

THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 356
July 14-27, 2023

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TAKE
ONE**



*Events, Information, and Entertainment in the Port Susan Area
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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.



© The Crab Cracker • Created by Walking Cat Design, 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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Calendar of Events



DID YOU KNOW?

Avocados never ripen when on their trees

FRIDAY, JULY 14

FORD GIESBRECHT PERFORMANCE

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

FRIDAY, JULY 14

OUTDOOR SUMMERTIME SOUND BATH

Join us at 8pm in Stanwood. Let the soothing sounds of crystal singing bowls and other instruments guide you into a state of deep relaxation and meditation. Surrounded by nature, you'll be able to fully immerse yourself in the sounds and sensations of the sound bath. This event is open to everyone. Admission: \$44. More info: <https://allevents.in/stanwood/outdoor-summertime-sound-bath/10000665754960007>

FRIDAY, JULY 14

MARY ELLEN LYKINS & THE C.C. ADAMS BAND

7:30pm - 10:00pm at Pub 282. 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!

FRIDAY, JULY 14

STANWOOD FARMERS MARKET

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

SATURDAY, JULY 15

ACTIVITIES AT CAMA BEACH:

LOW TIDE BEACH WALK: 10:00 am – 12:00 pm; Meet on the south end. Join our Volunteers to learn about the critters who live in the Salish Sea. THE THREE C's OF CRABBING: 10:30 am – 11:30 am near the Store. Have you ever wondered how to catch and cook crab? Get a jump on the summer crabbing season with our local expert, Tom Eisenberg. GUIDED HIKE: 4 -5:30 pm; Meet at the Drop-Off Shelter.

STANWOOD AREA HISTORICAL SOCIETY

Tickets \$25
Purchase at **DO Pearson House**
the day of tour

First Annual
STANWOOD Historic HOMES TOUR

www.sahs-fncc.org

SATURDAY SEPTEMBER 9TH 11 am - 4 pm

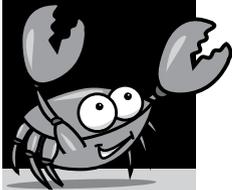
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Calendar of Events



TRIVIA

What city was the Eiffel Tower originally intended for?

Barcelona.

SATURDAY, JULY 15 MOVIE ON THE LAWN



(Mirror Mirror) at dusk (around 8:30pm) at Camano Commons. Bring blankets and chairs. We've got you covered with cookies, ice cream, and candy for purchase and FREE popcorn!

SATURDAY, JULY 15 MINDFUL REFLECTION THRU ART

One Word Wonders, 11AM @ Community Resource Center of Stanwood Camano, Free, Please register at www.sno-isle.org/events

SATURDAY, JULY 15 FRENCH QUARTER CABARET & BURLESQUE

Conway Muse The French Quarter Cabaret & Burlesque Troop brings their new offering to the Conway Muse Stage - Sat. July 15, 2023 @ 8 pm. Tickets \$25 advance \$27.50 Day of Show.

SATURDAY, JULY 15 CRIMINAL SQUIRREL ORCHESTRA

7:30pm - 10:00pm at Pub 282. A band dedicated to the fascination that original music brings to the squirrrely soul, and how harmonies, nuance and nuts make things more fun.

SATURDAY, JULY 15 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. 360) 629-2324.

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360° Kindergarten Readiness

A Making Life Work Community Initiative

Making Life Work is a partnership between community organizations. One of the objectives is to create community-wide programs to encourage early learning.

YOU ARE INVITED to an
OPEN HOUSE for the

**NEW EARLY
LEARNING
ROOM**

FRI. JULY 21

**10AM to
11:30AM**

Community Resource Center
9612 271st St NW Stanwood
360-629-5257



Learn About



The new Early Learning Room!



What is 360° Kindergarten Readiness?

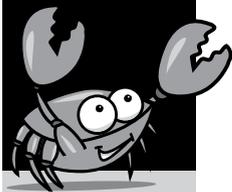


What Programs are offered?



Meet the facilitators!

Calendar of Events



DID YOU KNOW?

A new baby can cost new parents 750 hours of sleep in the first year

SATURDAY, JULY 15

FAMILY BINGO

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

SATURDAY, JULY 15

EMS LEVY Q&A WITH THE CHIEF AT STATION 99

11:30am at 8117 267th St NW, Stanwood. North County Fire & EMS invites the community to learn more about the EMS levy lid lift that will be on the August primary ballot. The purpose of the lid lift is to improve the safety of the community and its firefighters. Fire Chief John Cermak will be available to answer any questions. <https://www.northcountyfireems.com/.../638235450378121492>.

SATURDAY, JULY 15

ST AIDAN'S SUMMER FESTIVAL



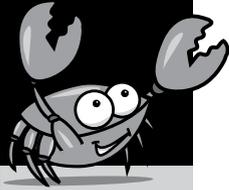
We call this annual event a "festival" and not a "rummage sale" because it's about more than just "stuff." It's about our community, our neighbors, and raising resources for those in need. Because of this festival, St Aidan's is able to send more financial resources into the community to support critical social services. Large outdoor rummage sale and Silent Auction of unique art, local art, local small business product packages, as well as adventure and outing packages.



Come visit Camano Island's pet supply store: Paws and Wings Place, located at 185 McElroy Drive, behind Heritage Bank. 360-505-0331

"We like to consider ourselves a community store!"

Calendar of Events



DID YOU KNOW?

Silly String was originally designed to be a spray on cast for broken bones

SATURDAY, JULY 15

COMMUNAL DANCE & THE LAND

10am. You are invited to an opening 20-minute slide-show presentation on "Ritual Landscapes & Communal Celebration" (including Neolithic Britain), followed by the 40-minute guided Practice with Nature. Bridging complementary healing, vibrational medicine, and eco-shamanic practice — with gentle musics, you are invited to deepen your self-healing skills in this seamless "Dance". For persons of all belief, background, and physical ability. Free event with organic teas. RSVP: HighAdventureGuide@hotmail.com.

SATURDAY, JULY 15

COSPLAY DESIGN WORKSHOP

3pm Online event. Have you ever wondered about how to make cosplay pieces? This workshop is for you! Seattle cosplay designer and artist SmallRiniLady will be here to teach and answer questions about cosplay. Register. Contact us with questions: askus@sno-isle.libanswers.com

SATURDAY-SUNDAY, JULY 15-16

THE SKAGIT RIVER PRODUCE FARMERS MARKET

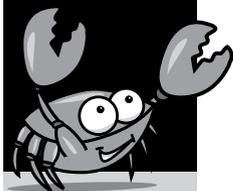
10am-3pm. Many wonderful products include produce and hand made arts and crafts. The vendors change every day so come often! Come enjoy the beautiful scenery, live music, and fun products in Conway, I-5 at the Highway 534 exit on the east side. For more information contact MarketCoordinator@SRPFarmersMarket.org.

SUNDAY, JULY 16

DIVINE PEARL COLLECTIVE'S MID-SUMMER SOIREE

Join us for a boho chic mid-summer soiree at the magical Secret Garden Estate. Enjoy ceremonial opening, soul sister networking, cooling nourishments and refreshments, interactive wellness workshops, spiritual stations, wellness retail products for purchase, giveaways, closing gratitude sound healing ceremony and more! General Admission: \$99. Tickets can be booked at <https://allevents.in/stanwood/divine-pearl-collectives-mid-summer-soiree-at-the-secret-garden-estate/10000634367158247>

Calendar of Events



DID YOU KNOW?

U.S. police officers wear blue because it the color of loyalty

SUNDAY, JULY 16 SCIENCE AND MAGIC



Professional magician, Jeff Evans will combine comedy, science and magic in a family friendly show in the Cama Center at Cama Beach State Park starting at 3:30pm. The show is free but parking passes are required.

SUNDAY, JULY 16 LIGHT LANGUAGE DRUMMING CIRCLE

with Lola Singer. 10am-noon at 2532 292nd St NW, Stanwood. Gather together to raise vibrations through sound on farmland amidst therapy horses. Community drum circle for people of all ages. Bring your enthusiasm and instruments! Drums, rattles and anything that makes a joyful noise! Additional instruments will be provided. PAY-WHAT-YOU-LIKE DONATIONS ARE APPRECIATED (BUT NOT REQUIRED) TO HELP SUPPORT SONIA'S NON-PROFIT, HOOVES & HEROES (an organization that helps veterans & first responders).

MONDAY, JULY 17 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.

SOUTH END STRING BAND GOAT SHACK SANDY ROWE



Arrowhead Ranch Presents our first outdoor
Concert on the Carlisle!

August 12, 2023

Sandy Rowe: 1:00 - 1:30 PM

South End String Band: 2:00 - 3:30 PM

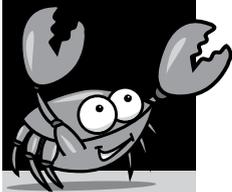
Goat Shack: 4:00 - 6:30 PM

FREE - 615 Arrowhead Road, Camano Island

Learn more!



Calendar of Events



MONDAY, JULY 17

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, JULY 17

HERITAGE PARK PICKLEBALL GRAND OPENING, SKATE PARK REVEAL AND RIBBON CUTTING

2PM. The City of Stanwood has just completed two major improvements at Heritage Park including two new dedicated pickleball courts and a significant upgrade to the skate park. The project also included construction of a new multipurpose basketball and pickleball court at Church Creek Park. The event will be hosted by the City and will include a ribbon cutting, light refreshments, and a pickleball demonstration with Mayor Sid Roberts lead by Camano Stanwood Pickleball Association on the new courts. Come celebrate with us as we unveil these fun, new improvements at Heritage Park and watch for future details regarding free Pickleball lessons this summer provided by the Camano Stanwood Pickleball Association.

