

THE CRAB CRACKER

ISSUE 359
Aug. 25 - Sep. 7,
2023

FREE
TAKE
ONE



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

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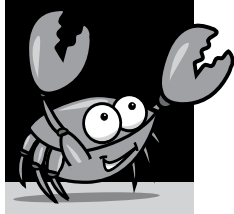
Taking a pill **not** purchased from a
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PILL CAN
KILL**

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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: "This I painted with Watercolors. I also use Pen & Ink and Acrylic."
– Lael Williams



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Submission DEADLINE: AUGUST 31 for Next Edition (September 8-21, 2023)

Calendar of Events



DID YOU KNOW?

Angelina Jolie
performed her
own stunts
whilst filming
Lara Croft: Tomb
Raider.

THURSDAY, AUGUST 24

"CATCH THE WAVE" SUMMER SCHOOL SHOWCASE

6-7:30pm at Twin City Elementary School 26211 72nd Avenue NW, Stanwood. Join us in celebrating fantastic summer school sessions with a free, fun community event for all ages. We will have a variety of activities for everyone to enjoy, including: A student art show; A student musical performance; Booths from local community groups; Snacks; Books; Games and activities; art lessons and student art show from SCAAC. Stanwood-Camano YMCA staff will host games and activities at the event.

FRIDAY, AUGUST 25

FORD GIESBRECHT PERFORMANCE

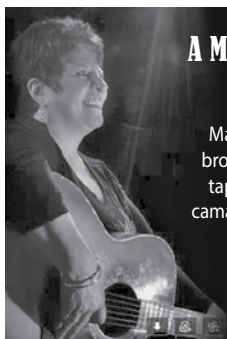
at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of live solo jazz guitar, American and Latin jazz standards, old rock and original music. Conversation friendly. No cover.

FRIDAY, AUGUST 25

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.



A Musical Tribute To Patsy Cline & The Queens Of Country!

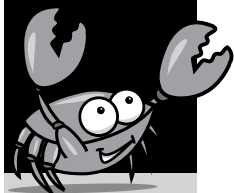
Saturday, August 26 • 7:00 – 9:00 PM

Marcia is known for her rich vocals, lively & engaging entertainment style and a broad repertoire that is sure to please! There will be opportunity for dancing, toe tapping and singing along! Tickets are available for \$15 through our website at camanoschoolhouse.org or at the door (cash / check). There will also be a \$15 raffle for a "John Ebner" giclee print of the schoolhouse valued at \$200.

993 Orchid Road, Camano Island (just off Chapman Road)

– PLEASE CARPOOL AS PARKING IS LIMITED –

Calendar of Events



FRIDAY, AUGUST 25

MOVIE NIGHT

Redemption Hill Church presents "Woodlawn". Based on the true story of Tandy Gerelds and Tony Nathan. Free admission. 9:30pm at Redemption Hill Amphitheatre, 7507 276th St NW, Stanwood. More info: 360-631-8799.

FRIDAY, AUGUST 25

OVER-UNDER FROG: EXPLORING WATERCOLOR AND TEXTURE

11am at the Camano Island Library. Join us for a workshop that features your young artist creating an above and below water view of an adorable frog friend. Students will learn and explore watercolor techniques while they create watery textures with the simple addition of salt, along with the unexpected touch of bubble wrap to create printed water bubbles. Artists will be given the opportunity to merge their love for art and science as they can also study about the life cycle of a frog before and after the workshop. Registration required. Call 360-387-5150 for more info.

FRIDAY, AUGUST 25

GEOLOGY OF CAMA BEACH

Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly investigation of our local geology! Take a look at mineral samples from the bluffs along Camano Island and learn how these rocks form!

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Historic Sites Tour 2023 Schedule

Friday & Saturday, August 25th and 26th

Sites Open 10 a.m. to 4 p.m.

Camano Historical Sites

Camano City Schoolhouse (1906) and Fire Hall (1946), 993 Orchid Road

- Visit the New Archiving and Digitizing Project with Kate Hovda
- See the 1935 Fire Engine that served Stanwood in the 1930's to 1960.

Kristoferson Farm (1912), 332 NE Camano Dr

Cama Beach State Park (1934), 1880 SW Camano Dr

Pioneer Cemetery, 557 N Camano Dr

Camano Lutheran Cemetery, 1921 E Camano Dr

Utsalady Vista Point Park, 398 Shore Dr

English Boom Historical Park, North end of Moore Road

South Camano Grange (1930), 2227 South Camano Drive. (Not Open Friday)

Utsalady Ladies Aid (1908), 78 Utsalady Rd

Barnum Point County Park, South end of Sunrise Rd.

Camano Island State Park, 2269 Lowell Point Rd

Stanwood Historical Sites

Stanwood Area Historical Society, 27112 102nd Ave NW

- The Pearson House (1891)
- The Tolin House (1888)
- The Floyd Norgaard Cultural Center (1902)

The Stanwood House, 9915 270 St NW (Not Open Saturday)

The First Stanwood Fire Station (1922), 10209 270 Street, Now SAAL Brewing (Open 12 p.m. to 8 p.m. Have lunch or dinner!)

Presentations

Friday, August 25

9:30 a.m. Guided History Walk with Tom Eisenberg, Barnum Point County Park. Meet in the Barnum Point Parking Lot.

11 a.m. to 1 p.m. Camano Island Cowboys, Utsalady Ladies Aid Building (1908)

12 p.m. and 1 p.m. Farm Tours, Kristoferson Farm (1912)

1:30 p.m. One Hour Guided Hike with *Naturalist Tom Eisenberg*. Camano Island State Park (1949). Meet at the North Beach Picnic Area.

1:30 p.m. to 2:30 p.m. Ukulele Ensemble, Utsalady Ladies Aid Building (1908)

Saturday, August 26th

8:30 a.m. to 11 a.m. Start the day with Breakfast at the Grange (1930)

9:30 a.m. and 1:30 p.m. Free Guided Historic Bus Tours (11 people). Meet at the Camano Center. Call (360) 387-0222 to reserve your spot.

11 a.m., 12, & 1 p.m. Farm Tours. Kristoferson Farm (1912)

11 a.m. to 12 p.m. Songs of Yesteryear, with Linda Younce. Utsalady Ladies Aid Building (1908)

1 p.m. The Arts & Crafts Movement in Camano Island, Robin & Richard Hanks, Camano City Schoolhouse (1906)

1 p.m. A Short Talk About the History of Music by Wanda Hill, Utsalady Ladies Aid Building (1908)

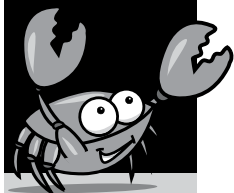
7 p.m. A tribute to Patsy Cline and the Queens of Country Music with Marcia Kester, Camano City Schoolhouse. (1906)

Check our website for more details.

www.HistoricSitesTour.org

*Thank you
for your
support!*

Calendar of Events



DID YOU KNOW?

Originally, bumper cars were not supposed to hit each other. Drivers were actually supposed to avoid crashing in spite of chaotic driving. The first company to patent a bumper car was in 1920 named Dodgem.

FRIDAY, AUGUST 25

AFTER MIDNIGHT

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

FRIDAY, AUGUST 25

POP UP YOGA



Noon at Camano Commons. Gather with friends and join us for some outdoor yoga at Camano Commons. Spread out and feel the grass under your feet. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. Register online at movementarts.com to receive any last minute weather updates or call 360-629-9100 to sign up.

FRIDAY-SATURDAY, AUGUST 25-26

STANWOOD – CAMANO HISTORIC SITES TOUR



10am-4pm. "Cars and music". Join us for a fun, self-guided tour of Historic Sites in Stanwood and Camano Island. Antique cars and music will be at multiple locations to help tell the stories. The event is FREE and open to the public. FEATURING ACTIVITIES AND EVENTS FOR THE WHOLE FAMILY! Guided Bus Tours of Camano Island Historic Sites; Self-Guided Tour Maps available; Docent-led tours of historic churches, buildings, and parks. Cell-phone Audio Tour; Interactive Exhibits For details, please visit www.historicsitestour.org.

Calendar of Events



DID YOU KNOW?

Feeding curry
to a sheep
reduces the
amount of
methane in its
farts by up to
40%.

FRIDAY-SATURDAY, AUGUST 25-26

PLUS ONE CHARITY BIG ESTATE SALE

9am -4pm, 141 East Camano Dr. Join us in supporting the Plus One Foundation a non profit organization serving residents of our Camano Island community. By participating in our upcoming Charity Big Estate Sale and making your contribution you are making a real difference for people suffering from neurological injuries and disorders.

FRIDAY-SUNDAY, AUGUST 25-27

DOG DAYS OF SUMMER GARAGE SALE

fundraising event for Save-A-Mutt (animal rescue in Silvana). It will be a huge weekend... and we have a donor willing to MATCH everything we make all three days! August 25-27, Camano Island. Save-A-Mutt will be on hand selling some new fun swag. More info: (425) 280-0502.

SATURDAY, AUGUST 26

SUMMER SUMMER CONCERT SERIES



Presented by Stanwood Commerce Alliance. Free live concert. All ages welcome! Summer Fun Saturday! Today's performer: Sam Leyde Band. The Sam Leyde Band has an attention-grabbing, high-energy sound that is a blend of Country and Rock. 2-4pm at SAAL's Brewing, 10209 270th St NW.

SATURDAY, AUGUST 26

OUTDOOR VINTAGE MARKET

10am-4pm at The Spare Room Vintage Flea Market. We have vendors with a wide variety of goods from vintage, new, handmade! More info: 360-200-8954.

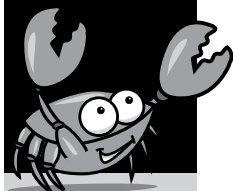
Vision Plus
Stanwood

**Back to School
glasses package deal**

Restrictions apply. Sale starts in September. Bring in ad for discount.

