

THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 344
Jan. 27- Feb. 9, 2023



**FREE
TAKE
ONE**

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



Scratch Cooking

CAMANO

HOME DELIVERY & CATERING

scratchcookingllc.com



Fully cooked prepared meals delivered (Tuesdays) to your home. Please order online in advance. Menu changes periodically.

Valentine's Day Special Menu

Appetizer

Oyster Rockefeller- Taylor Shellfish Pacific oysters stuffed with sauteed creamed greens, bacon, parmesan cheese, and bread crumbs then broiled till brown & bubbly.

Entree

Prosciutto wrapped beef tenderloin filet topped with Dungeness crab and served with red beet & horseradish potato au gratin, sauteed greens and a pink peppercorn cream sauce

Dessert

Chocolate Tart with macerated strawberries

We have a new menu available. Please check out our website scratchcookingllc.com

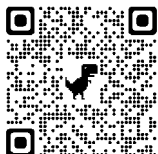


Rebecca Rowland INTERIORS



CREATING BEAUTIFUL SPACES THROUGHOUT THE PUGET SOUND REGION AND BEYOND

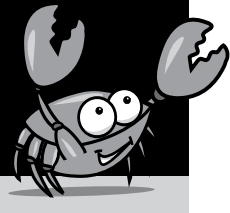
- Residential Interior Design, Remodeling, and Décor
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Welcome to The Crab Cracker! Here's What's Crackin'...

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: Winter moon through the forest by H. Fabregas.

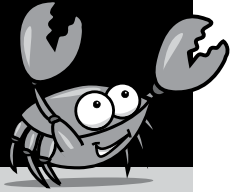


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James and Malynda Shipley, owners, proprietors
thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893
P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com

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Submission DEADLINE: FEB. 2 for Next Edition (February 10-23, 2023)

Calendar of Events



FRIDAY, JANUARY 27

HALL OF FAME SOCIAL

Please consider joining us for a Hall of Fame event at 5pm at Amigos, 6996 265th Street NW, Stanwood. The committee, along with our local Hall of Fame members and friends, will gather before the 7:15 Girls Basketball game.

FRIDAY, JANUARY 27

AFTER MIDNIGHT

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

FRIDAY, JANUARY 27

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, JANUARY 27

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!



***Children are such a gift.
Camano Lutheran Childcare is a
place for them to come that is safe,
has caring staff, and is a wonderful
environment to grow and learn in
faith and in life.***

Camano Lutheran Childcare Has Openings

Camano Lutheran Childcare, located at the north end of Camano Island (just 3 miles from the bridge) has been in operation for 40 years, serving the communities of Stanwood and Camano Island.

We are:

- An Early Achiever's participant, providing a quality program for all children ages 2-12 years old.
- Weekdays from 7am-5:30pm.
- DSHS approved.
- School age care/summer program.
- Drop in participation.
- Nutritious USDA approved meals.

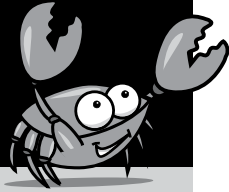
Registration Fee is Waived if you sign up in January or February!

Contact Deanna Glenn, Childcare Director

Email: childcare@camanolutheranchurch.org Phone: (360) 629-2253

If you need care, please come check us out!

Calendar of Events



DID YOU KNOW?

Chihuahuas
have the biggest
brains in the
canine world.

FRIDAY, JANUARY 27

STANWOOD HIGH SCHOOL SPORTS

Girls Basketball vs Archbishop Murphy. JV: 5:40pm. Varsity: 7:15pm.



SATURDAY, JANUARY 28

SOUTH CAMANO GRANGE BREAKFAST

8-11am at the South Camano Grange, 2227 S Camano Drive. Enjoy breakfast with your neighbor. Pancakes or French toast served with scrambled eggs, ham & sausage, along with coffee, juice, or tea. Social distancing will be maintained. Please wear a mask!

SATURDAY, JANUARY 28

OLY MOUNTAIN BOYS

8 pm - Conway Muse Hayloft. What better place to hear bluegrass than in a 1915 Norwegian dairy barn hayloft!? Fun times for sure! Tickets \$12.50 Advance \$15 Day of Show. The Oly Mountain Boys bring a Pacific Northwest sensibility to the bluegrass sound through traditional tunes and original compositions, and showcase the power of the American bluegrass music tradition.

SATURDAY, JANUARY 28

TEEN LATE NIGHT

4-6:30pm at The Community Resource Center of Stanwood Camano. Open to teens in grades 9-12. Teen Late Night is a safe place for teens to come and connect over food & fun. Participant elected activities have included outings, classes, celebrations, help with school work and more!



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IF

Seniors, adults with disabilities, and caregivers are waiting...

NOT

They need help. Don't wait for someone else to do it.

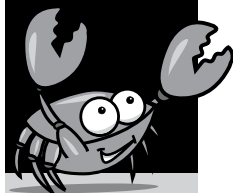
YOU,

Join the Island Senior Resources Board. Lead the future.

WHO?

*Call or email 360-321-1600
kathryn@islandseniorservices.org*

Calendar of Events



DID YOU KNOW?

Portland was named by a coin flip. Had the coin landed the other way, the city would be known as Boston, Oregon.



SATURDAY, JANUARY 28

"CABAM!"

Camano Area Bluegrass & Acoustic Music (CABAM!) 2:00 - 5:00pm at Camano Center, 606 Arrowhead Rd. Come and jam at the Camano Center. Beginners, Hotshots, singers, and listeners are all welcome. Enjoy an afternoon session of bluegrass & acoustic music. Play - Sing - learn - listen! For information contact Time Spencer at tjspencer98282@gmail.com

SATURDAY, JANUARY 28

"HONEY, I SHRUNK THE ART" THE CLOSING OF THE SHOW PARTY

4:30 to 8:00pm. A small works show featuring regionally known artists, (each artists has multiple artworks). Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way, Camano Island. 360-387-2759 www.matzkefineart.com

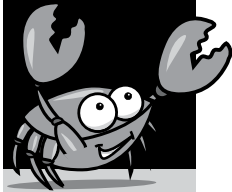


SATURDAY, JANUARY 28

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.

Calendar of Events



DID YOU KNOW?

1977's *The Spy Who Loved Me* features Barbara Bach in the role of Triple X, a Soviet KGB agent. However, Bach didn't love the role, and spoke out against the Bond series, calling him a "chauvinist pig who uses girls to shield him against bullets." Now, Bach is married to former Beatle Ringo Starr.

SATURDAY, JANUARY 28

TOY BOAT WORKSHOP

10 am – 2 pm at Cama Beach in the boathouse. Learn how to build a wooden toy boat. You get to bring it home as a souvenir! \$5 suggested donation. Hosted by The Center for Wooden Boats.

SATURDAY, JANUARY 28

MARY ELLEN LYKINS & THE C.C. ADAMS BAND

7:30pm - 10:00pm at Pub 282. Mary Ellen Lykins is a powerhouse. The band's roots are in the Blues with R&B and tasty Rock mixed in for flavor. Thwarting the conventional, the band thrives on unique arrangements. Dancin' Music!

MONDAY, JANUARY 30

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, JANUARY 30

TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. Bring your team of up to 6 for a fun night of food, drinks and creative trivia! Free sign up. Win prizes!

MONDAY, JANUARY 30

TODDLER STORYTIME WITH JENNIFER

10:00 AM – 11:00 AM at Camano Island Library. Jump and bounce together into a world of stories, music, and movements that nurture the desire to read in toddlers. A play time or art activity may follow.

MONDAY, JANUARY 30

STANWOOD HIGH SCHOOL SPORTS

Boys Basketball vs Marysville Getchell. JV: 5:40pm. Varsity: 7:15pm.

MONDAY, JANUARY 30

NATIONAL GIRLS & WOMEN IN SPORTS DAY - SHS SPORTS CLINIC

We are hosting an event (2:00-4:30pm) at SHS. 3-6th grade students in the district are invited to join us for an afternoon of active fun! Everyone is welcome, no experience needed; we will rotate through stations to introduce skills in a few of our sports: cross country, soccer, tennis, track & field, and volleyball. To Register and for consent form: <https://forms.gle/sGz8oBPwT86QzDt98>

TUESDAY, JANUARY 31

STANWOOD HIGH SCHOOL SPORTS

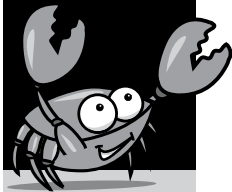
Girls Frosh Basketball vs Shorecrest. 5:40pm.