MONDAY, JULY 17

ACTIVITIES AT CAMA BEACH:

LOW TIDE BEACH WALK: 10:30 am – 12:30 pm; Meet on the south end. Join our Volunteers to learn about the critters who live in the Salish Sea. GUIDED HIKE: 2:30 pm – 4 pm; Meet at the Drop-Off Shelter.

With You,
*every step
of the way.*

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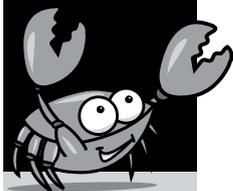


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Calendar of Events



The Crab Cracker had compiled this list of current events, derived from submissions & content from various resources, with effort to ensure accuracy. We recommend that you contact the venue or event to confirm the info provided.

Thank you.

MONDAY, JULY 17

WHALES OF PUGET SOUND



Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly investigation of our local whale species! See how you measure up to an orca whale and learn how we can help keep our local cetaceans happy and healthy.

TUESDAY, JULY 18

PICNIC IN THE PARK

at Freedom Park, Camano. Noon-1:30pm. Bring your own lunch, something to sit on and enjoy the outdoors. Meet new families and find out more about Parent to Parent. We will be near the playground. Great opportunity to get the screen time reduced and playing outside. Check our Facebook Page for updates before heading out. All Ages Welcome.

TUESDAY, JULY 18

FOLD A MODULAR ORIGAMI SUNBURST!

1pm at the Stanwood Library. Celebrate summer and fold a golden Sunburst or a colorful Starburst! All materials provided. Due to the level of dexterity required for success, we ask that participants be age 7 and up.

TUESDAY, JULY 18

ACTIVITIES AT CAMA BEACH

ART PROGRAM: 10 am-11 am, 1pm-2pm; Meet near the Store. Join park staff for a 1-hour program to learn ways to include art in your daily life. Topics include nature journaling, pastel drawing, and so much more! All children must be accompanied by an adult. Weather dependent.

TUESDAY, JULY 18

KALEIDOSCOPE PLAY & LEARN

Join us for the 1st Kaleidoscope Play & Learn class from 10-11:30am at the Community Resource Center of Stanwood Camano. Our facilitators will guide children, 0-5 years of age, and their caregivers through a variety of developmental activities that promote early learning, and is inclusive of all young children, languages, and cultures. Free to attend.

14th Annual

Quilts on the Beach



Saturday, July 29, 2023 10am-4pm

At

Cama Beach State Park, Camano Island

Quilts and handmade items on sale

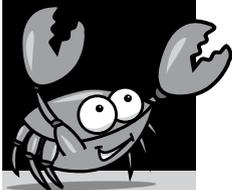
Live music by A Band of Friends & South End String Band

Activities for kids

Food provided by Pure Smoke NW BBQ & Cama Cafe



Calendar of Events



DID YOU KNOW?

Bowling pins
need to tip over
just 7.5 degrees
to fall down

TUESDAY, JULY 18

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.

WEDNESDAY, JULY 19

LOW TIDE BEACH WALK

12 pm – 2 pm; Meet near the break in the sea wall on the south end of Cama Beach. Join our Cama Beach Foundation Volunteers to learn about the critters who live in the Salish Sea.

WEDNESDAY, JULY 19

SALMON OF PUGET SOUND

Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly dive into the world of salmon! What are the 5 species of salmon that live in Puget Sound? What are the life cycle stages of a salmon? Visit to learn the answers and participate in fun activities!

WEDNESDAY, JULY 19

WEDNESDAY NIGHT TRIVIA!

7-9pm at Pub 282. Test your knowledge on music, history, current events, pop culture & more! All ages and free to play!

WEDNESDAY, JULY 19

PLAYGROUND MEET & GREET

1pm at Freedom Park, Camano Island. The purpose of this group is to become a social group for parents and their homeschooled children. The meet and greet is a fun opportunity to get the kids outside playing while we get to know other moms in the same boat as we are.

WEDNESDAY, JULY 19

CYANOTYPES: SUN EXPOSURE PHOTOS PART 2

2:00 PM – 4:00 PM at the Camano Island Library. In this three-part series, teens will experiment with making cyanotype prints using the sun! The cyanotype is a photographic printing process that produces blue prints using coated paper and light which is where the term "blue print" for construction originated from. In this week's session we will be dying wearable fabric. All materials are included.

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THIRD ANNUAL
**CAMANO
KIDS FEST**

SATURDAY, JULY 29TH: 10AM - 2PM
CAMANO COMMONS

Free Kids
Activities



Kid Activities
10AM - 2PM


children's museum

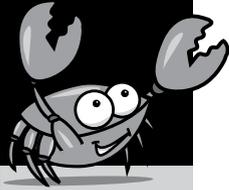
11AM - 1PM

PROCEEDS BENEFIT FREEDOM PARK ASSOCIATION

nw+ | CU
northwest plus credit union



Calendar of Events



WEDNESDAY, JULY 19

ART AFTERNOON

2:00 PM – 3:30 PM at the Stanwood Library. Stop by for an afternoon of Summer Reading-inspired art activities--we'll provide everything you need! This month's theme is Storytelling!

WEDNESDAY, JULY 19

ONLINE FAMILY TRIVIA - SPACE

7pm. Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Join us for an online family trivia all about Space. We will explore the Solar System, 'Stars' of Space, and Venues of Interest. Come and have some fun with us! Registration is required. Contact us with questions: askus@sno-isle.libanswers.com

WEDNESDAY, JULY 19

ALL ABOUT CAMANO ISLAND'S GROUNDWATER

Live event, 7pm at Camano Multipurpose Center (next to CASA). CAMANO WILDLIFE PROGRAM. Camano Island is served by a sole source aquifer recharged by local precipitation. As the only source of drinking water on Camano Island, groundwater needs to be managed to ensure an adequate water supply now and into the future. Chris Kelley, Island County hydrogeologist, will discuss Camano Island's geology and hydrogeology, aquifer recharge, and management of wells at risk for seawater intrusion. More info: 360-387-2236.



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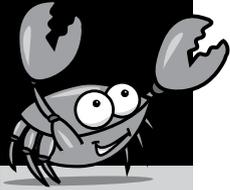
- Roof Cleaning
- Pressure Washing
- Moss Removal
- Holiday Lighting
- House Washing
- And More!

CamanoChris@hayeshomeservices.com
360-217-9294 • HayesHomeServices.com



Google
5.0 ★★★★★

Calendar of Events



WEDNESDAY, JULY 19

JOG AT THE AC RETREAT!

Noon at the AC Retreat, Silvana, WA. Join Athleisure Collective to take a moment in your day to jog, walk, run, ride & move forward... any way, any pace is great! This is a free community event. SIGN UP at <https://www.athleisurecollective.com/eventformsignup> to be added to the list and to get the address for the AC RETREAT location.

THURSDAY, JULY 20

ACTIVITIES AT CAMA BEACH:



BEAVER HIKE: 2:30 pm – 4 pm; Meet at the Drop-Off Shelter. Join Park staff to learn about one of our most elusive mammals, but also the one that has the largest impact on the forests. **ASTRONOMY PROGRAM:** 9 pm – 10 pm near the Cama Beach Store. Join park staff for a 1-hour program to learn about the skies above us.



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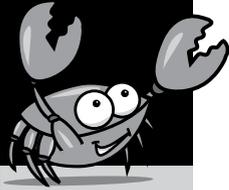
ARLINGTON LOCATION:

17306 Smokey Point Drive #20A , Arlington • 360-691-9332

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Calendar of Events



THURSDAY, JULY 20

GUIDED HIKE

At Camano Island State Park. 1 pm – 2 pm; Meet at the North Beach shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more.

THURSDAY, JULY 20

PARKS & PLAY

10-11:30am. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks. During group time we will be offering an activity such as nature art, scavenger hunts, sports, water fun, obstacle courses, and more. Go to www.crc-sc.org/events for more info.

FRIDAY, JULY 21

OPEN HOUSE FOR NEW EARLY LEARNING SPACE

at the Community Resource Center of Stanwood Camano. 10AM-12PM. See the newly remodeled space and learn about all of the free programs available for families with children 0-5 years of age. Location: 9612 271st Street NW, Stanwood. For more info, call 360-629-5257.

Cama Beach Foundation

Volunteers Needed at Cama Beach State Park:

Cama Beach Store Cashiers:

3 hours/week during the summer

Update Events Webpage
from home

Amateur Astronomer

For more information about volunteer opportunities with the

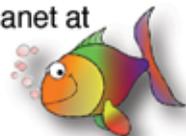
Cama Beach Foundation please *call* Janet at

360-387-2062

or email

jlrott.cbfg@gmail.com

Website





ALOHA!

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August 10th, 2023 | 12:30PM - 5PM

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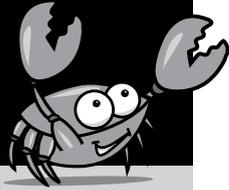
www.churchcreekdentalcare.com

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Includes whitening. Subject to clinical eligibility and 24 hr. activation. One or more of the following ADA codes required for treatment: Invisalign® (the other: 00000, 08023, 08042, 03000, 03030, 08033). Offer cannot be applied toward account balances or dental services already rendered or in progress with other plans, discounts or reduced fees. © 2023 Invisalign®, the Invisalign logo, and Invisalign, among others, are trademarks or service marks of Align Technology, Inc. or one of its subsidiaries or affiliated companies and/or its registered in the U.S. and/or other countries. P152040C



Calendar of Events



FRIDAY, JULY 21
BALD EAGLES



Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly investigation of our local bald eagles! Take a look at one of the nests above cama beach, compare wingspans, and learn why these birds love to live on our coast!