Call to schedule an appointment: 360-629-9535 • 27101 Pioneer Hwy, Stanwood

Calendar of Events



DID YOU KNOW?

Volkswagen
owns Bentley,
Bugatti, Lam-
borghini, Audi,
Ducati and
Porsche.

SATURDAY, AUGUST 26

"ART WITH A SMILE" ... A LOVE STORY

11:00 AM – Camano Island Library. Danny Koffman, artist, author, designer, businessman, shares his story of bringing smiles to millions of people over and over and over again, for over 60 years! Far more than a book featuring a selection of 200 fun, surprising images produced over 6 decades, Danny Koffman's "Art with a Smile" is his illuminated ART-biography. His "Art Life" also tells a true love story. His book shows and tells the sixty-year progression of thousands of silly and fun projects, products and images. It's never too late, regardless of our age. It's up to each and every one of us to get the ball rolling in the right direction and make someone happy! Don't miss this upbeat presentation.

SATURDAY, AUGUST 26

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, AUGUST 26

CD WOODBURY

7:30pm - 10:00pm at Pub 282. CD Woodbury is an award winning contemporary blues, roots, rock, and multi-genre guitarist, vocalist and songwriter.

SATURDAY, AUGUST 26

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, AUGUST 26

ATLANTICS

The Atlantics bring some summer sounds to dance to back at the Conway Muse at 8 pm! Come one, come all, but only if you are 21 and over! Advanced Tickets \$16. Day of Show \$17.50.




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END OF SUMMER SPECIAL
1/2 OFF FIRST FULL MONTH'S RENT

Calendar of Events



SATURDAY, AUGUST 26

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. Topics include park history, wildlife, and so much more! All children must be accompanied by an adult. Weather dependent.

SATURDAY, AUGUST 26

LOCAL ARTIST ART POP UP BOOTH

Noon-7pm at 27721 85th Dr NW, Stanwood. Event by Kryss Rockwood. "I am the fulltime 24/7/365 caregiver for my Sweet Mr who had 3 strokes..." "IF" I get any spare time, I use making art as a creative outlet. I have a very wide variety of different types of super awesome art pieces. All sorts of shapes & sizes."

SATURDAY, AUGUST 26

COMPATRIOTS CANAPÉ & WINE TASTING WITH THE MIKE FAAST TRIO

Noon-6pm at Edward Lynne Cellars, 748 Vineyard Lane, Camano Island. Presented by Camano Island women's Republican Club. Get tickets at www.ciwrc.com.

SATURDAY, AUGUST 26

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.



TOUCH A TRUCK

SEPTEMBER 9 10AM-1PM

Viking Village 88th Ave NW




Title Sponsors:




FREE FAMILY EVENT!

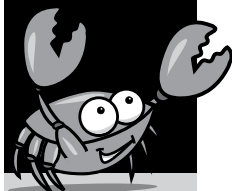


**NO-HORN
QUIET HOUR
10AM-11AM**



WWW.DISCOVERSTANWOODCAMANO.COM

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.

SATURDAY, AUGUST 26

CAR WASH FUNDRAISER & BAKE SALE

11am-3pm at Clean Spot Car Wash Stanwood. Event by The Dance Project NW Foundation. Local Stanwood/Camano Island dancers (from the The Dance Project NW) are raising funds for their upcoming Dance season. We invite you to support your local youth and get your car washed. 100% of all funds will go directly to supporting our young dancers and their dance fees! You can pre-buy a car wash for \$5! Purchase your ticket now and bring confirmation to the event!

SATURDAY-SUNDAY, AUGUST 26-27

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, AUGUST 27

ART STUDIO OPEN HOUSE



Stop by to see Susan Cohen Thompson creating in her ceramics studio from noon-4pm at 2188 Lowell Point Rd, Camano Island. Unique ceramics, oil paintings, drawings, prints. 425-750-4994.

SUNDAY, AUGUST 27

NATURE JOURNALING CLASS

6 pm – 7 pm; Meet in front of the Cama Beach Historic Store. Through the practice of nature journaling, we will develop our senses to notice details of the natural world and practice various drawings skills and methods with which to record our observations. (360) 387-1550.

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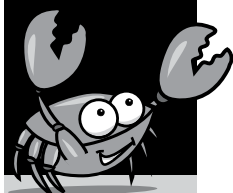
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Calendar of Events



DID YOU KNOW?

From 1937 to 1953, NBC's Today Show had a chimpanzee co-host named J. Fred Muggs. It is estimated he brought in the network around \$100 million.

SUNDAY, AUGUST 27 CAR SHOW FUNDRAISER



10:00am - 2:00pm at Pub 282. Pub 282 2nd Annual Car Show for Charity! CALLING ALL VEHICLES! AND VENDORS CAN COME OUT AS WELL! The Proceeds will be going to help pay back kids school lunches that were unable to be paid. \$25 Registration fee for cars, trucks, or motorcycles. Car show will be 10am to 2pm. We will have some fun things going on. The Jimmy Wright Band will be playing on the patio weather permitting, 11am to 2 pm.

MONDAY, AUGUST 28

CAMANO NEIGHBORHOOD NIGHT OUT

6pm at 1388 State Highway 532 Camano Island. Event by Flora & Fauna. Everyone comes together, fills up with a hot meal, and enjoys the company of their friends & neighbors. No money needed, no forms to fill out, no questions to answer, just stop by and get a hot meal! We're going to have tables & chairs, music, some lawn games setup, and collecting school supplies for families in need.

MONDAY, AUGUST 28

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, AUGUST 28

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!



PARTNER NEWS



Welcome and Thank You!

The Stanwood Camano Area Foundation Welcomes New Staff

SCAF is pleased to announce two significant changes within its leadership team. SCAF has hired a new Community Impact Director and promoted its current Director of Operations to replace the retiring Executive Director.



Julie Vess

As the Community Impact Director, Julie will work closely with local nonprofits, government agencies, and community leaders.

Natalie Hagglund

Natalie has been promoted to the role of Executive Director. With her deep understanding of operations & programs, she is the ideal candidate to lead SCAF into the next chapter.

Bev Pronishan

SCAF expresses its sincere gratitude to Bev for her unwavering commitment and remarkable achievements during her tenure. Bev retires on Aug. 31st.

Calendar of Events



TUESDAY, AUGUST 29

WANT TO LEARN PICKLEBALL?

The Camano Stanwood Pickleball Association will be giving Beginner Pickleball lessons at the brand-new courts at Heritage Park in Stanwood from 11 am to 1 pm. These free classes are for new players only. All players must be 18 or older please. Tennis shoes required. Paddles and balls will be supplied for the lesson. For more information and for mandatory registration, email: HeritageParkLessons@camanopickleball.com

TUESDAY, AUGUST 29

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, AUGUST 29

EDEN NORTH GATHERING

6:30pm at 24617 Miller Road, Stanwood. Join us as we continue our exciting journey towards the launch of Eden North! This gathering promises to be a time of fellowship, vision-casting, and community building, and it's free. Of course, food will be provided to ensure everyone is nourished and energized throughout the gathering. Come and check out what Eden is all about! RSVP at seattlerevivalcenter.com/events.

Camano Water Association

Camano Water Association Business Manager

Starting Salary: \$50,000 - \$61,000

Benefits: Medical, Vacation (5 days after one year, 10 after two, then 1 additional per year until max), Retirement Account

Closing Date: Open Until Filled

Camano Water Association (CWA) is looking for a candidate to fill the role of Business Manager. The individual chosen for this position will report to the Board of Trustees and be a full-time (salaried) employee. The successful candidate should expect to work with minimal supervision (after training with the current Business Manager) and demonstrate excellent time management skills. The focus of the position includes tasks relating to both accounting and payroll, such as taking care of accounts payable/receivable, and the use of Intuit QuickBooks to support the operations of the office. The position also includes making bank deposits and transfers to all relevant accounts, and the detailed tracking of such transactions. It is also the role of the Business manager to complete payroll monthly and maintain confidential staff files for all employees of CWA.

The Business Manager for CWA also represents the first point of contact with our association membership, and as such is also responsible for monitoring the office phone/email system and addressing any questions or concerns that may arise from among our membership. The role also involves interacting with external vendors to complete tasks relating to the timely billing of our customers on a bi-monthly basis. This list of possible work duties is not exhaustive, and any/all tasks considered within the scope and spirit of the position are expected to be undertaken by the successful candidate (more detailed information can be found at the links below). Serious consideration for this position will be given only to applicants with a high school diploma (or equivalent), as well as several years of accounting experience and professional written and oral communication skills. Computer fluency and knowledge of Intuit QuickBooks Pro Plus, MS Excel, Word, and Outlook are required. A starting salary will be based in part upon prior experience.

For the full job description and application form, please visit the following links at camanowater.com:

<https://camanowater.files.wordpress.com/2023/08/businessmanagerjobdescriptionfinalpdf.pdf>

<https://camanowater.files.wordpress.com/2023/03/cwajobapplication.pdf>

Calendar of Events



DID YOU KNOW?

Captive tigers
in the U.S. alone
outnumber the
amount of wild
tigers world-
wide.

THURSDAY, AUGUST 31

CAMANO ISLAND FOREST MEDITATION WALK

Presented by Healing Through Nature, in Peace, Love & Healing, followed by organic teas / refreshments at the Mother Earth Eco-Center. Half-mile loop through mature Cedar-Fir forest canopies/ 300-500 year-old Groves. Free event with carved wood bowls as gifts. Seasoned facilitator/ author. Added times per request. Email for website / details: HighAdventureGuide@hotmail.com.

WEDNESDAY, AUGUST 30

DIAMOND KNOT BREWERS NIGHT PARTY

5-7pm at Rockaway Bar & Grill, 326 NE Camano Drive, Camano Island. Diamond Knot will be joining us to celebrate, bringing games, and prizes, and fun!

