

**THE CRAB CRACKER**  
ISSUE 398  
February 21-March 6, 2025  
COMMUNITY MAGAZINE



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

2025 Program Schedule

# GRIEF TO GRATITUDE

## STORIED PASTS



"THE BRIGHTEST STAR IN THE NIGHT SKY  
REMINDS ME OF THE ONE I LOVED & LOST"  
Danny Koffman

**Come & Share Uplifting Stories  
of Your Lost Loved One to Inspire  
Joy, Reflection & Gratitude.**

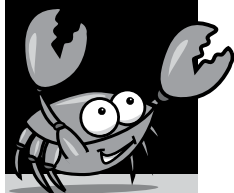
*The most common of human experiences is the loss of those we love. This unique free program creates the space for you to share and celebrate that common reality.*

Facilitated by Danny Koffman, artist & author  
for more info contact [dan@koffman.net](mailto:dan@koffman.net) -or call- 360.348.6277

**10AM at the CAMANO CENTER in 2025**  
**Monday Feb 10, Jun 2, Aug 25 and Nov 17**

**11AM at the CAMANO LIBRARY in 2025**  
**Saturday Feb 22, Jun 7, Aug 30 and Nov 22**

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**facebook.**

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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: Camano Wildlife Project. Watercolor by Bev Paulson.*

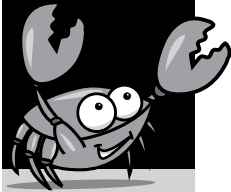


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**thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893**  
**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: FEBRUARY 27 for Next Edition (March 7-20)**

# Calendar of Events



look for us  
online at

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

or on  
**Facebook.**

Download  
current or past  
editions.

FRIDAY, FEBRUARY 21

## **PTA PRESENTS: PIZZA AND PAINT**

6pm (Doors open at 5:30) Elger Bay Elementary Gym. Advanced tickets required. [www.zeffy.com/ticketing/pizza-and-paint-night/](http://www.zeffy.com/ticketing/pizza-and-paint-night/)

FRIDAY, FEBRUARY 21

## **TEEN LATE NIGHT**

7-10pm at the Stanwood YMCA. Grades 6-12. Teens have access to the community room, gym, pool, and Teen Center after hours. Pizza will be provided. \$10. More info: [sleonardo@ymca-snoco.org](mailto:sleonardo@ymca-snoco.org).

FRIDAY, FEBRUARY 21

## **EXPLORE THE MAJESTIC MOJAVE DESERT**



7:00 PM – 8:30 PM at the Camano Island Library. Dreaming of your next vacation? Discover the Mojave National Park like never before! Join former park tour volunteer Sue Ryan, for an immersive and descriptive tour and uncover the hidden gems and natural wonders of this breathtaking desert landscape.

FRIDAY, FEBRUARY 21

## **STEWART WOODS – FRIDAYS IN THE SPEAKEASY**

Bring your dinner in and enjoy Stewart's music and a cocktail! 6:30 – 8 pm – No Cover. Conway Muse, 18444 Spruce Street, Conway.

WINTER BIRD  
**SIP & PAINT**  
SAAL Brewing Co.  
Feb. 22 4:30pm-6:30pm

With Bobbi Samples

The poster features a painting of a pond with ducks and a swan.

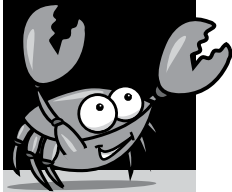
**Winter Bird Sip & Paint**  
2/22, 4:30PM - 6:30PM  
SAAL Brewing Co, Stanwood



**Documentary Filmmaking**  
2/27, 3PM - 6PM  
Arrowhead Ranch, Camano  
[www.scaacwa.org/classes](http://www.scaacwa.org/classes)



# Calendar of Events



FRIDAY, FEBRUARY 21

## **AARON CRAWFORD & KATE DINSMORE**

8 pm at Arcadian Public House (Formerly Conway Muse), 18444 Spruce Street, Conway. Full band debut of "Lost In the Shuffle" and "Drinkin' a Beer". Tickets \$20 Advanced \$25 At Venue. Genre: Country, Rock, Americana, Jazz.

SATURDAY, FEBRUARY 22

## **FAMILY BINGO**

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up... Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, FEBRUARY 22

## **GRIEF TO GRATITUDE - STORIED PASTS**

11-12:30pm at the Camano Library. The loss of a loved one is one of life's most common human experiences. "Grief to Gratitude - Storied Pasts" is a unique free program that creates the space for you to share and celebrate that reality. Come and share an uplifting story (or two) about your lost loved one to inspire joy, reflection and gratitude. Program facilitated by Danny Koffman, "Art with a Smile" artist and author of books focusing on caregiving with a smile and a topspin of love. RSVP to 360-387-0222.

## **BE A VOICE OF THE FUTURE VISION**

Come check out the exciting new changes at the South Camano Grange and join us for our brainstorming session

**Monday, March 10  
6:00 to 8:00 pm  
2227 S Camano Drive**

Your Opportunity to Voice Ideas, Future Projects, Events & More

*Refreshments will be served*

**INFO 425-754-7421**

*Facebook South Camano Grange*



OUR MISSION

# Exceptional healthcare, always.

[SkagitRegionalHealth.org/Mission](https://SkagitRegionalHealth.org/Mission)

Skagit  Regional Health

## Research Study - Healing and Transformation with Sound



Are you a veteran, front-line worker, or their family members affected by trauma, anxiety, or stress?



Join our **Sound Healing Research Study** to explore the transformative benefits of sound therapy and contribute to vital research in trauma recovery.

### ★ What We Offer:

- Weekly sound healing sessions on Camano Island, WA (January through March 2025).
- A safe and supportive environment for relaxation and healing.
- The opportunity to help advance research in sound therapy for trauma recovery.

**Limited spots available.** Visit our website for details and to sign up!

Contact Us: [info@projectpc.org](mailto:info@projectpc.org)  Learn More: [www.projectpc.org/sound-healing-research](http://www.projectpc.org/sound-healing-research)

WE'RE GONNA BE A BIG DEAL!

 THEATER  
WITH A WINK

 **NEWSIES**  
THE BROADWAY MUSICAL

**APRIL 18<sup>TH</sup> - MAY 4<sup>TH</sup> 2025**  
AT MCINTYRE HALL IN MT. VERNON



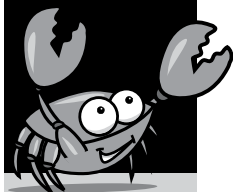


SCAN ME FOR INFO & TICKETS

USE PROMO CODE **NEWSIES25**  
FOR \$10 OFF EACH TICKET  
APRIL 24 FROM ONLY



# Calendar of Events



## DID YOU KNOW?

A 15-year-old Irish girl was the first person processed at Ellis Island.

SATURDAY, FEBRUARY 22

### **MOJO CANNON & THE 13TH ST. HORNS**

8 pm at Arcadian Public House (Formerly Conway Muse), 18444 Spruce Street, Conway. Mojo Cannon (10 Piece Roadhouse R & B). Put your dancing shoes on and come out to party with this NW favorite! Y'all are in for a TREAT! Hope to see you there!

SATURDAY, FEBRUARY 22

### **THE MARK DUFRESNE BAND**

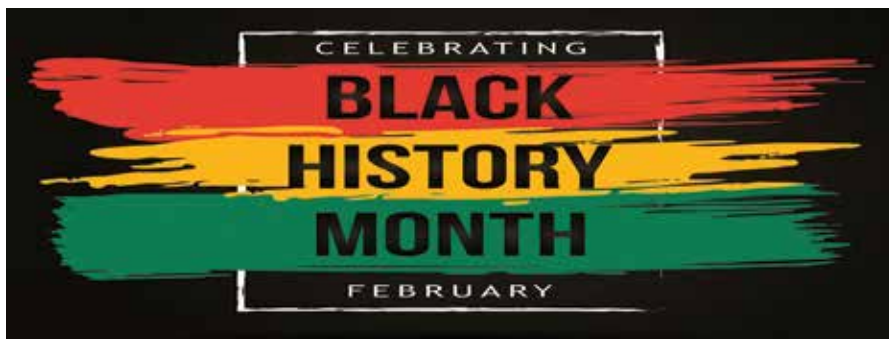
7:30pm - 10:00pm at Pub 282 at the Camano Plaza. Using his 3-octave tenor voice and championship harmonica playing at full force, Grammy nominated Mark Dufresne's powerhouse skills are sure to captivate and entertain. A dynamic singer and showman, Dufresne's original rhythm and blues songs, including instrumentals, shine in the hands of this talented quartet.

SATURDAY, FEBRUARY 22

### **SNOW GOOSE & BIRDING FESTIVAL**



9am-5pm. The very popular Snow Goose & Birding Festival was brought back in 2024 to the Floyd Norgaard Cultural Center. \$10.00 Per Person. Children 12 & Under FREE. Lunch, homemade soup with roll, will be available for an additional \$10 from 11 am to 2pm. Go to <https://www.sahs-fncc.org> for the 2025 speakers, bus tours, vendors, exhibits and artists, and more info. Photo by James M. Shipley.





# COLD WEATHER TIPS FOR YOUR DOG

## DOGS LESS TOLERANT OF COLD

If short coat



If seek out warm spots in the house on a normal basis



Puppies, senior dogs, or dogs with a disease, like diabetes

## DOGS MORE TOLERANT OF COLD

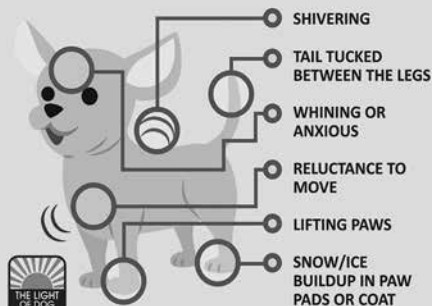
If long coat



If seek out cool tile and cool parts of the house on a normal basis

## COLD WEATHER TIPS

### WATCH FOR COLD INTOLERANCE SIGNALS



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



Less tolerance to windy/overcast/precipitation/snow or ice covered paths.



Sunny and dry, but cold can be fine for many dogs.



Stay active to stay warm.



Be cautious walking on ice, as falls are bad for humans and dogs.



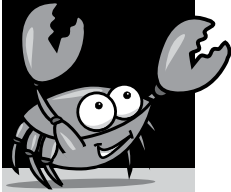
Post walk, remove from your dog deicer chemicals that are typically used on roads and sidewalks.



Consider using pet-safe deicers on your property to protect your pets and the others in your neighborhood.



# Calendar of Events



## DID YOU KNOW?

The script for the movie "The Terminator" was sold for \$1.

SATURDAY-SUNDAY, FEBRUARY 22-23

## ART ALOFT



The Art Aloft Art Show, sponsored by the Stanwood Camano Arts Guild, will be held at the Masonic Lodge in Stanwood on February 22 & 23, 10:00am-4:00pm. There will be lots of wonderful artwork from 18 artists, including paintings, jewelry, woodworking, and much more. 27205 102nd Ave NW, Stanwood. Come check it out!

