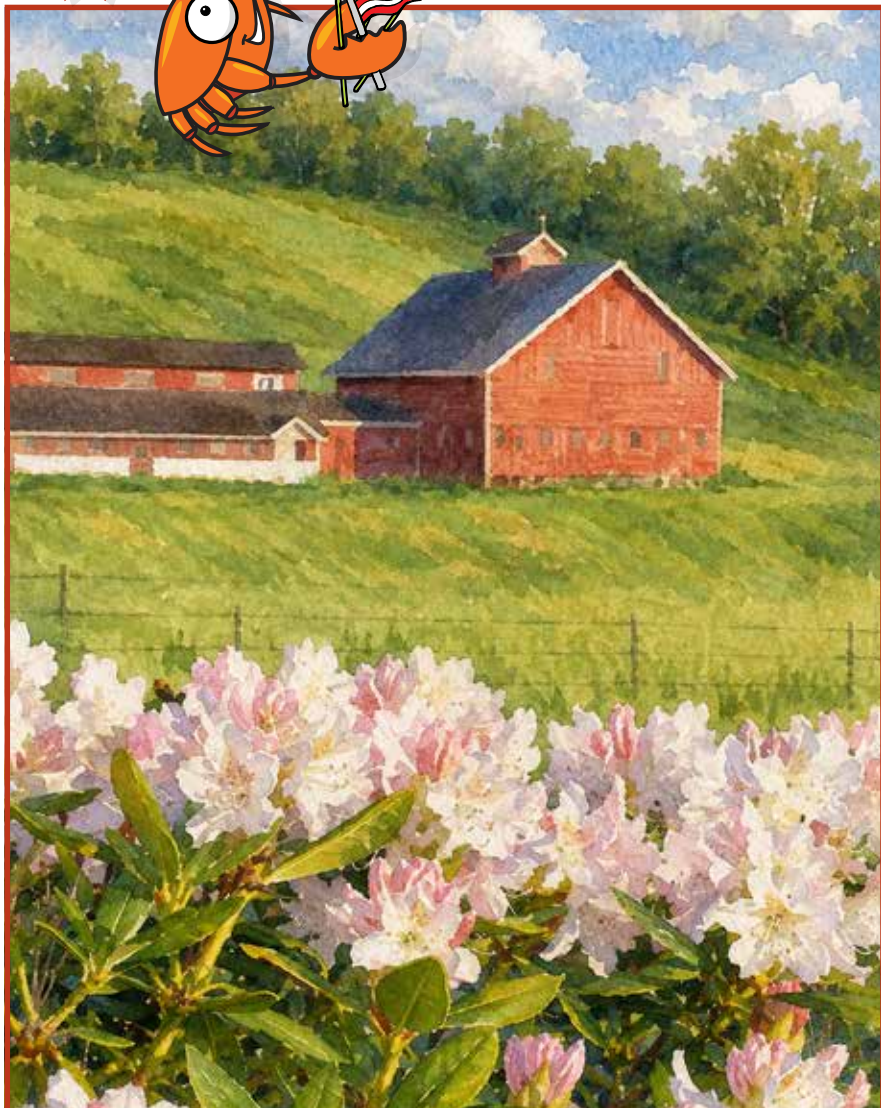


# THE CRAB CRACKER

ISSUE 430  
May 15-28, 2026

**FREE  
TAKE  
ONE**

**MEMORIAL DAY**



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

**SAVE THE DATE!**  
*Saturday, May 16, 2026*  
**10am – 4pm**



## The Camano Center

606 Arrowhead Road, Camano Island  
 (360) 387-0222 ♥ [www.camano-center.org](http://www.camano-center.org)



*Gather. Shop. Relax. Be Inspired.*

Join us for a fabulous day made just for YOU!

Explore local businesses, enjoy relaxing experiences, treat yourself, and connect with an amazing community of women.



Coffee Truck



Photo Booth



Lunch



Services



Raffle Prizes



Chair Massage



Mini Facials



Shopping



21+ Beverages

*...and so much more!*

**40 Vendors**

**Free Admission!**

**\$5 Raffle Tickets**

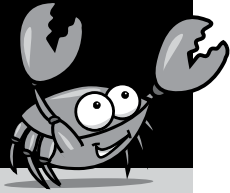
**\$10 Lunch**

**\$5 Drinks**

**Support Local**



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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 image: Camano Plaza Rhododendrons in the foreground of Kristoferson Farm. Digital illustration by James M. Shipley.*

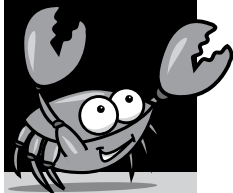


© The Crab Cracker • Created by Walking Cat Design, Camano Island James and Malynda Shipley, owners, proprietors  
**thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893**  
**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: MAY 21 for Next Edition (May 29 - June 11, 2026)**

# Calendar of Events



FRIDAY, MAY 15

## **HOMESCHOOL HANGOUT + BURKE MUSEUM BOX “AMPHIBIANS AND REPTILES”**

11am–12:15pm at the Camano Island Library. Meet with other homeschooling families, make new friends, and learn about various Sno-Isle Libraries online homework help resources offered for grades K-12. The hands-on activity for this session will be a Burke Box traveling mini exhibit, Amphibians & Reptiles: hop, skip, and slither into the world of herpetology. Examine specimens primarily from Washington state and learn about their paleontological history and their adaptations. Then, take a crack at building your own creature with the Burke Museum card game.

FRIDAY, MAY 15

## **RODEO AUCTION**

5:30-9pm at Camano Chapel. Join us for a night of fundraising benefiting Camano Chapel's AllMoms program! This year's theme is "A Night at the Texas Rodeo" and features Camano Chapel's own Texas transplant Pastor Jeff Turner as emcee and welcomes back professional auctioneer Aaron Klesick. You aren't going to want to miss this event packed with live entertainment and fun! Enjoy our take on a Texas BBQ dinner as well as silent and live auction items donated by your favorite local businesses and vendors! To purchase tickets or to learn more check out our auction website: <https://allmoms.schoolauction.net/allmomstxrodeo/>

## **The Hottest Art on Camano..**

Visit 33 Artists at the Firehouse Gallery Show

Stanwood-Camano  
Arts Guild



[www.stanwoodcamano.art](http://www.stanwoodcamano.art)

### **Sound the alarm...**

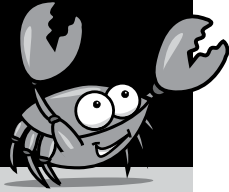
Plan to attend the 2026  
Stanwood-Camano Arts Guild  
Firehouse Gallery Show.

This unique venue features  
33 artists at the Old Camano  
Firehouse right next to the  
1906 historic Camano City  
Schoolhouse, located at corner  
of 993 Orchid Road and  
West Camano Drive,  
on Camano Island.

**Mother's Day weekend**

**May 8, 9, 10 and May 16, 17 10am-5pm**

# Calendar of Events



FRIDAY, MAY 15

## **MARLA HOOCH + THE STAGEHOGS**

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. When two of the very best cover bands playing your favorite playlists come together, they need to share their set lists as to not duplicate songs... and then you get THREE hours of your favorite songs!

FRIDAY, MAY 15

## **WORKSHOP: AI AND CYBERSECURITY FOR NONPROFITS**

with Carrie Counsellor. 9am-noon. Protect donor data, strengthen cybersecurity, and learn how nonprofits can safely use AI tools. Through real-world examples and open discussion, attendees will leave with practical ideas to strengthen their organization's digital safety and resilience. Register at [www.s-caf.org](http://www.s-caf.org).

FRIDAY, MAY 15

## **COMMUNITY BABY SHOWER!**

Join us at Early Bloomers Child Care - Stanwood for a special evening celebrating and supporting expecting and new moms in our community — and it's completely free! Baby item giveaway; Local resources for families; Time to connect with other mamas; A welcoming, supportive space for you and your little one. Every attending mama will receive a complimentary baby essentials basket! 6:00 PM - 7:30 PM at 9322 271st St., Unit A9, Stanwood. We can't wait to connect, celebrate, and support you on your motherhood journey!

**PNW**  
COLLECTIVE



**WORK  
HARD,**  
*Be Kind*

# Malynda Shipley

Broker / Realtor

## 425-299-7892

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

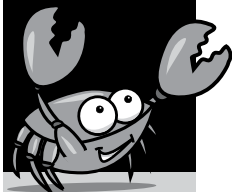
[onereal.com/malynda-shipley](http://onereal.com/malynda-shipley)

rea

REAL Broker LLC



# Calendar of Events



## DID YOU KNOW?

Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time.

FRIDAY-SUNDAY, MAY 15-17

## ART SHOW AT FORTE MUSIC DANCE ART

Chris Tuohy's Drawings, Paintings, Mixed Media and Photography will be on display! Coffee, Tea, Cookies And Live Music 10am to 5pm. 1095. Essex St A-1 Camano Island. For More Information contact Chris Tuohy @ 360-572-9262

SATURDAY, MAY 16

## WOMEN'S EXPO



10-am-4pm at Event by Camano Center, 606 Arrowhead Rd, Camano. Hey Ladies!! Grab your friends and treat yourselves to a day made just for YOU! Join women of all ages from around the region for a fun and inspiring day celebrating wellness, creativity, shopping, and connection. Whether you're coming to shop, browse services, or just enjoy time with friends—there's something for everyone! Free Admission. \$10 Lunch Options. \$5 Adult Beverages (with valid I.D.). \$5 Raffle Tickets (cash preferred). Come celebrate, support local businesses, and enjoy a day all about YOU and the beautiful women in your life!

SATURDAY, MAY 16

## PETUNIA AND THE VIPERS WITH SPECIAL GUEST THE ORPHAN 40

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$18 ADV / \$20 DOS 21+ only.

### CLEANING SERVICES:

WINDOWS  
MOSS REMOVAL  
DECKS  
SOFT WASH  
GUTTER CLEANING  
PRESSURE WASHING  
NEW CONSTRUCTION  
CLEANUP AND MORE

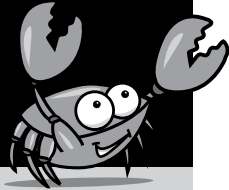


LOCALLY OWNED  
CAMANO ISLAND  
LICENSED  
INSURED  
BONDED

425-575-9275

VELOCITYCLEANINGSYSTEMS.COM

# Calendar of Events



look for us  
online at

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

or on  
**Facebook.**

Download  
current or past  
editions.

SATURDAY, MAY 16

## ANNUAL TROLL STROLL 5K & NORDIC FEST



8am-1pm at Stanwood Sons of Norway, Fritjov Lodge, 9910 270th st NW, Stanwood. A fun and festive way to celebrate Norwegian heritage with good food, great company, and a little exercise. Skål! 8:00 AM – Check-in & Registration Opens at Fritjov Lodge. 9:00 AM – Run/Walk Begins. Each participant will receive a Norwegian flag and a traditional heart waffle! Top runners will be awarded race medals. 9:00 AM – 1:00 PM – Nordic Fest Opens. Celebrate Norway's Constitution Day with something for everyone! Enjoy vendors featuring Norwegian-inspired food, home goods, crafts, sweaters, flowers, and more. Our kitchen will be open serving Pølse with Lompe, along with a variety of Scandinavian baked goods available for purchase (including lefse!). We look forward to a day filled with community, culture, and fun. Come celebrate Norwegian heritage with us—Skål!

SATURDAY, MAY 16

### JIMMY WRIGHT

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Get ready to rock the night! A high-energy concert experience, packed with a dynamic mix of music to keep you on your feet all night long. Don't miss the show that's got something for everyone!

