

CAMANO CENTER & CAMANO SUE'S ART

HOLIDAY CRAFT & GIFT BAZAAR

ALL ITEMS ARE HAND MADE
OVER 50 + VENDORS!

BRING THE WHOLE FAMILY

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HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 a.m.—4:00 p.m.

2nd Chance Thrift Shop

1335 State Route 532 | Camano Island | WA | 98282

(360) 629-6142

Shopping

Wednesday through Saturday

10:00 a.m. to 4:00 p.m.

Donations Accepted

Thursday through Saturday (No Wednesdays)

10:00 a.m. to 4:00 p.m.



CamanoCenter
Get connected.

camanocenter.org

Board of Directors

Kathy Sanchez | President

Larry Carlstrom | Vice-President

Shirley Swanson | Treasurer

Connie Johnson | Secretary

Paul Foster

Linda Hadley

Jeff Highland

Ken Johnson

Kelly Kraus

Darlene Miller

Michal Scott



CAMANO CONNECTIONS

Camano Connections is published monthly by Camano Senior Services Association, a 501(c)(3) registered organization located at 606 Arrowhead Road, Camano Island Washington 98282. Opinions or issues presented do not necessarily represent an endorsement by Camano Senior Services Association. There is no implied or actual endorsement of any of the advertisers appearing in this newsletter.

Camano Connections is funded by membership dues, advertising revenues and other fundraising efforts.

Donations

September 11– October 10

Appreciation

Juliane Abbott--Spaghetti Lunch
Frank & Charlotte Ann Alishio—
Medical Lending Closet
Anonymous Donors—Friendship Tea
Anonymous Donors—
2nd Chance Thrift Shop
Anonymous Donors—
Spaghetti Lunch
Normie Baunsgard—Gala Auction
Angie Bayley—Spaghetti Lunch
Karen Conway—Spaghetti Lunch
Frank and Jackie DeFazio—
Camano Center/SAIL Appreciation
Robert Storwick & Karen Fineide—
Friendship Tea
Cindy Hand—Spaghetti Lunch
Robert Hill—Medical Rides
Austin & Jordan Lamb--Camano
Center Services
Ann-Marie McClellan—
Old Friends Club

Gala Auction

Jill Johnstone--Wish List Donation

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Vickie and Alan Eaker
Robin and Glen Elder
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Vincent and Amber Ferrese
Vicky Giannelli
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Georgia and Chuck Harlowe
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Betsy Shields
Duane Simshauser
Phil and Candy Trautman
Marge Tuffey
Robin Widoff
Althea and Daniel Willner

In Memory

Estate of Laurie Ware—In Memory
of Laurie Ware

DONATE YOUR VEHICLE!



The Camano Center has connected with Donate for Charity, Inc. enabling donors to make a significant contribution to their favorite nonprofit.

Click [HERE](#) or call us at the Camano Center at (360)-387-0222, if you are interested in learning how easy it is! Donate for Charity accepts cars, trucks, motorcycles, RVs, boats and airplanes!

Welcome New Members!

If you are a new Camano Center Member joining for the first time, we would like to invite you to our new member lunch.

New member lunches are typically scheduled for the 2nd Wednesday of each month.

Contact Juliane Abbott for more information.

jabbott@camanocenter.org



Left to right: Patricia Koehler & Phillip Cragerud

Holiday Bake Sale



Carole Olson & Darlene Miller

Do you love to bake? We are looking for volunteers to bake for our holiday bake sale that takes place during the Holiday Craft & Gift Bazaar. If you would like more information please contact Kendall Faragher, Monday through Friday 9:00 a.m.—3:00 p.m. (360) 387-0222.

Holiday Craft & Gift Bazaar

All the vendors are signed up and working to get their beautiful handmade items prepared for the Holiday Craft & Gift Bazaar at the Camano Center. This well-established event features over 50 vendors with one-of-a-kind gifts including pottery, wooden signs, soaps, lotions, holiday décor, jewelry, knit items, wooden bowls, fused glass and more! You can look forward to some of your favorite returning vendors and some new crafters that are coming for their first time.