SATURDAY-SUNDAY, FEBRUARY 22-23

## 3RD ANNUAL NXNW (NORTH BY NORTHWEST)

at Kayak Point Disc Golf Resort, Stanwood. A 2-day, 2-round PD-GA-sanctioned tournament! Trophies will be awarded to the 1st place winner in each division. Pros will receive cash payouts via PayPal. Ams will receive Player Packs as well as payouts in the form of scrip/store credit to the Pro Shop. Added cash will be split evenly across ALL Pro divisions. Pre-registration through [discgolfgscene.com](http://discgolfgscene.com), or in the Pro Shop is required.

SUNDAY, FEBRUARY 23

## BREWCADE'S 1ST WOMEN'S PINBALL TOURNAMENT

5-8pm at 7009 265th St. NW, STE. 102, Stanwood.



**PNW**  
COLLECTIVE



**WORK  
HARD,**  
*Be Kind*

**Malynda Shipley**

Broker / Realtor

**425-299-7892**

[mshipley@atthebeachrealestate.net](mailto:mshipley@atthebeachrealestate.net)

[onereale.com/malynda-shipley](https://www.onereale.com/malynda-shipley)

**real**

**REAL Broker LLC**



2025 | CAA PRESENTS the 26th ANNUAL

# CAMANO ISLAND STUDIO TOUR

Art lives on Camano Island and in Stanwood



**Mother's Day Weekend**

**MAY 9-10-11**  
10am - 5pm

**Encore Weekend**

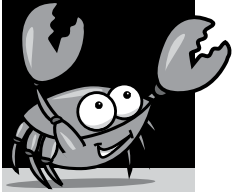
**MAY 17-18**  
10am - 5pm

Art by Doug Landreth  
Photographic fine art -  
*"In the Late Afternoon"*



[camanostudiotour.com](https://www.camanostudiotour.com)

# Calendar of Events



## DID YOU KNOW?

People can only use a small fraction of the earth's water.

We can only use about 0.007 percent of it.

## SUNDAY, FEBRUARY 23 FINDING YOUR CIVIC VOICE



Afraid of public speaking? This workshop is for you. Feel like you don't know enough about a certain topic to speak on it? This workshop is for you. Need the motivation to craft a clear and concise message about a topic you're already passionate about? This workshop is for you. Gain the skills to speak up on behalf of future generations — and all of the people, plants, animals, and organisms who aren't invited into our committee meetings, legislature, or board rooms. 10 am to 5 pm at South Camano Grange, Camano. Cost: Free.

MONDAY, FEBRUARY 24

## ALL AGES MONDAY NIGHT TRIVIA

6pm at Rockaway, Camano Island. An exciting night of prizes, great food and drinks, and the chance to win big. Our Trivia winners are invited to a monthly Winner Dinner – on us and of course more importantly... bragging rights. This is a family friendly trivia.

TUESDAY, FEBRUARY 25

## LINE DANCING AND LESSONS

Event by Lady Di Dancin'. 6pm-8pm at Stanwood Eagles Foe 3041, 6419 Pioneer Hwy. Between all lessons and at the end of the night there is open and request dances. No cover charge, donations accepted & appreciated for lessons. ALL ages and ALL welcome.



February 25

## NATIONAL QUIET DAY

A chance to pause amidst the noise of modern life, promoting inner calm and self-reflection for better health.





# WINTER DRIVING SAFETY TIPS

Driving in winter weather conditions can cause problems for even the most experienced driver. Here's how you can be better prepared.

## PREPARE YOUR VEHICLE



Fill up on fuel



Check tire pressure & tread



Replace worn wiper blades



Check the battery & transmission



Use snow chains or tires when needed

## MAKE A SAFETY KIT

- First Aid Kit
- Ice Scraper & Brush
- Jumper Cables
- Portable Shovel
- Flashlight
- Batteries
- Phone Charger
- Water
- Snacks
- Blankets
- Warm Clothes -Boots
- Sand or Kitty Litter
- Multi-tool
- Reflective Triangles or Vest



## Did you know?

In winter traffic, a safe following distance is 8-10 seconds.

## KNOW YOUR BRAKES IF YOU HIT ICE

### Standard Brakes:

steer into the skid and pump your brakes slowly

### Anti-Lock Brakes (ABS):

steer into the skid and apply steady pressure, do not pump

## PRACTICE SAFE DRIVING

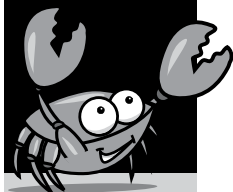
**PLAN AHEAD:** watch the weather, give yourself time, and don't travel unless you have to

**SLOW DOWN:** reduce your speed, don't tailgate other drivers, and brake earlier than usual

**STAY ALERT:** always obey traffic signals and watch for other drivers sliding into your lane

**WATCH FOR ICE:** ice can be hidden in plain sight on roadways, under snow, or in tire tracks

# Calendar of Events



## DID YOU KNOW?

Humans are the  
only animals  
that blush.

## TUESDAY, FEBRUARY 25 2025 SALISH SEA EARLY MUSIC FESTIVAL



Inaugural program of early chamber music performed on period instruments in Conway through July. Tonight's concert features THE CHACONNE with LES VOIX HUMAINES. Susie Napper, viola da gamba & treble viol; Mélisande Corriveau, viola da gamba & pardessus de viole; Elisabeth Wright, harpsichord; Jeffrey Cohan, baroque and renaissance flutes. Les Voix humaines, the widely celebrated prize-winning duo of viols from Montreal joins us for a program centering on the chaconne but extending from the early 17th century through Johann Sebastian Bach. 7:00 PM at Fir-Conway Lutheran Church at 18101 Fir Island Road in Conway. Admission is by suggested donation (a free will offering) of \$20 to \$30. Those 18 & under are free. All are welcome regardless of donation. For additional information please see [www.salishseafestival.org/skagit](http://www.salishseafestival.org/skagit)

TUESDAY, FEBRUARY 25

## STAY & PLAY

10-11am at the Camano Island Library. This is an opportunity for children and their caregivers to come play with fun and educational toys provided by the library. During this hour, caregivers and children will engage in in-person play, socialize with others, and reconnect with the library. The first 15 minutes will be a mini-storytime with a read-aloud, and the last 45 minutes will be free play. Drop in any time during this event.

## Documentary Filmmaking Workshop

Brought to you by:



STANWOOD  
CAMANO  
ARTS  
ADVOCACY  
COMMISSION

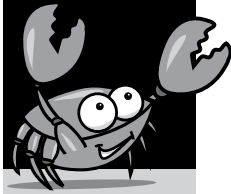
+



Thursday, February 27th  
3:00 PM - 6:00 PM | Ages 13+



# Calendar of Events



TUESDAY, FEBRUARY 25

## TEEN CHILL AND RECHARGE

3-5pm at the Stanwood Library. Swing by to unwind, charge up your devices, and have fun! This week, we're diving into some crafting and maker projects. Relax, enjoy snacks, and create personalized pins and buttons, decorate mittens or create a custom photo frame. We've got all the supplies you need —just bring yourself and your good vibes. Bring a friend, meet new people, or just hang out solo. We'll have snacks and plenty of space to socialize. Feel free to bring your own favorite games or activities. This event is for teens and tweens aged 9 to 18. No registration is needed.

WEDNESDAY, FEBRUARY 26

## BLOOD DRIVE

Noon-5pm at Camano Island Yacht Club, 129 N. Sunset Drive. Direct Donor Signup: <https://www.redcrossblood.org/give.html/find-drive>

WEDNESDAY, FEBRUARY 26

## WEDNESDAY NIGHT TRIVIA!

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

THURSDAY, FEBRUARY 27

## HEART POTLUCK

Noon at the Stanwood YMCA Community Room. Free with a dish and registration.

"where passion and paws collide"

**Blazing Dogs**  
BlazingDogs.com  
360-610-9688

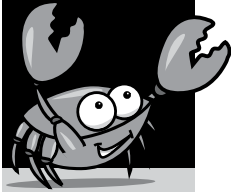
"We come to you."

- Behavior Consultation
- Private 1-on-1 Training
- AKC Canine Good Citizen
- AKC Scent Work
- Tracking Classes
- Puppy Training
- Newly Adopted Dog / Puppy Classes
- Virtual Dog Training
- Service Dog Training
- AKC Fitness / AKC Tricks
- Board and Train

**National Clam Chowder Day**  
- FEBRUARY 25 -

**NATIONAL CHILI DAY**  
4TH THURSDAY IN FEBRUARY

# Calendar of Events



FRIDAY, FEBRUARY 28

## STEWART WOODS – FRIDAYS IN THE SPEAKEASY

Bring your dinner in and enjoy Stewart's music and a cocktail! 6:30 – 8 pm – No Cover. Conway Muse, 18444 Spruce Street, Conway.

SATURDAY, MARCH 1

## AKTION CLUB'S 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.



# SAVE CAMA BEACH CABINS

**Do you miss having the cabins open and seeing visitors excited about the park, Camano Island, and Stanwood? Does your business miss the income from tourists? Does your family miss the fun educational events at the park? There is a new group forming to reopen the cabins.**

**Save Cama Beach Cabins group** is asking the Washington State Legislature for funding to repair the septic and water systems so the cabins can be used again. A website with more information will be available soon. They need your help to contact the Governor and your State Legislators to urge their support for this effort so the Cama Beach cabins can be reopened for all of us.

**Governor's office: 360-902-4111**  
**Representative Clyde Shavers: 360-786-7884**  
**Representative Dave Paul: 360-786-7914**  
**Senator Ron Muzzall: 360-786-7618**

**Thank you for your help! Watch the Crab Cracker and/or go to our website for more info.**

**SaveCamaBeachCabins.org / info@savecamabeachcabins.org**

# Rockaway Bar + Grill

*Where everybody knows your name!*



**Family Friendly Dining:** Kids Favorite Menu

**Happy Hour:** 2-5pm M-F

**Taco Tuesday:** Dynamite Shrimp Tacos  
Margarita Flights | Nachos | Taco Salad

**All Ages Trivia Monday:** 6pm

## NEW BREAKFAST MENU!

FRIDAY-SUNDAY 8AM-11AM

Eggs Benedict | Mondo Verde Burrito | Chicken & Waffles  
Monte Cristo | Corned Beef Hash | Biscuits & Gravy | + More!



[WWW.ROCKAWAYCAMANO.COM](http://WWW.ROCKAWAYCAMANO.COM) 360-926-8920

## Still Water Lounge



Still Water Lounge is an upscale welcoming retreat in the heart of downtown Stanwood. Offering a refined experience for those seeking expertly crafted cocktails, delicious small plates, and a cozy sophisticated atmosphere. Since its grand opening, it has quickly gained a reputation as the go-to spot for a relaxing evening out.

