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Welcome to The Crab Cracker! Here's What's Crackin'...

The Crab Cracker is a community magazine created **BY** local residents **FOR** local residents. It is a FREE publication printed every two weeks and distributed throughout the communities of Camano Island, Stanwood (and Warm Beach area), Silvana, and Conway. It contains an extensive calendar of events, original stories, feature articles, fun and interesting sections, community news and announcements, tide tables, and more. Please send us any material you want our communities to know about for possible entry into this publication. It is content provided from YOU that makes this publication the popular source of information and entertainment that all of our friends and neighbors enjoy.

Cover photo: Poppies. Photo by Martin Birkin.



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

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Submission **DEADLINE: MAY 23** for Next Edition (May 31 - June 13)

MEMORIAL DAY:

The longest running Memorial Day parade takes place in the town of Ironton, southern Ohio where they have had a parade every year since 1868.

FRIDAY, MAY 17

CASSIE & MAGGIE!

8 pm – Conway Muse. Award winning Nova Scotian / celtic musicians Cassie & Maggie McDonald return to the Conway Muse. This is a show you won't want to miss! Tickets \$20 Advanced \$25 Day of Show.

FRIDAY, MAY 17

ROCK RADIO

8:00pm - 11:00pm at Pub 282. A Classic Rock / Blues cover band playing hits from the 60's, 70's and 80's.

FRIDAY, MAY 17

FOURSQUARE WMN GATHER

Ladies, join us for a 1-night women's event where we enjoy being in community, worshiping together and being encouraged by author and pastor, Ashley Wilkerson. Invite a friend! Mocktails, hors d'oeuvres, giveaways, worship. 6pm at Stanwood Foursquare Main Building. Cost: \$45 at the door. Student (Ages 13-21) \$20.

SATURDAY, MAY 18

CLEAN SWEEP 2024



9am-2pm (or until dumpsters are full). 88th Ave NW and Florence Rd, parking lot behind police station. Every spring, the City of Stanwood offers a free garbage day, Clean Sweep, to help residents with their spring cleanup. Attendees must arrive with a current utility invoice or a Clean Sweep flyer, and identification, to verify that you live within City limits. U-hauls or extremely large trailers will not be allowed. No Commercial Loads. More info: amanda.slattery@ci.stanwood.wa.us.

17th Annual Windermere Stanwood Camano Island Soap Box Derby

June 15th, 2024 9:00 AM

Register for this year's Local Race!

Arrowhead Ranch 615 Arrowhead Rd, Camano, WA 98282



Learn More





SATURDAY, MAY 18

E-CYCLE

will be open during Stanwood's Clean Sweep 9am-2pm (though we are open to anyone). 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, MAY 18

WHAT IS FOOT REFLEXOLOGY?

10:00 AM – Camano Island Library. Experience reflexology firsthand from certified reflexologist, Melissa Handy. Learn what parts of the body are affected by pressure, what is happening, and get your questions answered. The art aims to offset stressed areas and help the body keep itself running smoothly by improving circulation, clearing out impurities, balancing body and mind, and increasing energy.

SATURDAY, MAY 18

MINIMUM WAGE BAND

8:00pm - 11:00pm at Pub 282. The boys of Minimum Wage bring to you a wide range of experience and a variety of genres that merge into a blend of toe-tapping and dance happy sets of Rock and Roll that covers decades of great music.

MEDICARE QUESTIONS?

We're here to help.



(425) 361-2944 TTY:711 M-F 9:00am – 3:00pm 10320-SR 532 Stanwood, WA 98292 WAOIC # 782423 www.vidorassociates.com

WE ARE LICENSED INSURANCE AGENTS NOT AFFILIATED WITH OR ENDORSED BY ANY GOVERNMENT AGENCY



Are you Caring for a Family Member with Dementia?

Get Connected with the Camano Center!

Dealing with Dementia Workshop
May 17th, 1:00-5:00

Pre-registration required, space is limited

Sharing is Caring Support Group

Third Wednesday of Each Month 10:30-12:00

Old Friends Club

Social Dementia Respite Program Tuesday & Thursday, 9:30-2:30

NWRC Aging and Disability Resource Specialist at the Camano Center every Wednesday, 9:00-4:00

Contact the Camano Center for more information:

info@camanocenter.org or 360-387-0222 606 Arrowhead Road, Camano Island, www.camanocenter.org



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, MAY 18

DEAL

8pm – Conway Muse. Deal presents their rendition of music of the Grateful Dead. This is a great show! \$15 Advanced \$18 At Venue

SATURDAY, MAY 18

STANWOOD SPARTAN WOMEN'S FOOTBALL



vs.Granite Falls. 6pm at Stanwood High School. Come cheer us on as we take on new opponents to raise funds for scholarships for local youth sports! Gates open at 5:15pm. Announcements and National Anthem at 5:45pm. Kickoff at 6pm. Concessions, raffles and prizes!

SATURDAY, MAY 18

DANCE WITH THE CAMANO JUNCTION BIG BAND



at the Camano Center 606 Arrowhead Rd. Camano Island. A freedance class starts at 7:30pm a half hour before the dance starts. Admission \$12 for adults & \$10 for students. Provided will be snacks, wine and beer can be purchased.

SATURDAY, MAY 18

SNOHOMISH COUNTY MASTER GARDENERS CLINIC

at Haggen each Saturday from 10:00 - 2:00. Please come and bring your gardening concerns. (It is very helpful if you bring samples and/or photos so that we can identify the issues & give accurate advice.)

7



MEMORIAL DAY:

One of the Memorial Day traditions was to eat a picnic meal while sitting on the ground of a cemetery. SATURDAY, MAY 18

8TH ANNUAL TROLL STROLL 5K RUN/WALK AND NORDIC FEST



Event by Stanwood Sons of Norway, Fritjov Lodge. 9am Check-in | Registration @ Fritjov Lodge, 9910 270th St NW, Stanwood. \$20 adult/\$10 Child (10 & under). (Dogs on a leash welcome!). 10am: Run | Walk Begins. A Norwegian flag and traditional heart waffle will be handed out to each participant! Top runners will be awarded ribbons. 10:30am-2pm: Nordic Fest Opens! Enjoy the day exploring vendors selling Norwegian inspired food, home goods, crafts, sweaters, flowers and more! We will have our kitchen open selling Pølse with Lompe as well as many Scandinavian bake good you can purchase to take home! (...LEFSE)

SATURDAY, MAY 18

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, MAY 18

STANWOOD-CAMANO KIWANIS YARD SALE

to benefit high school scholarships - 9am-4pm - 27924 84th Ave NW, Stanwood - no early arrivals.

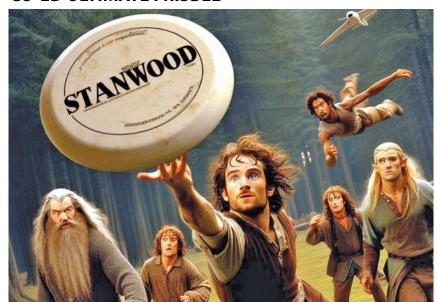


MEMORIAL DAY:

The sale of poppies has supported the work of the Veterans of Foreign Wars.

SATURDAY, MAY 18

CO-ED ULTIMATE FRISBEE



9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this event is open to all skill levels. Experience the thrill of playing this dynamic sport in a welcoming community!

SATURDAY, MAY 18

BEAUTY BAR DIVAS

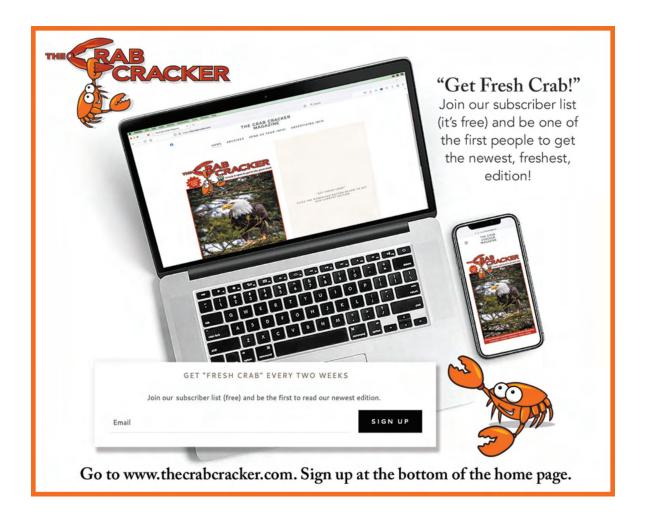
Join us for beauty bar divas, some of the best celebrity impersonators in Washington. Show starts at 9pm at Beauty Bar Salon + Lounge, 10011 - 270th St NW, Suite A, Stanwood. And we are open till 2:00 a.m. for karaoke and dancing after the show!! (360) 629-2324.

