

**THE CRAB CRACKER**  
COMMUNITY MAGAZINE

ISSUE 387  
Sep. 20 - Oct. 3, 2024

**FREE  
TAKE  
ONE**



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



CamanoCenter  
and connected.

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***For more information or to apply, contact  
Bonnie Eckley at 360-387-0222***

***Camano Center, 606 Arrowhead Rd., Camano Island***

## **Aging Mastery Program**



Aging  
Mastery



CamanoCenter

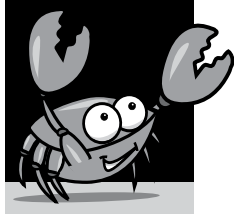
**Build your own  
personal playbook  
for aging well!**

**This fun, innovative 10 week program at the Camano Center empowers you to take key steps to improve your well being, add stability to your life, and strengthen ties to your community. Our next session is:**

**Fridays, 10:00-11:30, 10/4 - 12/13**

**Call the Camano Center to register at 360-387-0222  
or email [kconway@camanocenter.org](mailto:kconway@camanocenter.org)**

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**facebook.**

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

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

*Cover photo: "Welcome Autumnn!" Photo by Jo-Ellen Moths.*

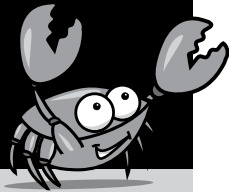


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James and Malynda Shipley, owners, proprietors  
**thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893**  
**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: SEP. 26 for Next Edition (October 4-17)**

# Calendar of Events



## DID YOU KNOW?

In most locations on Earth—except for tropical regions—the start of fall is accompanied by rapidly shortening days. At any given location, the day-to-day difference in day length is greatest around the days of the equinoxes. After the fall equinox, days still get shorter, but at an ever-decreasing rate.

FRIDAY, SEPTEMBER 20

## FINE FILM FRIDAY: EDDIE THE EAGLE



3:00 PM – 5:30 PM at the Camano Island Library. Inspired by true events, it is a feel-good story about Michael 'Eddie' Edwards, an unlikely but courageous British ski-jumper who never stopped believing in himself, even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics. Refreshments will be available provided by Camano Island Friends of the Library.

FRIDAY, SEPTEMBER 20

## FULL SPECTRUM

Fri Sep 20th 8:00pm - 11:00pm at Pub 282. Pacific Northwest 70's-80's Variety Rock Band featuring a veteran lineup who bring a wide variety of recognizable tunes that get audiences remembering when.

FRIDAY, SEPTEMBER 20

## SEVERE WEATHER WATCHERS

6:00 PM – 7:00 PM at the Camano Island Library. If you're interested in weather, be sure to join us for this informative program, where Rhonda Paulson of Camano Preparedness Group will answer questions and discuss how you can become your own weather forecaster using basic tools and cloud identification. In addition, we will discuss the hazards of - and safety measures for - various types of severe weather and how you can learn to make an emergency plan.

FRIDAY, SEPTEMBER 20

## TEEN LATE NIGHT

Join the Stanwood YMCA for a night of fun and games. Theme is "Pirate Night". Dinner and activities provided. Pool will be open for teens from 7-8:30pm. Cost: \$10 (member and non-members welcome). More info: [sleanardo@herehereymca-snoco.org](mailto:sleanardo@herehereymca-snoco.org).

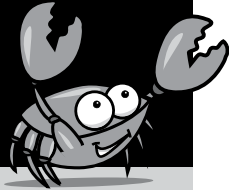
FRIDAY, SEPTEMBER 20

## STEWART WOODS

Fridays in the Speakeasy – 6:30 – 8 pm at Conway Muse. Singer/songwriter. No Cover. Bring your dinner in and enjoy Stewart's music and a cocktail!



# Calendar of Events



## DID YOU KNOW?

The Incredible Hulk was originally going to be grey, but a printing error caused his skin to turn green, which Stan Lee liked.

FRIDAY, SEPTEMBER 20

## FOREST STOKE

8 pm – Conway Muse Hayloft. Tickets \$12 Advanced \$15 Day of Show.

FRIDAY, SEPTEMBER 20

## RETIREMENT CELEBRATION FOR ASSISTANT CHIEF, CRAIG HELGELAND



We're celebrating Assistant Chief Craig Helgeland's upcoming retirement with a small, informal open house at Madrona / Vista Fire Station, 273 North West Camano Drive, Camano. Those of you who know Craig know that he's not a fan of the spotlight, but we managed to talk him into this celebration so everyone can have chance to say thank you and offer congratulations. It would mean a lot to Craig—and to all of us—if you could stop by. This is an informal event - no RSVP required, swing by anytime between noon and 1 p.m.

FRIDAY, SEPTEMBER 20

## LAST POP UP YOGA OF THE SEASON

12:00-1:00 at Camano Commons. Spread out and feel the grass under your feet. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. Register in advance to receive any last minute weather updates at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.



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# Matzke Fine Art Gallery & Sculpture Park

2345 Blanche Way, Camano Island, WA

## ***"15th Annual Art Auction"***

**Month of September, 100+ artworks**

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**SAVE the date... October 5th**

**is the finale "Live Auction"**



Jack Gunter



Anne Martin McCool



Judith Heim



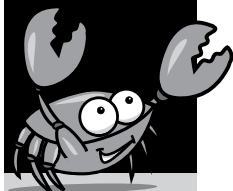
Barbara Noonan

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Mon.- Thurs. by Appt. 360-387-2759 Email: [matzke@camano.net](mailto:matzke@camano.net)

Visit: [www.matzkefineart.com](http://www.matzkefineart.com)

# Calendar of Events



## DID YOU KNOW?

Somebody was constipated for 45 days. An unfortunate Indian woman had to undergo surgical removal of a fecal mass as large as a football.

FRIDAY, SEPTEMBER 20

## STANWOOD FARMERS MARKET

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

FRIDAY- SUNDAY, SEPTEMBER 20-22

## CAMANO CITY SCHOOLHOUSE & FIRE HALL GARAGE SALE

9:00-4:00. Lots of great items! Cat themed items, vintage, household, beach decor, tools, furniture, holiday and SO MUCH more! Proceeds go towards preserving our beloved historical 1906 one-room Schoolhouse & 1948 Fire Hall (Station #1). 993 Orchid Rd (just off Chapman Rd.), Camano Island.

SATURDAY, SEPTEMBER 21

## SIPS & S'MORE FEST



Join us at Camp Killoqua from 12pm to 5pm for our inaugural Sips & S'more Fest 2024! Enjoy a day filled with: Live Music; Delicious Food Bites; Refreshing Drinks & Spirits; Exciting Camp Activities and S'more! This event is for ages 21 and older only. Buy your tickets and merchandise for Sips & S'more Fest 2024 online now: <https://camp-firesnoco.ejoinme.org/sipsandsmoresfest2024> All proceeds for this event will directly support Camp Fire Snohomish County and Camp Killoqua youth programs.





# UFO Northwest:

**How Washington State Spawned the Men In Black**

**Friday, October 4, 2024 / 7:00 PM – 8:00 PM**

**Camano Island Library**

On August 1, 1947, the tragic crash of a B-25 bomber in Washington State triggered an FBI investigation of “The Maury Island Incident”—an infamous Northwest UFO sighting, and history’s first alleged encounter with the so-called “Men in Black.”

The FBI’s records from 1947, which were sealed for decades, reveal Cold War fears, jurisdictional disputes, cover-ups, false confessions, a courageous FBI Special Agent, and the hands-on involvement of FBI Director J. Edgar Hoover.

Relying on the FBI records, this talk exposes a Washington story that shapes our current UFO narratives, from 1950’s pulp magazines to the ubiquitous X-Files and Men in Black film franchises. Also examined: how the Northwest’s unique position in UFO history is challenged by others that assert contradictory narratives.

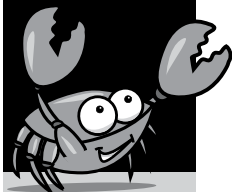
Join us with guest speaker Steve Edmiston, a business and entertainment lawyer with Bracepoint Law. He was the screenwriter and co-producer of the film, “The Maury Island Incident”. It chronicles the true story of Harold Dahl and his alleged 1947 sighting of a UFO over Puget Sound.

Light refreshments generously provided by the Camano Island Library Friends.

In partnership with Humanities Washington



# Calendar of Events



## DID YOU KNOW?

'New car smell' is a mix of over 200 chemicals. These include the sickly-sweet, toxic hydrocarbons benzene and toluene.

SATURDAY, SEPTEMBER 21

## TOY BOAT BUILDING

at Camano Island State Park. 10am-2pm. Come build a toy boat! All supplies and tools are provided. A \$5 donation is requested.

SATURDAY, SEPTEMBER 21

## AMERICAN BANDSTAND SOCK HOP



6-9pm at Floyd Norgaard Center, 27130 Ave NW, Stanwood. Let's go to the Hop! Cocktail hour begins at 6 pm. The DJ will begin the music from the era at 7 pm. The theme will be American Bandstand 1958 – 1962. Come join us for a happening night of dancing and fun. Put on your favorite retro American Bandstand theme outfit (not required), and get ready to twist and shout to some classic tunes. Don't miss this chance to boogie down with friends, celebrate artist Yonnah Ben Levy's 80th birthday, and support the Stanwood Camano Art Advocacy Commission! This is a MAC FEST event! Tickets are \$18. Purchase tickets via Eventbrite. Desserts will be available, and a DJ and a no-host bar will serve beer and wine.

SATURDAY, SEPTEMBER 21

## FAMILY BINGO

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

## FULL CIRCLE ARTS



Embrace Your Creativity  
Movement/Music/Visual

Arts Instruction

M. Andrew Curry

206-245-5482

macurryartist@gmail.com





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**Malynda Shipley**

Broker / Realtor

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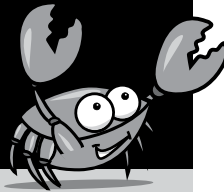
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# Calendar of Events



## DID YOU KNOW?

Pine trees can tell if it's about to rain. If the pinecone is closed, that's because the air is humid, which can indicate rain is on its way.

