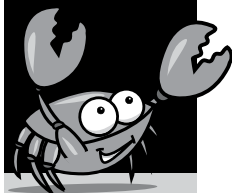
**COOKIES:** 3 c. all-purpose flour, sifted and spooned into a measuring cup; 2 tsp. baking powder; 1 c. butter, cut into cubes; 1 c. granulated sugar; 1 lg. egg; 1/2 tsp. vanilla extract; 1/2 tsp. almond extract

**CREAM CHEESE FROSTING:** 1 (8 oz.) pkg. cream cheese, room temperature; 1/2 c. butter, room temperature; 1 tsp. vanilla extract; 1 lb. box confectioners' sugar

**TOPPINGS:** Fresh berries, strawberries, raspberries, and blueberries; Kiwi; Bananas; Mandarin oranges

**DIRECTIONS:** 1. Preheat oven to 350 degrees. Line two rimmed sheet pans with parchment paper; set aside. 2. **COOKIES:** In a medium bowl, whisk together flour and baking powder; set aside. 3. In a large bowl, using a hand mixer beat the butter and sugar until light and fluffy. Add the egg, vanilla extract, and almond extract beat until combined. With the mixer on low, slowly add the flour and baking powder until a dough forms. (It will look a little crumbly. If you squeeze some dough together in your hands, it should form a ball that keeps its shape.) 4. Scoop 3 tablespoons (a large cookie scoop) of dough and roll into a ball. Place the ball of dough onto the prepared baking sheet and press with the bottom of a glass dipped in flour to flatten the cookie a bit. Repeat with remaining dough. Refrigerate the cookies on the sheet pans for 5 minutes before baking to help them hold their shape. 5. Bake 8-10 minutes, then cool 5 minutes on the hot baking sheet before cooling completely on cooling racks. 6. **FROSTING:** In a large bowl, beat softened cream cheese, butter, and vanilla together until smooth and creamy. Add half of the confectioners' sugar, beat until combined. Scrape down the sides of the bowl and add the remaining sugar, beat until completely combined. 7. Frost cooled cookies generously with cream cheese frosting, then top with desired fresh fruit. 8. Place cookies on a baking sheet lined with parchment paper. Loosely cover with plastic wrap and store in the refrigerator until ready to serve. Yields 18 cookies.

# Classes and Workshops



**Beginner Pickleball Lessons.** Everything provided except for tennis shoes. Call or Text Barb Parobec at (425) 319-2365 to schedule.

**Piano, Flute, & Ukulele Lessons ~** For ALL ages, with Linda Younce. Call (425)466-5362, email Linda@smallchambers.com More at [www.SmallChambers.com](http://www.SmallChambers.com).

**Yoga for Beginners Five Week Session** This will teach you the foundational alignment of basic yoga postures, how to coordinate breath with movement & philosophical practices. [movementarts.com](http://movementarts.com).

**Yoga Classes In-studio & Online** at Movement Arts. IN-STUDIO – View our schedule to monitor our status. LIVE STREAM – book classes in advance to attend our live studio class from your own home.

**Ballet, Tap, Instrumental, Piano, Voice, and Yoga Lessons** at Forte Music Dance Art 1095 Essex St. A-1 Camano Island. For more info, contact Chris Tuohy @ 360-572-9262.

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**Karate & Taekwondo** at NW School of Martial Arts! Fun for all ages! Respect, self-defense, confidence, self-discipline, exercise, leadership & focus. Call 629-4341 or visit [nwschoolofmartialarts.com](http://nwschoolofmartialarts.com).

**My Body Mind Fitness** Grow & educate our community. Fitness & nutrition classes for all ages. [www.mybodymindfitness.com](http://www.mybodymindfitness.com).



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


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# TIDE TABLES - SARATOGA PASSAGE / GREENBANK: July 1-14, 2022

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 1	Low	1:41 AM	7.4	
1	High	5:53 AM	9.2	
1	Low	12:56 PM	-1.7	
1	High	8:40 PM	11.5	
Sa 2	Low	2:18 AM	7.1	
2	High	6:36 AM	8.9	
2	Low	1:34 PM	-1.3	
2	High	9:10 PM	11.5	
Su 3	Low	2:58 AM	6.7	
3	High	7:22 AM	8.5	
3	Low	2:13 PM	-0.8	
3	High	9:42 PM	11.5	
M 4	Low	3:42 AM	6.0	
4	High	8:15 AM	8.1	
4	Low	2:53 PM	0.1	
4	High	10:14 PM	11.5	
Tu 5	Low	4:29 AM	5.2	
5	High	9:18 AM	7.6	
5	Low	3:34 PM	1.2	
5	High	10:47 PM	11.5	
W 6	Low	5:19 AM	4.3	
6	High	10:32 AM	7.3	
6	Low	4:19 PM	2.7	
6	High	11:21 PM	11.4	
Th 7	Low	6:09 AM	3.0	
7	High	11:58 AM	7.3	
7	Low	5:11 PM	4.3	
7	High	11:56 PM	11.4	

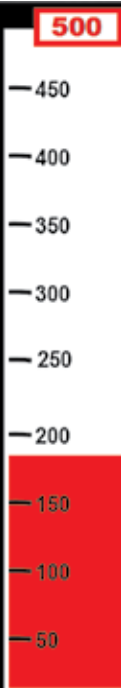
Date	High /Low	Tide Time	Height Feet	Moon Visible
F 8	Low	6:59 AM	1.5	
8	High	1:30 PM	7.8	
8	Low	6:15 PM	5.7	
8	High	12:33 AM	11.3	
Sa 9	High	7:47 AM	0.0	
9	High	3:02 PM	8.8	
9	Low	7:30 PM	6.9	
9	High	1:14 AM	11.3	
Su 10	High	8:35 AM	-1.4	
10	High	4:16 PM	9.9	
10	Low	8:46 PM	7.7	
10	High	1:59 AM	11.3	
M 11	High	9:23 AM	-2.6	
11	High	5:14 PM	10.9	
11	Low	9:54 PM	8.0	
11	High	2:48 AM	11.4	
Tu 12	High	10:12 AM	-3.5	
12	High	6:03 PM	11.6	
12	Low	10:54 PM	7.9	
12	High	3:40 AM	11.4	
W 13	High	11:00 AM	-4.0	
13	High	6:47 PM	12.0	
13	Low	11:50 PM	7.6	
13	High	4:35 AM	11.2	
Th 14	High	11:49 AM	-4.0	
14	Low	7:30 PM	12.2	
14	High			
14	High			

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