

THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 428
April 17-30, 2026



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



Stanwood / Camano FOREST STEWARDSHIP COURSE

WSU Extension offers the Forest Stewardship Coached Planning course to help owners of wooded property to navigate issues around fire, unwanted pests and diseases, invasive vegetation, climate stress, and more. Whether you want future old growth, periodic income, or just to more fully enjoy your woodland retreat, turn guesswork into actionable, research-based steps to meet your goals.

More enjoyment, less worry.

We have helped thousands of Washington property owners achieve success and peace of mind. Get the tools you need to reduce risks, enhance value, avoid costly mistakes, and promote a vibrant, resilient forest for decades to come.

About the course:

9:30 a.m. – 12:00 p.m. Tuesdays April 28 – June 23rd at the Island County Multi-Purpose Center at 141 NE Camano Dr.

\$190 per household - includes nine classroom sessions, a field trip, course materials, and a site visit by a service forester.

No prior experience needed and no minimum acreage requirement.

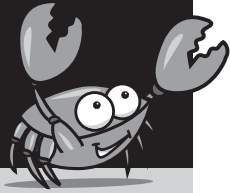
Pre-registration by April 24th required

For additional details and to register, visit <https://forestry.wsu.edu/nps/events/cpcamano/>

Additional information: Financial support for these programs provided by Snohomish Conservation District's Rates and Charges funding, Island County, and the Washington State Department of Natural Resources. Extension programs are available to all without discrimination. Reasonable accommodation will be made for persons with disabilities who request accommodations in advance. For questions about this program or to request accommodation contact WSU Extension Forester Kevin Zobrist at 425-231-4524 or kevin.zobrist@wsu.edu.



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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: Spring blossoms photo by S. Kubas.

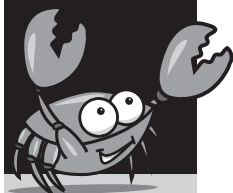


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James and Malynda Shipley, owners, proprietors
thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893
P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com

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Submission DEADLINE: APRIL 23 for Next Edition (May 1-14, 2026)

Calendar of Events



FRIDAY, APRIL 17

HOMESCHOOL HANGOUT + BURKE MUSEUM BOX "AGE OF DINOSAURS"



11:00am–12:15pm at the Camano Island Library. Meet with other homeschooling families, make new friends, and learn about various online homework resources offered by Sno-Isle Libraries for grades K-12. The hands-on activity for this session will be a Burke Box traveling mini exhibit, "Age of Dinosaurs", full of fossils and casts that will get you thinking about dinosaurs and the ecosystems they inhabited. Learn the defining characteristics of dinosaurs and do some paleontological problem-solving with fossil teeth.

BIKE CAMANO SUNDAY, APRIL 26

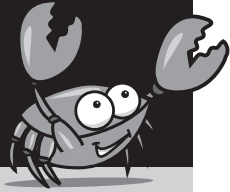
This one-day ride has been hosted by local Kiwanis for more than 30 years. Proceeds support a Stanwood High School scholarship and B.I.K.E.S. Club of Snohomish County.

Thanks for sharing the island roads with hundreds of bike riders during this annual event.

BIKESCLUB.ORG/MCCLINCHY



Calendar of Events



FRIDAY, APRIL 17

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Snohomish. 3:30pm.

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

FRIDAY, APRIL 17

THE GROOVE DOCTORS WITH DEB HARLEY

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Time to catch a dose of funk, soul, and unstoppable rhythm — The Groove Doctors are live at Pub 282! These masters of the groove bring the cure for your blues with dance-worthy beats and smooth jams all night long.

SATURDAY, APRIL 18

CELEBRATE EARTH DAY!

10am-4pm at the Camano Island Library. Celebrate Earth with crafts and activities for adults and children of all ages. Make a grasshead planter, repurpose old maps into beautiful stone coasters, make bubble wrap jellyfish, create your very own piece of black out poetry using antique book pages and much more.

SATURDAY, APRIL 18

SANDY ROWE AT ELGER BAY CAFE

5-7pm at Elger Bay Cafe. Returning to my local watering hole to sing some songs and sneak some dad jokes in here and there.

PNW
COLLECTIVE



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Broker / Realtor

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Calendar of Events



DID YOU KNOW?

On Saturn's largest moon, Titan, rain falls as liquid methane instead of water, and it's the only place besides Earth known to have stable liquids on its surface.

SATURDAY, APRIL 18 EARTH DAY & OPEN HOUSE AT CAMP KILLOQUA



Noon-4pm at 15207 E Lake Goodwin Rd, Stanwood. Celebrate Earth Day with a FREE, family-friendly community event. Explore our beautiful lakeside camp while enjoying outdoor activities, hands-on science and nature experiences, and classic camp fun.

SATURDAY, APRIL 18

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, APRIL 18

JIMMY WRIGHT

7pm at Pub 282, 370 NE Camano Dr #6, Camano. A high-energy concert experience, packed with a dynamic mix of music to keep you on your feet all night long.

SATURDAY, APRIL 18

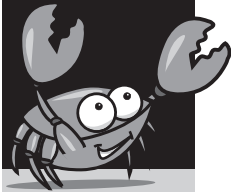
CABAM! CAMANO AREA BLUEGRASS JAM + DINNER + OPEN MIC

at the South Camano Grange. Come and join the Jam & enjoy some smokin' bluegrass. Old timers and newbies alike, as well as listeners, get on down here! Bluegrass Jam, Dinner (Optional - Donation, proceeds to South Camano Grange), Open Mic.

Animal Crackers Day 18th April



Calendar of Events



DID YOU KNOW?

Both Robinson Crusoe and Treasure Island are thought to be set in Trinidad and Tobago, although some believe the islands were completely fictional.

SATURDAY, APRIL 18 SPRING SCANDINAVIAN BAKE SALE AND CRAFT FAIR



9am-3pm at Sons of Norway Abel Lodge, 21098 Second Street, Conway. Come get your Scandinavian breads, cookies, and other treats. We will have plenty of our classics, including lefse. We will have a variety of crafter tables to shop from.

SATURDAY, APRIL 18 SPRING BIG BAND COMMUNITY SWING DANCE WITH LESSONS



at the Floyd Norgaard Cultural Center, 27130 102nd Ave NW, Stanwood. With house 16 piece Big Band Camano Junction. Dance 7 - 9:30PM. \$12 for adults. \$10 for students.

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world because
there is no planet b.

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Easy steps for a simpler, affordable lifestyle that also benefits the planet.

Sustainability & Waste Wise Training



Reduce, Reuse, Recycle
Practice responsible consumption and recycling.



Carbon Footprint & Climate Change

Understand how waste contributes to climate change.



Composting Yard & Kitchen Waste

Learn basic and advanced composting.



Low Impact Living

Consider your carbon footprint.



Toxics Reduction

Properly dispose of hazardous materials.



Educate Others

Help others in your community be more Waste Wise.

\$50 to participate - Scholarships available. No experience needed.



Island County

WASHINGTON STATE UNIVERSITY
EXTENSION

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

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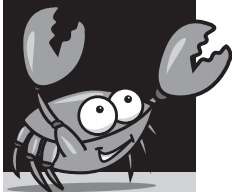


reduce • reuse • rot • recycle • rethink!



Waste Wise
WSU Extension, Island County

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, APRIL 18

ENCHANTRIX

performing 7pm at Conway's Pub & Eatery, 18611 Main St., Conway.

SATURDAY, APRIL 18

STANWOOD HIGH SCHOOL SPORTS

C Team Girls Tennis vs Mount Vernon. Noon.

SATURDAY, APRIL 18

SPRING FLING



9am-3pm at the Stillaguamish Grange (in the fairgrounds), 6561 Pioneer Highway, Stanwood. Free Family Friendly Event including Multiple vendors, Stanwood Camano Kiwanis Club Plant Sale, and The Home Depot Kids Crafts Workshop. Free admission.

SATURDAY, APRIL 18

THE ENTHUSIASTS + FRIENDS FOR THE GHOST + TIM MECHLING

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. The bands let us know that this is going to be a very special show! Doors: 7 PM Show: 8 PM Tickets: \$12 ADV / \$15 DOS - 21+ only.

SATURDAY, APRIL 18

LIVE READINGS

with Tiffany FitzPatrick - Shadow Guide, Dimensional Weaver, Intuitive Divinationist, Writer, Speaker. Visit me at Cactus + Co at the Commons for Live readings between noon and 4pm.



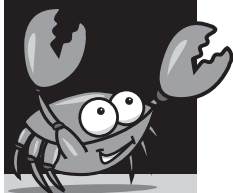
Lincoln Hill Retirement Community
Your Local Senior Center
7430 276th St NW
Stanwood, WA 98292
360-629-7403

UPCOMING EVENTS

- **Center Hall Thrift Store** – Open Monday through Friday 10:00 AM – 4:00 PM
- **Easter Photo Shoot Fundraiser** – Saturday April 4, 2026 10:00 AM – 2:00 PM
Please call 360-629-7403 x 114 to make your appointment
- **Chronic Disease Self-Management Classes** – Starting April 23rd – May 28, 2026
Thursdays at 1:00 – 3:30 PM – In our Conference Room
- **Shredding Event** – May 14, 2026 from 10:00 AM – 12:30 PM
- **Opioid Medication Education with Homage** June 9, 2026 12:30 – 1:30 PM
- **DSHS** – June 11, 2026 from 10:00 AM – 2:00 PM
- **Life Enhancement EXPO – ALL AGES WELCOME!** June 25, 2026 9:00 AM – 2:00 PM



Calendar of Events



DID YOU KNOW?

Only 5% of the ocean has been explored.