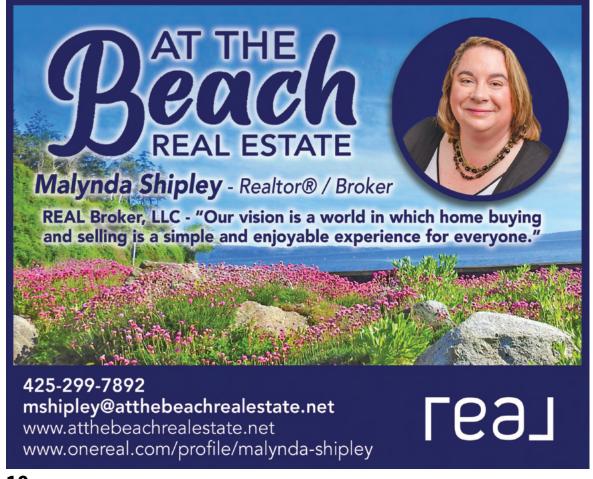
SATURDAY, MAY 18

SWIM-A-PALOOZA

May Is National Water Safety Awareness Month! Come and join us at the Y for Swim-a-palooza, the largest free swim lesson in the county on Saturday, May 18! It's a great opportunity to learn important water safety skills and have fun in the pool! This event is free and open to the public; registration is required. Learn more at www.ymca-snoco. org/swim-a-palooza-2024







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MEMORIAL

DAY:

Performed on the west lawn of the United **States Capitol** Building in Washington, D.C., The National Memorial Day Concert is also held to pay tribute to fallen US soldiers. Attended by more than half a million people at the venue, the concert can be watched by US military personnel all over the world.

SATURDAY, MAY 18

OSLC VENDOR & CRAFT MARKET

10am-4pm. Event by Our Saviour's Lutheran Church, 27201 99th Ave NW, Stanwood. Come out & support our 20+ Vendors & Crafters! Food available for purchase!

SATURDAY, MAY 18

CARS AND COFFEE



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

SATURDAY-SUNDAY, MAY 18-19

25TH ANNUAL CAMANO ISLAND STUDIO TOUR



10am-5pm. The premier event produced by CAA. Each year over Mother's Day Weekend and the following 'Encore' weekend, dozens of venues in Stanwood and on Camano Island are open to the public where they can meet artists in their actual working environments and in gallery settings. Photo: James Shipley - Studio 19

NOW HIRING

Warm Beach Senior Community (WBSC) is a non-profit ministry of the Free Methodist Church with 56 years of service to the elderly and the community. We offer competitive wages, and a great team environment. We are looking for cooks and dishwashers to join us!

Full time Line-cook Full time Dishwasher

\$1000 Signing bonus! \$500 Signing bonus!

Vacation and sick pay ◆ Full Benefits package, benefits begin after 30 days

Retirement match ◆ Additional shift pay for evenings and weekends.

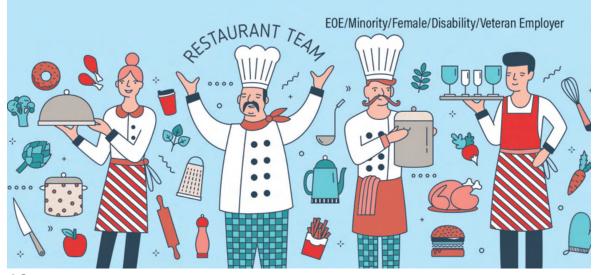
Seven holidays including a personal day ◆ Computer-Based Continuing Education

Yearly scholarship opportunities ◆ Tuition reimbursement ◆ Bereavement leave

Paid jury duty ◆ Employee assistance program



Apply online at **www.warmbeach.org** or contact **hr@warmbeach.org** for more information



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MEMORIAL DAY QUOTE:

"The secret of happiness is freedom, the secret of freedom is courage."

— Carrie Jones

SATURDAY-SUNDAY, MAY 18-19

ART SALE

50% off! Forte's Art Gallery is closing, all of Chris Tuohy's art work paintings, drawings, mixed media and photography will be 50% off. During the weekend he will be performing some of his original compositions! Coffee and cookies will be provided. 1095 Essex St. A-1 Camano Island.

SATURDAY, MAY 18-19

NXNW II (NORTH BY NORTHWEST)



a 2-day, 2-round PDGA-sanctioned C-Tier tournament at Kayak Point Disc Golf Resort. For this event, all players will play 2 rounds total, same course both days, with some divisions on the Gold Course and some divisions on the Red Course. Trophies will be awarded to the 1st place winner in each division. Pre-registration through discgolfscene. com, or in the Pro Shop is required. All the details are available at https://www.discgolfscene.com/tournaments/NXNW_2024

SUNDAY, MAY 19

LIGHT LANGUAGE DRUMMING CIRCLE

with Lola Singer. 10am-noon - Stanwood. Intuitively led community drum circle for people of all ages. Bring your enthusiasm and instruments! Drums, rattles and anything that makes a joyful noise! Additional instruments will be provided. https://spirit2spirit.org/



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MEMORIAL DAY:

Directed by Sam Fisher, there is a 2012 film called "The Memorial Day". The plot revolves around a 13 year old boy who finds his grandfather's footlocker from the World War II. SUNDAY, MAY 19

EARTH BASED MEDICINES: SOURCES AND USES THROUGH THE AGES

This free public discussion will explore the wonderful world of Earth based medicines (EBM): what they are, how they've been used throughout history and today. This is intended to be an open sharing and discussion of what's worked, why to choose EBM, when not to choose EBM, etc. Reference resources will be available. Participants are encouraged to bring stories and resources to share and notepads and smart phones to take notes. 10:30-11:30AM @ Camano Island Library, 848 N Sunrise Blvd, Camano Island.

SUNDAY, MAY 19

WARM BEACH CAMP OPEN HOUSE



"A Thank You Event". Noon-4pm. We want to thank you! Join us for a day of fun at Warm Beach Camp! Join us for a day of fun & being together. This is your chance to enjoy Camp while visiting with friends and staff. The pool, mini-golf, and other activities will be available. Lunch provided. This event is FREE. RSVP Required at https://form.jotform.com/213634235479056.

SUNDAY, MAY 19

COMMUNITY WORSHIP SERVICE

Event by Our Saviour's Lutheran Church. 9:30-11:30am at Stanwood High School Performing Arts Center. Curious About "THE GUY UP-STAIRS"? Join us for a Community Worship Service including: OSLC Choir • Worship Band • Message from Pastor Mark • Personal testimony of Ric Shallow - On an icy, cold January morning in 2016 Ric slid off the road in his car & crashed into a tree. He was flown to Harborview Medical Center where he fought for his life. He experienced some thing he never imagined. AND he met "the BIG GUY" upstairs.

SUNDAY, MAY 19

PRIDE VOLUNTEER RALLY

Event by Stanwood-Camano Pride. 4pm at the Camano Island Library. Are you interested in being a Pride Hero and earning a free t-shirt and coveted rainbow lanyard? Then meet us at the Camano Library at 4pm, and sign up to help make this event run smoothly. We even have sitting jobs for those who aren't as mobile. We are grateful for your help!

2024 Motorcycle Show

Lincoln Hill Retirement Community & Senior Center
7430 276h St NW. Stanwood WA, 98292 Denise (36629-7403 EXT 115 to PreRegister)



SATURDAY JUNE 8TH 9:00AM - 3:00PM



JUDGING IN

BEST IN SHOW~BEST VINTAGE~BEST CRUISER~BEST 3WHEELER~BEST OFF ROAD
BEST CUSTOM~BEST TOURING~BEST AMERICAN ~ BEST IMPORT

~RESIDENTS CHOICE~

REGISTRATION:

Pre-Register \$25 Day Of Event Register \$30 Vendor Booth \$40

~MENU~

PANCAKE BREAKFAST 7:30AM 10:00 \$5 HOT DOG LUNCH 12:00 - 2:00 \$5

Pre-Registration -\$25.00

Day of Registration-\$30.00

Vendor Booth-\$40.00

Online registration at:

www.lincolnhill-rc.org

Save the Date





Saturday, August 31st

9-3

Lincoln Hill Retirement Community and Senior Center

7430 276th St. NW

Stanwood, WA 98292

Contact Denise - 360-629-7403 x 115

Awards to be given at the end of the show!

Music and fun for Everyone!

Biscuits and Gravy Breakfast

7:30 - 10:30 \$5.00

Hot Dog Lunch

12:00 - 2:00 PM

MONDAY, MAY 20

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.

MONDAY, MAY 20

"BABY AND US PLAYTIME" AT THE CRC

1:30pm at the Community Resource Center, Stanwood. Playful interactions can provide both socialization for caregivers and infants, along with siblings. We will work to create an environment that supports your family and their needs. We can connect you to prenatal and post-natal care, pregnancy supplies, and childbirth classes, and support mental health, breastfeeding, and nutrition. Playful interactions with adults help babies to develop executive function skills, the foundations of lifelong health, and the building blocks of resilience. Must have at least 1 child under the age of 12 months. Older sibling okay to attend up to age of 5 years.

WEDNESDAY, MAY 22

TEDDY BEAR CLINIC



Event by North County Fire/EMS. In honor of Emergency Medical Services for Children (EMSC) Day, North County Regional Fire Authority invites you to join them for a Teddy Bear Clinic 5:30pm-7pm at Station 99 (Stanwood). Kids are invited to bring a teddy bear or other stuffed friend to meet and interact with North County EMS providers. This open house style event is designed to help children understand things they might see or experience if they, or someone they know, are involved in a medical emergency.

MEMORIAL DAY:

On Memorial
Day it is common for friends
and families
to remember
loved ones with
flowers, flags
and mementos
placed at their
gravesite.