WEDNESDAY, AUGUST 30

SPECTACULAR SEA SLUGS

Join Snohomish Conservation District from 10am-12pm at Cama Beach for a family friendly dive into the world of nudibranchs, also known as sea slugs! Identify sea slugs that live in Puget Sound and learn how these critters use color to their advantage.

WEDNESDAY, AUGUST 30

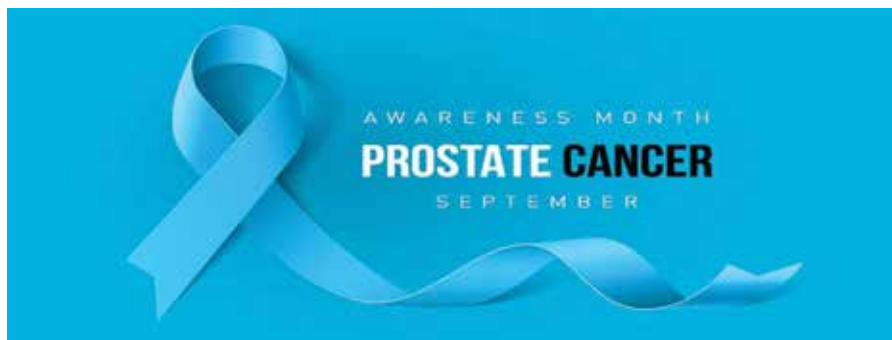
JOG AT THE AC RETREAT!

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, AUGUST 31

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 around Cama Beach State Park. ASTRONOMY PROGRAM: 9 pm near the Historic Store. Join park staff for a 1-hour program to learn about the skies above us. Topics include, planets, stories, constellations, and so much more. All children must be accompanied by an adult. Weather dependent.



Calendar of Events



THURSDAY, AUGUST 31

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, AUGUST 31

MOVIE IN THE PARK – SECRET LIFE OF PETS 2



Join us at Church Creek Park. The movie begins at dusk (around 8pm-9pm), so bring all your friends and family for this FUN and FREE event! There will also be FREE popcorn, courtesy of Les Schwab Tires.

Healthy Hearing Habits



A key part of healthy aging is taking care of your physical, mental, and hearing health!



Avoid loud
sounds



Stay socially
engaged



Wear hearing
protection



Have your
hearing tested
annually

Call Stanwood Hearing to schedule a hearing check-up!

STANWOOD HEARING

9300 271st Street NW, Suite B-5 • Stanwood, WA 98292
Near QFC, between Papa Murphy's and H&R Block
p: 425-272-9435 | f: 360.572.4765
w: Stanwoodhearing.com

GRACE BAY, DO
Women's Health



Women's Health

**Learn more about our midwifery, obstetrics
and gynecology services.**

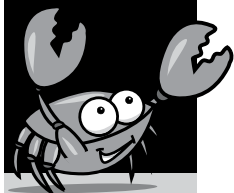
Visit: SkagitRegionalHealth.org/Womens-Health

Call: (360) 435-0242 ARLINGTON

Skagit  Regional Health

SkagitRegionalHealth.org

Calendar of Events



THURSDAY, AUGUST 31

JUNK DRAWER JEWELRY MAKING

2PM – Camano Island Library. Join us for an afternoon of creative play with odds and ends of jewelry to adorn yourself with something brand new and beautiful to you! All supplies will be provided but participants are encouraged to bring any special pieces, charms, or items you would like to reconnect to second hand jewelry to wear once again! This program is intended for adults and teens.

FRIDAY, SEPTEMBER 1

STANWOOD HIGH SCHOOL SPORTS

Varsity Football vs Lakewood. 7pm.

FRIDAY, SEPTEMBER 1

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.

FRIDAY, SEPTEMBER 1

FORD GIESBRECHT PERFORMANCE

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

MEDICARE QUESTIONS?

We're here to help.



VÍDOR & ASSOCIATES

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Stanwood WA 98292

(425)361-2944

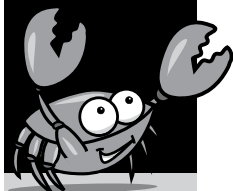
LIC 782423

www.vidorassociates.com

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NOT AFFILIATED WITH OR ENDORSED BY ANY GOVERNMENT AGENCY

Calendar of Events



DID YOU KNOW?

Zebras have
only one toe on
each foot.

FRIDAY, SEPTEMBER 1

JOEL ASTLEY

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

FRIDAY, SEPTEMBER 1

STANWOOD FARMERS MARKET

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

FRIDAY, SEPTEMBER 1

JAIME FROM 1967

Live at 8:30pm at Conway Boxcar in Stanwood, 8630 271st St NW. Free. Age 21+.

FRIDAY, SEPTEMBER 1

BIRDS ART SHOW OPENING



Camano Arts Association (CAA) is hosting a group show titled "Birds Are Flying" of all bird art at our Gateway Gallery at 500 E. N. Camano Dr. at Freedom Park. The show is free and open to the public and runs Sept 1st-24th. Gateway Gallery hours are Friday 10am-4pm, Saturday 10-4 and Sunday 10-2. CAA. The Show Opening is from 4-6 at the Gateway with appetizers and light refreshments, and is open to the public.

Today is National Food Bank Day.

FIRST FRIDAY IN SEPTEMBER



Calendar of Events



DID YOU KNOW?

The voice of
Stargazer in
Mass Effect 3
was done by
Buzz Aldrin.

FRIDAY, SEPTEMBER 1

STANWOOD HIGH SCHOOL SPORTS

Varsity Football vs Lakewood High School. 7pm.

SATURDAY, SEPTEMBER 2

CAMANO CIDERFEST



Join us on Camano Island for our first annual CiderFest! Featuring local cider makers you know and love as well as some new gems you have yet to experience! Enjoy delicious offerings from Camano Commons Marketplace, Tapped Camano, and The Baked Cafe! To top it all off there will be live music all day from some local artists. CiderFest will be held at Camano Commons 848 N Sunrise Blvd on Camano Island, entry at 11am or 2pm. Tickets at camanocommons.com/events

SATURDAY, SEPTEMBER 2

EVENTS AT CAMA BEACH

LIVE MUSIC – SWINGNUTS JAZZ CONCERT: 6:00 pm – 8:00 pm free concert at the Cama Center building. Swingnuts Jazz will rock Cama Beach's Great Hall with jazz favorites plus snappy originals, perfect for listening and dancing on the big wooden dance floor. Musical styles include Swing, Blues, Hot Jazz, Bossa Nova and Tango. Cama Beach Cafe will have drinks and appetizers available to purchase. **GUIDED HIKE:** 4 pm – 5:30 pm; Meet at the Drop-Off 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! All children must be accompanied by an adult. Weather dependent.



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MOVEMENT ARTS

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Camano Commons

THE DANGERS OF VAPE

- 1. Causes irreversible brain damage:** The part of the brain that's responsible for decision making and impulse control is not yet fully developed until age 25. Teens and young adults are at risk for long-lasting effects including nicotine addiction, mood disorders, and permanent lowering of impulse control.
- 2. Causes attention and learning problems:** Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.
- 3. Nicotine in vape is highly addictive:** Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults.
- 4. Gateway to smoking:** Kids who vape are 4x more likely to start smoking which can lead to a lifetime of nicotine addiction.
- 5. Toxic chemicals & metals:** E-cigarette aerosol isn't harmless water vapor – it can contain toxic chemicals and metals.
- 6. Weakens immune system:** Vaping weakens the immune system, increasing susceptibility to all kinds of illnesses and infections.
- 7. Nicotine overload:** Teens may not realize the level of nicotine they are inhaling. For example, 1 JUUL pod = 20 cigarettes worth of nicotine.
- 8. Blood vessel damage:** Vape that contains nicotine can increase blood pressure and heart rate and cause arteries to stiffen up. That means a higher risk for a cardiovascular event (think heart attack).

SOURCES

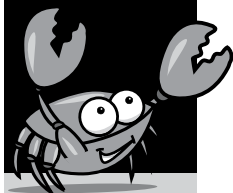
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6. ncbi.nlm.nih.gov/pmc/articles/PMC4363846
7. thetruth.com/the-facts/fact-402
8. medpagetoday.com/meetingcoverage/ers/67802



RethinkTobacco.com

TOBACCO
RETHINK IT
SERIOUSLY.

Calendar of Events



DID YOU KNOW?

The longest Cricket Test match lasted over 12 days between England and South Africa. It only ended because the English team would have missed their boat home.

SATURDAY, SEPTEMBER 2

EAGLE TALES FROM THE PARKS

7 pm at the Camano Island State Park amphitheater. Join local eagle enthusiast and wildlife photographer, Pat Holmes, for a presentation about the bald eagles on Camano Island. See adorable photos of this year's eaglets, hear their stories, and learn about their behavior.

SATURDAY, SEPTEMBER 2

E-CYCLE

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

SATURDAY, SEPTEMBER 2

JOE COOK BLUES BAND

7:30pm - 10:00pm at Pub 282. The Joe T. Cook Blues Band is 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.

SATURDAY, SEPTEMBER 2

FAMILY BINGO

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

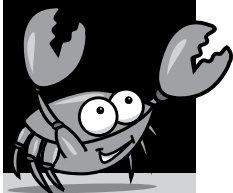
SATURDAY-SUNDAY, SEPTEMBER 2-3

THE ROAMING ARTISTS ART SHOW



The Roaming Artists is a group of local artists dedicated to painting En Plein Air. This group of artists gather at locations during the summer months around Camano Island, Stanwood and adjacent areas. They will be showcasing their summertime paintings during this annual Show. View the work of our talented art community. Painting outdoors or back in their studios using sketches prepared in the field, the Roaming Artists explore and respond to the dramatic beauty that surrounds us. Artist's individual painting styles are well represented in various mediums. The annual Labor Day Show, featuring all original artwork, is held at the Camano Multipurpose Center (Green Building, next to CASA) from 10 a.m. to 4 p.m.