SATURDAY, APRIL 18
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, APRIL 18

BOSCOVET PROJECT FUNDRAISER

At Our Saviour's Lutheran Church, Stanwood. Enjoy dinner, dessert, a slideshow presentation, and a silent auction while learning how this OSLC-supported mission is transforming lives in rural western Kenya. Doors open at 5:15pm with dinner starting at 6pm. Tickets: \$20 per person. The Boscovet Project is a US based non-profit that supports families in rural western Kenya.

SATURDAY, APRIL 18

GARDENING CLINIC - STANWOOD

Snohomish County Master Gardeners will be at The Stanwood Country Store, from 10-2 to assist you with your gardening concerns. We will be there in Nursery area. (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.)



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Calendar of Events



DID YOU KNOW?

Most people fart
around 14 to 23
times a day!

SATURDAY-SUNDAY, APRIL 18-19

RUSTY AND DUSTY VINTAGE MARKET



Hosted by Vintage Queens. 9am-3pm at Arrowhead Ranch, 615 Arrowhead Rd., Camano. Free admission. Family friendly. Vintage, funky, retro upcycles, garden, fresh flowers, old stuff, collectibles, antiques, and more. With food trucks, coffee and baked goods.

SUNDAY, APRIL 19

TRIVIA NIGHT

5pm-7pm at Stanwood Cupcakes. Event by PFLAG Stanwood-Camano. That's right! After closing time, PFLAG Stanwood-Camano is taking over Stanwood Cupcakes for our first Trivia Night with our hometown hero/performer, Pam Moore! Come test your knowledge for prizes. This event is free and family friendly.

SUNDAY, APRIL 19

KILLOQUA ALUMNI WORK PARTY

9am-1pm. For 85 years, Camp K has been a place of connection, laughter, and unforgettable memories. Help us get ready for another incredible summer by joining our Alumni Work Party. Come back to camp, see familiar spaces, and give back to a place that means so much. Ages 10 & up!. 9am-1pm. Lunch provided. RSVP: (360) 652-6250 or killoqua@campfiresnoco.org.



www.TheCrabCracker.com

Yoga and Pilates
movementarts.com

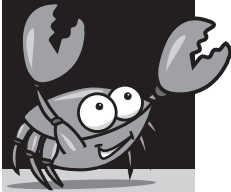


MOVEMENT ARTS

360-629-9100

Camano Commons

Calendar of Events



MONDAY, APRIL 20

ZERO WASTE WA LEGISLATIVE UPDATE

(Zoom) hosted by WSU Waste Wise. 4–5:30 pm. Hear the latest news on the Bottle Bill and other waste-related legislation from Zero Waste Washington's Heather Trim. Contact WSU Camano Coordinator Heather Vitiaz to participate - heather.vitiaz@wsu.edu.

MONDAY, APRIL 20

STANWOOD HIGH SCHOOL SPORTS

JV Girls Varsity Golf vs Lake Stevens. 3pm at Camaloch.

JV Girls Tennis vs Snohomish. 3:30pm.

JV Boys Baseball vs Marysville Getchell. 4pm.

Girls Softball vs Everett. JV: 4pm. Varsity: 6:30pm.

TUESDAY, APRIL 21

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.

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Calendar of Events



DID YOU KNOW?

Tennis players can be fined up to \$20,000 for swearing while playing at Wimbledon.

TUESDAY, APRIL 21

MAKE A 3D-PRINTED LED CANDLE HOLDER

3-5pm at the Stanwood Library. Join us to create a candle holder of your own design for an LED light! While this program is directed at teens & tweens, adults are welcome to attend. We will 3D print each design here at the library to be picked up the following week.

TUESDAY, APRIL 21

SCYSC SPRING SOCCER CLINIC

Open to kids age 5-11. Learn the fundamental skills you need to develop to become a better soccer player. 5-6:30pm at Heritage Park. Register at www.scysc.com

TUESDAY, APRIL 21

BOOK SIGNING

with award-winning journalist Melissa Slager. Noon-4pm at Wit's End Books, 10123 270th St NW, Stanwood. Support local bookstores, local authors, or both! As always, I'll have cookies. (What kind will it be this time? Hmm... You'll have to come to find out!) Hope to see you there.

TUESDAY-WEDNESDAY, APRIL 21-22

BLOOD DRIVE

Bloodworks NW will be at St. Cecilia in Stanwood. Appointments are required to donate and can be made at BloodworksNW.org or by calling 800-398-7888.

WEDNESDAY, APRIL 22

EARTH DAY TERRARIUMS FOR TEENS!

3-4pm at the Camano Island Library. Teens and tweens, celebrate Earth Day by creating your own miniature terrariums with guidance from Hailey, owner of Cactus and Co.!

This hands-on workshop teaches the basics of caring for small ecosystems. Design a unique plant habitat to take home. No experience is necessary—just bring your creativity and love for the planet! All materials provided. Supplies are limited to the first 25 guests.

WEDNESDAY, APRIL 22

STANWOOD HIGH SCHOOL SPORTS

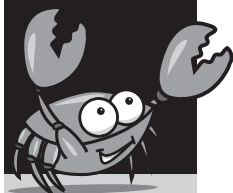
JV Girls Tennis vs Everett. 3:30pm.

Varsity Boys Baseball vs Marysville Getchell. 4pm.

Girls Softball vs Snohomish. JV: 4pm. Varsity: 6:30pm.



Calendar of Events



DID YOU KNOW?

Hylophobia is the abnormal fear of forests and may stem from dendrophobia (the fear of trees) or traumatic experiences with animals while in a forest.

WEDNESDAY, APRIL 22 DAY HIKING SNOQUALMIE PASS



5-6:30pm at the Stanwood Library. Join local author, hiker, Tami Asars as she presents her boots-on-the-ground research of 126 hand-picked trails of one of the state's most beloved outdoor playgrounds from her latest guidebook, Day Hiking Snoqualmie Pass. Tami's beautiful photo-filled presentation and helpful commentary ensures you'll get the most out of every mile.

WEDNESDAY, APRIL 22

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!

WEDNESDAY, APRIL 22

COMMUNITY RESOURCE NIGHT

Families of students receiving special education services are invited to Community Resource Night from 6-8 p.m. in the Stanwood High School Commons. This annual event is designed to help families better understand what comes next as students prepare for adulthood. Attendees will be able to connect with agencies, organizations, and services that support students as they transition from school to adult life. Families from Stanwood-Camano and neighboring communities are welcome to attend.



Calendar of Events



DID YOU KNOW?

Hawaiian pizza is a Canadian invention. Sam Panopoulos, a Greek immigrant and chef, introduced it at the Satellite Restaurant in Ontario.

THURSDAY, APRIL 23

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls and Boys Track & Field vs Arlington. 3:30pm.
C Team Girls Tennis vs Bellingham. 4pm.

THURSDAY, APRIL 23

SHS 5K ROUTE

Event by Stanwood Camano Runners. Park at the main entrance of Stanwood High School and let's run the SHS 5k route. Meet at 6pm; we'll run at 6:10pm. Go your own pace. This route is mostly sidewalks with some shoulder running. It's moderately hilly.

FRIDAY, APRIL 24

MILLER TIME + CRIMINAL SQUIRREL ORCHESTRA

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Miller Time (A Tribute to Steve Miller) and Criminal Squirrel Orchestra. Doors: 7 PM Show: 8 PM Tickets: \$15 ADV / \$20 DOS.

FRIDAY, APRIL 24

POWERHOUSE

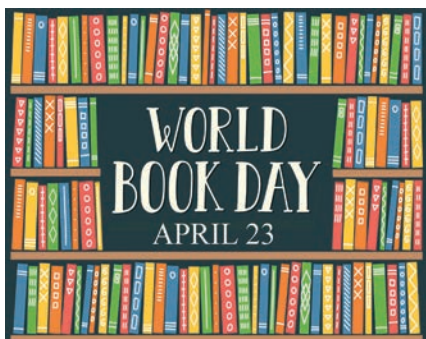
7pm at Pub 282, 370 NE Camano Dr #6, Camano. This "Cream of the Crop" collection of northwest musicians is one of the most interesting acts you'll see. They play everything from killin' Rhythm and Blues, Rock, Blues, Soul and Jazz.

FRIDAY-SATURDAY, APRIL 24-25

COMMUNITY GARAGE SALE FUNDRAISER



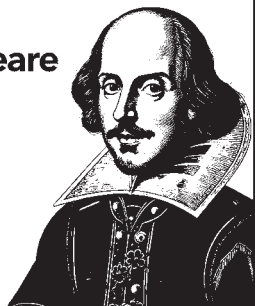
for Camano Country Club Clubhouse. 8am to 4pm at Camano Country Club. All proceeds benefit the CCC Clubhouse. 1243 Beach Drive, Camano Island.



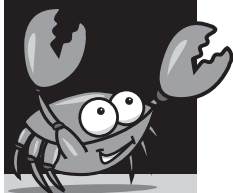
Talk like
Shakespeare
Day:

April 23rd

Embrace
the Bard
Language



Calendar of Events



DID YOU KNOW?

Unlike most geese, nēnē evolved to be more terrestrial. With stronger legs and much less webbing on their toes, they can walk greater distances on land, even across lava flows.

SATURDAY, APRIL 25

CHILDREN'S BOOK SALE

A book adventure awaits! 10am-4pm at the Camano Island Library. Come explore a treasure trove of gently loved children's books at great prices. Every purchase helps support library programs, events and resources for our community's readers of all ages. Payment is cash only.

SATURDAY, APRIL 25

FIELD WALK WITH A FORESTER

10am-noon. Location TBA through registration. Free event by the Snohomish Conservation District. Join us for Field Walk With a Forester at a cooperater site in Stanwood (exact location will be emailed upon registration). This event will bring together local landowners to connect, share experiences, and hear about forestry work in the area. Registration is required to receive the site address. Go to <https://snohomishcd.org/events-workshops> for the link. Reach out to Brianna Bjolstad at bbjolstad@snohomishcd.org if you have any questions.