This year, we will have **Smokin' Dough Wood Fire Pizza** on site to keep you fueled up so you have energy to keep shopping! Don't miss this holiday tradition, Saturday, November 16th 9:00 A.M.-4:00 P.M. at the Camano Center. Bring the whole family! Admission is free.



CAMANO CENTER

Holiday Bake Sale

BAKED GOODS SUGGESTIONS:

- | | |
|---------------------------|-------------------------------|
| COOKIES -PACKAGED 6 OR 12 | INDIVIDUALLY WRAPPED ITEMS |
| BERRY PIES | SEASONAL ITEMS |
| BROWNIES | SNICKERDOODLES |
| SUGARFREE ITEMS | CHOCOLATE CHIP OR M&M COOKIES |
| SNACK MIXES LIKE CHEX MIX | CARMEL OR FAAVORED POPCORN |
| SMALL LOAVES QUICK BREADS | GLUTEN FREE BAKED GOODS |
| YEASTS BREADS | HOLIDAY FAMILY FAVORITES |
| PUMPKIN ITEMS | |

**Bake sale takes place during the Holiday Craft & Gift Bazaar.
Sign up at the front desk.**

**No perishables or items needing refrigeration please. Package items in small amounts.
Please label items that are gluten free, sugar free or contain nuts.**

**Please bring items between
Thursday, November 14 and Friday, November 15 by 3 p.m.**

CAMANO CENTER & CAMANO SUE'S ART HOLIDAY CRAFT & GIFT BAZAAR



SUPPORT
OUR
LOCAL
CRAFTERS

BRING THE
WHOLE
FAMILY



THIS EVENT BENEFITS
THE CAMANO CENTER

ALL ITEMS
ARE HAND MADE 
OVER 50 VENDORS!

BAKE SALE
CANDLES & SOAP
HANDMADE GIFTS
ORNAMENTS
JEWELRY
CLOTHING
+ MORE!



Food
Vendor



Camano Center 606 Arrowhead Road Camano Island
(360) 387-0222 | camanocenter.org

A "Wonderland" of Success: Our Gala Nets \$290K!

We are absolutely thrilled to share the magical success of *The Wonderland Gala*, where together we raised just over \$290,000 (after expenses) to support our vital programs and services. The evening was a true journey down the rabbit hole, filled with generosity, warmth, and community spirit. Our "Raise the Roof" Fund-A-Mission brought in \$203,000 to go directly towards replacement of our roof, getting ready for our recently awarded Department of Commerce Solar Project grant. This will enable us to enhance operational sustainability and emergency preparedness for our community. We are so thankful for the generosity of our donors!

A special shout-out to Ian Lindsay, our engaging and supportive auctioneer, whose charm and energy kept

the bidding fast-paced and fun. And to Jack Archibald, who volunteered as our delightful emcee, guiding us through the night with wit and grace—together, they made this event a night to remember. The beautiful dinner created by Adin Collver and the Camano Center Catering Team was a highlight of the evening, impressing guests with its exceptional flavors and presentation.

We want to extend our heartfelt thanks to our incredible donors, guests, sponsors, and volunteers—you truly made the evening extra *wonderful*. Our hearts are full, and we are so grateful to each of you for helping us continue to make a difference in the lives of so many.

As a special treat, check out this stunning video, created by [A Huge Production](#), that beautifully showcases our center and the wonderful community we serve. [Watch it here!](#)

Thank you for being part of our Wonderland—your support means the world!