## SATURDAY, SEPTEMBER 21 ELECTIONS EXPLAINED



Free event by League of Women Voters of Snohomish County and Snohomish County Auditor's Office. Noon at the Stanwood Library. Are you curious about election security and the voting process in Snohomish County? Get the answers to all your elections-related questions about voting procedures, ballot processing, and election security, straight from the experts themselves! This is your chance to engage directly with the people responsible for administering elections in the county, so don't miss out on this opportunity to learn more about the process! Registration for this event is required. Please register and submit your questions in advance here: <https://forms.office.com/g/Xi3aHJ3L20?origin=lpLink> See less

SATURDAY, SEPTEMBER 21

## HAPPY HOUR FUNDRAISER

5pm at 9910 270th St NW, Stanwood. This Happy Hour Fundraiser is our "grand finale" – an opportunity to celebrate the success of MAC Fest and encourage the community to help us meet our fundraising goal. This adult-only event is FREE to attend, though an RSVP is required as space is limited. We will have a guest speaker and an ask for support - all in one hour! Come show your support for the arts in our community - it will be a blast.

**Yoga and Pilates**  
movementarts.com



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Camano Commons



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**Mike Dickson 425-330-9506 call/text**  
**michael.dickson@rbawa.com**

# PARENTING TEENS?

FALL

2024



Come to a new speaker series cultivating mental health resources in our community. Learn how to navigate difficult topics with your teens and tweens (grades 5-12).

**SEPT  
17**

## SUICIDE PREVENTION AND SUPPORT

6:30-7:00 Snacks & Refreshments

7:00-8:00 Speaker and Q&A

Location: Community Resource Center

## DRUG AND SUBSTANCE ABUSE

6:30-7:00 Snacks & Refreshments

7:00-8:00 Speaker and Q&A

Location: Community Resource Center

**OCT  
15**

**NOV  
19**

## STRESS REDUCTION FOR THE HOLIDAYS

6:30-7:00 Snacks & Refreshments

7:00-8:00 Speaker and Q&A

Location: Community Resource Center



**MORE INFO & RSVP**

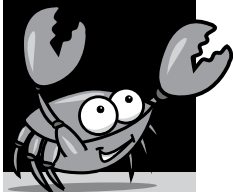
**HEALINGCONNECTIONSCENTER.ORG**



Content Warning - topics are sensitive in nature. Parents should use their discretion when bringing children to the series.



# Calendar of Events



## DID YOU KNOW?

LEGO bricks  
withstand compression better  
than concrete.

SATURDAY, SEPTEMBER 21

## CAMANO AREA BLUEGRASS JAM, DINNER, AND OPEN MIC

at the South Camano Grange, 2227 S Camano Drive, Camano Island. 3-5:30 pm, followed by an optional dinner (\$10 cash per person) at 5:30 and then Open Mic from 6-ish to whenever. It's your chance to show off a bit. Come and jam. Come and join the Jam & listen to some smokin' bluegrass. Banjos, mandos, guitars, fiddles, dobros and a bass or two. It's all here. All we need is YOU! Old timers and newbies alike. (Free admission except for the optional dinner).

SATURDAY, SEPTEMBER 21

## ST. VINCENT DE PAUL "FRIENDS OF THE POOR WALK"



11am-2pm This is a national, annual event meant to show our presence here in the Stanwood/Camano Island area. Please come and join us for this WALK!! We will begin at St. Cecilia Parish's parking lot (26900-78th Ave NW, Stanwood) and proceed east toward the Haggen Shopping Center and then return. The St. Cecilia Conference of SVDP is sponsoring this event and would love to have you join with us. Arrive about 10 minutes early to get ready. Get some exercise and support this worthwhile group of volunteers.

SATURDAY, SEPTEMBER 21

## SEMBLANCE

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



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

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The Autoimmune Recovery Program meets 6 times bi-monthly to teach you the principles of recovering health through:

- Super healing, plant based, whole-foods
- Implementation of our therapeutic protocol
- Powerful natural remedies

*Restore your faith, recover your health, and take your life back!*

**Monday Evenings from 6:30 - 8:30 p.m.**

**September 9 & 23, October 7 & 21**

**November 4 & 18**

Cost for the 8 sessions is \$45 if paid by September 9, or \$10 per session for those just dropping in. Participants will also want to purchase a digital Student E-Workbook for \$10.

Questions or to register:

EMAIL: [CINDYTERRYRETIRED@GMAIL.COM](mailto:CINDYTERRYRETIRED@GMAIL.COM)

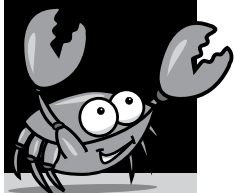
**Held at: Cedarhome SDA Church  
28505 68th Ave NW, Stanwood**



**Text or Call 425-870-1006  
to save your spot**



# Calendar of Events



## DID YOU KNOW?

Only 10% of the population is left-handed. And men are more likely to be left-handed.

## SATURDAY, SEPTEMBER 21 WORMS EAT MY GARBAGE



10:00 AM – 11:00 AM at the Camano Island Library. Did you know that you can transform food scraps into nutrient-dense fertilizer for houseplants or gardens using worms? Join us with Sarah Bergquist of WSU Extension as she demonstrates how compact, self-contained worm bins can be placed indoors, in a basement, or even under the kitchen sink in an apartment. Making vermicomposting is an excellent choice for urban residents and anyone unable or unwilling to maintain an outdoor compost pile. She will share current information on the entire process, from constructing or buying a bin to caring for the worms and collecting the finished compost.

SATURDAY, SEPTEMBER 21

## KYLE'S COSMIC COUNTRY BAND + SALT PINE + HUNTER PRESTON

at Conway Muse. Honky tonk, bluegrass, Americana. Kyle's Cosmic Country Band, Salt Pine and Hunter Preston all in one show on the Hayloft stage. Doors open at 7 PM and the show begins at 8 PM. \$10 adv \$15 dos



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




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# CHRISTMAS BAZAAR!!

## WARM BEACH SENIOR COMMUNITY

### Vendor Venue

(cash, checks, some may take credit cards)

Friday, October 25 & Saturday, October 26  
9AM - 3PM

#### Food Items

Jams  
Hazelnut Jelly  
Cinnamon Rolls  
Various Baked Goods  
**CAMANO COOKIES!**

#### Home Decor

Sea-Glass Art  
Glass Art. Suncatchers,  
Bowl Cozies with Bowls  
Fiber Arts  
Needlecraft  
Refrigerator Magnets  
Decoupage

#### WB FELLOWSHIP Room:

2 complete sets of Christmas China,  
several large Nativity sets, home decor,  
handmade kitchen cloths, baked goods

Woodworking  
Picture/Banners - Digital  
Jewelry

Dog Paraphernalia & Treats, Cat Toys

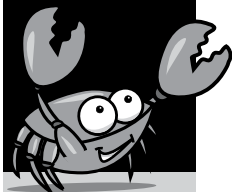
Photo Greeting Cards, Handmade Cards,  
Christmas Cards  
Handmade Purses & Wallets,  
Hair Bows  
Authors/with their books

**20502 Marine Drive Stanwood, WA 98292**

PLEASE BRING YOUR OWN SHOPPING BAG FOR ITEMS



# Calendar of Events



## DID YOU KNOW?

Candles were once eaten in famines. They used to be mainly created from beef fat or bees wax, and so they were often stolen for people to eat.

SATURDAY, SEPTEMBER 21

## CO-ED ULTIMATE FRISBEE

9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this event is open to all skill levels. We encourage a friendly and competitive atmosphere, where fair play and sportsmanship are always top priorities. Check out our Facebook group: Stanwood Ultimate Frisbee.

SATURDAY-SUNDAY, SEPTEMBER 21-22

## FREE SADDLE FITTING CLINIC



Event by Wildfire Integrative Bodyworks, LLC. 8am-4pm at Stanwood Equestrian Center, 28119 Old Pacific Hwy. We are doing it again! The first time was such a success and there have been many people asking for another one. Save the date because Burns is coming back! Reach out to me to reserve your spot. If we have enough people we will open up both days. [Wildfiretherapy@yahoo.com](mailto:Wildfiretherapy@yahoo.com)

SATURDAY-SUNDAY, SEPTEMBER 21-22

## 2024 CAMANO ISLAND MUSIC & LAND STEWARDSHIP FESTIVAL

All ages & free event. All day 2 day celebration with overnight camping, fire access, potluck meals, music throughout and guest speakers on urban farming Sunday Sept 22. Bring water (no well or irrigation system on the land) & potluck meals to share. Space for 10 cars, 20 tents, 30 attendees. More info: [www.rockymartindrums.com](http://www.rockymartindrums.com).



**SATURDAY  
SEPT 21, 2024  
5 PM - 6 PM**

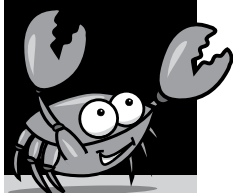
# HAPPY HOUR FUNDRAISER

**Full event details &  
RSVP at [www.macfest.art](http://www.macfest.art)**

sponsored by:



# Calendar of Events



## FALL OR AUTUMN?

Both fall and autumn are correct English terms. Autumn is primarily used in British English, while fall is more used in American English.

SATURDAY-SUNDAY, SEPTEMBER 21-22

## APPLE CIDER PRESSING



11am-2pm at Kristoferson Farm, across from Camano Plaza. Celebrate Camano farms and food on the Island County Farm & Food Trail and enjoy festivals, events, farm tours, and workshops! Join us for our traditional kick-off to fall, Apple Cider Pressing. Cider will be for sale these 2 days only so come see the cider press in action and get your cider. quantities will be limited

SUNDAY, SEPTEMBER 22

## FIRST DAY OF FALL



Welcome the Autumnal Equinox.





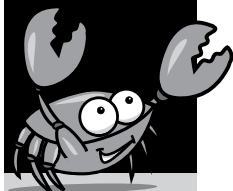
## Guitar by Ford

Ford Giesbrecht

All Ages, Levels & Styles.  
Learn at Your Own Pace.

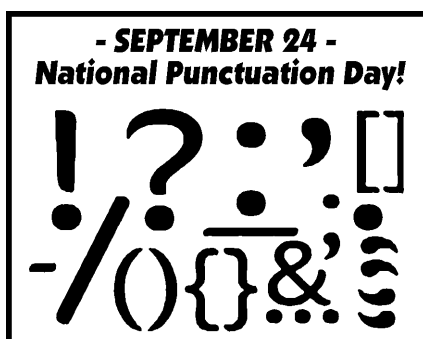
Instruction & Performance  
Ukulele & Bass Lessons Also Available  
Serving Stanwood & Camano Island  
**360-631-0661 • guitarbyford.com**

# Calendar of Events

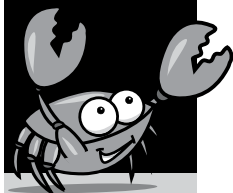


## HOBBIT DAY

is on September 22 in reference to its being the birthday of the hobbits Bilbo and Frodo Baggins, two fictional characters in J. R. R. Tolkien's popular books.