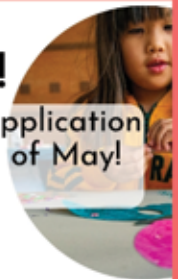
STANWOOD  
CAMANO  
ARTS  
ADVOCACY  
COMMISSION

## MEYER ART FESTIVAL

### Call for Artists!

Artist Market Booth Application  
OPEN! Submit by end of May!  
Visit [scaacwa.org](http://scaacwa.org)

save the date  
08.29  
2026



FUNDRAISING CONCERT  
**GROOVE & GIVE**



**Community  
Resource  
Center**

of Stanwood Camano

**DONATIONS APPRECIATED**  
**LIVE MUSIC**  
**PURE SMOKE BBQ FOOD TRUCK**



**FEATURING**

**12:30 PM - THE SWINGNUTS**

**1:45 PM - NICK VIGARINO**

**3:00 PM - MICHELE D'AMOUR AND  
THE LOVE DEALERS**

SCAN TO DONATE

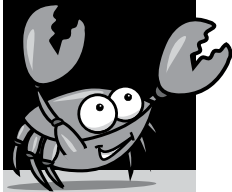


**SATURDAY, JUNE 27**  
**WILLOW STAGE AT THE CRC**  
**9612 271<sup>ST</sup> STREET NW**  
**STANWOOD, WA**

**FIND YOUR SEATS**  
**STARTING AT**  
**12:00PM**

**BRING A BLANKET OR LAWN CHAIR**

# Calendar of Events



## DID YOU KNOW?

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2026 falls on Monday, May 25.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

SATURDAY, MAY 16

## “YOU ARE NOT ALONE” COMMUNITY MENTAL HEALTH EVENT

10am-3pm at Stanwood High School. Hosted by the Snohomish County Youth Suicide Prevention Taskforce. This community-centered event focuses on building resilience and supporting youth mental health. It brings together students, families, and local organizations to share resources, strengthen connections, and promote a message that no one has to face challenges alone. The event reflects a countywide effort to equip young people and families with tools to support well-being and prevent suicide. Attendees can expect a mix of youth-led programming, guest speakers, and interactive opportunities designed to engage and connect participants in meaningful ways. Event highlights include: Youth speakers, a youth panel, and a student emcee; Live performances from local bands; Interactive art activities, including a graffiti wall and bracelet exchange; Mental health resource tables and community organizations; Free food and refreshments. The event is open to all ages and designed to create a welcoming, supportive environment for learning and connection.

SATURDAY, MAY 16

## CLEAN SWEEP



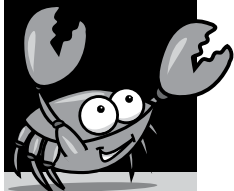
It's happening Stanwood! Clean Sweep, Stanwood's free garbage disposal will be held at a new location, the Stanwood-Camano Fairgrounds. Stanwood residents are invited to drop off garbage, recycling, yard waste, scrap metal and more for free between 9am-2pm. Participants must live within City limits to participate. Learn more at <https://stanwoodwa.org/1640/Clean-Sweep>.

SATURDAY, MAY 16

## KIWANIS/AKTION CLUB E-CYCLE

will be open on May 16 during Stanwood's Clean Sweep, 9am-2pm (anyone can drop off at our location, we will not limit to just Stanwood residents even though Clean Sweep is just for Stanwood residents).

# Calendar of Events



## DID YOU KNOW?

Residents of Boalsburg in Pennsylvania decorated their cemetery as early as October 1864. Carbondale in Illinois and Petersburg in Virginia are also pioneers.

## SATURDAY, MAY 16 CAMANO HOMESTEADING FAIR



10 am–2 pm at Camano Commons and Camano Island Library. Free, family-friendly event focused on self-reliance practices and community resources. This fun event is being offered in partnership with Sno Isle Camano Library and WSU Island County Extension. Enjoy a closer look at our vibrant farms and community attractions, each offering hands-on, sustainable, and uniquely local experiences. \*\*\*New This Year!\*\*\* Take a Snow Goose Transit shuttle from St. Aidan's parking lot (1318 SR-532). Starting at 9:50 am, the shuttle will run every 15 minutes until 2 pm. Snow Goose Transit is an amazing, free resource.

SATURDAY, MAY 16

## 4TH ANNUAL LION'S CLUB SHREDDING EVENT

at the Stanwood Coastal Bank between the hours of 10 AM and 1 PM. All donations go to help community organizations such as The Stanwood/Camano Foodbank, the Resource Center, Safe Harbor, both Senior Centers, Camp Leo, American Cancer Society, and High School Scholarships. The Lions also give hearing aids and glasses to those that can't afford them. Check out the Stanwood Lions Website to find out what we do. See you at the Shredding event. For more information, call John or Julie at (360) 387-9180.



BAYLESS CONSTRUCTION GROUP

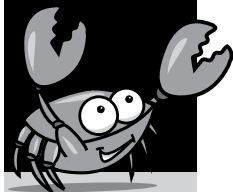
Local and  
Family Owned

- Kitchen and Bath Remodels
- Additions and Expansions
- Custom Design Solutions
- Whole-Home Renovations
- Custom Home Builds
- Small Projects
- Outdoor Living
- Repairs and Rebuild

**360-218-2283**

**baylesscustomconstruction.com**

# Calendar of Events



## DID YOU KNOW?

In 1866, four women honored the fallen soldiers of the Union and the Confederate in Columbus, Mississippi. It inspired a poem that The Atlantic Monthly published in 1867.

SATURDAY, MAY 16

## QUILT SHOW AND SALE AT CAMA BEACH STATE PARK



(8 A.M.-4 P.M.) Cama Beach State park and the Cama Beach Quilters will be having a sale of gently used and new quilts and other items in the Cama Center. The park's collection of art quilts representing each of the cabins will be on display. Quilts that were made for the now-closed cabins will be for sale by the park. The quilters will have many handmade items in addition to new quilts, and there will be several new quilts offered in a silent auction. A Discover pass for sale at the Welcome Center is required.

SATURDAY, MAY 16

## PICKLEBALL OPENING DAY CELEBRATION

Camano Stanwood Pickleball Association is gearing up for another fun season of pickleball. May 16 we will be hosting the Heritage Park Opening Pickleball Event. Register at playtime scheduler: <https://playtimescheduler.com/login.php>. 1-3pm. Come on by to learn about the kinds of pickleball lessons and training CSPA will be offering in Stanwood and on Camano, how to use Playtime Scheduler to sign up for games, and to just play a few friendly games.

## ISLAND AREA DECKS PLUS LLC

WA Contractor Lic# ISLANAD768DF

### Now Scheduling:

- Deck Construction & Replacement
- Remodels
- Small Concrete Projects

*Quality craftsmanship.*

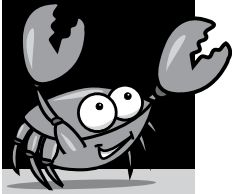
*Reliable service.*

*Built to last.*

*"Called to be fair in every business deal."*

**Call or Text: 425-287-7850 • [islandareadecks.com](http://islandareadecks.com)**

# Calendar of Events



SATURDAY, MAY 16


## WARM BEACH COMMUNITY CHILI & CHOWDER COOK-OFF



Get your spoons ready! Join your neighbors for an evening of hearty bowls, friendly competition, and community spirit. Whether you're a spice-seeker or a seafood lover, there's a bowl waiting for you. Tasting Starts: 5:00 p.m.. Where: Warm Beach Community Park. We are thrilled to announce that Flour Bird Bakery will be providing artisanal, small-batch breads to accompany your tasting. These handcrafted bakes are the ultimate way to soak up every last drop of flavor. Help us crown the very first Warm Beach Champion. Each taster gets to vote for their favorite bowl.

#1

CASCADIA EYE  
EYE SURGEON



cascadiaeye  
**CARLINDO**  
PEREIRA, MD

CARLINDO  
PEREIRA, MD

**Team:** Cascadia Eye

**Position:** Board-certified eye surgeon

**Specialties:** Cataract | RLE | LASIK  
Ophthalmology

**Clinics:** Mt Vernon-Little Mountain  
Mt Vernon-Market St  
Stanwood  
Whidbey Island

**Nickname:** The Legend

---

**Stats:**

**Years Experience:** 22

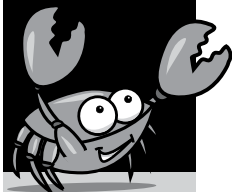
**Accuracy rate with premium lens surgery\*** 96-100%+

**Healthgrades Rating:** 4.8/5 ★★★★★

National avg = 76-87% within .5 diopter of predicted target. Ophthalmology Times

**Book a cataract or RLE exam: 360-755-3930**  
 8718 270<sup>th</sup> St NW, Stanwood | [cascadiaeye.com](http://cascadiaeye.com)

# Calendar of Events



## DID YOU KNOW?

Michigan was the first to make Decoration Day official in 1871.

SATURDAY, MAY 16

### ISLAND COUNTY MASTER GARDENER PLANT SALE

9am-1pm at the Camano Multi-Purpose Center, 141 East Camano Drive. Plant selections from our Master Gardeners: Perennials, Shrubs, Natives, Veggie Starts and Garden Art. Proceeds benefit the community education mission of the Island County Master Gardener Program.

SATURDAY, MAY 16

### JUPITER'S TRAIL

6:30pm at Conway's Pub Eatery, 18611 Main Street, Conway. Jupiter's Trail is excited to be playing, for the first time, at the Conway Pub & Eatery! We'll get the music going at 6:30PM. Get there early to grab a table, some fantastic food, and tasty beverages. You deserve a great time... and this one will definitely be a GREAT TIME!

SATURDAY, MAY 16

### FAMILY MOVIE NIGHT



3:30pm at Stanwood United Methodist Church. Presenting "David" from Angel Studios. Free popcorn, hot dogs, refreshments, and more.

SATURDAY, MAY 16

### PLANT SALE

9am-3pm at St. Aidan's Episcopal Church, Camano Island.

 **Pet Partners**  
**WORLD'S LARGEST**  
**PET WALK**

*Fundraiser*

Saturday, June 6th / 1-3pm at  
Hamilton Landing Park, Stanwood



Use QR Code.  
Click on "Join Team"



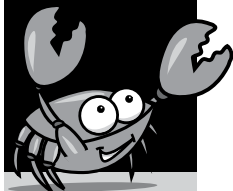
#### Walk Port Susan Trail with your pet:

Buy raffle tickets and pet nail trims  
Bid auction items  
Enter pet costume contest  
Win prizes, photo booth, more...

**Questions call 360-770-1272**

Donations support CASA and Pet Partners Animal Therapy

# Calendar of Events



## DID YOU KNOW?

In the 1900s, Memorial Day was no longer exclusive to Civil War remembrance. It also included others who fought and died while serving in the US military.

SATURDAY, MAY 16  
**LIVE DIVINATION**



with guest appearance Tiffany FitzPatrick - Shadow Guide, Dimensional Weaver, Intuitive Divinationist, Writer, Speaker. Visit me at Cactus + Co at the Commons between noon and 4pm for Live divination, featuring tarot and osteomancy (bone throwing). I'll be offering 15-20min readings for \$40. Walk-ins are welcome and reservations are available by messaging me direct : [linktr.ee/tiffanyfitzpatrick](https://linktr.ee/tiffanyfitzpatrick)

SATURDAY, MAY 16

## 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, MAY 16

## COFFEE AND CONVERSATIONS

1-4pm at JOY Camano Farmhouse, 659 WA-532, Camano. You're Invited to: COOKIES AND COFFEE AT THE FARMHOUSE. Come make cookies and enjoy community with us. Families are welcome! Watch for Open House signs. Reservation: 360-303-7869.



SAVVY TRADERS  
COLLECTIVE

CLOTHING & HOME GOODS

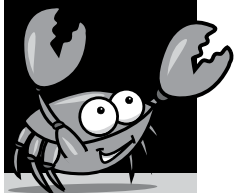
CONSIGNMENT & THRIFT  
9005 271ST ST NW, STANWOOD

NATIONAL DO SOMETHING  
GOOD FOR YOUR NEIGHBOR DAY

MAY 16



# Calendar of Events



## DID YOU KNOW?

The Grand Army of the Republic used Memorial Day to mobilize public support for pensions and remind family members to keep veterans sober.

SATURDAY, MAY 16

### GARDENING CLINIC

Spring is here and we are all busy in our yards working on gardening projects. The Snohomish County Master Gardeners will be staffing a clinic again this year, but at a new location. We have been warmly welcomed by The Country Store in Stanwood & will be in the nursery area on the west side of the store from 10am-2pm. Please bring your plant & garden concerns to us. (It is very helpful if you bring either a picture or sample of your gardening issues so that we can give you an accurate diagnosis.)

SATURDAY, MAY 16

### CARS & COFFEE

Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!