Calendar of Events



DID YOU KNOW?

The Vatican had music which was forbidden to be copied and was only played twice per year. It was secret for almost 150 years until a 14-year-old Mozart heard it and transcribed it from memory.

SATURDAY-SUNDAY, SEPTEMBER 2-3

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.

SATURDAY-TUESDAY, SEPTEMBER 2-5

PILCHUCK GLASS SCHOOL'S NEON SYMPOSIUM 2023

Join us. Explore the many wonders of Luminous Phenomena with leading neon practitioners! Pilchuck Glass School's campus will be aglow as leading neon artists, fabricators and historians gather to offer demonstrations, lectures and collaborations. And, of course, it wouldn't be a Pilchuck event without a side of fun activities (neon fashion show anyone?). We welcome artists and enthusiasts of all levels to join us in this unique exchange of neon-related ideas and inspiration. There are two options for attending the symposium: single or 3-day package (prices range from \$125-\$700 per person). Get tickets at <https://allevents.in/stanwood/pilchuck-glass-schools-neon-symposium-2023/10000631826057747>

SUNDAY, SEPTEMBER 3

NATURE JOURNALING CLASS

6 pm – 7 pm; Meet in front of the Cama Beach Historic Store. Through the practice of nature journaling, we will develop our senses to notice details of the natural world and practice various drawings skills and methods with which to record our observations. Advanced signup encouraged but not required – please call the Cama Beach Welcome Center at (360) 387-1550. Designed for adults and teens. Weather dependent.

MONDAY, SEPTEMBER 4

NAUGHTY BINGO

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

TUESDAY, SEPTEMBER 5

FRESHMAN ONLY FIRST DAY

We are very excited to announce the beginning of a new tradition at Stanwood High School. We will start the 2023-2024 school year with a Freshmen-Only first day of school on Tuesday, September 5th. This full-day event will allow our incoming freshmen to transition from middle school to high school easier. The morning will start with an orientation in which the SHS Link Crew will serve as leaders and mentors to the freshmen. The Crew will lead our freshmen through large and small group activities that are designed to address students' needs and concerns in an enjoyable manner. After lunch, students will follow a modified bell schedule, which will provide them the opportunity to find their classes and meet their teachers before the rest of the Spartans begin the year. The day will start at 7:40 AM and end at 2:10 PM. On Wednesday, September 6th, our sophomores, juniors, and seniors will begin the 2023-2024 school year.

Calendar of Events



DID YOU KNOW?

Cold showers have more health benefits than hot or warm showers. These include improving circulation, stimulating weight loss, and easing depression.

TUESDAY, SEPTEMBER 5

FORD GIESBRECHT PERFORMANCE

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

TUESDAY, SEPTEMBER 5

STANWOOD HIGH SCHOOL SPORTS

Boys JV Tennis vs Edmonds Woodway.

Girls Soccer vs Lake Stevens. JV: 5pm. Varsity: 7pm.

TUESDAY-WEDNESDAY, SEPTEMBER 5-6

HAPPY FIRST DAY OF SCHOOL



Sept. 5 - First day of school for grades 1-9. September 6 - First day of school for SHS grades 10-12 (This will be a late-start Wednesday schedule).

WEDNESDAY, SEPTEMBER 6


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

WEDNESDAY, SEPTEMBER 6

LEGO® AFTERNOON

4:00 PM – Stanwood Library. Stop by for an afternoon of LEGO®! Build alone or with friends -- we'll provide everything you need.



The Path to Clean Water

Camano Community Seminar @ Camano Island Library

Thursday's 6pm-8pm Sept 2023

DRINKING WATER FOCUS GROUP

- Analysis of contaminants and environmental impacts
- Review Filters, Ionizers, Reverse Osmosis, Softeners

RSVP or Questions: Mark@HydratingWater.com

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Calendar of Events



THURSDAY, SEPTEMBER 7

STANWOOD HIGH SCHOOL SPORTS

Boys Varsity Tennis vs Cascade. 3:30pm.

Girls Soccer vs Marysville Pilchuck. JV: 5pm. Varsity: 7pm.

THURSDAY, SEPTEMBER 7

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, SEPTEMBER 7

CAMANO ISLAND FOREST MEDITATION WALK

Presented by Healing Through Nature, in Peace, Love & Healing, followed by organic teas / refreshments at the Mother Earth Eco-Center. Half-mile loop through mature Cedar-Fir forest canopies/ 300-500 year-old Groves. Free event with carved wood bowls as gifts. Seasoned facilitator/ author. Added times per request. Email for website / details: HighAdventureGuide@hotmail.com.



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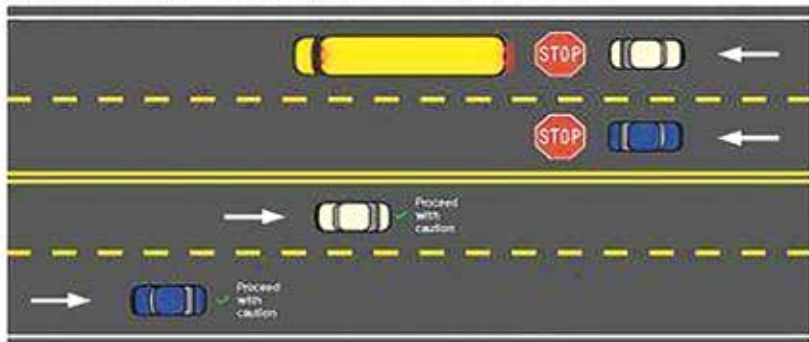


When to stop when school bus lights are flashing or stop bar is out

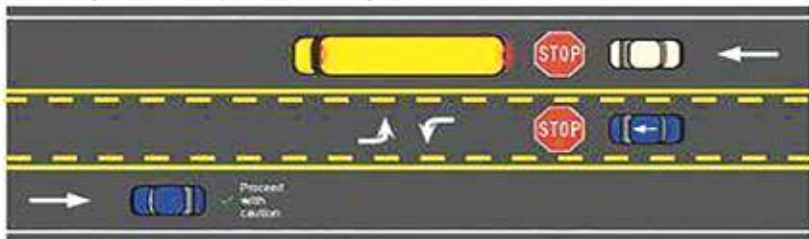
1 2-lane roadway: both directions stop



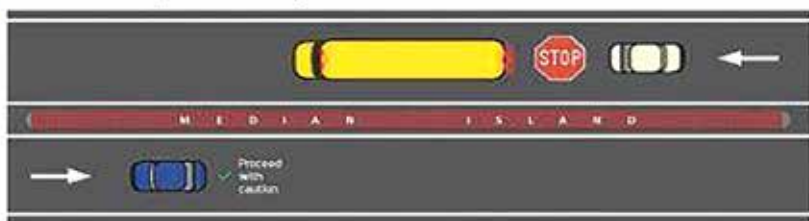
2 3+ lanes: stop if traveling same direction as bus



3 Turning lane: stop if traveling same direction as bus



4 Median: stop if traveling same direction as bus



\$430 fine if violating any of the above



REPORT INVASIVE EUROPEAN GREEN CRAB

European green crabs may be present in this area



If you find a suspected European green crab or their shell, please photograph it, note the location, and report to the Washington Department of Fish and Wildlife:

wdfw.wa.gov/greencrab

Or contact us at:

Phone: 1-888-WDFW-AIS

Email: ais@dfw.wa.gov



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Stay indoors and keep windows and doors closed



If you must go outdoors, wear a mask (preferably N95s)



Avoid excessive activity, such as jogging or running



Monitor the outdoor air quality
www.airnow.gov



Create a household emergency plan



Stay hydrated

Sources: weather.gov and noaa.gov



Windermere

REAL ESTATE



STANWOOD **\$1,120,000**
Spacious and beautifully appointed home on 5 peaceful acres has 4 generous sized bedrooms, full-size sports court, great location. #2077796



NORTH END **\$865,000**
Private oasis on 5 parked-out acres, gorgeous and impeccable home plus shop, gated and mostly fenced. #2052833



KAYAK POINT **\$725,000**
Fantastic single-level home with a complete remodel on a shy half acre, RV hookups, 3-car garage. #2141526



NORTH END **\$990,000**
Wonderful ramblor on 5-private acres with shop, RV hookup, generator, new deck and roof and more! #2137902



WEST SIDE **\$795,000**
Large 3-bedroom home on Camano with separate MIL on lower level all on a beautiful 1.6 private acres. #2138805



STANWOOD **\$489,000**
Charming, well-maintained ramblor with fully fenced back yard, huge deck with hot tub, great in-town location. #2144811

STANWOOD
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360.629.8233



CAMANO ISLAND
818 N. Sunrise Blvd.
360.387.4663

Windermere

REAL ESTATE



VACANT LAND **\$349,000**
Gorgeous, private bluff-waterfront acreage on Camano with magnificent views over beaches and Port Susan. #2143880



COUNTRY CLUB **\$1,275,000**
Outstanding, high-bluff waterfront home is updated, clean and move-in ready and has gorgeous 180-degree views. #2144061



PORT SUSAN **\$699,950**
Weekend retreat or full-time beach life, this might be the peace and serenity you are looking for at this 3-bedroom Camano home. #2131121



CONWAY **\$1,249,000**
Equestrian/hobby farm property with 4-bedroom farmhouse. 9-stall barn, tack room, paddocks, hay barn, cross-fenced pastures and more! #2131605



SHELTER BAY **\$399,900**
Single-level 3-bedroom home with a spacious deck, outbuilding and wonderful community amenities including beach, golf, sports courts. #2143863



CAMANO HILLS **\$1,925,000**
Custom-built and impeccable home loaded with features plus sweeping easterly mountain and water views. #2060106

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR





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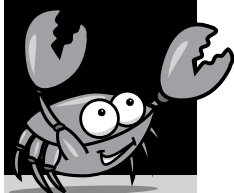
Overwhelming joy is a common resident experience as they live and thrive in a vibrant purposeful Christ-centered community with the freedom to actively engage and pursue the things in life that matter most to them. Our Cedar Court assisted living community is designed for seniors who want to remain active 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

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

Dining Guide



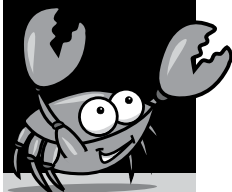
DID YOU KNOW?