WEDNESDAY, MAY 22

DODGE ROAD RUN

Event by SC Runners - Stanwood Camano Runners. 6pm. Anyone welcome. Park on the side of dodge road at the beginning of dodge road. This is a hilly one, but you can walk the hills if need be.

THURSDAY, MAY 23

PARKS & PLAY

10-11:30am at Church Creek Park, 27116 72nd Ave NW, Stanwood. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks while doing arts and crafts, sensory activities, waterplay, reading stories, pop tunnels, music and more!

THURSDAY, MAY 23

OPEN MIC

6 pm – 10 pm @ Conway Muse Speakeasy. No Cost. 18444 Spruce St., Conway, WA.

FRIDAY, MAY 24

BILLY APPLETON BAND

8:00pm - Pub 282. Heavily influenced by the rock and blues guitarist's of the 60's and 70's.

FRIDAY, MAY 24

KICK OFF MEMORIAL DAY WEEKEND WITH US!

Pop Up Yoga is Back! Noon. Gather with friends and join us for some outdoor yoga at Camano Commons. Spread out and feel the grass under your feet as we come together and celebrate the warmth of summer. Pack a picnic or support our local restaurants with a takeout order. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. Register in advance at movementarts. com/events or call 360-629-9100.

SATURDAY, MAY 25

18TH ANNUAL SHRED-A-THON

9am-noon at Windermere - 818 N. Sunrise Blvd., Camano Island. Gather all of your unwanted documents and bring them for safe and secure shredding!

MEMORIAL DAY

was originally called Decoration Day.
To honor the deceased, soldiers would decorate graves of their fallen comrades with flowers, flags and wreaths.

NATIONAL BROTHERS DAY Happy National Brothers Day to the best brother in the world! I feel lucky to have you as my brother. MAY 24

MEMORIAL DAY:

On Memorial Day, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. Then, it is raised to full-staff for the remainder of the day.

SATURDAY, MAY 25

BOATING SAFETY FOR KIDS



11:00 AM – 12:30 PM at the Camano Island Library and 3-4pm at the Stanwood Library. Participate in fun, informative activities that teach boating and life jacket safety.

SATURDAY, MAY 25

SOUTH CAMANO GRANGE BREAKFAST

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

SATURDAY, MAY 25

LOST LAKE ICE CREAM SOCIAL AND KARAOKE JAM DANCE



Open to the Public at Lost Lake Club House from 7-9pm Family Friendly No Charge-Donations Accepted Feel free to bring treats to share. More info: 206-218-3051.

SATURDAY, MAY 25

JIMMY WRIGHT BAND

8:00pm - 11:00pm at Pub 282. Catering a wide variety of music.



SATURDAY, MAY 25

FARM ASHRAM OPEN HOUSE AND PLANT SALE

12-3pm. Tucked away on the south end of Camano at the end of an unpaved road is a farm dedicated to sharing plants with friends and neighbors. Herbs, veggies, flowers, berries, potatoes, fruit and nut trees. Visit with baby goat Piper, three 'little' pigs, alpacas, chickens, cats, dogs, and farmers. 732 Haven Place.

SATURDAY, MAY 25

SNOHOMISH COUNTY MASTER GARDENERS

will be staffing a clinic at Haggen from 10:00 - 2:00. Please come and bring your gardening concerns. (It is very helpful if you bring samples and/or photos so that we can identify the issues & give accurate advice.)

SATURDAY, MAY 25

FAMILY BINGO

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

SATURDAY, MAY 25

COFFEE AND CARS AT COASTAL VIE

with Twin City Idlers. 8-11am. Car shows, hot rods, muscle cars, auto. Free admission to general public and free to bring by your custom Car. Participants in the car show with a custom car will receive a free 6 count of mini donuts and one 16 ounce coffee drink.





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Skagit Farmers Country Store (Stanwood)

Call for upcoming schedule

Phone: 206-920-9663 | E-mail: k9crazyone@gmail.com | Website: www.k9crazyone.com



MEMORIAL DAY:

Waterloo, New York is considered the birthplace of Memorial Day SATURDAY, MAY 25

CO-ED ULTIMATE FRISBEE

9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this event is open to all skill levels. Come meet fellow Ultimate Frisbee enthusiasts, get some exercise, and enjoy the being outdoors while playing this fast-paced and fun sport.

SATURDAY, MAY 25

BIRD WATCH AND WALKING



with Pam from Audubon Society. 8am at 185 Mc Elroy Drive, Camano Island. Paws and Wings will be hosting a "BIRD WALK" at 8:00 am on the 25th. Pam Pritzl from the Audobon Society will be leading us on a walk at Iverson Beach. We will meet at the store at 8:00 and car pool to Iverson Beach and when we have finished, we will come back to the Paws and Wings store and have some refreshments. Please sign up on our website www.pawsandwingsplace.com under the events & classes. or just email us to pawsandwingsplace@gmail.com

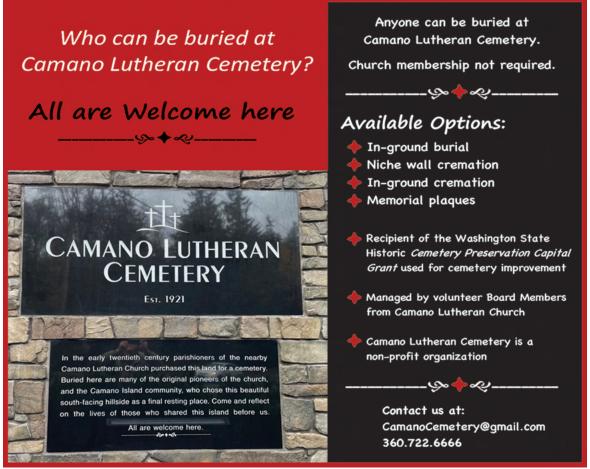
SATURDAY-SUNDAY, MAY 25-26

STANWOOD LACROSSE INVITATIONAL

held at Heritage Park! We anticipate LOTS of players and visitors and food vendors! We aim to bring teams from all recreational leagues in WA, OR, ID, and BC. We host teams K2 through 7/8 in a competitive environment.







MEMORIAL DAY:

Located in Arlington Country, Virginia, the Arlington National Cemetery is one of the places where major Memorial Day ceremonies take place. One of the largest cemeteries in the world, it is home to 400,000 graves.

MONDAY, MAY 27 MEMORIAL DAY



It is a day to commemorate and remember the men and women who lost their lives while in service for the US military.

MONDAY, MAY 27

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.

TUESDAY, MAY 28

LINE DANCING & LESSONS



Event by Lady Di Dancin'. 6-8pm at Stanwood Eagles Foe 3041, 6419 Pioneer Highway. Come on out and learn a new line dance & practice the ones you know. Everyone & ALL AGES welcome! Lessons are donations/tip based.

TUESDAY, MAY 28

CUB SCOUT PACK 86 INFORMATION FUN NIGHT

6:30-7:30pm at the Stillaguamish Grange Hall on Pioneer Highway. Cub Scouts is open to boys and girls who will be K-5th grade next Fall. Come enjoy some fun activities and find out about joining our Pack for year-round fun! Phone: 425-231-2924.

Are you a FAMILY CAREGIVER?

ROSALYNN FOR CARTER CAREGIVERS INSTITUTE





Health Navigating

DATE:

Friday, May 17th

TIME:

1:00 PM -5:00 PM

PLACE:

Camano Center 606 Arrowhead Road Camano Island, WA 360-387-0222 www.camanocenter.org

HOW TO SIGN UP:

Call 360-387-0222 to register Seating is limited to 20 individuals

Sign up today for your FREE

Dealing with Dementia

Workshop

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You



Attend the 4-hour class and receive Guidebook.

PRE-REGISTRATION IS REQUIRED.

To reserve your spot, please contact: Camano Center at 360-387-0222



TUESDAY, MAY 28

SALISH SEA EARLY MUSIC FESTIVAL -BAROQUE CONCERTI

harpsichordist Jonathan Oddie, violinist Carrie Krause, violinist Elisabeth Phelps, violist Victoria Gunn, cellist Adaiha MacAdam-Somer & Jeffrey Cohan on baroque flute. 7pm at Fir-Conway Lutheran Church, 18101 Fir Island Road, Conway. Additional information: www.salish-seafestival.org/skagit. Admission is by suggested donation (a free will offering) of \$20 to \$30.

THURSDAY, MAY 30

PARKS & PLAY

10-11:30am at Church Creek Park, 27116 72nd Ave NW, Stanwood. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks while doing arts and crafts, sensory activities, waterplay, reading stories, pop tunnels, music and more!

THURSDAY, MAY 30

OPEN MIC

6 pm – 10 pm @ Conway Muse Speakeasy. No Cost. 18444 Spruce St., Conway.



Everything we say at funerals should be said at birthday parties instead.

We leave so much love unspoken.