[WWW.STILLWATERSTANWOOD.COM](http://WWW.STILLWATERSTANWOOD.COM)



KELLER HOSPITALITY

**ROCKAWAY**  
bar • grill • outdoor kitchen

**STILL WATER**  
LOUNGE

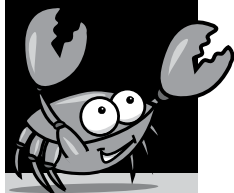
**VIVO**  
ITALIAN BISTRO

**BLUE HERON**

**MAMMOTH**  
BURGER CO.



# Calendar of Events



## DID YOU KNOW?

The cornea and the cartilage do not have blood vessels.

SATURDAY, MARCH 1

## FOCIP ANNUAL HOSTED WINTER AND SPRING WALK PROGRAM



**CAMA TO CISP:** Meet at 9:45 a.m. at Ivy Road cul-de-sac CAMA trailhead off of Dry Lake Road. You can access Dry Lake Road from East Camano Road or Monticello Road. Walk from the trailhead parking area to the South Beach of Camano Island State Park along the Cross Island and West Rim trails enjoying downhill and level terrains with great views. The walk is about 3.2 miles. Shuttle service will be available to return participants to the trailhead. No Dogs Please.

SATURDAY, MARCH 1

## THE ART OF READING SMOKE

with deputy chief Phil Jose. 9am-5pm at Madrona Vista Fire Station, 273 N W Camano Drive, Camano. Firefighters: It's never too early to think about professional development. Learn about the attributes of smoke including volume, velocity, density, and color - and improve your strategic and tactical decision-making. Email [dlarkin@camano-fire.com](mailto:dlarkin@camano-fire.com) to register. Class cost is \$50.

SATURDAY, MARCH 1

## SEMBLANCE

Celebrity tributes, impersonations & more at Beauty Bar Salon + Lounge, 10011 - 270th St NW, Stanwood. Live FREE SHOW!!! Show starts at 10 pm. Be there or be square! More info: (360) 629-2324.





# 55+ RESOURCE FAIR



Complimentary  
Lunch  
11:00 - 1:00

Saturday, March 8, 2025  
9:30 a.m. - 2:30 p.m.  
AT THE CAMANO CENTER

*One convenient place to get  
information about services, programs,  
and activities tailored to the 55 and  
over age group.*

## PRESENTATIONS:

Memory  
Screenings  
available

**10:00 AM - 11:00 PM**  
Maintain Your Brain

**11:30 AM - 12:30 PM**  
Your Home: Options for Staying  
in Place and Considerations for  
Moving

**1:00 PM - 2:00 PM** Estate & Long-Term Care Planning Basics

## THANK YOU TO OUR EVENT SPONSORS:



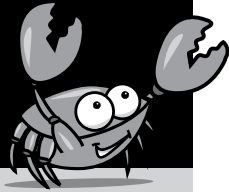
STANWOOD HEARING



606 Arrowhead Rd., Camano Island 360-387-0222

[www.camanocenter.org](http://www.camanocenter.org)

# Calendar of Events



## DID YOU KNOW?

The Eiffel Tower was originally supposed to be for the city of Barcelona.

But they rejected the famous tower at the time because they considered it too ugly.

## SATURDAY, MARCH 1 FAMILY BINGO



at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up... Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

## SATURDAY, MARCH 1 5TH ANNIVERSARY OPEN HOUSE

Join Stanwood Tattoo Company for our fifth-anniversary open house! 3/1/2025 6-8pm at 10003 270th St NW. Food, fun, art, and community! Raffle for a \$300 Stanwood Tattoo Company gift certificate. One ticket for each \$5 donation to PFLAG Stanwood-Camano! Tickets must be purchased at the shop during the event. You do not have to be present to win. Drawing at 8:00pm 3/1/25!

## SATURDAY, MARCH 1 NICK VIGARINO

8 PM – at the Arcadian Public House (formerly Conway Muse). You can expect an incredible show. Advance tickets: \$18. Day of show tickets: \$20.

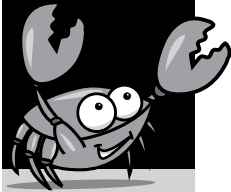
## SUNDAY, MARCH 2 CELEBRATING WOMEN: RISING IN SONG

Join Cantabile Chamber Choir for an uplifting concert as we join the nation in celebrating Women's History Month, honoring the achievements and foundational accomplishments of incredible women throughout history. Our concert highlights the inspiring and powerful writing of women poets spanning a century and brought to life in contemporary music. Featuring larger works by Trumbore and Esmail, we bookmark the evening with examples of famous poets still influencing us today. Woven throughout the performance are other texts by Roosevelt, Teasdale, and Angelou, to name a few. 3pm at St Aidan's Episcopal Church. \$25.

## SUNDAY, MARCH 2 RONNDA CADLE - LIVE AT COASTAL VIE

Come enjoy some mellow music, good coffee, food and atmosphere at Coastal Vie in Stanwood. Located by Viking Village. We hope you will join us as we rock out in 'an easy listening kind of way'. Seating is limited.

# Calendar of Events



## DID YOU KNOW?

We are more creative in the shower. Warm water in the shower increases the flow of dopamine and increases creativity.

MONDAY, MARCH 3

### ALL AGES MONDAY NIGHT TRIVIA

6pm at Rockaway, Camano Island. An exciting night of prizes, great food and drinks, and the chance to win big. Our Trivia winners are invited to a monthly Winner Dinner – on us and of course more importantly... bragging rights. This is a family friendly trivia, so grab your little ones and join us!

MONDAY, MARCH 3

### TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. It is free to play with prizes for first and second place. Always a lot of fun!

MONDAY, MARCH 3

### 55 & OVER KARAOKE

with Melissa & Chris. 5-7pm. Beer and Wine \$5.00/Pub Mix \$2.00 Boat. Lincoln Hill Retirement Community & Senior Center "Dining Hall", 7430 276th St. NW, Stanwood.

MONDAY, MARCH 3

### 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.

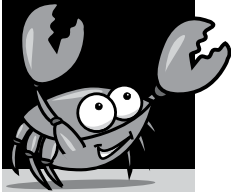
TUESDAY, MARCH 4

### TEEN CHILL & RECHARGE

3-5pm at Stanwood Library. Swing by to unwind, charge your devices, and have fun! This week, we are jumping into the world of gaming with the Xbox Series X and the Oculus Rift VR. Bring a friend, meet new people, or just hang out solo. We'll have snacks and plenty of space to socialize. Feel free to bring your own favorite games or activities. This informal program is designed for teens and tweens ages 9 to 18 to have a space just for themselves. No registration is needed — drop in any time between 3:00 and 5:00 pm, recharge, and enjoy some free snacks. It's a win-win!



# Calendar of Events



## DID YOU KNOW?

The human  
brain is eating  
itself.

Phagocytosis is where cells consume smaller cells or molecules to ultimately remove them from the system. This is not a harmful process but a necessary one in order to preserve gray matter in the brain.

TUESDAY, MARCH 4

### STAY & PLAY

10-11am at the Camano Island Library. This is an opportunity for children and their caregivers to come play with fun and educational toys provided by the library. During this hour, caregivers and children will engage in in-person play, socialize with others, and reconnect with the library. The first 15 minutes will be a mini-storytime with a read-aloud, and the last 45 minutes will be free play. Drop in any time during this event.

WEDNESDAY, MARCH 5

### WEDNESDAY NIGHT TRIVIA!

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

WEDNESDAY, MARCH 5

### NARCAN® GIVEAWAY (NALOXONE) WITH HOST

4-5:30pm at the Stanwood Library. Learn how you can save a life! During this short training, HOST will distribute two Naloxone (aka Narcan®) kits to each attendee and will provide instructions on how to administer the medication. Representatives will be on-site for 90 minutes, and attendees can drop-in throughout this time to receive the training. Both nasal and injectable kits will be available.

WEDNESDAY, MARCH 5

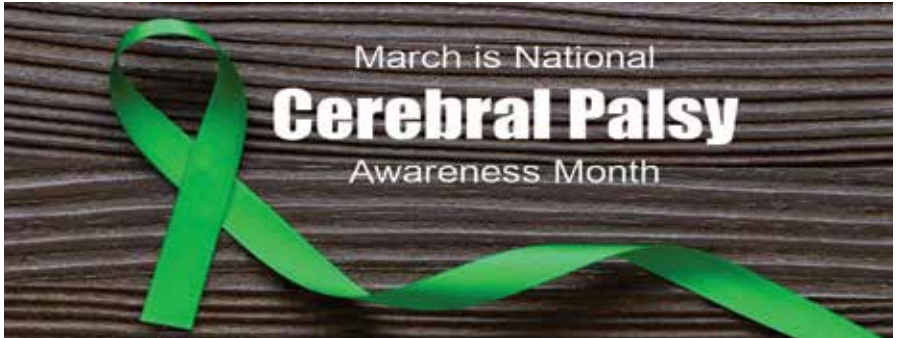
### PREPAREDNESS TOWN HALL



6 to 8pm at County Multi Purpose Building – 141 N. E. Camano Dr. (next to CASA). Topic - NEIGHBORHOOD READY. Is your neighborhood ready for an emergency/disaster? This will be the first in a series of Town Hall sessions sponsored by the Camano Preparedness Group for our Camano Island residents focused on awareness of the various risks associated with living on our island. A Q&A session and discussion will follow the presentation. For more info contact Sue at [kk6sue@gmail.com](mailto:kk6sue@gmail.com).



MARCH IS WOMEN'S HISTORY MONTH



## COATS FOR KIDS

**Brand new coats now available for children ages 0-18 of Stanwood & Camano Island.**

Appointments are required and can be scheduled at the Food Bank during scheduling hours:

**Wednesday**  
9am - 1pm

**Thursday**  
11am - 1pm

**Saturday**  
9am - 1pm

[stanwoodcamanofoodbank.org/coats](http://stanwoodcamanofoodbank.org/coats)

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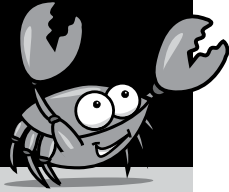


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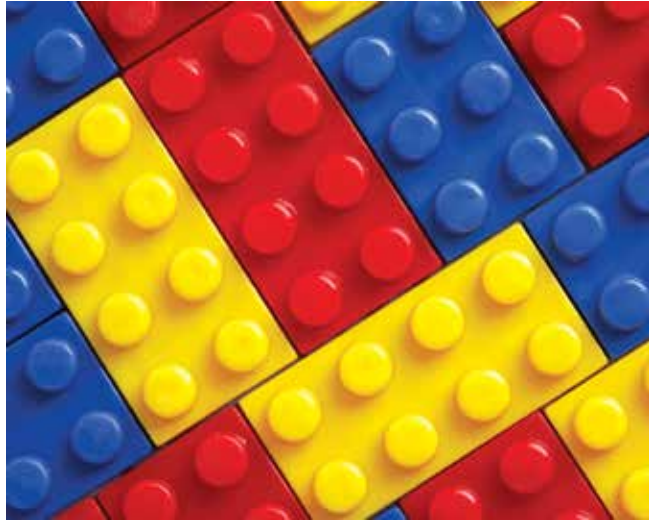
# Calendar of Events



## DID YOU KNOW?

Your nose and ears never stop growing.