FRIDAY, JULY 21
FORD GIESBRECHT PERFORMANCE

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

Orthopedics & Sports Medicine

Call to schedule an
appointment:

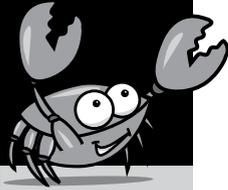
360-435-6641

[SkagitRegionalHealth.org/
orthopedics](http://SkagitRegionalHealth.org/orthopedics)

A photograph of a person's hands holding a fishing rod and reel, with the rod bent. The background shows a lake and trees with autumn foliage.

MOVE
WITHOUT HESITATION

Calendar of Events



DID YOU KNOW?

“Yahoo” is an acronym for “Yet Another Hierarchical Of-ficious Oracle”

FRIDAY, JULY 21

SEVERE WEATHER PREPAREDNESS

7pm at the Camano Island Library. If you're interested in weather, be sure to join us for this informative program, where Rhonda Paulson of Camano Preparedness Group will answer questions such as: what drives it? what influences it? how it is used to determine climate? In addition, we will discuss the hazards of - and safety measures for - various types of severe weather and how you can learn to make an emergency plan.

FRIDAY, JULY 21

JOE COOK BLUES BAND

7:30pm - 10:00pm at Pub 282. One of the premier blues bands touring the west coast. The band performs high energy traditional Chicago and west coast style blues, with elements of the old school Texas sound.

FRIDAY, JULY 21

STANWOOD FARMERS MARKET

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

FRIDAY-SATURDAY, JULY 21-22

WHISKEY DEAF WITH FRIENDS

at Cama Beach State Park - Music and Dance!

We'll be joined by Patrick and Maggie Lind for a weekend of fun. We'll be playing some music and enjoying the sights Friday evening and Saturday, and then Saturday night will be a musical performance and then a square dance called by Maggie. Very kid and family friendly.

SATURDAY, JULY 22

STARDRUMS & LADY KEYS

8 pm Conway Muse. This is always a killer show, you really won't want to miss. Tickets \$18 advance \$20 Day of Show.

SATURDAY, JULY 22

ASK A MASTER GARDENER CLINIC: CAMANO

11am-1pm at Ace Hardware, Camano Plaza. Get free, research-based gardening advice from an Island County Master Gardener Volunteer.



Go to www.lauries-boutique.com
and click “Shop”

Yoga and Pilates
movementarts.com

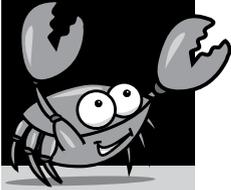


MOVEMENT ARTS

360-629-9100

Camano Commons

Calendar of Events



DID YOU KNOW?

94% of the world's population recognizes the red and white Coca-Cola logo

SATURDAY, JULY 22

OUTDOOR MARKET AT THE SPARE ROOM



10am. Swing by our annual outdoor market to shop farmers-market-style from 30 vendors in this one day event! 1215 State Highway 532, Camano Island.

SATURDAY, JULY 22

ROCKAWAY GOLF TOURNAMENT

Join us for a day of golf and fun! Tons of prizes and giveaways! Closest to the Pin, Long Drive, and 1st, 2nd, 3rd prizes. Lunch is included and sure to please. \$500 per foursome, includes two cart rentals. Book soon! We have limited availability. Tickets can be purchased through our website, or in person. Non-refundable. Register at RockawayCamano.com.

SATURDAY, JULY 22

GUIDED HIKE

4 pm – 5:30 pm; Meet at the Cama Beach Drop-Off Shelter. Get out on the trails with park staff to learn about the human and natural history of the park.

SATURDAY, JULY 22

JIMMY WRIGHT BAND

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



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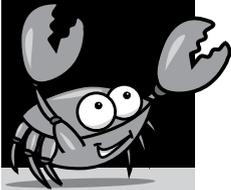
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w: StanwoodHearing.com



STANWOOD HEARING

Calendar of Events



DID YOU KNOW?

The name Pepsi originated from the digestive enzyme Pepsin. Pepsin was a key component in cocaine, the illegal drug that was actually used in Pepsi when the soft drink first came out.

SATURDAY, JULY 22

SUMMER YOGA FOR KIDS

11:00 AM – Camano Island Library. Join us for a summer yoga session! Jordan will lead the group through various poses and stretches that all relate to a story she will share. Kids can connect with others as well as increase strength, flexibility, sensory and motor skills! Wear stretchy clothes! We will have yoga mats available, but please bring your own if you can. Designed for kids 4 – 8.

SATURDAY, JULY 22

HAVE COFFEE WITH THE FIRE CHIEF

Chief Yengoyan will be at the Camano Library in the library meeting room, 848 N. Sunrise Boulevard. Coffee, water, and light refreshments will be provided. You don't need an appointment. You are invited to drop in anytime between 8:30 to 10 a.m. to ask questions about fire safety, department programs and events, or related issues.

SATURDAY, JULY 22

COMMUNAL DANCE & THE LAND

10am. You are invited to an opening 20-minute slide-show presentation on "Ritual Landscapes & Communal Celebration" (including Neolithic Britain), followed by the 40-minute guided Practice with Nature. Bridging complementary healing, vibrational medicine, and eco-shamanic practice — with gentle musics, you are invited to deepen your self-healing skills in this seamless "Dance". For persons of all belief, background, and physical ability. Free event with organic teas. RSVP. email: HighAdventureGuide@hotmail.com.

SATURDAY, JULY 22

CARS AND COFFEE



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

SATURDAY, JULY 22

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?

In 1979, Billy Smith, the goalie for the New York Islanders, became the first goalie to ever score a goal in an NHL game. Since then, 10 more goalies have replicated the feat for a total of 14 goals.

SATURDAY, JULY 22

“WHAT YOU FEED YOUR PET, LEARN ABOUT THE PET INDUSTRY, LEARN READ LABELS AND MORE”

Free class presented by Paws and Wings Place. 2PM at 185 McElroy Dr, Camano Island (behind Heritage Bank). More info: (206) 491-4090.

SATURDAY, JULY 22

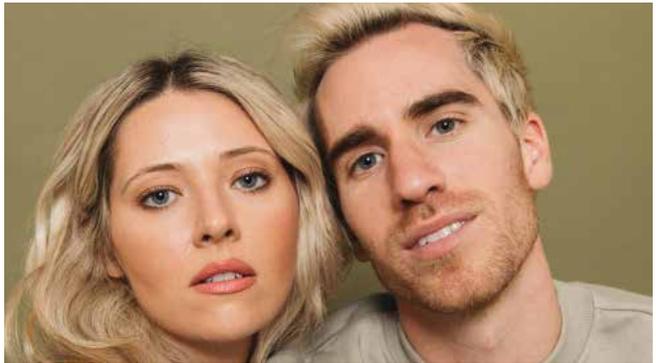
SUMMER SUMMER CONCERT SERIES



Presented by Stanwood Commerce Alliance. Free live concert. All ages welcome! Summer Fun Saturday! Today's performer: Stacy Jones. 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. 2-4pm at Wayne's Corner Cafe, 8614 271st St NW.

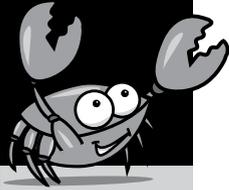
SATURDAY, JULY 22

REDEMPTION HILL SUMMER CONCERT SERIES



Redemption Hill Church presents an amazing night to bring your friends to Jesus. Nashville recording artists, Two Fake Blondes. “An artistic rollercoaster of emotions — and styles of electronic music, with touches of other musical genres, resulting in a cohesive listening experience from start to finish.” Free admission. 7pm at Redemption Hill Amphitheatre, 7507 276th St NW, Stanwood. 360-631-8799.

Calendar of Events



DID YOU KNOW?

Lacoste's crocodile was the first-ever designer logo. In the 1920s, René Lacoste was a superstar tennis player. His fans nicknamed him "The Crocodile" and he embraced it by having a logo of a crocodile embroidered on his blazer and polos. It became his personal brand before anyone had such a thing.

SATURDAY-SUNDAY, JULY 22-23

THE SKAGIT RIVER PRODUCE FARMERS MARKET

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

SUNDAY, JULY 23

LIVE RAPTORS



The Falconer is returning to Cama Beach State Park with his raptors (birds) to educate and engage the audience in the Cama Center at 3:30pm. The program is free but parking passes are required.

MONDAY, JULY 24

BUTTERFLY CRAFTS

Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly butterfly crafting station! Make your own butterfly toy or ornament and learn about our local butterfly species and why we care so much about them!

MONDAY, JULY 24

NAUGHTY BINGO

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

MONDAY, JULY 24

GUIDED HIKE

2:30 pm – 4 pm; Meet at the Cama Beach Drop-Off Shelter. Get out on the trails with park staff to learn about the human and natural history of the park.