SATURDAY, MAY 16

### CABAM! CAMANO BLUEGRASS JAM + DINNER + OPEN MIC

at South Camano Grange, 2227 S Camano Drive, Camano. Come and join the Jam & enjoy some smokin' bluegrass at the South Camano Grange. Banjos, mandos, guitars, fiddles, dobros, and a bass or two. It's all here. All we need is YOU... old timers and newbies alike. Git on down here! (Free admission except for the optional dinner).

SATURDAY, MAY 16

### MISS CANDACE'S HOUSE OPEN HOUSE

We're so excited to welcome you to our Open House! Come tour our space, meet our team, and learn more about what makes our program so special. We can't wait to connect with families and share what we've been building! Spots are limited—send us a direct message to reserve your tour time. We can't wait to meet you! Snacks and light refreshments, real conversations with real families, activities and games for children. RSVP with direct message on their Facebook page: Miss Candace's House Early Learning Center

- 40+ VENDORS
- 5 EXPERT WORKSHOPS
- BEER GARDEN
- KIDS ACTIVITIES
- FOOD TRUCK
- LINE DANCING LESSONS
- DOOR PRIZES

EXPLORE LOCAL HOME-SERVICE SPECIALISTS, PROVIDERS, AND MAKERS AND GET EXPERT ADVICE ON ALL THINGS HOME AND GARDEN!



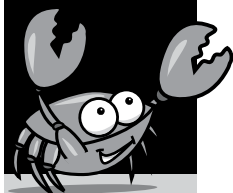
**STANWOOD FAIRGROUNDS**  
6431 PIONEER HWY

#### TICKETS HERE!

ADULTS - \$10  
SENIORS/VETERANS - \$8  
KIDS UNDER 13 - FREE



# Calendar of Events



## DID YOU KNOW?

Poppies are associated with those who died during wartime since World War I. Poppies were the only flowers that grew in war-torn battlefields. When the countrysides were nothing but mud and devastation, poppy flowers sprouted up and flourished.

SATURDAY, MAY 16

### **AFFORDABLE HOUSING 101**

You're Invited! The Community Resource Center in Stanwood is having an Affordable Housing Town Hall from 10 AM – 12 PM. The CRC is working with the Housing Consortium of Everett and Snohomish County as well as the Camano Island Affordable Housing Workgroup to put together this event to educate our community about the benefits of affordable housing, dispel myths and stereotypes of what affordable housing is, and build champions in the community for future development. Your presence at this event would create a rich discussion for the future of our community, and we would be grateful for your participation. Please email Andrea at [ResourceDirector@crc-sc.org](mailto:ResourceDirector@crc-sc.org) if you plan to attend.

SATURDAY-SUNDAY, MAY 16-17

### **27TH ANNUAL CAMANO ISLAND STUDIO TOUR ENCORE WEEKEND**



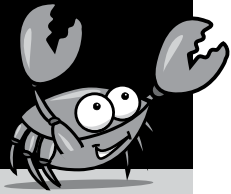
Presented by The Camano Arts Association. You are invited to participate by visiting any or all of the 22 studios and galleries featuring the work of local and regional artists. This is a self-guided tour and the Information Booth with Tour Maps and Studio Guidebooks is located next to the Gateway Gallery at 578 E. North Camano Drive (at Freedom Park in Terry's Corner). As a self-guided tour, you can design your own experience as you meet with artists to not only appreciate their work, but learn how it was made, where it was inspired and what it means to the artist.

SATURDAY-SUNDAY, MAY 16-17

### **FIREHOUSE GALLERY SHOW**

Sound the alarm... Plan to attend the 2026 Stanwood-Camano Arts Guild Firehouse Gallery Show. This unique venue features 33 artists at the Old Camano Firehouse right next to the 1906 historic Camano City Schoolhouse, located at corner of 993 Orchid Road and East Camano Drive, on Camano Island.

# Calendar of Events



## SATURDAY-SUNDAY, MAY 16-17 STANWOOD INVITATIONAL LACROSSE TOURNAMENT



Calling all lacrosse teams!!! The Stanwood Lacrosse community is excited to host the Stanwood Invitational Lacrosse Tournament and we're inviting teams from near and far to join us. We can't wait to welcome you to Stanwood for a great weekend of lacrosse, sportsmanship, and community spirit! More info: <https://www.stanwoodlacrosse.com/stanwoodinvitational>



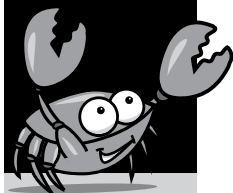
### Shoreline & Retaining Wall Protection

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# Calendar of Events



## DID YOU KNOW?

In the US people wear the red poppy on Memorial Day to honor those who died trying to protect the country. In Canada, poppies are worn on Remembrance Day, November 11th.

## SUNDAY, MAY 17 TRASH PICK UP



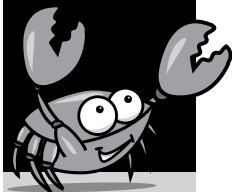
The Baha'is of Camano Island have been picking up trash along the roadside on Hwy 532 for over 12 years - from the Spare room to the bridge on both sides of Hwy 532. Trash pick up will take place at 1:00 pm in the parking space on Good Road across from Cascade Lumber. Our numbers are small and the Baha'i members and friends are mostly elderly so we can really use the extra community help. If you are willing to donate a few hours to make our roadways cleaner, and a welcoming reflection of our beautiful Island, please contact: [bahaisofcamanoisland@gmail.com](mailto:bahaisofcamanoisland@gmail.com)

## SUNDAY, MAY 17 SHS SAXOPHONE STUDIO CONCERT



3pm at St Aidan's Episcopal Church, 1318 SR532, Camano. The @SHS Spartan Sax Studio is having a concert at St. Aiden's Episcopal Church on Camano Island! Admission is by donation and the students are fundraising to get new mouthpieces for the band program! This will feature the Saxophone Quartet and Saxophone Ensemble! Come listen to some amazing chamber music that the kids have been working on!

# Calendar of Events



## DID YOU KNOW?

When asked about the meaning of Memorial Day, school children touring Washington said it was the day the pools opened.

SUNDAY, MAY 17

### **PARKING LOT WEEDING**

10am-noon at Kayak Point Park. You can help improve the park by joining staff and other volunteers to remove weeds, like blackberry and ivy, from the overflow parking lots. Volunteers will get a waived parking fee for the day!

SUNDAY, MAY 17

### **MAY SVH SUMMER GAMING SERIES**

9:30am at Stanwood Fairgrounds. Event by Stillaguamish Valley Horsemen. EVENTS: Keg, Speed Barrels, Polo, Key, International Flag, and Team Just Another Pair.

SUNDAY, MAY 17

### **STANWOOD SPARTAN WOMEN'S FOOTBALL GAME**



2pm @ Stanwood HS, Vs. Skagit. Price: \$10 individual, \$30 per family of four. Kids 5 and under are free. There will also be raffles, concessions, food trucks, merchandise, and much more. All proceeds help raise money for scholarships for youth sports in our area.



# CAMANO DECKS AND SHEDS

Local, affordable and efficient

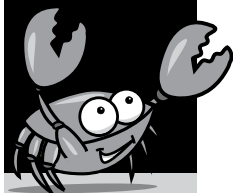
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# Calendar of Events



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@thecrabcrack-  
er.com](mailto:thecrab@thecrabcracker.com)

MONDAY, MAY 18

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

10:00 AM - 11:30 AM at the Camano Center. 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, artist and author of books focusing on caregiving with a smile and a topspin of love. Questions: 360.348.6277. Camano Center, 606 Arrowhead Road

MONDAY, MAY 18

## **END OF YEAR SHOWCASE**

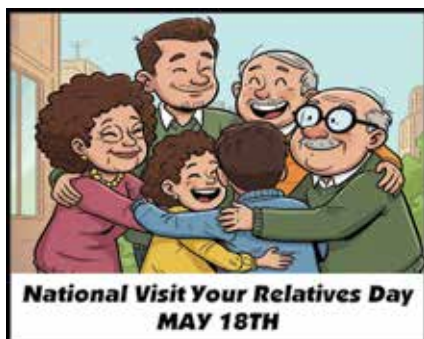
6:30pm at Cedarhome Baptist Church, Stanwood. Join us for our Homeschool Co-op End of Year Showcase as we celebrate all that our students have learned and accomplished throughout this school year! This special evening is an opportunity for family and friends to see the growth, creativity, and hard work of our students through performances, displays, and presentations of what they have been studying. Most importantly, we will spend time worshipping God together and praising Him for His faithfulness, guidance, and the many blessings He has poured out over this year.

MONDAY, MAY 18

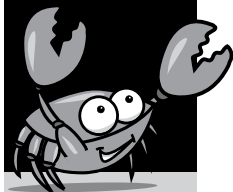
## **MEET TED BUEHNER, LOCAL METEOROLOGIST**



10am at YMCA. FREE event. Ted will be here to answer your questions regarding the weather in the Pacific Northwest. Ted was also working on May 18, 1980 when Mount St. Helens erupted, and he will share his response as a meteorologist.



# Calendar of Events



## DID YOU KNOW?

According to estimates, about 622,000 Americans died throughout the Civil War. National cemeteries became the resting place of Union soldiers, and other cemeteries sprung up across the country. The grieving nation yearned to remember the ones they lost. Mourners came to honor the fallen soldiers. They recited prayers, held tributes, and decorated the gravestones with flowers.

TUESDAY, MAY 19

### SPRING PARENT EDUCATION SERIES

Parenting doesn't come with a manual... but understanding child development changes everything. Join me for a Spring Parent Education Series designed to help parents feel more confident, informed, and supported as they navigate behavior, boundaries, and everyday challenges with young children. Hosted by Teacher Beka & Imagine That! Community School in partnership with Warm Beach Senior Community. 5:30-6:30pm at 20502 Marine Drive, Stanwood. Cookies & tea provided. Open to community families. Free for members | \$10 per session for non-members.

TUESDAY, MAY 19

### WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

TUESDAY, MAY 19

### TEEN 3D PRINT AND PAINT

3-5pm at the Stanwood Library. Join us for a relaxing afternoon of painting 3D-printed models at the library! We'll have a variety of fun items to paint made from our brand new 3D printer, including creatures, useful items like pencil holders, and more. Each participant will get to take home at least one painted item. Items will be printed ahead of time, but more will be printed while you paint so you can see the new machine in action.

TUESDAY, MAY 19

### SHS BAND SPRING CONCERT

7 pm in the Stanwood HS Performing Arts Center.

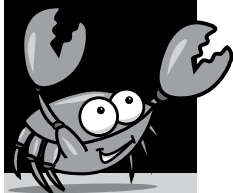
WEDNESDAY, MAY 20

### FREE FINANCIAL UPDATE/WORKSHOP: "ANATOMY OF A RECESSION"



1:30-2:30pm at the Camano Island library. Financial goals presentation hosted by Daya Qglugub, Edward Jones Financial Advisor.

# Calendar of Events



## DID YOU KNOW?

Remember to fly your American flag proudly on Memorial Day this year, as it is a national flag-flying holiday steeped in over a century of tradition!

WEDNESDAY, MAY 20

### CHILDREN'S ART WITH STANWOOD CAMANO ARTS ADVOCACY

4-5:30pm at the Camano Island Library. What will we make today? Join us for a children's art class with Stanwood Camano Arts Advocacy Commission (SCAAC). Event is free and all materials provided. No registration required.

WEDNESDAY, MAY 20

### BECU'S FAMILY FINANCIAL FUN DAY!

5-7pm at the YMCA Stanwood. Bring your elementary school aged kids for a fun event packed with cool money tips and games the kids will actually love! Family Financial Fun Day is the perfect opportunity to learn about saving, budgeting, fraud awareness, and credit-all while having a blast! Engaging activities for young kids and parents; Hands-on learning to build smart money habits; Prizes and giveaways. Register now to secure your spot!