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. Al-
though pocket
watches have
since disap-
peared, the tiny
jeans pocket
remains.

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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
CRISTY'S LUMPIA & MORE (Stanwood) • (360) 629-2727
DOS REALES (Stanwood) • (360) 629-0822
DRAGON PALACE (Stanwood) • (360) 629-8106
DUCK IN CAFE (Stanwood) • (360) 629-3440
FARMERS CAFE – (Stanwood) • (360) 629-4953
GYRO STOP (Stanwood) • (360) 572-4175
IXTAPA MEXICAN RESTAURANT (Stanwood) • (360) 629-5228
JACK IN THE BOX (Stanwood) • (360) 629-2384
JASMIN THAI CUISINE & SUSHI (Stanwood) • (360) 629-2044
JIMMY'S PIZZA (Stanwood) • (360) 629-6565
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JOURNEY'S END CAFE • (Camano Island) • (360) 387-9120
LITTLE CAESARS PIZZA (Stanwood) • (360) 629-6999
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MCDONALD'S (Stanwood) • (360) 629-9787
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MUSTARD SEED BAKERY & CATERING (Stanwood) • (360) 572-2499
NAHA TERIYAKI (Stanwood) • (360) 629-0681
PADDLE PUB (Stanwood) • (360) 652-4156
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PATINI'S GRILL (Stanwood) • (360) 629-0822 or 360-572-2981
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PICNIC PANTRY (Stanwood) • (360) 631-5218
PRIMAL BARBECUE (Camano Island) • (360) 572-2122
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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TWIN CITY LANES CAFE (Stanwood) • (360) 629-3001
WAYNE'S CORNER CAFÉ (Stanwood) • (360) 939-2300
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DID YOU KNOW?

Only 2% of the world's population has green eyes.

DIY STARFISH SALT DOUGH GARLAND



What You Need: Salt Dough: Mix 2 Cups All-Purpose Flour, 1 Cup Salt, and 3/4 to 1 Cup of Water; Jute or Heavy Twine; Toothpicks

How You Make It: Take a chunk of the dough and roll it into a ball. On a lightly floured surface (to prevent sticking), use hands to flatten ball. Once you have your circle of dough, use a toothpick to press marks into the dough where the arms of the starfish will be. Remove dough between markings and use hands to round and shape the starfish form. Use toothpick to make long indentation in center of each leg and to poke small holes up and down arms of starfish. Poke a hole in top of starfish (we used the non-pointy end of a ball point pen). Let dry, either by allowing to air dry, or by baking in a 200 degree oven for several hours until hardened. Once dried and cooled, apply coat of acrylic sealant. Tie small loop through hole at top of starfish with jute so the starfish will hang flat when suspended. String starfish on strand of jute to make garland.

Source: <https://blog.chickabug.com/starfish-salt-dough-garland/>



CASA

Court Appointed Special Advocates
FOR CHILDREN

SNOHOMISH COUNTY

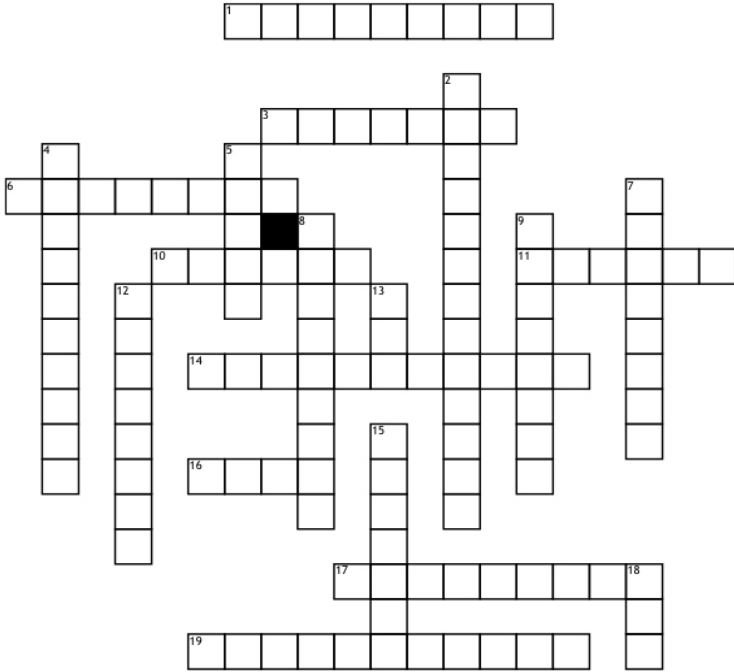
Volunteer Today

Advocate For a
Child in Foster Care

CASA@snoco.org
@SnohomishCASA



SUMMERTIME CROSSWORD PUZZLE



Across

1. Summer shoes
3. Dolphins blow and play with these.
6. Beach shade maker
10. a place to put sand
11. a delicious round fruit
14. You wear it when you swim
16. She isn't a boy

17. a squishy ocean animal

19. A Mexican Spring holiday

Down

2. A fun way to make money in the summer
4. A red and green fruit
5. It is beside the ocean.
7. wind-powered toy

8. A round summer toy

9. A frozen summer treat

12. A fish shaped like a star

13. it heats the Earth

15. ocean plants

18. It protects your head from the sun



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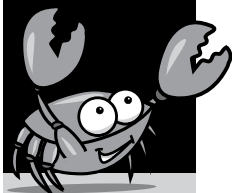
CARTOON ILLUSTRATIONS OF LOCAL BUILDINGS / HOMES

by Camano Island artist, James M. Shipley



Get a whimsical illustration of your business or home for only \$70 each.
Call 425-299-7893 or email walkingcat@aol.com for more information.

Photos and Art



DID YOU KNOW?

Sudan has more pyramids than any country with 255. They outnumber Egyptian pyramids by twice the amount.



"Wait your turn!" Photo by Suzanne W.



Kayakers on Sixteen Lake, Conway, WA. Photo by James M. Shipley.

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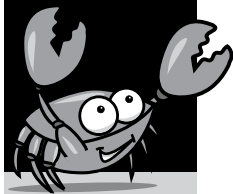
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Artist of the Week



JEREMY ABBOTT AND THE GOOD VIBES



JAM is a Pacific Northwest reggae fusion band led by Camano Island performer, Jeremy Abbot. Blending reggae, rock, blues and electronic tones, Jeremy Abbott delivers genuine vocals and finds a unique sound. "It matters what you put in your ears. Music should make you think, make you celebrate, it should have something to say. I'm on a mission to connect people together, dig deeper into the heart, reveal what's important and stand together." - Jeremy Abbott

<http://www.JeremyAbbott.Net/>



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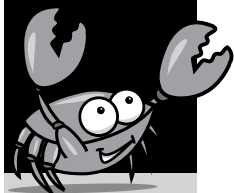


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yourself and we
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DANCE PROJECT NW



My name is Nichole Long, and I am the President of The Dance Project NW Foundation & Booster Club. Our mission and vision is to support dancers enrolled & attending The Dance Project NW (Stanwood). We are a registered non-profit in Washington State, and are in the process of getting our 501(c)3. I am reaching out to the community because the Dance Studio recieved a unique and special opportunity to Dance The Magic in Disneyland! A studio must go through an application process and be accepted, and the dancers are excited to have earned this opportunity! While the dancing in Disney in itself is extraordinary, this opportunity will also provide professional photography and educational classes taught by Disney Staff & Choreographers. The Foundation hopes to support these dancers on this unique experience through fundraising, and are offering an opportunity to businesses, individuals and organizations to invest into the local youth and their dance ambitions. We have an event tee shirt we are making, and you can purchase a spot on the back of the shirt! These shirts will be worn by the dancers and their chaperones whenever possible, along be a keepsake from the trip and worn throughout the season. This on-the-move marketing is not only an investment into helping share your brand to an engaged audience, but as well shows your business cares and invests into local youth in sports. Investments begin at \$100, and we hope you'll consider this opportunity. Please find included in this mosy more information on the levels and pricing. If you have any questions, please do not hesitate to contact myself or anyone else on the Executive Board (email: tdpnwfoundation@gmail.com). Learn more about us on our website: <https://bit.ly/TDPNWFoundation>. Thank you for your consideration, and investment in the development of our community & its children! (While this fundraiser is specifically for Dance The Magic, we will be building up our general fund to help bring additional classes and events to the students at The Dance Project NW. If you are interested in supporting our general fund, please email us!)

WHEN WAS THE LAST TIME YOU CHECKED YOUR ATTIC & CRAWL SPACE?



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& RODENT PROOFING



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& INSTALLATION



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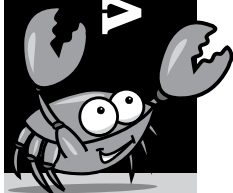
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REMODELING FOR AMATEURS

A few years back we came home from a vacation to find a tree had blown down and made a direct hit on my boathouse, limbs punched through the metal roof, rafters broken in half, support poles leaning at precarious angles, nothing you want to find after a relaxing trip to get away from the problems of your world. Fortunately the little sailboat I'd built back in 1990 hadn't been crushed but it was a close call with the collapsed roof a few inches from smashing it. I don't sail it much anymore but it's a much beloved possession.