### WEDNESDAY, MARCH 5 **LEGO® AFTERNOON**



4pm at the Stanwood Library. Stop by for an afternoon of LEGO®! Build alone or with friends -- we'll provide everything you need.

### THURSDAY, MARCH 6

#### **LIT LAB**

Ten brave souls made the February meeting of the Lit Lab memorable. We decided the theme for March is "march", so let your creativity flow in the breeze of inspiration to share when we meet again on Thursday March Sixth! ! Ken suggested we create a newsletter so we can share our musings. We have discussed starting a blog but a newsletter would be way easier. Ken says he already has one he facilitates, so let's talk about it in March. We will be meeting again at the Camano Lutheran Church, off SR532 at 850 Heichel Road at 6 pm in Pioneer Hall. Plenty of parking in front. Plan to read something about 5 minutes long. We will have a sign up sheet if you have a longer piece. See you then!





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STEWARDS**



## 2025 VOLUNTEER EDUCATION & TRAINING PROGRAM:

- 8 weeks of Thursday classes in the Spring (March-May).
- Highly acclaimed expert speakers + in person classes + hands on activities + field trips = an incredible training experience!
- \$175 membership & training fee. Scholarships available!

**Applications due by March 7th!**

## MAKE A SPLASH WITH US!

Become an active member of your local island community as a trained Steward! Support critical research in partnership with university, government, and tribal biologists, provide environmental education for all ages, and embody marine stewardship across the Salish Sea.

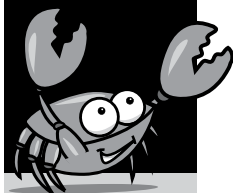
### QUESTIONS?

Contact: 425-540-7712  
[Training@soundwaterstewards.org](mailto:Training@soundwaterstewards.org)

[www.soundwaterstewards.org](http://www.soundwaterstewards.org)



# Dining Guide



## DID YOU KNOW?

The Spanish national anthem has no words.

The 'Marcha Real' is one of only four national anthems in the world (along with those of Bosnia and Herzegovina, Kosovo, and San Marino) to have no official lyrics.

**AMIGO MEXICAN RESTAURANT & LOUNGE** (Stanwood) • (360) 629-5052  
**BAKED CAFE** (Camano Island) • (425) 530-3314 or (425) 232-5885  
**BEAUTY BAR SALON + LOUNGE** (Stanwood) • (360) 629-2324  
**BEST BURGER HUT** (Stanwood) • (360) 853-0067  
**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  
**COASTAL VIE** (Stanwood) • (360) 355-9541  
**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  
**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  
**JIMMY'S PIZZA** (Stanwood) • (360) 629-6565  
**JOHNNY'S BURGER STOP** (Stanwood) (360) 629-9427  
**JOURNEY'S END CAFE** • (Camano Island) • (360) 387-9120  
**LITTLE CAESARS PIZZA** (Stanwood) • (360) 629-6999  
**MAMMOTH BURGER COMPANY** (Stanwood) • (360) 572-4500  
**MCDONALD'S** (Stanwood) • (360) 629-9787  
**MIYAKO'S TERIYAKI & WOK** (Stanwood) • (360) 629-4535  
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**NAHA TERIYAKI** (Stanwood) • (360) 629-0681  
**PADDLE PUB** (Stanwood) • (360) 652-4156  
**PAPA MURPHY'S TAKE 'N' BAKE PIZZA** (Stanwood) • (360) 629-3826  
**PAT'S THAI** (Stanwood) • (360) 572-2381  
**PATINI'S GRILL** (Stanwood) • (360) 629-0822 or 360-572-2981  
**PHOENIX PAVILION** (Stanwood) • (360) 629-4662  
**PRIMAL BARBECUE** (Camano Island) • (360) 572-2122  
**PUB 282** (Camano Island) • (360) 926-8960  
**PURE SMOKE BARBEQUE** (Stanwood) • [www.puresmokenw.com](http://www.puresmokenw.com)  
**RALIBERTO'S TACO SHOP** (Stanwood) • (360) 629-2000  
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**SAAL BREWING CO.** (Stanwood) • (360) 629-0102  
**SAHARA PIZZA** (Stanwood) • (360) 629-6886  
**SASQUATCH SUBS** (Stanwood) • (360) 610-2765  
**SEN - JAPANESE RESTAURANT** (Stanwood) • (425) 765-4577  
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**STANWOOD CAFE** (Stanwood) • (360) 629-8427  
**STANWOOD CUPCAKES** (Stanwood) • (360) 926-8241  
**STANWOOD GRILL** (Stanwood) • (360) 629-5253  
**STANWOOD HOTEL & SALOON** (Stanwood) • (360) 629-2888  
**STANWOOD THAI** (Stanwood) • (360) 572-2200  
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**STILL WATER LOUNGE** (Stanwood)  
**SUB JOINT** (Camano Island) • (360) 230-9611  
**SUBWAY** (Camano Island) • (360) 631-5055  
**SUBWAY** (Stanwood) • (360) 629-2678  
**TACO TIME** (Stanwood) • (360) 629-5018  
**TAPPED CAMANO** (Camano Island) • (360) 572-4986  
**THAI THAI KITCHEN** (Stanwood) • (360) 629-0600  
**TWIN CITY LANES CAFE** (Stanwood) • (360) 629-3001  
**WAYNE'S CORNER CAFÉ** (Stanwood) • (360) 939-2300  
**WILLOW & JIM'S COUNTRY CAFE** (Silvana) • (360) 652-0372

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Food Handlers Card

Elisabeth Waldron CNA

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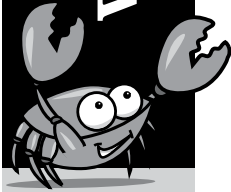
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# Moonshine Wisdom & Wit



Story by Jack  
Archibald.

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wisdom and wet  
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## **SOUTH END HISTORICAL SOCIETY**

Lately I've been around folks similar in geologic age as myself who, after reviewing their litanies of medical maladies, assorted operations and multiple ailments, inevitably land on the subject of cleaning out their closets and drawers, sheds and outbuildings so the kids won't get stuck with the hellish project disposing of their decades of accumulation. The assumption in every case is that their offspring would no more want that accretion of antique junk than they'd hope their local thrift store would one day be theirs, lock stock and broken barrel.

With my brother I moved our folks' treasured possessions three or four times the last years of their life. The first move we told them, after they'd become alarmed at our loads to the dump and Goodwill, if they wanted to downsize themselves, okay, but we'd be returning down to Georgia with the largest U-Haul truck we could rent and what they wanted to keep --- definitely not everything --- would have to fit. All right, they said. When we returned of course nothing had been weeded out or thrown away. What are you gonna do, spank em and send em to bed without supper? We managed to find a second U-Haul truck and filled both, then drove them 1500 miles to their new house that we filled with cheap furniture, rusty tools, broken appliances and a lifetime of collected crap.

The next few moves into the assisted living complex, we did the downsizing. As much as they would allow ... or at least never witnessed. Whether it's a prolonged attachment or just too much work to get rid of stuff, I couldn't say. Our own junkpile, seldom downsized, would be a curse to our kids when we leave these mortal coils, goofy art, rotting kayaks, dead lawnmowers, useless tools --- a veritable EPA superfund site. Fortunately we don't have kids. I suspect we'll just endow the property, the houses, the 20 plus sheds and all our worldly possessions to jumpstart the South End Historical Society. No need to call the movers or the thrift stores. Just need volunteers to be docents once the visiting hours are established.

# STANWOOD CAMANO SNOW GOOSE & BIRDING FESTIVAL

Saturday February 22, 2025

Floyd Horgaard Cultural Center

9 am - 5 pm



Schedule and tour information available at [www.sahs-fncc.org](http://www.sahs-fncc.org)

**SPEAKERS**

**BUS TOURS**

**VENDORS**

**EXHIBITS**

**ARTISTS**

**NATURE**  
Photography by Thomas Swanson  
**CULTURE**  
Poster by Justin Hernandez  
**ART**

## 988, 911 or 211?



### 988

988 is a mental health crisis number, and calls are handled by National Suicide Prevention Lifeline counselors. These counselors are highly trained to assist people in emotional distress or suicidal crisis.

### 911

911 can be contacted for assistance as dispatchers are trained to handle ALL emergency situations. Remember, support is always available whenever needed.

### 211

211 is a non-emergency number connecting individuals with community resources like food banks and shelters.

It provides vital support and guidance during challenging times, ensuring access to essential services for improving well-being and quality of life.



[www.mhanational.org/resources/988](http://www.mhanational.org/resources/988)



# Windermere

REAL ESTATE



**HOME / ACREAGE** **\$1,500,000**  
 Builder's own beautiful Camano home, shop, detached guest house, studio on 4.78 acres possible income generating or multi-generational. #2296551



**NEW HOME** **\$915,000**  
 Nearing completion, beautiful Titan Home in north Camano with gorgeous finishes and details, solar panels, heat pump, 3-car garage. #2313580



**WATERFRONT** **\$759,000**  
 Picture perfect Camano cottage on Driftwood Shores, southerly views, generous outdoor living, garden space, year-round beach life! #2328245



**BAYVIEW** **\$749,000**  
 Exceptional views and peaceful setting from well-maintained rambler on 2.35 level and mostly fenced acres and includes large shop. #2327108



**VACANT LAND** **\$235,000**  
 Level 2.4 acres on Camano and centrally located, serene parcel is nearly ready-to-build with no extensive prep work needed. #2322938



**CAMALOCH** **\$575,000**  
 First time on the market, 3-bedroom Camano rambler with huge shop in gated golf community with pools and fishing lake. #2329359

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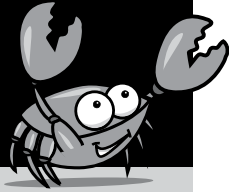


**CAMANO ISLAND**  
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 360.387.4663

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

Windermere Real Estate/CIR

## Kid's Korner



### DID YOU KNOW?

The bacteria on your skin cause the itching on your skin.

Staphylococcus aureus releases a chemical that activates a protein in our nerves and tells our brain that there is an itch.

## PENGUIN ROCKS

Painting rocks is a soothing activity and it's a good craft to do with kids of multiple ages. It is simple enough for small kids and you only need a few different colors of paint.