Cindy Hand
Development Director



Gala Auction Fund-A-Mission: Thank You Donors

John & Linda Hadley
Gina & Greg Crumbaker
Nick & Connie Johnson
Toni Mondschein
Paul & Juli Foster
Marie & Stephen Heil
Kelly & Mark Kraus
John & Paula Ebner
Brad & Lynnette Roberson

Eric Emery
Mary Jo & Jerry Sweeney
Teresa Ann LaFleur & Mark Siegel
Marjorie A. Miracle
Cheryl Gruger
Dale & Lynda Wagner
Tonia MacPhail
Charles and Donna Cole Foundation
Eric & Deanna Emery

Sue Hamilton
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Sylvia Lang & Frank Stark
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Scott Price & Carrie Urling
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 Dean Nelson & Idonna Pieper-Nelson
 Patricia L Colvard
 Pam Fredericksen
 Tina Morelli & Jeff Lee
 Normie Baunsgard
 Martha London
 Bonnie & Richard Cavell
 Helen & John Linden
 Carol Stillian & Tony Benjamin

Thank you to our 2024 Gala Sponsors



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Call Mike at 206-949-2737

STANWOOD HEARING



WaFd
Insurance Group
A WaFd Bank Company

Click on a sponsor's logo to visit their website.

Thank You to Our Auction Volunteers!



Lisa Brents and Sara Gosnold

We are incredibly grateful to everyone who supported this year's Gala Auction. Whether you gave your time, resources, donations, or simply attended the event, you played a vital role in its success.

Our volunteers stepped up to fill over 56 positions, helping with everything from setup to

guest services, and we were thrilled to have the Stanwood High School Honor Society students lending their energy to the evening.

It's because of your teamwork, generosity, and participation that we were able to host another successful event. Your contributions, in all forms, ensure that the programs and services we provide continue to thrive. Thank you for being such an essential part of our community!

Lisa Brents

Volunteer Services Manager



Chris McFall, Stanwood High School Honor Society & Jennifer McFall



Kathryn Arnold & Jessica Swan



Cathie Helgeland



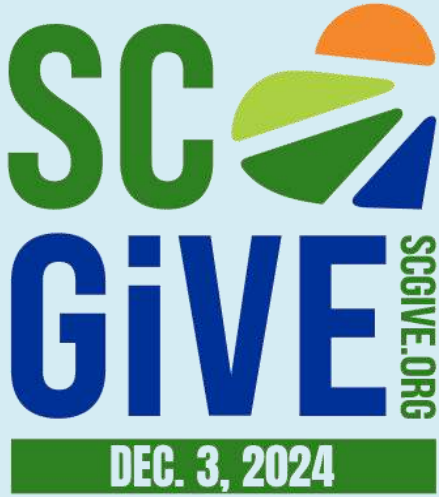
Board Members: Jeff Highland, Kathy Sanchez & Larry Carlstrom



Lois Ruskell & Mary Velasco

MEDICAL RIDES FOR OLDER ADULTS

MAKE A DIFFERENCE BY SUPPORTING NO-COST, SAFE AND RELIABLE MEDICAL TRANSPORTATION FOR OLDER ADULTS



Mark Your Calendar for **SCGIVE – Tuesday, December 3rd!** On December 3rd, you'll have the opportunity to support local non-profits through SCGIVE, our community's Giving Tuesday

event, facilitated by the Stanwood Camano Area Foundation. SCGIVE provides a platform for organizations across Stanwood and Camano Island to raise crucial funds for important projects.

Be sure to visit the **SCGIVE website** ahead of time to familiarize yourself with the event. This is a fully online fundraiser, so keep an eye on your email for updates on how to make your donation count.

You'll also have the chance to help us earn additional prize money from local sponsors, so don't miss out!



An advertisement for the 2nd Chance Thrift Shop. It features a logo for 'CAMANO CENTER'S 2ND CHANCE THRIFT' with a stylized tree and people. The text reads: '2ND CHANCE THRIFT SHOP Wednesday-Saturday 10:00 a.m.- 4:00 p.m. Donations Accepted Thursday - Saturday 360.629.6142 2NDCHANCETHRIFTSHOP.ORG'. The background shows a building with a blue roof.

Programs, Services, & Partnerships Helping Older Adults

Stanwood Camano Food Bank

27030 102nd Ave NW, Stanwood

The Stanwood Camano Food Bank functions as a grocery store model where their members can come in and shop with assistance from volunteers! They are open for food distribution on Wednesdays from 10am-3pm, and Saturdays from 10am-2pm.