Artist of the Week

LEARN MORE ABOUT THIS YEAR'S CAMANO ISLAND STUDIO TOUR'S COVER ART AND ARTIST, BETTY DOROTIK



About the artist: Visitors will be pleased to learn that the artist's South end island home and beautiful garden will be open for viewer's enjoyment during this year's tour. One of the most popular tour stops over the years, Betty's return to open her home studio will be a promise kept, and "well worth the wait" to many of her clients and tour visitors. The Black Capped Chickadees featured in the chosen painting are frequent visitors to the bird feeders, hanging around her Camano home and garden. One right outside her kitchen window allows her to watch Chickadees up close. She attracts them with their favorite food, the sunflower seed. Inspired by the nature surrounding her, Betty paints mostly in the winter, after her garden has been put to bed and days are short. She loves winter for that reason but also likes winter naps and staying home. Summers, she is busy in her garden almost daily or browsing nurseries with her garden club, checking out plant sales, bringing home one more must have plant. Betty works in several mediums including Botanical Illustration, Colored Pencil, Pen and Ink, Acrylic and most often Watercolor. Recently she's been adding fabric collaged to a painting that correlates with a bird. She hasn't sewn anything in a while but loves working with fabric again. It all happened by accident. She loves to tell the story. A visit to a John James Audubon art exhibition at the Seattle Art Museum, many years ago, captured her heart and she decided then and there that she wanted to paint birds. Audubon's exquisite works continue to inspire her work today and drives her desire to capture life like designs of nature's feathered friends. Betty's watercolor palette is not limited. For this painting it may have included several different palettes in a slow and detailed 2 week process. Working a little each day, the painting came together with the last step being the background wash with a sprinkling of table salt to attain the desired texture. It was a fun one to paint. She will be at Tour stop #3.

More of her work can be seen on her website at www.bettydorotik. com.

Are you interested in promoting your art, craft, or live performance?

Email us info or a bio about yourself and we will feature this page to you... and it's all FREE!

WELCOME TO PRIMAL BARBEQUE



nestled in the Camano Commons where Brooklyn Brothers once lived. A new food experience has emerged, redefining BBQ in a familiar yet innovative way. At Primal, we're more than just a BBQ joint - we've added a unique twist to the classic. Imagine mouthwatering meats, available by the pound or served in our distinctive bowl format. We keep it simple yet creative at Primal. Our chefs work their magic on great cuts of pork, brisket, sausage, chicken, tofu, and mushrooms seasoning and smoking them to perfection. Each bite is a journey into a world of rich, smoky goodness. And it's not just about the meats or our bowls - we offer killer sides like baked beans. Frito pies, mac n' cheese, coleslaw, pickles, and more to complement your BBQ experience. Primal also offers catering services that'll be sure to get your crowd hyped regardless of the nature of your event. Whether it's a wedding, baseball party, graduation, you name it we've got you covered with awesome grub and chill vibes. Find us at 848 N Sunrise Blvd, Camano Island 98292 Suite A101. Open 11am-8pm Wednesday-Sunday"

Customer review: "My Husband and I tried Primal Barbeque. If you haven't tried them yet I highly recommend doing so! I got the Banh Mi Bowl with Pulled Chicken and 1/2 rice, 1/2 greens. It was huge, fresh, light, refreshing, and quite healthy. Worth \$14! I have IBD, IBS, and Gerd so having an insanely delicious option I can enjoy pain free at a Bbq place is surprising and much appreciated. My Husband had the Bbq Pulled Pork Sandwich which must've been good by the non-stop grin on his face. He said it was amazing. Great size for \$10! Whether you love Bbq or you are like me and have some dietary issues this is a great place to try out! The customer service absolutely matched the phenomenal food." - Sarah LeMaster (Facebook post).

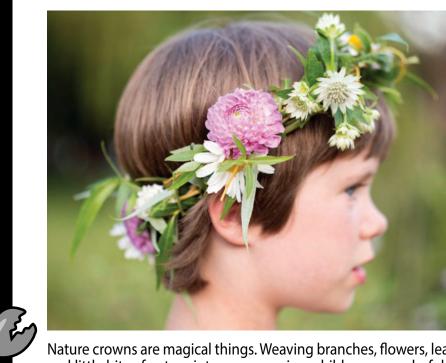




Are you interested in promoting your business or organization?

Email us info or a bio about your business and yourself and we will feature this page to you... and it's all FREE!

HOW TO MAKE A WILLOW NATURE CROWN



Nature crowns are magical things. Weaving branches, flowers, leaves and little bits of nature into a crown, gives children a wonderful opportunity to connect with nature, develop fine motor skills and engage in imaginative outdoor play.

Step 1: Gather a couple weeping willow branches and other bits of nature. Gather your supplies: A few weeping willow branches; Other bits of nature (flowers, leaves, berries, feathers); Scissors. You will only need one or two weeping willow branches for a willow crown. Try looking for branches that have fallen on the ground. If there aren't any, gently harvest a couple branches from the tree. No weeping willows? If there are no weeping willows in your area a good alternative is grape vines or other bendy branches. Step 2: Measure your child's head. Once you've gathered weeping willow branches and other bits of nature, take one long willow branch and wrap it around your child's head to measure how big the crown should be. Older children can easily do this step on their own and can even help younger children out. It's helpful to measure the crown a little on a loose side if you plan on weaving lots of flowers or other bits of nature into the crown. Step 3: Weave a circlet out of the willow branch. Now your child has figured out how big the crown needs to be, weave or wrap the willow branch around the circle to make a willow circlet. Little hand may need a help with this step. Step 4: Decorate the willow crown with flowers and other bits of nature. Now it's time to decorate the willow crown! Weave flowers and other bits of nature into the circlet but tucking in stems into the willow crown. Some children prefer a willow crown that's unadorned and that's wonderful too. Use scissors to trim away any long stems or bits that are poking out in funny directions. Step 5: Wear your willow nature crown!

Source: www.backwoodsmama.com

Kid's Korner



MEMORIAL DAY:

The World War I poem "In Flanders Fields," by John McCrea, inspired the Memorial Day custom of wearing red artificial poppies. In 1915, a Georgia teacher and volunteer war worker named Moina Michael began a campaign to make the poppy a symbol of tribute to veterans and for "keeping the faith with all who died."

30 TheCrab@TheCrabCracker.com

MEMORIAL DAY NECKLACE



Materials: String or thin yarn; Scissors; Scotch tape; Blue pony beads; Red straws (We used some red striped paper straws we had on hand). Beads and small pieces of straw are choking hazards. Never leave your child unattended with these materials.

Directions: 1. Cut your red straws into one inch pieces and set them out with some blue pony beads. 2. Cut a piece of string long enough to fit over your child's head when tied. (Be sure to leave a little extra for tying the finished necklace together.). 3. Tie a pony bead to one end of the string. This will keep the beads and straws from slipping off while your child is stringing. On the other end of the string, wrap a piece of scotch tape. Making the end of the string sturdy with tape will help your child thread more easily. 4. Begin threading you beads and straw pieces onto the string. You can create any pattern you'd like! We started out alternating between one bead and one straw piece. We also made some by alternating between 5 beads and one straw piece. 5. When you're happy with your creation, tie the string together to create your necklace. 6. Cut off the ends with the tape and attached pony bead. You're done!





MEMORIAL DAY:

It's legally required to observe a National Moment of Remembrance at 3 p.m. local time to remember and honor the fallen.





Diane Hill Memorial Art Show

WE REMEMBER DIANE AS A DEDICATED ARTIST, TEACHER, ORGANIZER AND FRIEND. SHE WAS A CREATIVE SPIRIT INVITING US TO LOOK DEEPER INTO THE FAMILIAR.

Her paintings evoke serenity and joy





Over 18 years on CAA Studio Tour

Come take a piece of Diane's legacy home with you.

Diane Hill Studio
May 10th and 11th
Open 10am to 5pm



Forever In Our Hearts

2548 S. Camano Drive Camano Island, Wa. 98282



REAL ESTATE



COUNTRY CLUB

\$749,000

Gorgeous Camano view home with main floor living, lower-level guest area, fenced yard, rights to 3 community beaches. #2228197



LIVINGSTON BAY

\$550,000

Great 3-bedroom Camano home has a covered deck, hot tub, garden space and beach access across the street. #2230610



BUENA VISTA

\$1,175,000

Beautiful, spacious north island home-first time on the market, meticulously cared for, beaches close, wonderful Utsalady to San Juan vistas. #2209235



MADRONA

\$448,500

Picturesque island bungalow, close to the beach and includes a guest cottage with a quaint, private courtyard, plenty of parking space. #2228299



MADRONA

\$549,000

Charming 1930 Camano cabin plus shop has had some updates on a quiet street and includes community beach access plus is move-in ready. #2225996



CEDARHOME

\$718,000

Impeccable Kylie Park home in Stanwood with fully fenced backyard, primary on the main, beautiful landscape, move-in ready. #2232270

STANWOOD

7359 267th St. NW, #D 360.629.8233

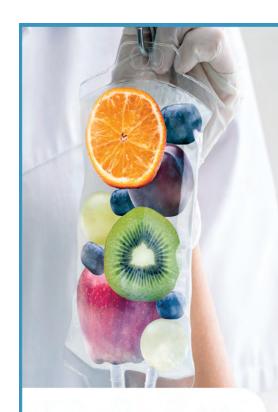


CAMANO ISLAND

818 N. Sunrise Blvd. 360.387.4663

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR





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Designed to prevent illness, improve immunity and promote wellness



Beauty Enhancing IV Infusions

Designed to help bring out the radiance, natural glow and promote anti-aging effects



Story by Jack Archibald.