TUESDAY, JANUARY 31

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.

Calendar of Events



DID YOU KNOW?

The Canary Islands are named after dogs, not birds.

TUESDAY, JANUARY 31

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. bbstyleandship@gmail.com.

TUESDAY, JANUARY 31

FAMILY STORYTIME WITH JENNIFER

10:00 AM – 11:00 AM at Camano Island 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.

TUESDAY, JANUARY 31

BABY STORYTIME WITH ALEX

10:30 AM – 11:30 AM at Stanwood Library. Wiggle, giggle and bond with your baby through stories, happy songs, rhymes, and activities that inspire a love of reading. A play time or art activity may follow.

TUESDAY, JANUARY 31

GROWING GROCERIES

Principles of Vegetable Gardening in the Pacific Northwest. 6:00 PM – 7:30 PM Online event. Join us and learn to grow your own food! Includes gardening practices based on current science and is appropriate for our Pacific Northwest environment. Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will have the Zoom link. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, FEBRUARY 1

STANWOOD HIGH SCHOOL SPORTS

Boys Basketball vs Marysville Pilchuck. JV: 5:40pm. Varsity: 7:15pm.

WEDNESDAY, FEBRUARY 1

PRESCHOOL STORYTIME WITH VICKY

10:30 AM – 11:30 AM at Stanwood Library. Share fun books, songs, and creative activities with your preschooler to prepare young minds for the adventure of reading. A play time or art activity may follow.

Four Springs House
for your next event



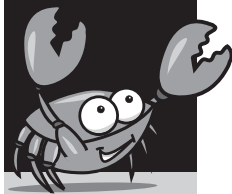
Weddings • Retreats • Business Events
Family Celebrations



Four Springs Lake
Preserve

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fourspringshouse@co.island.wa.us

Calendar of Events



WEDNESDAY, FEBRUARY 1

ONLINE PUB TRIVIA - FOOD FROM AROUND THE WORLD!

7:00 PM – 9:00 PM Online event. Grab your favorite snack and beverage, call your friends, and settle in for a night of pub trivia – right in the comfort of your own home! Join us for Food Trivia from Around the World! Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, FEBRUARY 1

EMPLOYMENT SUPPORT SERVICES

with Trac Associates, 1-4PM, at the Community Resource Center of Stanwood Camano. Explore career opportunities, complete job applications, write an effective resume and cover letter, prepare for interviews, gain skills for employment, explore training opportunities, etc. Please call Wendy to schedule an appointment at 206-227-5687.

THURSDAY, FEBRUARY 2

STANWOOD HIGH SCHOOL SPORTS

Girls Frosh Basketball vs Meadowdale. 4pm.

THURSDAY, FEBRUARY 2

TODDLER STORYTIME WITH ALEX

10:30 AM – 11:30 AM at Stanwood Library. Jump and bounce together into a world of stories, music, and movements that nurture the desire to read in toddlers. A play time or art activity will follow.



6th Annual Lincoln Lecture

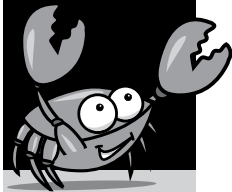
"The Presidency in the Age of Lincoln"
Saturday, February 11, 2023 at 1 pm

*at the Camano City Schoolhouse
located at 993 Orchid Road
Camano Island, just off Chapman Rd.*



Photo Courtesy of Ian Gleadle

Calendar of Events



THURSDAY, FEBRUARY 2

NETWORKING AFTER HOURS

Don't miss this fun, Happy Hour networking event! Economic Alliance Snohomish County (EASC) brings you a casual, after-business-hours networking event 4-6pm at SAAL Brewing Company in Stanwood. Join us for networking, beverages, and good fun. This event is open to all EASC members, as well as any members of the Stanwood and surrounding area business community interested in more information on city and county chamber membership opportunities. Admission includes: VIP Seating, Drink Ticket, Appetizers, Networking Opportunity with Name Badge Provided at Entry. Tickets can be booked here: <https://allevents.in/stanwood/networking-after-hours/10000514928152967>

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SOUTH END STRING BAND



NEW AND IMPROVED!

A BENEFIT FOR THE FLOYD

Floyd Norgaard Cultural Center

Saturday Feb. 4th, 2023, 7 PM

Meet and Greet 6PM

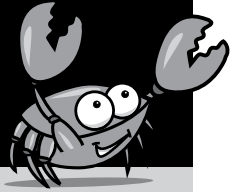
\$15 Suggested Donation

27130 102nd Ave. NW Stanwood, WA 98292

360-629-6110

www.southendstringband.com

Calendar of Events



DID YOU KNOW?

Alexander the Great encouraged his men to shave so enemies couldn't grab their beards during battles.

THURSDAY, FEBRUARY 2

TEEN LATE NIGHT

4-6:30pm at The Community Resource Center of Stanwood Camano. Open to teens in grades 9-12. Teen Late Night is a safe place for teens to come and connect over food & fun. Participant elected activities have included outings, classes, celebrations, help with school work and more!

THURSDAY, FEBRUARY 2

FREE INFORMATIONAL MEDICARE SEMINAR

hosted by Taylor Vidor. 10am at 10320 SR 532, Stanwood. To RSVP or learn more, call 425-361-2944. A reservation is not required to attend.



THURSDAY, FEBRUARY 2

RAINY DAY ROOM PLAYGROUP

10AM at the Community Resource Center of Stanwood Camano. Free weekly play group for Ages 0-5 & their grown-ups! We will provide the space and equipment for grown-up/child interaction. Grown-ups and kids will benefit from friendship & community... getting out of the house! BYO water bottle. For more info or questions please visit www.crc-sc.org or call us at 360-629-5257 x 1008 or x 1004.



THURSDAY, FEBRUARY 2

COUNTRY MUSIC AND DANCING

Country Night. 8pm at Beauty Bar Salon + Lounge (10011 270th St NW, Stanwood). Grab your boots and Dancing partner (or find one here)! Dance the night away to all the latest and greatest country hits. Starts at 8pm. Open til 2am! More info: 360-629-2324.

Louis Vetri, MFT; M.Div

FOUNDER / DIRECTOR

360-982-5985

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More Authentic Living*

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ACCEPTING NEW CLIENTS

SWEETHEART DINNER & DANCE Sunday, February 19th



“Roast Beef Dinner”

Served at 2:00pm Dancing from 3:00-4:00pm

Tickets are \$10.00 per person or \$15.00 a couple for members or \$12.00 per person or \$20.00 a couple for non-members. Tickets include dinner and one alcoholic drink. Additional drinks are available at \$2.50 per drink (beer and wine only). Hurry and make your reservations we have 35 reservations available. Dinner is held in our Social Room and dancing in The Commons.

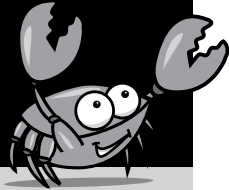
Lincoln Hill Retirement Community

-7430 272nd St. NW Stanwood 360-629-7403

**Don't have a date? No Worries...bring a friend to
enjoy!**

**Reservations to be due by Monday, February 13th and paid in advance to
Lincoln Hill Retirement Community.**

Calendar of Events



DID YOU KNOW?

M&M stands for
Mars and Murrie.

FRIDAY, FEBRUARY 3

STACY JONES BAND

7:30pm - 10:00pm at Pub 282. The Award-Winning Seattle singer-songwriter and multi-instrumentalist Stacy Jones and her Award-winning Band who deliver high energy Roots Rock, Blues, and Americana.



FRIDAY, FEBRUARY 3

WHALES OF THE SOUND WITH WASHINGTON STATE PARKS

4:30 PM – 5:30 PM at Stanwood Library Meeting Room. Do you like spending time out on the water? Join Interpretive Specialist Meredith to learn about the different whales and dolphins that share the Puget Sound with us! Contact us with questions: <https://www.sno-isle.org/contact-us/>

FRIDAY, FEBRUARY 3

ARTIST RECEPTION FOR GAIL AUSTIN

5-7pm at Beach 1 Gallery. Gail Austin is best known for her thoughtful collages and prints. She lives on Camano Island and is inspired by the natural beauty all around her. Her work reflects her coursework in design at U of W and her six years of printmaking classes at the Kirkland Art Center. Additional classes in metalsmithing, weaving and sculpture have stimulated her creative use of materials. Her art will be displayed and for sale the entire month of February. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water & bags of chips for the reception. 1243 Beach Drive, Camano Island. 360-387-1655.