# Calendar of Events



TUESDAY, SEPTEMBER 24

## TEEN/TWEEN CHILL & RECHARGE



3:00 PM – 5:00 PM at the Stanwood Library. Drop in and chill out! This week, we're diving into anime with some of Crunchyroll's best picks, drawing cute chibis, making cool anime pins, and munching on tasty Japanese snacks. We've got everything you need—just bring yourself and your awesome energy. Bring a buddy, make new friends, or just come and relax solo. This informal program is designed for teens and tweens ages 9 to 18 to have a space just for themselves. No registration is needed — drop in any time between 3:00 and 5:00 pm, recharge, and enjoy some free snacks. It's a win-win!

**Arts  
guild**

Save the Date and Celebrate Art

Stanwood-Camano Arts Guild



# Art by the Bay

## Holiday Art and Gift Show

**October 11, 12, 13**

Indoors at the Camano Center

41 Artists Booths • Free

Show hours: Friday 11, 11am-5pm, Saturday 12, 10am-5pm, Sunday 13, 10am-4pm

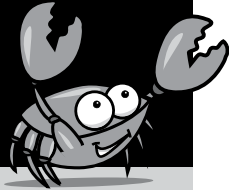
[www.stanwoodcamanoart.com](http://www.stanwoodcamanoart.com)



Scan for directions



# Calendar of Events



## DID YOU KNOW?

The bamboo plant is the fastest growing woody plant in the world. They can grow up to 35 inches per day.

TUESDAY, SEPTEMBER 24

### **CAMANO 101 - LIVING ON AN ISLAND**

Free event. 1-4pm at the Camano Center, 606 Arrowhead Rd. If you live on Camano, especially if you moved here recently and own your home, Camano 101 will introduce you to a plethora of local organizations that can help you adjust to your new surroundings. Take a beverage, a cookie, and meet the experts from 18 organizations that can help you make a happy, healthy home on Camano Island.

TUESDAY, SEPTEMBER 24

### **OPIOID AWARENESS EVENT**



2pm at Lincoln Hill Retirement Community & Senior Center, 7430 276th St NW, Stanwood. Learn how to protect yourself and others from the dangers of opioids

WEDNESDAY, SEPTEMBER 25

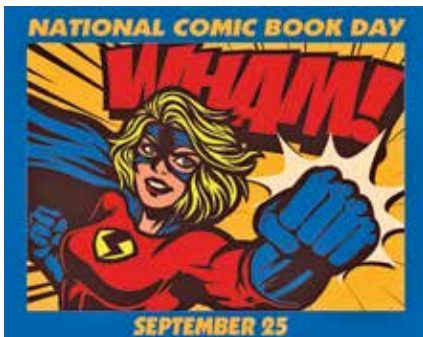
### **STANWOOD HIGH SCHOOL SPORTS**

JV Boys Tennis vs Snohomish. 3:30pm.  
C Team Girls Soccer vs Monroe. 4pm.

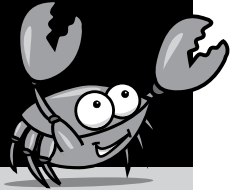
THURSDAY, SEPTEMBER 26

### **WARREN DUNES & BABES IN CANYON**

8 pm – Conway Muse Hayloft Stage. Warren Dunes plays Pacific Northwest Tropicalia and is led by keyboard/vocalist Julia Massey. Their unique style is considered Beach Rock. Tickets \$12 Advanced \$15 Day of Show.



# Calendar of Events



THURSDAY, SEPTEMBER 26

## **STANWOOD HIGH SCHOOL SPORTS**

Varsity Boys Tennis vs Marysville Getchell. 3:30pm.

FRIDAY, SEPTEMBER 27

## **KNOW YOUR WEEDS WORKSHOP & WORKPARTY**



10:00 am - 12:00 pm at Barnum Point County Park. Topic: English Holly & Ivy. Workshops feature Seth Luginbill of Island County Noxious Weed Control Board. He will share his extensive knowledge of weeds and tools for removal. Followed by hands-on training and practice with removal techniques. Rain or shine; come prepared for the weather! Learn More: <https://soundwaterstewards.org/calendar>

# MEDICARE QUESTIONS?

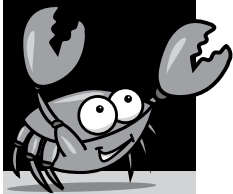
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# Calendar of Events



FRIDAY, SEPTEMBER 27

## CHILL DEVILLE

8:00pm - 11:00pm at Pub 282. Playing a fun, wide ranging mix of classic rock, blues, R&B and a few originals.

FRIDAY, SEPTEMBER 27

## STANWOOD FARMERS MARKET



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

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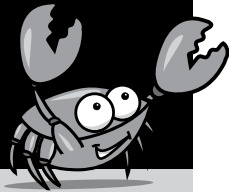
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# Calendar of Events



## DID YOU KNOW?

In the TV show  
Gilmore Girls,  
26-year-old  
Keiko Agena  
portrayed a  
15-year-old Lane  
Kim. 19 year old  
Alexis Bledel  
played 15-year-  
old Rory.

FRIDAY, SEPTEMBER 27

### STEWART WOODS

Fridays in the Speakeasy – 6:30 – 8 pm at Conway Muse. Singer/song-writer. No Cover. Bring your dinner in and enjoy Stewart's music and a cocktail!

FRIDAY, SEPTEMBER 27

### BIFF GOT KILLED & CHECKER BLOOM

8 pm - Conway Muse Hayloft. \$13 Advanced \$15 Day of Show.

FRIDAY, SEPTEMBER 27

### SPAGHETTI DINNER FUNDRAISER



5-7pm at Lincoln Hill Retirement Community Center. Celebrating National Senior Center Month. Tickets are free. RSVP. This event is a fundraiser - please come prepared to make a donation to support the programs of your center. [www.lincolnhill-rc.org](http://www.lincolnhill-rc.org).

SATURDAY, SEPTEMBER 28

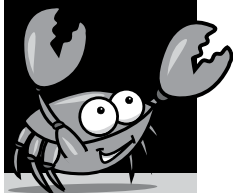
### TOY BOAT BUILDING



(LAST ONE OF THE SEASON) at Camano Island State Park. 10am-2pm. Come build a toy boat! All supplies and tools are provided. A \$5 donation is requested.



# Calendar of Events



## DID YOU KNOW?

The office chair  
is believed  
to have been  
invented by  
Charles Darwin.

SATURDAY, SEPTEMBER 28

### THE WONDERLAND GALA

18th annual gala auction benefitting the Camano Center. Doors open at 5:30pm. Limited tickets. [www.camanocenter.org](http://www.camanocenter.org).

SATURDAY, SEPTEMBER 28

### SOUTH CAMANO GRANGE BREAKFAST

8-11am at the South Camano Grange, 2227 S Camano Drive. Enjoy breakfast with your neighbor. Pancakes or French toast served with scrambled eggs, ham & sausage, along with coffee, juice, or tea.

SATURDAY, SEPTEMBER 28

### ASK A MASTER GARDENER 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.

SATURDAY-SUNDAY, SEPTEMBER 28-29

### THRIFTED + VINTAGE FOR LITTLES!

#### BUY-SELL-TRADE POP-UP

10am-4pm at The Picnic Pantry and Parlour, 8700 271st St NW, Stanwood. Belong offers a carefully curated collection of thrifted + vintage children's clothing (newborn - 12 years), along with shoes, accessories, toys and books! We'll be accepting BUY SELL TRADE drop-offs during open hours! Check out all the details at [www.belongshop.com/pages/bst](http://www.belongshop.com/pages/bst)

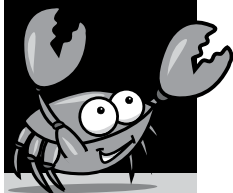
SATURDAY-SUNDAY, SEPTEMBER 28-29

### NWDOT SEASON CHAMPIONSHIPS

at Creekside Speedway, Stanwood. It's time for the Northwest Dirt Oval Tour Season championship weekend! Some tight point battles going into the final event! Open practice Friday the 27th. 2-7pm. Saturday the 28th. Gates will open at 8. Track will be live. Racing starts 10am. Will be 3 rounds of heats on Saturday. Sunday the 29th gates will open at 8. Racing will start at 10AM sharp. Sunday will be 1 heat and then straight into mains. Race entry fees will be Cash only. [www.facebook.com/CreeksideSpeedwayandRC](http://www.facebook.com/CreeksideSpeedwayandRC)



# Calendar of Events



SUNDAY, SEPTEMBER 29

## CONCERT FOR A CURE – FEATURING SAVANNA & IRELAND WOODS

5:30 pm – Conway Muse. Concert for a Cure – Muscular Dystrophy Benefit. Food Truck, Raffle Tickets for Baskets, and important information about this benefit concert. Tickets \$30.

MONDAY, SEPTEMBER 30

## NAUGHTY BINGO

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

MONDAY, SEPTEMBER 30

## STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Everett. 3:30pm.

JV Boys Football vs Snohomish. 5pm.

Girls Volleyball vs Marysville Pilchuck. C Team & JV: 5:15pm. Varsity: 7pm.

MONDAY, SEPTEMBER 30

## BREWCAD WEEKLY 3 STRIKE TOURNAMENT

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

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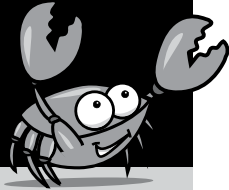
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- Service Dog Training
- AKC Fitness / AKC Tricks
- Board and Train

# Calendar of Events



## DID YOU KNOW?

The longest bone in the human body is called the femur. It's your thigh bone.

MONDAY, SEPTEMBER 30

## ADULT FUTSAL

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

TUESDAY, OCTOBER 1

## TEEN/TWEEN CHILL & RECHARGE - "BAD ART"



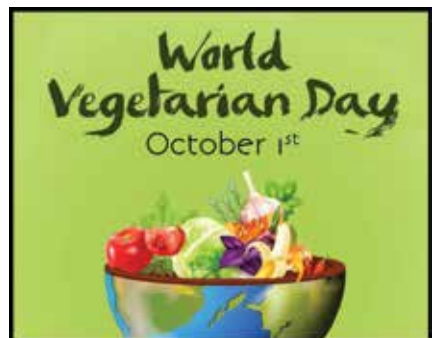
3:00 PM – 5:00 PM at the Stanwood Library. Drop by to relax, enjoy some free snacks, and have some fun! This week, we're having a bad art night. What does this mean? We'll put out creative prompts and art materials and you make the worst piece of art you can! Worst artist wins. We'll provide everything you need to get started. We'll also have Diamond Art from Nana's Toys and Gifts, and Magic: The Gathering Jumpstart decks available. Instruction will be provided on both activities. This informal program is designed for tweens and teens ages 9 to 18 to have a space just for themselves. No registration is needed — drop in any time between 3:00 and 5:00 pm.