For further moonshine wisdom and wet powder wit, check out the SKEETER DADDLE DIARIES at www. skeeterdaddle.net



ART BUBBLE

Some of the boyz down at the Marina got to talking about that Ma Day Studio Art Tour that's been building steam since before the turn of the century, hauling traffic in for 25 years and now has expanded not just to 3 days instead of the original 2, but 2 weekends instead of 1. Before long, Cap'n Jack worried, it'll become the Mother's Day to Father's Day Art Tour, an entire month of traffic backed up from the South End Diner to the Stanwoodopolis freeway exit, all those art lovers and their U-Hauls for carrying back their purchases to Bellevue, Seattle and beyond. They remember when the Tulip Festival was just a small bulb in the imagination of the growers before cars eventually outnumbered the flowers. And it makes em nervous.

It should! The South End Economic Development Council holds secret meetings at ReFlux Realty, scheming to sell properties to art afficionados who, in turn, will become artists themselves in the primordial paint soup of the South End, buy easels and brushes, learn raku, break glass and build stained glass panels, sculpt auto wreckage and ultimately double, triple, who knows, the size of the Tour. It's a self-replicating Beast. And when they all begin to starve through overpopulation, they'll still need to pay those mortgages on their dream studios. The only other 'jobs' here, of course, are real estate agents. So the vicious circle completes itself. More artists, more art, more wannabees, more starvation, more real estate agents, more sales, prices rise, properties subdivide, underwater mortgages swell and so the bubble becomes bigger than the egoes of the artists who planned this Tour back in the 90's.

Some of the Marina layabouts wanted to stop this in its tracks before there was no turning back. Keep the missuz from going studio to studio Mother's Day weekend. Course, the Tour was planned from the Get-Go to be their default escape from marital duties. Let Ma go traipsing through the art while they'd watch some ballgames. And now, 25 years later, they're only starting to realize the true price of their mistake. Too late, guyz!! Way too late now!

Classes and Workshops

"If silence is ever golden, it must be beside the graves of 15,000 men, whose lives were more significant than speech, and whose death was a poem the music of which can never be sung."

Chakradance classes at Bee Authentic Pilates in Stanwood. Fridays at 4pm on: May 24th, June 21st and July 19th. Chakradance is a unique healing process combining Jungian Psychology, meditation, chakra resonant music, dance and mandala art work. Guided by imagery, participants dance through the chakras, shedding layers and releasing blocked energy. Sign up online or call the studio at 360.572.2112.

5-Week Reformer Series at the Bee Authentic Pilates studio 8712 271st. St. NW Stanwood. I'll walk you thru the basic of the reformer and you'll learn the essence of the foundational exercises. The class moves at a smaller pace to let you be independent on the reformer. Call 360.572.2112 for more info.

Camano Fire offering two firefighter education classes June 29. Retired Captain Mike Gagliano from Seattle Fire will offer two firefighter education classes on Camano Island: The Art of Go no Go, and This House Rocks. This is a two-part seminar offered from 8 a.m. to 5 p.m. at the Madrona/Vista Fire Station, 273 NW Camano Drive. Register online at https://firenuggets.regfox.com/cifrgagliano

FamilySearch Center – FREE Open Genealogy Workshop at 795 Ell Rd., Camano Island. Tuesdays 10 am-2 pm; Wednesdays 6pm-8pm. Get help to find your ancestors with free access to premium websites and records. Contact us at camano@familyhistorymail.org, or find us on Facebook.

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

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

Private Music Lessons: piano, guitar, bass guitar, voice, and songwriting 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 or book a complimentary 30-minute lesson: HartMusicSchool.com/free-trial



Classes and Workshops

MEMORIAL DAY:

Memorial Day was a response to the unprecedented carnage of the Civil War, in which some 620,000 soldiers on both sides died. **Homeownership workshop** every month on the fourth Thursday of each month at Elite interiors next to UPS store from 6 to 8 PM. We will not be holding them In June, November or December.

It's Elemental: Yoga and Ayurvedic Wisdom for Modern Living. Immerse yourself in the understanding of the 5 Great Elements (Panca Mahabhutas) of earth (prthvi), water (ap), fire (tejas), air (vayu) and ether (akasa). You'll understand how these elements are the foundation for the 3 energy principles. This workshop is available In-Studio or Online. Sign up at movementarts.com/events.

Medicare Basics Information Class June 5th (10:00 - 11:00am) Free event open to the public. We will be explaining how your Medicare benefits work, as well as the options for supplementation. This class is highly recommended, whether you are new to Medicare or you would like to re-evaluate your current plan. Location: Camano Island Library Meeting Room. RSVP with John- 360-967-9601

Line Dance Lessons at the Camano Center — Wednesdays 3:00pm-3:45pm. \$10/person or \$8/Camano Center Members. Join us! More info at www.socialdancesimplified.com.

Boat America Approved Boating Safety Class - on Zoom 8 Hour Certificate Class Monday through Thursday, 6:30 – 8:30 PM. Registration: \$20 – plus \$4.99 Book download. Printed books are available for \$1. June 10-13. For more information or to register, visit our website: www.BLIAUX.com, menu tab "Boating Classes" or contact Ray E. White (360-410-0432 or email BoatingSafetyWA@gmail.com. Classes are conducted by the U.S. Coast Guard Auxiliary, Flotilla 11.



AMERICAN LEGION POPPIES



The American Legion Family: National Poppy Day. The American Legion Family will be distributing poppies at Stanwood QFC, Rite Aid, and Camano Plaza IGA on May 24-25 from 10-4. The red poppy is worn to honor our fallen service members who made the ultimate sacrifice for our country. Donations will be accepted to support the future of veterans, active-duty military personnel and their families with medical and financial needs. National Poppy Day® is Friday, May 24, 2024.

MEMORIAL DAY:

Taps, the 24-note bugle call, is played at all military funerals and memorial services. It originated in 1862.

SPARTAN FC TRYOUTS

This year Stanwood Camano Youth Soccer Club will be adding on a select division called Spartan FC. Select soccer is a level of competition between that of Recreational and Premier play. Location: Port Susan Middle School. May 20th: Boy and Girls U13 U14 U15 (born 2012, 2011, 2010) at 5 – 630pm. May 20th: Boys and Girls U16 U17 U18 (born 2009, 2008, 2007) at 630 – 8pm. May 22: Boys and Girls U13 U14 U15 (born 2012, 2011, 2010) at 5 – 630pm. May 22: Boys and Girls U16 U17 U18 U19 (born 2009, 2008, 2007, 2006) at 630 – 8pm. www. scysc.com.





Community Information

MEMORIAL DAY:

General Logan issued General Orders No. 11, which set aside May 30, 1868 "for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion."

WINNERS' WATERMEDIA ARTWORK TRANSCENDS TECHNIQUE TO EVOKE MEMORIES AND STORIES



NWWS 2024 Waterworks Online Membership Exhibition now to June 30. Northwest Watercolor Society (NWWS) held its annual Waterworks Online Membership Exhibition awards reception. Using the criteria of texture, color and technique, juror Laurie Goldstein-Warren awarded 16 prizes in the 75 watermedia artworks chosen. The top 3 had the expertise plus their art did more than that. An emotion or story transcended technique. Everyone is invited to view these fine art paintings at their leisure and on any electronic device at www.nwws. org<https://urldefense.proofpoint.com/v2/url?u=http-3A www. nwws.org now through June 30. Plus, it's FREE! It was an emotionally trying time for Elaine Daily-Birnbaum when she painted What Goes Áround Comes Around. "Elaine uses texture and other elements with great expertise. The artist's marks here and there, the beautiful muted color mixture and the touches of turquoise throughout make you want to take a closer look," Goldstein-Warren said awarding 1st prize of \$1,000. "I knew at first glance this painting would be in the top 5," Goldstein-Warren spoke of r. mike nichols' Connection. "This painting intrigues me on many levels. How nature cares for us and the ingenous integration of animals. Techniquely so beautiful." Nichols received 2nd place of \$750. "This painting brings up great memories of trips with my family. It always seemed to rain," a nostaglic Goldstein-Warren stated. "On the Road Again-Happy Highway by Gayle McDaniel is skillfully rendered – the automobiles and especially the AirStream trailer - and the sky colors. Everything is done so well as though you're traveling down this road." McDaniel was awarded 3rd place of \$500. This was the first exibition NWWS's updated media criteria guidelines allowed artists to incorporate formerly ineligible media up to 10% while maintaining the watermedia focus. "Some artists brilliantly explored the endless boundaries of traditional watercolor while others saw where mixed media would lead," commented Deborah Roskopf, Acting NWWS President. "Watermedia is now so widely known, recognized, practiced and championed that our focus can turn to recognizing artists and artworks that transcend the media. Enjoy the show," encourages Chair David Orrin Smith. Viewers who see a painting that takes them somewhere, ignites a memory or transcends the ordinary, can buy the artwork by contacting NWWS Treasurer Shirley Jordan at shirleylee@hotmail.com. Artists receive 75% of the sales price. For more information on NWWS, its exhibitions, workshops, membership and all the society offers, visit www.nwws. org. Image: 3rd Place "On the Road Again-Happy Highway" by Gayle McDaniel Watercolor 14x21.