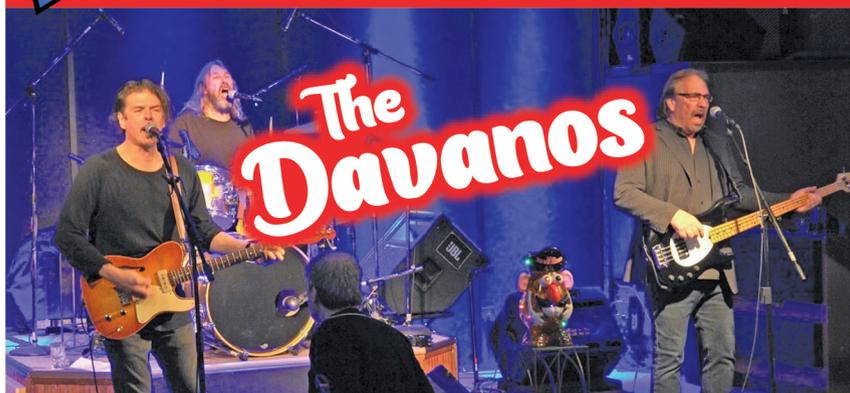
MONDAY, JULY 24

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!



CAMANO ISLAND YACHT CLUB OUTDOOR CONCERT - FEATURING...



AUGUST 19, 2023

at CIYC: 129 N Sunset Dr, Camano Island
Doors open 3:30pm. Band plays from 5-6pm and 6:30-8pm

On August 19, the Camano Island Yacht Club will hold an outdoor membership drive concert, open to the public, featuring the Davanos. A combination of classic rock, blues, country, western, along with some of their originals. This concert will feature a special appearance of Rock N Roll Hall of Fame member Roger Fisher, a founding member of the band, "Heart."

The Davanos can always be counted on to put on a highly entertaining show, whether you come to dance or just watch and listen.

Tickets are \$35 , which includes a box lunch. Purchase on line by going to: "www.camanoislandyc.com ". Look for the link to Davanos concert on August 19 via Ticketspice.

Bring your own camp/lawn chairs. Liquor & sodas can be purchased at the Yacht Club bar. No outside beverages or food allowed.

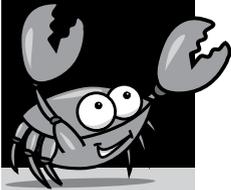
So put on your dancing shoes & plan to join us on August 19!

Questions: raymccabe@comcast.net

Sponsored by Windermere Real Estate/CIR



Calendar of Events



DID YOU KNOW?

The fuel of a Boeing 747 would allow a car to travel around the world 4 times

MONDAY, JULY 24

CAMANO CLEAN-UP

Come out and help us clean up Camano! 10am to noon. Meet at Four Springs for parking, check-in, and to receive your equipment and supplies. We will be cleaning up Camano Hill Road. Wear layers, sunscreen, durable shoes, and a hat or sunglasses. We hope to see you there!

TUESDAY, JULY 25

FORD GIESBRECHT PERFORMANCE

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

TUESDAY, JULY 25

ART PROGRAM - CAMA

10-11am; Meet near the Cama Beach Historic Store. Join park staff for a 1-hour program to learn ways to include art in your daily life.

TUESDAY, JULY 25

ART PROGRAM - CISP

1 pm – 2 pm; Meet near Camano Island State Park boat launch. Join park staff for a 1-hour program to learn ways to include art in your daily life.

WEDNESDAY, JULY 26

WEDNESDAY NIGHT TRIVIA!

7-9pm at Pub 282. Test your knowledge on music, history, current events, pop culture & more! All ages and free to play!

WEDNESDAY, JULY 26

JOG AT THE AC RETREAT!

Noon at the AC Retreat, Silvana, WA. Join Athleisure Collective to take a moment in your day to jog, walk, run, ride & move forward... any way, any pace is great! This is a free community event. SIGN UP at <https://www.athleisurecollective.com/eventformsignup> to be added to the list and to get the address for the AC RETREAT location



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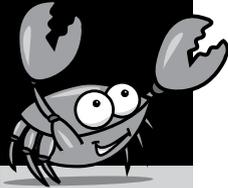
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Calendar of Events



DID YOU KNOW?

Avocados never
ripen when on
their trees

WEDNESDAY, JULY 26

NEAT NATIVE PLANTS

Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly investigation into native plants that can be found at Cama Beach! Identify plants and learn about how they fit into local ecosystems!

WEDNESDAY, JULY 26

MINDFUL REFLECTION THROUGH ART

10:30 AM – Camano Island Library. 3 Steps to Visual Clearings -- Release YOUR Stressors at the Intersection of Art & Writing! Discover your layers through both hidden, revealed and personally-embellished art in this intuitive and process based approach to art making. Materials provided for 2-dimensional work or bring your chosen favorites!

WEDNESDAY, JULY 26

ASK A GEOGRAPHER

with Washington Geological Survey. 2:00 PM – Stanwood Library. Join Joe with the Washington Geological Survey for an introduction to physical geography, and then learn about the work geographers do in our community. A hands-on activity will follow.

THURSDAY, JULY 27

GUIDED HIKE

1 pm – 2 pm; Meet at the Camano Island State Park North Beach shelter. Get out on the trails with park staff to learn about the human and natural history of the park.

THURSDAY, JULY 27

ACTIVITIES AT CAMA BEACH

BEAVER HIKE: 2:30 pm – 4 pm; Meet at the Drop-Off Shelter. Join Park staff to learn about one of our most elusive mammals, but also the one that has the largest impact on the forests. ASTRONOMY PROGRAM: 9 pm – 10 pm near the Store. Join park staff for a 1-hour program to learn about the skies above us.



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Starting May 5th!

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Calendar of Events

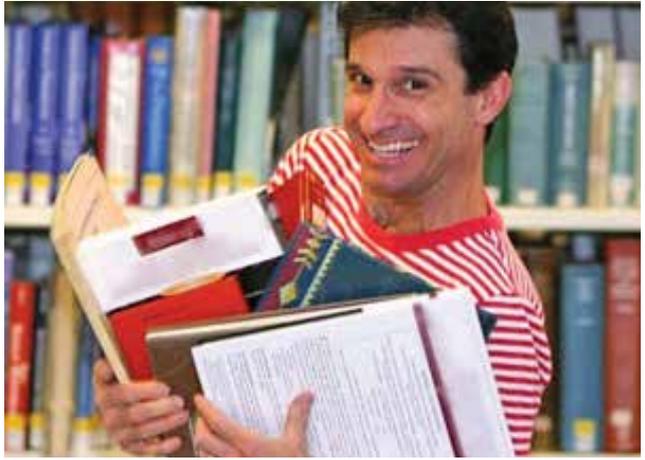


DID YOU KNOW?

Dum Dum's "mystery flavor" is a combination of the end of one batch of candy and the start of another

THURSDAY, JULY 27

JUGGLING FUNNY STORIES!



11:00 AM – Camano Island Library. You'll be laughing out loud as nationally-known family entertainer Chris Fascione brings children's stories to life with his high-spirited and innovative performances. Full of energy, humor and imagination, Chris creates colorful characters through his unique combination of acting, storytelling, comedy, and juggling.

THURSDAY, JULY 27

PARKS & PLAY

10-11:30am. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks. During group time we will be offering an activity such as nature art, scavenger hunts, sports, water fun, obstacle courses, and more. Go to www.crc-sc.org/events for more info.

THURSDAY, JULY 27

TURKEY TROT ROUTE

6pm at Stanwood High School. Event by Lynsae Quantrille and Stanwood Camano Runners. This is a new one I'm adding in to mix it up. Those of you who have done the Turkey trot to support the wrestlers know the route.

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Windermere

REAL ESTATE



VIEW HOME **\$1,400,000**

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NORTH END **\$915,000**

Custom built rambler on Camano in a gated, tranquil, park-like setting with charming, garden studio and detached shop. #2052833



LOST LAKE **\$485,000**

Immaculate single level home with tons of quality updates, double lot, oversized garage, storage shed and greenhouse. #2132397



VACANT LAND **\$179,500**

Private, mostly level lot on the north end of Camano might be the perfect place for your new home! #2076887



VACANT LAND **\$399,000**

Beautiful 15 acres on the west side of Camano offering potential western views and a great island location. #2131583



MULTI-UNIT **\$465,000**

Mount Vernon tri-plex conveniently located with a newer roof, heating, and exterior paint plus long-term tenants. #2130492

STANWOOD
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CAMANO ISLAND
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Windermere

REAL ESTATE



DRIFTWOOD SHORES \$998,500

The last of 4 new construction luxury homes with beautiful east views, beach access and upscale finishes crafted by local Titan Homes. #2034558



WATERFRONT \$1,995,000

Skagit Bay and Mount Baker views from luxury home on the north end of Camano with attached ADU and community beach access. #2039963



STANWOOD \$650,000

Light and bright 4-bedroom home with central A/C, huge kitchen with a great floorplan, fenced and close to so much! #2070404



VIEW HOME \$724,950

Weekend retreat or full-time beach life found at this great Camano home with sound and mountain views. #2131121



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Windermere Real Estate/CIR



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10:00 AM - 6:00 PM

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WWW.OURLEGACYFIELDS.COM

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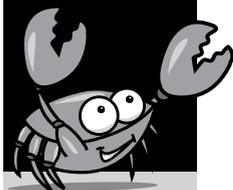
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DID YOU KNOW?

Camels have three eyelids to protect themselves from the blowing desert sand.