TUESDAY, OCTOBER 1

## STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Swimming vs Monroe. 3pm.

C Team Girls Soccer vs Bellingham. 4pm.



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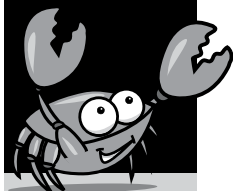
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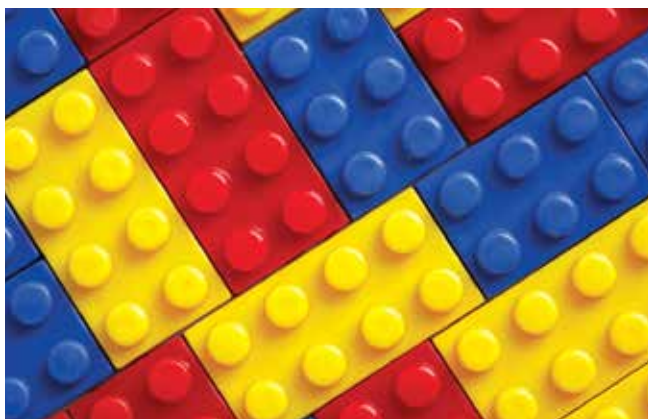
# Calendar of Events



## DID YOU KNOW?

The Beatles' song 'A Day in the Life' has a frequency only dogs can hear. It's at the end of the song.

## WEDNESDAY, OCTOBER 2 LEGO® AFTERNOON



4:00 PM – 5:00 PM at the Stanwood Library. Stop by for an afternoon of LEGO®! Build alone or with friends -- we'll provide everything you need.

## WEDNESDAY, OCTOBER 2 STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Lynnwood. 3:30pm.  
C Team Girls Soccer vs Mount Vernon. 4pm.

## THURSDAY, OCTOBER 3 LIT LAB - TALL TALES

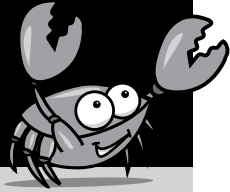
October's theme is "Tall Tales" so use your imagination and think big! See you at Camano Lutheran Church, off SR532 at 850 Heichel Road at 6 pm. Plan to read something about 5 minutes long. We will have a sign up sheet if you have a longer piece you would like to share.

## THURSDAY, OCTOBER 3 STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Lake Stevens. 3:30pm.  
Girls Soccer vs Marysville Getchell. JV: 5pm. Varsity: 7pm.  
Girls Volleyball vs Snohomish. C Team & JV: 5:15pm. Varsity: 7pm.



## Kid's Korner



### DID YOU KNOW?

A cat spends  
on average 15  
hours a day  
sleeping

## TISSUE PAPER APPLE OR PUMPKIN CRAFT



Materials: Red (for apple), orange (for pumpkin), green and brown tissue paper; Cardboard or construction paper; Glue

Draw an apple or pumpkin as a template onto the construction paper or cardboard. Cut the tissue paper into approximately one inch squares. The squares do not need to be exact and this is a great way for kids to practice cutting. I usually cut strips and then help my little ones snip off squares (or blobs really). Have your child crumple up the squares into small balls. This is a great task for working on fine motor skills picking up the tiny scraps and pinching them into balls. Next help them spread a thin layer of glue in a small area of the apple and begin placing the tissue paper balls in that area. Continue until the whole apple is covered. Depending on the age of your child, the apple will be more or less full. But it will be beautiful, perfect for fall and a great opportunity for your child to work on those important developmental skills along the way.

Source: [www.thesuburbanmom.com](http://www.thesuburbanmom.com)



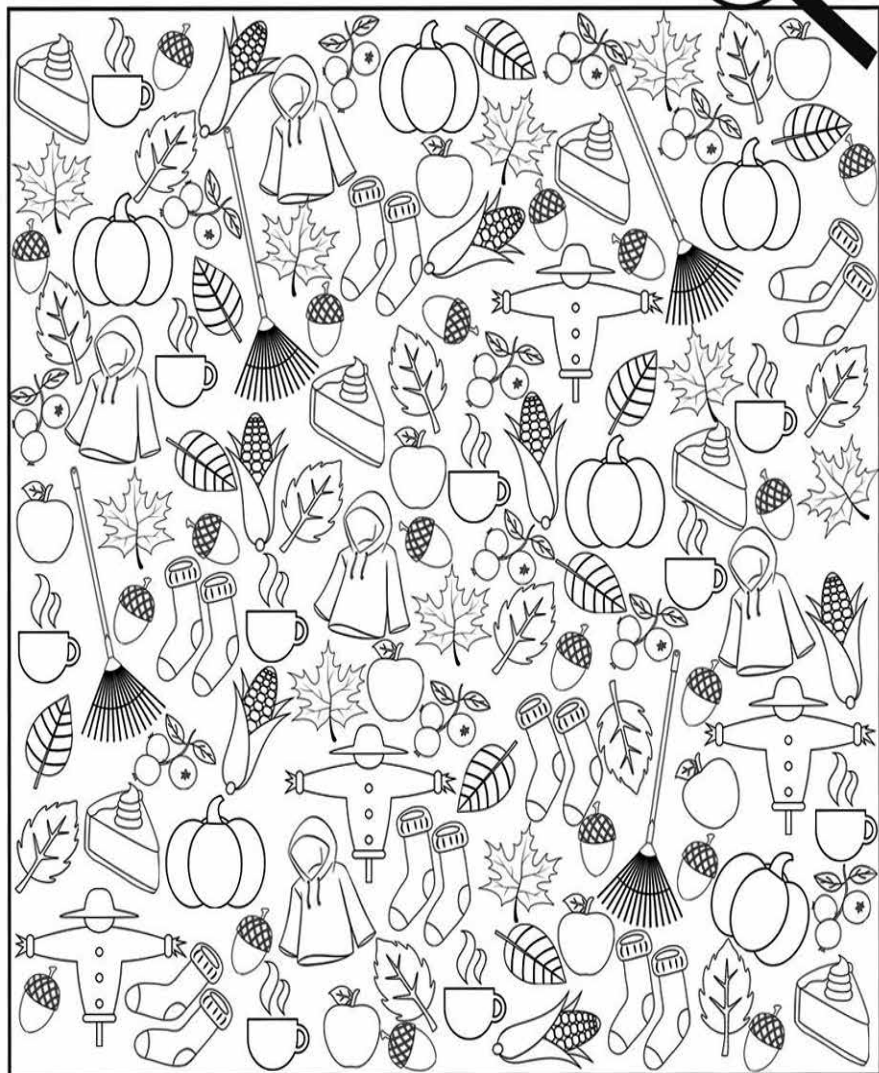
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# I SPY Fall Favorites



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	7		11		10		5		4		9		4

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**CAMANO ISLAND** **\$425,000**  
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**MABANA** **\$875,000**  
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**Fall Festival**  
& Maker's Market at Arrowhead Ranch  
**SATURDAY OCTOBER 5TH**  
10:00 AM — 4:00 PM



615 Arrowhead Rd, Camano Island

Adults - \$10  
6-17 Years Old - \$8  
Seniors & Military - \$8  
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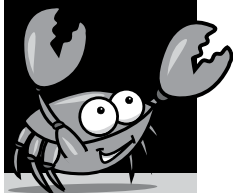


weather.gov





# Artist of the Week



## NEW FROM CAA ARTIST, TIAMI HOGBERG - ACRYLIC ART!



With inspiration and hope for some kind of Summer, the memories of clam digging at Ocean Shores fill me with very fond memories. I remember how early we would have to get up to get out there when the tide was low, and specifically how cold it was. We would get our limit and head back to camp for hot chocolate and toast. I painted this with hopes of giving others a glimpse of clam digging memories in the PNW.

For more about Tiami, and samples of her work, visit her CAA artist profile on our website: [camanoarts.org/gallery/tiami-hogberg](http://camanoarts.org/gallery/tiami-hogberg)

## Research Shows Good Brain Health is Connected to Better Hearing

Recent research suggests there is a link between hearing properly and brain health.

**When left untreated, hearing loss can lead to:**



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**Fatigue**



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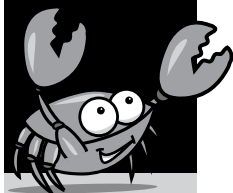
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\*ACHIEVE: Johns Hopkins Bloomberg School of Public Health. "A landmark study of the effect of hearing intervention on brain health in older adults."



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Hi there! I am Courtney, and animals are my passion. From playful pups to purring kitties and all creatures great and small, I am here to ensure your furry (or feathered, or hooved) family is happy and healthy while you are away. For years, I thrived in the fast-paced world of retail management. Yet, a deeper calling beckoned - the unconditional love and joy animals bring. That is why I am thrilled to announce the launch of Bark to Barn, a pet care service offering dog walking and farm sitting!

[www.barktobarncamano.com](http://www.barktobarncamano.com)  
[courtney@barktobarncamano.com](mailto:courtney@barktobarncamano.com)  
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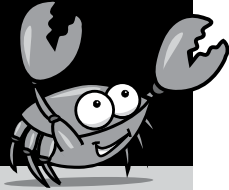
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# Community Information



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## CANDIDATES AND ISSUES FORUM



AAUW Stanwood-Camano and the Stanwood Camano News present Candidates & Issues Forum - Wednesday, October 9, 6:30 p.m. at the Stanwood High School Performing Arts Center, 7400 272nd St NW, Stanwood. CONTACT INFORMATION: [info@aauwsc.org](mailto:info@aauwsc.org). This forum has been presented every major election year since 1998 with 99.9% attendance by candidates.

## STANWOOD AREA HISTORICAL SOCIETY MUSEUM EXHIBITS

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

## THE SPOT

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

## PLAYGROUND MEET & GREET

Wednesdays at 12:30-1:30pm at Freedom Park, Camano Island. A fun opportunity to get the kids outside playing while we get to know other moms in the same boat as we are.