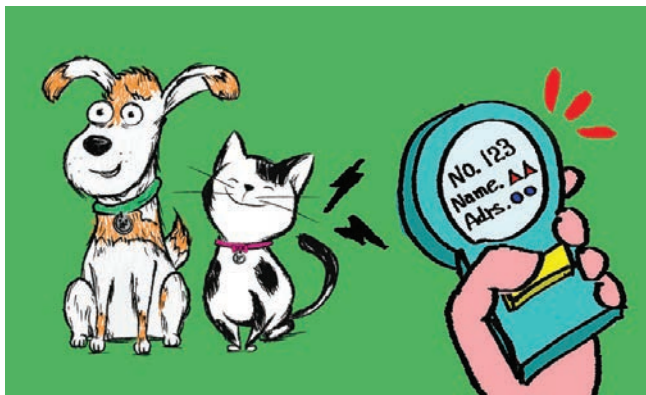
SATURDAY, APRIL 25

GARDENING CLINIC - STANWOOD

Snohomish County Master Gardeners will be at The Stanwood Country Store, from 10-2 to assist you with your gardening concerns. We will be there in Nursery area. (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.). Hope to see you there!

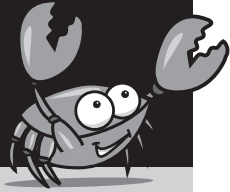
SATURDAY, APRIL 25

CASA FREE MICROCHIP CLINIC



11am-3pm at Camano Animal Shelter. CASA will be microchipping dogs and cats for free! Come on down, register and get in line. All pets must be greater than two pounds, older than eight weeks and easily handled by staff. We microchip on a first come first served basis. No appointment necessary! Please arrive prepared with cats secured in carriers and dogs on a well fitted collar or harness and leash. Microchips are about the size of a large grain of rice. They are injected via a hollow needle under the skin between the pet's shoulder blades. The area is sterilized and then the microchip is placed. The procedure does not require sedation and takes roughly three minutes.

Calendar of Events



SATURDAY, APRIL 25

MINIMUM WAGE

performing live at 7pm at Conway's Pub & Eatery, 18611 Main Street, Conway, WA.

SATURDAY, APRIL 25

SHANNON PATICO + MILD MALLARD + HANNAH WYATT

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Here's a show not to miss! Tickets: \$12 ADV / \$15 DOS -21+ only. Genre: singer songwriter, indie folk and blues.

SATURDAY, APRIL 25

7TH ANNUAL PURSES WITH PURPOSE 2026

Silent Auction - Lunch - Live Auction. 11am at the Camano Center. Raising funds for AAUW branch scholarship fund. Scholarships serve the Stanwood, Camano Island, Arlington, Lakewood and La Conner communities. Going once, going twice....SOLD! Spend a marvelous afternoon of fun and excitement for the cause. Go home with a wonderful purse knowing it has fulfilled TWO purposes. By invite only. Register at <https://aauwsc.ejoinme.org/pwp2026>



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Calendar of Events



DID YOU KNOW?

Bill Watterson refused to merchandise Calvin and Hobbes, believing it would cheapen the comic and devalue its characters.

SATURDAY, APRIL 25

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, APRIL 25

AMPLIFY CONCERT

presented by Stanwood Camano Resource Center. Featuring Karoshi & Splash and Amplify bands. Amplify concerts exist to create inter generational community & connection through music and art, & if you're reading this I hope ya pull up. An all ages show in an inclusive, welcoming way. \$5 suggested donation. No one turned away.

SATURDAY, APRIL 25

BREAKFAST AT THE SOUTH CAMANO GRANGE

9am-11am at South Camano Grange, 2227 S Camano Drive. Menu: Pancakes, sausage links, fruit, with juice and coffee, tea or cocoa.

SATURDAY, APRIL 25

CAMANO GRANGE PLANT SALE

9am-2pm at the South Camano Grange. Event by Camano Farm Ashram. Come to the Grange for plants, pancakes, and produce.

SATURDAY, APRIL 25

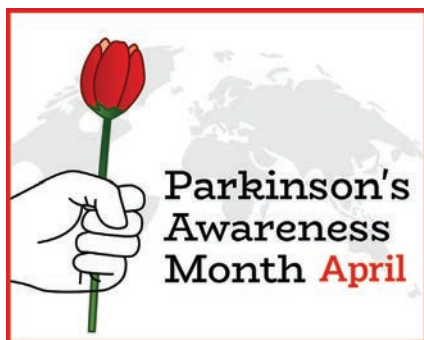
FAMILY BINGO

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, APRIL 25

PLANT CLINIC - CAMANO

11am-1pm at Ace Hardware, Camano Plaza. Bring your questions, plant pictures and plant samples, and get free, research-based gardening advice from an Island County Master Gardener.



Calendar of Events



DID YOU KNOW?

There's an eleven-pointed maple leaf on Canada's flag, eleven sides to their dollar coin, and if you look closely at the clocks on some Canadian banknotes, it's 11 o'clock!

SATURDAY, APRIL 25

KIDS NIGHT OUT

Enjoy a night off! Kids: leave your parents at home and spend the evening at the Y! Kids will enjoy a variety of games, crafts, play time and activities. Register at <https://snoco.recliquecore.com/programs/1046/kids-night-out/>

SATURDAY, APRIL 25

SOILS 101: DIRTY SECRETS OF A HEALTHY GARDEN



3-5pm at the Stanwood Library. Have you ever been overwhelmed by the many different types of soil at a nursery or garden center? Join Andrew Davis, the Executive Director of Puget Sound Public Farms, as he explains the various components of soil, which ones are best for different applications, and how to make your own soil at home for half the price. A table will be available for sharing and swapping small plant starts, seeds, and small garden tools.

SUNDAY, APRIL 26

MCCLINCHY CAMANO BIKE RIDE



8am at Stanwood Middle School. Biking around Camano Island - and ending with tacos and friends at the local brewpub - is what makes this a classic. McClinchy offers beautiful water and mountain views plus lots of climbing on all routes: 35, 50, 65 or 103 miles. Tickets at www.bikereg.com/mcclinchy-2026.

MONDAY, APRIL 27

STANWOOD HIGH SCHOOL SPORTS

JV Girls Tennis vs Monroe. 3:30pm.

Varsity Boys Baseball vs Archbishop Murphy. 4pm.


C Team Boys Baseball vs Glacier Peak. 6:30pm.

MOVE WITHOUT HESITATION



Orthopedics & Sports Medicine

For more information, visit:
SkagitRegionalHealth.org/Orthopedics



"I canceled
my video
streaming
subscription."



MOVIES AND TV SHOWS

Check out *possibility*



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

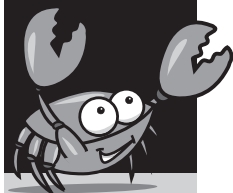


SNO-ISLE
LIBRARIES

ARBOR DAY

LAST FRIDAY IN APRIL

Calendar of Events



**IF WE DON'T
KNOW
ABOUT IT,
WE CAN'T
PRINT IT.**

Send your info
and/or images
to: [@thecrabcracker.com](mailto:thecrab)

TUESDAY, APRIL 28

SCYSC SPRING SOCCER CLINIC

Open to kids age 5-11. Learn the fundamental skills you need to develop to become a better soccer player. 5-6:30pm at Heritage Park. Register at www.scysc.com

TUESDAY, APRIL 28

TEEN CHILL & RECHARGE

3-5pm at the Stanwood Library. Stop by to unwind, recharge, and enjoy some snacks! This week, we're diving into Diamond Art. We'll have an assortment of small projects including magnets and bookmarks. We've got everything you need - just bring yourself and your good vibes. No registration required - just drop in anytime.

TUESDAY, APRIL 28

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Anacortes. 3:30pm.

Boys Soccer vs Monroe. JV: 5pm. Varsity: 7pm.

Varsity Girls Softball vs Marysville Getchell. 6:30pm.

WEDNESDAY, APRIL 29

KINDERGARTEN FAIR



New student enrollment is open and now's a great time to get started for 2026-27. If your family is new to Stanwood-Camano School District or you have a child starting kindergarten, you can enroll online anytime at: www.stanwood.wednet.edu/welcome. Kindergarten families: we've got a great event to help you take the next step. 5-6:30 p.m. at Stanwood High School Commons. Meet staff, take photos with our mascots, get your questions answered, and even complete enrollment on-site.

WEDNESDAY, APRIL 29

STANWOOD HIGH SCHOOL SPORTS

JV Girls Golf vs Arlington. 3pm at Camaloch.

JV Girls Tennis vs Marysville Marysville Pilchuck. 3:30pm.

Varsity Boys Baseball vs Monroe. 6:30pm.



WSU CLIMATE STEWARDS
CERTIFICATE PROGRAM

“...by the end of the course, I had a renewed sense of purpose as I plan what actions to take.”
Fall 2025 Student

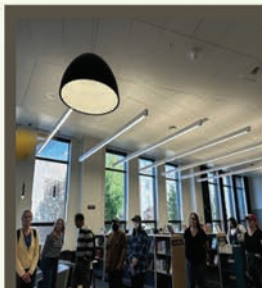
Guided Field Learning



Deception Pass
Sea Level Rise



Monroe Hydropower



Mount Vernon Library
Green Building

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.

Apply Today!

<https://climatestewards.extension.wsu.edu>

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension Office.



Calendar of Events



DID YOU KNOW?

A lesser-known product that comes out of Volkswagen's factories is currywurst sausages.

WEDNESDAY, APRIL 29

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!