Community Information

SHELLFISH ADVISORIES

Biotoxin Closure Alerts. The following area remains closed for the harvest of butter and varnish clams only due to biotoxin: West Whidbey Island. Latest revisions as of May 2024: The following areas of Island County are now open to the recreational harvest of all species of shellfish: Saratoga Passage (including Holmes Harbor); West Port Susan; Possession Sound (including Scatchet Head). Check before you harvest. ** Always check the Washington State Department of Health's Shellfish Safety Map immediately before and after you harvest for the most up-to-date closure information. For more information, visit the WA Department of Health's Recreational Shellfish Website, or contact Island County Environmental Health's main office at (360) 679-7350.

ISLAND COUNTY ACCESSIBLE COMMUNITIES COMMITTEE IS SEEKING NEW MEMBERS



We want input from Camano Island residents. We want Self-advocates, families, providers, etc to join our committee and who want to make our islands inclusive and accessible to all. Who we are: a sub-committee operating under the Governor's Committee on disabilities tasked with helping communities be more welcoming and inclusive for persons with disabilities. Our Mission: To identify barriers that people with disabilities, or at risk, experience while living on Camano Island. Funds are available upon approval of project goals. We meet the 3rd Wednesday of the month via zoom. Possible in-person option later this year. Contact Tiffany Wheeler-Thompson (360)632-7539 or t.wheeler-thompson@islandcountywa.gov.

MEMORIAL DAY QUOTE:

"He who is brave is free."

— LuciusAnnaeus Seneca



FAMILY OWNED & OPERATED!
Elger Bay • Camano Plaza • North Camano

Bonus Days

SUPER SIZE SUNDAY: 50¢ off any 20oz. drink MOCHA MONDAY: 50¢ off any 20oz. hot/iced

Hershey's Mocha!

2 STAMP TUESDAY: Double stamps for every 12oz. drink

THIRSTY THURSDAY: 50¢ off any 32oz. drink



MEMORIAL DAY QUOTE:

"One flag, one land, one heart, one hand, one Nation, evermore!"

— Oliver Wendell Holmes

PHOTOS DUE MAY 31

Celebrate the beauty of Whidbey and Camano Islands through your lens with your best outdoor photographs. Take great photos of landscapes, wildlife, plants, people out in nature and more, all on Whidbey and Camano Islands. Twelve full-size, month photos and 12 smaller photos will be selected for the 2025 Whidbey Camano Land Trust Calendar. Photos due MAY 31! Winning photographers will receive special recognition and complimentary calendar(s). Learn more about the photo contest guidelines and how to easily submit your photos here: www.wclt.org/get-involved/photo-contest/

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.

ARE YOU TROUBLED BY SOMEONE ELSE'S **DRINKING?**

When you don't know where to turn...Al-Anon/Alateen Family Groups can help! Here is a list of our meeting in the Stanwood/Camano Island area: SUNDAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; WEDNESDAY, "One Day at a Time," Stanwood Senior Center, 7430 276th ST NW, Stanwood, 7:00pm (For Zoom hybrid meeting call 360-618-0464 if you would like the meeting ID for Zoom), THURSDAY, "Stanwood AFG", United Methodist Church, 27128 102nd Dr., Stanwood, 7:00pm, SATURDAY, "Paths to Recovery," Camano Lutheran Church, 850 Heichel Rd, Camano Is, 10:30am, For more info call 360-618-0464

MONEY SMART WEBINARS

We've just released our Money Smart course schedule for 2024, and this year, we're offering all classes online via convenient webinars. It's now easier than ever to attend our Money Smart for Small Business courses designed to help those starting and managing a business. Webinars are hosted by Katy Woods, Coastal Community Bank Branch Manager and Certified Coach. May 30: Managing Cash Flow. June 20: Building Credit. Register now at https://www.coastalbank.com/money-smart/



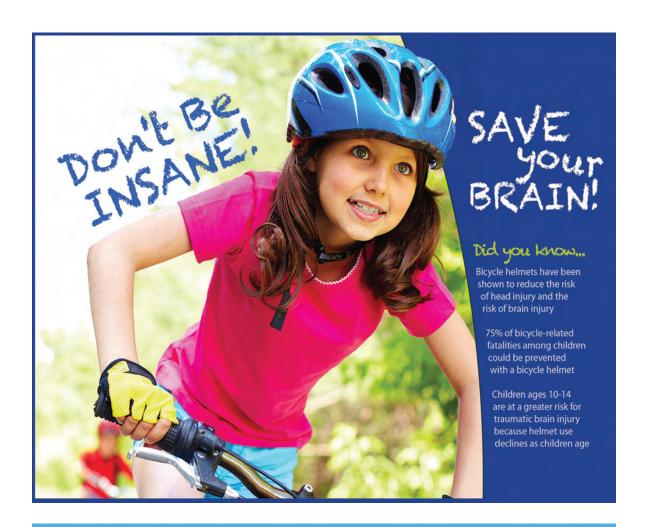


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Your Place for Antiques, Art, Décor, Oriental Rugs, Vintage, and Seasonal Items

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Memorial Day weekend through Labor Day FREE day-use life jackets*

- *Availability not guaranteed. Bring your own life jacket if possible.
- *Life jackets do NOT replace adult supervision.
- *Life jackets are NOT cleaned between use. Use at your own risk.



Parks, Recreation, & Tourism







THE SPOT

Hosted by Youth by Dynamics Stilly Valley. Tuesdays & Saturdays. TUES 2:30-5pm. SAT 7:30-10pm. Fun, food, hang out. Middle school & high school. 9831 271ST ST NW, Stanwood. 425-879-7633.

LIBRARY STORYTIMES

A play time or activity will follow after storytime). Monday: Toddler Storytime with Jennifer - 10am - Camano Island Library. Jump and bounce together into a world of stories, music, and movements. Tuesday: Family Storytime with Jennifer - 10am - Camano Island Library. Enjoy stories, songs, rhymes and creative activities together as a family. Wednesday: Family Storytime with Vicky - 10:30am - Stanwood Library. Enjoy stories, songs, rhymes and creative activities together as a family. Thursday: Toddler Storytime with Alex - 10:30am - Stanwood Library. Jump and bounce together into a world of stories, music, and movements.

FREE HEARING AID CLEANINGS

(by Stanwood Hearing). September 4th from 12:30-1:30pm @ The Stanwood Lincoln Senior Center. Call us to save your timeslot, 360-572-4422.





2024 SCHEDULE





Coffee Break

DATES

9AM-10AM

MARCH 12 & 27

APRIL 6, 11, & 23

MAY 8, 14, & 23

JUNE 4, 19, & 29

JULY 11, 23, & 28

AUGUST 3, 7, 13, & 22

SEPTEMBER 19, 21, & 23

OCTOBER 10 & 22

ACTIVE DUTY, VETERANS, FIRST
RESPONDERS, AND EMERGENCY
PERSONNEL PLEASE JOIN US FOR
A FREE EVENT TO SOCIALIZE WITH
MEMBERS OF YOUR COMMUNITY
AND LEARN MORE ABOUT OUR
PROGRAM WITH THE HELP OF SOME
COFFEE!

VENDORS ARE WELCOME TO
EMAIL AN APPLICATION TO VEND
AT OUR COFFEE BREAKS.
VENDORS PLEASE EMAIL
INFO@HOOVESANDHEROES.ORG

- * A FREE SOCIAL MEETING FOR ACTIVE DUTY, VETERANS, FIRST RESPONDERS, EMERGENCY
- ★ SUPPORT PERSONNEL, AND THEIR FAMILIES
- ARE WELCOME TO JOIN

 2532 292ND ST NW STANWOOD

HOOVESANDHEROES.ORG

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Community Information

FREE PICKLEBALL BEGINNER LESSONS AND ROUND ROBIN GAMES AT HERITAGE PARK!

Free Pickleball Beginner Lessons and Round Robin Games at Heritage Park! The Camano Stanwood Pickleball Association will be giving Beginner Pickleball lessons, as well as arranging for a series of friendly Round Robin pickleball sessions from May to August. These sessions will be taught at Heritage Park by volunteers from the Camano Stanwood Pickleball Association and are for adults 18 years or older who would like a basic introduction to the fun sport of Pickleball. These free beginners' classes are for new players only. The Round Robin events are for people who have previously attended one of our beginner lessons. Limit 10 players per session (on a first reserved basis). All players must be 18 or older please. Tennis shoes required. BEGINNER LESSONS: May 30, June 11, June 27, July 25, August 6. ROUND ROBIN SESSIONS: May 18 (Refresher & Round Robin), June 15, July 13, August 10 (Round Robin Tournament). TO SIGN UP, VISIT www.camanopickleball.com/heritagepark.

HUGE SALE ITEMS WANTED

We are continuing to take your gently used items for our August Garage Sale to help our community and youth. No sofas or mattresses please. This will be a Huge Sale and your contribution to our non-profit organization will be greatly appreciated! Camanio Masonic Center 27205 102nd, Stanwood. 425-263-6808.

IT'S HWY 532 ROAD CLEANUP AGAIN

The Left side coming onto the Island is complete with 36 bags of trash being picked up; thank you to all of our Helpers! The Right side is scheduled for Sunday, June 9. Let's make our beautiful Island shine for the Summer. The Baha'is of Camano Island have been picking up trash along the roadside on Hwy 532 for over 10 years - from the Spare room to the bridge on both sides of the Hwy. The next trash pick up will take place June 9 at 1:00 p.m. Our numbers are small and the Baha'i members and friends who take part in this endeavor can surely use community help. If you are willing to donate a few hours on Sunday, June 9 to make our roadways cleaner and a welcoming reflection of our beautiful Island, please contact: bahaisofcamanoisland@gmail.com Thank you...