**Too much work and not enough play?**  
We can help get your Island Time back!



An **ACE Hardware** Company

### Vacation Property Membership Program

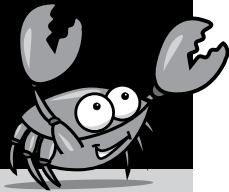
Includes:  
Winterization in the Fall  
Monthly checks  
De-Winterization in the Spring  
Members get discounts on:  
Pressure Washing  
Gutter and Roof Cleaning  
Repairs and Maintenance

**Proudly serving Camano Island & Stanwood**

Call us for details 360-926-0926

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

# Community Information



## DID YOU KNOW?

There are about 5,000 species of sea sponges.

## HOOVES AND HEROES COFFEE BREAK

A free social event for active duty, veterans, first responders, emergency support personnel, and their families. Meet with members of your community and learn more about our program with the help of some coffee. 9-10am on Thursdays at 2532 292nd St NW, Stanwood. More info: [info@herehoovesandheroes.org](mailto:info@herehoovesandheroes.org).

## LIVE ONLINE TUTORING HELP AVAILABLE!!!

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

## COMMUNITY OPEN SEW

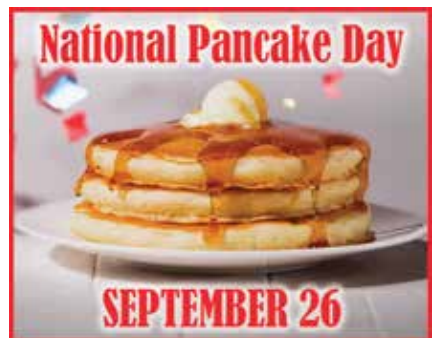
Mondays with Camano Island Quilters. 10am - 2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public, enter thru back entrance of church. Want to sew with others, need help on a project? We are here to help you with your sewing needs. Bring your sewing machine, a project, and basic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

## CHILDREN'S MUSICAL THEATER IN STANWOOD

Young people ages 7-16 – Interested in acting, singing, being a stage-hand or working with audio/video equipment? An Enchanted Journey: A Musical Adventure in the Land of Pilgrim's Progress - Based on the book 'Pilgrim's Progress' by John Bunyan Thursday nights from 6:00-7:30 this fall at the Cedarhome SDA Church, 28505 68th Ave NW, Stanwood, WA 98292. No charge, all welcome! Registration opens August 28. For more information: Email: [Cedarhomekidz@gmail.com](mailto:Cedarhomekidz@gmail.com) or scan

## YOGA TEACHER TRAINING

Accepting applications for 2024/25 200 hour training. Yoga Teacher training can enrich your life. Whether you choose to teach or not, the tools you obtain through this 200hr training (Oct 2024-April 2025) can broaden your skill set in your profession or deepen your existing yoga practice through deeper study. For more information, contact Carol at [info@movementarts.com](mailto:info@movementarts.com) or visit our website at [movementarts.com/teachertraining](http://movementarts.com/teachertraining) or call 360-629-9100.





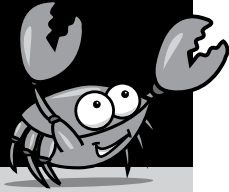
KNOW THE DIFFERENCE  
**Between Flu and Cold**

<b>FLU</b>	<b>SIGNS &amp; SYMPTOMS</b>	<b>COLD</b>
<b>Sudden</b>	<b>ONSET</b>	<b>Gradual</b>
<b>Characteristic high (over 101° Fahrenheit) Lasting 3-4 days</b>	<b>FEVER</b>	<b>Rare</b>
<b>Dry; can become severe</b>	<b>COUGH</b>	<b>Hacking</b>
<b>Prominent</b>	<b>HEADACHE</b>	<b>Rare</b>
<b>Usual; often severe</b>	<b>MYALGIA (MUSCLE ACHES AND PAINS)</b>	<b>Slight</b>
<b>Can last up to 2-3 weeks</b>	<b>TIREDDNESS &amp; WEAKNESS</b>	<b>Very mild</b>
<b>Early and Prominent</b>	<b>EXTREME EXHAUSTION</b>	<b>Never</b>
<b>Common</b>	<b>CHEST DISCOMFORT</b>	<b>Mild to moderate</b>
<b>Sometimes</b>	<b>STUFFY NOSE/ SORE THROAT</b>	<b>Common</b>
<b>Sometimes</b>	<b>SNEEZING</b>	<b>Usual</b>

MEH1001 1217



# Community Information



## DID YOU KNOW?

Astronomical fall begins on the day of the equinox. The name of the event derives from Latin and means equal night, giving the impression that both day and night are exactly 12 hours long. However, that is not entirely true. In most regions, the day of the equinox is a bit longer than 12 hours.

## HOLIDAY BAZAAR VENDORS WANTED

Saturday, November 16, 9am to 4pm at the Camano Country Club Clubhouse, 1243 S. Beach drive, Camano Island. Tables (8 foot) rental \$60.00 each, Outdoor space at \$30.00. Call Kathleen 360 572 4112 or email: [sandsci@wavecable.com](mailto:sandsci@wavecable.com) for more information.

## CRAFTERS WANTED

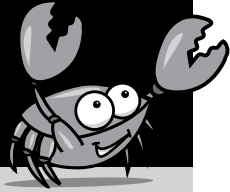
Space available for holiday gift bazaar Nov. 9th, 10 am to 4 pm. Lost Lake, Camano Isl Email info to: [craftyme2024@yahoo.com](mailto:craftyme2024@yahoo.com).

## STANWOOD POLICE LAUNCHES BLUEBRIDGE PROGRAM



Stanwood Police Department is thrilled to announce the launch of its BlueBridge Program, an exciting initiative aimed at providing individuals in crisis with immediate support. "Our officers are boots to the ground, they are the ones who see the need and this program empowers them to provide on the spot help to people in our community," Mayor Roberts. Through the BlueBridge program, Stanwood officers will be given prepaid debit cards allowing them to make purchases while on patrol that can make a real and direct difference for individuals in distress. "This might look like buying a victim of domestic violence a hotel room for a night, giving a low-income student a pair of shoes, or providing someone living out of their car with a warm meal and a little gas," Police Chief Toner. BlueBridge is a collaborative effort between Stanwood Police and BlueBridge Alliance, a 501c3 nonprofit dedicated to bridging the gap between law enforcement officers and the communities they serve. The Stanwood BlueBridge Program is funded by grants and local support. A ReMax Community Grant and Washington State Department of Commerce grant have covered the startup costs for the program. \$2,500 in matching grant funds have also been raised thanks to the generosity of our community. Community members can continue to donate to the program through BlueBridge Alliance's portal ensuring its ongoing success. "Please consider donating to this great cause and support our officers in helping those in crisis in our community," Police Chief Toner.

# Community Information



## DID YOU KNOW?

Billy Crystal took the role of Mike Wazowski in *Monsters Inc* after turning down the role of Buzz in *Toy Story*. He said turning down the role was the worst decision he had made in his career.

## PUZZLE EXCHANGE

Join us for our Monthly Exchange!! Please note we will be meeting on Sunday October 13th at 2pm! We are a family friendly event, so bring your bag or box and come swap a puzzle or more. We ask that any puzzle you own that is not chosen please take it home and bring it to our next exchange. Hope to see you there!! 360-305-6771.

## HOMETOWN GRANT FOR COMMUNITY PROJECT

The Community Resource Center of Stanwood Camano has received a TMobile Hometown Grant in the amount of \$40,000 for a community project! The CRC is creating an outdoor learning space on the south facing part of their property. They will build new garden space so that they can grow fruits and vegetables for snacks for early learning and teen programs, create more open space for early learning play groups, and create an amphitheater under the willow tree for events, presenters, and performances. Our grant application was one of 25 chosen out of 683 applications for the 2nd quarter of 2024. This is an enormous honor and we are so grateful to the folks at TMobile for choosing our community to invest in!

## SUNSPARROW DAY

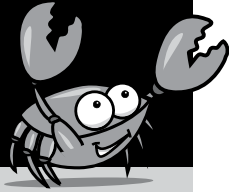


Registration is open for the SunSparrow Day on October 1 at Warm Beach Camp! These single-day events serve adults with intellectual and developmental disabilities by providing a place to have fun and enjoy the outdoors! Learn more and register your loved one here: <https://www.warmbeach.com/.../disabiliti.../sunsparrow-days/>

## SHS TEXTILE DRIVE

Please donate clothes, shoes, accessories, bedding (no pillows) for SHS Grad Night 2025. September 24 at SHS parking lot, 6-8pm. September 27 at Haggen, 5:30-6:30pm. September 30 at SHS parking lot, 5-7pm.

# Community Information



## DID YOU KNOW?

Sheffield FC is the oldest football club recognised by FIFA, having been founded in October 1857.

## CAMANO ISLAND FOOD BANK



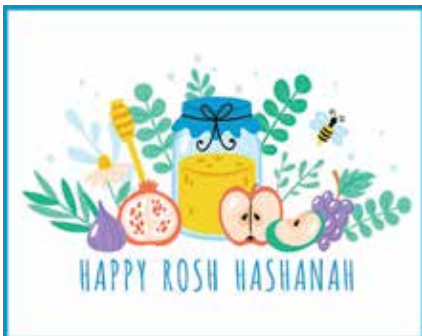
The Stanwood / camano Island food Bank is open Saturdays in Lost Lake from 10am-noon and Wednesdays from 2:30-4:30pm. Everyone's welcome.

## BASKETBALL FREE PLAY

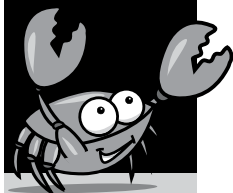
Every Friday at 795 Ell Rd., Camano. "Hey everyone! I am setting up (all-ages) basketball night for the community. Note: it is at an LDS church and I am a missionary, but we are here to play basketball. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome and message me (on Facebook) if you have questions!" - Jorden Spears.

## COAT DRIVE

The Caring Place is asking for donations of new & gently used winter coats, for distribution Oct-Jan! ALL sizes are needed, please check the zippers to make sure they work. We also gladly accept warm gloves, boots and sweaters! please call 360-913-1551 w/questions; donation days are Mon & Wed 1-5pm. We are located at 9928 272 PL NW in Stanwood. (in the parking lot across from Josephine's and Our Saviours Lutheran Church). Please ask your churches, clubs, organizations, and coworkers to participate, Friends & relatives too!



# Dining Guide



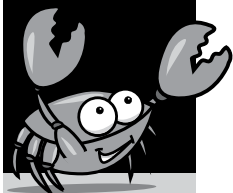
## DID YOU KNOW?

It is one of the many weird facts about food at the supermarket! Those supermarket apples might actually be a year old. Farmers often harvest them in the fall, wax them, and store them away.