WEDNESDAY, APRIL 29

MINDFUL REFLECTION THROUGH ART

4-6pm at the Camano Island Library. Spring Cleaning for the Soul-Self at the Intersection of Art & Writing. Discover your layers through both hidden, revealed and personally-embellished art in this intuitive and process based approach to art making. All Levels. Registration required link to [SCAACwa.org/classes](https://www.scaacwa.org/classes)

THURSDAY, APRIL 30

DESSERT AND INFO

Come hear about a new project to create more field space for youth sports in Stanwood-Camano. Dessert and information 6:30-8:30pm at Stanwood-Camano Area Foundation, 26911 98th Dr NW, Set A, Stanwood. RSVP: director@s-caf.org.

THURSDAY, APRIL 30

CHRIS EGER

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

THURSDAY, APRIL 30

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Golf vs Everett. 3pm at Camaloch.
Varsity Boys and Girls Track & Field vs Snohomish. 3:30pm.
C Team Boys Baseball vs Mount Vernon. 4pm.
Girls Softball vs Monroe. JV: 4pm. Varsity: 6:30pm.

National Honesty Day

Be honest

APRIL 30

www.TheCrabCracker.com

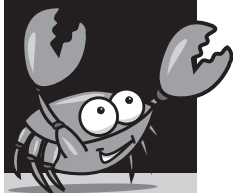


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CLOTHING & HOME GOODS

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Intuitive Tarot

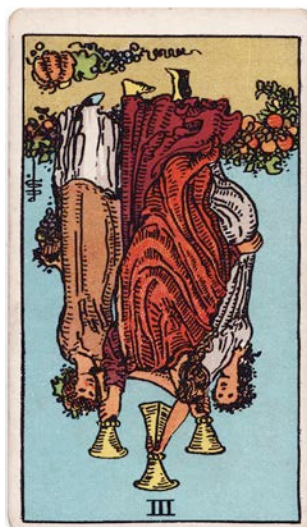


*Tarot from the
classic Rider
Waite Smith deck.*

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

*Visit me at
Cactus + Co at
the Commons for
Live readings on
April 18 between
12-4P.*

INTUITIVE TAROT WITH TIFFANY



April 17th – April 23rd : The Sun. With an overwhelming abundance of Aries energy in the sky basking upon us, it's understandable you're bursting with a restlessness to gallop. However, as Mars conjuncts Saturn on the 19th, this group ramble progresses at the saunter of it's most slow-for-the-sake-of-regulatory-inspection minded participant. Having been forewarned of this crawling pace for the week, instead of riding bumpers or seething at the wheel as if your impatience will impact the collective speeds, you have an opportunity to perceive this temporary deceleration as a much need breather before the marathon to come, and the invitation to roam with the joy of a child exploring the world around them with curious eyes as spring continues to unfurl it's stunning beauty. The new moon on the 17th stokes you to focus onward, while the sun ingresses into Taurus on the 20th, spotlighting the urge to choose directions of action based on how luxurious it makes you feel to all-but-fly along said path.

April 24th – April 30th : the Three of Cups Reversed. As the month wraps up, the party's-over vibe is simply a perception fueled by the rapid increase in task demands and scope details you'd previously been anticipating though may have forgotten during last week's lag. You're encouraged to continue celebrating achievements even as you feel hurled forward with greater clarity and pressed for rapid implementation. And that little secret you'd been holding close to your vest until it felt safe to reveal is all but dripping through your fingers, difficult to contain any longer. It may look a mess to your perfectionist eye, but the time has come for the unveiling. In truth, it feels lux liberating to let air that for which you've swallowed excitement for nigh months, regardless of the opinions of others.

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

CAMANO PLUMBING

Jason Rasmussen owns Camano Plumbing and advertises in the phone book listings with a subheading that reads: "We Fix Your Do-It-Yourself Mistakes". Back when we were both newbies to the island and D-I-Y guz ourselves, Jason eventually decided all his mistakes added up to on-the-job training, practically an advanced degree in plumbingology and to some degree, but not an accredited one, I suppose he was his own apprentice over the years. My suspicion is that when he built his house and plumbed it himself, he figured the time was right for an entrepreneurial act of courage.

Plumbing, I will attest, is not a trade for the weak of heart. The gods of plumbing are cruel and implacable. They set traps for the faint of heart, ruin marriages, corrode confidence and turn what might seem an easy project into endless warfare. Jason, apparently, even after ruptured pipes, plugged toilets and ruined dishwashers destroyed by dropped silverware, has steeled himself for the battle. He is the Galahad that will slay the dragon that you, the unprepared D-I-Y homeowner who thought installing a sink faucet would be child's play, instead came face to face, tooth to tooth, claw to claw with nothing you could ever have imagined. A few days without running water and multiple trips to the nearest hardware store, the disgusted looks from the woman who no longer loves you, sure, it's maybe time to call Jason at Camano Plumbing. At this point Jason will tell me (but not you) money is no object. What matters is returning again to what was once Civilization. Running water, hot and cold, toilets that flush, indoor plumbing, sinks that drain, all those 'conveniences' that are not conveniences, they're necessities.

Over a few beers at the Pilot Lounge, Jason will confess that he's still basically training on the job. "Plumbing's a bitch," (his unofficial sub-heading), he'll confess, "but at least now when I screw up, I get to charge the customer." I laugh, order another round and always say I should've gone into the trades. "Always room for competition," he invariably replies. "Just another screw-up I can fix." Sadly, I know it's true.

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- New Construction
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Award-Winning Memory Care...

When Love is not Enough.

When your loved one needs more support than you can provide, turn to the experts at Josephine Caring Community. We offer award-winning memory support in a nurturing, therapeutic environment that brings peace of mind to the whole family.

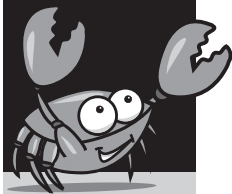
Call 360-502-8820 or visit JCCMemory.com



**Josephine
Memory Care**

The Josephine Caring Community

9901 272nd Place NW Stanwood, WA 98292



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*

BEFORE YOU BLAME AGING, LET'S LOOK AT YOUR HORMONES



If your energy is lower, your sleep is lighter, your body composition is shifting, and your focus isn't as sharp—you might be told this is just "aging." But that explanation is incomplete. For both men and women—especially in midlife—these changes are often driven by shifting hormones. Hormones regulate metabolism, muscle, brain function, and how your body processes fuel. As estrogen, progesterone, and testosterone change over time, it's easier to gain visceral fat, lose muscle, and feel persistently "off."

What Hormone Therapy Does

Hormone therapy aims to restore declining hormones to levels that reduce symptoms and support long-term health—based on your individual baseline. While often linked to menopause, hormone changes affect men too, particularly through gradual testosterone decline. According to The Menopause Society, appropriately selected patients may see improvements in sleep, mood, bone health, and metabolic function when therapy is individualized and clinically guided.

Why the Confusion?

Much of the concern stems from early interpretations of the Women's Health Initiative. More recent analyses show a more nuanced reality: timing, type, and individual health status all matter. Hormone therapy isn't one-size-fits-all—but dismissing it outright may mean overlooking a valuable tool.

Better Questions to Ask

Could my symptoms be hormone-related?
Am I being evaluated in the right clinical context?
What are the risks and benefits for me specifically?
Are there evidence-based options I haven't explored?

Because sometimes, it's not "just aging." It's a signal worth understanding.

For more insights, visit kirrahealth.com/blog.

EARTH DAY WORD SEARCH

R D I E R R E U Y G R E N E U
E Z D C W R N X R E T A W B S
C C Z O T R V T N A L P J T H
Y U P S E E I R Y R A S A P E
C V R Y N Q R E P K C T W R M
L V E S A G O E E O I B E W R
E Z S T L L N S N B M H X E S
Y S E E P F M S A W P P U U E
E A R M M A E H N S F S O C R
X Q V T U R N A O B E U R X A
N R E D V R T M T E C U D E R
E L M E I T T Y L I O S B K O
E L E A W A O U I S K R O H P
R A F Y L I K Y E H T R A E Y
G H D H R D J R B R F C Q A K

ATMOSPHERE
CONSERVE
EARTH
ECOSYSTEM
ENERGY
ENVIRONMENT

GREEN
HABITAT
PLANET
PLANT
PRESERVE
RECYCLE

REDUCE
RESOURCE
REUSE
SOIL
TREES
WATER

Excellent Service • Extensive Knowledge
Especially Fun To Work With!

Jan Mather

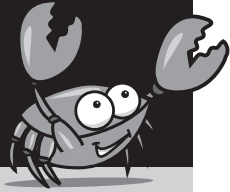
Camano Island Expert

Managing Broker, Windermere Real Estate/CIR



360-507-4133 WINDERMERE  REAL ESTATE

Fun and Crafts



DID YOU KNOW?

127,000 trees are chopped down every day to make enough toilet paper for everyone on the planet.

PUFFY PAINTED LEAVES



This art exercise is more process art since the leaves won't preserve after a day. If you want to do this and preserve your leaves you will need to either laminate your leaves or use contact paper around them. No method of preservation is perfect however, so your leaves may still change color or change slightly when using a preservation technique.

We suggest using the following supplies: Puffy Paint (also known as fabric paint); Different leaves – we used hydrangea and maple leaves; Contact Paper or you can laminate to preserve your leaves

Tips: Draw on your design before you paint to help guide where to place the dots from the fabric paint. Use bright colors like the neon colors in this set we used so the colors pop off of the leaves. Paint a shape inside the leaf like a heart or you can paint the whole leaf a color.

