

THE **CRAB** **CRACKER**  
COMMUNITY MAGAZINE

ISSUE 346  
Feb. 24 - Mar. 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](http://scratchcookingllc.com)



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

## New Menu

- Vegan roasted cauliflower soup
- Garbanzo bean and vegetable soup
- Romaine and radicchio salad with orange segments, roasted fennel, parmesan cheese, pine nuts, and balsamic vinaigrette

## Entrées

- Painted Hills Grass-Fed NY Striploin Steaks- with blue cheese, bacon and date stuffing, sautéed greens, and a beef demi reduction sauce
- Seared Superior Ranch Lamb Chops- with Saffron Basmati Rice, roasted cauliflower, sautéed greens, and Romesco sauce
- Natural Pork Tenderloin- with blue cheese, bacon and date stuffing, sautéed greens, and a grain mustard cream sauce
- Poached Shrimp- with Saffron Basmati Rice, roasted cauliflower, sautéed greens, and Romesco sauce

## Dessert

- Chocolate & Peanut butter tart



# Rebecca Rowland INTERIORS



## CREATING BEAUTIFUL SPACES THROUGHOUT THE PUGET SOUND REGION AND BEYOND

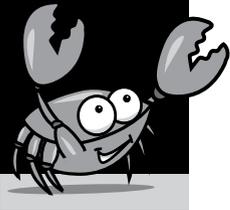
- Residential Interior Design, Remodeling, and Décor
- Offices in Seattle and Camano Island
- Now booking projects for Winter '22-'23



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[hello@rebeccarowlandinteriors.com](mailto:hello@rebeccarowlandinteriors.com)  
206-992-9472

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Find us on:  
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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: Bald Eagles - Taken on the Onamac Bluff.  
Photo by Sally Colt, Camano Island.*

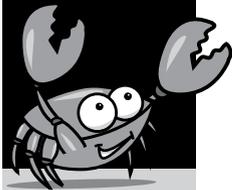


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**thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893**  
**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: MARCH 2 for Next Edition (March 10-23, 2023)**

# Calendar of Events



FEBRUARY 17-26

## 14TH ANNUAL NORTHWEST GLASS QUEST

a unique 10-day treasure hunt for hand blown glass balls on Camano Island and Stanwood. Join the Hunt! The event is organized by The Camano Island Chamber of Commerce. More info: <https://www.northwestglassquest.com/>

THURSDAY, FEBRUARY 23

### LEARN SOMETHING NEW ABOUT THE LIBRARY!

3pm. You are cordially invited to attend the Camano Island Library Friends' first meeting of 2023. The guest speaker will be Angela Davis, Library staff, presenting "Camano Island Library 101." Have you wondered how to use remote printing? Do you want to learn how to download e-books and audio books? Or how contact-free holds pickupworks? Do you have an interest in how to browse the library's catalogor check for upcoming events? What is Book a Librarian? Do you know the awesome benefits you receive with a library card? Please come, ask questions and bring a friend.

FRIDAY, FEBRUARY 24

### 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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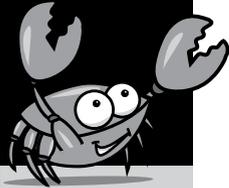
[andreabarbano@johnlscott.com](mailto:andreabarbano@johnlscott.com)

*"Committed to getting the results you deserve."*

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# Calendar of Events



## DID YOU KNOW?

The term "OK" probably comes from a misspelling of the phrase "all correct".

FRIDAY, FEBRUARY 24

### ZACH MICHAUD

Salmonella Records presents Zach Michaud at 9pm at the Conway Boxcar, 8630 271st St NW, Stanwood. Come down to the friendly homey Conway Boxcar in stanwood, for a good time TONIGHT!! 2-3-2023. Please bring a cucumber for the ritual sacrifice for musicians, so no tears will be shed. Enjoy the show! 21+ only.

FRIDAY, FEBRUARY 24

### MARK DUKE "DUKE THE MUSIC MAN" BAND

7:30pm - 10:00pm at Pub 282. Come join us for a night of great music from a great artist! Never A Cover. Entertainer Tips Appreciated



SATURDAY, FEBRUARY 25

### PLANTING A FOOD FOREST

An introduction to creating an edible landscape. 10-11:30am Online event. A food forest is built with diverse edible plants in forest layers. It is maintained without annual soil turnover and plant replacement of traditional food gardens. This approach, long practiced by Indigenous peoples around the world, is a sustainable, low-maintenance strategy that provides homes for beneficial insects and local wildlife, along with food for you and your community. More info and to register: <https://snohomishcd.org/events-workshops/planting-a-food-forest>



## Free Home Buyer Class with pizza!

**When: February 16th and March 7th  
5:30-6:30pm at RE/MAX Elevate  
Stanwood Office, 26902 92nd Ave NW, Suite C**

RSVP: Michelle Maiers / 206-819-3802 / ReMax  
Emily Stenger / 360-913-4797 / ReMax

Lori Johanson / 425-275-3800 / Cross Country Mortgage / #115020



# ADVENTURE AWAITS

## Join Sound Water Stewards



Apply  
online  
by  
March 3

- Thursday classes:  
9 weeks in spring,  
6 weeks in fall
- 100-hour training  
with expert  
speakers, live  
zoom classes +  
field trips
- Focus is Island  
County ecology



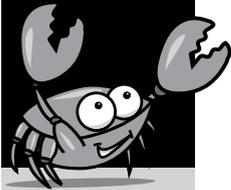
## Apply NOW for Volunteer Education & Training (VET)

[SoundWaterStewards.org/training](https://SoundWaterStewards.org/training)  
[training@SoundWaterStewards.org](mailto:training@SoundWaterStewards.org)



425-540-7712

# Calendar of Events



## DID YOU KNOW?

The YKK on  
your zipper?

It stands  
for Yoshida  
Kogyo Kabu-  
shikikaisha. It's  
estimated that  
this company  
makes half the  
zippers in the  
world.

SATURDAY, FEBRUARY 25

### MARKET STREET DIXIELAND JASS BAND

8 pm - Conway Muse Hayloft Stage. This band plays upbeat favorites and gets you right in the spirit of the Big Easy. If you want a taste of NOLA - this is the place to get it! \$15 advance, \$17.50 Day of Show.

SATURDAY, FEBRUARY 25

### KIDS CRAFTERNOON!!!

3-5pm at the Camano Island Library. Drop by any time during the session and make a crafty item or three! We supply all the materials to create several super cool art projects around the theme of: Rain! This will be a hands-on creative activity because, "Creativity is intelligence having fun." ~ Albert Einstein. We will provide snacks too! Intended audience is elementary school age kids.



SATURDAY, FEBRUARY 25

### TRIVIA NIGHT – FUN-DRAISER

6-9pm at Flora & Fauna Camano Island Location. Join us for a night of FUN while we help McKayla raise the funds needed to go on the Stanwood High School STEM trip to the Galapagos Islands!! Put together a team or come as a solo player. There will be Door Prizes, Food, Drinks, and even a Glass Quest Clueball could be hidden! Winner takes home the highly coveted Trivia Trophy and bragging rights to their friends. Tickets are \$100 for a team of 4 or \$30 per person. Space is limited so get your ticket before it's too late! (360) 850-2295

SATURDAY, FEBRUARY 25

### JOEL ASTLEY

7:30pm - 10:00pm at Pub 282. Blues, rock, funk, soul, jazz, Americana, country. Award winning harmonica and vocals, & visual arts!

SATURDAY, FEBRUARY 25

### SOUTH CAMANO GRANGE BREAKFAST

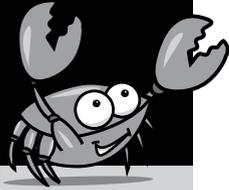
8-11am at the South Camano Grange, 2227 S Camano Drive. Enjoy breakfast with your neighbor. Pancakes or French toast served with scrambled eggs, ham & sausage, along with coffee, juice, or tea. Social distancing will be maintained. Please wear a mask!

SATURDAY, FEBRUARY 25

### 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?

The manager of Guinness started the Guinness Book of World Records when he got annoyed that he couldn't find out what the fastest game bird was ever recorded.