PET CACTUS ROCKS



Here's what you need: Rocks – choose them based on the size of your terra cotta pot. A flat surface area is needed for the googly eyes; Googly eyes; Outdoor acrylic paint – green, white & bright green; Mini Terra Cotta Pots; Hot glue (adults only) or Glue dots for kids

Directions: 1. First, select your rocks. As mentioned above, you want to look for rocks that are flat on one side so the eyes will go on smoothly. You can even see if you can find some extra details that may give the rock a mouth. 2. Clean your rocks before painting. 3. Paint with outdoor paint if you want to place outside. Otherwise, regular acrylic paint works well. We did 2 coats of the lighter green to ensure we got complete coverage. Once you have the green painted, use the white to create different cactus designs! We did dots, hash marks, lines and stars. Our favorite is the hash marks. Paint details on rocks 4. Now glue on your googly eyes! Use hot glue or glue dots. 5. Now they are ready to go into their pots! If you'd like them to stand higher in their pots, use a little bit of paper towel or foam in the bottom of the pots.

Source: <https://www.thebestideasforkids.com/pet-cactus-rocks/>

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Things at the food bank are looking bigger and brighter, literally!

We have opened our larger grocery model and are continuing to make improvements moving forward!



Our serve days are Wednesdays from 10-3 and Saturdays from 10-2.

Thrifters and treasure hunters, look no further!



We are now open Tuesday-Saturday from 10-4.



We are able to receive donations Tuesday-Saturday from 10-1, depending on our capacity.

Our Summer Backpack program has begun!

Additional food for families with children is available during both of our serve days at the Stanwood Food Bank as well as at our Lost Lake location.

Scan to register for our fall school backpack program today.



A Simple Gesture



A big thank you to those who help with A Simple Gesture. Because of you, we were able to gather 6,400 lbs of food and essentials.

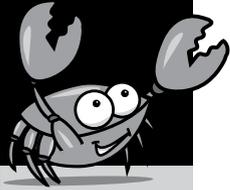
Thank you for your generous support!



Scan for more information about how you can get involved.



Photos and Art



DID YOU KNOW?

Colonial Americans fed lobster to prisoners because it was so cheap



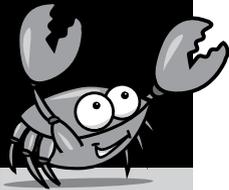
"Low Tide Treasures", Madrona Beach - Carol Spires, Camano Island.



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- Virtual Dog Training
- Service Dog Training
- AKC Fitness
- AKC Tricks

Artist of the Week



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BARBARA NOONAN



"There is so much to learn by walking in nature at all hours of the day and discerning the subtle color variations in light and shadow." Barbara Noonan is an award-winning pastel artist who delights in interpreting nature's light in her paintings. Each stroke glides over the finely textured paper and brings life to her subject matter. Daily beach walks, painting en plein aire and years of photography inform her work - both representational or abstract. When not on Camano Island, Barbara lives on Saint George Island, Florida, where she trades driftwood beaches and fir trees for sand and pines. She is a member of the Camano Art Association, Signature Member of the Northwest Pastel Society and the Pastel Society of the West Coast, as well as a member of Women Painters of Washington. This artist's award-winning paintings are found in books, magazines and galleries in Washington and Florida. Her work has been collected internationally and is included in Seattle's Virginia Mason Hospital as well as in the Kent City Art Collection.

Sign up for her Newsletter through her website: MorninNoonan-Night.com.

Scan the QR Code for more details

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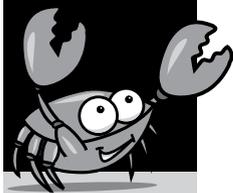
*SIGN-ON INCENTIVE BONUS UP TO \$2000 SUBJECT TO QUALIFICATION. PLEASE VISIT WEBSITE OR CLICK ON QR CODE.

www.islandtransit.org/employment

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Island Transit

Business Spotlight



HAPPY TERIYAKI “CUSTOMER APPRECIATION EVENT”



Customers get 30% off of certain dishes! During July 9-15, you get 30% off beer and sake. From July 16-22, you get 30% off teriyaki. “We are absolutely thrilled to share that Happy Teriyaki was voted to be the BEST ASIAN RESTAURANT for the 3rd consecutive year, along with THREE other awards (Best Restaurant, “Best Lunch, and Best Dinner)! It is an honor to be recognized for our dedication and hardworking, and we couldn’t be more grateful. Thank you to all our valued customers for voting and amazing support”

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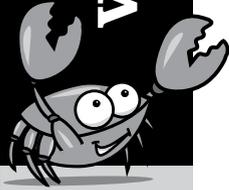
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HAT THIEVES

So there I was, last hombre off Flight 728 into SeaTac, looking for the hat I'd stuff into an overhead bin a row in front of me, the one I'd seen just a minute or two earlier, the only thing I'd put in the overhead. But! Now it was gone. I looked in other bins, thinking someone had maybe moved it out of their way – far out of their way. After all, I've seen folks jam it, throw it on the floor, toss it rudely out of the way of their precious rollerbags as if that beat up cowboy hat might carry unknown viruses potentially contaminating their luggage, god forbid.

One incident years ago where some arrogant no-neck yahoo crushed it and then tossed it into the aisle for a few folks to walk on nearly came to blows. You disrespect the hat, you disrespect me. You abuse the hat, well, that's grounds for violence. We exchanged some heated words but nothing that would summon the air marshal's intervention.

Today, though, the hat was gone! My steward helped me look on the floor, under the seats, up the aisles, in all the bins. "You wouldn't think someone would steal a hat," he said, and I said, "not this hat. Kind of beat up and dirty. And not one anyone would mistake for theirs."

When the cleanup crew started pouring in, we gave up before TSA came to insist I depart the plane. I figured I'd hustle down to baggage and scout for a thief wearing my hat, snatch it back and then well, we'd see what was what. Hat theft might not be punishable by hanging in this state but I wouldn't be looking for courtroom drama, just a small measure of revenge. You don't steal a man's hat. Period. End of discussion. Some lowlife bottom feeder would need a lesson in what it means to live in a civilized world.

So as I'm pushing through the cleaning mob I spy a stewardess pushing from the other end --- with my hat held gingerly in her hands. "One of the passengers," she said, happy to relieve herself of this thing, "got off and realized this was caught in her baggage.

An unlikely story, I thought, placing my hat back where it belonged, but mayhem in the baggage carousel was narrowly averted. And I was going home with the hat I rode out on....



Denise Matuszewski

Real Estate Broker

Cell 425-346-3760 / Email Matco7@frontier.com

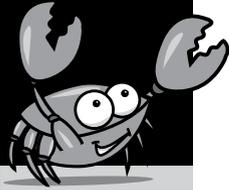
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Community Information



GRAB A CRAB CRACKER:

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

WEEKLY INTERPRETIVE PROGRAMS AT OUR STATE PARKS

(Weather dependent. All children must be accompanied by an adult). **FRIDAYS:** BALD EAGLE TABLE TALK: 10am at Cama Beach. Learn about the Bald Eagles that make the park their home. Hopefully you'll get a chance to see them! **JUNIOR RANGER PROGRAM:** 1pm near the Camano Island State Park boat launch. A kid-friendly program to learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. **WHO EATS WITH THEIR FEET:** 2:30 pm at Cama Beach. Learn about barnacles and plankton. **SATURDAYS:** TOY BOAT BUILDING: 10 am in the Cama Beach Boathouse. Learn how to build a wooden toy boat. Bring it home as a souvenir! \$5 suggested donation. **JUNIOR RANGER PROGRAM:** 10 am at Cama Beach. Learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. **BALD EAGLE TABLE TALK:** 1 pm near the Camano Island State Park boat launch. Learn about the Bald Eagles that make the park their home. **SOLAR ASTRONOMY PROGRAM:** 2:30 pm at Cama Beach. Learn about our planet's closest star. Topics include sunspots, planets, and so much more. **SUNDAYS:** BIG BUBBLES: 10 am at Cama Beach. Learn how to make giant bubbles. **TABLE TALK:** 1 pm near the Camano Island State Park boat launch. Learn about the common plants, animals and birds that make Camano Island State Park their home. Topics vary every week. **TABLE TALK:** 2:30 pm at Cama Beach. Learn about the common plants, animals and birds that make Cama Beach State Park their home. Topics vary every week. **MONDAYS:** JUNIOR RANGER PROGRAM: 10 am near the Cama Beach Store. A kid-friendly program to learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. **MONDAYS:** JUNIOR RANGER PROGRAM: 1 pm near the Camano Island State Park boat launch. Learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. **DISCOVERY WAGON:** 2 pm near the Cama Beach Store. Learn about the different birds that live on Camano Island. **WEDNESDAYS:** DISCOVERY WAGON: 2 pm near the Cama Beach Store. Learn about the different birds that live on Camano Island. **THURSDAYS:** CRITTER CHAT: 10 am near the Cama Beach Store. Join Park staff for a 20-minute talk to learn about the animals that make their home on Camano Island and at Cama Beach State Park. You could learn about bats, bald eagles, orcas, seals and sea lions, and more.