To preserve these, you can use contact paper or laminate the leaves after you're done. Be sure to let the puffy paint fully dry before you try to laminate or place the contact paper over top. You can also place the leaves under a few books to flatten them and to make sure they do not curl up. It's important to note that no amount of pressing or laminating will fully preserve your leaves, they will change color and may not last forever. Source: <https://www.thebestideasforkids.com/leaf-painting/>



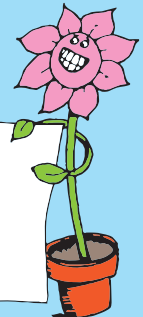
Mabana Flames Auxiliary ANNUAL PLANT SALE

Saturday, May 2, 9am to noon

Perennials, tomato plants, annuals, sun/shade hanging baskets, and Master Gardeners' Table.

Location: Mabana Fire Station, 3651 S. Camano Drive, Camano Island

MORE info: kk6sue@gmail.com



Artist of the Week



Are you interested in promoting yourself and your craft?

Email us your bio and we will feature this page to you... and it's all FREE!

QUILL REES



"One of our Stanwood High Art Club members, Quill, earned an Honorable Mention in the Snohomish County region of the Scholastic Art & Writing Awards. Quill's piece — created digitally from an original photograph — has been on display in Everett at the Schack Art Center. Winners were celebrated Wednesday, Feb. 4 at the Snohomish County Region Scholastic Art Awards Ceremony at the Everett Civic Auditorium, followed by a reception at the Schack Art Center. Each year, the Scholastic Art & Writing Awards invites students in grades 7–12 to submit work across 29 categories. Entries are judged on originality, technical skill, and personal voice, with Gold Key winners advancing to national competition. We're proud to see Spartan creativity recognized at the regional level — and even more excited that Quill's work is being showcased for the community to enjoy!"

- Posted Feb. 10 on Facebook - Stanwood Camano School District.



STANWOOD
CAMANO
ARTS
ADVOCACY
COMMISSION

SAVE THE DATE

MEYER ART FESTIVAL SAT. 8/29

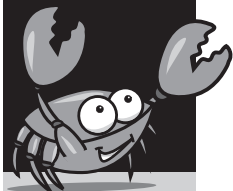


SCAACWA.ORG

Meyer
Art
Center



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!

MEYER ART CENTER



It's happening! The Meyer Art Center will be a 12k sq ft beacon to the arts in the historic downtown west end of Stanwood. The MAC will be built on the site of "Stanwood Hardware Co.," built in 1903 and in operation until the 1970s when it became a furniture store, finally closing its doors in 2020. SCAAC plans to repurpose as much of the hardware store building as possible in the new structure, designed by acclaimed Seattle-based architects, Olson Kundig. What we're trying to accomplish: A central and communal creative space dedicated to our region's passion for the arts will provide a cultural anchor, foster the creative community, and drive the local economy. Art gives voice to those who can't find the words, whether it's in appreciation or in creation. Access to the arts strengthens mental and emotional health for people of all ages, one of many positive outcomes. The Meyer Art Center will be an art-focused "third place" where community is woven together; a place beyond schools, workplaces and homes, where people can gather and engage; a place that can strengthen healthy bonds and foster the growth of new relationships and connections. Help us to build the Meyer Art Center and provide a space to celebrate, educate, and advocate for the arts in our community! More info: <https://www.scaacwa.org/artcenter>



Hanging Basket Sale



May 1st, 2nd & 3rd
9:00 AM - 2:00 PM



Arrowhead Ranch
615 Arrowhead Rd., Camano Island, WA



Saturday, May 16, 2026
10am-2pm at Camano Island Library

• CAMANO ISLAND • HOMESTEAD FAIR

Enjoy a closer look at our vibrant farms and community attractions, each offering hands-on, sustainable, and uniquely local experiences at the Camano Homestead Fair.

New This Year! Take a Snow Goose Transit shuttle from St. Aidan's parking lot (1318 WA-532). Starting at 9:50 am, the shuttle will run every 15 minutes until 2 pm. Snow Goose Transit is an amazing, free resource in our community.

10:00am: Our Legacy Fields: Lavender around the Homestead. Discover practical ways lavender can support and improve everyday homestead life.

11:00am: The Farmhouse Flower Farm: Sweet Pea School. Learn the timeless art of growing sweet peas, highlighting their charm, fragrance, and value in the garden.

12:00pm: Camano's Farm Ashram: Synergistic Gardening. Discover the natural farming method that lets soil life, plants, and ecosystems work together with minimal human interference.

1:00pm: Northwest Apiary Services: Bee Curious. Beginner-friendly program introduces the basics of beekeeping, the lifecycle of the honeybee, and simple ways you can support native pollinators in your own backyard.

10:00am-1:00pm Hidden Creek Draft Horses - these gentle giants will be in the field in Freedom Park. Learn about their historic and modern roles in agriculture, logging, and more.

Enjoy additional sessions hosted by WSU Extension:

10:30am: Transform kitchen scraps into rich, organic compost by building your own wormery.

11:30am: Raising chickens and poultry manure management and use.

12:30pm: Boost your garden's bounty through deeper knowledge of lively, nutrient-rich soil.

1:30pm: Revolutionize your cleaning routine with homemade cleaning products.

It promises to be a fun-filled, memorable learning experience for all ages.

360) 387-5150 / askus@sno-isle.libanswers.com





Windermere

REAL ESTATE



WATERFRONT **\$2,849,000**
 Exceptional Custom Utsalady luxury home with unobstructed views, low-bank beach, designed for full or part time residency with comfort, quality and style. #2492104



TYEE BEACH **\$1,795,000**
 Stunning views from Camano beach cabin thoughtfully updated, extra parking for guests, expansive outdoor living, private boat launch, mooring buoys, just in time for summer fun! #2490893



WATERFRONT **\$1,598,000**
 Rare combination of design, acreage and effortless sandy beach access, classic modern Camano home and immaculate fully equipped cabin in a beautiful setting. #2496360



BUENA VISTA **\$960,000**
 Experience spacious and beautifully maintained living on the coveted north end of Camano with big-water views, community beach access and quiet coastal charm. #2499861



BUENA VISTA **\$999,000**
 Sweeping views of Saratoga Passage, Mt Baker and transiting boats from immaculate Camano home offering main floor living with generous lower level perfect for multi-gen living. #2505361



BUENA VISTA **\$1,250,000**
 Prime north-Camano location with beautiful water views and breathtaking sunsets, kitchens on each level great for multi-gen or extended guests and beach access nearby. #2502420

STANWOOD
 7359 267th St. NW, #D
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CAMANO ISLAND
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Visit WindermereStanwoodCamano.com for more information

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Riser Installation | Pumping**

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SavvySeptic.org**

Questions?

Email 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.



Community Information



DID YOU KNOW?

During your lifetime, you will produce enough saliva to fill 50 bathtubs!

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 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.

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.

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."



PUGET SOUND TREE CARE LLC

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Jim Fay, Owner, Arborist

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- Arborist Services

FREE ESTIMATES • LIC. • BOND. • INS.

Community Information



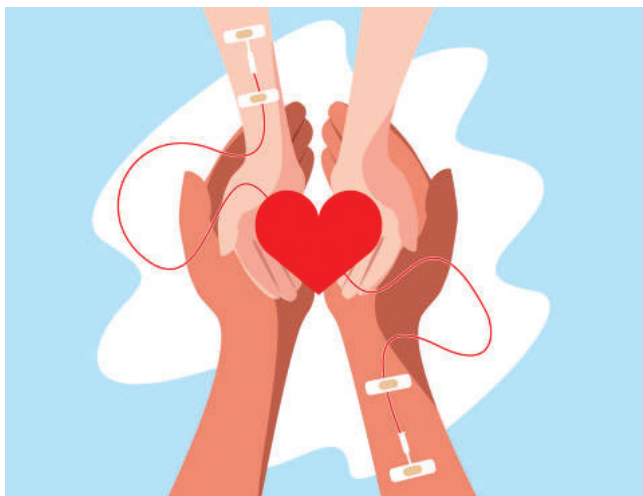
DID YOU KNOW?

7% of American adults believe that chocolate milk comes from brown cows.

LINCOLN HILL RETIREMENT COMMUNITY SENIOR CENTER NEEDS VOLUNTEERS

Location: 7430 276th St. NW. Stanwood. Lincoln Hill Retirement Community is seeking volunteers to greet visitors, answer phones, and schedule appointments. Training provided. Lunchroom Help Needed. Thrift Store Volunteers. Coffee Baristas. Volunteer drivers. Janitor/Maintenance Dept. Volunteers. For information on any of our volunteer positions please contact our Volunteer Coordinator, Darlene Campbell at 360-629-7403, ext. 104 or via email at dcampbell@lincolnhill-rc.org.

BLOOD DRIVES



Stanwood will be hosting 3 blood drives this month. Together, we can make a difference in the lives of those relying on blood donations. Spring is here and blood donations are dropping fast. Local patients can't wait. Local drives: Stanwood Library April 20 from 10am-4pm. St. Cecelia Church at 26900 78th Ave NW, Stanwood April 21 from 10am-5pm and April 22 from 9am-4pm. Book now at BloodworksNW.org/GiveBlood.

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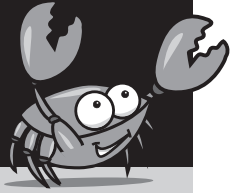
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- Classic Cars
- Motorsports
- Equipment Service and Small Engines too!

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www.lostforestauto.com

Community Information



PICKLEBALL SEASON



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/index.php?go=next> 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. May 16 Saturday, Opening Day celebration! 1pm-3pm. Learn about our 2026 events. Enjoy some food and play! Introductory Lesson (attend one): May 23: 11am - 1pm; May 28: 6pm - 8pm; June 9: 11am - 1pm; June 25: 6pm - 8pm; July 11: 11am - 1pm; August 4: 6pm - 8pm. Round Robin Pickleball at Heritage Park: Meet and play with other new players, we will be there to assist you. June 13: 11am - 1pm; August 8: 11am - 1pm.