SATURDAY, FEBRUARY 25

### **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, FEBRUARY 25

### **MAKING YOUR YARD A BIRD HAVEN**

Learn how to landscape your yard, patio or community space to provide crucial resources for both migratory and resident birds. Supported by Community Resource Center and Pilchuck Audubon society. 11am at Community Resource Center, 9612 271st St NW, Stanwood. 360-629-3132.

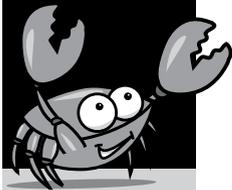


SUNDAY, FEBRUARY 26

### **STANWOOD SPARTANS WOMENS FOOTBALL MEET AND GREET / SIGNUPS**

2023 Season - your time is now! We are building our 2023 season and we need women like you to join our team. No experience needed. Just enthusiastic women to play football! Join us tonight to meet players, learn more about the team, and register for the season. 5-7pm at Ixtapa, 9200 271st St NW, Stanwood. Additional meet and greet March 5. For more info, go to Facebook or Instagram or [www.StanwoodSpartanMoms.org](http://www.StanwoodSpartanMoms.org)

# Calendar of Events



## DID YOU KNOW?

Scrappy-Doo, widely considered to be one of the most hated characters in fiction, has not appeared in an animated Scooby-Doo production since 1988 due to audience backlash.



SATURDAY-SUNDAY, FEBRUARY 25-26

### SWAP MEET AND COMMUNITY GARAGE SALE

Noon-4pm at Arrowhead Ranch, 615 Arrowhead Rd, Camano. You will find tools, furniture, woodworking equipment, and so much more! More info: Randy Heagle 206-391-3378 or Marla Heagle 360-320-1148.

SUNDAY, FEBRUARY 26

### OUR MONTHLY PUZZLE EXCHANGE

will happen at the Stanwood Library at 1:30pm. All welcome event. Lasts approximately 20 minutes. Bring your puzzles and a bag to exchange! More info: 360-305-6771.

MONDAY, FEBRUARY 27

### TODDLER STORYTIME WITH JENNIFER

10:00 AM – 11:00 AM at the 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, FEBRUARY 27

### 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 27

### 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!

TUESDAY, FEBRUARY 28

### FORD GIESBRECHT PERFORMANCE

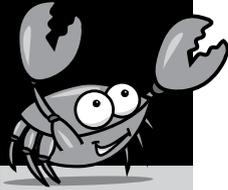
at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. conversation friendly. No cover.

TUESDAY, FEBRUARY 28

### CES SCIENCE FAIR

6:00PM - 8:00PM at Cedarhome Elementary School.

# Calendar of Events



TUESDAY, FEBRUARY 28

## **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.

TUESDAY, FEBRUARY 28

## **FAMILY STORYTIME WITH JENNIFER**

10am at the 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, FEBRUARY 28

## **BABY STORYTIME WITH ALEX**

10:30am at the 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.

WEDNESDAY, MARCH 1

## **PRESCHOOL STORYTIME WITH VICKY**

10:30am at the 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.

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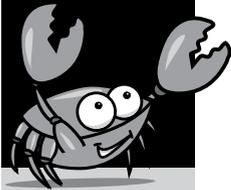
Call our Stanwood/Camano Office

360-629-9737

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



# Calendar of Events



WEDNESDAY, MARCH 1

## **ONLINE PUB TRIVIA**

7:00 PM – 8:30 PM. Grab your favorite beverage, call your friends, and settle in for a night of pub trivia – right in the comfort of your own home! This general Pub Trivia will cover all kinds of topics that are sure to keep your brain challenged. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, MARCH 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, MARCH 2

## **TODDLER STORYTIME WITH ALEX**

10:30 AM at the 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.

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# **CYBER SECURITY and THEFT PROTECTION SEMINAR for SENIORS**

**WHEN**  
**Saturday,**  
**MARCH 11, 2023**  
**2:00 – 3:00 PM**

**WHERE**  
**Camano Center**  
**606 Arrowhead Road**

**Admission: FREE**  
Seating is limited so please register at:  
**[www.clesfoundation.org](http://www.clesfoundation.org)**



**C. L. E. S. F.**

**CAMANO LAW ENFORCEMENT  
SUPPORT FOUNDATION**

This free Forum is focused on explaining many of the risks we all face when we are online using our computers or when accepting phone calls from unknown parties. Join us and learn how you may protect yourself from online fraud and scams.

Identity theft and other forms of online fraud pose a serious and growing threat throughout the nation. The Internet is a goldmine for scam artists who claim to have job offers, an inside tip on an investment opportunity, a new love interest. They need more information to arrange delivery of a package, track down your missing payment, help you avoid jail, or learn how you would like to receive your million-dollar prize! There is no end to their creativity and ruthlessness. Learn how con artists are using a variety of scams to defraud Internet users, profiling techniques, how to safeguard against online fraud and cyber scams, and what to do if you or someone you know has been a victim. AARP Washington is a leader in presenting the Three R's of Fraud Prevention: Recognize, Resist and

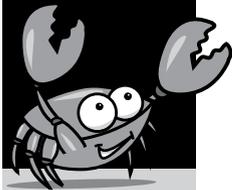
## **INSTRUCTOR**

We are privileged and pleased that a recognized expert in fraud prevention, Jean Mathisen, will be the presenter. Jean has worked in fraud prevention and victim assistance for more than 20 years. She helped to establish the AARP Fraud Fighter Call Center and has trained volunteer fraud fighters throughout the state. She has been recognized by the Washington State Crime Prevention Association and has a Masters in Public Administration from the University of Washington.



**SPONSORED BY THE CAMANO LAW ENFORCEMENT SUPPORT FOUNDATION  
and the CAMANO CENTER**

# Calendar of Events



## MARCH IS WOMENS HISTORY MONTH

Wyoming Territory was the first place to grant women the right to vote.

The Wyoming Territorial legislature gave every woman the right to vote in 1869, according to History.com. They elected the country's first female governor, Nellie Tayloe Ross, in 1924.

THURSDAY, MARCH 2

### TEEN LATE NIGHT

Grades 9-12, 4PM-6:30PM at the Community Resource Center of Stanwood Camano. Teen Late Night is a safe place for teens to come and connect over food & fun. Activities have included outings, classes, celebrations, help with school work and more!

THURSDAY, MARCH 2

### RAINY DAY ROOM PLAYGROUP

Free weekly play group at Community Resource Center for ages 0-5 and their grown-ups! Grown ups and kids will benefit from friendship and community....getting out of the house. [www.crc-sc.org](http://www.crc-sc.org).

THURSDAY, MARCH 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.

FRIDAY, MARCH 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.



SATURDAY, MARCH 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.

FRIDAY, MARCH 3

### DR. JOP FUNK SHOP

8:00am - 10:00pm at Pub 282. This is one of the Seattle area's, PREMIER PROFESSIONAL BANDS featuring top-internationally-acclaimed musicians. From rock, to funk, to blues, to jazz, to R&B, and a little country, these musicians love doing it all.



MARCH IS WOMEN'S HISTORY MONTH

## Four Springs House

for your next event



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Family Celebrations



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[fourspringshouse@co.island.wa.us](mailto:fourspringshouse@co.island.wa.us)

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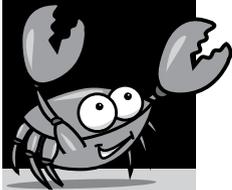
HOPE FOR A  
CHANGING WORLD



BAHAI FAITH

425-319-8870 ★ [Bahaisofcamanoisland.org](http://Bahaisofcamanoisland.org)

# Calendar of Events



## MARCH IS WOMENS HISTORY MONTH

Claudette Colvin, a Black woman, refused to give up her bus seat 9 months before Rosa Parks did.

FRIDAY, MARCH 3

### ARTIST RECEPTION FOR "THE FRIDAY GIRLS"

5 to 7 PM at Beach 1 Gallery featuring Jane Morris, Sherri Hall, Margie Ridley & Linda Hendry Boyd. Mixed Media, Abstracts, Collage & Watercolor. Read more about these artists on page 36. Their art will be displayed and for sale the entire month of March. 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. 360-387-1655.