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1-866-809-7167, TTY 711

8 a.m.–8 p.m., 7 days a week. Se habla español.

Or visit [ExploreUHC.com](https://www.exploreuhc.com)

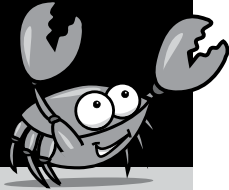


Other pharmacies/physicians/providers are available in our network. Network size varies by market. Plans insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals. AARP does not employ or endorse agents, producers or brokers. © 2022 United HealthCare Services, Inc. All Rights Reserved.

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Calendar of Events



DID YOU KNOW?

At the Wife Carrying World Championships in Finland, first prize is the wife's weight in beer.

FRIDAY, FEBRUARY 3

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, FEBRUARY 3

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 & SATURDAY, FEBRUARY 3 & 4

SHS BOYS VARSITY WRESTLING SUB REGIONAL

Friday: 5:30pm. Saturday: 11am.



SATURDAY, FEBRUARY 4

THE SOUTH END STRING BAND RETURNS TO THE FLOYD!

The post-Covid return of the South End String Band, new and improved (okay, old and maybe improved) after a long quarantine, will take place Saturday, Feb. 4th, 2023 at the Floyd Norgaard Cultural Center from 6-9 pm. A suggested donation of \$15 at the door. 27130 102nd Ave NW, Stanwood, WA 98292 www.southendstringband.com



Lincoln Hill Retirement Community

formerly Stanwood Senior Center

Our name has changed but we are still Stanwood's Senior Center providing activities, classes, and resources for older adults.

All activities open to older adults from the community.

Stop in for lunch or to pick up a calendar of events.

We are here for You.

Trips	Meals	Transportation
Classes	Social Get Togethers	Support Groups
Room Rentals	Medical Equipment	Wellness Programs
Older Adult Resources	Fitness Classes	Arts & Crafts
Special Events	Espresso/Coffee Bar	Cards & Games

7430 276th St. NW, Stanwood • 360-629-7403 • www.lincolnhill-rc.org

**WSU Snohomish County Master Gardener Foundation
presents the 20th Annual Sustainable Gardening**

2023 Winter Speaker Series

All are invited to attend!

\$85 for the series or
\$20 per single session
Fridays, 9:30 am - 11:30 am

The Historic Everett Theatre
2911 Colby Avenue
Everett, WA 98201

For more information,
registration and payment options,
www.gardenlectures.com

Questions? Call Snohomish County
WSU Extension Office
Monday - Friday, 11 am - 3 pm
at 425-357-6010

All proceeds go to the Master
Gardener Foundation of Snohomish
County, which provides major
funding support to the Snohomish
County Master Gardener Program.

January 13 | Judy Zughis
"Beguiling Winter Wonders -
Discover Hardy Cyclamen!"

January 27 | Jessi Bloom
"Creating a Garden Sanctuary"

February 3 | Lorene Edwards Forkner
"Gardening Matters - From Tree
Canopy to Ground Cover"

February 10 | Dave Pehling
"Moles! Watcha Gonna Do?"

February 24 | Scott Pringle
"The Magic of Hydrangeas"

March 3 | Alex LaVilla
"Designing with Perennials: Creating
Plant Combinations for Multiple
Seasons of Interest"

March 17 | Carlos Moniz
"A Behind the Scenes Look at
Creating the Butchart Gardens'
Amazing Floral Displays"

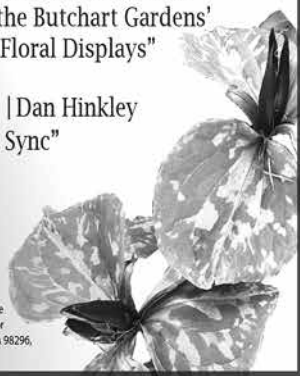
March 31 | Dan Hinkley
"Plants in Sync"



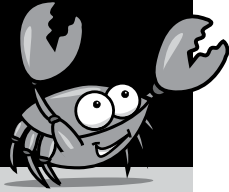
WSU EXTENSION
Snohomish County



WSU Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Mary Watts at 6705 Puget Park Drive, Snohomish, WA 98296, 425-357-6001, mary.watts@wsu.edu at least two weeks prior to the event.



Calendar of Events



DID YOU KNOW?

Elvis only won
3 Grammys.



SATURDAY, FEBRUARY 4

SOUND WATERS UNIVERSITY, "A ONE-DAY UNIVERSITY FOR ALL"

Resilience: From Old Growth Trees to the Life of the Salish Sea is the theme of this multi-day event. February 4 is a "One-Day University for All" when the Sound Waters University presents two keynote speakers (Joe Gaydos, SeaDoc Society and Mindy Roberts, Washington Environmental Council) plus nine classes on topics ranging from marine mammals to Pacific Madrone trees to nudibranchs to micro-plastics to Marbled Murrelets to sea cucumbers. Sound Waters University is 8:30 am to 3:30 pm, live and virtual. Feb 4 is enhanced with Field Trip options — including 7 trips on or near Camano — slated for Feb 3, 5, 11 and 12. Purchase a ticket for \$70 per person. Add on a 90-minute field trip for \$30 at checkout. Discount of 50% for students, teachers, active military, veterans and AmeriCorps. Sound Waters University is sponsored by Sound Water Stewards, a nonprofit environmental education organization. <https://soundwaterstewards.org/education-center/sound-waters-university/> or 425-540-7712

SATURDAY, FEBRUARY 4

E-CYCLE

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



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CONSUMER ALERT:

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Exercise caution when purchasing direct-to-consumer hearing products over the counter (OTC) or online. The Attorney General cautions all consumers to beware of medical scams, including the sale of hearing aids by unlicensed dispensers.

The Do's & Don'ts to consider before purchasing an OTC hearing device:

DO's	DON'Ts
Get a professional hearing test to know your personal hearing needs.	Do not buy hearing aids online or over-the-counter without first consulting a licensed professional.
Learn the options for your personal hearing need and discuss them with a professional.	Do not rely on online hearing screenings to diagnose hearing loss. Seek professional help.
Learn your options and what is safe. Seek the help of a professional.	Do not expect the same quality in an OTC aid that you receive from a hearing healthcare provider.

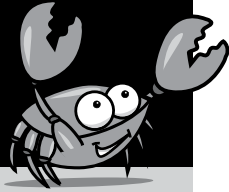
9300 271st St NW, Suite B-5, Stanwood, WA 98292
Near QFC, between Papa Murphy's and H&R Block
p: 425-272-9435 | StanwoodHearing.com



Do you have questions?
Call **425-272-9435**

Tonia MacPhail,
A.A.S., HIS

Calendar of Events



DID YOU KNOW?

After Hitler ordered the deportation of Denmark's Jewish population, Danish citizens organized a massive evacuation of the Jews to neutral Sweden, despite the risks. In the end, 99% of Danish Jews survived the Holocaust.



SATURDAY, FEBRUARY 4

UNVEILING OF JACK GUNTER'S "CAMANO CITY" MURAL

10:00 AM. When the historic 1906 Camano City Schoolhouse asked Jack Gunter to paint a mural depicting Camano City in 1920, he enlisted the young gifted artist Zeke Collver to join the project. Together they created a twenty-four foot panorama to hang in the old fire station (1st station on Camano Island) adjacent to the schoolhouse. The unveiling will take place at 993 Orchid Rd, Camano Island (just off Chapman Rd.) We are looking forward to sharing another piece of history with our wonderful community!

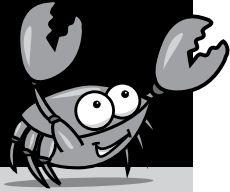


SATURDAY, FEBRUARY 4

2023 FOCIP WINTER - SPRING WALK

CAMANO RIDGE FOREST PRESERVE: Meet at 9:45 at the Camano Ridge West entrance parking located on Camano Ridge Road, which is accessed from either East or West Camano Drive. Take either East or West to Camano Island Road to turn South on Camano Ridge Road. Or take either East or West to Camano Hill Road uphill to turn on Camano Ridge Road. Drive about 1 mile to the parking lot that is located on the East side of Camano Ridge Road. A road sign to the parking exits. The nearly 2.4 miles will include the East and West Loops plus the Wetland Trail. The trails are generally level with a few short ups and downs. NO DOGS PLEASE.