The food bank provides a wide variety of foods including basic staples and canned foods, as well as fresh produce, dairy products, meat, bread, baby food and diapers when available.

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+. There are open for Senior Serve every Thursday from 11am-12pm. Appointments are required for shopping at Senior Serve. Click [here](#) to make an appointment to shop!

Camano Center

Medical Transportation Program

The Camano Center's Medical Transportation program is a vetted network of volunteer drivers dedicated to providing transportation assistance to those who need it most. By becoming a volunteer driver or contributing as a program donor, you can make a meaningful difference in the lives of others.

Your support enables us to ensure that older adults living beyond the regular fixed-route bus service,

those without access to a car, or individuals who may be living alone and in need of a safe ride to a medical appointment, receive the assistance they require.

Join us in supporting independence, health, and quality of life for our community members. Together, we can make a positive impact, one ride at a time!

Contact Angie Bayley for more information or to register for the program.

(360) 387-0222

Foot Care Clinic

Appointments are available on the 1st, 2nd, 4th & 5th Wednesdays at the Camano Center.

Fees are as follows:

\$35 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

(360) 387-0222





Snow Goose Transit *Connecting Older Adults*

Snow Goose Transit is a “flex route” service. A flex route service allows us to pick people up from their front door, if you have mobility issues. The deviation request must be scheduled 48 hours in advanced.

You can schedule a deviation by contacting their office at (360) 629-7403 ext. 101 between 8:00 am and 5:00 pm (Mon-Fri). The buses have room for several passengers and two wheelchairs. Service is provided to Camano Island, Stanwood, Angel of the Winds Casino, Arlington, and Smokey Point.

Ensure Plus *Liquid Nutritional Supplements*

Eligibility

Doctor’s prescription is required. Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Cost

Meals are provided “by-donation” and clients pay what they can. Donations are needed to keep the

program running. Suggested donation \$30/case of twenty-four.

How do I obtain Liquid Nutrition Supplements on Camano Island?

The liquid Nutritional Supplement Program is provided through Island Senior Resources. Contact Angie Bayley, at the Camano Center at (360) 387-0222 for assistance.

You will need to provide a prescription from your doctor and complete an intake form.

In Home Care Registry

Are you looking for some support in or around your home, or know someone else that is?

Services available might include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance and much more!

Click [here](#) for to visit the programs & services section of our website for more information or to view the list. It is available in person at the Camano Center front desk Monday through Friday 8 a.m.–4 p.m.



GRIEF TO GRATITUDE



Come and share uplifting stories of your lost loved ones to inspire joy and reflection with Facilitator Danny Koffman

Monday, November 11th

10:00 am-11:30 am

at the Camano Center

RSVP to 360-387-0222

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

Medicare Open Enrollment occurs Oct. 15 - Dec. 7

Help with Medicare is available in-person, by Zoom or phone

SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2025 coverage.

Starting Oct. 1, you can schedule your free, unbiased consultation.

To request an appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: shiba.OE@edmondswaterfrontcenter.org
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba
4. Use our QR code for an online appointment request form



We're your Statewide Health Insurance Benefits Advisors (SHIBA) program



Camano Center Coffee Connection

Members can connect and enjoy free coffee at the Camano Center Monday through Friday.

Stop by and relax in our seating area. Read a book, work on a puzzle or visit with friends while enjoying a cup of coffee on us.



Sponsored By:



Josephine
Caring Community

One Heart. Many Hands.

**Monday, Wednesday & Friday
Community Lunch is prepared
by Island Senior Resources in
partnership with the
Camano Center.**



**Meals on Wheels
Information**

Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home at noon by friendly volunteers. Provides essential human connection.

Client wellness checks provide information, resources, and a sense of security for family and loved ones.

For short-term and long-term needs. Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available.

Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Meals are provided “by-donation” and clients pay what they can.