WEDNESDAY, MAY 20

### CAMANO WILDLIFE PROGRAM

7 pm — LIVE EVENT at Island County Multi-Purpose Center. Learn about the Kristoferson Creek Fish Restoration Partnership, a joint venture between the Whidbey Camano Land Trust, the Tulalip Tribes, Beavers Northwest, and local and regional volunteers. This new partnership is working with willing property owners within Camano Island's Kristoferson Creek Watershed to assess and promote healthy fish habitat through low impact, sustainable processes. For information about the Zoom link to the program or about the Camano Wildlife Habitat Project, visit [www.camanowildlifehabitat.org](http://www.camanowildlifehabitat.org)

THURSDAY, MAY 21

### CAMANO CRAB DASH LOOP

6pm. Event by Stanwood Camano Runners. Come run what used to be the old crab dash loop, another favorite run. A bit of rolling hills but great views of puget sound.

THURSDAY, MAY 21

### CHRIS EGER

7pm at Pub 282, 370 NE Camano Dr #6, Camano. The Chris Eger Band is a Northwest band hot on track to becoming the next band to hit the billboard charts. A skilled compilation of rock/blues/country mix.

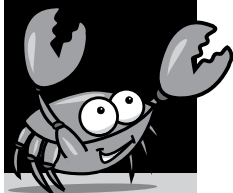
Uff Da University Shirts Have Arrived! **Uff Da Shoppe**

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**CAMANO ISLAND**

The advertisement features three t-shirts: a red one with a circular logo, a black one with a circular logo, and a blue one with a circular logo. To the right is a small illustration of a gnome holding a sign that says 'WELCOME'.

# Calendar of Events



## DID YOU KNOW?

In May 2000, a Gallup poll showed that only 28% of Americans knew the meaning of Memorial Day.

THURSDAY, MAY 21

### YMCA HIKING SERIES - IVERSON SPIT

Volunteer-led senior gentle hikes program designed for you! 10am at Iverson Spit Preserve, Camano. Perfect for those looking to enjoy the outdoors in a comfortable, welcoming pace. Stay active, take in beautiful surroundings, and connect with others.

THURSDAY, MAY 21

### EAT & COMPLETE EVENT

9th-grade students who currently have 1 or more failing grades in their classes are invited to attend our Eat & Complete event happening from 2:15 pm to 3:15 pm in the Stanwood High School Commons. Students can come get help in their classes and eat pizza. Students will need transportation home.

FRIDAY, MAY 22

### PILOT SEAT + DOLLARBIRD + CLOVER


8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Genre: indie & alternative rock.

FRIDAY, MAY 22

### TEEN LŪ'AU NIGHT!



Join us for a fun theme night. Hula Hoop till you drop, limbo, and more! Pizza is provided (with pineapple on the side), and membership is not required. Early sign-ups are appreciated to help us plan for food! Cost: \$10. 7-10pm at Stanwood YMCA.



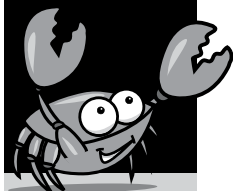
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**NATIONAL  
ROAD TRIP  
DAY**  
FRIDAY BEFORE MEMORIAL DAY

# Calendar of Events



## DID YOU KNOW?

In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., as the "birthplace" of Memorial Day.

## FRIDAY, MAY 22 PLANT BINGO



Join us for a lively night supporting the Twin City and Elger Bay School Gardens! Bring a friend, play bingo, and win plants! It's the perfect excuse for a fun night out. Plant Bingo will take Place in the Gym. Doors open at 5:30. Please come early to grab a spot and get settled before the fun begins! Snacks and refreshments will be available for purchase. Here is the link to purchase tickets in advance: <https://www.zeffy.com/en-US/ticketing/plant-bingo-10>

## FRIDAY, MAY 22 POP UP YOGA

With Carol Mason. Noon-1pm at Camano Commons. Gather with friends and join us for some outdoor yoga. Spread out and feel the grass under your feet. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. More info: 360-629-9100.

## SATURDAY, MAY 23 ANDREW SWEETING WITH: TIM MECHLING, SHANNON PATIÑO, JOSHUA RED UTTECH AND JASON CHANG

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. A wonderful Singer Songwriter night. Tickets: \$10. 21+ only.

## SPRING LAVENDER PLANT SALE



### MEMORIAL DAY WEEKEND

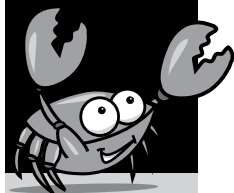
SATURDAY, MAY 23 - SUNDAY, MAY 24 - MONDAY, MAY 25

27031 36<sup>TH</sup> AVENUE NW, STANWOOD

10:00 AM - 4:00 PM

14 cultivars. White, pink & purple lavender. English & French.  
Culinary & crafting. One & two year old plants. Ready for your garden.  
Lavender products & refreshments.

# Calendar of Events



## DID YOU KNOW?

Arlington National Cemetery is the traditional home of Memorial Day. It is one of the two national cemeteries run by the US Army.

SATURDAY, MAY 23

## COMMUNITY MOVIE NIGHT AT THE SOUTH CAMANO GRANGE



presented by Evergreen Farm. Tonight we will be featuring Willy Wonka & the Chocolate Factory. Doors open at 6:30pm. Movie at 7pm. Bring your friends, your family, and settle in for a cozy night at the Grange. Snacks & Popcorn Available by Donation (\$10 suggested). A simple evening of community, laughter, and a feel-good film. All are welcome. All profits benefit the South Camano Grange building & maintenance fund!

SATURDAY, MAY 23

## GRIEF TO GRATITUDE - STORIED PASTS

11:00 AM - 12:30 PM 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, artist and author of books focusing on caregiving with a smile and a topspin of love. Questions: 360.348.6277. Camano Library, 848 N. Sunrise Blvd

SATURDAY, MAY 23

## 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.

“My home away from home. I like to grab a book and curl up in one of the chairs.”



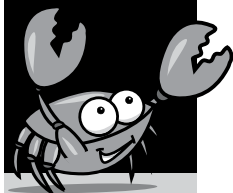
Check out *possibility*



Check out books and (a lot) more  
sno-isle.org

 SNO-ISLE  
LIBRARIES

# Calendar of Events



## DID YOU KNOW?

General John A. Logan was one of the most vocal advocates of solemn remembrance. He was the commander-in-chief of the Grand Army of the Republic. He fought for the Union during the Civil War.

SATURDAY, MAY 23

### COFFEE AND CONVERSATIONS

1-4pm at JOY Camano Farmhouse, 659 WA-532, Camano. You're Invited to: COOKIES AND COFFEE AT THE FARMHOUSE. Come make cookies and enjoy community with us. Families are welcome! Watch for Open House signs. Reservation: 360-303-7869.

SATURDAY, MAY 23

### GARDENING CLINIC

Spring is here and we are all busy in our yards working on gardening projects. The Snohomish County Master Gardeners will be staffing a clinic at The Country Store in Stanwood from 10am-2pm. Please bring your plant & garden concerns to us. (It is very helpful if you bring either a picture or sample of your gardening issues so that we can give you an accurate diagnosis.)

SATURDAY, MAY 23

### CARS & COFFEE

Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!

SATURDAY, MAY 23

### MOONPIE RAMBLERS

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. Blend of country, bluegrass, and Americana. From sweet harmonies to lively pickin', this is a show you won't want to miss!

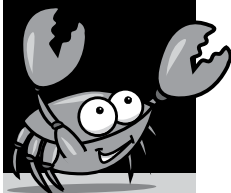
SATURDAY, MAY 23

### SPRING CRAFT FAIR & BAZAAR



Camano Island Boy Scout Troop 46 is hosting our annual Spring Craft Fair and Bazaar from 10 a.m. to 4 p.m. at Camano Lutheran Church. We'll have more than 50 local vendors selling handmade goods and other items, including food vendors and customizable gifts. Proceeds go to support local scouting and help our scouts attend summer camp.

# Calendar of Events



## MEMORIAL DAY VS. VETERANS DAY:

Memorial Day honors those who died in service, while Veterans Day (Nov. 11) honors all who have served in the military.

SATURDAY, MAY 23

### **A GOOD MARKET!**

10am-3pm. Stanwood's own local food collective & pop up co-op! Meet & shop local producers. Browse the Box of Good shelves. Snack on some yummy treats. Listen to live music. 8504 Cedarhome Dr. More info at: [boxofgood.com](http://boxofgood.com)

SATURDAY, MAY 23

### **COME MEET AND LISTEN TO DIAMOND STYLZ**

3pm at Church Creek Park. All ages are welcome to attend. Diamond Stylz has been one of the long standing voices of the millennial black trans community.

SATURDAY, MAY 23

### **PUGET SOUND PUBLIC FARMS PLANT SALE**

at the Methodist Church on May 23rd and May 30th from 9:00 AM to 12:00 PM. Because of the sale, the regularly scheduled volunteer day on May 23rd will be moved to 1:00 PM to 4:00 PM.

MONDAY, MAY 25

### **FLAG RETIREMENT CEREMONY**



Boy Scout Troop 46 is hosting a flag retirement ceremony at Freedom Park on Camano on Monday, May 25th (Memorial Day). The public is invited to join us for this solemn event in which scouts in uniform reverently retire American flags in a patriotic and respectful way. Hours are 10 a.m. to 2 p.m., or until we run out of flags. If anyone has an American flag that needs retiring, they can bring it and watch as it is retired.

TUESDAY, MAY 26

### **WBCA RUN/WALK WEEKLY SOCIAL**

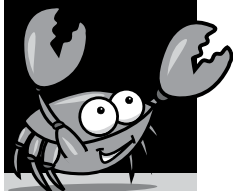
Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

TUESDAY, MAY 26

### **LINE DANCING WITH LADY DI**

6-8pm at Event by Pub 282, 370 N East Camano Dr, Camano. This is an ALL AGES FREE event!

# Calendar of Events



## DID YOU KNOW?

Honoring soldiers who died in battle is an ancient practice. Thousands of years ago, Greeks remembered the fallen in annual festivals and decorated graves with flowers.

TUESDAY, MAY 26

### **CUB SCOUTS INFORMATION NIGHT**

6-7pm at the Stillaguamish Grange (in the Fairgrounds). Come have fun with Pack 86 Scouts and find out more about Cub Scouting for your family! We'll be blasting off seltzer rockets, making crafts, and doing fun games. More info: [info@stanwoodpack86.org](mailto:info@stanwoodpack86.org) or call 425-231-2924.

WEDNESDAY, MAY 27

### **MINDFUL REFLECTION THROUGH ART**

4-6pm at the Camano Island Library. Discover your layers through both hidden, revealed and personally-embellished art in this intuitive and process based approach to art making. Class incorporates movement, guided meditation and time for optional & confidential sharing at the end. All Levels: Beginning to advanced Artists, Writers, & Internal Explorers! Registration Required: [SCAACwa.org/classes](http://SCAACwa.org/classes).

THURSDAY, MAY 28

### **HERITAGE PARK RUN**

Event by Stanwood Camano Runners. Meet at 6pm at Heritage Park.

THURSDAY, MAY 28

### **CAMANO ISLAND POP-UP FOOD DISTRIBUTION**



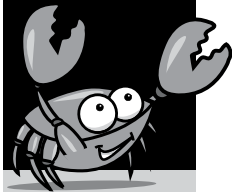
2-3pm at South Camano Grange, 2227 S Camano Drive, Camano. Event by Stanwood Camano Food Bank & Thrift Store. All are welcome to stop by the South Camano Grange to shop for free groceries including fresh produce, pantry goods, milk, eggs, meat, and more! **WHO CAN ATTEND:** Anyone who lives in Washington State. Customers who shop at the Stanwood Food Bank location are welcome to attend as long as they do not attend two distributions in the same calendar week. **WHAT TO EXPECT:** Customers pick out their own items, and we kindly ask that you supply your own shopping bags or box. **NOTE:** Please do not show up early. No identity or income verification is required! For questions, contact the Food Bank: [sfoodbank@scfbs.org](mailto:sfoodbank@scfbs.org) or call 360-629-2789.

THURSDAY, MAY 28

### **YMCA HIKING SERIES - ELGER BAY PRESERVE**

Meet at 10am at Elger Bay Preserve, Camano (next to the Elder Bay Elementary School). Volunteer-leg senior gentle hikes program designed for you! Stay active, take in beautiful surroundings, and connect with others.

# Fun and Crafts



## DID YOU KNOW?

The first large Memorial Day observance was held on May 30, 1868, at Arlington National Cemetery.