Calendar of Events



SATURDAY, FEBRUARY 4

CAMANO ISLAND QUILTERS-MACHINE EMBROIDERY GROUP

10am-noon at Skagit Regional Clinics in Stanwood, 269th St., Conference Rm A. Masks Required. Need help with your new embroidery sewing machine? CIQ members will share help, ideas, designs, etc. Come join in the conversations.

SATURDAY, FEBRUARY 4

MOJO CANNON & THE 13TH STREET HORNS

8 pm - Conway Muse Hayloft. This band rocks! You will not be able to stay in your seat - come enjoy some excellent high energy music that demands you move your feet! Tickets \$18 Advanced \$20 Night of Show. Mojo Cannon is a high energy 10 member R&B band

SATURDAY, FEBRUARY 4

JOE COOK BLUES BAND

7:30pm - 10:00pm at Pub 282. One of the premier blues bands touring the west coast. The members are all award winning blues professionals with more than 30 years experience as gigging blues musicians

SATURDAY, FEBRUARY 4

FAMILY BINGO

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

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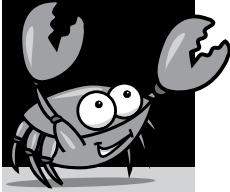


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Calendar of Events



DID YOU KNOW?

Doctors' sloppy handwriting kills more than 7,000 people annually in the United States.

SATURDAY, FEBRUARY 4

TOY BOAT WORKSHOP

10 am – 2 pm at Cama Beach in the boathouse. Learn how to build a wooden toy boat. You get to bring it home as a souvenir! \$5 suggested donation. Hosted by The Center for Wooden Boats.

SUNDAY, FEBRUARY 5

MARDI GRAS RACE!!! SERIES RACE 4

7 am Stanwood Equestrian Center, 28119 Old Pacific Hwy. Beads and Masks and all things Mardi Gras! Come to party and race with us! Awards for the best mask, horse and riders! Barrels and Poles. Office and time onlies 7:30-9:45. Race starts at 10am

MONDAY, FEBRUARY 6

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, FEBRUARY 6

TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. Bring your team of up to 6 for a fun night of food, drinks and creative trivia! Free sign up. Win prizes!

MONDAY, FEBRUARY 6

CLASS FAIR

We will be offering a class fair for the 2023-2024 school year. This will take place in the evening in the commons area. 5:30-6:30 p.m./Commons, Class of 2027 meeting 6:45 p.m./PAC. Students will be submitting their course requests for the 2023-24 school year in late February. This class fair provides students and families an opportunity to talk with teachers about various courses we offer.

MONDAY, FEBRUARY 6

TODDLER STORYTIME WITH JENNIFER

10:00 AM – 11:00 AM at Camano Island Library. Jump and bounce together into a world of stories, music, and movements that nurture the desire to read in toddlers. A play time or art activity may follow.

TUESDAY, FEBRUARY 7

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, FEBRUARY 7

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.

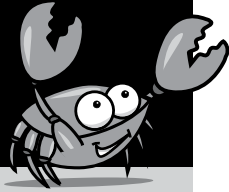
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Adventure,
Enjoy The
Journey**



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**Start Your Quest
Feb 17-26, 2023**

Calendar of Events



THURSDAY, FEBRUARY 9

FREE INFORMATIONAL MEDICARE SEMINAR

hosted by Taylor Vidor. 10am at 10320 SR 532, Stanwood. To RSVP or learn more, call 425-361-2944. A reservation is not required to attend.

TUESDAY, FEBRUARY 7

FAMILY STORYTIME WITH JENNIFER

10am at Camano Island Library. Enjoy stories, songs, rhymes and creative activities together as a family. Play time or activity may follow.

TUESDAY, FEBRUARY 7

BABY STORYTIME WITH VICKY

10:30am at Stanwood Library. Wiggle, giggle and bond with your baby through stories, happy songs, rhymes, and activities that inspire a love of reading. A play time or art activity may follow.

THURSDAY, FEBRUARY 9

COUNTRY MUSIC AND DANCING

Country Night. 8pm at Beauty Bar Salon + Lounge (10011 270th St NW, Stanwood). Grab your boots and Dancing partner (or find one here)! Dance the night away to all the latest and greatest country hits. Starts at 8pm. Open til 2am! More info: 360-629-2324.

THURSDAY, FEBRUARY 9

TODDLER STORYTIME WITH ALEX

10:30am at Stanwood Library. Jump and bounce together into a world of stories, music & movements. Play time or activity will follow.

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Windermere

REAL ESTATE



WATERFRONT **\$2,625,000**
 Custom designed Camano home with expansive western views, top quality throughout, garage with living space and newer bulkhead. #2018428



NEW HOME **\$589,000**
 Brand new construction just completed in the Country Club area of Camano with partial views and community beach access. #2017888



WEST SIDE **\$550,000**
 Unique Camano acreage with a view, septic and water installed, used as a family campground but ready for your new home! #1997649



MOUNT VERNON **\$645,000**
 Conveniently located new home in the North Hill area offers Skagit Valley and Olympic Mountain views. #1925184



WATERFRONT **\$1,297,000**
 Camano home with amazing views and 2.48 acres and 199' of waterfront including tidelands. #1976665



ROCKY POINT **\$480,000**
 Lots of possibilities for this commercial/residential building on Camano in a great location and currently generating income. #1934461

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CAMANO ISLAND
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Windermere

REAL ESTATE



VACANT LAND **\$615,000**
 Beautiful 15.52 acres in a private and serene setting in the Lake Goodwin area, mostly level and partially fenced. #1935129



FINISTERRE **\$1,175,000**
 Sound and mountain views and over a half-acre at this impeccably maintained home complete with MIL. #1933725



VACANT LAND **\$200,000**
 One of the few lots left in the Country Club area of Camano includes access to 3 community beaches. #1954838



PRE SALE **\$899,000**
 Reserve your dream home today, Pre-Sale homes located in a small Stanwood neighborhood-only 6 to choose from! #2021023



MOUNT VERNON **\$675,000**
 Attached townhome/condo with daylight rambler design, good location and sunset views. #2000763



NEW HOME **\$1,148,000**
 Fabulous single level luxury home on Camano Island with private beach access and eastern views. #2017790

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR





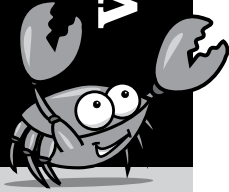
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Moonshine Wisdom & Wit



Story by Jack
Archibald.

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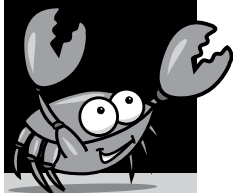
FLY OUR FRIENDLY SKIES

Seasons Greetings, Everyone! CEO Skeeter Daddle here to offer any of you inconvenienced by this Christmas Holiday's glitches at South End Airlines. Admittedly this was an inopportune time to experience problems flying to grandma's house and for that we at South End want to offer our sincere apologies. As many times as it takes. Refunds and rebookings may take a little longer, but rest assured, the South End Family will do our darndest to make it up to you. Lost presents and lost baggage will be found and returned to you and your loved ones. Think Christmas in January. After all, no one really knows when Baby Jesus was actually born. And no one really knows when we'll get our cancellations straightened out.

We here at Crisis Central want you to know that once we've returned to our full schedule, we will be committed to vastly improved service. You are valued customers and as such we are devoted to keeping you in the air On Time. This unfortunate holiday meltdown was the result of terrible weather across the country, not, as some have suggested, pilot and crew cutbacks or outdated technologies or our very economic point to point terminal system. Like our competitors we are dedicated to your safety and our bottom line. Sure we made incredible profits this last year and of course we could have used that to upgrade systems, hire more personnel and probably charge you for increased baggage fees and fees for the use of our very hygienic bathroom facilities.

That, needless to tell you loyal flyers, is not the South End Way. Which is why, once again, we want to apologize for God's winter mess-up this holiday. Ice and sleet and snowmageddon, let's face it, you were probably lucky not to face Nature's wrath out there at grandma's. Not that we're scapegoating the Lord, heaven forbid. But global warming, well, that's something all of us are responsible for. We're doing our best. Now it's time for you all to step up as well. Happy New Year and see you back in our friendly skies in 2023. Peace, Skeeter

Kid's Korner



DID YOU KNOW?

Pilots and their co-pilots are required to eat different meals before flights so that they don't both end up with food poisoning.