**AMIGO MEXICAN RESTAURANT & LOUNGE** (Stanwood) • (360) 629-5052  
**BAKED CAFE** (Camano Island) • (425) 530-3314 or (425) 232-5885  
**BEAUTY BAR SALON + LOUNGE** (Stanwood) • (360) 629-2324  
**BEST BURGER HUT** (Stanwood) • (360) 853-0067  
**BLUE HERON KITCHEN & BAR** (Camano Island) • (360) 502-8700  
**CAMA BEACH CAFE** (Camano Island) • (360) 387-3266  
**CAMANO ISLAND INN** (Camano Island) • (360) 387-0783  
**CAMANO THAI** (Camano Island) • (360) 926-8688  
**CENTER CAFE** (Stanwood) • (360) 629-7403  
**COASTAL VIE** (Stanwood) • (360) 355-9541  
**CONWAY MUSE** (Conway) • (360) 445-3000  
**CONWAY BOXCAR** (Stanwood) • (360) 629-0651  
**CONWAY PUB & EATERY** (Conway) • (360) 445-4733  
**COOKIE MILL** (Stanwood) • (360) 629-2362  
**CRISTY'S LUMPIA & MORE** (Stanwood) • (360) 629-2727  
**DOS REALES** (Stanwood) • (360) 629-0822  
**DRAGON PALACE** (Stanwood) • (360) 629-8106  
**DUCK IN CAFE** (Stanwood) • (360) 629-3440  
**FARMERS CAFE** – (Stanwood) • (360) 629-4953  
**GYRO STOP** (Stanwood) • (360) 572-4175  
**IXTAPA MEXICAN RESTAURANT** (Stanwood) • (360) 629-5228  
**JACK IN THE BOX** (Stanwood) • (360) 629-2384  
**JIMMY'S PIZZA** (Stanwood) • (360) 629-6565  
**JOHNNY'S BURGER STOP** (Stanwood) • (360) 629-9427  
**JOURNEY'S END CAFE** • (Camano Island) • (360) 387-9120  
**LITTLE CAESARS PIZZA** (Stanwood) • (360) 629-6999  
**MAMMOTH BURGER COMPANY** (Stanwood) • (360) 572-4500  
**MCDONALD'S** (Stanwood) • (360) 629-9787  
**MIYAKO'S TERIYAKI & WOK** (Stanwood) • (360) 629-4535  
**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**  
**PATINI'S GRILL** (Stanwood) • (360) 629-0822 or 360-572-2981  
**PHOENIX PAVILION** (Stanwood) • (360) 629-4662  
**PRIMAL BARBECUE** (Camano Island) • (360) 572-2122  
**PUB 282** (Camano Island) • (360) 926-8960  
**PURE SMOKE BARBEQUE** (Stanwood) • [www.puresmokenw.com](http://www.puresmokenw.com)  
**RALIBERTO'S TACO SHOP** (Stanwood) • (360) 629-2000  
**ROCKAWAY BAR & GRILL** (Camano Island, at Camaloch) • 360-926-8920  
**SAAL BREWING CO.** (Stanwood) • (360) 629-0102  
**SAHARA PIZZA** (Stanwood) • (360) 629-6886  
**SASQUATCH SUBS** (Stanwood) • (360) 610-2765  
**SPARTAN DRIVE IN** (Stanwood) • (360) 629-8988  
**STANWOOD CAFE** (Stanwood) • (360) 629-8427  
**STANWOOD CUPCAKES** (Stanwood) • (360) 926-8241  
**STANWOOD GRILL** (Stanwood) • (360) 629-5253  
**STANWOOD HOTEL & SALOON** (Stanwood) • (360) 629-2888  
**STANWOOD THAI** (Stanwood) • (360) 572-2200  
**STARBUCKS** (Stanwood) • (360) 629-2701 • 629-5027 • 629-2500  
**STILL WATER LOUNGE** (Stanwood)  
**SUB JOINT** (Camano Island) • (360) 230-9611  
**SUBWAY** (Camano Island) • (360) 631-5055  
**SUBWAY** (Stanwood) • (360) 629-2678  
**TACO TIME** (Stanwood) • (360) 629-5018  
**TAPPED CAMANO** (Camano Island) • (360) 572-4986  
**THAI THAI KITCHEN** (Stanwood) • (360) 629-0600  
**TWIN CITY LANES CAFE** (Stanwood) • (360) 629-3001  
**WAYNE'S CORNER CAFÉ** (Stanwood) • (360) 939-2300  
**WILLOW & JIM'S COUNTRY CAFE** (Silvana) • (360) 652-0372



# Photos and Art



## DID YOU KNOW?

The longest anyone has held their breath underwater is over 24.5 minutes. The world record for breath-holding underwater was achieved by Croatian Budimir Šobat on 27 March 2021, who held his breath for a total of 24 minutes and 37 seconds.

On average, a human can hold their breath between 30-90 seconds.



*Autumn boy. Photo by Michael Podger.*



*Doves. Photo by Kuba A.*







# FIRE SAFETY TIPS

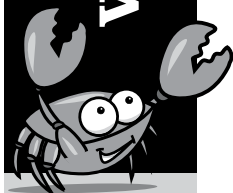
## for families with a member with autism

- ◆ Stress same fire safety tips/facts as you would for any one. Kitchens, electrical, candles, heating, etc. And remember that having a working smoke/co detector is the most important part of any plan.
- ◆ Practice fire drills. Many people with autism respond well to routines. Teach them to keep low because they may not feel the heat and respond by naturally getting lower. There is a wide spectrum of autism so your plan should be customized for each individual.
- ◆ Wrap them in a blanket or heavy coat. This will give them a sense of security and keep their arms from flailing about.
- ◆ Pick a meeting place that is quiet and familiar. Going to your car in the driveway or a nearby neighbor's house is recommended. A meeting place in the street or on the sidewalk, will give the person with autism an opportunity to "BOLT" either back into the house or into traffic.
- ◆ Program emergency contact info under ICE (In Case of Emergency) on their cell phone/IPA/Tablet. There are smart phone apps that can hold all relevant medical/emergency information. Info you can also keep in a small wallet.
- ◆ Visit the local firehouse so the person with autism can become familiar with the sights and sounds that may accompany an emergency situation.
- ◆ There are stickers that can be placed in your car window or near your front door to alert emergency personnel there may be a person with autism present or involved. (Like those below that were found on-line).





# 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*

## GARDEN OF EDEN GREENHOUSE

This spring I built a greenhouse with about 14 old tempered glass door panels I had salvaged long long ago. Treated lumber framing and cedar siding, but mostly glass. Even had stained glass in the front door and two next to that plus another two in the back. Put a 55 gallon black barrel and concrete pavers to radiate heat at night.

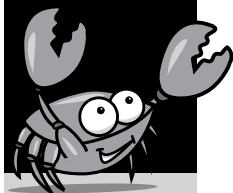
The first spring day that hit 70 degrees, the greenhouse hit 90. What, I wondered, would happen when we hit 80 or more? I'm growing tomatoes and a few exotics in there, probably loved that 90 degree heat but I was betting they wouldn't like Saudi Arabia temperatures. So I cut two large windows in the back opposite the front door to let heat out both ends. This week we hit the mid 80's outside and the greenhouse hit 105.

Course, I panicked and bought sunblocking screens for the glass roof and got that attached. Next day we hit 89 outside and the hothouse was 107. Not exactly sure at what temperature green tomatoes roast on the vine, I ordered a solar powered exhaust fan. If that doesn't work, I'll order a second one.

Inside the greenhouse my tomatoes are 5 feet tall while the ones I planted outside from the same seed are spindly still, just beginning to realize summer is definitely here, but cold at night. The difference between the two is astounding. I recommend a small greenhouse to anyone who still pooh-poohs climate change, still thinks we ought to drive large SUV's and wants to drill baby drill for more oil and gas. Death Valley broke its all time heat record this week and cities from Las Vegas to Miami are burning hot while the summer's just begun.

I may or may not solve my greenhouse overheating problem. Bad planning on my part. There won't be any exhaust fans for Mother Earth when us tomatoes begin to fry on our vines. No sun blocking shrouds, no good fixes. Just bad gardeners, when all is said and done.

# Classes and Workshops



## DID YOU KNOW?

In the Shawshank Redemption, Morgan Freeman's "Red" refers to himself as an Irishman, which is a nod to the source material, written by Stephen King. In the novella, Red is actually a white Irishman, with red hair. Hence the name.

**Community Emergency Response Team Class** - The Camano Preparedness Group's CERT (Community Emergency Response Team) Training for October is open for registration. DATES: Oct 18 (6-9:30 pm) & all day Saturday and Sunday, Oct 19 and 20 (9:00 am to 6:30 pm each day). This training helps you understand measures that need to be taken in your neighborhood following a major disaster, how to work together as a team, and how to remain safe. Training includes basic preparedness, organizational skills, disaster medical operations (disaster first aid and medical logistics), disaster psychology, fire and utility safety and fire suppression, light search and rescue, and terrorism. There is no charge for this course, though we do ask \$25 per attendee to cover the cost of the Personal Protective items we provide. Space is limited so register soon. Contact Rhonda at [rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com).

**The Practice of Prevention with Ayurveda** - September 22, 1-4pm. One of the practices that makes Ayurveda (the Science of Life) so unique from many other healing and wellness systems is the approach of prevention. In this 3 hour workshop, you will learn about the pillars of life, considerations of a preventative routine customized to your own blueprint, life cycles and the seasons. Available in-studio and online via live-stream. \$60 Register in advance [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100

**Yoga for Better Posture** - 6-Week Course: Oct 15-Nov 19, Tuesdays 6-7:15pm. Posture matters. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? It might seem like these are three different questions, but all of them can be improved with better posture. It's important that we align ourselves physically in order to align with the life we want to lead. This session is offered in-studio only. 6-week session incl. Workshop Manual \$119 Register in advance [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.

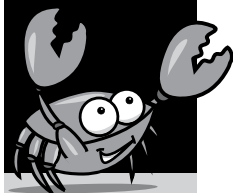
**Yoga is back again!** Pathway to Wellness Massage & Yoga. Starting September 6th Every Friday from 930am-1030am. Call or text to reserve a spot. 425 308-0598. 10120 270th St NW, Stanwood, WA 98292

**Fun Painting Classes:** Explore your creativity with individual guidance in small sized classes instructed by well-known artist, Dotti Burton. All levels are welcome. Classes are September 26 and October 3 and are beginning to fill up. Contact Dotti at 206-714-3647.