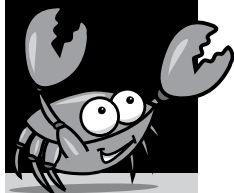


**What You Need:** Multi-Surface Satin Acrylic Paint: Black Tie, Steel Grey, Cotton Ball, Orange Sherbet; Paintbrushes – 1/2" flat paintbrush and angled fine tip paintbrush; Set of 3 rocks (largest rock to measure 3" long), all in differing shapes and sizes and all with a smooth surface

Wash and dry rocks completely before painting. If there are any rough spots, smooth with sandpaper. I rarely have to do this though. Allow the paint to fully dry between each step and anytime you switch paint colors. You may need to use a double or triple coat of paint to achieve desired coverage. Use a sealant for extra protection. How to Paint Rocks to Look Like Penguins. Be sure to start with washed, dry rocks. Using a flat paintbrush (1/2" is my favorite size), paint the front side of your rocks in either white or gray. This will be the color of the penguin's belly. You don't need to paint the backside of the rock yet, as that will be a different color. Using a fine-tip paintbrush, paint the outer shape of the penguin in dark black, as shown. Leave the belly white or gray. When the outline is dry, paint the back side of the rock black too. Allow to dry before flipping the rock back over to paint the face. Using a fine-tip paintbrush and orange paint, make a small upside-down triangle for the beak. Paint two small oval shapes with orange paint to make the penguin's feet. Finally, dip the back end of your fine tip paintbrush in the black paint and dab it onto the rocks to make little round eyes. Ta-da! You now have a family of cute little penguin painted rocks! Allow paint to dry completely, then finish with sealant if desired.

Source: <https://thesoccermomblog.com/penguin-painted-rocks/>

# Activity for All Ages



## DID YOU KNOW?

John Quincy Adams once had a pet alligator.

The alligator was gifted to him from a French general, and it lived in one of the bathrooms at the White House.

## MAKE SCENTED PINE CONES WITH ESSENTIAL OILS

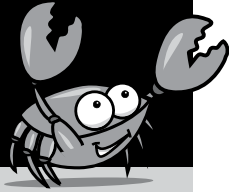
By Caylin Harris / [www.thesprucecrafts.com](http://www.thesprucecrafts.com)



**What You'll Need:** Cookie sheet; Aluminum foil; Gallon-size plastic zip-top bag; Spray bottle (optional); Pine cones (as many as you want in any size); Essential oils of your choosing

**Instructions:** **Prep Your Pine Cones.** Give the pine cones a good rinse in the sink. Don't use dish soap, as the scent can linger and interfere with the essential oils you're going to add later. Then, place the pine cones on a foil-lined cookie sheet. Bake them at a low heat (roughly 200 degrees Fahrenheit) for about an hour. Baking works to preserve the pine cones. Keep an eye on them throughout the entire baking process. (While burning isn't likely, turn off the oven immediately if you see the pine cones start to burn.) Finally, remove them from the oven, and wait for them to cool before proceeding to the next step. To scent your pine cones, choose any essential oils that you like. While many people prefer to use cinnamon because it's associated with the fall and winter months, other good options include citrus, vanilla, peppermint, and even pine essential oils. You can apply just one type of oil, or you can mix and match. For instance, cinnamon and vanilla blend together to form a pleasant, warming aroma. Place the pine cones in a gallon-size zip-top bag, and pour at least 10 drops of essential oil right inside. You can always add more drops if you feel the scent isn't strong enough. Seal and shake the bag to spread the essential oil on the pine cones, and then leave them in the bag for a week. Finally, remove them from the bag, and make sure they're dry before using them to decorate. You also can use a spray bottle for a quicker and more uniform application of the essential oil. Fill the bottle with a few ounces of water and about 10 drops of essential oil to start. (You always can add more.) Then, spray the pine cones, and place them inside the gallon-size zip-top bag. With this method, they only need to remain in the bag for about a day because they've taken a more direct hit of essential oil thanks to the spray bottle. Finally, remove the pine cones from the bag, and let them dry completely before placing around your home. Once the pine cones are out on display for a few weeks, they'll start to lose their fragrance. You can continue to add essential oil as needed to refresh the scent. You don't have to use the same scents that you previously used on the pine cones, as long as the previous scents aren't detectable to the point that they clash with the new scents.

## Artist of the Week



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

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

### JACK, JASON AND JED DORSEY PAINT THE CASCADES



This Northwest art family is hosting a show that promises to be a tour de force. Patriarch of the Dorsey family of artists, Jack Dorsey, celebrates his 85th birthday by painting the Cascades. He's invited his sons Jason and Jed, to join him in this showcase. Jack's family moved from Redmond to Plain, WA, when he was 16. Since then, the haunts along highway 2, the Cascades in their various seasons, has been a favorite subject of his "common to experience, uncommon to expression" (Robert Frost) style using watercolor, oil and acrylic to share his impressions.

Jason, the Artistic Director of Sunnysore Studio, has been hiking the Cascades monthly since he moved back to Washington in the Fall of 2015. His loose and transparent watercolors bring his photographs - taken from hikes in Commonwealth Basin near Alpentel, Mount Ranier, and Smith Brook Road off Highway 2, among others - to life.

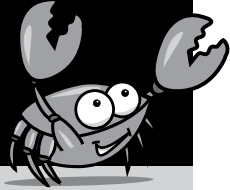
Jed, Founder and Executive Director of Acrylic University, is a leading Acrylic artist today. His collectors love his sunlit, colorful, epic acrylics and snatch them up every chance they can. You won't want to miss his portrayal of the glories, vastness and beauties of the Cascades.

The show opens on Saturday, March 8, 10am-4pm. The Dorsey's will celebrate Jack's 85th birthday with a reception on March 8 from 2-4pm. The show continues, Saturday, March 15, 10am-4pm. If you can't visit our bricks and mortar gallery in person, you can shop online: <https://sunnysorestudio.com/gallery-2/> We are also open by appointment. Call Jason at 317-209-6768.



## KIRRA HEALTH - WOMEN'S CARE & AESTHETICS

# Business Spotlight



Kirra Health is bringing a fresh approach to women's healthcare—right here on Camano Island. Our mission is to help you feel incredible from the inside and look amazing on the outside. Led by Dr. Maz (Maria Cayabyab, DO, MBA, FACOG), a Menopause Society Certified Practitioner and functional medicine practitioner, Kirra Health is a women-owned, veteran-owned practice dedicated to personalized, whole-body care that helps women thrive at every stage of life.

**What We Offer:** • Gynecology & menopause care • Functional wellness & hormone health • Medical weight loss & body sculpting • Skin rejuvenation & anti-aging treatments • Pelvic health & core strengthening • Direct Women's Care memberships for unparalleled access to care

Visit [kirrahealth.com](http://kirrahealth.com), stop by our office, or follow us on social media to stay connected and discover the Kirra difference!

Call or Text: (360) 300-4740  
Visit Us: 848 N Sunrise Blvd, Suite 204, Camano Island  
Website: [www.kirrahealth.com](http://www.kirrahealth.com)  
Instagram: @kirra.health  
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Go to [www.thecrabcracker.com](http://www.thecrabcracker.com). Sign up at the bottom of the home page.

**We are a family run company  
and we are in Stanwood**



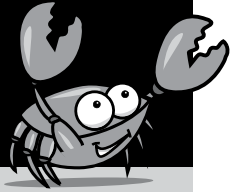
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# Community Information



## DID YOU KNOW?

In 2004, Neil Armstrong's hair was sold for \$3,000.

## 2026 CALENDAR PHOTO CONTEST

Ready, set, CLICK! The Land Trust's photo contest is officially underway. Show off your photography skills by submitting your favorite island snapshots for a chance to be featured in our 2026 Calendar. It's simple—SNAP (your photos), SEND (to [wcltphotocontest@gmail.com](mailto:wcltphotocontest@gmail.com)), and STANDBY (to hear if your photo wins). Photos are due May 12, 2025—let the fun begin! Learn more here [www.wclt.org/get-involved/photo-contest/](http://www.wclt.org/get-involved/photo-contest/)

## SATURDAY POP-UP MARKET

Indoor pop-up events at Camano Commons Marketplace. 10am-4pm. February 22: Kimber Starnes Art.

## COLD WEATHER SHELTERS AVAILABLE

As temperatures drop, there is an Extreme Cold Weather Shelter to provide warmth and safety for those in need. Learn more at <https://snohomish-county-public-safety-hub-snocogis.hub.arcgis.com>.

## COLD-WEATHER TIPS / SNOW ROUTES

Visit [bit.ly/stanwinterweather](http://bit.ly/stanwinterweather) for important winter weather tips like preventing frozen pipes and heating safety. You can also find our snow plow priority route map which shows what roads crews will clear first in the event of snow or ice. Priority routes are determined by needs like emergency services, transit and school bus routes. Stay safe and stay warm!

## COMMUNITY MEAL – CAMANO

Every Monday, Wednesday and Friday except for Holidays. 11:45 am - 12:30 pm at Camano Center, 606 Arrowhead Rd. Camano Island. By Donation. All donations welcome! Full cost of a meal is \$12.20. Coffee or tea is \$1.00.

## 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](http://www.sahs-fncc.org).

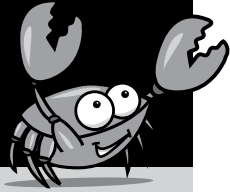
**ZUMBA**  
DANCE PARTY  
with Jennifer Anderson  
For more info or to register - [zumba.com](http://zumba.com)

Latin dance-aerobics, medium intensity level, fitness class. Open to all levels. Move your body and have a great time doing it! Movements from Salsa, Merengue, Cumbia, Reggaeton, Hip Hop, and more, with fun music you can't hear anywhere else.

Mondays at 11am & 5:30pm in Stanwood @ Pathway to Wellness. \$10. Registration req.

Thursdays at 5pm on Camano @ Camano County Club  
Free for members / \$10 non-members

# Community Information



## 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.

## LIVE ONLINE TUTORING HELP AVAILABLE!!!

Get expert help with live online tutoring, learn study skills and collaborate with other learners through the Brainfuse resource. Tutors are available everyday online from 1pm - 11pm PDT. Stop by the library any time during open hours (Mon-Sat 10am - 6pm) to get a personalized tutorial of this online resource.

## BASKETBALL FREE PLAY FOR THE COMMUNITY

Every Friday at 795 Ell Rd., Camano. "Note: it is at an LDS church and I am a missionary, but we are here to play basketball. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome."

## RETRACTION

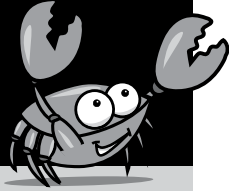
In the last edition of our magazine, we published an event that was attributed to Hart Music School. We gathered erroneous info about the location of that event. We apologize for any inconvenience that this caused him and the community.