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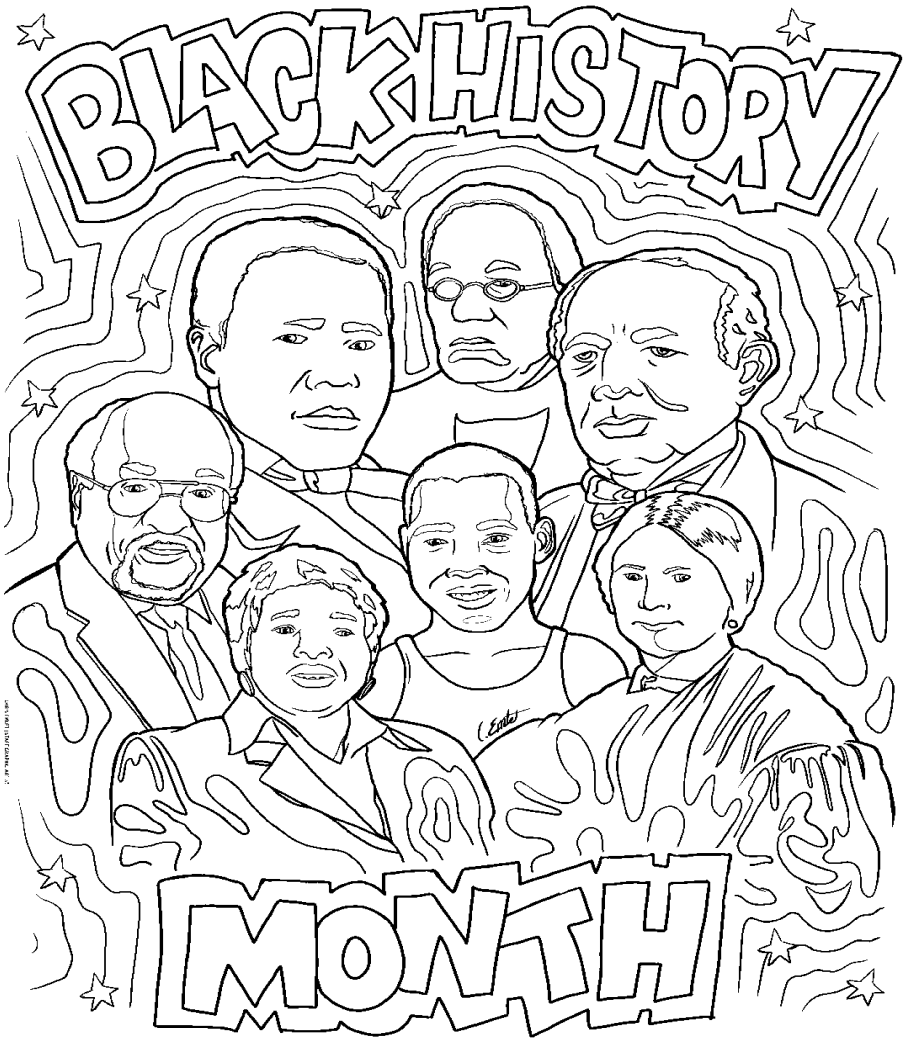
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Sound Waters University Attendees
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2/3

- Barnum Point's Natural History; Bluffs, Shoreline, and Waves
- Reining in the Rain: Rain Barrel Use and Construction

2/5

- Port Susan Bay Preserve
- Camano Bluffs, Beaches and Slides; Reporting What You See Using MyCoast App

2/11

- Pacific Madrone
- Watersheds: A Tool for Planning

Register Now

*Purchase Sound Waters University online 1 day class admission for 2/4 8:30 am- 3:30 pm to add on field trips

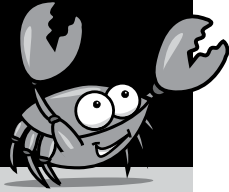
SCAN ME



SOUND WATERS
UNIVERSITY



Photos and Art



DID YOU KNOW?

The unicorn is
the national
animal of
Scotland.



Winter pig by Alana Jordan.

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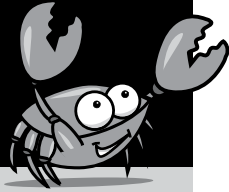
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THE VINTAGE WATERCOLORISTS OF WASHINGTON “FINALE AT THE FLOYD”

Sunnyshore Studio is thrilled to announce the date for the grand finale of our five year Vintage Watercolorists of Washington project. It will take place Saturday, March 11. We are calling it the FINALE AT THE FLOYD after the historic building in Stanwood that will host the show. Here's some background to the Vintage Watercolorists of Washington project.

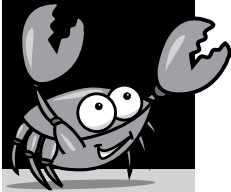
VINTAGE WATERCOLORISTS OF WASHINGTON PROJECT

Washington State has been home to a host of distinguished watercolor artists such as Perry Acker, Jess Cauthorn, Victoria Savage, Elizabeth Warhinik, Mike Burns and Arne Jensen. And Washington has master “vintage” watercolorists painting today. To highlight this legacy, Sunnyshore Studio hosted four Vintage Watercolorists of Washington shows (in March of 2018, 2019, 2020 and 2022). Each show honored five legendary living watercolorists who enriched the cultural life of Washington through their art, teaching, and leadership. The Vintage Watercolorists of Washington are: Nancy Axell, Jack Dorsey, John Ebner, Nancy Fulton, Cooper Hart, William “Bill” Hook, Thomas William Jones, Seiko Konya, Sandy Langford, Deanne Lemley, Molly Murrah, Carla O'Connor, Joan Pinney, H. “Rusty” Platz III, Genny Rees, Joan Reeves, John Ringen, Jerry Stitt, Tony Turpin and Eric Wiegardt. Our vision was to preserve and share their stories through a video documentary and a coffee table book to inspire a new generation of watercolorists. The Vintage Watercolorists of Washington project culminates with the grand finale at the Floyd.

The Finale at the Floyd will be a one day event (March 11, 2023) at the historic Floyd building (27130 102nd Ave NW, Stanwood, WA). We expect a large crowd of over 1,000 people to enjoy the event. There will be a lot to do for all ages at the Finale at the Floyd. You can view the stunning watercolors of the Vintage artists at the gallery, shop for art books and art supplies at our pop up store, listen to Vintage artists doing talks about their journey in watercolor, get your signed copy of the newly released Vintage Watercolorists of Washington coffee table book, try your hand at watercolor painting a map of Washington at our emerging artist station, enjoy the premier of the Vintage Watercolorists of Washington documentary.

Sunnyshore Studio exists to share beauty through art, books and film. It just so happens that the Vintage Project has all three elements: the showcasing and selling of beautiful visual art, the release of the coffee table book, and the premier of the Vintage Watercolorists of Washington documentary. Our creative studio wouldn't be able to do what we do without the support of our family and friends, collectors and patrons and supporters and sponsors. Thank you!

Business Spotlight



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WHIDBEY CAMANO LAND TRUST

We're Passionate about Protecting this Paradise. It's easy to fall in love with Whidbey and Camano islands. These islands are truly magical, with spectacular vistas and landscapes including farms, wetlands, forests, prairies and marine shorelines, all providing refuges for wildlife and places for people to enjoy the outdoors. We are the Whidbey Camano Land Trust, an independent, nationally accredited, 501(c)3 nonprofit organization, which has been protecting the best of these islands since 1984. During that time we have partnered with landowners and island communities to help expand county and state parks, protect natural areas and local family farms, increase trail and beach access, and protect and restore fish and wildlife habitat. We practice strategic land conservation that saves our incredible quality of life. Keeps our water and air clean. Provides outdoor spaces to enjoy nature. Protects habitat for our beloved fish and wildlife. Keeps local family farms producing safe food. Helps our local economy by attracting businesses, residents and visitors. And ensures these treasured islands remain as places of refuge.

A Land Trust of Excellence

The Whidbey Camano Land Trust is a member of the Land Trust Alliance (LTA), a national organization that works on behalf of trusts to increase the pace and quality of land conservation. In 2010, we were one of the first of the nation's land trusts to receive national accreditation from the Land Trust Accreditation Commission, a special status recognizing nonprofit excellence. We were reaccredited in 2017.

Appreciating What We Have

The Land Trust also is committed to increasing awareness of and appreciation for Whidbey and Camano islands. We accomplish this through publications, guided tours, stewardship work parties and special events. We believe that love of our islands is enhanced through positive experiences on the land, especially for younger generations. We hope you'll become a member and join us at an upcoming Land Trust event or activity.