SATURDAY, MARCH 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



SATURDAY, MARCH 4

### 55 + RESOURCE FAIR

The Camano Center and Island Senior Resources have pooled their resources to bring you the 55 + Resource Fair. 9:30 AM—2:30 PM at Camano Center, 606 Arrowhead Rd. The goal of the event is to have one convenient place for people to come and get information about services, programs, and activities tailored to the 55 and over age group. There will be four presentations featuring different topics throughout the day. A complimentary lunch will be served between 11:00 and 1:00. More info: 360-387-0222



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**RE/MAX**  
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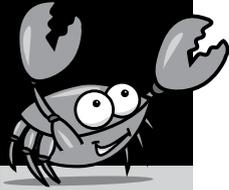


Other pharmacies/physicians/providers are available in our network. Network size varies by market. Plans insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract 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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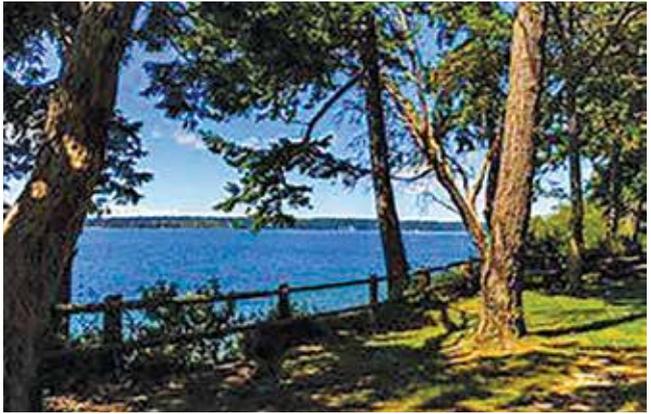
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# Calendar of Events



## MARCH IS WOMENS HISTORY MONTH

Until Congress passed the Equal Credit Opportunity Act of 1974, women couldn't get credit cards in their own name.



SATURDAY, MARCH 4

### **FOCIP ANNUAL HOSTED WINTER WALK PROGRAM**

Today: CAMA TO CISP: Meet at 9:45 a.m. at Ivy Road and Dry Lake Road junction. You can access Dry Lake Road from East Camano Road or Monticello Road then turn on to Ivy Road. Walk from this CAMA Trailhead parking area to the Access of Dry Lake Road trailhead. Walk from the CAMA trailhead parking area to the South Beach of Camano Island State Park enjoying the downhill and level terrain with great views. Shuttle service will be available to return participants to the trailhead. The trails are generally level with a few short ups and downs. NO DOGS PLEASE.

SATURDAY, MARCH 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.

SATURDAY, MARCH 4

### **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.

**MARCH 16, 2023**

## **Resilient Food Gardens: Abundance at Your Doorstep**



Camano Garden Club invites you to our first meeting of the year! Growing vegetables and fruit is fun until the rabbits and deer invite themselves to feast. Join Lisa Taylor, garden educator, and author, for a lively discussion about growing food gardens in the area. Meet at the Camano Center, 606 Arrowhead Road, on March 16, at 10:00 AM. Public invited. Non-members, \$5.

**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](http://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 Zugish  
"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"

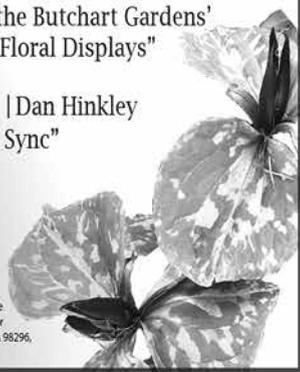
**March 31** | Dan Hinkley  
"Plants in Sync"



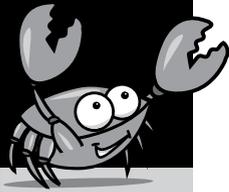
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Snohomish County



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



SATURDAY, MARCH 4

## AN INTRODUCTION TO BIRDING

11:00 AM – 12:30 PM at the Community Resource Center of Stanwood-Camano (across from Stanwood Library). Birding is one of the most popular activities in the country. But what is it about birds that engages and captivates so many of us? Join us for an in-person presentation about the joys of birds and birding. This event is for families and requires registration. More info: (360) 629-5257 or <https://www.sno-isle.org/contact-us/>



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Premera Medicare Sales Meeting's Hosted by Taylor Vidor

10320 SR-532, Stanwood WA 98292

03/09/23 - 10:00am    03/16/23 - 10:00am    03/23/23 - 10:00am

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

A reservation is not required to attend.

**PREMERA** | 

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# Calendar of Events



## MARCH IS WOMENS HISTORY MONTH

In January 2013, the U.S. government lifted its ban on women serving in combat positions.

SATURDAY, MARCH 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, MARCH 4

### **JACK MATTINGLY**

8pm - Conway Muse Hayloft. Jack is a Muse favorite who always enralls crowds with his memorable music and lyrics. We can't wait to see what Jack has in store for this solo show! Tickets \$10 advance \$12.50 day of show.

SATURDAY, MARCH 4

### **JIMMY WRIGHT BAND**

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



SATURDAY, MARCH 4

### **ROSE PRUNING & CARE CLASS**

11am at Orchards Nursery, Stanwood. Kristina will be leading us in a discussion on how to care for your roses- pruning, fertilizing, protection, and more. Please join us with your questions (rain or shine).

# WD

**Wilson Designs**

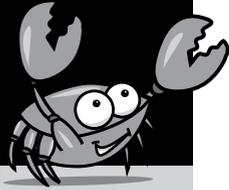
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- Site Plans
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# Calendar of Events



SUNDAY, MARCH 5

## STANWOOD SPARTANS WOMENS FOOTBALL MEET AND GREET / SIGNUPS

2023 Season - your time is now! We are building our 2023 season and we need women like you to join our team. No experience needed. Just enthusiastic women to play football! Join us tonight to meet players, learn more about the team, and register for the season. 11am-2pm at Ixtapa, 9200 271st St NW, Stanwood. For more info, go to Facebook or Instagram or [www.StanwoodSpartanMoms.org](http://www.StanwoodSpartanMoms.org)

SUNDAY, MARCH 5

## "LIFE OF THE SPIRIT"

The public is invited to a Zoom Devotional Gathering which will begin with a short video that explores the pivotal role of women in promoting peace, followed by an open discussion on the subject. The Gathering begins at 11:00 a.m. Please feel free to bring your insights, prayers, spiritually centered readings and artistic endeavors. You are welcome to quietly observe also. For the Zoom address, please contact the Baha'is of Camano Island at [bahaisofcamanoisland@gmail.com](mailto:bahaisofcamanoisland@gmail.com)

MONDAY, MARCH 6

## TODDLER STORYTIME WITH JENNIFER

10:00 AM at the 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.

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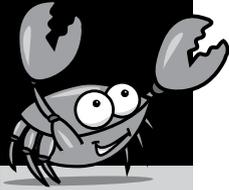


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# Calendar of Events



## MARCH IS WOMENS HISTORY MONTH

Marie Curie was the first woman to receive two Nobel prizes.

Curie was a scientist whose research on radioactivity led her to discover two new elements. She won the Nobel Prize in physics in 1903 and the Nobel Prize in chemistry in 1911.



MONDAY, MARCH 6

### **VOLUNTEER WITH ANIMALS AT NOAH**

3:30pm at the Camano Island Library (not at NOAH). The NOAH Center will be presenting on how to become a volunteer at their organization. Opportunities include hands on interaction with dogs and cats in a variety of ways. Teens as young as 14 are eligible to volunteer with parental presence. Teens and adults are encouraged to attend the presentation. More info: 360-387-5150.

MONDAY, MARCH 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, MARCH 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!

TUESDAY, MARCH 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, MARCH 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.