All in, for you.

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are a great way to celebrate
Speech Language Hearing Month!



Tonia MacPhail,
A.A.S., HIS
Owner



Dr. Shashi Churchill,
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to schedule your hearing
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The Hottest Art on Camano..

Visit 33 Artists at the Firehouse Gallery Show

Stanwood-Camano
Arts Guild



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
East Camano Drive,
on Camano Island.

Mother's Day weekend

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

Community Information



DID YOU KNOW?

You get Goose-bumps when you're scared to make yourself look bigger.

STANWOOD HIGH SCHOOL PLANT SALE BLOOMS MAY 7-9



Spring is about to sprout in a big way at Stanwood High School. The annual Stanwood High School plant sale returns, bringing with it hanging baskets, vibrant annuals, hardy perennials, vegetable starts, and herbs — all grown by students in the school's horticulture program. The plants are grown using organic methods, and proceeds from the sale go directly back into supporting the program. Shoppers can head to the parking lot next to the greenhouses on the north side of Stanwood High School. Sale hours: 2-5:30 p.m., May 7; 2-5:30 p.m., May 8; 10 a.m.-3 p.m., Saturday, May 9.

NATIONAL VOLUNTEER MONTH

Even at the end of life, there can be a lot of living to do. Hospice volunteers help patients and families create meaningful moments and lasting memories. Right here in our community, 145 trained volunteers work with Providence at Home with Compassus hospice patients and families, giving selflessly to help people live as fully as possible at the end of life. Through every face-to-face interaction, the support of Compassus volunteers is unwavering. Our community is a better, more compassionate place because of their service. April is National Volunteer Month, and every single volunteer deserves our appreciation and grateful acknowledgement. I encourage anyone who may be interested in becoming a hospice volunteer to contact Providence at Home with Compassus Everett at 425-382-8136 or to visit <https://www.compassus.com/volunteers/volunteers/>



National Cubicle Day



Community Information



FREE GREEN RECYCLING EVENT



April 20-25. Event by Lenz Enterprises, 5210 SR 532, Stanwood. Celebrate Earth Week! From Monday, April 20th to Saturday, April 25th, Lenz Enterprises is hosting our annual Free Green Recycling Earth Day event. WE ACCEPT: Brush / Stumps / Yard debris. NOT INCLUDED (STANDARD RATES APPLY): Concrete & asphalt / Soil & rock / Dimensional lumber First time at Lenz? Here's how it works: Pull up to the scalehouse and grab a ticket from our team. Drive around to the designated area. If you see a loader operator, wait for their signal before you drive around them. Follow the exit signs back to the scalehouse (wait until the scale is clear). That's it! See you there!



SAVE CAMA BEACH CABINS

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

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

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

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

SaveCamaBeachCabins.org / info@savecamabeachcabins.org

Community Information



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: April 22 – Earth Day; 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>.

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.



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*Come hear about a
new project to create
more field space for
youth sports in
Stanwood-Camano.*

**DESSERT & INFO
THURSDAY, APRIL 30
6:30-8:00 PM**

**Stanwood-Camano Area Foundation
26911 98th Dr NW, Ste A
Stanwood**

RSVP: director@s-caf.org

Community Information



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.

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!

SENIOR GRADUATION INFORMATION

Please note regarding photos at Graduation: We will not have a professional photographer on-site for graduation pictures. While parents/guardians will not be allowed on the field to take photos, there will be designated areas on both sides of the field for parents/guardians to take pictures when their student receives their diploma. Additional items to note for Graduation: Balloons at Graduation: To ensure that all of our guests can fully enjoy the Graduation ceremony, we will not allow balloons in the Stadium this year. If you bring a balloon or balloon bouquet to the gate, you will be asked to return it to your car until after the ceremony. Thank you for your understanding!

Stanwood-Camano



You are invited
Art at the Schoolhouse Show

March 28 - April 26, 2026 * 10am -5pm daily

Plan on visiting the Art at the Schoolhouse Show. This fun art show is held in the 1888 one-room schoolhouse at Christianson's Nursery in Mount Vernon during the Tulip Festival.

Christianson's Nursery 15806 Best Road, Mt. Vernon, Washington 98273
christiansonnursery.com

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and mankind its citizens.”**

~ Bahá'u'lláh, 1817-1892 ~

(from the Baha’i sacred writings)

Baha’is of Camano Island believe in the oneness of
humanity and strive to build unified, vibrant communi-
ties that promote spiritual and material well-being. For

further information or questions, go to:
www.bahaisofcamanoisland.org

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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
for more information.



Bring your appetite to empower!



Be the Help Your Community Needs When Disaster Strikes

When a disaster hits, we don't look to strangers—we *look to each other*. Whether it's a storm or a major earthquake, our community will need people who know how to help.

You can be that person.

The American Red Cross is offering a free, 4-hour workshop to show you how to open and run a safe neighborhood shelter.

Register in three easy steps!

- 1 Complete Application
- 2 Verify Phone Number / Email
- 3 Read & Agree to Red Cross Policies



American Red Cross
Serving Northwest Washington

Don't just wait for help—be the help. Space is limited.



Register at <https://forms.office.com/r/ubH2jMzUHU>

JoinsuUsNW@redcross.org | 360-790-2987

As a safety measure for our clients and staff, adult applicants may be asked to complete a background check. Authorized background check forms are only visible to the background check vendor for processing and are not stored in our system.



Camano Center Weddings

606 Arrowhead Rd. Camano Island

Catering

Our catering services provide a memorable experience with customizable menu options to fit various budgets.

Bride and Groom Suites

The venue includes a bridal room with a private bath and staging areas for the groomsmen and wedding party.

Licensed Bartender

On-site bartending services ensure your event is enjoyable, safe, and professionally managed.

Indoor & Outdoor

Host up to 200 guests for weddings, receptions, or special events with indoor and outdoor options.

AV Sound System

The Sundin Room features an AV sound system with microphones, Bluetooth sound, a projector, and a 10-foot-wide screen.

The Camano Center is a local, non profit organization serving Camano Island. When you book your event with us, 100% of your rental supports programs and services.

camanocenter.org | 360-387-0222



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APR 22 – 25

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Buy tickets at pilchuck.org/springtours



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Michelle Maiers



MichelleMaiers.com 206.819.3802

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

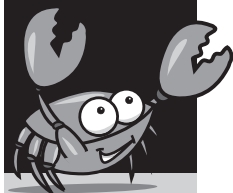


www.vidorassociates.com

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.

Dining Guide



DID YOU KNOW?

Glitterex, one of the top two glitter manufacturers in the world, cannot name its biggest client because the client doesn't want it known that it uses glitter.

ACES BBQ (Stanwood) • (206) 465-4931
AMIGO MEXICAN RESTAURANT & LOUNGE (Stanwood) • (360) 629-5052
ARCADIAN PUBLIC HOUSE (Conway) • (206) 799-1179
BAKED CAFE (Camano Island) • (425) 530-3314 or (425) 232-5885
BEAUTY BAR SALON + LOUNGE (Stanwood) • (360) 629-2324
BEST BURGER HUT (Stanwood) • (360) 853-0067
BLUE HERON KITCHEN & BAR (Camano Island) • (360) 502-8700
CAMA BEACH CAFE (Camano Island) • (360) 387-3266
CAMANO THAI (Camano Island) • (360) 926-8688
CENTER CAFE (Stanwood) • (360) 629-7403
COASTAL VIE (Stanwood) • (360) 355-9541
CONWAY'S PUB & EATERY (Conway) • (360) 445-4733
COOKIE MILL (Stanwood) • (360) 629-2362
DOS REALES (Stanwood) • (360) 629-0822
DRAGON PALACE (Stanwood) • (360) 629-8106
DUCK IN CAFE (Stanwood) • (360) 629-3440
FARMERS CAFE – (Stanwood) • (360) 629-4953
GYRO STOP (Stanwood) • (360) 572-4175
IXTAPA MEXICAN RESTAURANT (Stanwood) • (360) 629-5228
JACK IN THE BOX (Stanwood) • (360) 629-2384
JIMMY'S PIZZA (Stanwood) • (360) 629-6565
JOHNNY'S BURGER STOP (Stanwood) • (360) 629-9427
JOURNEY'S END CAFE (Camano Island) • (360) 387-9120
LATINOS RESTAURANT (Stanwood) • (425) 308-6610
LITTLE CAESARS PIZZA (Stanwood) • (360) 629-6999
LOW BAR STANWOOD (Stanwood) • TBA
MAMMOTH BURGER COMPANY (Stanwood) • (360) 572-4500
MCDONALD'S (Stanwood) • (360) 629-9787
MIYAKO'S TERIYAKI & WOK (Stanwood) • (360) 629-4535
MUSTARD SEED BAKERY & CATERING (Stanwood) • (360) 572-2499
NAHA TERIYAKI (Stanwood) • (360) 629-0681
PADDLE PUB (Stanwood) • (360) 652-4156
PAPA MURPHY'S TAKE 'N' BAKE PIZZA (Stanwood) • (360) 629-3826
PAT'S THAI (Stanwood) • (360) 572-2381
PATINI'S GRILL (Stanwood) • (360) 629-0822 or 360-572-2981
PHOENIX PAVILION (Stanwood) • (360) 629-4662
PRIMAL BARBECUE (Camano Island) • (360) 572-2122
PUB 282 (Camano Island) • (360) 926-8960
PURE SMOKE BARBEQUE (Stanwood) • www.puresmokenw.com
RALIBERTO'S TACO SHOP (Stanwood) • (360) 629-2000
ROCKAWAY BAR & GRILL (Camano Island, at Camaloch) • 360-926-8920
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SAHARA PIZZA (Stanwood) • (360) 629-6886
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STANWOOD CUPCAKES (Stanwood) • (360) 926-8241
STANWOOD GRILL (Stanwood) • (360) 629-5253
STANWOOD HOTEL & SALOON (Stanwood) • (360) 629-2888
STANWOOD THAI (Stanwood) • (360) 572-2200
STARBUCKS (Stanwood) • (360) 629-2701 • 629-5027 • 629-2500
STILL WATER LOUNGE (Stanwood)
SUB JOINT (Camano Island) • (360) 230-9611
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SUBWAY (Stanwood) • (360) 629-2678
TACO TIME (Stanwood) • (360) 629-5018
TAPPED CAMANO (Camano Island) • (360) 572-4986
THAI THAI KITCHEN (Stanwood) • (360) 629-0600
TWIN CITY LANES CAFE (Stanwood) • (360) 629-3001
VIVO ITALIAN BISTRO (Stanwood - COMING SOON) • (360) 629-2044
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- ✓ Send the right responders
- ✓ Provide life-saving instructions
- ✓ Help ensure the safety of our citizens and responders