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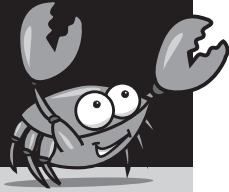
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Community Information



DID YOU KNOW?

A pack of chihuahuas once terrorized a town in Arizona.

AARP TAXAIDE INFO

AARP TaxAide will be providing FREE tax return preparation at the Lincoln Hill Retirement Community Center in Stanwood on Wednesdays and Thursdays from 2/8/23 to 4/13/23. There will be no appointments on Camano Island this year. Appointments will be made only when picking up packets. Packets will be available for pick up only at Lincoln Hill Retirement Community starting on January 17th, Monday to Fridays from 10:00 am to 2:00 pm. Their address and phone number is: 7430 276th St NW, Stanwood, WA 98292. While our goal is to assist Seniors and low income individuals, we will do returns for any taxpayers that fall within our scope. If you have any further questions, leave a voice message at 425-270-7357, with your name, your question and your phone number or email.

LIVINGWORKS SAFETALK

is a four-hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice. At a LivingWorks safeTALK workshop, you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support. Why come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care. Who should attend safeTALK? safeTALK is for everyone who wants to help prevent suicide: teachers, front line workers, clergy, volunteers, coaches, parents, youth (15 and older), teachers, law enforcement, social workers, anyone who wants to help prevent suicide. How can I attend safeTALK training? To pre-register for the upcoming safeTALK training on Saturday, 25 February, email ASIST.Lifeguard@yahoo.com, or text 360-271-9896. WHEN: Saturday, February 25. TIME: 9:00 AM – 1:00 PM. WHERE: Freeborn Lutheran Church, 2416 300th St. NW, Stanwood, WA 98292. FACILITATORS: John and Shirley Swanson (both SHS Graduates), Certified LivingWorks safeTALK and ASIST trainers. Note: Class size limited to 40. Cost of training materials has been donated.

Stanwood United Methodist Church

~ Open Hearts, Open Minds, Open Doors ~

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



A Reconciling Congregation

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Camano Island
Coffee

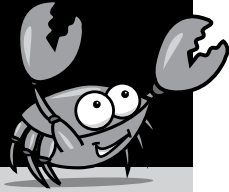
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On
VALENTINES
DAY!!!



Community Information



look for us
online at

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

or on
Facebook.

Download
current or past
editions.

KNITTERS / CROCHETERS GROUP

Every Friday at the Community Resource Center from 10:30am-1pm, join us for Knitters Group. Crocheters welcome too. Bring your yarn and needles/hooks and learn or just socialize. \$2 donation appreciated.

STANWOOD WIC

(Women, Infants, & Children) appointments every Tuesday, 10AM-4PM @ the Community Resource Center of Stanwood Camano. WIC is a nutrition program that helps pregnant women, new mothers, and children under 5 years of age eat well, learn about nutrition, and stay healthy. Please call 360-854-0435 in advance to ensure availability. WIC provides: Health Screening, nutrition and health education, information and support for breastfeeding, help getting other services, checks for nutritious foods, etc.

THE LINCOLN HILL RETIREMENT COMMUNITY IS LOOKING FOR PEOPLE INTERESTED IN VOLUNTEERING FOR THE FOLLOWING POSITIONS:

Volunteer Receptionists who are willing to donate 3-6 hour shifts each work or serve on call. Training will be provided. Good verbal and written communication skills are required. Coffee Bar Baristas/Servers to make coffee and sell baked goods and snacks from our in house coffee bar. Training will be provided. Volunteers are needed 3 hours per week and schedule may be flexible. If you are interested in any of these positions please contact Darlene Campbell, Volunteer Coordinator at 360-629-7403, ext. 104 or via e-mail at dcampbell@lincolnhill-rc.org.

SWEETHEART DINNER & DANCE

Sunday, February 19th "Roast Beef Dinner". Served at 2:00pm Dancing from 3:00-4:00pm. Tickets are \$10.00 per person or \$15.00 a couple for members or \$12.00 per person or \$20.00 a couple for non-members. Tickets include dinner and one alcoholic drink. Additional drinks are available at \$2.50 per drink (beer and wine only). Hurry and make your reservations we have 35 reservations available. Dinner is held in our Social Room and dancing in The Commons. Lincoln Hill Retirement Community-7430 272nd St. NW Stanwood 360-629-7403. Don't have a date? No Worries...bring a friend to enjoy! Reservations to be due by Monday, February 13th and paid in advance to Lincoln Hill Retirement Community.

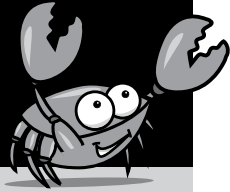
JOIN THE ISLAND COUNTY ACCESSIBLE COMMUNITIES COMMITTEE

We need your input, ideas and your voice! We meet virtually (for now) every 3rd Wednesday of the Month. Contact Tiffany for more info. 360-632-7539.

59TH ANNUAL COIN SHOW AND SALE

March 11th, 10am to 4pm --- NEW LOCATION --- Stillaguamish Valley Pioneer Hall, 20722 67th Ave. NE, Arlington. Free appraisals / Exhibits / Free hourly drawing / Raffle / Food Available. BUY - SELL - TRADE - LEARN. Contact: 425.876.8798.

Community Information



DID YOU KNOW?

North Korea and Cuba are the only places you can't buy Coca-Cola.



CAMANO GATEWAY BUILDING'S NEW RESIDENT

If you've visited Camano you've likely seen the Gateway building, a terrific playground that is just behind it, and an area with large sculptures- all of this makes up Freedom Park, Camano Island. The Camano arts Association is excited to work alongside the volunteer stewards of Freedom Park as we begin our lease for the Gateway building. We'd like to thank Grant Shaw of the FPA Board of Directors for his work over the last several months. He and many local businesses and individuals donated time and materials to refurbish this building. Follow CAA's social media for updates on what we're doing in the Gateway building. Our first scheduled days open to the public will be during Glass Quest this February- we're a participant. Soon we will welcome you to visit our new website, currently under construction. A full 2023 lies ahead. Photo - Amy Bush (CAA) & Cat Olson (Stanwood Camano Arts Advocacy Commission) before any furniture was in the building, having a picnic meeting.

BASEBALL / SOFTBALL SEASON REGISTRATION

is now open for the 2023 Spring season! Go to www.stanwood-camanoll.org to register. Registration for Minors and up closes February 10; T-ball and Rookies closes March 10. As always, there is a great need for coaches and umpires to make the season possible, so please consider volunteering. More info: 206-250-9130.

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NEW Class Begins Wed., Feb. 7th, 6-7pm, 7 weeks
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360-629-5040

This is a limited class and is filling quickly.

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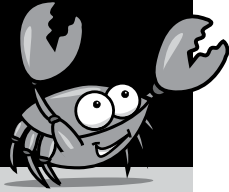


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Community Information



GRAB A CRAB CRACKER:

from the box attached to the wall of Camano Gateway building at Freedom Park



SAVE THE SALISH SEA

Discover simple ways to help keep the Salish Sea beautiful and reduce plastic pollution. National microplastics expert and WSU grad Julie Masura shares tips to help maintain this biologically diverse inland marine ecosystem. Together, we can make a difference in the health of wildlife, salmon, orcas, and other marine species. <https://www.youtube.com/watch?v=5pgeFOg9HGc>.



FREEDOM PARK NEEDS A NEW LOGO!

Freedom Park is much more than a playground. It is military memorials, art features, a playground, and the Gateway Building. Our new logo should represent the history of the entire park. The winning artist will receive \$50 CASH! We will announce the new logo on March 1! Enter your logo by February 16. Enter at <http://freedomparkassociation.com/index.php/design-logo/>

CALL TO ARTISTS & MAKERS!

Art at the Farmers Market (at Skagit River Produce in Conway, WA) Applications Available NOW! We are SO excited to announce that our 1st Annual Fine Arts and Gifts Show is on the official map of the 2023 Skagit Valley Tulip Festival this year!! We want to FILL the Barn with wonderful artwork & handmade gifts & treats for ALL our Festival visitors and that means we need you! Email colleen.nygard@gmail.com for an application for this MONTH-LONG show today!



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COME TO A free informational seminar

Premera Medicare Sales Meeting's Hosted by Taylor Vidor

10320 SR-532, Stanwood WA 98292

02/02/23-10:00am 02/09/23-10:00am 02/23/23-10:00am

To RSVP or learn more, call 425-361-2944 x1 TTY 711

A reservation is not required to attend.