With some winches and a few fresh poles I managed to jerk the building back upright, sistered up the broken rafters, bandaged up some holes in the roof and figured, well, sure, it was kind of ugly now but worth saving rather than rebuild from scratch. Year after year it kept leaning more and more, but I would shove timbers in front of it to slow it down. This week I emptied the side shed of rough cut lumber, planed the whole she-bang, took out the aluminum I'd stored for glass installations over the years and decided maybe it was time to do a little upgrade on the building so with the sun at my back, a house jack at the ready, couple of new beams and a maul for beating the old ones upright, I went at it optimistically.

But when I would get one corner upright more or less the opposite side would lean worse. I tried shoving poles and beams against that side to keep it from falling over but nothing I did seemed to work. Being an impatient sort, I finally tried to just force the bastard up and into place, got the tall corner sort of squared away before a beam let go and I found myself shouldering the weight of the entire building as it started to fall on me before frantically pulling the support pole into a precarious angle that stabilized things. Momentarily. Back in the rear I latched onto that pole, gave it a little encouragement with my 8 pound maul ... and watched the whole shed let go, pulling the back support of the boatshed down too.

Lucky for me I wasn't on the inside with that last tap. Unlucky for me the boatshed let loose too. I could see my little sailboat, the SS Pterodactyl, with part of the roof seemingly resting on its rear transom, a sad sight for this Popeye, just another idiot who sailed into treacherous waters without proper training, no life jacket and no one near to come to the rescue. Some of us never learn....

Community Information



GRAB A CRAB CRACKER:

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

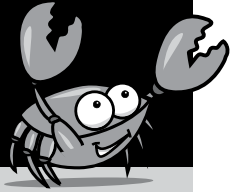
WEEKLY INTERPRETIVE PROGRAMS AT OUR STATE PARKS (UNTIL SEPTEMBER 3)

(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. **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.



Community Information



2023 TROUT DERBY

Happening now through October 31st! Over 100 lakes across Washington State (including Lake Ki) are stocked and you're looking for the blue tag. There are 800+ prizes totaling over \$40K and 90+ businesses sponsoring prizes. No entry fee or registration required. Check out www.wdfwderby.com for more information! Camano Plaza IGA donated 4 ACE Hardware gift cards - maybe one could be yours?

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.

STANWOOD AREA HISTORICAL SOCIETY MUSEUM EXHIBITS

Open for guided visits and history research 1 - 4 pm Wednesday and Saturdays. Tour the D. O. Pearson House Museum, the Eldridge Center Gallery and Library, the Floyd Norgaard Cultural Center 3rd Floor Exhibits and the Veterans Memorial (Outside). Volunteers welcome! More info: www.sahs-fncc.org.

DOG DAYS OF SUMMER

GARAGE SALE



AUGUST 25-27 9AM-5PM CAMANO ISLAND

Save-A-Mutt is a Snohomish County Pet Rescue. We take unwanted animals from shelters and put them into foster homes for medical care, socialization and more. We find them amazing forever homes. 100% of sales will go to help our life saving mission.

AND... 100% of sales are matched - your purchase is doubled!



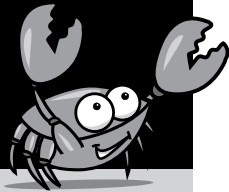
NO EARLY BIRDS!!!



Find us on Facebook for Event Info!
www.save-a-mutt.org

LOCATION: 1280 OLSEN ROAD, CAMANO ISLAND

Community Information



DID YOU KNOW?

People who donate blood in Sweden are sent a text message each time their blood saves a life.

HELP FOR UNSTABLY HOUSED STUDENTS AND FAMILIES

The Stanwood-Camano School District Implements the McKinney-Vento Homeless Education Act. The McKinney-Vento Homeless Education Act of 1987 provides support for homeless children and youth to continue their education without interruption or barriers. The definition for McKinney-Vento identification is far more inclusive than what most people think when they think of "homeless." Please review this information to understand more. If your family is living in a temporary living situation due to economic circumstances, your preschool-aged and school-aged children may be eligible for some additional school support under federal law. We work to help eliminate barriers to students' academic success and extracurricular participation by immediately enrolling students who qualify and providing them with needed supplies and fee waivers. Transportation for eligible students is also provided as long as the commute is in the students' best interest. The McKinney-Vento Act defines homeless children as "individuals who lack a fixed, regular, and adequate nighttime residence." This may include the following: Children and youth sharing housing due to loss of housing, economic hardship or a similar reason; Children and youth living in motels, hotels, trailer parks, or camp grounds due to lack of alternative accommodations; Children and youth living in emergency or transitional shelters; Children and youth abandoned in hospitals; Children and youth whose primary nighttime residence is not ordinarily used as a regular sleeping accommodation (e.g. park benches, etc.); Children and youth living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations; Migratory children and youth living in any of the above situations; Stanwood-Camano School Board policies 3115P Homeless Students Enrollment Rights and Services Procedure. Contact the school district liaison or the Building Point of Contact if you or someone you know is experiencing unstable housing. Michele Kunzman, McKinney Vento Liaison for the Stanwood-Camano School District, 360-629-1392, mkunzman@stanwood.wednet.edu.

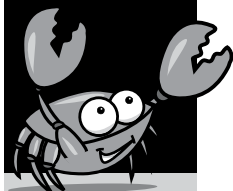
FREE BACKPACKS / SCHOOL SUPPLIES

We are giving new backpacks, school supplies, clothing & water bottles at NO cost. The Back to School giveaway is by appointment, the event its self will take place at 9928 272nd PL NW. Stanwood. Call for appointment: 360-842-9518.



Community Car Wash
at Brookdale Senior Living
to raise funds for
Alzheimer's cure
Friday, September 8th
from 10:30 - 1pm
7212 265th St NW, Stanwood, WA 98292
Phone: (360) 629-3445

Community Information



DID YOU KNOW?

In the U.S., around 75% of all houses possess at least 1 jar of peanut butter.

CLASS OF 2024 SENIOR GRAD AD INSTRUCTIONS DUE DATE: NOVEMBER 3, 2023


Senior Grad Ads have been a tradition for many years. Parents have the opportunity to purchase space dedicated to their child on a page in the Yearbook. It's a way of making the Yearbook personal to each senior and celebrating their senior year and high school career. This year, you have the following options when creating the grad ads: 1. Design the ad on your own. If you have prints, you'll need to scan them into digital format. Once you've designed the ad, you'll submit using the yearbookforever.com website. Design your ad for the space size you will be purchasing (see size guide for specific measurements.). If you don't know which program/app to use, we recommend using Canva.com. Please include your student's first and last name somewhere in the ad so that we can identify it during production. The final step is to download your ad. When you do so, please save the ad you create with the file type "PNG" to ensure high resolution and good quality. 2. Your second option is taking your photo prints or digital images to a professional graphic designer and they can create the ad to your specifications and upload to yearbookforever.com. 3. Finally, you can have a Yearbook staff member design your ad. Just send us the photos and text you want to use, and we will create a basic ad for you. There is an additional \$50 charge for this service. If you would like your submitted photos or artwork back, include a self-addressed stamped envelope and we will mail it back to you. *Please note that it is the Stanwood-Camano School District's policy to limit the Grad ads to include only the student's name and the family members' names that are purchasing the ad, along with a basic message such as "We are so proud of you" or "Congratulations." We are sorry we cannot offer space for longer personal messages in your ads. Submission procedure: Go to Yearbookforever.com and type in Stanwood into the School Name box and select Stanwood High School. Then click the Yearbook Snap button and type in Spartans for the access code. Next, click on Upload Photo and select the photo/ad that you want to upload, and select Grad Ads as the category so it uploads to the correct folder. Please include your name and email. If you have any questions, you can contact the yearbook advisor, Mr. Hawk at: whawk@stanwood.wednet.edu or 360-629-1300 x5324

FALL PLANT POT EXCHANGE

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


Welcome to the newest member of
Cascadia Eye's ophthalmology team!

Andrew Sumnicht, MD

 **Book an appt
online any time**

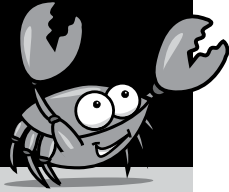
Member of most insurance & vision-only plans.

8718 270th St. NW, #A, Stanwood, WA 98292 | www.cascadiaeye.com | 360-629-4180



You are invited
to a fun
OPEN HOUSE
Wed., Aug. 30
4-5:30pm

Community Information



"WHY MOVE TO WARM BEACH" BREAKFAST

August 31 and September 28. 9:30AM Breakfast, 10:00AM Program at Warm Beach Senior Community Center, 20420 Marine Dr., Stanwood. Space limited to 40 guests per event. RVSP by calling 360-652-2645. Downsize Your Stuff and Upsize Your Life. The reasons for joining the retirement community at Warm Beach are as unique as our residents themselves. Yet there is a common thread that weaves through the stories residents tell of their journey to our community. In downsizing homes and yards, rooms of furniture and closets full of accumulated stuff they found the freedom to engage more with the things in life that matter. Spending time with family, travel and getting out into the world and giving back to the community through volunteering. Our residents take time to know their neighbors and rediscover the lost art of living as part of a community. Have you been considering joining the Warm Beach Senior Community, but not sure if you're ready? Would you and/or your family benefit hearing directly from folks who live in the community as to why they made the move and what to consider as you look to your future? We invite you to join us for this casual and informational morning of friendship and education.

NIGHTMARE BEFORE CHRISTMAS BAZAAR

Wanted: Are you a crafter? tables available for The Nightmare Before Christmas Bazaar, Oct. 28th in Lost Lake. Reserve you full table (\$40) or half table (\$20) today! Contact Janet @ (360) 387.0466 to reserve!

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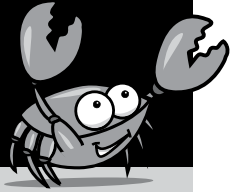


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Community Information



DID YOU KNOW?