No one will be turned away because they cannot pay. Checks or cash are accepted; no debit/credit cards. For further information, call (360) 387-0222 or email Lars Wengren.

camanokitchen@islandseniorservices.org

Call Monday, Wednesday or Friday by 10 a.m. for Meals on Wheels changes or for meals to go.

If you would like more information on the Meals on Wheels program or to sign up for the first time, call Emily MacCormick, Meals on Wheels Assessor at (360) 672-6416.

Community Lunch is served Monday, Wednesday & Friday. Please be seated by 11:45 a.m.

November Lunch Entrée

1	Fri	Salisbury Steak
4	Mon	Tender Chicken Strips
6	Wed	Lasagna w/Meat Sauce
8	Fri	Ham w/Scalloped Potatoes
11	Mon	<i>NO MEAL SERVICE Veterans Day</i>
13	Wed	Teriyaki Chicken
15	Fri	Cheese Stuffed Shells w/Sausage
18	Mon	BBQ Pulled Pork Slider
20	Wed	Thanksgiving Dinner * Reservations Needed*
22	Fri	Chicken Cordon Bleu
25	Mon	Sloppy Joe w/Ground Beef
27	Wed	Pork Chop w/Apple Chutney
29	Fri	NO MEAL SERVICE Thanksgiving Holiday

Notary Services Available

At the Camano Center

Bonnie Eckley, Executive Director is providing notary services free to *Camano Center members* and to non-members *by donation*. Please provide at least 24 hours notice by scheduling an appointment.

Appointments are available, most days, Monday –Friday 8:00 a.m.—4:00 p.m. by calling the Camano Center at (360) 387-0222.



Sharing is Caring *Caregiver Support Group*



Are you caring for someone with Alzheimer's or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with cognitive or memory impairment.

The group meets the 3rd Wednesday of the month at 10:30 a.m. at the Camano Center. Caregivers may come with or without spouse or partner. There is no cost to participate.

Aging and Disability Resources for Camano Island

NWRC Aging & Disability Resource Program Specialists provide information, referrals, and assistance in obtaining services that support independence, dignity, and health of older adults and people with disabilities.

Phone (360) 428-1309

Email: adrccamano@dshs.gov



Nikki Turner

Aging & Disability Resource Program Specialist

**Wednesdays
9 a.m. to 4 p.m.
at the
Camano Center**

Activities and Hobbies

At the Camano Center

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary, may be limited and there may be other participation requirements. Where applicable, when playing for money, Camano Center Membership is required.

Most activities are free of charge to current Camano Center members & non member charge for each activity is \$5.00 payable at the front desk at check-in.

Click on the activity title for more information on each activity or visit our calendar at camanocenter.org.

Click [here](#) to be directed to our calendar for more information on activities.

**Check before you go.
Schedule is subject to change.**

Get Creative

Art & Sewing



[Mending Hearts Quilting Group](#)

1st & 3rd Mon
8:00-12:00pm
Location: Craft Room

Work on your own project or work on disaster quilts. Contact: Joan Huehnerhoff (425)-754-6620 for more information.

Paint Group is an all medium paint community.
Contact: Kitty Tanji (425) 985-1319 (text only), 360 572-4123 or email: dragoes@me.com.

[Paint Group 1](#)

Every Tue
8:00-11:00am
Location: Craft Room

[Paint Group 2](#)

Every Fri
12:30-3:30pm
Location: Craft Room

[Needle Works](#)

Every Thu
9:00-11:00am
Location: Craft Room

We quilt, knit, crochet, do embroidery, and more. Contact: Mary Beckham (360) 387-6958

[Hero Quilters](#)

3rd Wed
10:30-3:00pm
Location: Craft Room

The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers.
Contact: Sharon Szekely sharonsseams2be@yahoo.com

Get Strategic

Cards & Games

[Mah Jongg](#)

Every Mon
9:00-12:00pm
Location: Education Room
Contact: Melinda Brown (360) 387-2940.