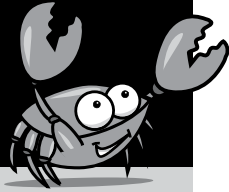
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DID YOU KNOW?

You can survive being in outer space without permanent damage for about half a minute.

WINTER CLOTHING IN THE WARDROBE

The Wardrobe at the CRC is stocked with brand new clothing items for teens and young adults that are in need, to select from for free. Typically, individuals leave The Wardrobe with two new outfits! Our volunteer shopper has been busy buying new items such as short and long sleeved t-shirts, leggings, flannels, hoodies, shorts and joggers. In partnership with the Stanwood Camano Food Bank, we are stocking up with winter appropriate clothing. Please call 360-629-5257 x 1002 to schedule an appointment.

PHILANTHROPIST OF THE YEAR AWARD

Nominations Due. Please help us find worthy award recipients! The Stanwood-Camano Area Foundation (SCAF) will present three philanthropy awards to outstanding individuals and businesses at the Philanthropist of the Year Awards Breakfast on March 31, 2023. Please take a few minutes to think about who you can nominate! We are accepting nominations for the following three awards until January 31, 2023: Floyd & Delores Jones Spirit of Philanthropy Award; Pay-It-Forward Award; Heritage Bank Business Making a Difference Award. Nomination forms can be found at <https://s-caf.org/nom>. Previous award winners are not eligible; for a list of previous winners, please check the SCAF website.

POINT IN TIME COUNT FOR SNOHOMISH COUNTY

If you, or someone you know, is experiencing homelessness please call the Community Resource Center of Stanwood Camano at 360-629-5257 x 1000 to be included in this year's Point in Time Count and survey.

"THE SPOT" - TUESDAYS AND SATURDAYS

at 9831 271st St NW, Stanwood. For middle and high schoolers. Tuesdays drop in: 2:30-5pm. Games, food, hang out. Saturday Night: 7:30-10pm. Food, bonfires, pool, and more! Hosted by Youth Dynamics Stilly Valley. 425-879-7633.

OPEN HOUSE SATURDAY & RESEARCH WEDNESDAY

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

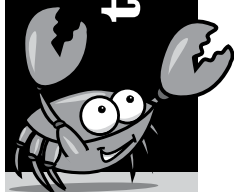
FAMILY HISTORY CENTER OPEN WORKSHOP

Come any Tues. (10am-noon) or Wed. (6:30-8pm), at 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 websites. Visit our Facebook page for more info and weather/holiday closures: www.facebook.com/groups/CamanoIslandStanwoodFHC.

GARDENING WORKSHOP

The Island County Master Gardeners are presenting a two-day workshop March 3-4. Whether you're an avid gardener or just getting started, you'll find there's something at the Workshop for everyone. <https://www.whidbeygardening.org/>

View from the Bleachers



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

FACEBOOK IS NOT GOOD FOR MY SELF-ESTEEM

All too often my Facebook news feed is bombarded by photos people post touting their nine-year-old's amazing little league accomplishments or broadcasting their latest job promotion, which they clearly posted primarily to point out that their career has been far more successful than mine ever was. Thanks for the reminder.

Technically, I can't prove that Facebook is the brainchild of Satan, but that's my current working theory. If you ask for my opinion – and trust me, my adult children never do – Facebook is the ideal social media platform if you're interested in learning how much better everybody else's lives – and children – are than yours. Today, as a bonus, I learned about a creative eggplant & cauliflower soup recipe from Carla. (I probably should mention I don't care for either of these foods – or Carla.)

I always feel inadequate when I come upon self-promoting Facebook posts like these:

Over-the-top proclamations of everlasting love, like this one from Faith Lovingheart:

"I'm blessed to have finally found my soulmate after so many years of searching. Brian and I are officially engaged. He is the love of my life, the wing beneath my wings, the sun to my moon. Every day he makes me want to be a better person. And I knew we would be happy together forever the moment I met him two weeks ago at the craps table at Caesar's in Vegas."

Gloating posts crowing about how awesome their child is, like this one from Joyce Bettermom:

"I can't begin to tell you how proud I am of my son Henry. But I'm going to, anyway. Not only did he become valedictorian of his class, but he was voted MVP of his soccer team. After med school, Henry plans to be a brain surgeon and cure cancer. I can't wait to see what he achieves next year when he enters first grade."

Or posts intended mainly to make you jealous of their life, like this one by Chase Oceanview:

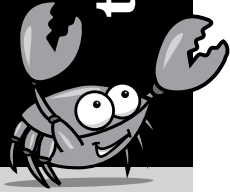
"Life for me and Veronica has been so busy refurbishing our Aspen ski-out chalet this summer that we've barely had time to visit our Catalina beachside bungalow, let alone our vacation villa in Corsica. Here are photos of our remodeled 7,000 sq. ft. cliffside cottage in Maui. Today, I think I need some self-care, so I plan to go for a drive in my new Bugatti Chiron Super Sport Noire."

I think Facebook should create an algorithm that blocks any post from my feed that will make me feel bad about myself. Personally, I would like to a lot more honest, truthful posts, like these...

Honest posts about people's marriage, like this one from Rashida Loveless:

"This is a photo of me and my husband Ralph on our wedding day. Can't believe it's been it's been 15 years since we both said, 'I Do.' I probably should have said 'I Don't.' Since then Ralph's put on 50 pounds and I barely get four hours sleep a night, thanks to his snoring. I think he loves his LEGO collection more than me. At least our marriage is not

View from the Bleachers



like Ken and Marge's. Talk about a train wreck. Glad we're not them."

Accurate news about their child's more modest achievements, like this one from Kathy Hopedphermor:

"My son Curtis is doing well enough. He's only in fifth grade but I can already tell that grad school is out of the question. He's just lazy. But he raised his GPA from 2.0 to 2.3 this semester, so I guess that's a thing, right? Did I mention he recently earned the high score on Call of Duty 5. Is that a good thing? I really have no idea anymore."

Vacation updates that sound more down to earth, like this one from Albert Campzalot:

"A cruise to the Mediterranean looks increasingly unlikely again this year, given I've been out of commission with a back injury from raking leaves. So, this year, we'll probably do another staycation here in Buloxi. Either that or maybe spend a week at my sister's house in Beaumont, TX. God, I hope her college kids won't be there. They are so obnoxious. And they love to terrorize my labradoodle Cosmo."

Well, I need to go. I need to log onto Facebook and post a few photos of our incredible vacation to the Galapagos. Did I mention we stayed on a 100-foot yacht? It was nice, but I miss our vacation home in Cabo right about now.

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



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CASA'S PET OF THE WEEK:

This handsome man is **PUMPKIN!** He's an older gentleman who is on the shy side. Once he feels safe and comfortable, he absolutely loves getting pets and snuggling next to you. We have found that he is FIV+. He is a very gentle guy. Although FIV+ sounds scary he can live a normal, healthy life with proper care.

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



NOAH'S PET OF THE WEEK:

My name is **OTIS** with the mostest! I am really just a giant puppy that is looking for my forever home! I love people and going out on adventures. I do need some basic training as I don't know much, but I have a great sit down! I like other dogs a lot, but they aren't always comfortable with me since I am very energetic and playful. If you'd like to come and meet a giant goober, please stop by!

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



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

GIZMO is a gentle little man. He is a quiet boy and can be a little timid at first but it doesn't take long for him to fall in love. Gizmo is fearful of stairs. Gizmo will need a patient family willing to guide his potty habits while he learns the routine of his new home. YOU MUST visit www.save-a-mutt.org/adoption-application/ to fill out an application before meeting any dogs. We are foster-based rescue with no facility.

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

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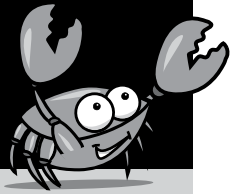
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Classes and Workshops



DID YOU KNOW?

It's a tradition in Ireland that if you donated a pint of blood, they give you a pint of Guinness to replace the iron.

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.

Yoga for Beginners Five Week Session Tuesdays 6pm. Prepare you with the first steps toward a regular practice. Sign up through movementarts.com or call 360-629-9100. Next Sessions: Feb 21-Mar 21, Apr 11-May 9, May 30-Jun 27. Space is limited, sign up early. \$9

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

The Highland Institute, LLC New Groups / Classes Starting, REGISTER NOW! 360-982-5985. Mondays 6-7:30 pm To Dance With Dreams: (Partnering With Your Dreams for Deeper Transformation) 10 weeks, February 13-April 17th (Group limited to 9 persons) \$300 (payable in 3 installments) 315 N. Olympic Ave, Arlington - Call Louis Vetri to register or for more information. Thursdays 10-11:30 am Enhancing Your Relationship With Self and Others (An experiential group that honors and integrates a healthy presence, power and purpose) 12 weeks, February 16- May 4th (Group limited to 12) \$360 (payable in 3 installments) 720 Main St (Kincaid Landing Bldg, Group Rm) Mt. Vernon, WA - Call Louis Vetri for more info or to register.