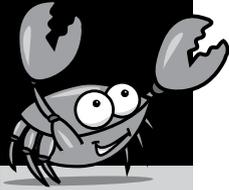
NOT ALL PILLS ARE REAL

Spot the fake at [DEA.gov/OnePill](https://www.dea.gov/OnePill)



ONE
PILL CAN
KILL

Community Information



CONTRIBUTE TO SCIENCE THROUGH BIRDING



The Puget Sound Seabird Survey is looking for volunteer birders in the Skagit region. Small teams of volunteers will conduct surveys October – April. You will receive training and ideally have good seabird identification skills. However, there are roles on the survey teams for birders of all levels. Contact Toby Ross t_ross@pugetsoundbirds.org

COMMUNITY LAUNDRY OUTREACH

Free Load of Laundry offered to those in poverty or homelessness. Laundry supplies provided. No more than 10 people at a time. Sack meal provided. 5-7pm (last load in washer at 6:15pm) at Viking Laundry, 8812 Viking Way, Stanwood.

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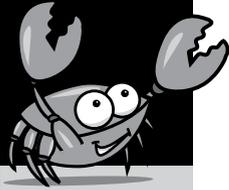
www.AtTheBeachRealEstate.net



RE/MAX
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Community Information



DID YOU KNOW?

The world's largest bra has a size 1222B cup and was created to raise money for breast cancer awareness

KALEIDOSCOPE PLAY & LEARN

Tuesdays and Wednesdays - a FREE play group for 0-5 years and their grown ups. As affiliates of the Kaleidoscope Play and Learn model, our group is led by trained facilitators who guide children, 0-5 years of age, and their caregivers through a variety of developmental activities that promote early learning, and is inclusive of all young children, languages, and cultures. Located at Community Resource Center of Stanwood Camano. The Community Resource Center is a member of the Making Life Work Collaboration. This program is being offered as part of the Making Life Work Kindergarten Readiness Initiative.

HAGGEN GARDEN CLINIC - THANK YOU

July 7th was our last clinic at Haggen but we would like to thank Haggen's & all of you who came to talk to us about your gardening concerns. If you still need help please call our Master Gardener Hotline at 425-357-6010. Master Gardeners are there Monday-Thursday 10-4. Again it is helpful if you have pictures of our concerns.

SCOOP THE POOP

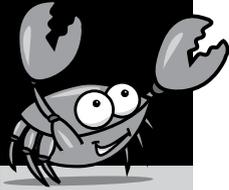
Thanks to all who scoop their dog's poop at home and when walking their pup. Not only does this keep shoes clean, it protects the health of pets, people and our local Snohomish County waterways. Dog waste contains harmful bacteria that flows into local waters and eventually Puget Sound. So keep up the good work and spread the word: Scoop the poop, Bag it and Put it in the trash! Learn more here: <https://www.snohomishcountywa.gov/3366/Pet-Waste>

WOMEN'S SELF DEFENSE & AWARENESS SEMINAR



July 23, but you have to register before July 15. Come join us for this seminar on self defense and awareness. We will be having lead trainer Tj Cadiente from the Criminal Justice Training Center who teaches self defense tactics for the State of Washington to our Cops and Corrections Officers. A portion of this seminar will be hands on so come in comfortable clothing and get ready to learn how to become more self aware along with some tactical moves you can keep in your back pocket in case of an emergency! Register at www.facebook.com/StanoWoodHive.

Community Information



DID YOU KNOW?

The cigarette lighter was invented before the match.

STANWOOD CANNONS BASEBALL AND SOFTBALL TRYOUTS



Tryouts are happening this month. Visit www.stanwoodcannons.com to register.

TEXTILE DRIVE



2024 Stanwood High School Grad Night Fundraiser at Viking Village, Stanwood. The doors will be open for textile drop offs. Dates: July 26 from 5-7pm and August 13, 10am-noon.



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Community Information



DISTRICT PROVIDING ELEMENTARY SCHOOL SUPPLIES

At the beginning of this past school year, we gave elementary students their needed materials to ensure equitable access to quality school supplies and relieve financial burdens for families. We will again be providing school supplies to all elementary students for this upcoming school year. Additionally, The Caring Place in Stanwood offers free items to those in need beyond basic school supplies — such as backpacks, clothing and other essential items. For school supply lists for middle school and high school students, please see the school website and newsletters for more information.

SHS CLASS OF 2003- 20 YEAR REUNION

on Aug 25. Buy tickets stanwood-high-school-class-of-2003.ticketleap.com.

FAMILY HISTORY CENTER OPEN WORKSHOP

Come any Tue (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 sites.



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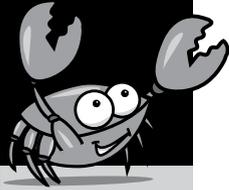
Overwhelming joy is a common resident experience as they live and thrive in a vibrant purposeful Christ-centered community with the freedom to actively engage and pursue the things in life that matter most to them. Our Cedar Court assisted living community is designed for seniors who want to remain active and involved yet require extra help and support with the activities of daily living. Our caring and dedicated staff members provide round-the-clock assistance while encouraging residents to maintain a high level of independence.

WARM BEACH

**Contact us today to learn more:
(360) 652-2640 • www.warmbeach.org**

Warm Beach Senior Community
20420 Marine Drive • Stanwood, WA 98292

Community Information



DID YOU KNOW?

There are more muscles in an elephant's trunk than in the entire human body.

ANCESTRY / GENEALOGY

Do you want to trace your roots? Are you interested in your personal family tree? If you are, the Sno-isle Libraries can help. We have a number of genealogy data bases that are available to use including Ancestry Library Edition (CAN ONLY BE USED IN THE LIBRARY). We also have staff available to assist you with using these databases. If you would like assistance at the Camano Island Library email esmith@sno-isle.org. Thank You Lyn Smith Sno-isle Libraries. More info: 360-387-5150.

FREE SUMMER MEALS PROGRAM AVAILABLE IN JULY AND AUGUST

Summer meal programs help children get the nutrition they need to learn, play, and grow throughout the summer months. The Stanwood-Camano School District is again offering its free Summer Food Service Program for all children ages 18 and younger. The program is open to all families and doesn't ask for any paperwork — kids can just drop in and grab a meal. The program will be offered Monday through Friday at the following locations: Twin City Elementary (26211 72nd Ave. NW, Stanwood, WA 98292). Dates: July 5 - August 25. Breakfast: 8:30 a.m. - 9:30 a.m. Lunch: 10:45 a.m. - 11:45 a.m. Stanwood High School (7400 272nd Ave. NW, Stanwood, WA 98292) Dates: July 31 - August 25. Breakfast: 8:30 a.m. - 9:30 a.m. Lunch: 10:30 a.m. - 11:30 a.m. www.stanwood.wednet.edu.

FREE HORNET HIVE REMOVAL

Call Joel at (509) 987-7717 for free hornet hive removal. The hornets are desperately needed in order to be used for immunotherapy. You can help save lives! This is a free service to our community members in Camano/Stanwood/Arlington areas. <https://www.facebook.com/Hingston.Hive.Removal>

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.

FALL PLANT POT EXCHANGE

September 16th. Bring your pots - take some pots. Located behind C.A.S.A. on CanKu Rd.

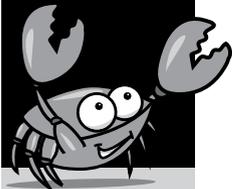


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Dining Guide



DID YOU KNOW?

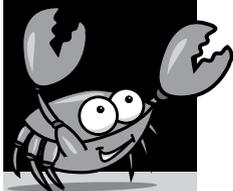
That tiny pocket in jeans was designed to store pocket watches

The original jeans only had four pockets.

Two in the front, one in the back and the small one. Although pocket watches have since disappeared, the tiny jeans pocket remains.

AMIGO MEXICAN RESTAURANT & LOUNGE (Stanwood) • (360) 629-5052
BAKED CAFE (Camano Island) • (425) 530-3314 or (425) 232-5885
BEAUTY BAR SALON + LOUNGE (Stanwood) • (360) 629-2324
BLUE HERON KITCHEN & BAR (Camano Island) • (360) 502-8700
CAMA BEACH CAFE (Camano Island) • (360) 387-3266
CAMANO ISLAND INN (Camano Island) • (360) 387-0783
CAMANO THAI (Camano Island) • (360) 926-8688
CENTER CAFE (Stanwood) • (360) 629-7403
THE CONWAY MUSE (Conway) • (360) 445-3000
CONWAY BOXCAR (Stanwood) • (360) 629-0651
CONWAY PUB & EATERY (Conway) • (360) 445-4733
COOKIE MILL (Stanwood) • (360) 629-2362
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DOS REALES (Stanwood) • (360) 629-0822
DRAGON PALACE (Stanwood) • (360) 629-8106
DUCK IN CAFE (Stanwood) • (360) 629-3440
FARMERS CAFE – (Stanwood) • (360) 629-4953
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JIMMY'S PIZZA (Stanwood) • (360) 629-6565
JOHNNY'S BURGER STOP (Stanwood) • (360) 629-9427
JOURNEY'S END CAFE • (Camano Island) • (360) 387-9120
LITTLE CAESARS PIZZA (Stanwood) • (360) 629-6999
MAMMOTH BURGER COMPANY (Stanwood) • (360) 572-4500
MCDONALD'S (Stanwood) • (360) 629-9787
MIYAKO'S TERIYAKI & WOK (Stanwood) • (360) 629-4535
MUSTARD SEED BAKERY & CATERING (Stanwood) • (360) 572-2499
NAHA TERIYAKI (Stanwood) • (360) 629-0681
PADDLE PUB (Stanwood) • (360) 652-4156
PAPA MURPHY'S TAKE 'N' BAKE PIZZA (Stanwood) • (360) 629-3826
PAT'S THAI
PATINI'S GRILL (Stanwood) • (360) 629-0822 or 360-572-2981
PHOENIX PAVILION (Stanwood) • (360) 629-4662
PICNIC PANTRY (Stanwood) • (360) 631-5218
PUB 282 (Camano Island) • (360) 926-8960
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ROCKAWAY BAR & GRILL (Camano Island, at Camaloch) • 360-926-8920
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SAHARA PIZZA (Stanwood) • (360) 629-6886
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STANWOOD CUPCAKES (Stanwood) • (360) 926-8241
STANWOOD GRILL (Stanwood) • (360) 629-5253
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TAPPED CAMANO (Camano Island) • (360) 572-4986
THAI THAI KITCHEN (Stanwood) • (360) 629-0600
TWIN CITY LANES CAFE (Stanwood) • (360) 629-3001
WAYNE'S CORNER CAFÉ (Stanwood) • (360) 939-2300
WILLOW & JIM'S COUNTRY CAFE (Silvana) • (360) 652-0372

Local Poetry & Stories



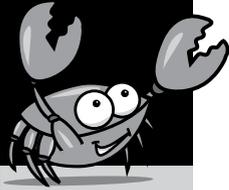
DID YOU KNOW?