## BIRD SEED BALLS



Supplies: 24-gauge craft wire (1 yard per ball); Yard or garden twine; Wild bird seed; Lard or suet; Waxed paper

Instructions: 1. Gather the following five supplies listed above. 2. For each seed ball, cut one yard of wire and a little more than enough yarn or twine to hang the finished seed ball in the desired location. 3. Fold the wire back and forth, looping it and bunching it up to create a loose wire ball. 4. Tie the twine securely to one of the loops. 5. Warm the lard or suet in the microwave until it is soft, but not runny, and work with your activity partner to mix it together with the seeds in a large bowl. 6. Ask your activity partner to assist you, and use your hands to mash the seed mixture into and around the wire ball until the wire is completely covered. 7. Place finished balls on waxed paper in the freezer to harden before hanging outside. Note: The balls may melt in hot weather. Source: <https://hummingbirdproject.net>

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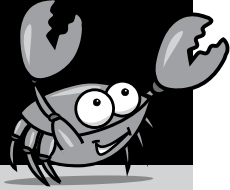
**Jan Mather**  
Camano Island Expert

Managing Broker, Windermere Real Estate/CIR

360-507-4133 WINDERMERE  REAL ESTATE



# Fun and Crafts



## BLEACHED BANDANA BUNTING



To make: Wash 100% cotton bandanas; do not dry. Fold, scrunch, or crimp wet bandanas and hold together with rubber bands, kitchen twine, or binder clips. Soak in a solution that is 2 parts bleach to 1 part water until faded. This can take anywhere from 15 minutes to 2 hours. (Note, new red bandanas seem to be pretty colorfast, and we found that vintage ones bleach better.) Once desired level of bleaching has occurred immediately remove binder and thoroughly rinse under cold water. Wash if desired. Fold bandanas in half to form triangles, then tie corners together to create a bunting. Or, use bandanas as napkins or as neckerchiefs. Source: [www.countryliving.com](http://www.countryliving.com).

**PRESS RELEASE**

# new art gallery

**in stanwood @ 8712 271st st. nw**

**an eclectic mix of affordable  
art for everyone**

**gallery hours: thursday - saturday 10-5**

**or by appointment: 206-605-8995**

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# Windermere

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**NORTH END** **\$1,399,000**  
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**BRENTWOOD** **\$1,595,000**  
 Unsurpassed views of the Olympics, Saratoga Passage & Skagit Bay from custom-built Camano daylight Rambler, lower level has private entry, Generac, wonderful deck for views. #2509229



**THUNDER RIDGE** **\$670,000**  
 Comfortable one-level living on Camano with a level, fenced backyard, garden space & generator. Inside is an easy-flow floor plan, 2 bedrooms plus office, convenient location. #2514595



**DRFTWOOD SHORES** **\$728,000**  
 Tucked in a peaceful coastal retreat-like setting, 2-bedroom home with private beach access across the street, perhaps a solid footprint for renovation/expansion or enjoyment now! #2509282



**SUNDAY LAKE** **\$630,000**  
 Great 3-bedroom Rambler in the Sunday Lake area of Stanwood is close to lake and community park access, has a fenced back yard and blends comfort and style. #2511862



**ARLINGTON** **\$1,149,000**  
 Timeless design and beautifully maintained Craftsman home on 5.25 secluded acres, expansive shop with full apartment above, greenhouse and garden space. #2514832

**STANWOOD**  
 7359 267th St. NW, #D  
 360.629.8233

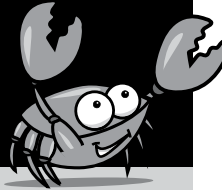


**CAMANO ISLAND**  
 818 N. Sunrise Blvd.  
 360.387.4663

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

Windermere Real Estate/CIR

# Artist of the Week



## JENNIFER MURPHY



My name is Jennifer Murphy and I have a private pottery studio here on Camano Island. I make wheel thrown hand carved solar lanterns, unique whale tail bowls, and a variety of handmade pottery. I do all of my work here in my home studio including glazes and firing in my high fire kiln. I am always available to open for shopping and exploring my studio. <https://www.jmurphypottery.com/>

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## FREE SHREDDING EVENT

Presented by the Stanwood Lions Club

**SATURDAY, MAY 16**

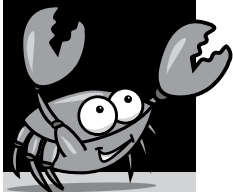
10am-1pm at Coastal Community Bank  
9818 SR 532, Stanwood

Securely dispose important documents to protect your personal information

ACCEPTED: Documents with staples, paperclips, and rubber bands.

NOT ACCEPTED: Newspaper, cardboard, electronics, plastic

# Business Spotlight



*Are you interested in promoting your business or organization?*

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

## LOST FOREST AUTOMOTIVE



Automotive repair on Camano Island since 2017. All makes and models serviced. Classics, race cars, and equipment service as well! Opened in 2017 by Aaron Olson, Lost Forest Automotive is a home based family owned and operated repair shop located on Camano Island. It is our goal to help you achieve the lowest overall cost of ownership for the lifetime of your vehicle. Aaron started repairing, maintaining, and rebuilding cars when he was 14 years old, and the first car he ever put a wrench to was his grandfathers 1951 Studebaker Bullet Nose he purchased, right here on Camano Island. With a specialization in Volvo, but an expert in service for over 25 years with many makes and models, Aaron has repaired and built many a car. Our focus is to take the utmost care in inspecting your vehicle, providing top-tier service and repair. This will give you a total picture of your car's condition and help you to prioritize repairs with your car's safety and reliability in mind. That's the care of an expert and how we have designed our repair shop on Camano. We pride ourselves on promptly scheduling your repair, so call or contact us as soon as possible to get your vehicle the care of an independent specialist---we can be your all-around service advisor, and cannot wait to serve you! 360-548-0302. [www.lostforestauto.com](http://www.lostforestauto.com)

**Yoga and Pilates**

**movementarts.com**



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Camano Commons

**PUGET SOUND TREE CARE LLC**

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Jim Fay, Owner, Arborist

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Hazard Trees  
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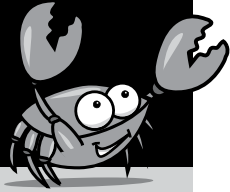
# Stanwood Farmers Market



Fridays 2-6pm - June-September

8727 271st St. NW • Stanwood  
[stanwoodfarmersmarket.org](http://stanwoodfarmersmarket.org)

# Community Information



## TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS

Many of our local businesses offers weekly "events". Following are some of the locations that offer these "events" (that are typically free to participate) on a weekly basis: KARAOKE: Stanwood Hotel and Saloon - Fridays and Saturdays at 8pm. Conway's Pub & Eatery - Fridays at 7:30pm. Beauty Bar Salon + Lounge - Tuesdays at 8pm. TRIVIA: SAAL Brewing Company - Mondays at 6pm. Rockaway Bar & Grill - Mondays at 6pm. Pub 282 - Wednesdays at 7pm. BINGO: American Legion Hall (Camano Island) - Saturday at 6pm. Beauty Bar Salon + Lounge - Mondays at 8pm. Pub 282 at 7pm. BOARD GAME DAY: Noon-6pm at Scattered Deck Games, 8919 271st St NW, Stanwood. Stop in and play. Use some of our 300+ store copies or bring your own. Free event every Sunday. MAHJONG: Fridays at 2pm and Mondays at 3:30pm at Lincoln Hill Retirement Community, 7430 276th St NW, Stanwood. More info: (360) 629-7403.

## BASKETBALL FREE PLAY FOR THE COMMUNITY

Every Friday at 795 Ell Rd., Camano. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome."

## CO-ED ULTIMATE FRISBEE

Saturdays from 9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed pickup games in Stanwood. Whether you're a seasoned player or new to the sport, event is open to all.

If you are already working with an agent, this is not intended as a substitution for that business.

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## COLD WATER SAFETY



### SPRING WATER CONDITIONS

Periods of warm weather in the spring and early summer cause snowmelt to increase, causing rivers to run faster and colder than later in the summer.

### DANGERS OF COLD WATER

Cold water drains body heat up to 25 times faster than cold air. It only takes water as cold as 60°F to cause dangerous physiological responses, even for confident swimmers in calm water.

### COLD WATER PREPAREDNESS

Always wear a life jacket in and around water and dress for water temperature, not air temperature. Keep a close eye on children and pets near water. Know the signs of cold shock (involuntary gasping & rapid breathing) which drastically increases the risk of drowning.

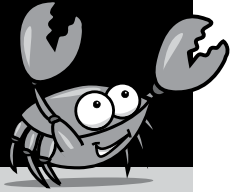


THE AIR MAY BE **HOT**  
BUT THE WATER IS **COLD**



[weather.gov/safety](https://www.weather.gov/safety)

# Community Information



## DID YOU KNOW?

Over 41 million Americans travel during Memorial Day weekend, making it one of the top-3 busiest travel weekends of the year.

## COMMUNITY MEAL – CAMANO

Presented by Island Senior Resources. 11:45 am - 12:30 pm at the Camano Center. By Donation. Every Monday, Wednesday and Friday except for Holidays. 606 Arrowhead Rd. Camano Island. All donations welcome! You determine your ability to contribute to your own or someone else's meal. Our full cost of a meal is \$12.20. Coffee or tea is \$1.00. Dates and times of scheduled events are subject to change. It's always advisable to call to confirm. 360-321-1600.

## NORWEGIAN FLAG COMING TO THE HAMILTON SMOKESTACK

Something big is coming to Stanwood-Camano in May, or as some call it, "Norwegian month." May 17th, or Syttende Mai, marks the day Norway celebrates a step toward becoming an independent nation. Parades, traditional costumes, and ice cream are things Norwegians feature in the celebration. While not planning on that type of celebration this year, we are making plans for the future, beginning with installing a giant-sized recreation of a Norwegian flag on the Hamilton Smokestack, a beloved area landmark. Instigated by the Stanwood-Camano Daughters of Norway Ingeborg Lodge, fabricated by local volunteers, and installed courtesy of the Lions Club, the flag is intended to delight drivers, passersby and make people wonder. The Daughters also hope the installation will inspire conversations about "how Stanwood used to be." Norwegians, as well as other Scandinavian and Nordic immigrants, were drawn to our area by opportunities in farming, logging, and fishing. They were among the leaders in founding Stanwood, with many of their families living here today. The Ingeborg Daughters Lodge, in addition to its popular annual Nordic Fair, holds monthly membership meetings that include discussions and presentations on cultural celebrations, language, annual Nordic Fair in October, and, of course, food. Lutefisk is a frequent topic. They also offer Norwegian language classes open to the public every Saturday morning in the Son's Hall in Stanwood. If you are interested in learning more about the role Norwegians played in our community or interested in joining the Daughters of Norway contact [DONIngeborg43@gmail.com](mailto:DONIngeborg43@gmail.com). The Daughters have other big things to share with Stanwood-Camano coming in 2027, but for now, they hope you help us thank all the volunteers who made this installation possible and expect other big things ahead.



**Tory Eo Charette**

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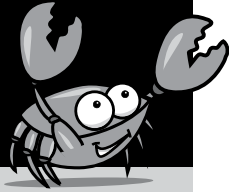
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not authorized in all states. Each insurer solely financially responsible.

# Community Information



## STANWOOD HIGH SCHOOL CLASS OF 1976 50TH REUNION

September 26, Seafarers' Memorial Park, Anacortes. See more information at [stanwood1976.com](http://stanwood1976.com).

## VOLUNTEERS AT HOSPICE OF THE NORTHWEST

May work directly with patients, assist in the office, help with community relations, support fundraising events, or work on special projects. Whatever your interest or skills, we have a volunteer position to suit you. To learn more about volunteer positions at Hospice of the Northwest, please visit [www.hospicenw.org/volunteer](http://www.hospicenw.org/volunteer)

## HEALTH & WEALTH MONDAYS

Every Monday 5:30-7pm at the South Camano Grange. Presented by Evergreen Farm. Take care of yourself and your neighbors! Join us for Zumba with Jennifer Anderson (5:30-6:30 PM) in the main hall. A \$10 suggested donation is requested for Zumba. We also host rotating classes in the dining and activities hall including crafts, history of the grange talks, financial health information classes, AI and technology classes, wellness checks like blood sugar testing, sourdough starter classes and more! Suggested donation recommendations for these classes vary by topic. All proceeds from Health & Wealth Mondays go directly to the Grange building and maintenance fund. Stay tuned for more details on what is coming each week in the Dining Hall!