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

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

# Classes and Workshops



## DID YOU KNOW?

After the release of *The Princess and the Frog*, over 50 children decided to copy the movie by kissing frogs. This led to an outbreak of Salmonella.

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

**Homeownership workshop** on the fourth Thursday of each month at Elite interiors next to UPS store from 6 to 8 PM. We will not be holding them In June, November or December.

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

**Private Music Lessons:** piano, guitar, bass, and voice for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions or book a complimentary 30-minute lesson: [HartMusicSchool.com/free-trial](http://HartMusicSchool.com/free-trial). Now accepting applications for new teachers.

**Yoga for Beginners** September 3-October 1, Tuesdays 6-7:15p. Whether you are brand new to yoga or returning after a long absence, this five-week course will prepare you with the first steps toward a regular practice. \$95 Register in advance at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.

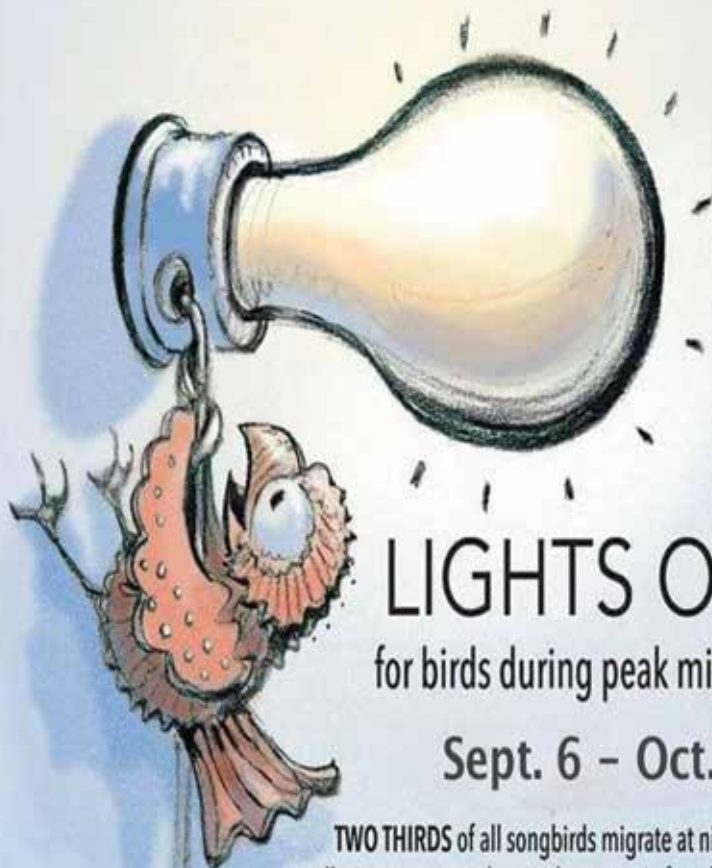
**Yoga for Better Posture** 6-Week Course: Oct 15-Nov 19, Tuesdays 6-7:15pm. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? It might seem like these are three different questions, but all of them can be improved with better posture and by developing your proprioception, an awareness of how you are standing, sitting and generally carrying your body. This session is offered in-studio only. 6-week session incl. Workshop Manual \$119 Register in advance [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.

**Private Music Lessons:** piano, guitar, bass, and voice for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions or book a complimentary 30-minute lesson: [HartMusicSchool.com/free-trial](http://HartMusicSchool.com/free-trial).



OCTOBER IS  
**SUDDEN**  
**CARDIAC ARREST**  
**AWARENESS MONTH**

LEARN CPR. GET THE APP. SAVE A LIFE. **PulsePoint**



# LIGHTS OUT

for birds during peak migration

Sept. 6 – Oct. 6

**TWO THIRDS** of all songbirds migrate at night. Light pollution can cause them to become confused. TRACY AVIARY encourages everyone to turn off all unnecessary lights. If this is not an option, use warm white or yellow colored light bulbs, shield your light bulbs to direct light down, and install motion sensors. If working indoors at night, close the drapes.



**WORST**

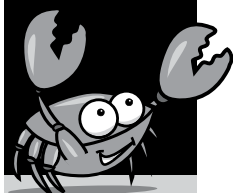
**BETTER**

**BETTER**

**BEST**



# Clubs and Meetings



look for us  
online at

**www.TheCrab  
Cracker.com**

or on  
**Facebook.**

Download  
current or past  
editions.

**The Stanwood Coin Club** meets the 4th Tuesday of the month at the Stanwood Library (summer months 6pm, informal meeting). September to June 7pm - 9pm. Members are knowledgeable in wide range of numismatic topics and are offering mentorship in hobby, assistance with appraisal and have access to reference materials! Contact: Mike at [gardenday2727@gmail.com](mailto:gardenday2727@gmail.com)

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

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

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

**Kaleidoscope Play & Learn** Tuesdays and Wednesdays, 10-11:30am and 3:30-4:30pm - a FREE play group for 0-5 years and their grown ups. Facilitators guide children and their caregivers through a variety of developmental activities that promote early learning, and is inclusive of all young children, languages, and cultures. RSVP at [www.crc-sc.org/events](http://www.crc-sc.org/events).

**Camano Island Quilters-Machine Embroidery Group** Every 1st Friday of the month. 10am-noon at Skagit Regional Clinics in Stanwood, 269th St., Conference Rm A. CIQ members will share help, ideas, designs, etc. Come join in the conversations.

**Camano Island Quilters Open Sew** Every 2nd Monday of the month. Open to the public. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Bring your sewing machine, project & basic tools for an afternoon of fun! Bring a sack lunch.

**Teen Late Night** Every Thursday. Grades 9-12, 4PM-6:30pm at Community Resource Center of Stanwood Camano. A safe place for teens to come and connect over food & fun..

**Camano Island Library Friends Meeting** - The Camano Island Library Friends General Membership Meeting will be held on September 26 at 3 p.m. in the Community Room at the library. Guest Speaker, Dan Koffman, will give an overview of his new program "A Storied Life...Grief to Gratitude". This community program celebrates lost loved ones and supports the shifting focus from grief to gratitude. We will have an update on an upcoming Author Talk with New York Times' best selling author Robert Dugoni on October 19th at Camano Center. The Friends have begun planning how best to celebrate in 2025 the 10th Anniversary of the opening of the Camano Island Library. Please come with some ideas and bring a friend!

# Family Medicine

*Re-opening on  
Camano Island*

**LOCATION:**

127 N. East Camano Drive  
360-387-5398

**Clinic hours:**

M-W: 7:30 a.m. - 6 p.m.  
Every other Th-F: 7:30 a.m. - 5 p.m.

[SkagitRegionalHealth.org](http://SkagitRegionalHealth.org)

 **Skagit Regional Health**



**JODIE BREWER-PEET, PA-C**  
Family Medicine

**DANIEL CEVETELLO, DO**  
Family Medicine



## Easy as 1,2,3

1. A Simple Gesture volunteer will drop off green bags at your house
2. Everytime you go to the grocery store pick up items for the green bags
3. Every other month A Simple Gesture volunteer will come pick up the bags from your front porch.

**Go to**  
[stanwoodcamanofoodbank.org](http://stanwoodcamanofoodbank.org)  
**to sign up or learn more.**



## CASA'S PET OF THE WEEK:

**FREDDY** - All kittens come spayed or neutered, age appropriate vaccines, treated for worms and fleas, micro-chipped and well socialized. Kittens do well in pairs or having a close to same age friend to play with and continue socializing. They are great with people of all ages and have met a few dogs and have not minded them around. Kittens are \$150 for one \$225 for 2. Come by the shelter and fill out an application today!

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

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## NOAH'S PET OF THE WEEK:

**ARDEN** - Looking for a playful, active pup to add some life and love to your family? Look no further! At 4 months old, this adorable pup, is looking for a FURever home committed to training, while giving out plenty of love and patience. If you are ready to add this beautiful, cutie-pie pupper to your family, come and talk to an Adoptions Matchmaker today!

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

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

**EDDIE** is a very special gentleman who is dreaming of a family that will love and cherish him. He would be happiest in a home where his people will include him in all their adventures. Just say the words bye bye and this boy is ready to go! Eddie has impeccable house manners and is a friend to everyone. **FIRST STEPS:** Visit [www.save-a-mutt.org/adoption-application/](http://www.save-a-mutt.org/adoption-application/) to fill out an application. We are a foster home based rescue.

**Save-A-Mutt (Silvana, WA):**  
(425) 280-0502. [www.save-a-mutt.org](http://www.save-a-mutt.org)

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HARD,**  
*Be Kind*

*Be real*

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start to finish.



*Laura Randall*

425-622-8074

[laura@ohlaurarandall.com](mailto:laura@ohlaurarandall.com)



*Karla Jacks*

425-345-5106

[karla.jacks05@gmail.com](mailto:karla.jacks05@gmail.com)



*Laurie Caniglia*

360-540-8057

[Lcaniglia7@gmail.com](mailto:Lcaniglia7@gmail.com)



*Malynda Shipley*

425-299-7892

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

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



*Amy Schmitt*

425-231-9364

[amy@amyschmitt.com](mailto:amy@amyschmitt.com)



*Allison Reid*

360-631-2308

[allisonreid.re@gmail.com](mailto:allisonreid.re@gmail.com)

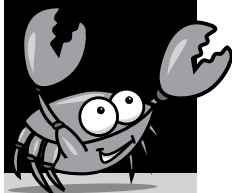
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# Classified Listings



## DID YOU KNOW?

The word 'cereal' comes from a Roman goddess. The breakfast food is named after the goddess of harvest and agriculture, Ceres.



## FOR SALE OR FREE:

**Free** 8 ft christmas tree in box, lighted polar bear, free aquarium 10 gal with filter and light hood available sep 8 on camano also has sturdy table if need 360 321-2974.

## MISCELLANEOUS:

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

**Estate Sale:** Fri-Sat Sept 20-21 9am-2pm, Warm Beach Senior Community, 20420 Marine Dr., Stanwood 98292. On arrival, follow sign(s).

## PROFESSIONAL SERVICES:

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

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

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

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

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

**Science and Math Tutoring:** I can help you review and strengthen your math and science skills. I have many years of experience with a very gentle approach. E-mail [ijmzinich@gmail.com](mailto:ijmzinich@gmail.com) or call 360-661-9517.

## WANTED:

**Considering a career in real estate?** Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Jill at [jillvail@windermere.com](mailto:jillvail@windermere.com) for more information. [windermere-stanwoodcamano.com](http://windermere-stanwoodcamano.com).