TUESDAY, MARCH 7

### **HOME BUYER CLASS WITH PIZZA!**

5:30-6:30 pm at RE/MAX Elevate Stanwood Office, 26902 92nd Ave NW, Suite C. RSVP: Michelle Maiers 206-819-3802, Emily Stenger 360-913-4797, Lori Johanson 425-275-3800

# Calendar of Events



## MARCH IS WOMENS HISTORY MONTH

Aretha Franklin was the first woman inducted into the Rock & Roll Hall of Fame. "Queen of Soul," Aretha Franklin was inducted into the Rock & Roll Hall of Fame in 1987.

TUESDAY, MARCH 7

### **FAMILY STORYTIME WITH JENNIFER**

10am at the 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, MARCH 7

### **AFTER DARK SOCIAL**

4-7pm at Stilly River Yarns, Stanwood. Pretty cool that we got one of these from Sip Northwest for our Carmener! They only hand out 1 of these per category.

TUESDAY, MARCH 7

### **BABY STORYTIME WITH VICKY**

10:30 am at the 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, MARCH 7

### **THE SWEET & SAVORY SIDES OF CHOCOLATE**

6pm Online event. Chocolate lends an irresistible quality to sweet and savory dishes. In this class we will explore both sides of this cherished ingredient. Discover the fundamentals of baking and cooking with chocolate at home and learn how to select the best variety for your own creations. Registration is required. Contact us with questions <https://www.sno-isle.org/contact-us/>

WEDNESDAY, MARCH 8

### **PRESCHOOL STORYTIME WITH VICKY**

10:30am at the 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.

THURSDAY, MARCH 9

### **CHRIS EGER**

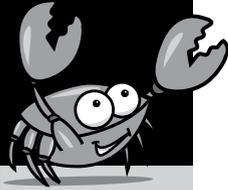
7:30pm - 10:00pm at Pub 282. Very few musicians are said to be extraordinary examples of excellence in any one genre of music. Even fewer can be described as exceptional across multiple. When considering Chris Eger fits into the latter category as both a guitarist AND vocalist, it is no doubt an especially rare gift.

THURSDAY, MARCH 9

### **AAUW MEETING / PRESENTATION / PERFORMANCE**

12:30pm at the Utsalady Ladies Aid Building. Since 1987 N.W. Storyteller/Actress Debbie Dimitre has been entertaining, inspiring, and educating audiences of all ages with her historical and dramatic storytelling presentations. Debbie brings to life women and young girls in American history through story and first person portrayals in a style that is uniquely her own. She will present: Rachel Carson - American scientist, marine biologist and author of SILENT SPRING, the book many believe started the environmental movement.

# Calendar of Events



THURSDAY, MARCH 9

## TODDLER STORYTIME WITH ALEX

10:30 am at the 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.

THURSDAY, MARCH 9

## TEEN LATE NIGHT

Grades 9-12, 4PM-6:30PM at the Community Resource Center of Stanwood Camano. Teen Late Night is a safe place for teens to come and connect over food & fun. Activities have included outings, classes, celebrations, help with school work and more!

THURSDAY, MARCH 9

## RAINY DAY ROOM PLAYGROUP

Free weekly play group at Community Resource Center for ages 0-5 and their grown-ups! Grown ups and kids will benefit from friendship and community....getting out of the house. [www.crc-sc.org](http://www.crc-sc.org).

THURSDAY, MARCH 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.

## CONSUMER ALERT:

STANWOOD HEARING

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](http://StanwoodHearing.com)



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

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A.A.S., HIS








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**VACANT LAND** **\$250,000**  
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**PRE-SALE** **\$899,000**  
 Reserve your dream home today, three floor plans available and located in the Sedy Hill Community of Stanwood. #2021130



**COUNTRY CLUB** **\$579,000**  
 Brand new construction on Camano with access to 3 private beaches, partial views, and thoughtful design. #2017888



**VACANT LAND** **\$595,000**  
 Absolutely gorgeous 10 acres in Stanwood offering territorial views, mostly flat and close to I-5 with water and electricity on property. #2027470



**CONDO** **\$325,000**  
 Single-level end unit in Stanwood with water views, elevator and parking in owner-occupied, 12-unit condo complex. #2031856

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# Windermere

REAL ESTATE



**CAMANO ISLAND** **\$795,000**  
Spacious, single level newer home with views of Triangle Cove and a huge shop! #2030058



**MADRONA** **\$1,495,000**  
Newly built home on the west side of Camano with spectacular views beautifully designed and crafted. #2019365



**LOG HOME** **\$659,000**  
Priced to sell! Custom home on 5-acres of tranquil forest, fenced pasture and includes outbuildings and easy access to I-5. #1989349



**LOST LAKE** **\$349,900**  
Well maintained home nestled in the trees on a double lot with many updates, detached garage with extra space. #2035424



**VACANT LAND** **\$219,000**  
Beautiful 2.3-acre lot on the NW end of Camano with well and driveway installed, approved septic permit and electricity at the street. #2020793



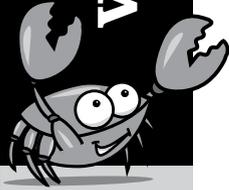
**CAMALOCH** **\$539,000**  
Fully-fenced back yard and a new deck at this 3-bedroom Camano Rambler with lots of updates in gated golf community. #2035372

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

Windermere Real Estate/CIR



# Moonshine Wisdom & Wit



Story by Jack  
Archibald.

For further  
moonshine  
wisdom and wet  
powder wit,  
check out the  
**SKEETER DADDLE  
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## A DEATH IN AISLE 4

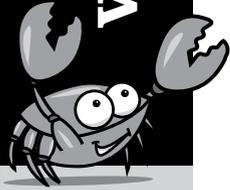
I just came from a would-be shopping trip to my usual grocery store, the big box one in downtown Stanwoodopolis (name withheld by advise from my attorney). With my cart only a quarter full I rounded the final corner in the last lap to the checkout stand, hoping for one that might have one or two carts, a short wait, but no, the three lanes were backed up into the aisles, the self-check back to the rear of the store, so with my usual penchant for patience I settled in and waited my turn behind a couple of carts crammed with enough groceries to weather a winter, plus two or three small carts with about the amount I had. I figured five minutes, I'd be at the conveyor.

Five minutes nothing had moved. It was like a Twilight Zone episode, the one where the shoppers never move an inch. Fifteen minutes and everyone is looking around, wondering same as me, what the %\$#. Since I couldn't see my checker, I assumed we had a new hire, some poor victim stressed beyond anything manageable and who had suffered either a stroke or had simply gone catatonic, frozen over the barcode scanner. The guy in front of me gave me a quizzical look of frustration so I asked what day he'd gotten here. Comedy, you might not need to be told, isn't much appreciated when you've become trapped in long lines that do not move. Down at the other checkouts some progress seemed to be made, not much, but some and by now it was too late to lane change.

Twenty minutes and a couple of pass-bys from the Manager, a mackerel faced administrative type unbothered by the fact that ten minutes ago he had tried not to make eye contact with me and yet here I was again, rooted to the same spot. I asked if they would be bringing porta-potties soon for the folks with incontinent problems. Again, humor is not what was needed here. Maybe a couple more of those unopened self-check lines might be, but no, I guess not.

Twenty five minutes later I'm expecting Rod Serling to wander out of the produce section, maybe offer a short summation of this

# Moonshine Wisdom & Wit



Story by Jack Archibald.

For further moonshine wisdom and wet powder wit, check out the **SKEETER DADDLE DIARIES** at [www.skeeterdaddle.net](http://www.skeeterdaddle.net)

day's episode. 'The townsfolk may have asked themselves if this was nothing more than an alien experiment to determine if grocery line gridlock might lead to civil unrest. Some may still be there with their thawed pizzas and their melted ice cream. But rest assured, they'll always be checking out ... in the Twilight Zone.'

Thirty minutes later and another pass-by from the unharried Manager, I noticed a cart peeking out from Aisle 6, queued up for the checkout stand half a dozen of us had been waiting for in Aisle 5. It didn't take Rod Serling to script the moment when the two lines converged, each confident that we were next. My cart would be the one to meet Aisle 6's cart and obviously the lady who never quite figured out where the end of our line had been would think, well, you know damn well what she'd think and then ....