Of the 50 states in the U.S., 48 have sent a college team to the NCAA March Madness tournament. Only Maine and Alaska have not sent a team to the tournament. Alaska does not have a division 1 men's basketball team. Maine has the opportunity but has never had a team with enough skill .

I killed a swallow,
not on purpose of course,
never would I kill any living thing.
There were two of them, fluttering in front of my car,
dancing around, low, and close the the ground.
I cringed, but I couldn't brake,
it wouldn't have done any good anyway.
One fell to the pavement, below
I know
because I saw it in my rear view mirror,
flat on the street, its partner flying in circles above
That was the worst part,
knowing I had changed the trajectory,
the course of a little bird's life,
forever.
Do birds love?
Do birds have memories?
Do swallows find new mates,
to flutter and dance together in front of cars?
Do they mourn. I did.
I felt a pit in my gut, it felt hollow.
But yet,
I couldn't brake for the swallow.

Linda Del Negro

Clubs and Meetings



look for us
online at

www.TheCrabCracker.com

or on
Facebook.

Download
current or past
editions.

Amateur Radio Exams Every 3rd Monday of the month. Stanwood Camano Amateur Radio Club and the American Radio Relay League offer FCC amateur radio operator license testing. Location: TBD. Time: 7PM. Cost \$15 Cash only. Bring copies of your current amateur license (if any) and any CCSEs. 360-757-8091 or 360-708-4036.

Knitters / Crocheters Group Every Friday at the Community Resource Center, 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.

Camano Island Quilters-Machine Embroidery Group Every 1st Friday of the month. 10am-noon at Skagit Regional Clinics in Stanwood, 269th St., Conference Rm A. CIQ members will share help, ideas, designs, etc. Come join in the conversations.

Camano Island Quilters Open Sew Every 2nd Monday of the month. Open to the public. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Bring your sewing machine, project & basic tools for an afternoon of fun! Bring a sack lunch.

Little Sprouts Garden Club Every Monday. 10:30am at Stanwood Camano Community Resource Center. Free, hands-on, nature-based, learning opportunities for 0-5 years and their parents/caregivers.

Rainy Day Room Playgroup Free weekly play group on Tuesdays at 3-4pm at the Community Resource Center for ages 0-5 and their grown-ups! Friendship and community....getting out of the house.

Teen Late Night Every Thursday. Grades 9-12, 4PM-6:30pm at Community Resource Center of Stanwood Camano. A safe place for teens to come and connect over food & fun.

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

Tops: We would love to meet you and invite you to join us in friendship and weight loss support! Come visit us at Stanwood Top's (Take off Pounds Sensibly). We meet on Thursday mornings at Cedarhome Baptist Church. 29000 68th Ave NW. Stanwood. Wa. at 10:00 am. Everyone is welcome! For more information call Gay at 360-393-7117.

PFLAG Support Group Free support group for friends, family, and members of the LGBTQIA+ community. First Friday of every month at the Community Resource Center 6-7pm.

The Wardrobe By Appointment: at the Community Resource Center – Free clothing for teens in need – restocked for Summer with new t-shirts, tanks, shorts, flip flops and hygiene products! Call 360-629-5257 or email info@crc-sc.org for an appointment. Appointments can often be made the same day.



CASA'S PET OF THE WEEK:

LOWA is a 1 year old Siberian Husky mix. Lowa is a independent guy who can be a bit shy when first meeting him. Once he warms up, he is a sweet guy who loves attention and loves to play. Lowa would benefit from a patient owner who can help bring him out of his shell. If Lowa looks like the dog for you, please stop by the shelter.

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



NOAH'S PET OF THE WEEK:

Hi everyone I am **HONEY!** I am about 2 months old and I weigh about 13 pounds. I am an energetic young pup looking for someone who is willing to give me the training I need to become the BEST buddy ever! If you have any kids or dogs in the home, please bring everyone in to meet at The NOAH Center today!

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



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

WILLY is an absolutely amazing fella. He is gentle and loving and would be a great addition to just about any family. Whether it's going on a road trip or lounging on the couch this boy is ready to go. 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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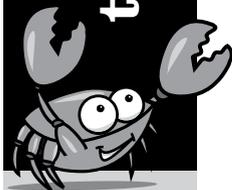
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View from the Bleachers



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

I RECOMMEND SUPREME RENT A CAR – UNLESS YOU NEED TO RENT A CAR

Author's note: The following is a letter I sent to a major rental car company, based on an actual recent car rental experience. I have changed the name to a fictitious name called SUPREME, out of respect for Dollar Rent A Car's privacy. – TEJ]

Dear SUPREME RENT A CAR,

I wanted to tell you about my unforgettable experience that took place when I made the admittedly foolhardy decision to rent a car from SUPREME RENT A CAR. I had just flown into Albany, NY Airport with plans to attend my high school's 50th class reunion.

Two months before my trip, I made an egregious mistake. I placed a reservation online with SUPREME RENT A CAR. I arrived at your airport rental car counter at 11:30pm – thirty minutes before it closed for the night. The employee at the counter named Tony immediately found my reservation in your system. I only had to wait another 22 minutes for Tony to casually inform me, "Looks like I can't give you a car. You're on our DNR LIST." Perplexed, I asked Tony if I had heard him correctly: "Did you say, I'm on a DNR LIST? What's that?"

Tony explained in a voice some might mistake as sounding gruff and irritated, but I'm sure was intended to exude warmth and empathy, that it stood for "Do Not Rent." Like an airline No Fly List but for rental cars. Turns out I had been officially banned from travel with Supreme Rent A Car. I asked, "Can you tell me WHY I am on Supreme's RENTAL BLACK LIST?"

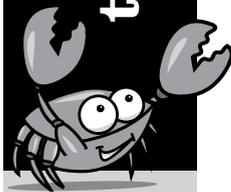
"That's DO NOT RENT LIST," Tony snapped in what probably was a lot cheerier a voice than it sounded. "How the Hell would I know why? Maybe you have a criminal conviction or failed to pay some outstanding speeding tickets. You must've did something wrong, fella," Tony barked, again in the kindest, affirming voice. Tony wrote down a phone number: "Call our DNR department during business hours tomorrow and maybe they can explain why. We're now officially closed for the night. I gotta go."

I want to thank you, SUPREME RENT A CAR, for not telling me I was on your "DNR" list until 11:52 pm just as all the airport rental counters were closing for the night. I would hate to have received this helpful information, say, two months ago when I first placed my reservation, while I still had time to make alternate rental car arrangements. It would have totally deprived me of the memorable opportunity to spend quality time with your superstar employee Tony.

I called the following morning and a customer service person named Breanna put me on a brief five-minute hold. And then another ten-minute hold. And after what barely felt like another 15 minutes, she accidentally disconnected my call. I called in again and in less than 20 minutes I reached Christina, who told me I had been placed on your elite "WE HATE YOU" list because apparently, I had the same last name as someone else who had failed to pay their bill.

An easy-to-understand mistake, seeing as how we were probably the only two people with the last name JONES in your entire 100,000-person customer database. I'm pleased to report that Kristina wasted no time in apologizing to me, by which I mean she didn't bother to apologize. But that's okay. I'm sure she was having a bad day – probably from having to deal with hundreds of other people calling in to complain about being put on your DNR list by mistake.

View from the Bleachers



I asked Kristina if she could reverse the \$450 charge I paid when I originally reserved a vehicle, since your company refused to rent me the car. She explained that I needed to call the customer severance, I mean customer service department. I finally reached a representative named Roy, who I explained that he couldn't issue a refund because I needed to have cancelled my reservation at least 24 hours before the rental date, and I had failed to do so.

I explained in vain that I did not actually cancel my reservation. Supreme did. Roy told me I'd have to call their billing department to submit a refund request. It's been two weeks, and I'm still waiting for a call back.

SUPREME RENT A CAR, you have given me a new appreciation of just how rare outstanding customer service is, at least anywhere within the ranks of your organization.

I hope you won't mind my sharing my memorable experience with a few thousand of my closest Facebook friends, not to mention on LinkedIn, Twitter, and Instagram. SUPREME RENT A CAR, you guys made me feel like a hundred bucks – too bad those hundred bucks were all counterfeit.

Sincerely, Tim Jones, former customer



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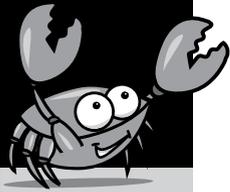
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Classes and Workshops



DID YOU KNOW?