Animal's yawn
based on how
large their brain
is. The bigger
the brain, the
longer they will
yawn.

COME STOP BY THE STANWOOD CAMANO THRIFT STORE!

Our new hours are Tuesday through Saturday from 10 am-4 pm. Tuesdays-Check out our Facebook page for our Tuesday Treasures video to get the secret word of the week. Say the secret word at checkout and get 50% off of your purchase! (Excludes: red and white tagged items) Wednesdays-We have 50% off linens. Thursdays-Fill a bag with regular-priced clothing for just \$5.00 a bag. Starting in September we will once again be accepting and selling large pieces of furniture!

THANKS FROM CASA



The Camano Animal Shelter Association, CASA, held its 15th Dog Wash on Saturday, August 14th. A steady stream of dogs, big and small, new and returning customers came to the event. This was a wonderful way for volunteers, dog owners and dogs to meet and socialize, and a great time was had by all! A total of 86 volunteers participated, 231 dogs were brought to the event, 196 received baths and 165 dogs had their nails clipped. Between the event and money contributed by people who could not attend, the total proceeds for the animals at CASA was over \$11,500. Thank you to all who contributed. Thanks to the community who supported this event by volunteering, bringing their dogs and/or making contributions. Pictures of the event appear on the CASA website photo album, www.camano-animalshelter.org.

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RETHINKING POWER NEEDS

@kwiens62



POWER IS NOT LIKE A
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WHERE ONLY ONE PERSON HAS
ALL THE POWER AND CONTROL.



POWER IS LIKE A CANDLE.
YOU CAN GIVE A CHILD POWER WITHOUT
GIVING AWAY ANY OF YOUR OWN POWER.



YOU DON'T HAVE A SET
AMOUNT OF POWER
~ LIKE A BUCKETFUL.
THERE ARE WAYS TO GIVE A
CHILD POWER WITHOUT
LOSING ANY OF YOUR OWN.

KIDS DON'T WANT YOUR POWER. THEY WANT THEIR OWN.

RICHARD LAVOIE



WHEN A STUDENT FEELS THEY HAVE

POWER WITH
THE ADULTS
AS WELL AS

POWER WITHIN
THEMSELVES

THEY'LL HAVE LESS NEED TO SEEK

POWER OVER
OTHERS

A NEW UNDERSTANDING OF
POWER CAN HELP WITH THIS



"SEE A CHILD
DIFFERENTLY...
SEE A DIFFERENT
CHILD"

STUART SHANKER

6 WAYS TO HELP KIDS MEET THEIR POWER NEEDS



1. OFFER CHOICE, NOT ORDERS
2. GIVE RESPONSIBILITY
3. START WITH STRENGTHS
4. EXPRESS INTEREST RATHER THAN PRAISE
5. ASK FOR THEIR OPINION
6. ASK FOR THEIR HELP

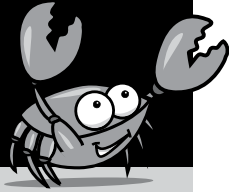
6 POINTS TO REMEMBER



1. AVOID POWER STRUGGLES
2. AVOID MAKING THREATS
3. GROWING POWER NEEDS ARE A HEALTHY PART OF CHILD DEVELOPMENT
4. RESPECT BOUNDARIES
5. THE RULES (NOT THE ADULT) SHOULD BE OBEYED
6. REFLECT ON YOUR OWN NEED FOR POWER & CONTROL

"THE REALITY IS THAT NO ONE WINS A POWER STRUGGLE" ROSS GREENE

Community Information



DID YOU KNOW?

The average U.S. household has 300,000 things, from paper clips to ironing boards. U.S. children make up 3.7% of children on the planet but have 47% of all toys and children's books.

CAMANO ISLAND FIRE ASKS VOTERS FOR LEVY LID LIFT IN NOVEMBER ELECTION

Camano Island Fire & Rescue is asking voters for a fire levy lid lift to fund additional firefighters and station improvements. The proposal will appear on the November 7, 2023, general election ballot. If approved by voters, the fire levy lid lift will fund: Up to six additional firefighter/EMTs or firefighter/paramedics; Another medic unit staffed by a second paramedic per shift; Renovation of the Mabana station to allow for a 24-hour staffing and response. These improvements will reduce response times and improve service reliability across the island. Camano Fire is asking voters to change the fire levy from \$0.83 per \$1,000 of assessed property value to \$1.25. The \$0.42 lid lift would cost an additional \$17.50 per month or \$210 per year for the owner of a \$500,000 home. Fire and EMS levy funding is the only funding that stays on Camano Island to benefit Camano Island residents.

PRICEY DIGGS



September 4th, 3pm at Camano Island Yacht Club. Camano Island Yacht Club members and Guests only *** If you'd like to attend as a guest of the host, please email marlazone@outlook.com.

PACK THE MAC ART SUPPLY DRIVE

Help us fill the Mobile Art Center with supplies. Stanwood SCAAC is accepting donations of new or lightly used art supplies. Drop off bins are located at The Loft Gallery at the Camano Commons Marketplace and at the Community Resource Center of Stanwood-Camano from August 14 - Sept 4. You can also drop off directly at the MAC on August 26 from 12 - 2pm at the Future Art Center site (10008 270th St. NW, Stanwood). If you're back to school shopping...consider buying a pack for the MAC! More details at www.scaacwa.org/packthemac.



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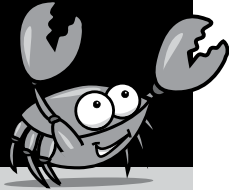
SAVE THE DATE

September 9th
10am – 2pm

Post-Pandemic Grand Opening

Sponsored by:
Port Susan Professional Building
1283 Elger Bay Road

Community Information



DID YOU KNOW?

Silvana, WA
is on an island.
It is surround-
ed by the
Stillaguamish
River, the Cook
Slough, and
South Slough.

STANWOOD CAMANO FOOD BANK SERVICES

It has been around two months since we expanded into the adjacent space our building! Based off of a grocery store model, we are proud to provide a shopping area that is bright, colorful and clean for our clients. With an increase in demand, it allows us to have warehouse space and overflow storage right here on site. Needless to say, it has been a busy and very exciting time for our organization, and we couldn't do it without our community support! Join our team and come check it out- Come spend a Saturday helping to distribute food to our clients, take time on a Tuesday to restock shelves, or sort through veggies on a Friday morning! Have fun and make a difference- Apply to volunteer today! www.stanwoodcamanofoodbank.org or call (360) 629-2789."

LOFT THEME SHOW - "BE STILL"



Want to see a wonderful sampling of art from around Camano Island? Check out the The Loft at Camano Commons! Their current theme show is running now through September 5th and is named "Be Still." Lydia, of Lydia C Creative:Life has curated a wonderful collection of pieces from local artists including Beth Erickson, Betty Dorotik, Bobbi Samples, Debbie Kluge, Diane Hill, Gabriel Johnson, Jamie Wick, Jason Otto, Jeanette Mahoney, Jed Dorsey, Lynette Oien, Lydia Crouch, Mauren Wilson, Rich Crouch, and Richard Reed.

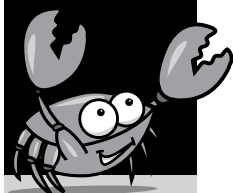


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Clubs and Meetings



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editions.

Friendship Tea: Drop by for tea, treats, and a chance to visit with friends, both old & new. Join us 1st, 2nd & 3rd Tuesdays of every month from 10:30-12:00 at the Camano Center. No charge to Camano Center Members. \$5 fee for non-members. Please check in at the Front Desk. For more information, call Connie at 360-652-7211.

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.

T.O.P.S: 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.

Kaleidoscope Play & Learn Tuesdays and Wednesdays - a FREE play group for 0-5 years and their grown ups. Led by trained facilitators who guide children 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. This program is part of the Making Life Work Kindergarten Readiness Initiative.



CASA'S PET OF THE WEEK:

MARLIN is an affectionate, outgoing guy who loves to get attention. He does well with all people and loves being the center of attention. Marlin does great with other cats and would make a great addition to any home! If Marlin sounds like the cat for you, please stop by the shelter to visit him.

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



NOAH'S PET OF THE WEEK:

Hi I am **IZZY** and I am the life of the party! I have all of the energy in the world and love to be outdoors. I have a very strong personality so I would do best as the only dog in the home or with a dog that is okay with me running the show! Once I am out of my shelter, I love flopping on people and getting cuddles, hence my nickname! Come visit me 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:

NEWTON is a delightful gentleman who will make you fall in love with just one look. He is a friend to everyone and a favorite in his foster home. Newton loves playing with other dogs and would enjoy a doggie friend. 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



WORLDLY SPLENDOR

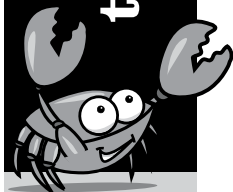
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View from the Bleachers



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

WAITING FOR MY WIFE

A common complaint of many husbands is having to wait for their wives. Waiting as she picks out an outfit; waiting for her to finish putting on makeup; waiting in the store for her to pick out the perfect lamp for the living room. Waiting at the hospital while she takes forever to deliver their baby.

You will never hear me make any such complaints about my wife – although there was that one time when I got a flat tire. It took her forever to jack up the car and put on the spare. I got so bored waiting for her to finish. A guy can only play Solitaire on their phone so many times before it gets repetitive.

The truth is, in most aspects of our wonderful life together, my wife rarely makes me wait. She can be very decisive. What I'm not quite as fond of is the way my dear wife takes FOREVER whenever we are visiting an interesting place, particularly one that has a lot of incredible scenery or fascinating history. Once there, if we see ANYTHING REMOTELY WORTH TAKING A PHOTO OF, well, that's when the problems begin. Did I mention my wife is an artist? She does oil paintings of landscapes – mountains, flowers, birds, seashores, and interesting architecture. She is very accomplished and well known for her artwork.