MEMORIAL DAY QUOTE:

"This nation will remain the land of the free only so long as it is the home of the brave."

— Elmer Davis





DID YOU KNOW?

God is the only Simpsons character who has five fingers. The rest of the characters are only seen with four.

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Local Stories and Poetry

MEMORIAL DAY:

In 1864, women from Boalsburg, Pa., put flowers on the graves of their dead from the just-fought Battle of Gettysburg.

DECORATION DAY

by Evaleen Stein

See the soldiers, little ones! Hark the drummers' beat! See them with their flags and guns Marching down the street!

Tattered flags from out the wars, Let us follow these To the little stripes and stars Twinkling through the trees.

Watch them waving through the grass Where the heroes sleep! Thither gently let us pass On this day we keep.

Let us bring our blossoms, too, All our gardens grow; Lilacs honey-sweet with dew, And the lilies' snow.

Every posy of the May, Every bloomy stem, Every bud that breaks to-day Gather now for them.

Lay the lilies o'er them thus, Lovingly, for so Down they laid their lives for us, Long and long ago.

Heap above them bud and bough; Softly, ere we cease, God, we pray Thee, gently now Fold them in Thy peace!



Island County Community Health Survey



Scan QR Code to take the survey

Share What Matters To You!

- Your voice will guide the next 5 years of Public Health practice for Island County
- Anonymous
- 5-10 minutes





For more information, please visit
https://www.islandcountywa.gov/175/Assessment

Photos and Art



MEMORIAL DAY:

"Here rests in honored glory an American soldier known but to God."
That is the inscription on the Tomb of the Unknowns.

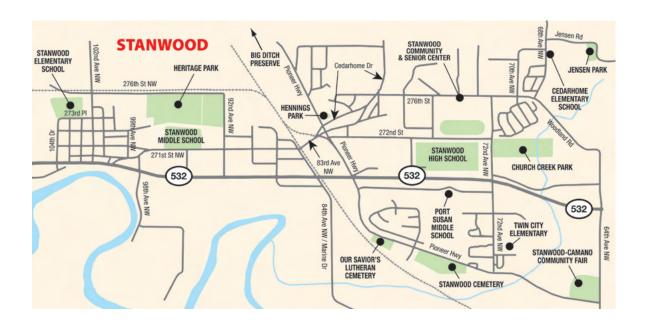


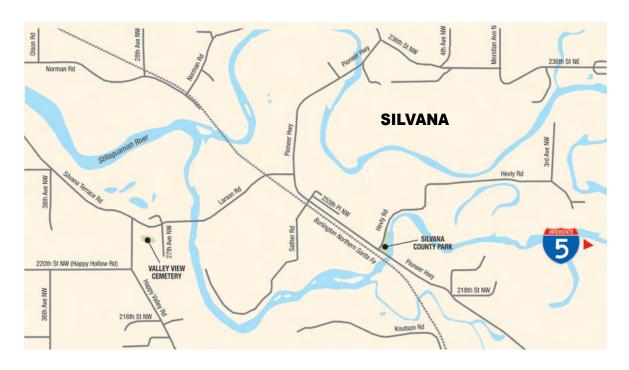
Memorial Day. Photo by James M. Shipley.



Poppy. Photo by Peter D.









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look for us online at

www.TheCrab Cracker.com

or on **Facebook.**

Download current or past editions.

Friendship Tea - Drop by for tea, treats, and a chance to visit with friends, both old and new. 1st & 3rd Tuesday mornings of from 10:30-12:00. No charge for Camano Center members; \$5 for non-members. Please check in at the Front Desk. For more information, contact Connie (360) 652-7211.

Rainy Day Room Playgroup Free weekly play group on Mondays at 3:30-4:30pm Community Resource Center for ages 0-5 and their grown-ups! Friendship and community....getting out of the house. More info: www.crc-sc.org/events.

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

Parent Café - 1st Thursday of month at 10:00-11:00 AM – RSVP only on calendar AND 3rd Thursday of the month 5:00-6:00PM, RSVP only on calendar. Our calendar is located here www.crc-sc.org/events.

Kaleidoscope Play & Learn Tuesdays and Wednesdays, 10-11:30am and 3:30-4:30pm - a FREE play group for 0-5 years and their grown ups. Facilitators 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. RSVP at www.crc-sc.org/events.

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.

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.



Jan Mather

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Funding: This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement PC-01J89801 to the Washington State Department of Health. The contents of this document do not necessarily reflect the views and policies of the Environmental Protection Agency, nor does mention of trade names or commercial products constitute endorsement or recommendation for use.









CASA'S PET OF THE WEEK:

PRIMROSE can be a bit nervous at first, but is very sweet once she warms up to you. She is used to being handled and would love a home with another piggie friend. All adopters should do proper research on guinea pigs before adopting to make they have the right set up and understand their dietary needs. Please stop by to see if Primrose is the piggie for you! *Guinea Pigs are \$25 for a single, \$40 for a pair, or \$50 for all 3*

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



NOAH'S PET OF THE WEEK:

My name is **RUBY TUESDAY** and I am a 1 year old cat looking for my new furever home! I would love for you to come meet me today to see if I would be a good addition to your home. Please stop by The NOAH Center today to meet me.

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



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

Meet **LIL BIT!** Lil Bit is an adorable little guy. He might be small but he has a very big personality. Lil Bit loves to be near his people and enjoys a comfy chair with a blanket where he can soak up the sunbeams. He is a very smart boy. He will bark when meeting new people but once he trusts you he is your friend for life. FIRST STEPS: Visit www.save-a-mutt.org/adoption-application/ to fill out an application. We are a foster home based rescue.

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

Upcoming Classes and Events Visit our website for tickets & registration: www.scaacwa.org Printmaking from Nature w/ Tasha Smith TEEN/ADULT 05/04 Drawn Together ALL AGES (FREE) 05/09 Floral Collage w/ Tasha Smith TEEN/ADULT 05/18 Crochet Basket w/ Beth Erickson TEEN/ADULT 05/31 Drawn Together ALL AGES (FREE) 06/13 Mindful Reflection Thru Art w/ Gaylynn (FREE) 06/26 Whale Tale Watercolor w/ Jeanette Mahoney ADULT 06/29 Fair Weather Painting w/ Lydia Crouch TEEN/ADULT 07/13 WWW.SCAACWA.ORG





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MEMORIAL DAY:

It was originally called Decoration Day. To honor the deceased, soldiers would decorate graves of their fallen comrades with flowers, flags and wreaths. Hence Decoration Day. Although Memorial Day became its official title in the 1880s, the holiday wouldn't legally become Memorial Day until 1967.

FOR SALE:

SEAHAWKS! Season ticket holder since 1975 has 3 games for sale with 4 seats on the 50 yard line (Seahawks side). Camano Island resident. Many references. 206-953-7336.

Selling: High chair, birch wood, Stokke Tripp Trapp, price USD 79.-Pick up Camano Island. Phone 425 395 2797

Organic raised chicken eggs, Certified organic feed and treats. Free range on a farm in N. Camano. Variety of blue, pink, green, white and brown. \$9 dz. Additional info at Vineandhencamano@gmail.com.

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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. windermerestanwoodcamano.com.

Wanted: horse to ride. Gentle for beginner. Share cost or lease road-safe. 360-279-1565

Cooking Mamas

PINEAPPLE BOATS

Pineapple Rice topped with Grilled Salmon, Mango Salsa and Cajun Shrimp, all served in a beautiful pineapple boat, Enjoy!



Recipes by Cooking Mamas created by Dusty Hutchins-McNutt.

"Great recipes begin in Mama's Kitchen!"

Visit me at: www. CookingMamas. com PINEAPPLE BOATS: 2 whole pineapples, cut in half lengthwise MANGO SALSA: 1 mango, peeled & diced; 1 avocado, peeled & diced; 2 ears corn, charred & cut from cob; 1/2 red onion, diced; 1 jalapeño, seeds & membrane removed, finely chopped; Juice of 1 lime; 1/4 c. flat leaf parsley, chopped; Salt and pepper to taste; Drizzle olive oil GRILLED SALMON: 1 (2-1/2 to 3 lb.) side of salmon, skin on, pin bones removed; Olive oil for drizzling; Dan's Sweet & Spicy Rub OR your favorite dry rub

PINEAPPLE RICE: 2 T. olive oil; 5 c. cooked jasmine rice; 2 c. fresh pineapple, with juice, roughly chopped; 2 T. fresh cilantro, chopped; Salt and pepper to taste

CAJUN SHRIMP: 16 raw Jumbo shrimp, tails on, peeled and deveined; Dan's Sweet and Spicy Rub, Cajun spice or Old Bay seasoning; 1 T. olive oil; 1 T. butter; 1 clove garlic, minced; 1/4 c. white wine, optional; Yoshida's teriyaki sauce for serving





Recipes by Cooking Mamas created by Dusty Hutchins-McNutt.

"Great recipes begin in Mama's Kitchen!"