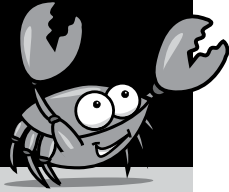
Mudra for Movement and Meditation Feb 11, 2-4pm. Mudras are subtle hand gestures commonly used in yoga and meditation practices to guide energy and expand consciousness. They can act as an energetic bridge between mind and body. Learn a variety of hand Mudras and their uses, followed by some gentle yoga incorporating them. Sign up through our website at movementarts.com or call 360-629-9100. Available in-studio or online via Live Stream (sign up for VIRTUAL Mudra for Movement and Meditation and receive an email link 30 minutes prior to class). \$45.

Free Medicare Basics Information Class Saturday, February 18th (10-11am). Free event open to the public. We will be explaining how your Medicare benefits work, as well as the details of enrollment. Following the class, you will be given the opportunity for a no-obligation private consultation. This class is highly recommended if you are 64 years old, relocating, retiring, or interested in comparing your current plan. Location: Camano Island Library meeting room. More info or RSVP: John Hart 360-967-9601

Forte Music Dance Art intermediate ballet Tues & Thurs at 4PM. Advanced tap Mon 9:30AM & Thur at 10:30AM, beginning tap Mon at 10:30AM & Thur at 3PM. Yoga is available Tue, Wed, Fri & Sat. Private instruction on Sax, Clarinet, Flute, Voice & Piano. 1095 Essex St. A-1 Camano Island. Contact Chris Tuohy 360-572-9262 fortemda.com.

Z's Classes: ZOGA, a class incorporating yoga, The Melt Method, laughter and more. Excellent for All levels, especially back and shoulder issues. Mondays, 10am. All classes are in person and Zoom online. Zsremedies.com or call 360-629-5040. **SEATED YOGA**, excellent for those with limited mobility but know you need to move and stretch. 40 minute class, once per week, Tues @ 1:30 or Fridays @ 11am. "You Can do this!" Call 360-629-5040 or register online @ Zsremedies.com **FLOW YOGA**, new teacher, Step Viust Tuesday @5:30. Be enlivened and inspired! www.zsremedies.com 9504 271st, Stanwood

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INGREDIENTS: 2 lbs boneless, skinless, chicken thighs or chicken tenders, cut into 1-inch pieces; 1/4 c. all purpose flour; 1/2 tsp. black pepper; 1 T. canola oil; 1/4 c. soy sauce; 2 T. rice wine vinegar; 2 T. ketchup; 1 T. brown sugar; 1 clove garlic, minced; 1/2 tsp. fresh grated ginger; 1/4 tsp. red pepper flakes; 1/2 c. cashews; hot cooked rice for serving; 2 green onions, thinly sliced for garnish

DIRECTIONS: 1. Combine the flour and black pepper in re-sealable gallon bag. Add the chicken to the bag, seal the bag and shake to coat. 2. In a large skillet, heat the oil over medium-high heat. Brown the chicken for about 2 minutes on each side. Place the chicken in the slow cooker. 3. In a small bowl, whisk together the soy sauce, vinegar, ketchup, sugar, garlic, ginger, and pepper flakes; pour over the chicken. Cook on LOW for 3 to 4 hours. 4. Stir in cashews. Cook for an additional 15 minutes. Serve over rice and garnish with sliced green onions. Servings: 4-6

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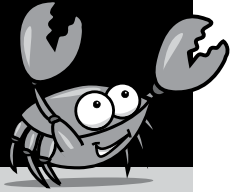
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Classified Listings



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Quality Experienced Caregiver has availability. Camano/Stanwood. Please call for details, great references. 425-205-5713.

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WANTED:

Pilchuck Glass School is hiring a full time Seasonal Assistant Chef (April to October) to cook for our campus of 100 to 120 glass artists. \$22 per hour. Apply at <https://www.pilchuck.org/opportunities>

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 for more information. windermere-stanwoodcamano.com.

DREAM like Martin
HELP like Harriet
FIGHT like Frederick
SPEAK like Sojourner
INVENT like Madam C.J.
WRITE like Langston
DARE like Rosa
CREATE like Quincy
INSPIRE like Maya
LEAD like Barack

Black History is American History

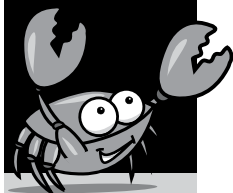


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Sharing Our Secrets



A new feature column by Rockaway Bar & Grill with a series on how-to-make a few of their signature items



CAMANO ISLAND'S BEST KEPT SECRETS

Hello Islanders! Your favorite Rockaway Bar & Grill bartender here to let you in on Camano Island's best kept secrets. Now don't tell too many friends about this because we still need you all to come in and see us! This cocktail is perfect to make a large batch of for a party or gathering or even to sip on through the weeknights to escape! Let's talk our famous Saratoga Punch. We build ours in a 16 ounce beer glass. Fill your glass to the tippy top with ice. A good rule of bartending is to pour your cheaper ingredients first so if you make a mistake, you don't waste the expensive stuff. In this case, the cheaper ingredients will be your juices. The Saratoga Punch is compiled of a variety of juices and vodka. Pour 1.5 ounces of each orange, grapefruit (we use white grapefruit), pineapple and cranberry juice. Next the good stuff, one ounce of vanilla vodka and one ounce of orange vodka, give it a good stir and you're ready to sip on paradise! Now remember, keep this between you and me because you all are the best part of Rockaway and we need to see you soon! That's all for now until next time, your favorite Rockaway bartender (Can you guess who it is?)



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TIDE TABLES / SARATOGA PASSAGE / JANUARY 27 - FEBRUARY 9, 2023

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 27	Low	2:19 AM	2.4	
27	High	9:05 AM	12.5	
27	Low	3:46 PM	2.6	
27	High	9:51 PM	8.5	
Sa 28	Low	3:10 AM	4.5	
28	High	9:42 AM	12.1	
28	Low	4:45 PM	1.8	
28	High	11:40 PM	8.5	
Su 29	Low	4:14 AM	6.3	
29	High	10:23 AM	11.5	
29	Low	5:43 PM	1.1	
M 30	High	1:39 AM	9.3	
30	Low	5:45 AM	7.8	
30	High	11:09 AM	10.9	
30	Low	6:39 PM	0.5	
Tu 31	High	3:02 AM	10.3	
31	Low	7:37 AM	8.3	
31	High	12:01 PM	10.3	
31	Low	7:30 PM	0.1	
W 1	High	3:57 AM	11.1	
1	Low	8:59 AM	8.2	
1	High	12:56 PM	9.9	
1	Low	8:17 PM	-0.2	
Th 2	High	4:38 AM	11.6	
2	Low	9:53 AM	7.9	
2	High	1:50 PM	9.8	
2	Low	8:59 PM	-0.4	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 3	High	5:11 AM	11.8	
3	Low	10:33 AM	7.6	
3	High	2:39 PM	9.8	
3	Low	9:37 PM	-0.6	
Sa 4	High	5:38 AM	11.8	
4	Low	11:03 AM	7.2	
4	High	3:23 PM	9.8	
4	Low	10:13 PM	-0.7	
Su 5	High	5:59 AM	11.7	
5	Low	11:28 AM	6.9	
5	High	4:04 PM	9.8	
5	Low	10:48 PM	-0.6	
M 6	High	6:17 AM	11.7	
6	Low	11:53 AM	6.4	
6	High	4:44 PM	9.8	
6	Low	11:21 PM	-0.4	
Tu 7	High	6:36 AM	11.8	
7	Low	12:21 PM	5.8	
7	High	5:25 PM	9.7	
7	Low	11:54 PM	0.1	
W 8	High	6:57 AM	11.9	
8	Low	12:52 PM	5.0	
8	High	6:09 PM	9.5	
Th 9	Low	12:28 AM	0.9	
9	High	7:21 AM	11.9	
9	Low	1:27 PM	4.3	
9	High	6:57 PM	9.2	



Cabinets



Window Fashions



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