Floyd-Norgaard's  
**Community  
Swing Dances**  
On Saturdays near  
Halloween, New Years, Valentines,  
St Patricks, Mothers & Fathers Day.  
(Feb 15th, Mar 15th, May 10th, June 14th)

With house 16 piece Big Band  
**Camano Junction**

Dance 7 - 9:30PM (Lessons @ 6:30)  
\$12 for adults. \$10 for students  
CamanoJunction@gmail.com  
27130 102nd Ave NW, Stanwood

# Community Information



## DID YOU KNOW?

Astronomers have discovered that the light emitted from galaxies has a beige hue, which is named 'cosmic latte.'

## ADULT FUTSAL

Futsal is a soccer-based game played on a hardcourt, using the basketball court, Mondays at Camano Chapel. 6pm-8pm, ages 18+. Free!

## BREWCAD WEEKLY 3 STRIKE TOURNAMENT

6pm-10pm on Mondays at The Brewcade, 7009 265th St NW #102, Stanwood. \$5 buy-in 3 strike Pinball tournament. Sign ups start at 6:00pm and flippers up at 6:30pm. Pot splash happens if there's over 15 players!

## PROJECT PC

(nonprofit): Join monthly community events supporting veterans and frontline heroes. Explore healing and connection. Projectpc.org.

## CAMANO ISLAND QUILTERS - MACHINE EMBROIDERY GROUP

(1st Friday, Monthly). 10am - 12pm at Skagit Regional Clinics, 269th St. Stanwood. Need help with your new embroidery sewing machine? CIQ members will share help, ideas, designs, etc.

## COMMUNITY OPEN SEW

2nd Monday of the month with Camano Island Quilters. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public. Want to sew with others, need help on a project? We are here to help you. Bring your sewing machine, a project, and basic tools for an afternoon of fun! Bring sack lunch. (No microwave).

## CAMANO ISLAND QUILTERS-ACCEPTS DONATIONS

Guild will accept in kind donations of quilting related items which are used for our community outreach programs. Cotton fabrics, flannels, fleece and minke fabrics are acceptable and of course, cotton batting! Thread, rulers, notions, rotary cutters, self-healing mats, scissors, Quilting books, Quilt patterns. Contact us via e-mail: info@ciqguild.org to coordinate pick-up of items from a guild member.

## CO-ED ULTIMATE FRISBEE

Saturdays from 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.



**Jan Mather**  
Camano Island Expert  
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WINDERMERE  REAL ESTATE

# FREEDOM PARK

A Park For and By the Community

Rotary Adventure Playground was added to Freedom Park in May of 2010. It was built in 5 days by over 1,000 Volunteers!

Unfortunately, it has aged and we must replace the fence surrounding the playground.

**For the first time in 15 years,  
We are selling fence pickets! With your name on it!**

Get a picket for your kids, pets, loved ones, church etc.

FREEDOMPARKASSOCIATION.COM

OR

SCAN THE CODE BELOW.

**Our Mission:  
Preserve the park for  
future generations!**



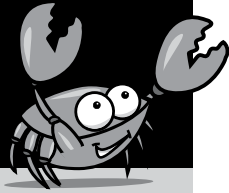
The new fence will be made of recycled plastics and will last over 50 years, but that is pricey. By selling 850 pickets we hope to cover most of the cost.



Freedom Park Association, is a small group of volunteers who care for the entire park including the playground.

**We are 100% funded by donations from the community.**

# Community Information



FEBRUARY 27

## FAT THURSDAY

is a Christian tradition in some countries marking the last Thursday before Lent and is associated with the celebration of Carnival. Because Lent is a time of fasting, the days leading up to Ash Wednesday provide the last opportunity for feasting until Easter.

## LITTLE FREE SEED LIBRARY



Calling all fellow PNW plant enthusiasts! Come and swap seeds & learn about the joy of growing at our little community seed swap right here off Happy Valley Road in Stanwood. How does the Little Seed Library Work? Take a packet of seeds, and leave a packet of seeds. Don't have seeds to leave? That's okay! Just make a donation or promise to grow, harvest and deposit seeds into the library next season. Making deposits into the seed library allows us to continue giving back to our community, learn new skills about seed harvesting and honor old traditions. Plenty of unique seeds to swap, cut flowers, vegetables, and herbs. If you are local follow our journey at Freedom Flowers to stay in the know. Thank you for honoring old traditions with our farm, and sharing your seeds with your neighbors. It's an honor to help steward seeds together, and ensure diversity in our ecosystems! 2824 196th St NW, Stanwood.

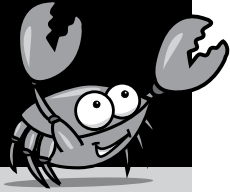
## VOLUNTEER POSITIONS NEEDED

Lincoln Hill Retirement Community is seeking volunteers for the following positions: Back Up Reception Desk Volunteers willing to work 3 hours per week. Will train. Coffee bar baristas for 2 ½ hours per week. Will train. Volunteers are also needed for the upcoming re-opening of our Thrift Store. All positions. Will train. Lunchroom help. Volunteers to help with serving resident/community lunches and assist with check in and sale of lunches in our dining room. Servers to help serve lunches to our senior community. For additional information, contact Volunteer Coordinator Darlene Campbell at 360-629-7403, ext. 104 or via email at [dcampbell@lincolnhill-rc.org](mailto:dcampbell@lincolnhill-rc.org).

## SCHOLARSHIP SEASON

The American Association of University Women Stanwood-Camano 2025 Scholarship Season is now open until April 30. We are proud to continue this annual presentation of three \$7,000 scholarships to highly qualified candidates who are current residents OR graduates from Stanwood/Camano, Arlington, LaConner or Lakewood High Schools. Applicants must be entering their junior or senior year of college OR are enrolled in a Master's Degree program. Money for these scholarships is raised by the vibrant and popular AAUW-SC Purses with Purpose Auction. Applications can be found on our website, [aauwsc.org/scholarships](http://aauwsc.org/scholarships) or at the Washington State scholarship website, [washboard.org](http://washboard.org). Please encourage scholars to apply.

# Community Information



Do you have a press release or an announcement you want the community to know about? Let us know and we will publish it here in Community Information **FOR FREE!**

Call us for info.  
425-299-7892.

## HAVE YOU HAD A CHANCE TO CHECK OUT OUR BRAND NEW PRINTING KIOSK?



Gone are the days where you had to know the secret formula to scan your card or job repeatedly at the screen to select your print jobs. Drop by today and experience our upgraded printing and copying process. Want more printing info? Check out our website here: <https://www.sno-isle.org/computers-printing/>

## NEW STANWOOD CAMANO FOOD BANK HOURS

Starting March 1st, our food, distribution hours at the Food Bank will be changing to the following: Wednesdays 3 PM to 7 PM; Thursdays (age 60+ by appointment only) 11 AM to 12 PM; Fridays 11 AM to 3 PM; Saturdays CLOSED. This will not be impacting Thrift Store hours, only Food Bank hours.

## SOUTH CAMANO GRANGE BREAKFAST

"We will not be having the breakfast this month but plan to resume in March."

## COMMUTE CHILDCARE

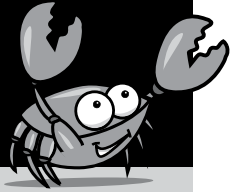
Former teacher offering before and after-school childcare with no late fees to help ease the stress for parents who have to battle difficult commutes. Transportation and homework help will be provided as well as dinner as needed on those especially long days. Big yard and private beach access will provide a fun afternoon! Located near Elger Bay Elementary School.



**Call Lori for more information  
(831) 392-7777**



# Library 10th Anniversary



*A weekly announcement about the beginnings of the Camano Island Library.*

# 10 years CAMANO ISLAND LIBRARY

Since 2025 marks the tenth anniversary of the Camano Island Library at Terry's Corner, it's worth several brief articles to see how this all came about. It all began in 2007 when Sno-Isle Libraries funded a 3-year pilot project.

It was approved early that year by the Board of Trustees (BOT) after a series of public meetings and focus groups showed strong support for a library on Camano in the wake of a second defeat of a bond for a new Stanwood Library. This "bookstore model" was housed where the current IRG Physical Therapy is located and David Menard was the manager.

In 2009 the BOT approved a proposal from the Camano Island Library Friends, an organization founded in 2008, to extend the pilot project because the economic downturn of that year made it unlikely that a bond for a permanent library would pass in 2010. In return for extending the pilot project, the Friends committed to raising \$20,000 a year to offset the cost of renting this space.

*To be continued...*

I ♥ CAMANO ISLAND

CAMANO ISLAND IS TOTALLY CLAWSOME!

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# Maximizing Your Home's Value in Today's Market

In today's housing market, research shows that there are **3 top questions** that homeowners have when getting ready to sell their home.

- #1. How to get top dollar.
- #2. What's strategic marketing look like?
- #3. What are practical ways to improve my home to sell for a higher price?

I consider these questions daily on my facebook page with tips from easy electrical upgrades, staging advice and how to select the right paint palette. I am here to guide you every step of the way. My goal is simple: make your home quickly stand out, attract more attention and increase its appeal in this competitive market. Stay up to date and informed by following my Facebook page or YouTube channel @tourwithmelanie.

You'll get daily tips and insights. Let's work together to get your home sold for top dollar!

Melanie Galloway 360-391-4628

Interior Designer + Real Estate Broker

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*Melanie Galloway*  
← REAL ESTATE BROKER →

## Do you need an Ace Handyman?



It's time to tackle that growing list of home projects. The multi-skilled craftsmen at Ace Handyman Services have the expertise you can trust with the helpful approach you'll LOVE.



**360-926-0926**

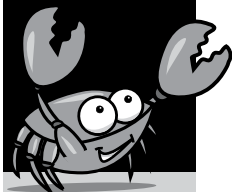
Proudly serving Camano and Snohomish County / [pugetsound@acehandymanservices.com](mailto:pugetsound@acehandymanservices.com)



MARCH IS  
**MULTIPLE  
SCLEROSIS**  
AWARENESS  
MONTH

NATIONAL  
**CEREBRAL  
PALSY**  
AWARENESS MONTH  
MARCH

# Photos and Art



## DID YOU KNOW?

The Solar System consists of a wall – it's called the "boundary wall."



*Snowgeese watercolor by Molly Lemaster.*



*Swan photo by Shauna Fletcher.*

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

## Job Opening: Camano Coordinator, Apply Today!

- Seeking a well-organized, technology-savvy, people-person to work with a fabulous board, volunteers, and local community.
- 20 hours per week
- Find details at [soundwaterstewards.org](http://soundwaterstewards.org)



*Mission: Protecting & preserving our coastal ecosystems through education, science, & stewardship.*



# MEDICARE QUESTIONS?

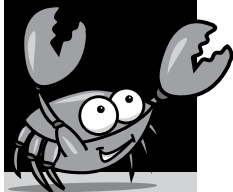
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Visit me at: [www.CookingMamas.com](http://www.CookingMamas.com)

## RED VELVET WAFFLES & CREAM CHEESE DRIZZLE

Make someone special these beautiful Red Velvet Waffles or for anyone who loves Red Velvet Cake!