Visit me at: www. CookingMamas. com

1. PINEAPPLE BOATS: Cut the pineapples in half lengthwise using a large sharp knife. Start at the center of the pineapple and cut through to the bottom. Turn the pineapple around and cut from the center to the top and through the leaves. 2. Using a small paring knife cut a 1-inch border around each pineapple (do not cut through the fruit). Cut down each side of the core (do not cut through the fruit). Using a spoon, scoop out flesh and transfer to a cutting board and roughly chop, place in a bowl until ready to use. Discard the core. Set pineapples aside until ready to fill. 3. MANGO SALSA: In a large bowl, stir together mango, avocado, corn, red onion, jalapeño, lime juice, parsley, salt, pepper, and a drizzle of olive oil, until well combined. Refrigerate until ready to serve. 4. GRILLED SALMON: Preheat oven to 425 degrees. 5. Rinse salmon under cold water and pat dry with paper towels. Remove all pin bones with pliers or tweezers. Drizzle with olive oil and season with Dan's Sweet & Spicy Rub OR your favorite dry rub. Cut into fillets and place on a foil-lined baking sheet. 6. Bake for 12-15 minutes or until fish flakes easily and is still moist. (Do not over-cook). Alternately: Preheat an outdoor grill on medium-high heat. 7. Cut a piece of heavy-duty foil long and wide enough to fit the salmon; position foil on a large baking sheet. Place salmon flesh side up, on top of the foil. Fold edges around salmon. Season as directed. 8. Grill salmon for 15-20 minutes (depending on thickness of your fillet) with the lid closed or until salmon flakes easily. Carefully remove fish to a baking sheet, loosely cover to keep warm. 9. PINEAPPLE RICE: Heat olive oil in a large skillet over medium heat. Add cooked rice and pineapple with juice to the skillet. Cook until heated through, stirring occasionally. Stir in cilantro. 10. CAJUN SHRIMP: Thread 4 raw shrimp onto four wooden skewers. Season shrimp on both sides with rub. 11. In a large skillet, heat olive oil, butter, garlic, and white wine if using over medium- heat. Add shrimp skewers; cook 2-3 minutes per side. Remove to a plate and loosely cover to keep warm. Alternately: Cook shrimp skewers on a well-oiled outdoor grill over medium heat 2-3 minutes per side. 12. TO ASSEMBLE: Fill pineapple boats with rice. Top with Grilled Salmon, Mango Salsa and Cajun Shrimp. Serve with a side of Yoshida's teriyaki sauce, Enjoy!

Dan's Sweet and Spicy Rub: https://www.cookingmamas.com/dans-sweet-spicy-rub/

Use leftover pineapple to make Frozen Piña Coladas: https://www.cookingmamas.com/frozen-pina-coladas/



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View from the Bleachers

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

MR. ABOVE AVERAGE

Of the first ten numbers in our counting system (if you don't count zero) 7 is my favorite number. When I was a kid and more superstitious than I am now, 7 was my Lucky Number. Many great athletes wore that number: Mickey Mantle, "Pistol" Pete Maravich, soccer legend Cristiano Ronaldo, not to mention Tony McElhenny of the Binghamton (NY) Rumble Ponies minor league baseball team. Tony played short stop for one season before the Rumble Ponies released him – which is why I should have followed my own advice "not to mention" him.

There are seven days of the week, Seven Wonders of the World, Seven Colors of the Rainbow, and Seven Harry Potter books. My point is that in many ways, my life on a 1-to-10 scale has also been like the number 7. Not a perfect 10, but far from a 1 or 2. So many aspects about my life, my experiences, and my capabilities could be ranked as a 7, in other words, Above Average.

You can call me Mr. Above Average – because in most things, that's where I tend to land – unless it's knowing how to build or fix ANY-THING on my own. Then I'm an absolute zero. I love sports of all kinds: tennis, racquetball, pickleball, golf, you name it. How good am I? I'm slightly above average in almost all of these sports, about a 7. People who excel at sports love to play me because they are all but assured of winning and feeling better about their athletic prowess afterwards.

It's been this way most of my adult life – except when it came to the joys and struggles of parenting – in which case I routinely felt like a ping pong ball bouncing back and forth from a joyful 10 to an exasperated 2 (or a lower number during their teenage years). Parenting is an extreme sport.

I'll admit I'm no 10 in the looks department. In my heyday, nobody ever compared me to Brad Pitt or Paul Newman. Although once someone said I looked like I could be John Lithgow's brother for some reason. (I was never sure whether that was a compliment or an insult.) As for my wife, I'd have to say in terms of the 1-to-10 scale of physical perfection, she is probably a.. um...Perfect 10! (Every once in a while, she reads my column in the Crab Cracker, so why take chances?)

I have come to terms with the fact that I don't really excel at most things in life. (That said, I can microwave the perfect 10 frosted cinnamon pop tart, but I'm not sure that's worth bragging about.) I envy people with remarkable talents, like my wife's incredible skill as a portrait artist. Many of my closest friends have exceptional skills like my friend Jerry who built his own home. It seems that most people who live here on Camano Island are extremely artistically gifted. That's why I've unfriended most of them on Facebook.

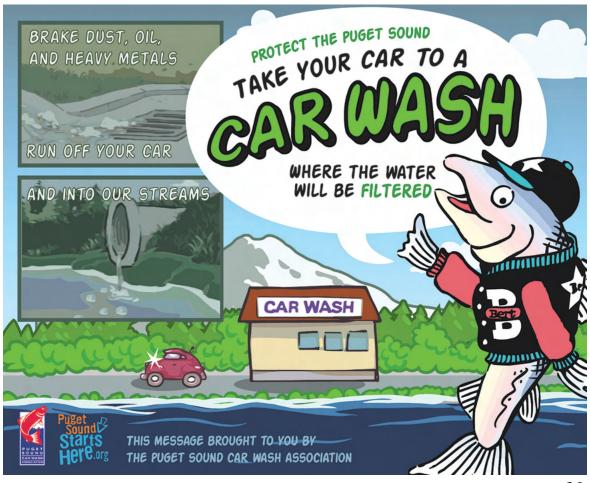
I have long ago decided that for most things in my life good enough is, well, good enough – except when it comes to pizza, in which case, good enough simply won't do. When I have a serious pizza craving, I refuse to cut corners. (I'm talking to you, Dominos.)



I don't feel bad that I can't afford the fanciest new car. I don't beat myself up that I lack the ability to create stunning works of art like my life partner or play the piano like a prodigy. I'm content to live an above average life, take an above average hike in the woods, relax on the couch patting our above average cats, and watching an above average detective series on Netflix. And a couple times a week, I will go to the local pickleball courts to lose several games to older players who are much more above average than I am.

As I looked over this week's column, I have to say, it's not one of my best. But it's not one of my worst. I'd say it's above average. And that's okay with me.

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



TIDE TABLES / SARATOGA PASSAGE / MAY 17-30, 2024

Date		High	Tide	Height	Moon
Date		/Low	Time	Feet	Visible
F	17	High	1:45 AM	10.7	
	17	Low	8:32 AM	4.2	
	17	High	1:45 PM	6.9	
	17	Low	7:11 PM	3.4	
Sa	18	High	2:11 AM	10.7	
	18	Low	9:00 AM	3.0	
	18	High	3:07 PM	7.7	
	18	Low	8:08 PM	4.3	
Su	19	High	2:36 AM	10.7	
	19	Low	9:28 AM	1.8	
	19	High	4:05 PM	8.6	
	19	Low	9:01 PM	5.0	
М	20	High	3:02 AM	10.7	
	20	Low	9:57 AM	0.6	$(\ \)$
	20	High	4:55 PM	9.5	
	20	Low	9:51 PM	5.7	
Tu	21	High	3:29 AM	10.7	
	21	Low	10:29 AM	-0.4	$ C \rangle$
	21	High	5:42 PM	10.3	
	21	Low	10:39 PM	6.3	
W	22	High	3:57 AM	10.6	\(-\
	22	Low	11:03 AM	-1.2	(())
	22	High	6:25 PM	11.0	レフコ
	22	Low	11:27 PM	6.8	`='
Th	23	High	4:26 AM	10.5	
	23	Low	11:38 AM	-1.8	D. H
	23	High	7:07 PM	11.6	\-/
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Date		High /Low	Tide Time	Height Feet	Moon Visible
F	24 24 24 24	Low High Low High	12:14 AM 4:56 AM 12:15 PM 7:48 PM	7.2 10.3 -2.2 11.9	
Sa	25 25 25 25	Low High Low High	1:01 AM 5:28 AM 12:54 PM 8:32 PM	7.6 10.0 -2.4 12.1	
Su	26 26 26 26	Low High Low High	1:50 AM 6:02 AM 1:35 PM 9:19 PM	7.8 9.7 -2.4 12.1	\bigcirc
М	27 27 27 27	Low High Low High	2:44 AM 6:41 AM 2:19 PM 10:07 PM	7.9 9.3 -2.1 12.1	0
Tu	28 28 28 28	Low High Low High	3:47 AM 7:29 AM 3:08 PM 10:54 PM	7.6 8.7 -1.4 12.0	0
W	29 29 29 29	Low High Low High	4:54 AM 8:39 AM 4:01 PM 11:36 PM	6.9 8.0 -0.5 12.0	0
Th	30 30 30	Low High Low	5:56 AM 10:16 AM 4:58 PM	5.8 7.3 0.7	



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2024

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SATURDAY MAY 25, 9AM-12PM

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We look forward to seeing you there!