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*Looking for Ms. Teddy to do your taxes?*

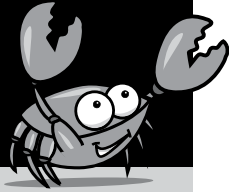
Find her at her office in Burlington.

120 E George Hopper Rd, Suite 104, Burlington, WA

Office phone # 360-230-4061 • Cell phone # 509-679-5485

See our webpage at [TLCUnlimitedServices.com](http://TLCUnlimitedServices.com)

# Community Information



## DID YOU KNOW?

Memorial Day is a federal holiday observed nationwide across all 50 states.

## THE STANWOOD VFW POST 12228

meets the 2nd Tuesday of every month at 6 p.m. Meetings are held in the American Legion Frank Hancock Post 92 building next to CVS Pharmacy. To qualify for membership, veterans must meet the following requirements: 1) must have served in the U.S. Armed Forces and either received an Honorable or a General Discharge (under Honorable Conditions) or be presently serving and 2) must have served in a war, campaign, or expedition on foreign soil or in hostile waters. Proof of the latter-mentioned requirement can be proven by any of the following: an authorized campaign medal, receipt of Hostile Fire Pay or Imminent Danger Pay, or have served in Korea for 30 consecutive days or 60 non-consecutive days. A DD-214 will provide all of that information.

## 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!

## 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).

## NO DISCOVER PASS REQUIRED ON THESE DAYS

Washington public land agencies have designated the days of 2026 when no Discover Pass is required to park at Washington state parks, or on land managed by the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife. The 2026 free days are: June 6-7 – Free Fishing Weekend; June 19 – Juneteenth; Aug. 9 – Smokey Bear's Birthday; Sept. 26 – National Public Lands Day; Oct. 10 – World Mental Health Day; Nov. 11 – Veterans Day. The annual Discover Pass is \$45 and provides unlimited day-use parking for everyone in the passholder's vehicle. The pass is valid for an entire year from the month it is purchased and can be transferred between two vehicles. Learn more and purchase yours here: <https://discoverpass.wa.gov>.



# Annual Hearing Exams

are a great way to celebrate  
*Speech Language Hearing Month!*



**Tonia MacPhail,**  
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**Dr. Shashi Churchill,**  
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## SAVE CAMA BEACH CABINS

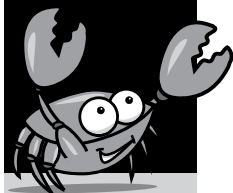
**Do you miss having the cabins open and seeing visitors excited about the park, Camano Island, and Stanwood? Does your business miss the income from tourists? Does your family miss the fun educational events at the park? There is a new group forming to reopen the cabins.**

**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](http://SaveCamaBeachCabins.org) / [info@savecamabeachcabins.org](mailto:info@savecamabeachcabins.org)**



*A monthly  
message from  
the Stanwood  
Camano School  
District Health  
Services  
Department*



## The Band-Aid Bulletin

### **SEASONAL ALLERGIES AND HOW TO MANAGE SPRINGTIME SYMPTOMS**

Spring in the Pacific Northwest brings longer days, blooming flowers, and more time outside. It also brings higher pollen levels as trees, grass, and plants begin to grow. For many children and families, that seasonal shift can lead to allergy symptoms that are uncomfortable and sometimes disruptive to daily routines. Seasonal allergies, often called hay fever, are common this time of year. While they are not contagious, they can affect how students feel, focus, and participate in school and activities. Understanding the signs and simple ways to manage them can make a big difference.

What symptoms should families watch for? Seasonal allergies can show up in several ways. Common symptoms include: Frequent sneezing; Runny or stuffy nose; Headaches; Itchy or watery eyes; Itchy nose or ears; Scratchy or tickly throat. These symptoms may appear after time outdoors, but pollen can also travel inside on clothing, shoes, and open windows, so symptoms can continue indoors as well.

Ways to manage seasonal allergies: There are several simple steps families can take to help reduce symptoms: Wash hands and face after spending time outside; Change clothes after coming indoors; Keep windows closed on windy or high-pollen days; Shower before bed to remove pollen from hair and skin. Some families may also use over-the-counter options such as antihistamines, nasal sprays or saline rinses, or eye drops. If symptoms are frequent or more severe, a pediatrician can help determine the best treatment plan.

#### **Allergies or illness?**

It can sometimes be difficult to tell the difference between seasonal allergies and a cold. A few key differences may help: Allergies typically do not cause a fever, often include itchy eyes, nose, or throat, and can begin quickly when exposed to pollen. Symptoms may last several weeks and often occur around the same time each year. Colds or other illnesses may include fever or body aches, tend to develop gradually, and usually resolve within one to three weeks. If you are unsure which your child is experiencing, checking with a healthcare provider is a good next step.

Seasonal allergies can be frustrating, but they do not have to limit time outdoors. With a few simple habits and support from families, students can continue to enjoy all that spring has to offer while staying comfortable and ready to learn.



# Keep your septic system happy.

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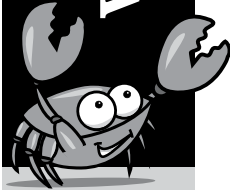
## **Questions?**

Email [savvy.septic@snoco.org](mailto:savvy.septic@snoco.org) or call 425-388-3636

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



# Moonshine Wisdom & Wit



Story by Jack  
Archibald.

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

## DEAR AI ABBY

Shari Torgerson works from her house up the road from us transcribing medical reports, what we call these days 'remote working', meaning she has no co-workers, no watercooler chats, no one really to confide in, not since her husband Ronnie died five years back. I stop in occasionally for a cup of coffee, see how she's doing, mostly because I worry about her all alone up in the woods behind our place. She's prone to serious bouts of depression and I've even suspected she might harbor suicidal thoughts. The other day, though, when I darkened her doorway, she was in an atypical good mood. In fact, she was positively ebullient and the notion occurred to me she might have a new beau. Nothing like fresh love affairs to make you glad to be alive. Probably what ruins a lot of old marriages, I suppose, but down here we take the good with the stale.

"You're in a fine mood today," I said once we parked at the breakfast counter with fresh brewed. "You get a promotion?"

Shari put a hand on my sleeve. "No, nothing like that. But ..." She watched me like maybe she was hesitant to tell me some secret. That new guy, I was wondering. "I'm kind of embarrassed to tell you, Skeeter. I signed up for one of these online companions."

"Right, sure, you mean internet dating. Half the folks I know are doing that now. Beats finding a mate at the Stanwoodopolis Hotel bar."

Shari shook her head. "No, one of those Artificial Intelligence 'friends'. I know, at first it was weird, talking to a, I guess, a machine."

Her hand tightened a little, like maybe she expected me to laugh or ... hell, I don't know, judge her a fool. "Okay," I said, "and ...?"

"Now I've got someone to talk to. Bruce. I call him Bruce. And I tell him things, personal stuff, a lot of my worries, ya know. My fears. And he listens but more than that, he gives me advice. He's concerned about me. I know. It's weird. But ... I think he really does care. Is this me being stupid?"

It's a brave new world, even here on the South End. If you can love a dog, I guess you can love an android. A dog can't give you much advice beyond a wet muzzle or an energetic tail wag. So I don't know, an android that can listen AND offer sympathy AND give advice --- so what if it's a little strange. What isn't these days?

So that's what I told her. Yesterday I ran into her in the grocery aisle. "How are you and Bruce doing?" I asked, hoping she wouldn't interpret this as sarcasm.

She didn't. She came close and whispered with a Mona Lisa smile, "He asked me to marry him."

I leaned against my cart and tried to think of something NOT smart-alecky. Finally I asked if she was considering it.

"Don't be silly," she said. She told him, "It would just ruin a great friendship."

Thank god she didn't ask me to be best man. Course, worst case, I could always ask my avatar to sub in....



ANNUAL FUNDRAISING EVENT FOR THE CRC  
**SAVE THE DATE**

**AUGUST 22, 5:30PM**

@ COMMUNITY RESOURCE CENTER OF  
STANWOOD CAMANO

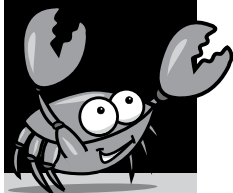
## Seeking Sponsors!

Please email [events@crc-sc.org](mailto:events@crc-sc.org)  
for more information.



**Bring your appetite to empower!**

# Intuitive Tarot

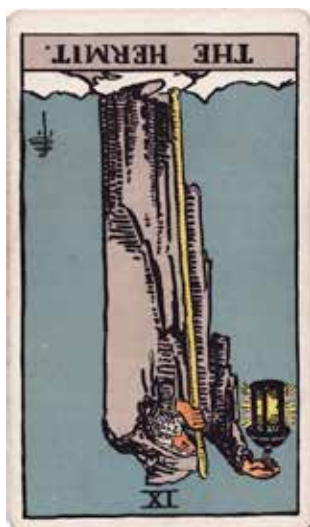


*Tarot from the  
classic Rider  
Waite Smith deck.*

*Discover more at  
[linktr.ee/tiffany  
fitzpatrick](http://linktr.ee/tiffanyfitzpatrick)*

*Visit me at  
Cactus + Co at the  
Commons for Live  
readings on May  
16 between 12 PM  
- 4 PM.*

## INTUITIVE TAROT WITH TIFFANY



May 15th – May 21st : The Hermit Reversed. As the actions you've previously brainstormed and blueprinted begin to folate into implementation, as you unconsciously illuminate your way forward, endeavor to remember and hold fast to the internal growth and epiphanies you hard fought for in the discomfort of your transformative introspection. When you become aware that old programming is resurfacing in the day-to-day of things, deliberately re-engage the fresh habits of the version of yourself you've adopted. The neuro pathways of these newly chosen patterns will need to become even more intentionally ingrained than the ruts worn in from the wagon wheels of our mind along old routes. The road less traveled takes patience and persistence to become a traversable path. And Saturday's Taurus New Moon will support your efforts to lay pavers along a new trajectory forward that not only establishes reliability underfoot, but nourishes your zest and desire.

May 22nd – May 28th : the Queen of Cups. Rivers afoot, once set in motion by recent emotions, intentions, choices, and actions, carve their way forward, taking on a nature of their own as way leads onto way selecting the path of least resistance, contrary to the controlling character of humans we've come to expect and emulate. Let the outpour flow as it wills while you focus on work as the sculptor hammering with chisel, stepping back, admiring, reviewing sketches of plans made, only to resume with another strike of envisioned passion, working toward achievement while aiming to perfect the endeavored masterpiece with each tactile intervention along the way. It's okay, often encouraged, for the result not to look how others anticipate, even if it doesn't finalize precisely as you imagined the outcome. This week is more about admiring the unfolding than regulating the execution of a well laid strategy.

# Join us!



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world because  
there is no planet b.

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**Island County**

Washington State University  
EXTENSION

More info: 360-639-4608  
Heather.vitaz@wsu.edu

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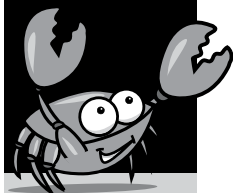


reduce-reuse-recycle-rethink!



**Waste Wise**  
WSU Extension, Island County

# Longevity Lens



*A column about longevity and aging well.*

*Dr. Maria Cayabyab ("Dr. Maz") is a board-certified OB-GYN, certified in menopause care, a functional medicine practitioner, and medical director at Kirra Health.*

*Questions?  
ask@kirrahealth.com*

## WHY MIDLIFE CHANGES THE RULES OF METABOLIC HEALTH



Many women reach midlife feeling frustrated by a body that suddenly seems unfamiliar. The habits that once worked no longer produce the same results. Energy feels lower. Sleep becomes lighter. Recovery slows. Abdominal weight appears more easily—even without obvious changes in diet or activity. Often, the explanation people hear is: "You're just getting older."