I gave up rather than lock carts with another frustrated customer and pushed my way through a forest of stalled grocery wagons to the self-check, figuring anything was better than another half hour even if I bullied my way in front of the lady in the wrong line. Course when I reached the self-check at the other end of the store, that line stretched to the end of the aisle, possibly out the storage area and into the loading area. A guy at the head of the conga line jabbed an angry thumb at me in case I tried to jump the line, pointing off into an infinity of basket carriers and shopping cart victims.

I don't know how many shoppers succumbed to dehydration or heart failure. I don't know if the Red Cross set up shelters by the dairy department to tend to the fallen. I do know I was the only one to abandon his cart and stumble to the front door. When they count the fatalities, I hope my cart doesn't send the authorities looking for its owner, some poor schmuck frozen back in the freezers when confusion sent him reeling, another casualty of the grocery industry prior to its proposed merger of the two national supermarkets. The merger that should, little doubt in this former shopper's mind, solve most of their checkout problems.

Right.

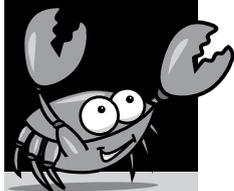


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# Kid's Korner



## MARCH IS WOMENS HISTORY MONTH

Women were not allowed to compete in track and field events at the Olympics until 1928.



### NO-BAKE ENERGY BALLS

These no-bake energy balls make the perfect breakfast, snack, or even dessert. So delicious and only take 5 minutes and 5 ingredients to make! Source: <https://www.iheartnaptime.net>

**INGREDIENTS:** 1 to 1 ½ cups old fashioned oats , more as needed; 1 cup creamy peanut butter; ½ cup honey; ¼ cup ground flaxseed; ¼ cup mini chocolate chips , more as desired. Optional add in's: splash of vanilla, pinch of salt, pinch of cinnamon, ground flax seed, chia seeds, protein powder, rice krispies, coconut

**DIRECTIONS:** Mix all ingredients together, roll into balls, then place on a parchment-lined baking sheet. Place baking sheet in the freezer until energy balls are hard so that they hold their shape. Then store in a zip-top bag or covered container for up to 2 weeks in the fridge or 3 months in the freezer.



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MARCH IS NATIONAL WOMENS HISTORY MONTH



# CARTOON ILLUSTRATIONS OF LOCAL BUILDINGS / HOMES

by Camano Island artist, James M. Shipley



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# Photos and Art



## MARCH IS WOMENS HISTORY MONTH

The two highest IQs ever recorded, through standardized testing, both belong to women.



*"Toy Poodle photo by B. Morin.*



*Sunrise from Beach 1, Camano. Photo by John McLean.*

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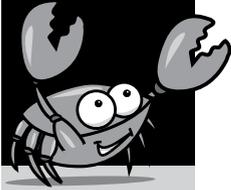
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# Artist of the Week



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## **"THE FRIDAY GIRLS"**

( Jane Morris, Sherri Hall, Margie Ridley & Linda Hendry Boyd). Mixed Media, Abstracts, Collage & Watercolor.

Jane Morris took a class from Dotti Burton on collage and found her passion. She buys printed paper, paints her own, and creates small works of art by cutting, tearing and combining colors and shapes into interesting compositions.

Sherri Hall is a self-taught artist with a deep love of nature, of beauty and of creating. She works in many mediums, graphite, watercolor, oil and others. She enjoys exploring all of them and finding the dreams they each bring from her hands. She hopes you do too.

Camano Island Artist, Margie Ridley has lived in the PNW for more than 28 years. Margie creates colorful "abstract paintings & cards using watercolors, acrylics, gelatos & Pastels. The brilliance of color & abstract designs drives her passion to create.

Linda Hendry Boyd is an artist who is a work in progress just like the art pieces she creates in a diverse, mixed media style. She loves mixing things up by creating layers with fabrics, papers, paints, inks, thread, feathers, found objects & treasures.

Sherri, Margie and Linda are also members of the Stanwood Camano Arts Guild.

Now Open in downtown Stanwood

## **Worldly Splendor**

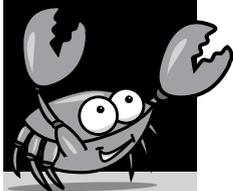
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# Business Spotlight



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## FLYING KOLACHE

"Hi! I'm Harvey and I have been making Kolaches or "Kolach" for over 35 years. I was shocked and dismayed when I left Texas and found Kolaches were nowhere to be found and no one knew what I was talking about when I asked them about where I could find one. So, I decided I had to share my delectable Kolaches with the public. Since I hadn't made Kolaches in about 15 years, I needed to re-perfect my recipe. I baked daily for 2 months sending pictures of the results to my lovely fiance Ellyn, who was living in Detroit and who had also never heard of a Kolache, showing her the results and sharing the "THRILL OF VICTORY AND THE AGONY OF DEFEAT". And believe me, there were plenty of the Agony of Defeats. I finally perfected the recipe, Ellyn and I did get married and she moved to the Seattle area which she loves. I taught her to make Kolaches. I am proud to say that she is an expert Kolache maker and I would put her Kolaches up against any Kolaches in the world. The customers love her and she goes out of her way to make our customers feel like kings and queens. We love to bake and try new recipes and have over 60 varieties of Kolaches now to elevate your taste buds to new heights. Although we are not showing them all on the website at this time, we will be rotating them in and out so keep checking back to see if we have included your favorite or drop us a line and ask about it. If you have any particular variety you like us to try, we would be more than happy to test them out for you."

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Phone: (425) 409-3852 / [www.theflyingkolache.com](http://www.theflyingkolache.com)

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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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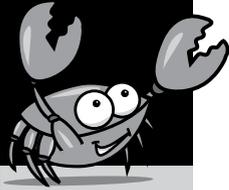
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# Community Information



## WOMENS HISTORY

Hatshepsut was one of the most powerful women in the ancient world and the one and only female pharaoh in recorded history.

## COMMUNITY SCHOLARSHIP DEADLINE: MARCH 13

The Stanwood-Camano Area Foundation is pleased to announce over 200 scholarships are available to be awarded to graduating high school seniors who reside within the boundaries of the Stanwood-Camano School District or attend school in the district; including home-schooled students and those who attend private schools outside of the area. Application information can be found at [www.s-caf.org/high\\_school\\_scholarships](http://www.s-caf.org/high_school_scholarships). The deadline for submission of completed applications is 4pm, March 13.

## 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.



## FLAMING HEARTS SOCIAL CLUB

2:30-4PM, open to students in grades 6-12. This is a weekly social group for LGBTQ+ youth to meet, socialize, offer and provide support, and participate in fun group elected activities at the CRC, a designated safe space.

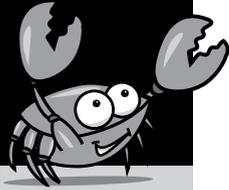
### Attention Medicare Beneficiaries in Stanwood, Camano and the surrounding area!

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## **RAINY DAY ROOM PLAY GROUP**

Tuesdays from 3:30PM-4:30PM and Thursdays from 10-11:30am. Free bi-weekly play group at the Community Resource Center 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](http://www.crc-sc.org) or call us at 360-629-5257 x 1004.

## **SPARKING CREATIVITY IN STUDENTS! ART AND PHOTO CONTESTS**

Enter the Snohomish P.U.D. Art Contest (design a superhero with energy-related super powers) and/or the High School Photography Contest (capture energy in action). All students in grades K-12 who live in Snohomish County or on Camano Island are eligible to enter. More info at <https://www.snopud.com/>

## **“FROM SEED TO SHED” GARDEN STARTS FUNDRAISER**

Get your garden going this Spring and support a good cause. The Boogie Bin is fundraising for a storage shed to house the pet supply donations they gather for animal rescues across Washington. Help us raise money for this project by purchasing your garden starts from us! Starts will be sold at Flora & Fauna in Stanwood and via occasional pop-ups throughout the season.