PAINT GROUP

OUR PAINT GROUP IS AN ALL MEDIUM COMMUNITY! ALL SKILL LEVELS WELCOME.

TUESDAY 8:00 AM - 11:00 AM
FRIDAY 12:30 PM - 3:30 PM

Email Kitty Tanji: dragoes@me.com
for more information

Free to
Camano Center
Members

(Continued from page 16)

Pinochle

Every Mon
12:30-3:30pm
Location: Education Room

Contact: Mary
Rauch mjrauch@wavecable.com
or (360) 387-1142

Cribbage

Every Tue
1:00-4:00pm
Location: Conference Room
Contact: Hilda Story
(425) 220-4562

Hand & Foot Canasta

Every Wed
12:30-3:30pm
Location: Education Room
Contact: Patt Bass
(415) 283-7929

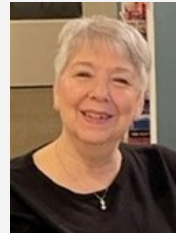
Duplicate Bridge

Every Thu
12:30-3:30pm
Location: Education Room
Contact: Mike Bloom
(425) 971-1379

Get Smart Computer & Phone Help

Tech Tips

Every Tue
10:00-12:00pm
Location: Library
Call the Center at
(360) 387-0222 or
stop at the front desk to schedule
a 30-minute appointment with
Wanda Hill for assistance with
your PC and Windows products.
No Macs or cell phones. Bring your
laptop.



Macbook and iPad/ iPhone Tutoring

1st & 3rd Wed
1:00-2:30pm
Location: Library
Need help using your Mac laptop,
iPad or iPhone? Sign up for a 30-
minute session with Joyce
Lukaczer. Email Joyce to sign
up fact@msdeadlines.com.



Get Vocal Music Makers

Cowboys Music Group

Every Fri
1:00-3:45pm
Location: Education Room
The group is managed by Lee
Clemetson, Lois Giles and Jack
Rensel. Come to the Camano
Center. Once you start you can be
added to an email contact list.

Camano Ukulele Ensemble

Every Mon
1:00-3:00pm
Location: Craft Room
Contact: Val Schroeder
(360) 387-2236

Music Group

Every Tue
1:00-3:15pm
Location: Jensen Room
Acoustic non-amplified musical
instruments.
Contact: Robin Widoff
(707) 312-1112

(Continued on page 18)

Get Curious

Special Interest

(Continued from page 17)

Camano Center Lending Library

All Weekdays

8:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home. Bring it back when you are finished. That's all you have to do.

Friendship Tea

1st & 3rd Tue

10:30-11:30am

Location: Education Room

Watch the calendar and for announcements posted on the bulletin boards at Camano Center and 2nd Chance Thrift Shop.

Contact: Connie Johnson

(360) 652-7211

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

Reading list is from the Sno-Isle library.

Contact: Janet Penny

(360) 403-5502

Travel Talk

2nd Fri 10:00-12:00pm

Location: Jensen Room

Each month Travel Talk will have a slide show presentation about someone's travels. This month we tour Switzerland.

Contact: Mark Kraus

(425) 503-9072

Get Active

Exercise & Fitness

Contact the Camano Center front desk Monday—Friday 8 a.m. until 4 p.m. for information about all SAIL classes.

LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

Instructor: Carol Pope (425) 344-9505 12-class punch card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Pilates/Yoga Fusion

Instructor: Carol Pope (425) 344-9505 12-class punch card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

Line Dancing Class

Every Wed

3:00-4:00pm

Location: Sundin Room

Instructor Kari Dziewiontkoski

(206) 375-4151

\$10/\$8 Camano Center Members

Yang Style Tai Chi

Every Fri

11:00-12:00pm

Location: Education Room

Contact: Tom Hiegler

(360) 420-3426





STAY ACTIVE & INDEPENDANT FOR LIFE

AT THE CAMANO CENTER



Stay Active and Independent for Life (S.A.I.L.) is an evidence-based strength, balance & flexibility fitness program for adults 65 and older.

- **It Works**

You will be stronger, have better balance and feel better.