HELP US HELP YOU

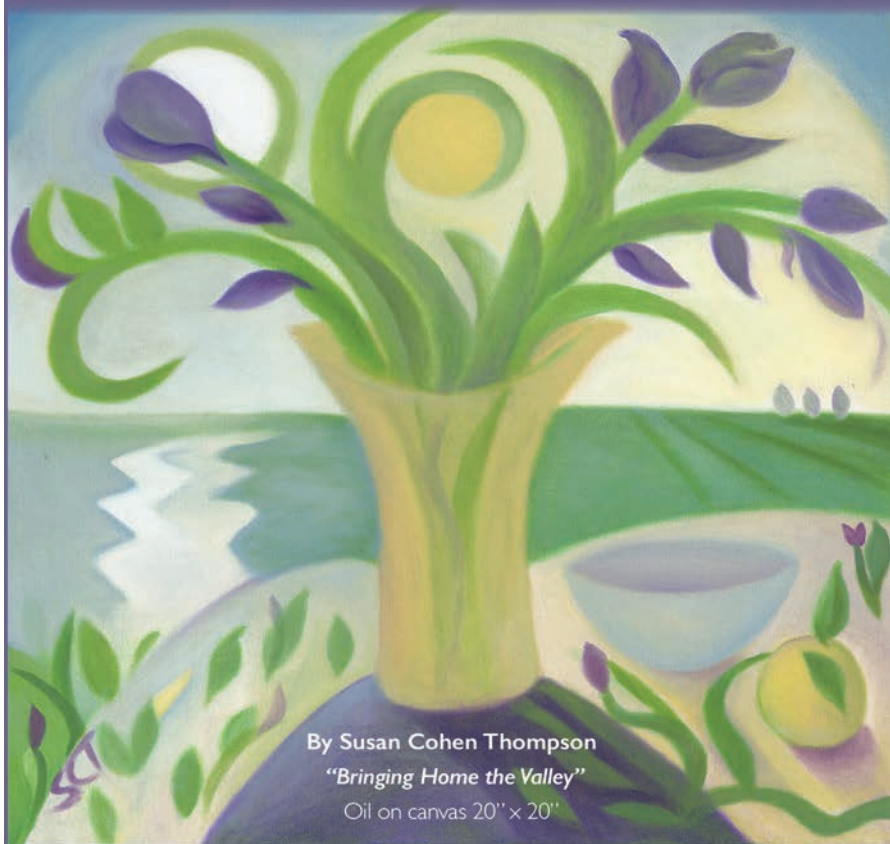
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2026 | CAA PRESENTS the 27TH ANNUAL

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



CASA'S PET OF THE WEEK:

Meet our adorable boy, **EDMUND!** He was brought into us as a stray and is now ready for his forever home. We estimate his age to be about 3 years old. This young lad is so incredibly sweet. He loves his people and absolutely loves affection! He's also got the softest, most beautiful fur coat! If Edmund sounds like your dream cat, come by CASA to meet him!

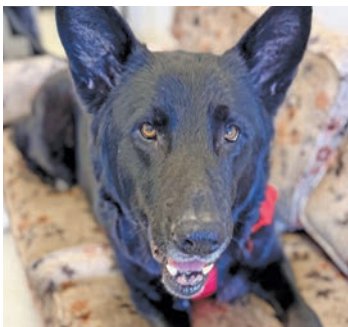
Camano Animal Shelter Association (CASA):
360-387-1902. www.camanoanimalshelter.org



NOAH'S PET OF THE WEEK:

KALEI: Hello! I am a kitten full of energy and zest for life! I am still learning what good behavior looks like and would like to go to a home that is expecting me to be active and mischievous at times. I am bonded to my friend Binky, so we need to go home together as a bonded pair! I would love for you to come meet me today at The NOAH Center.

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



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

MIKO is a positively wonderful boy who has a habit of making people fall in love with him. He loves to go for walks and car rides but his favorite thing is getting cozy on the couch nestled in with his people. Miko has wonderful house manners. He is quiet and waits patiently for his walks. **FIRST STEPS:** Visit www.save-a-mutt.org/adoption-application/ to fill out an application.

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



Four Springs House
for your next event

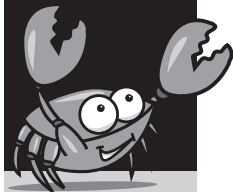
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begin in Mama's
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Visit me at: www.CookingMamas.com

SLOW COOKER VERDE CHICKEN POZOLE



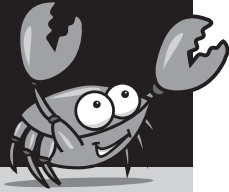
Our Slow Cooker Verde Chicken Pozole is a warm, comforting Mexican soup filled with shredded chicken (or pork), hominy, fire-roasted tomatoes, carrots, onion, and garlic in a rich, bold, green chile broth topped with crunchy radishes, cilantro, limes, avocado, and crumbled cotija cheese, Enjoy!

INGREDIENTS: 1 (10 oz.) can Fire-roasted or Mexican-style diced tomatoes; 1 (20 oz.) can mild green enchilada sauce; 2 lg. carrots, peeled & sliced; 1 med. onion, chopped; 3 cloves garlic, pressed; 2 tsp. cumin; 5 bone-in chicken thighs, skin removed; 1 (25 oz.) can Mexican-style hominy, rinsed and drained; Cilantro for garnish; Lime wedges for garnish; Thinly sliced radishes for garnish; Crumbled Cotija cheese for sprinkling

DIRECTIONS: 1. Combine tomatoes, enchilada sauce, carrots, onion, garlic and cumin in a slow cooker. Add chicken; stir to combine. 2. Cover and cook on HIGH for 3 to 3-1/2 hours or LOW for 6 to 6-1/2 hours until chicken is cooked through and vegetables tender. Skim and discard any fat from the surface. 3. Remove the chicken from the slow cooker and shred with two forks; discard bones. Return shredded chicken to the slow cooker along with the hominy and cook for another 30 minutes. 4. Ladle soup into bowls and garnish with cilantro, radishes, Cotija cheese, and lime wedges.



Classes and Workshops



DID YOU KNOW?

Banging your head against a wall for one hour burns 150 calories.

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.

Recreational Boating Class - Attend the Coast Guard approved America's Boating Course on April 11&12 at the Port of Everett and learn basic boating knowledge taught by experienced boaters with local knowledge. Successful completion of the exam allows students to apply for their Washington State Boaters Card. Register on website: <https://www.boatclubsno.co.org>

YogaTone for Beginners with Movement Arts. April 12. Enjoy a yoga/core warmup, easy low-impact dance moves and a yoga cool down. The whole experience is done barefoot on your mat. There is music! Open to everyone. \$35. movementarts.com. 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 or call 360-629-9100.

Zumba Classes with Jennifer Anderson. Mondays @ 5:30pm at South Camano Grange. By donation to the Grange - suggested \$10. Tuesdays & Thursdays @ 5:30pm at Camano Country Club. \$10 drop-in or FREE for clubhouse members. www.zumba.com

Norwegian Language and Culture Class. Every Saturday at 9am at the Sons of Norway Lodge, 9910-270th Street NW, Stanwood. \$5 per class. For more information, contact: cuberhall@aol.com

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. (Music teachers apply here: 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



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Classes and Workshops



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.

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 and follow the links to view our video library of online hour length classes.

Navigating Medicare: Join our Medicare Basics Class at the Camano Island Library on May 6 at 10 a.m. Get clear guidance before you enroll. RSVP: 360-967-6601.

WSU Waste Wise Community Training Starts April 13 and runs each Monday through May 18th. Join us to become more waste wise! \$50 Course fee - scholarships are available upon request. Open to all ages 15 and up. More info and application: <https://extension.wsu.edu/island/nrs/waste-wise/waste-wise-volunteer-training/>



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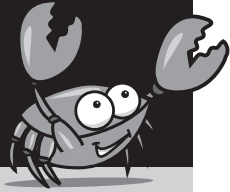
National
Haiku Day
April 17th

Have you hugged
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April 17 is
International Bat
APPRECIATION Day

Photos and Art




DID YOU KNOW?

Hormel Foods, the creator of SPAM, kept a file of the hate mail they received from U.S. soldiers who had to eat the canned meat product while deployed overseas.



*Spring blooms in Madrona on Camano.
D. Morgan photo 03/26 in Camano City.*



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Classified Listings



DID YOU KNOW?

The ostrich is the only bird with just two toes per foot (most birds have four), an adaptation that helps maximize running efficiency.