## **HOPE BACKPACK MEALS PROGRAM**

Any youth (3-18) in need can get free bags of food. Date: Year-Round, Deliver Weekly. A “Backpack” is a grocery bag filled with food for the weekend, providing a total of seven meals. There are no applications, identification documents, or proof of income needed for youth to participate in this program. The Hope Back Program distributes packs weekly to all schools in the Stanwood Camano School District, including ECEAP. Packs are distributed by school staff and select bus drivers. Students are allowed to take extra packs for siblings if needed. Due to the generosity and sponsorship of Albertson’s Nourishing Neighbors Foundation, Arrowhead Ranch, Windermere, & Realty One Group, we have also set up food pantries in neighborhoods where children are at risk for suffering food insecurity. Children can walk or bike up to these pantries and grab food items and weekly packs at any time. 1430 Shuksan Drive, Camano Island; 28202 68th Ave NW, Stanwood; 8223 276th Place NW, Stanwood; Twin City Elementary, 26211 72nd Ave NW, Stanwood. Please do not leave food donations at the pantries. All food donations should be brought to the Stanwood Camano Food Bank. For more information, please contact our Program Coordinator: [programcoordinator@scfbs.org](mailto:programcoordinator@scfbs.org). If you would like to donate to the HOPE Backpack Program, please click on the Donate link at the top of the screen, or mail a check to Stanwood Camano Food Bank, PO Box 1285, Stanwood, WA 98292. We appreciate all our donors’ contributions!

# Community Information



## MARCH IS WOMENS HISTORY MONTH

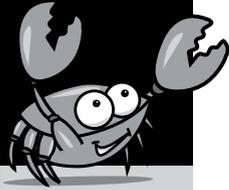
Elizabeth Cady Stanton and Susan B. Anthony spent their lives fighting for women's suffrage, but neither lived long enough to see the Amendment granting them the right to vote



### YMCA OF SNOHOMISH COUNTY PARTNERS WITH TECHBRIDGE GIRLS FOR STEM ENRICHMENT PROGRAM

The YMCA of Snohomish County is partnering with Techbridge Girls to bring STEM ChangeMakers™, an innovative, out-of-school enrichment program, to three YMCA locations. STEM ChangeMakers is a place for girls and gender-expansive youth in grades 6-8 to explore topics like environmental engineering, computer science and coding in a supportive, inclusive environment. "We are excited to create a safe space to deliver incredible STEM curriculum to youth in our community," said Lauren Hunter, STEM Discovery Program Coordinator, YMCA of Snohomish County. "Our goal is to remove barriers so anyone who wants to be a part of STEM can experience it." STEM ChangeMakers™ is a series of 12 sessions focusing on a specific aspect of STEM. Each 90-minute session is designed to build STEM joy, excitement, and belonging through culturally-relevant story-based learning that challenges gender, racial, and class bias. The program culminates with a Community Impact Project to showcase what participants have created throughout the course to resolve a problem in their community. "When someone's identity isn't automatically accepted or represented, their brain isn't completely devoted to higher learning," said Hunter. "By creating a safe environment to learn, our participants can devote 100 percent of their brainpower to STEM, allowing them to learn the most and make the biggest impact. Women, particularly BIPOC women, are underrepresented in STEM and our goal is to make it more accessible to these communities." The program is launching at Everett Family YMCA, Stanwood-Camano YMCA, and Mill Creek Family YMCA. Classes will be taught by YMCA Youth Development Directors and Coordinators who have completed educator training emphasizing equity, social-emotional learning, and best practices. To learn more about STEM ChangeMakers™ or to register for the program, please contact Lauren Hunter at [lhunter@ymca-snoco.org](mailto:lhunter@ymca-snoco.org). This program is free, but spots are limited.

# Community Information



## GRAB A CRAB CRACKER:

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

## “OUR STANWOOD/CAMANO FOOD BANK IS REALLY STRUGGLING NOW.”

“Right now they need dairy and meat the most. Seniors are a majority in line now on the Wednesday serves and families on the Saturday serve. Because of the lack of volunteers, the Friday serves have been cancelled. If anyone has even an hour a week to help serve on Fridays, we could possibly get that lost serve back. Anyone can donate food and many other items are also needed at the attached second hand store that helps fund the food bank. Anyone interested in helping our local fellow citizens in need can go to Stanwood-camanofoodbank.org or call 360-629-2789 for more information and location details. My sincere thanks! - Toni Potterf.

## PHOTO CONTEST!

The Whidbey Camano Land Trust Calendar Photo Contest is back! Send in your best island photos for a chance to be featured in the 2024 Land Trust Calendar! Visit the Get Involved page on our website at [www.wclt.org](http://www.wclt.org) for more information and contest guidelines. Send photos and/or questions to Haley at [wcltphotocontest@gmail.com](mailto:wcltphotocontest@gmail.com). Photos are due by May 31, 2023.

## CAMANO LASSIES 2023

Camano Island and Stanwood ladies of all ages! Looking to meet new friends? Get some great exercise and have some fun? The Camaloch Lassies 9-Hole Golf Club meets each Tuesday from April through September. We play competitive 9-hole golf, then usually meet up for lunch or a potluck. Currently, we have 47 members. We are always looking for new members to join our league. Don't hesitate if you are a beginner, we have you covered with our big sister program. We will help you get started, establish a handicap, and learn the rules of the game. Of course, seasoned golfers are also welcome. For more information contact [camalochlassies@gmail.com](mailto:camalochlassies@gmail.com).

## FREE EYE EXAMS

Stanwood Cooperative Preschool is partnering with the Lions Club to offer free eye exams to children ages 2 to 6 years old. The exams will be held at the Stanwood Cooperative Preschool, located at 27027 102nd DR NW, Stanwood on Friday, February 24th. Please select your first, second and third choice for a time slot (at <http://www.stanwoodpreschool.org/>). You will receive an email confirmation once you have been assigned a time. \*\*We will not be able to accept walk up appointments.



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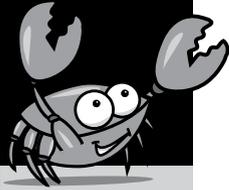
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# Community Information



## MARCH IS WOMENS HISTORY MONTH

A team of six women programmed the first digital computer.

## AAUW 2023 \$10,000 SCHOLARSHIPS

The Stanwood-Camano Branch of the American Association of University Women is pleased to announce the opening of the 2023 Scholarship Season. Applications for university students in their junior or senior year or Master's Degree program will be accepted from February 1 - April 29, 2023. Scholarships of \$10,000 will be awarded to three applicants who are current residents of Stanwood, Camano Island, LaConner, Arlington, or Lakewood area OR are high school graduates of Arlington, Weston (Arlington) Lakewood, Stanwood, Lincoln Hill or LaConner. Applications can be found at our website, [www.aauwsc.org/scholarship](http://www.aauwsc.org/scholarship). Applications are also available at the Washington State Scholarship website, [theWashBoard.org](http://theWashBoard.org).



## REPTILE LADY FAMILY NIGHT

This event is funded by the Stanwood Cooperative Preschool, who is inviting families with children ages 2-5 to come and interact with reptiles from all over the world in this fun and educational event. March 1st from 5:30-6:30pm in the Stanwood Elementary School Gym. Looking forward to a fun family night! Registration is open to the public! Register at <http://www.stanwoodpreschool.org/field-trips.html>. We will not be able to accept walk ups at the event.

## BY APPOINTMENT: THE WARDROBE

at the Community Resource Center – Free clothing for teens in need – restocked for Spring! Call 360-629-5257 or email [info@crc-sc.org](mailto:info@crc-sc.org) for an appointment.

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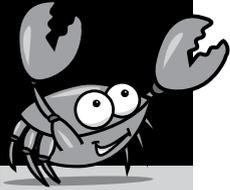
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# Community Information



## MARCH IS WOMENS HISTORY MONTH

The first woman to rule a country as an elected leader in the modern era was Sirimavo Bandaranaike of Sri Lanka, who was elected as prime minister of the island nation in 1960 and later re-elected in 1970.