- **It's Safe**

The instructors are experienced and skilled, and exercises have been tested with older adults.

- **It's Fun**

You will meet other older adults and make new friends.



Exercises can be done standing or sitting.



S.A.I. L meets the highest criteria for an evidence based program.



Classes are offered 2-3 times a week.

Classes at the Camano Center are open to members.

Contact us for information on class availability.

(360) 387-0222

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center

Join Us and Sign Up Today!



Connect with the Community & Support the Camano Center

[A Better Solution In-Home Care](#)

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

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[Family Resource Home Care](#)

[Friends of Camano Island Parks \(FOCIP\)](#)

[Good Knight Homes - North48 Real Estate](#)

[Heritage Bank](#)

[Homewatch Caregivers](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

[Jan Mather – Camano Island Expert - Windermere](#)

[Josephine Caring Community](#)

[Land Title and Escrow](#)

[Law Office of Cole & Gilday](#)

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[Massage on Camano](#)

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[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Right At Home](#)

[Shirley A. Swanson, EA – Tax Preparation](#)

[Shoebox Baking Company](#)

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[The Picnic Pantry and Parlour](#)

[Vidor & Associates, Inc.](#)

[Windermere Real Estate / C.I.R.](#)

What's Age Got to Do With It?

Which Way to Go?

*"The great paradox of our time: everything is both better and worse than ever before". --From an essay by Rob Wijnberg in *The Correspondent**

The heart of the message is that humans have tendencies to view the past & future in conflicting ways that can lead either to hope or despair.

While considering this conundrum, I came across a couple of studies that made some interesting conclusions about these differences in perspective across nations. It seems that in the more prosperous countries (like ours) there is a tendency among many to think "The Good Old Days" were better than what lies ahead. In countries where life is generally harder and more hazardous, there is a much stronger tendency to think that "Things will just get better and better."

Billy Joel in "Keeping the Faith" suggests...

"The Good Old Days weren't always good, and tomorrow ain't as bad as it seems."

<https://www.youtube.com/watch?v=Pbn6a0AFfnM>

Whatever your perspective on life, it might be worth it to consider these thoughts from a wide array of viewpoints...

"If everyone is moving forward together, then success takes care of itself." --Henry Ford

"Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer." --Denis Waitley

"I don't know why people think things were better back then. As far as I'm concerned, they were "The Bad Old Days!" --My Uncle Bill

"It's just life. You have to be able to get up, face your flaws, and just, whatever it is, a step, an inch, you just got to keep moving forward." --Monty Williams

"The longer we keep looking back in the rearview mirror, it takes away from everything that's moving forward." --Dan Quinn

"Looking back isn't going to help you. Moving forward is the thing you have to do." -- Olympic gold medalist

McKayla Maroney



Joni Mitchell's "Both Sides Now" may be talking about love, but how true it is about life itself:

<https://www.youtube.com/watch?v=VvcEgxyWBJU>

Whatever your perspective, let's all take heart from Rob Wijnberg's conclusion:

"But then we can take heart from this fundamental truth about human nature: together we can."

Because, never forget that, "...someday, these will be the good old days..." if we choose wisely. -- Macklemore

Connie Johnson
Board Member



**Autumn
Friendship Teas**

**October 1st & 15th
November 5th & 19th**

10:30 a.m. – 11:30 a.m.



"Bring a Friend, Make a Friend"

Camano Center

**Free with Camano Center Membership
Non-members \$5**

**Contact Connie Johnson
360-652-7211**

Learning the Land: Cover Cropping

with Vince Caruso



What does six-foot tall rye mean to you? For Vince Caruso of [Caruso Farms](#), it means experimenting with cover crops.

Caruso Farms is a 12-acre family farm outside of Snohomish where Vince and his team successfully

grow a variety of vegetables—such as zucchini, peppers, broccoli, garlic, and potatoes—as well as melons and berries, all without the use of pesticides. To achieve bountiful and tasty results, Vince focuses on taking care of the land he farms, using tried and true methods to improve soil fertility and health with practices such as crop rotation, soil amendments (compost, manure, and biochar), reduced tillage, water conservation, and cover cropping.