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AND INTO OUR STREAMS

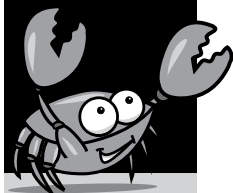
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TAKE YOUR CAR TO A  
**CAR WASH**  
WHERE THE WATER  
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CAR WASH

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begin in Mama's  
Kitchen!"

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## WHITE CHICKEN CHILI

A hearty one-pot meal you can have on the table in under an hour! White beans, tender chicken, and green chilis in a rich creamy broth, Enjoy!



**CHILI:** 1 T. olive oil; 1 lb. skinless, boneless chicken breast halves, cut into 1/2-inch cubes; 1 onion, chopped; 2 cloves garlic, chopped; 2 (15 oz.) cans great Northern beans, rinsed and drained; 2 c. chicken broth; 2 (4 oz.) cans chopped green chiles; 1 tsp. salt; 1 tsp. ground cumin; 1 tsp. dried oregano; 1/2 tsp. ground black pepper; 1/4 tsp. cayenne pepper; 1 c. sour cream; 1/2 c. heavy whipping cream  
**OPTIONAL TOPPINGS:** Sour cream, Corn chips, Cilantro, Jalapenos, Avocado, Scallions, Hot sauce

**DIRECTIONS:** 1. Heat olive oil in a large saucepan over medium heat. Add chicken, onion, and garlic; cook and stir until chicken is no longer pink in the center and juices run clear, 10 to 15 minutes. 2. Stir in beans, chicken broth, green chiles, salt, cumin, oregano, black pepper, and cayenne pepper; bring to a boil. Reduce heat and simmer until flavors have blended, about 30 minutes. 3. Remove chili from heat; stir in sour cream and whipping cream until incorporated. 4. Ladle into bowls and top with your favorite toppings. 5. **NOTES:** It's all about the toppings for me! Here I've topped the chili with more sour cream, corn chips, jalapenos, chopped cilantro and hot sauce. Let your imagination go wild!

## Children's Musical Theater

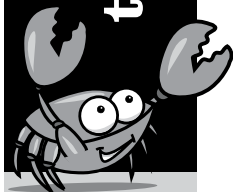
Young people ages 7-16

Ever thought of acting, singing, being a stagehand,  
or working with audio/video equipment?



**An Enchanted Journey: A Musical Adventure** - Based on the book 'Pilgrim's Progress' by John Bunyan. When: Thursday nights from 6:00-7:30 starting 9/12 Where: Cedarhome SDA Church, 28505 68th Ave NW, Stanwood. For more information, email: [Cedarhomekidz@gmail.com](mailto:Cedarhomekidz@gmail.com) or scan QR code

# View from the Bleachers



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

## HUMOR WRITER GARNERS INTERNATIONAL PRAISE FROM PEOPLE WHO CAN'T READ ENGLISH

In addition to my column in the Crab Cracker, I also have my own website called [ViewFromTheBleachers.net](http://ViewFromTheBleachers.net). Whenever I wonder whether anybody is paying any attention to my humor writing, I need look no further than my website's latest comments from readers to discover that spammers from around the world are regularly checking me out. And they always have something vaguely positive to say.

As a professional humorist and three-time Golden Globe nominee, I have found that when I stop to read the highly personal reader feedback of spammers from places like Istanbul, I am reminded that this labor of love is well worth it. One week I had over 300 comments from an eclectic collection of web sites, most of which, I sheepishly admit, I had never heard of. At the risk of sounding immodest, the feedback from these spammers has been almost universally effusive. Many times, the comments are surprisingly coherent, if you can just decipher the mangled syntax.

Here is a random sampling of reader comments from devoted spammer followers. [Author's note: All of the comments below appear exactly as they were submitted and have not been edited in any way.]

In response to one post, [kopfhoerer-kabellos133@techemail.com](mailto:kopfhoerer-kabellos133@techemail.com) wrote, "Much appreciated for the information and share!"

Commenting on a recent article, [katzenfutter-nass-Dushane1414@gmail.com](mailto:katzenfutter-nass-Dushane1414@gmail.com) wrote, and I quote, "heya, great blog page, and a very good understand! definitely one to my bookmarks."

Or how about this glowing praise from [pumpsneakers629@gmail.com](mailto:pumpsneakers629@gmail.com) who waxed eloquently, "I would like to say thanks of you a lot for a work you have made in writing this posting. I am hope to the same most affective work by you later on also." I could not have said it better myself, pumpsneakers.

Perhaps one of the recent responses that touched my heart the most was this enthusiastic comment by someone I'm guessing lives in Thailand whose website goes by the name of [thai-blog.net/2011/](http://thai-blog.net/2011/) - [classymassy@mordassy.com](mailto:classymassy@mordassy.com). After apparently enjoying one of my articles, Classymassy lavished the following praise: "You have really interesting blog, keep up posting such informative posts!" I feel I kinda know Classymassy now. She gets me.

There simply is not enough space here to share every glowing spammer comment, but since I am justifiably proud of the high praise, mind if I share just a few more?

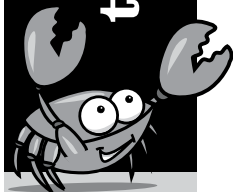
"There's a terific amount of knolwegde in this artical!" - [zojirushibread-machine.com](mailto:zojirushibread-machine.com)

"Yeah that's what I'm tlankig about baby-nice work!" - [t7erjt7jtf7@gmail.com](mailto:t7erjt7jtf7@gmail.com)

"Fine know-how! I have been hunting for everything such as this for



## View from the Bleachers



quite these days. With thanks!" - fussballschuhe.sneaker-blogs.de

I love hearing from my readers. I had no idea that Kolbyka Appliances in Gdansk, Poland, was such a fan of my humor writing. And I was taken aback to learn that Happy Feet Health Shoes in Johannesburg, South Africa found my website and gushed "thank you for the most useful information" – even though my post that week was about the passing of Osama bin Laden and made no reference to shoes.

It is so gratifying to know that even though the people on my website's subscriber list rarely comment on my posts, there is a large and growing international community of spammers whose web bots seek out my blog so the spammers' robo-email links programs can chime in week after week to thank me for another informative post. I can't count the number of times I have read comments like "I did not know that" or "I found your post helpful".

I can't recall the last time a spammer offered the slightest negative comment about any of my posts. What can I say? They obviously recognize quality humor writing when they see it. I am humbled to know that over the past two years, thousands of spammers have learned so many informative, useful lessons from visiting my blog.

To all of you spammers who have taken the time to visit my website and post your sincere comments of appreciation and praise, I just want to offer back to all of you my own heartfelt reply: "Thanks of all you to your helpful feedback. It is mine to have the pleasure of to informing you!"

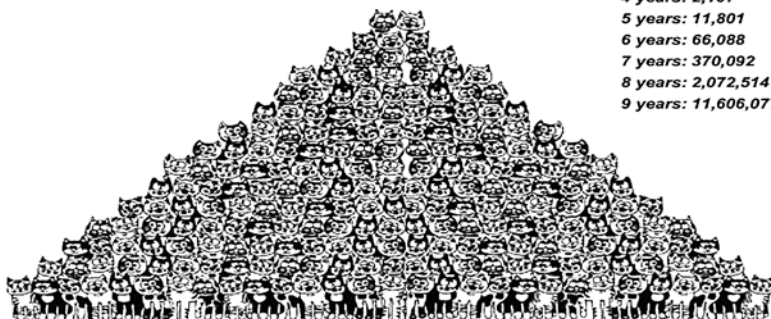
## Did you know?

Each day 10,000 humans are born in the U.S. – and each day 70,000 puppies and kittens are born. As long as these birth rates exist, there will never be enough homes for all the animals. As a result, millions of healthy, loving cats, dogs, kittens and puppies face early deaths as a form of animal control. Others are left to fend for themselves against automobiles, the elements, animals and cruel humans. What can you do to stop the suffering? *Spay and neuter your pets!*











*An unspayed female cat, her mate and all of their offspring, producing 2 litters per year, with 2.8 surviving kittens per litter can total:*

1 year: 12  
2 years: 67  
3 years: 376  
4 years: 2,107  
5 years: 11,801  
6 years: 66,088  
7 years: 370,092  
8 years: 2,072,514  
9 years: 11,606,077



# TIDE TABLES / SARATOGA PASSAGE / SEPTEMBER 20 - OCTOBER 3, 2024

Date	High /Low	Tide Time	Height Feet	Moon Visible	Date	High /Low	Tide Time	Height Feet	Moon Visible
F 20 20 20 20	Low High Low High	12:57 AM 7:22 AM 1:10 PM 7:04 PM	-0.2 11.5 3.0 11.9		F 27 27 27 27	High Low High Low	12:13 AM 7:37 AM 3:33 PM 9:24 PM	8.4 0.5 10.9 6.4	
Sa 21 21 21 21	Low High Low High	1:41 AM 8:22 AM 1:57 PM 7:37 PM	-1.0 11.4 4.6 11.5		Sa 28 28 28 28	High Low High Low	1:43 AM 8:37 AM 4:07 PM 9:59 PM	8.4 0.7 11.0 5.4	
Su 22 22 22 22	Low High Low High	2:29 AM 9:30 AM 2:48 PM 8:12 PM	-1.4 11.0 6.0 11.0		Su 29 29 29 29	High Low High Low	2:56 AM 9:25 AM 4:34 PM 10:28 PM	8.6 0.9 11.0 4.4	
M 23 23 23 23	Low High Low High	3:21 AM 10:48 AM 3:49 PM 8:51 PM	-1.2 10.7 7.2 10.3		M 30 30 30 30	High Low High Low	3:51 AM 10:06 AM 4:55 PM 10:56 PM	9.0 1.3 11.0 3.5	
Tu 24 24 24 24	Low High Low High	4:19 AM 12:19 PM 5:02 PM 9:40 PM	-0.8 10.5 7.8 9.6		Tu 1 1 1 1	High Low High Low	4:40 AM 10:43 AM 5:15 PM 11:24 PM	9.4 1.8 11.0 2.5	
W 25 25 25 25	Low High Low High	5:22 AM 1:47 PM 6:34 PM 10:49 PM	-0.3 10.6 7.9 8.9		W 2 2 2 2	High Low High Low	5:26 AM 11:20 AM 5:35 PM 11:54 PM	9.8 2.5 10.9 1.7	
Th 26 26 26 26	Low High Low	6:29 AM 2:49 PM 8:29 PM	0.2 10.8 7.3		Th 3 3 3 3	High Low High	6:10 AM 11:57 AM 5:57 PM	10.1 3.2 10.8	











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