## SILVANA FAIR AUCTION

The Silvana Community Fair Board is excited to announce that after an extended break due to covid, we will be hosting our famous Auction IN PERSON this year!! Bring your friends and family and join us on Saturday, March 11, 2023 at Viking Hall in Silvana – entry is free! The fun begins when the doors and snack bar open at 5:00 PM. The silent Auction opens for bidding at 5:30, with tables closing every 15 minutes. The LIVE Auction begins at 6:00 PM and continues throughout the evening. We already have over 100 items and many more are still coming in! The auction is the sole fundraiser for the Silvana Community Fair, which is held annually the last Saturday in July (mark your calendars for July 29th this year). The proceeds go towards buying ribbons for the kids, paying premiums to exhibitors, supplies needed to run the fair, and they enable the all-volunteer staff to keep the fair FREE for everyone to attend. We hope to see you at the auction! If you have a product or service that you would like to donate, contact us at [info@silvanafair.com](mailto:info@silvanafair.com).



## JOIN SOUND WATER STEWARDS

SIGN UP FOR SWS VOLUNTEER EDUCATION & TRAINING (VET). Adventure Awaits! Sound Water Stewards are trained volunteers working in and around Island County for a healthy, sustainable marine environment through education, science, and stewardship. We are now accepting applicants for the Class of 2023. Learn about the beaches, marine life, forests, estuaries, and ecosystems of Island County as well as the environmental challenges they face. Classes address climate change, ocean acidification, sea level rise, waste reduction and recycling, salmon life cycle, marine mammals and birds, groundwater and watersheds, plankton, forage fish, eelgrass, coastal geology, and tribal sovereignty. You will gain a stronger sense of place and make a bunch of new friends. Live zoom classes are combined with on-the-beach and in-the-field experience to add up to 100 hours of remarkable training for up to 50 people. March 3 is the deadline to apply for this unparalleled training opportunity. Learn more and apply at <https://soundwaterstewards.org/training> or call 425-540-7712. Only offered once each year.

## 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.

# Community Information



## MARCH IS WOMENS HISTORY MONTH

The earliest recorded female physician was Merit Ptah, a doctor in ancient Egypt.

## SCHOLARSHIP SEASON IS OPEN!

Our branch university scholarship applications are due on or before April 29. The Stanwood Camano AAUW branch is proud to continue its annual presentation of three scholarships to highly qualified candidates who are current residents of Stanwood, Camano, Arlington, La Conner, or Lakewood OR graduates from Stanwood, Arlington, La Conner or Lakewood High Schools. Applicants must be entering their junior or senior year of college OR are enrolled in a Master's Degree program. Funds for these \$10,000 scholarships is raised by the vibrant and popular AAUW-SC Purses with Purpose benefit purse auction. Applications can be found on our website [www.aauwsc.org/scholarship](http://www.aauwsc.org/scholarship) or at the Washington State scholarship website, [www.washboard.org](http://www.washboard.org). Please encourage scholars to apply.

## 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.

## "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.

## 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](http://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/>

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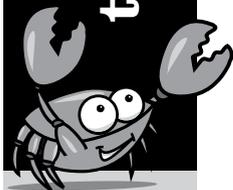
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## View from the Bleachers



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 WIFE SAYS WE HOLD ONTO TOO MUCH STUFF – WHY SHE'S WRONG

For the past several years, my wife and I have had a running debate about how much stuff to hold onto and whether or not to give away (or in some cases, throw away) some of the rarely used excess items lying around the house. She has a long list of what she considers to be totally unnecessary items that are no longer being used, just taking up space, and should be given away. I'm cautiously optimistic to report that as of this writing, I am not one of the items on that list. But I suspect I'm on the bubble.

I totally agree with my wife that we have too much crap. It's just that we can't quite agree on whose crap needs to be jettisoned. For example, we have an entire freezer filled to the brim with frozen broccoli, Brussels sprouts, and cauliflower. I assure you, I will NEVER EVER eat any of these, so if it were my call, I would give all of these away to a needy broccoli-loving home.

But my wife seems to be under the misguided notion that I'm the far guiltier party when it comes to holding onto things we don't need. She points out that I have literally dozens of shirts and pants filling up our bedroom closet that I haven't worn in years (mainly because I can't fit into any of them at the moment). But I'm planning on losing 40 pounds, and when I finally get down to my college weight, I'll be so glad I held onto that lime green Nehru jacket and those lavender bell-bottom corduroy slacks for all these years.

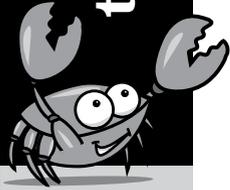
Anyone who knows me is aware of the fact that I'm seriously into sports of all kinds. The fact that I suck at most of them is beside the point. So, over the years, I've accumulated a large assortment of sporting equipment – some of which I actually have used. She pointed out that we never use our badminton set or our croquet set. But I reminded her that if I ever decided to train for these sports in an upcoming Olympics, think of all the money we'd save by holding onto this gear.

The list of items my wife wants me to give away is getting longer by the day. It includes such precious heirlooms as my Rock'em Sock'em Robots set which I got for Christmas in 4th grade (the red boxer still works). She also questions why I'm still holding onto my extensive assortment of 1980s movies on VHS – since we haven't had a VHS player for years. I'm sure you'd agree that my Director's Cut VHS edition of Patrick Swayze's cult classic Road House alone will be worth a small fortune someday.

She also feels there is no reason to keep my 1992 Casio keyboard. It's true that I can't remember the last time I played it. But now that I'm retired, I was planning on taking up piano again. I explained that it's never too late to start a music career. I reminded her that Willie Nelson didn't even take up singing until he was 58 years old. Imagine that! Okay, so technically that's a lie, but my wife didn't know that.

She keeps harping about all the items she feels we should get rid of. But the door swings both ways. There are several items she still clings onto, like her closet full of dresses, blouses and jewelry – none of

# View from the Bleachers



which I have worn in years. But you don't see me telling her to throw out her cherished possessions. Because I am a considerate spouse.

I'm willing to meet my wife halfway. I'm open to compromise. Heck, I long ago stopped complaining when she kept putting the toilet paper rolls on the wrong way (under instead of over). I no longer bring up the fact that she still doesn't know how to properly load the dishwasher. So, don't tell me I'm not willing to be reasonable and accommodating.

But there's a line in the sand my wife had better not cross. If she thinks for one second I'm going to let her throw out my three-foot-long stuffed animal whale named Maybe Dick that I got for my birthday in second grade, then she's in for an ugly fight. I'd no sooner part with Maybe Dick than I'd let go of my priceless collection of life-size Simpsons action figures. My daughters will thank me someday.



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**Seth Nilson**  
Financial Advisor

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Stanwood, WA 98292  
360-629-5487

### Camano Island, WA



**Christopher Frank**  
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360-629-0625



### CASA'S PET OF THE WEEK:

**RICK** is 10 month old boy. Rick can be wary of new people and will take some time to warm up to strangers. He is sweet once he comes around, but will need a confident owner who can help bring him out of his shell. He does well with other cats, but would prefer a dog free home. Rick would do best in an adult only home. Please stop by the shelter to visit with Rick if he looks like the cat for you.

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



### NOAH'S PET OF THE WEEK:

I am **GLACIER**. I am the cutest, most adorable puppy you have ever seen. I am a 2 month old husky. I am also going to need a home that can give me all the training and manners so that I can grow up to be the absolute best dog I can be! Please bring any children and other dog friends in the home to meet me today at The NOAH Center.

**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:

Meet **BLOSSOM**. We think she and her sisters are purebred miniature Schnauzers. She is very people oriented, loves attention. Blossom does enjoy 'talking' so apartments may not be best for her. YOU MUST visit [www.save-a-mutt.org/adoption-application/](http://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](http://www.save-a-mutt.org)

**Yoga and Pilates**  
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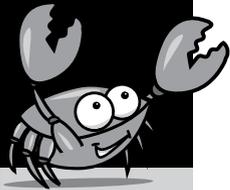
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# Classes and Workshops



## WOMENS HISTORY

The first person to make the daring attempt to go over Niagara Falls in a wooden barrel was a woman. On October 24, 1901, Annie Edson Taylor, a forty-three-year-old schoolteacher from Michigan plunged over the falls. She survived with only a small gash on her head, but swore to never take them on again.