**RED VELVET WAFFLES:** 1 (15.25 oz) box red velvet cake mix plus the ingredients listed on the box

**CREAM CHEESE DRIZZLE:** 4 oz. cream cheese softened; 3/4 c. confectioners' sugar plus more for dusting, optional; 1/2 tsp. vanilla extract; 1 pinch salt; 1/4 c. milk room temperature; Fresh berries or mini chocolate chips for serving, optional; Vanilla ice cream for serving, optional

**DIRECTIONS:** Preheat waffle iron. **RED VELVET WAFFLES:** Prepare the cake mix according to the box directions. Spray the waffle iron with nonstick cooking spray, then pour some batter on the hot waffle iron, being careful not to overfill the iron. Cook according to the manufacturer's instructions. **CREAM CHEESE DRIZZLE:** In a medium bowl, beat together the softened cream cheese, confectioners' sugar, vanilla extract, and salt. Gradually add in milk, beating until well combined. Top each waffle with berries and cream cheese drizzle OR dust with confectioners' sugar and top with a scoop of vanilla ice cream!



**MARCH 2**

**International Rescue Cat Day**

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

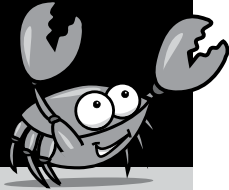
## Guitar by Ford

Ford Giesbrecht

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Learn at Your Own Pace.

Instruction & Performance  
Ukulele & Bass Lessons Also Available  
Serving Stanwood & Camano Island  
**360-631-0661 • [guitarbyford.com](http://guitarbyford.com)**

# Classes and Workshops



## DID YOU KNOW?

A child's circulatory system stretches out to 60,000 miles long. By the time they're adults, it stretches out to 100,000 miles of blood vessels.

**Zumba Dance Party with Jennifer Anderson** Latin dance-aerobics, medium intensity level, fitness class. Open to all levels and experience. You just need to be willing to move your body and have a great time doing it! Zumba combines movements from Salsa, Merengue, Reggaeton, Cumbia, Hip Hop, and more, with fun music you can't hear anywhere else. Mondays at 11am & 5:30pm in Stanwood @ Pathway to Wellness. \$10 – space limited, registration required. Thursdays (starting March 6) at 5pm on Camano @ Camano County Club. Free for members / \$10 non-members. For more information or to register for class: <https://www.zumba.com/en-US>

**Join S.A.I.L.** (Stay Active and Independent for Life) classes for cardio, balance, and strength building to help prevent falls. To learn more, go to <https://senior-resources.org/fall-prevention/>

**Private Music Lessons** (in-home or in-studio): piano, guitar, sax, clarinet, flute, voice; ages 5 and up; all skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions. Try it first! Book a free 30-minute lesson: [HartMusicSchool.com/free-trial](http://HartMusicSchool.com/free-trial). (Music teachers apply here: [HartMusicSchool.com/apply-to-teach](http://HartMusicSchool.com/apply-to-teach)).

**Chris Tuohy Music Teacher!** Sax, flute, clarinet, piano & voice lessons. I have the ability to come to you! Contact Chris Tuohy, 360-572-9262 or [jazzman2e@mac.com](mailto:jazzman2e@mac.com)

**Free Macbook and iPad / iPhone Tutoring 3** / 30-minute sessions in the Camano Center (1pm, 1:30pm, 2pm) the first and third Wednesday of each month. Email Joyce to sign up at [fact@msdeadlines.com](mailto:fact@msdeadlines.com).

**Reiki and Restore** February 21, 6:30-8pm. 90 minutes of deep relaxation. Enjoy restorative yoga poses with an optional reiki session as part of a long soothing savasana. Reserve your spot at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100. \$35

**Yoga for Beginners** April 1-29, Tuesdays 6-7:15pm. Whether you are brand new to yoga or returning after a long absence, this five-week course will prepare you with the first steps toward a regular practice. \$95 Register at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.

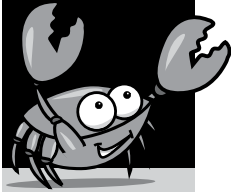
**Yoga for Better Posture** 6-Week Course: Feb 18-Mar 25, Tuesdays 6-7:15pm. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? All of them can be improved with better posture. Incl. Workshop Manual \$119. Register in advance [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100

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

**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](mailto:camano@familyhistorymail.org).

**Homeownership workshop** 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.

# Classes and Workshops



## DID YOU KNOW?

The Earth's rotation is slowing down. On average, every century the length of a day increases by 1.8 seconds.

**5-Week Pilates Apparatus Series** Weds @ 12pm Starts Feb 26. Learn Pilates essentials, skills and exercises that strengthen, lengthen, lubricate joints (without impact) and benefit posture. Max class size 4. Call 360.572.2112 or email [hello@beeauthenticpilates.com](mailto:hello@beeauthenticpilates.com).

**Chakradance:** March 22 @ 4pm. Soulful free form ecstatic dance that enlivens your body & mind. Balance energy, change your life! [www.beeauthenticpilates.com/chakradance](http://www.beeauthenticpilates.com/chakradance).

**Movement Arts Yoga Classes In-studio & Online.** ONLINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Go to [www.movementarts.com](http://www.movementarts.com) and follow the links to view our video library of online hour length classes.

**Line Dance Lessons** at the Camano Center with Kari — every Wednesday 3:00pm-3:45pm. Fun and exercise! [socialdancesimplified.com](http://socialdancesimplified.com).

**Private Music Lessons:** piano, guitar, bass, and voice 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: [HartMusic-School.com/free-trial](http://HartMusic-School.com/free-trial). Now accepting applications for new teachers.

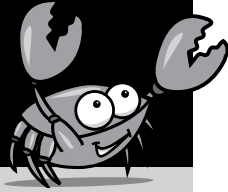
**YogaTone:** Jan. 26 and Feb 2. 10-11am. Join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. Find rhythm and melody in the body, even if you think you can't dance! Drop ins welcome if space is available. \$92 for 4 classes or \$30 drop in register at [movementarts.com/events](http://movementarts.com/events).

**High Fitness Saturdays:** Join us for a FREE high-intensity (or low intensity, you choose) group exercise class (like dance fitness) Saturdays at 7:45 at 795 Ell Rd on Camano. Classes are also available Wednesday mornings at 6 am in Stanwood at The Dance Project NW for \$10/class. Go to "High Fitness Stanwood PNW" on Facebook for more info!

**Medicare Basics Information Class** March 22 (10:15am at Camano Library). Free event open to the public. Learn how to navigate the Medicare maze. Discover your available options for supplementation through private insurance. Whether you are new to Medicare, your current plan is ending, or you'd like to compare your plan, this class is highly recommended. RSVP with John, a licensed insurance agent on Camano Island: 360-967-9601.

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call our Stanwood/Camano office at 360-629-9737  
[www.ltco.com](http://www.ltco.com)

# Classified Listings



## DID YOU KNOW?

If all of the world's entire bacteria were stacked together, it would stretch for 10 billion light-years

### FOR SALE OR FREE:

**Free:** "There once was a nice old piano; Retired with no place to go; If piano's your thing; Just give me a ring; It's free from me on Camano!" Call Becky at 360-722-4377.

**Vintage mens clothing liquidation sale:** wool jackets, coats, sweaters, dress shirts, western wear, Pendleton, Brooks Brothers, Canali, store fixtures. Buy all or part. 360-630-7275 - Madeline.

**For Sale: 1900's School Piano.** Good sound. \$100. You pay delivery. Will send photo. 206-683-3981.

**For Sale:** Large oak roll-top desk, Large round oak table. Picture on request. 206-683-3981.

### MISCELLANEOUS:

**I buy vinyl record albums:** Rock, Pop, Jazz and more. I'll buy a few or a collection. Call Mike @ 425-530-8021.

### PROFESSIONAL SERVICES:

**Do you need help caring for your aging family member!** I can help. I am a CNA with 18 years experience caring for seniors with a wide range of medical conditions. I have nurse delegation and medication management training and specialize in dementia care. Call Elisabeth Waldron 360-770-1272 or email [elisabethwaldron36@gmail.com](mailto:elisabethwaldron36@gmail.com).

**Rent a Bob!** I do odd and not-so-odd jobs. Please call or contact me. [baumgartner.bob@gmail.com](mailto:baumgartner.bob@gmail.com) or 425 275 6254.

**Preparation and filing of Federal tax returns** for individuals, sole proprietors, S-Corps, and partnerships. Call Steve 425-478-1317 or email [sjedmunds@me.com](mailto:sjedmunds@me.com)

**Compass Point Composites** Fiberglass Repairs and Fabrication. Boats, autos, sports, custom plugs, molds, and parts. 35 Years experience with a great crew. Google for photos and more information. Cheers, Erik 425-308-7423.

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Jim Fay, Owner, Arborist

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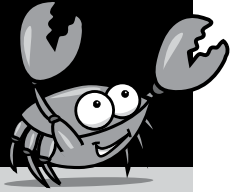
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[TheCrab@TheCrabCracker.com](mailto:TheCrab@TheCrabCracker.com)



# Classified Listings



## DID YOU KNOW?

According to research at Imperial College London, humans shed roughly 200 million skin cells per hour.

**Clean Cuts Mobile Haircuts by Leah.** "I will come to you!" Licensed & insured, experienced cosmetologist. Serving North Snohomish County and Camano Island. 360-722-2892.

**Stained glass shop, design, and fabrication.** Got broken stained glass? We can fix it. Message 360-629-9377.

**Are you looking for someone who has a caring heart to be a companion/Caregiver for the one you love?** I have lots of experience and references. I have had the pleasure in working with the elderly and disabled off and on for 42 years . Give me a call (650)455-3666. Steff.

**Learn to square dance,** have fun, meet new friends, lessons start September 10th, first lesson free, for info call Jerry at 425-327-4742.

**"I fix stuff and know things. How can I help?"** 206-245-5482.

**Your Home Remodeled, Repaired.** Douglas, local craftsman. [www. Alpinerenovationsllc.com](http://www.Alpinerenovationsllc.com). 425-478-2098.

**Camano Decks & Sheds LLC** Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: [jmitchell8974@gmail.com](mailto:jmitchell8974@gmail.com). Serving Outlying Areas.

**Psychonauts:** Certified guide and comprehensive education in meditation, lucid dreaming, psychoactive substance use and ritual. Free initial consultation. 206-245-5482.

## 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](mailto:jillvail@windermere.com) for more information. [windermerestanwoodcamano.com](http://windermerestanwoodcamano.com).