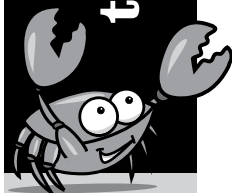
Because of her passion for her art, whenever we take a hike to check out, say a pristine lake or some lovely beach or a historic castle or a cathedral or a heron sitting on a log, my wife has an uncontrollable impulse to take several photographs. Let me clarify. When I say, "take several photographs," I don't mean three or four photos of the very same thing. That's what a normal person might do. My wife is not normal. No, she'll take three or four DOZEN photos of the very same thing. Why does she obsess over getting the perfect shot? She claims it's so she can make oil paintings from her photos.

Recently we took a stroll along a beach near our home. She loved the way the sunlight reflected off the waves as they lapped along the shore. I'll admit it was a lovely, tranquil maritime setting. That's why I took two photos... and my wife took 125. She kept on clicking over and over. Thirty years ago, when people used film to take pictures, my wife knew that each snap of the camera's shutter cost money to develop. So, she was conservative in her click-count.

Thanks to the age of digital cameras, she can now take a myriad of shots, and they're all free. Whoever invented the digital camera, that person has seriously threatened our marriage and my sanity. That's because my wife sees nothing wrong with spending hours photographing every possible nuance of a babbling brook, while I sit around waiting for her to run out of steam. She never does. She's the Energizer Bunny of taking pictures.

Don't get me wrong. I love my wife. And her landscape paintings are truly amazing. But I have seen glaciers crawl forward in less time than it takes for her to finish taking photos of, say, a nesting bald eagle. I've learned to accept this peculiar quirk about my wife. Whenever I'm forced to wait around while she clicks away in search of the perfect closeup of a tulip, I try to make productive use of my spare time

View from the Bleachers



by getting caught up on my latest Stephen King novel... or erecting cot and taking a nap. She's going to be a while.

Our house is filled with dozens of her original paintings – on just about every wall of every room, I pretty much live in an art gallery. Before long we will run out of wall space for her art. Maybe then she'll dial back on the need to take hundreds of photos of every waterfall she sees.

Who am I kidding? She's not going to change. But I have discovered a way to give her a taste of her own medicine. In the evening, when we sit down to watch a movie together, I deliberately take an annoyingly long time to decide on a film. I'll check out the trailers of ten different movies, until in exasperation she whines, "FOR GOD'S SAKE, JUST PICK ONE!"

It drives her crazy. Let's just say we're even.

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



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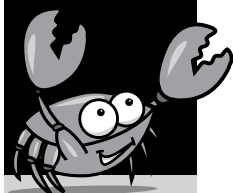
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Classes and Workshops



DID YOU KNOW?

Not all hamsters are small. Although some hamsters are as small as 2-4 inches, the largest ones are approximately 13 inches long.

Paint party at Elger Bay Food Mart & Restaurant. Thursday, August 31st. Pokemon Kids painting at 3pm. \$25/child. 'Summertime Dragonflies' painting for all ages at 6pm. \$35/person. Tickets available at Eventbrite 'Painting With VanGo' or call (425)351-8205 to reserve your spot.

CPR/AED training classes: Get CPR and AED trained! Camano Fire offers classes on the 2nd 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/>

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!

Medicare Basics Information Class: September 2nd (10:15am - 11:15am) Free event open to the public. We will be explaining how your Medicare benefits work, as well as the options for supplementation. Location: Camano Island Library Meeting Room. RSVP with John- 360-967-9601. (For accommodation of persons with special needs at meetings, call 7-1-1 or 1-800-833-6388.)

Private Music Lessons: Hart Music School offers live piano and guitar lessons for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions. Book a complimentary 30-minute lesson at HartMusicSchool.com/free-trial

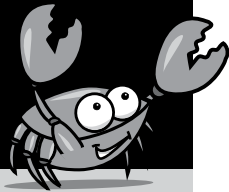
Back to School! Yoga for Beginners Five Week Session: Sep 5-Oct 3, 2023 Tuesdays 6:00-7:15pm. This course will prepare you with the first steps toward a regular practice. We look forward to meeting you on your path! Sign up through our website at movementarts.com or call 360-629-9100. Space is limited, sign up early. \$95.

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. ONLINE 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.

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BLT MACARONI SALAD

If you like BLT sandwiches, then you'll love our BLT salad! Perfect for picnics and potlucks!!



Ingredients: 1 lb. uncooked elbow macaroni; 5 green onions, finely chopped (plus more for garnish); 2 pints grape tomatoes, sliced in half; 1 c. diced celery; 1 1/4 c. mayonnaise; 5 tsp. white vinegar; 1/4 tsp. salt; 1/8 to 1/4 tsp. pepper; 1 lb. sliced bacon, cooked and crumbled; 3 c. chopped romaine lettuce

Directions: Cook macaroni according to package directions; drain and rinse under cold water to cool. In a large bowl, combine macaroni, green onions, tomato, and celery. In a small bowl, combine mayonnaise, vinegar, salt, and pepper. Pour over the macaroni mixture; toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, stir in bacon and lettuce. Garnish with green onions, if desired. Serves 12

Camano Island T-Shirts have arrived!



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CAMANO ISLAND



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PAWS AND WINGS PLACE

Happy Parents!

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!"



*Getting Married?
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Classified Listings



DID YOU KNOW?

In the Philip-pines, you can buy spaghetti at McDonald's, where they also sell a "McDo" piece of chicken.

FOR SALE:

Kayak, Easy Rider 17, ocean touring Kayak with rudder & paddle. Excellent condition. \$550 Call Dan 360-387-2878.

GARAGE/YARD/ESTATE SALES:

Yard Sale & Collectibles. Daily until everything is Gone!! 10:00 am to Dusk at 2063 Paradise Rd Camano Island.

Charity BIG Estate Sale August 25-26, 9am-4pm, 141 East Camano Drive, Camano Island. All kinds of things, all at Bargain prices. www.plusonefoundation.org

Huge Multi-family indoor garage sale, Aug. 25-26-27, 9AM to 4 PM. Lots for everyone, prefer cash. No early birds. We are back from the street down gravel road, right after Spring Hill Farm, Stanwood.

Annual Richmond Lane G-Sale! Small appliances, dishware, treasures, clothing, bedding, guy stuff, real garage stuff. Sept 1 & 2, 9am to 4pm. 275 Richmond Lane, Camano.

Huge Haiti fundraiser yard sale Fri Sept 8th- Sat Sept 9th. 8am to 3pm. Lots of Furniture! Lots of treasures! 1481 Dallman Road on Camano Island.

Big Sale: September 18-20, 9am at 27717 84th Dr NW, Stanwood. Unique Items including something for everyone. Come check it out. Please no early birds.

MISCELLANEOUS:

Willing to trade 2004 fifth wheel keystone Springdale, 24 foot. Needs cleaning & remodeling. For 950 ft.² of metal roofing in good shape. Laurelee 360-387- 7773

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

PROFESSIONAL SERVICES:

Camano Decking & Sheds2, a locally owned business. Providing affordable & quality decks, sheds & all carpentry needs. Lic. & Bonded. James 360-913-2941.

Need Computer, Cellphone or Tablet Repair? Call 360-629-3295 or visit our website at Thatcomputerguyinstanwood.com Today! Hacked or scammed we can help.

WANTED:

Considering a career in Real Estate? Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Jill at jillvail@windermere.com for more information. windermere-stanwoodcamano.com.

TIDE TABLES / SARATOGA PASSAGE / AUGUST 25 - SEPTEMBER 7, 2023

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 25	Low	6:00 AM	0.1	
25	High	2:08 PM	9.1	
25	Low	6:21 PM	8.2	
25	High	11:22 PM	9.7	
Sa 26	Low	7:04 AM	-0.5	
26	High	3:32 PM	9.9	
26	Low	8:06 PM	8.3	
Su 27	High	12:34 AM	9.7	
27	Low	8:06 AM	-1.2	
27	High	4:20 PM	10.5	
27	Low	9:16 PM	7.8	
M 28	High	1:47 AM	9.9	
28	Low	9:04 AM	-1.9	
28	High	4:56 PM	11.0	
28	Low	10:05 PM	7.1	
Tu 29	High	2:54 AM	10.3	
29	Low	9:57 AM	-2.3	
29	High	5:27 PM	11.4	
29	Low	10:49 PM	6.0	
W 30	High	3:55 AM	10.7	
30	Low	10:46 AM	-2.4	
30	High	5:57 PM	11.6	
30	Low	11:32 PM	4.9	
Th 31	High	4:54 AM	10.9	
31	Low	11:33 AM	-1.9	
31	High	6:27 PM	11.9	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 1	Low	12:15 AM	3.7	
1	High	5:52 AM	10.9	
1	Low	12:18 PM	-0.9	
1	High	6:58 PM	12.0	
Sa 2	Low	1:00 AM	2.4	
2	High	6:52 AM	10.6	
2	Low	1:03 PM	0.5	
2	High	7:30 PM	12.0	
Su 3	Low	1:46 AM	1.3	
3	High	7:54 AM	10.3	
3	Low	1:49 PM	2.2	
3	High	8:04 PM	11.8	
M 4	Low	2:33 AM	0.5	
4	High	9:01 AM	9.9	
4	Low	2:37 PM	4.0	
4	High	8:39 PM	11.3	
Tu 5	Low	3:23 AM	0.1	
5	High	10:17 AM	9.6	
5	Low	3:33 PM	5.6	
5	High	9:18 PM	10.7	
W 6	Low	4:15 AM	0.0	
6	High	11:49 AM	9.5	
6	Low	4:47 PM	6.9	
6	High	10:04 PM	9.9	
Th 7	Low	5:14 AM	0.2	
7	High	1:34 PM	9.8	
7	Low	6:40 PM	7.5	
7	High	11:02 PM	9.1	











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