A giraffe cleans its ears with its tongue.

CPR/AED training classes: Get CPR and AED trained! Camano Fire offers classes on the second Wednesday of each month. Our next classes are on Aug. 9 and Sept. 13. Classes run from 6 to 9 p.m. at the Madrona Vista station. Cost is \$25. You can sign up and pay online at: <https://camanofire.com/resources-public-education/classes-training/>

Piano or Guitar Lessons - Hart Music School on Camano Island offers piano and guitar lessons for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. (Music teachers are welcome to apply online.) Contact us today to schedule your first lesson at no charge: 425-780-2289, or book a complimentary lesson at HartMusicSchool.com.

FREE High Fitness aerobics classes Saturdays at 8am outside on the Stanwood High School multipurpose field. High Fitness is a high-intensity, cardio and toning class set to fun music. All are welcome!

Free Medicare Basics Information Class August 17 (10am) Free, open to the public. We will be explaining how your Medicare benefits work, as well as the details of enrollment. Camano Island Library Meeting Room. RSVP with John: 360-967-9601.

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. Space is limited, sign up early.

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 and follow the links to view our video library of online hour length classes; regular membership rates apply.

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

Belly Dance Fitness is at Tru Grit Gym in Stanwood, 10:30 - 11:30 a.m. Come shimmy, shake and undulate your way to better health and flexibility while making new friends! All levels, ages and genders welcome. \$10 non-members, \$5 members.

Camano Island T-Shirts have arrived!

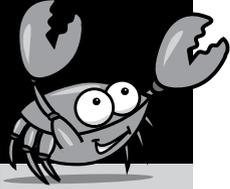
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DUNGENESS CRAB BENEDICT

Toasted English muffins topped with fresh caught Dungeness crab, poached eggs, and Heavenly Hollandaise sauce, Enjoy!



CRAB: 2 1/2 -3 c. fresh caught and cooked Dungeness Crab meat
HOLLANDAISE SAUCE: 4 lg. egg yolks; 1 T. freshly squeezed lemon juice; 1/2 c. unsalted butter melted; 1 pinch cayenne pepper; 1 pinch salt

ENGLISH MUFFINS: 4 English muffins split and toasted

POACHED EGGS: 2 tsp. white vinegar; 8 lg. eggs

GARNISH: Salt and pepper to taste; Fresh chopped parsley or chives for garnish

DIRECTIONS: 1. **DUNGENESS CRAB:** Remove the crab meat from the refrigerator, set aside. (The crab is best at room temperature in this recipe.) 2. **HOLLANDAISE SAUCE:** Vigorously whisk the egg yolks and lemon juice together in a stainless-steel bowl and until the mixture is thickened and doubled in volume. 3. Place the bowl over a saucepan containing 2-inches of simmering water (or use a double boiler) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and almost doubled in volume. 4. Remove from the heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the eggs benedict. (If the sauce gets too thick, re-warm over the double broiler, and whisk in a few drops of warm water if needed.) 5. **ENGLISH MUFFINS:** Preheat the oven to broil. Toast the English muffins, cut sides up, on a rimmed baking sheet. Toast until golden brown, about 1-2 minutes. 6. **POACHED EGGS:** Fill a 10-inch nonstick skillet half full of water. Add white vinegar to the cooking water. (This will make the egg whites cook faster and not spread.) Bring to a slow boil. Working in two batches, swirl the water to create a vortex, gently crack one egg at a time into the vortex taking care not to break the yolks. Repeat adding 3 more eggs. Reduce the heat to a gentle simmer. Cook for 3 1/2 minutes until the egg white is set and yolk remains soft. Line a plate with paper towels. Remove the eggs with a slotted spoon, dab on paper towels to remove any excess water. Repeat with the remaining 4 eggs. 7. **TO ASSEMBLE:** Heap 1/3 cup of crab meat onto each English muffin, place 1 poached egg on top of the crab, spoon hollandaise over each poached egg. Garnish with fresh parsley and/or chives and cracked pepper to taste. Enjoy!

Five Summer Dangers for Pets

Spending time outdoors this summer? Keep these safety tips in mind to ensure your furry friends are comfortable.

ASPCA

Sun & Heat



Pets can become dehydrated quickly. **Know the signs of overheating** (excessive panting, increased heart rate and weakness) and make sure your pet has access to fresh water and a shady or air conditioned place.

Fireworks & Thunderstorms



One in five pets goes missing after being scared by loud noises, so keep them in a quiet, secure area at home. If your pet does go missing, **download the ASPCA app** for a free step-by-step toolkit to help find your pet: **ASPCAapp.org**

Parties & Barbecues



Make sure your pet can't get into human food (especially grapes, onion, avocado and chocolate) or alcoholic drinks.

Hot Cars



Don't leave your pet in the car! Even with the windows cracked, a car's temperature can reach 100° in 10 minutes on an 85° day. Sign our hot car pledge at aspc.org/hotcars

Toxic Chemicals



Insecticides, insect repellents, sunscreen, citronella products and glow sticks are toxic, so keep them away from your pet.

WARM WEATHER REMINDERS

Beat the heat.



Stay cool.
Stay in an air conditioned place or go to a pool.



Seek shade.
Bring a hat or umbrella.



Stay hydrated.
Bring a reusable water bottle.



Never leave pets or children alone in cars.
Hot cars can be deadly.



Summer clothes.
Wear lightweight, light colored clothes.

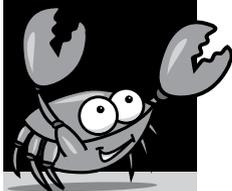


Help others.
Check in on those at risk.

Stay out of the River!
Water is still approx. 50°,
and risk for hypothermia is
extremely high at this temperature.



Classified Listings



DID YOU KNOW?

The blood of lobsters is colorless.

FOR SALE:

Bernina 730 sew/quilt embroidery machine – all attachments. \$250. Call 360 630 6654.

GARAGE/YARD/ESTATE SALES:

Lost Lake community yard sale: July 14-16th, 9am-5pm. "Find Your Next Treasure!". Lots of stuff. Home items, antiques, furniture, clothes, tools and so much more!!

Driftwood Shores Beach Garage Sale July 15th, 8am-3pm. Come to the beach and find your treasure that you cannot live without!

Doubleview Community Yard Sale July 15th from 9am-1pm. Enter at the intersection of Sunset Dr and Doubleview Dr, just south of Madrona Beach on Camano Island. Bad Cat Ceramics also for sale.

MISCELLANEOUS:

Mother-in-law unit for rent: Waterfront in the gated community on the north end of camano island. Semi Private one bedroom unit available for a single woman with full kitchen, laundry and private entrance. Rent and utilities included \$1550/month. No smoking/drugs. No pets. Contact: 48rainyinseattle@gmail.com

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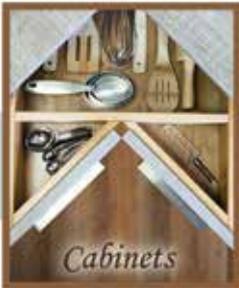
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TIDE TABLES / SARATOGA PASSAGE / JULY 14 - 27, 2023

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 14	High	1:59 AM	10.6	☐
14	Low	9:21 AM	-1.4	
14	High	5:32 PM	11.0	
14	Low	10:23 PM	7.7	
Sa 15	High	2:44 AM	10.2	☐
15	Low	10:02 AM	-1.7	
15	High	6:15 PM	11.4	
15	Low	11:19 PM	7.6	
Su 16	High	3:29 AM	9.9	☐
16	Low	10:40 AM	-1.8	
16	High	6:50 PM	11.6	
M 17	Low	12:03 AM	7.5	☐
17	High	4:13 AM	9.7	
17	Low	11:18 AM	-1.8	
17	High	7:20 PM	11.5	
Tu 18	Low	12:40 AM	7.2	☐
18	High	4:55 AM	9.5	
18	Low	11:54 AM	-1.6	
18	High	7:46 PM	11.4	
W 19	Low	1:13 AM	6.9	☐
19	High	5:38 AM	9.3	
19	Low	12:30 PM	-1.4	
19	High	8:09 PM	11.3	
Th 20	Low	1:45 AM	6.5	☐
20	High	6:21 AM	9.1	
20	Low	1:06 PM	-1.0	
20	High	8:32 PM	11.3	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 21	Low	2:20 AM	5.9	☐
21	High	7:06 AM	8.8	
21	Low	1:42 PM	-0.3	
21	High	8:57 PM	11.3	
Sa 22	Low	2:57 AM	5.3	☐
22	High	7:55 AM	8.4	
22	Low	2:17 PM	0.6	
22	High	9:25 PM	11.3	
Su 23	Low	3:38 AM	4.6	☐
23	High	8:50 AM	8.0	
23	Low	2:54 PM	1.9	
23	High	9:53 PM	11.2	
M 24	Low	4:22 AM	3.7	☐
24	High	9:55 AM	7.6	
24	Low	3:31 PM	3.3	
24	High	10:23 PM	11.1	
Tu 25	Low	5:08 AM	2.8	☐
25	High	11:11 AM	7.5	
25	Low	4:14 PM	4.9	
25	High	10:54 PM	10.8	
W 26	Low	5:58 AM	1.8	☐
26	High	12:42 PM	7.7	
26	Low	5:08 PM	6.3	
26	High	11:29 PM	10.6	
Th 27	Low	6:49 AM	0.7	☐
27	High	2:28 PM	8.5	
27	Low	6:26 PM	7.6	



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