**Yoga Classes In-studio & Online** at Movement Arts. IN-STUDIO – View our schedule to monitor our status. LIVE STREAM – book classes in advance to attend our live studio class from your own home. ON-LINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Go to [www.movementarts.com](http://www.movementarts.com) and follow the links to view our video library of online hour length classes; regular membership rates apply.

**Intro to Chair Yoga:** March 18, 2-4pm. Explore the benefits of yoga from the comfort of a chair! This class uses breath and alignment to improve physical wellbeing and explore a greater range of movement through seated and easy standing postures. \$45. [www.movementarts.com](http://www.movementarts.com). 360-629-9100.

**Yoga for Beginners Five Week Session** Tuesdays 6pm. Prepare you with the first steps toward a regular practice. Sign up through [movementarts.com](http://movementarts.com) or call 360-629-9100. Next Sessions: Apr 11-May 9, May 30-Jun 27. Space is limited, sign up early. \$95

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

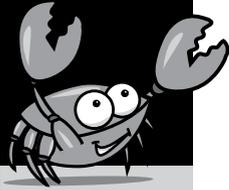
**Free Medicare Basics Class** March 18th, (10am) & March 23rd, (9am). Free event open to the public. (Same info on both dates.) We will be explaining how your Medicare benefits work, as well as the details of enrollment. Following the class, you will be given the opportunity for a no obligation private consultation. Location: Camano Island Library meeting room. More info or RSVP: John Hart 360-967-9601

**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](http://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](http://Zsremedies.com) **FLOW YOGA**, new teacher, Step Viust Tuesday @5:30. Be enlivened and inspired! [www.zsremedies.com](http://www.zsremedies.com) 9504 271st, Stanwood.

**New class!** March 6th 9:30am to 10:30am NEW CLASS! Tone & Strength Circuit Class with a spicy kick @ Camano Country Club Clubhouse. Join us every Monday! No need to be a clubhouse member: \$7 per class or \$25 for the calendar month! Class is FREE to full Clubhouse Members. Come join us for a fun workout with Avril! 1243 Beach Dr. [camanocountryclub.com](http://camanocountryclub.com)

**YogaTone 4-Class Course** April 16, May 21, June 18 and July 16 3pm. Good for your Happy Cells! YogaTone is a uniquely curated class, incorporating movement, dance, yoga, breath, and positive sweat. Each class includes a yoga-based core warm up and a relaxing come-down at the end. No prior experience needed. If you like to move and groove, this may be the class for you. YogaTone is practiced in bare feet and is no/low impact. \$85. Space is limited to 15, sign up early to secure your spot in class. [movementarts.com](http://movementarts.com).

# Cooking Mamas



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## CREAMY MUSHROOM CHICKEN

A warm comforting meal served over your choice of mashed potatoes, rice, or noodles, Enjoy!

**CHICKEN:** 2 (8-10 oz.) chicken breasts, sliced in half lengthwise; 1/4 c. all-purpose flour; 1 tsp. garlic powder; 1 tsp. salt; 1/2 tsp. black pepper; 1 T. olive oil; 1 T. unsalted butter

**MUSHROOM SAUCE:** 1 (8 oz.) pkg. button mushrooms; 3/4 c. heavy cream; 3/4 c. chicken stock; 1/3 c. freshly grated parmesan cheese; 2 lg. cloves garlic, pressed; 1 T. finely chopped fresh parsley; 1 T. finely chopped fresh chives; 1 T. unsalted butter; 1 tsp. lemon juice; Salt and black pepper to taste

**DIRECTIONS:** 1. **CHICKEN:** Slice each chicken breast in half lengthwise to create 4 even-sized breasts. 2. In a large shallow dish, combine flour, garlic powder, salt, and black pepper. Pat dry the chicken breasts with paper towels. Dredge each chicken breast through the flour mixture to coat, then shake off excess and place to one side. 3. Add 1 tablespoon of olive oil and 1 tablespoon of butter to a large skillet over medium-high heat. Add the chicken. Fry both sides until golden brown on the outside and the center is cooked through (160-165 degrees). Transfer the chicken to a plate and loosely cover it with foil. 4. **MUSHROOM SAUCE:** In the same skillet, melt 1 tablespoon of butter and add the mushrooms. Sauté until tender and start to form a golden crust, then reduce the heat to medium, add garlic and sauté for another 1-2 minutes. Pour in the stock and cream, then add chives and parsley. Simmer for 5 minutes or until the sauce begins to thicken slightly. 5. Stir in parmesan, then add a squeeze of lemon juice and salt & pepper to taste. Simmer for another minute or two to thicken the sauce. 6. Add the chicken back to the skillet and baste in the sauce. Serve over mashed potatoes or rice and enjoy!



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



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FEBRUARY 24TH-25TH

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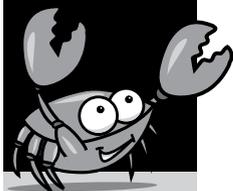
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# Classified Listings



## WOMENS HISTORY

The first country to grant women the right to vote in the modern era was New Zealand in 1893.

### FOR SALE OR FREE:

**Free Wood Chips**, U haul. East Camano Dr. Call Tim for location at 208-661-7752.

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**Office Space Available:** 375 sqft in a medical professional building, east side, mid-island. Call 360-572-2202.

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**Tutoring Services:** High School thru College Math, Physics, and Chemistry. Call 360 661 9517 or Email: [ijmuzinich@gmail.com](mailto:ijmuzinich@gmail.com).

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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](mailto:marla@windermere.com) for more information. [windermere-stanwoodcamano.com](http://windermere-stanwoodcamano.com).

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**TIDE TABLES / SARATOGA PASSAGE / FEBRUARY 24 - MARCH 9, 2023**

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 24	Low	1:10 AM	2.4	
24	High	7:33 AM	12.3	
24	Low	2:04 PM	1.5	
24	High	8:23 PM	9.7	
Sa 25	Low	1:56 AM	4.3	
25	High	8:07 AM	11.8	
25	Low	2:53 PM	1.0	
25	High	9:40 PM	9.4	
Su 26	Low	2:49 AM	5.9	
26	High	8:44 AM	11.1	
26	Low	3:45 PM	0.9	
26	High	11:20 PM	9.3	
M 27	Low	4:00 AM	7.4	
27	High	9:27 AM	10.3	
27	Low	4:42 PM	0.9	
Tu 28	High	1:14 AM	9.8	
28	Low	6:00 AM	8.1	
28	High	10:20 AM	9.6	
28	Low	5:45 PM	1.0	
W 1	High	2:33 AM	10.4	
1	Low	7:55 AM	7.9	
1	High	11:29 AM	9.0	
1	Low	6:49 PM	0.9	
Th 2	High	3:24 AM	10.9	
2	Low	8:57 AM	7.4	
2	High	12:42 PM	8.8	
2	Low	7:46 PM	0.7	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 3	High	4:02 AM	11.1	
3	Low	9:37 AM	6.8	
3	High	1:46 PM	9.0	
3	Low	8:35 PM	0.5	
Sa 4	High	4:30 AM	11.2	
4	Low	10:07 AM	6.3	
4	High	2:37 PM	9.2	
4	Low	9:15 PM	0.3	
Su 5	High	4:51 AM	11.2	
5	Low	10:31 AM	5.8	
5	High	3:22 PM	9.5	
5	Low	9:51 PM	0.3	
M 6	High	5:08 AM	11.2	
6	Low	10:52 AM	5.2	
6	High	4:02 PM	9.7	
6	Low	10:25 PM	0.5	
Tu 7	High	5:23 AM	11.3	
7	Low	11:15 AM	4.5	
7	High	4:42 PM	9.8	
7	Low	10:57 PM	1.0	
W 8	High	5:40 AM	11.4	
8	Low	11:41 AM	3.7	
8	High	5:24 PM	9.9	
8	Low	11:30 PM	1.7	
Th 9	High	6:01 AM	11.5	
9	Low	12:11 PM	2.7	
9	High	6:08 PM	9.9	
9	Low			



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