FOR SALE:

Building For Sale! Port Susan Professional Building, 1283 Elger Bay Rd. \$1,365,000. Contact Glenda Fabrizio: Glenda@windermere.com or call (206) 228-6312. Windermere RE Co.

MISCELLANEOUS:

Estate sale/garage sale 481 Green Island Way, May 8 & 9th 9am - 3 pm. Beautiful furniture, 2 cars, a 1955 Cadillac, 1998 Mustang convertible & MORE!

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I'm looking for remote work in copywriting and business newsletters. My background also includes strategic communications, customer success, project management, and strategy consultations. Tiffany FitzPatrick, 812.251.4604, tiffanyfitzpatrickco@gmail.com.

WANTED:

Considering a career in real estate? Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Jill at jillvail@windermere.com for more information. windermerestanwoodcamano.com.



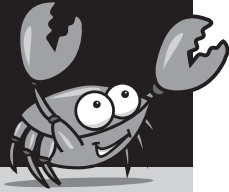
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Clubs and Meetings



DID YOU KNOW?

Nodding your head can be confusing in Albania; nodding means no, and shaking means yes!

The Camano Island Library Friends General Membership Meeting is on April 23rd at 3pm in the Community Room at the Camano Island Library. You don't have to be a member to attend. This meeting will include updates on library programs, upcoming book sales events, volunteer opportunities and ways to support and enhance library services within our community. Whether you are a current member or simply interested in supporting your local library, we encourage you to attend and learn how you can get involved.

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.

Stanwood / Camano Coin Club Meets the 4th Monday of each month at Island County Multipurpose room: 141 SE Camano Dr, Camano. This club offers collecting opportunity, education and mentoring to all ages. Buy - Sell - Trade - Learn.

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.

Meditation group at 1pm at Lincoln Hill Retirement Community. Meditation has many benefits including reduced stress, lower anxiety, improved sleep quality, and better emotional regulation.

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.



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Clubs and Meetings



DID YOU KNOW?

In 1783, Paris coachmen were ordered to attach metal plates showing their name and address to their carriages, marking one of the earliest forms of license plates.

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.

Camano Island Jeep Club: Do you own a Jeep? Would you like to meet others who share their interest in Jeeping? We are a friendly group of mostly locals. We hold a monthly meeting the 3rd Saturday at the Camano Island American Legion Post #207 located at: 609 W Camano Drive, Camano. Meeting starts at 9:30 am. Come early!!

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.CIWR.com

Are you or your loved ones suffering from depression or anxiety? There is hope! The Nedley Depression & Anxiety Recovery Program is an evidence-based community education course designed to provide the tools, support, and practical interventions needed to overcome depression and anxiety and achieve optimal mental health. Questions? Call/Text 425-870-1006.

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/ events.

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

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.

Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! Here is a list of our meeting in the Stanwood/Camano Island area: **SUNDAY**, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; "One Day at a Time," Lincoln Hill Retirement Community, 7430 276th ST NW, Stanwood, 6:30 pm (For Zoom hybrid meeting call 360-618-0464 if you would like the meeting ID for Zoom), **THURSDAY**, "Stanwood AFG", United Methodist Church, 27128 102nd Dr., Stanwood, 7:00pm, **SATURDAY**, "Paths to Recovery," Camano Lutheran Church, 850 Heichel Rd, Camano Is, 10:30am. For more info and additional Al-Anon meetings in Northern Snohomish County call 360-618-0464 or go to <https://district28alanon.com>

Mabana Flames meet 10am the first Thursday of the month, September - June, except January. Come and support Camano Fire. More info: Lenore at 206-930-0846.



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

BAD GOLF ETIQUETTE: THE UNWRITTEN RULES OF HOW TO CHEAT LIKE A GENTLEMAN

Golf is a noble game steeped in tradition, rich history, and an almost religious devotion to good manners. It's the only sport where you can accidentally kill a swan, owe your buddy \$20, and still be expected to keep your own score.

The rule book, known as the Official Rules of Golf, is thicker than the Oxford English Dictionary and far less entertaining. And yet, when you sift through its labyrinth of clauses about ball drops, relief areas, and the proper way to mark your ball, one thing becomes clear: nearly all the rules are about etiquette. Be quiet while others swing. Repair your divots. Don't drive your cart into the nearest water hazard – it's not a demolition derby.

But here's the thing: the rules only tell you how to behave properly. They say absolutely nothing about behaving improperly. That's where I come in. (You're welcome.) I've compiled the definitive list of 6 Unwritten Rules of Bad Golf Etiquette – a guide to cheating and distracting your opponents while maintaining the veneer of a respectable, polo-shirt-wearing gentleman.

1. The Mulligan Multiplication Principle

The official rules of golf allow for zero mulligans. But we all know mulligans are the golfer's birchright, along with sunburn and unpayable bar tabs. A good cheater always applies the "One Mulligan Per Catastrophe Rule." That means if you slice into the woods, take a mulligan. If you shank into the pond right in front of the tee box, another mulligan. If your fairway iron somehow shanks backwards into the foursome behind you, that's a definite mulligan.

2. The Foot Wedge Adjustment

The "foot wedge" is the most versatile club in your bag. Say you approach your ball only to see that it is annoyingly nestled directly behind a tree with no hope of a shot at the green. A casual toe nudge when no one's looking, and suddenly you've got a perfect lie on the edge of the fairway with a clear shot at the pin. For best results, combine with the "cough-and-kick" technique: fake a small coughing fit while discreetly moving your ball 12 feet closer to the green.

3. The Phantom Ball Discovery

There is no greater tragedy in golf than losing your ball – especially if it was your opponent's \$6 Titleist Pro V1 that you found in the weeds two holes ago but never told him you retrieved it. The trick? Always keep a spare ball hidden in your pocket. When your opponents are all knee-deep in poison ivy helping you search for your hopelessly lost ball, discreetly toss the spare onto the fairway and exclaim, "Found it! Wow, I had no idea I drove it that far!"

4. The Distracting Compliment

Golf is a mental game. To gain an edge, employ strategic compliments at the worst possible time: Right before their backswing: "Hey Bob, have you been working out? Your biceps look amazing!" Mid-putt: "That's a nice shirt. My grandmother has the same pattern on her curtains." On the tee box: "Wow, you have really been crushing

View from the Bleachers



the heck out of the ball with your driver. Impressive, considering how your father always said you sucked at sports." The goal isn't to rattle them completely – just enough so they'll slice into the next zip code.

5. The Presidential Pickup

This was first popularized by our current Commander-in-Chief, a big fan of bad golf etiquette. If your ball winds up half buried in a sand trap, just engage your opponent in a conversation about the crowd size at your latest golf tournament. Meanwhile, have your caddy discreetly retrieve the ball from the sand and subtly drop your ball on a nice fluff just on the green side of the trap. If your golf partner questions your ball's newfound lie out of the trap, change the subject by giving him advice on how to make millions promoting a worthless crypto meme coin. He will be so confused, he will totally forget that you moved your ball out of the trap.

6. The Selective Hearing Aid

When your opponent asks, "Doesn't that count as two strokes, since it went in the water?" simply cup your ear and reply, "What's that? Sorry, my hearing aid's battery is low." Then announce, "I'll just round up and call it a par." Careful: This tactic can be dicey if you don't actually wear hearing aids.

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Date	High /Low	Tide Time	Height Feet	Moon Visible
F 17	High	4:58 AM	11.5	☉
17	Low	11:39 AM	-1.1	
17	High	6:25 PM	11.8	
Sa 18	Low	12:00 AM	4.7	☾
18	High	5:30 AM	11.5	
18	Low	12:20 PM	-2.1	
18	High	7:19 PM	12.2	
Su 19	Low	12:48 AM	5.6	☾
19	High	6:04 AM	11.3	
19	Low	1:03 PM	-2.7	
19	High	8:14 PM	12.3	
M 20	Low	1:38 AM	6.5	☾
20	High	6:40 AM	11.1	
20	Low	1:49 PM	-2.8	
20	High	9:14 PM	12.2	
Tu 21	Low	2:32 AM	7.2	☾
21	High	7:20 AM	10.6	
21	Low	2:40 PM	-2.5	
21	High	10:20 PM	11.8	
W 22	Low	3:36 AM	7.7	☾
22	High	8:05 AM	9.9	
22	Low	3:37 PM	-1.7	
22	High	11:30 PM	11.6	
Th 23	Low	4:53 AM	7.6	☾
23	High	9:05 AM	9.1	
23	Low	4:38 PM	-0.8	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 24	High	12:37 AM	11.4	☾
24	Low	6:18 AM	7.0	
24	High	10:31 AM	8.2	
24	Low	5:42 PM	0.2	
Sa 25	High	1:35 AM	11.3	☾
25	Low	7:44 AM	5.8	
25	High	12:09 PM	7.7	
25	Low	6:46 PM	1.2	
Su 26	High	2:19 AM	11.3	☾
26	Low	8:42 AM	4.4	
26	High	1:54 PM	7.9	
26	Low	7:50 PM	2.2	
M 27	High	2:54 AM	11.3	☾
27	Low	9:23 AM	2.9	
27	High	3:18 PM	8.5	
27	Low	8:49 PM	3.0	
Tu 28	High	3:22 AM	11.3	☾
28	Low	9:58 AM	1.6	
28	High	4:21 PM	9.2	
28	Low	9:40 PM	3.9	
W 29	High	3:48 AM	11.2	☾
29	Low	10:31 AM	0.5	
29	High	5:15 PM	10.0	
29	Low	10:26 PM	4.7	
Th 30	High	4:15 AM	11.1	☾
30	Low	11:03 AM	-0.3	
30	High	6:03 PM	10.6	
30	Low	11:11 PM	5.4	



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