“I love figuring out the mechanical part of [soil health],” Vince shared with us.

What does healthy soil look like, you ask? Essential elements to healthy soil include good drainage, robust nutrients, and [beneficial bugs](#).



[Cover cropping](#) is a great tool for building and maintaining healthy soil. Cover crops are plants grown in between cycles of cash crops, and have multiple benefits and uses. They can be tilled into soil, adding organic matter and nutrients, or simply cut down before planting the next crop. Cover crops can also improve soil structure, break up pest and disease cycles, act as a weed suppressant, and reduce topsoil erosion. There are a variety of plants that can serve as cover crops and their selection depends on your growing plans and soil needs. A few examples of cover crops are clover, peas, vetch, and rye.



It usually takes some experimentation to figure out how cover crops work in your rotation, which brings us back to the Case of the Six-Foot Tall Rye. It was co-seeded with vetch around a patch of garlic. Vetch adds nitrogen to soil and Vince intended for the rye to act as a weed-deterrent, which it effectively did. However, the rye grew a little taller than intended, leading to termination challenges.

Rye decomposes slowly and termination timing is important so it doesn't go to seed and take over your carefully tended veggie bed.

But Vince hasn't given up—he's still experimenting and figuring out how to get cover crops to best work on his farm.

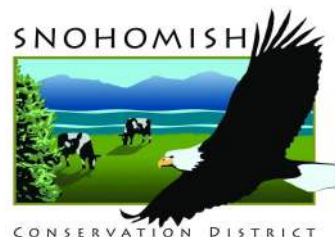
When we asked Vince, "Is farming more of an art or a science," he replied: "I'm more of an artist because I don't use a control." Vince mentioned time and resources as challenges to dialing in his soil's health. However, even when presented with various limitations, Vince uses creativity to keep his soil productive, and fruits and vegetables thriving.

We'd like to thank Vince for showing us around his farm and sharing his soil health insights!

Questions about cover cropping and other soil health practices? Looking for support while you experiment with a new practice? Reach out to have one of our

farm planners come visit your farm and provide insights and information about programs available to help! Ways to reach us: Our [Assistance Request Form](#), outreach@snohomishcd.org, and 425-335-5634.

*by Natalie Nelson
Snohomish Conservation District*



This project (WQC-2022-SnohCD-00101 Nutrient Runoff Reduction From Agricultural Lands in Snohomish County) was made possible with a Washington Department of Ecology Centennial Clean Water Fund grant.

Fall and Winter *Cancellation and Closure Information*

Fall and winter are on their way! We would like to remind everyone that during this time of year we have fundraising opportunities and seasonal programs that require us to cancel some of our activities. We encourage you to check our online calendar frequently for scheduled cancellations as well as unscheduled winter related cancellations and closures. Cancellations are shown in red on the calendar. You may follow this [link](#) to the calendar or visit our website at any time. If you participate in one of the many activities at the Camano Center, check in frequently with the activity's group contact. They are all kept up to date on scheduled closures.

The Camano Center and 2nd Chance Thrift Shop do follow the Stanwood Camano School District's decision to close **due to hazardous weather and/or dangerous road conditions**. Many businesses and organizations in our area use this as a guide for safety. School closure information will be available on the school district's website and social media, Seattle broadcast morning news, and our website and social media will be updated at the first opportunity.

If the school district is operating on a delayed start due to weather and road conditions, the Camano Center and 2nd Chance Thrift Shop will open at the discretion of the Executive Director and/or may close early. As always, during bad weather, assess the safety of your own driveway and your own neighborhood first. If in doubt, stay home!



Our Values

We behave with compassion, respect, and integrity. We foster an environment of inclusion and continuous growth. We act with a heart of service.

Our Vision

A community where older adults are empowered to live their lives to their fullest potential.

Our Mission

Create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community.

Contact Us

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