But the reality is more nuanced. Midlife—particularly the menopausal transition—changes metabolism in measurable physiological ways. Hormones influence far more than reproduction. Estrogen, progesterone, testosterone, cortisol, insulin, and thyroid hormones all help regulate how the body produces energy, stores fat, maintains muscle, and recovers from stress. As these systems shift, body composition often changes too. Declining estrogen is associated with reduced insulin sensitivity and a greater tendency to store visceral fat—the deeper abdominal fat linked to inflammation and metabolic disease. At the same time, maintaining muscle becomes more difficult. This matters because muscle is one of the body's most important metabolic tissues. It supports blood sugar regulation, mobility, strength, and long-term resilience.

Sleep and stress also become increasingly important. Disrupted sleep and chronic stress can affect cortisol, appetite regulation, recovery, and energy balance. None of this means your metabolism is "broken." It means your physiology is changing—and your strategy may need to change with it.

Questions to ask: Am I only focusing on weight—or also on muscle, sleep, and metabolic health? Could my symptoms reflect physiological changes worth understanding?

Because sometimes, the problem isn't that your metabolism is broken. It's that your physiology has changed—and your strategy needs to change with it.

For more insights, visit [kirrahealth.com/blog](http://kirrahealth.com/blog)

# Medicare Education Workshop

Attend our upcoming Medicare workshop and learn the essentials!  
This event will cover Medicare eligibility, Medicare Parts A, B, C & D.

This workshop is no-cost, no obligation and will give you the basics  
you need to understand your options.

## Camano Center

606 Arrowhead Road, Camano Island, WA 98282

April:

- 4/02/2026 – Thursday at 3:15pm.
- 4/16/2026 – Thursday at 3:15pm.

May:

- 05/06/2026 – Wednesday at 10:00am.
- 05/20/2026 – Wednesday at 3:00pm.

June:

- 06/03/2026 – Wednesday at 10:00am.
- 06/17/2026 – Wednesday at 3:00pm.

## RSVP's NOT REQUIRED, BUT ENCOURAGED

Please contact us to RSVP or for more information about upcoming events.



425-361-2944 x1 TTY 711



info@vidorassociates.com



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*This is an educational event. A licensed sales representative will be present with information only; there will be no sales activity. The Centers for Medicare & Medicaid Services (CMS) has neither reviewed nor endorsed this information.*

*Vidor and Associates is not connected to the Federal Medicare Program and this is a solicitation for insurance. Vidor and Associates does not offer every plan available in your area. Any information they provide is limited to those plans they do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.*

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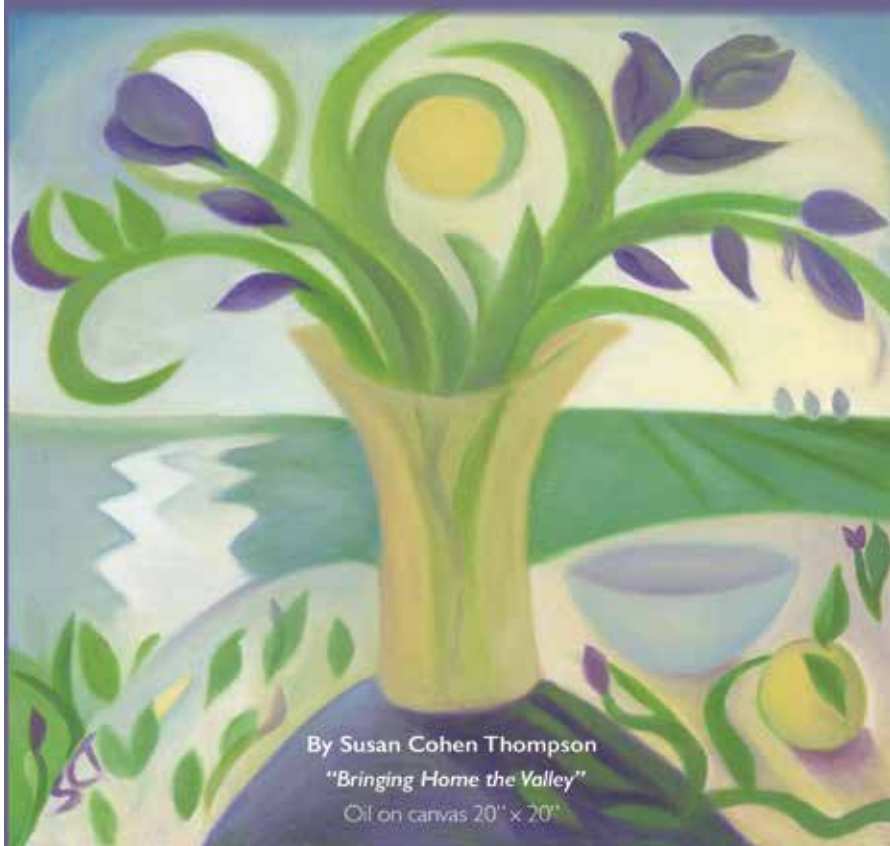
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# CAMANO ISLAND STUDIO TOUR

*Art lives on Camano Island and in Stanwood*



By Susan Cohen Thompson

*"Bringing Home the Valley"*

Oil on canvas 20" x 20"

**Mother's Day Weekend**

**MAY 8-9-10**

**10am - 5pm**



**Encore Weekend**

**MAY 16-17**

**10am - 5pm**

[camanostudiotour.com](http://camanostudiotour.com)



### CASA'S PET OF THE WEEK:

**EDMUND** is back and trust us when we say it is absolutely no fault of his own. After being happily adopted, Edmund's living situation got a bit sticky, and his owner had no other choice but to safely surrender him back. Edmund can be a bit timid, but with a little bit of time and affection, this young guy is actually very sweet. He enjoys people watching and relaxing during his downtime!

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

---



### NOAH'S PET OF THE WEEK:

**SIMBA** - Hi! I am looking for my new FURever home. I would love to be part of your family and spend the rest of my days being my best kitty self. If you are interested in meeting me, please come to The NOAH Center and talk to an Adoptions Matchmaker today!

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

---



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

**LILY** is a beautiful girl who will make you fall in love with just one look. She is dreaming of family that will include her in their adventures. Lily loves being with her people no matter what at they are doing. She would be an awesome running, hiking or camping buddy. Just say the word and she is ready to go! **FIRST STEPS:** Visit [www.save-a-mutt.org/adoption-application/](http://www.save-a-mutt.org/adoption-application/) to fill out an application.

**Save-A-Mutt (Silvana, WA):**  
[www.save-a-mutt.org](http://www.save-a-mutt.org)

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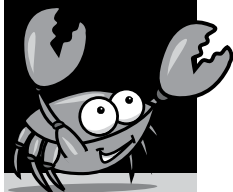
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## LAYERED CORNBREAD SALAD

*Not only is this salad delicious and easy to assemble it makes a beautiful presentation alongside your favorite barbecue!*




**INGREDIENTS:** 1 (8 oz.) pkg. Jiffy cornbread mix; 1 lb. bacon, cooked crisp and crumbled; 1 (14.5 oz.) can red kidney beans, rinsed and drained; 2 c. frozen sweet cut corn, thawed; 1 med. sweet onion, finely chopped; 1 lg. green bell pepper, finely chopped; 3 lg. tomatoes, seeded and chopped; 2 c. grated sharp cheddar cheese; Chopped fresh parsley, for garnish; 1 bottle ranch dressing, for serving

**DIRECTIONS:** 1. Prepare the corn bread according to the package directions. Cool, and cut into 1-inch cubes, set aside. 2. Place the bacon in a large deep skillet. Cook over medium-high heat until crisp. Drain on paper towels, cool, crumble, and set aside. 3. To assemble the salad: Place the cornbread cubes in the bottom of a large glass bowl. Layer the beans, corn, onion, bell pepper, tomatoes, bacon and cheese on top of cornbread. 4. Cover the salad and refrigerate for at least 2 hours. Before serving, garnish with fresh chopped parsley. Divide the salad among serving plates or bowls, then drizzle with ranch dressing and devour!

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Fall 2025 Student

### Guided Field Learning



Deception Pass  
Sea Level Rise



Monroe Hydropower



Mount Vernon Library  
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## Washington State University Climate Stewards April 2 - June 6, 2026

The **WSU Climate Steward** certificate course offers classroom, online, and field experiences, with 10 sessions addressing:

- Social-emotional resilience and environmental justice
- Trauma-aware communication and community building
- WA Climate systems, modeling, and ecosystems
- Climate solutions in Ag, Forestry, Energy, and Water
- Climate policy and mitigation programs

Open to Island, Skagit and Whatcom county residents, this course equips you with practical tools to take climate action today in your community.

- Expert guest speakers
- Guided place-based tours
- Curriculum curated by Washington-based scientists

**Course Fee - \$225**

**Early Bird Discount (before March 15, 2026) - \$175.00**

**Scholarships Available**



Classes meet virtually on Thursday evenings from 6:00 to 8:00 PM, and in person on Saturday, June 6, from 10:00 AM to 1:00 PM for stewardship project presentations.

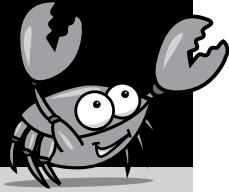
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# Classes and Workshops



## DID YOU KNOW?

As of 2023, the United States only recognizes eleven federal holidays. Memorial Day is one of them, highlighting its importance for the country and its identity.

**Chair Yoga** at Lincoln Hill Retirement Community. Lower stress, reduce risk of heart disease, more stable blood sugar, less back and arthritis pain, sharper memory, reduce anxiety and depression, sleep better, feel happier and weight loss. Come join us on Tuesday and Thursday mornings at 10am in our exercise room.

**Tech Neck: Or How to Get your Head Screwed on Straight** May 30. With our modern lifestyle of computers, laptops and phones, our heads are pitching forward for extended periods of time, adding weight to the delicate muscles of the neck and prolonging tension in our shoulders. This workshop will teach you simple exercises to relieve tension and restore freedom of movement. Space is limited. Register at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100

**YogaTone:** Sundays May 17-June 14. Drop-Ins Welcome! Keep moving and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.

**Private Music Lessons** (in-home or in-studio): piano, guitar, sax, clarinet, flute, voice; ages 5 and up; all skill levels. Personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions. 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)).

**Free Macbook and iPad / iPhone Tutoring** 3 / 30-minute sessions in the Camano Center Library (1pm, 1:30pm, 2pm) the second and fourth Thursdays of each month. Sign up at [fact@msdeadlines.com](mailto:fact@msdeadlines.com)

**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 subscription websites and records. Contact us at [camano@familyhistorymail.org](mailto:camano@familyhistorymail.org).

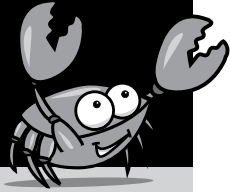
**Guitar Lessons with Ford Geisbrecht.** All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. Serving Camano/Stanwood since 2002. 360-631-0661.

**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.

**Free Medicare Basics class** at Camano Island Library June 10, 10-11am. Learn enrollment options and avoid costly mistakes. RSVP required: 360-967-6601.

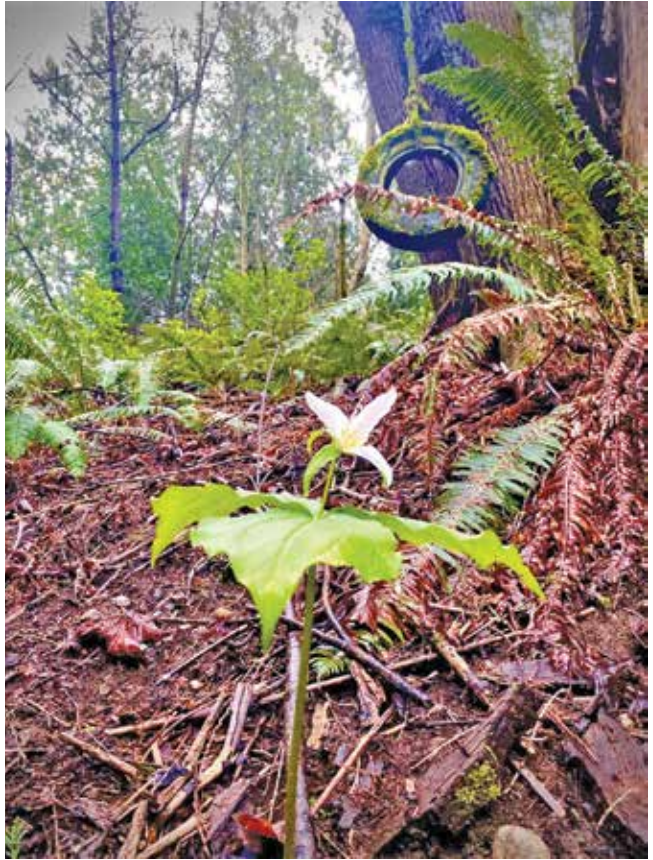
**Karate & self-defense mini camps,** ages 6+! NW School of Martial Arts located @Stanwood Masonic Lodge. 12-4 pm, \$40/child per date: 6/30, 7/14, 7/28, 8/11, 8/25. Email [nwschoolofmartialarts@gmail.com](mailto:nwschoolofmartialarts@gmail.com) to get your registration link!