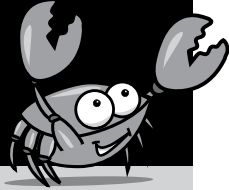
## The Camaloch Lassies 9-Hole Golf Club

We welcome women golfers of all ages and skill levels. The club provides the opportunity for friendly competitive golf and to encourage the knowledge of and adherence to the rules and etiquette of golf. Our club also is the perfect place to play if you cannot commit to 18-holes of golf. We play mid-mornings on Tuesdays, allowing for 9-holes of golf, followed by lunch together. We are a fabulous place to meet new friends and to enjoy the camaraderie of our luncheons, special events and to be involved in our community fundraisers and volunteer opportunities. We also have a Sunday evening Twilight golf schedule in the summer.

**Contact Amy Noel at 206-321-9840**



# Clubs and Meetings



## DID YOU KNOW?

There exists a planet that is mostly made of diamonds. The planet 55 Cancri e is twice the size of Earth and located 40 light-years away.

### **TOPS Club on Camano Island -- Accountability and Weight Loss**

**Support:** TOPS has been helping members Take Off Pounds Sensibly for many years. We provide gentle accountability, warm fellowship and support in your weight loss journey. We meet Thursday mornings for weigh-in from 8:15 to 8:45; meeting at 9 am. The first meeting is always free. Come join us and see how TOPS provides support both during your weight loss, and afterward, helping you to keep it off. All ages welcome! Camano Lutheran Church, 850 Heichel Rd, Camano Island. Call Karen (leader) at (360) 387-9716 for info.

**Rainy Day Room Playgroup** Free weekly play group on Mondays at 10am and Thursdays at 3:30pm at 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](http://www.crc-sc.org/events).

**Teen Programs** Monday through Friday, 2:30-5:30pm at the Community Resource Center, please visit [www.crc-sc.org/teenprograms](http://www.crc-sc.org/teenprograms) for more details and schedule of activities.

**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](http://www.crc-sc.org/events).

**Are you troubled by someone else's drinking?** When you don't know where to turn...Al-Anon/Alateen Family Groups can help! **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.

**Ski, Snowboard or just hang out in 2024!** The Merry Mountain Ski Club brings you easy travel for a fun ski day in a luxury coach with stops in Bellingham, Burlington, Stanwood and Everett. Great folks & great fun. Get in touch with us for more details! 206-550-4908 or [tuesdayskibus@gmail.com](mailto:tuesdayskibus@gmail.com).





### CASA'S PET OF THE WEEK:

Meet **ROCKI!** This dashing 1-year-old Akita/Husky mix is on the hunt for his forever family! Rocki is ready for an active crew that can keep his tail wagging and his paws busy. He's a brainy pup, but he needs a patient human who's ready to whip him into shape with some training-he's still got a few tricks up his furry sleeves. Swing by to meet Rocki and see if you two are destined to be best buds!

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

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### NOAH'S PET OF THE WEEK:

**HUNNEH** Hello! I am a 8 month old old kitty looking for a new home! Could that be you? I'm feeling a little shy here at the shelter, so go slow with me while I adjust. I would love for you to come meet me today at The NOAH Center.

**The N.O.A.H. Animal Adoption Center:**  
(360) 629-7055. [www.thenoahcenter.org](http://www.thenoahcenter.org)

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

**TROOPER** is an energetic guy who would love to belong to a family that will include him in all their plans. Whether it's going for a ride in the car or relaxing on the couch this guy wants to be right beside you. Trooper is very smart and doesn't mind showing off the tricks that he has learned along the way. **FIRST STEPS:** Visit [www.save-a-mutt.org/adoption-application/](http://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](http://www.save-a-mutt.org)

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The IRS is accepting tax returns January 29th.

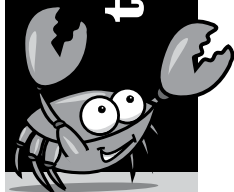
**Be Early! Primary filing deadlines in 2025.**

- S Corps, March 17.
- Partnerships, March 17.
- Individuals, April 15.

**Edmunds Accounting & Tax, LLC**  
Steve 425-478-1317  
Email: [sjedmunds@me.com](mailto:sjedmunds@me.com)

**Preparation & filing of Federal tax returns for individuals, sole proprietors, S-Corps, and partnerships.**

## View from the Bleachers



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

### WORRYING WORKS – TRUST ME, IT'S SCIENCE

You know, they say that worrying is like a rocking chair: it gives you something to do but gets you nowhere. My wife says that I worry too much, that I fret over every little thing that could go wrong, when the reality is, none of those things ever do. But she just doesn't get it. She doesn't understand that the act of worrying is actually a highly effective, scientifically backed method of preventing disaster. Sure, she says I'm "obsessive" or "paranoid" or "a nervous nelly," but I've done the math, and I'm convinced I'm right: worrying works!

I've started keeping track of some of the things I worry about – big things, small things, catastrophic things – and after careful analysis, I can confirm that more than 95% of these unpleasant scenarios never actually happen. And here's the key: the reason they never occur is because I worried about them. That's right, I'm the human equivalent of an emotional insurance policy. My worrying creates a protective bubble preventing the events I fear from materializing.

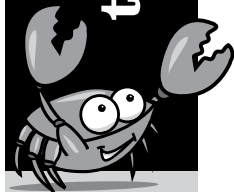
Let me explain how my Worrying Works theory is scientifically sound, by sharing a few examples.

**A Cat Getting Loose:** I know it's irrational, but every time I open the front door to leave the house, I'm concerned one of our three cats will see their fleeting window of opportunity and make a run for it. I worry about them getting hit by a car, getting devoured by a coyote, or just deciding to leave us for a family of more responsible pet owners. They never actually do make a run for it, preferring instead to park themselves inside whatever newest cardboard box just arrived from Amazon. I can only assume that my intense worrying about this scenario somehow convinces them not to attempt a jail break. Cats are perceptive like that.

**Falling Down the Stairs:** I'm no longer in my prime, so the issue of falling actually is serious problem for people my age. I'm not exaggerating when I say that every time I descend a staircase, I'm mentally preparing myself for the possibility that I will trip, tumble and fall headfirst into a coma – probably while carrying a helpless kitten or a priceless Ming vase (although I don't currently own a Ming vase). The prospect of this horrible accident haunts me so much that I tightly cling to the handrail like it's my lifeline. Clearly, obsessively worrying that I might fall has worked because I have never once fallen down the stairs. (I have accidentally tripped over our cat Zippy lounging on the landing a couple times, however.)

**Running Out of Money:** Ever since I found out five days before the start of my second year that my father could no longer afford to pay for my college education (true), I've been a bit obsessed with financial security. I have this nagging feeling that eventually our nest egg will run out, and we'll be forced to sell our house and move into a trailer park where our unit is right next door to a recently released ex-con who did time for arson, plays Metallica at full volume at 2am, and hates cats. The reality is that our financial planner says we have enough of a cushion comfortably to get us through the next ten years. Yeah, but what about after that? Hopefully, by stressing out about our savings and checking our bank balance every nine hours,

# View from the Bleachers



my financial day of reckoning can be postponed.

My House Getting Destroyed: I know it's a bit extreme, but sometimes when I leave the house, I wonder if I've left the stove on, or worse – if the house is going to spontaneously combust. Either that or vanish into a mysterious sinkhole that was lurking for all these years directly under our house. But despite my constant worry, I've never come home to a smoking pile of ashes or any other disaster – unless you consider my cable TV going out due to a windstorm a disaster. I'll never know with 100% certainty, but I'm pretty sure my anxious brain is working overtime to keep our house safe.

Annoyingly, my wife doesn't appreciate the thousands of dollars my habit of worrying about absolutely everything has saved us. Okay, I'll admit that I can't prove that my compulsive worrying has kept the countless worst-case scenarios at bay. But I'm not ready to let down my guard. I know that the moment I do, my car will break down on the way to the airport, and Zippy will escape out the garage door that I forgot to close. And I'll probably get a cavity. You may think I'm crazy. But my system has been working for many years. And my advice to you is this: You really should be worrying way more about stuff than you do. It just might ensure that on your upcoming trip to Florida, the plane doesn't crash in the Bermuda Triangle. Just trying to look out for you, buddy.

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

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**TIDE TABLES / SARATOGA PASSAGE / FEBRUARY 21 - MARCH 6, 2025**

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 21	High	1:00 AM	8.9	
21	Low	4:34 AM	8.0	
21	High	9:36 AM	10.0	
21	Low	5:35 PM	1.4	
Sa 22	High	2:22 AM	9.6	
22	Low	5:52 AM	8.5	
22	High	10:30 AM	9.7	
22	Low	6:36 PM	0.8	
Su 23	High	3:06 AM	10.3	
23	Low	7:19 AM	8.5	
23	High	11:43 AM	9.6	
23	Low	7:33 PM	0.1	
M 24	High	3:40 AM	11.0	
24	Low	8:26 AM	8.1	
24	High	12:59 PM	9.7	
24	Low	8:24 PM	-0.6	
Tu 25	High	4:08 AM	11.5	
25	Low	9:15 AM	7.3	
25	High	2:03 PM	10.1	
25	Low	9:10 PM	-1.1	
W 26	High	4:34 AM	12.0	
26	Low	9:58 AM	6.3	
26	High	3:02 PM	10.5	
26	Low	9:55 PM	-1.3	
Th 27	High	5:00 AM	12.3	
27	Low	10:39 AM	5.1	
27	High	3:59 PM	10.8	
27	Low	10:38 PM	-1.0	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 28	High	5:27 AM	12.5	
28	Low	11:20 AM	3.8	
28	High	4:57 PM	11.0	
28	Low	11:21 PM	-0.1	
Sa 1	High	5:55 AM	12.6	
1	Low	12:01 PM	2.5	
1	High	5:54 PM	11.2	
Su 2	Low	12:03 AM	1.1	
2	High	6:23 AM	12.5	
2	Low	12:43 PM	1.3	
2	High	6:52 PM	11.1	
M 3	Low	12:47 AM	2.7	
3	High	6:53 AM	12.3	
3	Low	1:28 PM	0.4	
3	High	7:55 PM	10.8	
Tu 4	Low	1:32 AM	4.5	
4	High	7:25 AM	12.0	
4	Low	2:18 PM	-0.1	
4	High	9:07 PM	10.4	
W 5	Low	2:23 AM	6.1	
5	High	7:59 AM	11.5	
5	Low	3:14 PM	-0.3	
5	High	10:34 PM	10.1	
Th 6	Low	3:24 AM	7.4	
6	High	8:40 AM	11.0	
6	Low	4:15 PM	-0.3	



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☰ BREAKING NEWS



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With this valuable insight, you'll be better equipped to make informed decisions—whether you're considering selling, refinancing, or simply staying informed about your investment.

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[WindermereStanwoodCamano.com/Review](https://WindermereStanwoodCamano.com/Review)

### Camano Island Office

Monday - Saturday  
9:00am - 5:00pm

Sunday  
10:00am - 5:00pm

### Stanwood Office

Monday - Friday  
9:00am - 5:00pm



360-387-HOME | 360-629-8233

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