# Photos and Art



## DID YOU KNOW?

The US president leads the rites by laying a wreath at the Tomb of the Unknown Soldier, followed by a speech.



*Trillium and tire swing photo by Nate Collver.*



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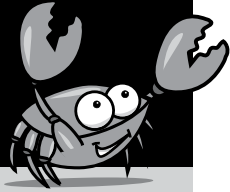
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# Classified Listings



## DID YOU KNOW?

Half a million people attend the annual National Memorial Day Concert, which takes place on the Capitol Building's west lawn. The event began in 1989.

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## FOR SALE:

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**2001 Ford Ranger Cab**, 3.0 liter 6 cyld, strong motor, R wheel DR, hardly used. Looks and runs good! Must see! Call: 360-981-3733 or home: 360-631-5656. \$2100 OBO.

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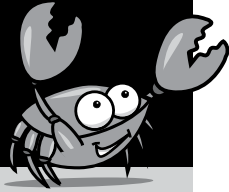
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# Clubs and Meetings



## DID YOU KNOW?

Patriotic Americans may hang a US flag or an equivalent on their front door or window throughout May, National Remembrance Month.

**Caregivers Support Group** meets at 10am Lincoln Hill Retirement Community. (meets first Tuesday of each month). Come meet and talk to others participating in the care of a loved one. This group meets at 10am. Open to the community.

**Parkinson's Support Group** located at Lincoln Hill Retirement Community can provide essential emotional support, reduce isolation, and offer practical, firsthand knowledge to help patients and caregivers navigate by connecting with others who truly understand the daily challenges of the disease. It meets every 2nd Monday of each month at 10:45am in the Center Hall.

**Neurodivergent Playgroup** Please join us at the Stanwood Co-op Preschool every 2nd Mon of the month from 1-3 p.m. Free and open to the community, siblings welcome! Location: 27027 102nd Dr NW, Stanwood Info: (360) 629-3155 admin@stanwoodpreschool.org

**Silvana Serinity Al-anon family group** meets Wednesdays, 10 am, at Peace Lutheran church in Silvana. More info: 425-367-1776.

**Friendship Tea** - Join us for tea, treats, and a nice visit with friends, both old and new on the first Tuesday of each month at the Camano Center. No charge (donations welcome) to Camano Center members. Non-Members \$5 fee paid at the front desk. Call Connie at (360) 652-7211 for more information.

**Rainy Day Room Playgroup** Free weekly play group 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/](http://www.crc-sc.org/) events.

**Dottie's Nature Play** is for ages 0-5 and their caregivers on Thursdays from 10:30-11:30am at Community Resource Center of Stanwood Camano (across from Stanwood Library). This outdoor playgroup is all about hands-on discovery, sensory-rich experiences, and letting curiosity lead the way. Come dressed for the weather and ready for adventure!

**Teen Programs** Monday through Friday 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.

## ROOF & GUTTER CARE

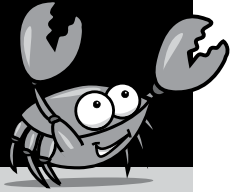
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# Clubs and Meetings



**Kaleidoscope Play & Learn** a FREE play group for 0-5 years and their grown ups. A variety of developmental activities that promote early learning. Inclusive of all young children, languages, and cultures. RSVP at [www.crc-sc.org/events](http://www.crc-sc.org/events).

**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!


**Camano Island Women's Republican Club** – Join us for a potluck and conversation about policies, politics and interesting speakers that affect the Stanwood/Camano Island communities. The club meets on the 4th Tuesday of every month at The Chalet at Camaloch, 358 Camaloch Drive at 12 noon sharp. [www.CIWRC.com](http://www.CIWRC.com)

**Teen Programs** Monday through Friday 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** a FREE play group for 0-5 years and their grown ups. A variety of developmental activities that promote early learning. Inclusive of all young children, languages, and cultures. RSVP at [www.crc-sc.org/events](http://www.crc-sc.org/events).

Saturday, June 6 Noon-4pm  
Freedom Park, Camano Island

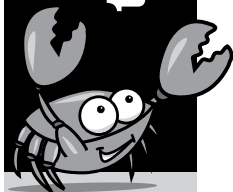


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Read more of Tim Jones' humor every week at [www.ViewFromTheBleachers.net](http://www.ViewFromTheBleachers.net) or check out his new YouTube channel by the same name.

## STRATEGIES TO STRETCH YOUR DOLLAR AS PRICES SURGE



Unless you're a hermit living in a tent in the forest, you have no doubt noticed that the cost of gasoline, groceries, and dining out has gone through the stratosphere. In fact, based on the spiraling inflation that appears to have no end in sight, my immediate recommendation for cost savings is to seriously consider becoming a hermit... living in a tent... in the forest.

According to recent reports, some economists now believe gasoline could eventually reach \$175 a gallon, and a loaf of bread could hit \$60. Admittedly, those projections are for the year 2250 – but the trend line is clearly not headed in a direction that screams “relax and order appetizers.” So what can you do to stop the financial hemorrhaging and preserve your rapidly shrinking nest egg?

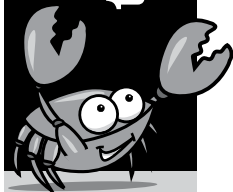
For starters, tell your lazy unemployed spouse to get off the couch and find a job. Unless, of course, that lazy spouse is you – in which case, let's not rush into anything. You still have three more seasons of *Breaking Bad* to finish because you somehow missed it the first time around in 2008. Priorities.

Here are some additional strategies to preserve your retirement portfolio – and what's left of your sanity:

Decide which child is not going to college. You love both your kids equally, of course. But let's be realistic – college tuition has reached the point where you need to start thinking like an NFL general manager. Tough decisions must be made. Sit Justin down and explain that college is overrated and, frankly, based on his SAT scores, he was trending toward a very strong community college experience anyway. He'll understand... eventually – hopefully before your check for the nursing home bounces.

Sell your gas guzzler. Buy an electric car. With gas hovering around \$5 a gallon and climbing, it may be time to part ways with your 17-MPG SUV. Do the responsible thing – save the environment and your wallet by switching to an electric vehicle. Just be prepared for the moment when your electric bill shows up and you realize you've essentially adopted a very large, very hungry appliance.

# View from the Bleachers



## DID YOU KNOW?

The modernist composer Charles Ives created a symphony about the holiday based on his childhood experiences with his father and their march to the cemetery.

Sell your electric car. Buy a Schwinn. So now you're driving electric and feeling good – until someone casually mentions that replacing the battery could cost somewhere between \$10,000 and \$20,000. That's when you pivot.

My advice: ditch the car entirely and go old school. Buy a basic ten-speed bike. Skip the e-bike—those cost more than your first used car. But go ahead and splurge on the bell and handlebar tassels your mom never let you have when you were seven. You've earned this.

Say no to costly eating out. A typical steak dinner can now set you back \$50 to \$75. Slightly less at Waffle House, but you're rolling the dice in other ways there. Think of how much money you'll save by cooking at home. Of course, grocery prices are also skyrocketing, so you may want to focus on a steady diet of rice and lettuce. The upside? You'll save money and finally lose that "drive-thru lifestyle" spare tire – mainly because you'll be in a constant state of serious depression.

Embrace creative housing solutions. If your mortgage or rent is crushing you, it may be time to think outside the box. Literally. Have you considered converting your garage into a luxury studio apartment? Or renting out rooms in your house to complete strangers who describe themselves as "super chill" and "usually between jobs"? If things get really tight, circle back to the hermit-in-the-tent-in-the-woods idea. It's gaining momentum.

The good news is that this surge in the cost of everything from food to gasoline to healthcare won't last forever. The bad news is... I just lied. It absolutely will.

So yes, you're going to need to get creative. Maybe start by selling off some valuables. If you happen to have a mint-condition 1952 Mickey Mantle rookie card lying around, congratulations – you're officially inflation-proof. The rest of us will be comparing lettuce prices and debating whether toothpaste is really essential. In the meantime, stay flexible, stay frugal, and if you happen to see an older Seattle Seahawks fan pedaling past you on a ten-speed with bright pink handlebar tassels... mind your own business. I'm doing just fine.

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Date	High /Low	Tide Time	Height Feet	Moon Visible
F 15 15 15 15	High Low High Low	3:29 AM 10:28 AM 5:35 PM 10:48 PM	11.5 -2.0 11.5 6.1	☾
Sa 16 16 16 16	High Low High Low	4:04 AM 11:11 AM 6:30 PM 11:43 PM	11.5 -3.2 12.4 6.8	☉
Su 17 17 17	High Low High	4:43 AM 11:56 AM 7:24 PM	11.5 -3.9 12.9	☾
M 18 18 18 18	Low High Low High	12:37 AM 5:25 AM 12:43 PM 8:17 PM	7.3 11.2 -4.2 13.0	☾
Tu 19 19 19 19	Low High Low High	1:32 AM 6:11 AM 1:32 PM 9:12 PM	7.5 10.8 -3.9 12.8	☾
W 20 20 20 20	Low High Low High	2:30 AM 7:02 AM 2:22 PM 10:08 PM	7.6 10.2 -3.1 12.5	☾
Th 21 21 21 21	Low High Low High	3:39 AM 7:58 AM 3:16 PM 11:02 PM	7.3 9.3 -1.9 12.2	☾

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 22 22 22 22	Low High Low High	4:56 AM 9:09 AM 4:12 PM 11:50 PM	6.6 8.3 -0.5 11.9	☾
Sa 23 23 23	Low High Low	6:09 AM 10:38 AM 5:08 PM	5.5 7.4 1.0	☾
Su 24 24 24 24	High Low High Low	12:34 AM 7:15 AM 12:20 PM 6:05 PM	11.7 4.1 7.1 2.6	☾
M 25 25 25 25	High Low High Low	1:12 AM 8:09 AM 2:13 PM 7:04 PM	11.5 2.7 7.5 4.0	☾
Tu 26 26 26 26	High Low High Low	1:46 AM 8:51 AM 3:33 PM 8:06 PM	11.3 1.4 8.4 5.2	☾
W 27 27 27 27	High Low High Low	2:18 AM 9:26 AM 4:33 PM 9:04 PM	11.2 0.2 9.3 6.1	☾
Th 28 28 28 28	High Low High Low	2:48 AM 10:00 AM 5:25 PM 9:58 PM	11.0 -0.6 10.1 6.8	☾



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## Age Out Loud at Warm Beach



***"I didn't just find a home...  
I found my community!"***

**Leasing Fast— Call Today to Tour!**  
*The time is now, book your tour online*

***Experience the benefits of:***

- A lively, faith-inspired community
- Spa-like amenities • On site PT Center
- Lush 100 Acre campus • 24/7 Security

***Independent Living    Assisted Living***  
***Memory Care            Respite Care***



**WARM BEACH**  
Faith-Inspired Retirement Living



**Call (360) 652-7585 or book tour online**  
**[www.warmbeach.org](http://www.warmbeach.org)**

# Spring Is Here!

## Discover Camano Island Beaches



**SCAN ME**

**With over 50 miles of pristine Pacific Northwest beachfront, Camano Island offers a variety of beach communities.**

There are plenty of beach access points for you to explore and enjoy. Spend time with family out on the boat, go for a walk on the beach, or just take in the beautiful scenery that Camano Island has to offer.

### **Discover More About Camano Island**

We live here, We work here!  
As your local experts, we're here 7 days a week. Visit us today for personalized insights and guidance!

**360-387-HOME**

818 N Sunrise Blvd. Camano Island

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