

March 21 through March 27, 2024

FREE

Whidbey Weekly

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Whidbey Island Growers Association & Heavy Nettle Collective



the

GREAT

WHIDBEY

SEED SWAP



March 24, 11-3 | Greenbank Farm | whidbeycd.org/events



The Trudy Sundberg
LECTURE SERIES



Lyla June - Architects of Abundance

Indigenous Regenerative Food Systems
& The Excavation of Hidden History

Friday, March 22nd, 7:30 PM
Whidbey Island Center for the Arts
FREE PUBLIC LECTURE

"Whether it's periodically burning grassland ecosystems with low severity fires to maintain habitat for deer, buffalo, antelope, etc., or building intertidal rock walls that catch sediment and warmer waters to expand clam habitat, native people have a number of innovative strategies for scaling habitat for edible plants and animals whom they often view as relatives."

Whidbey Weekly NEWS



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MARCH 21 - MARCH 27, 2024

Seed Swap all about growing community



Photo Courtesy of Whidbey Island Conservation District
Heavy Nettle Collective, one of the groups coordinating the Great Whidbey Seed Swap Sunday at Greenbank Farm, gathers for its monthly meeting in January.

By Kathy Reed Whidbey Weekly

Spring has officially sprung! For many, that means thoughts of spring planting may be taking root. If so, the Whidbey Island Growers Association and Heavy Nettle Collective may have just what you need to satisfy that growing urge.

The two groups will present the first ever Great Whidbey Seed Swap from 11 a.m. to 3 p.m. Sunday at Greenbank Farm. There will be seeds to swap, educational booths, activities and more. This is a free event and everyone is welcome to attend.

You do not need to bring seeds to share, but organizers do ask that people RSVP at whidbeycd.org/events.

"Folks will be able to lay out their seeds on a communal table to share and get to know their community by discussing what they have brought," said Allison Rinard, Whidbey Island Conservation District (WICD) community engagement manager, who is co-producing this event as part of WICD's Whidbey Island Growers Association (WIGA) programming. "Information booths, vendors, and family friendly

activities will help you learn more about growing your own food, sustainable living and how to connect with our local food system on Whidbey Island."

Rinard said while this is the first Whidbey seed swap, she hopes it will grow into an annual event, along with other community-building events for the growers association.

"Heavy Nettle Collective approached me with the idea," she said of how the seed swap came about. "I am working to build more formal leadership for the growers association by and for farmers, including creating a steering committee over the next year. Traditionally, WIGA has hosted farmer education and networking events produced in partnership between WICD and WSU Extension Food Systems - Island County. We are exploring new formats, including the seed swap, potlucks, farm tours, and community work parties."

Perhaps one of the most valuable things people will be able to find at the Great Whidbey Island Seed Swap is information.

"Seeds will run the gamut from extras people purchased commercially to those they collected and saved from their own gardens," said Rinard. "You'll have the opportunity to speak to each grower about what worked for them and what didn't, and learn together! Since we are all local growers, typically seeds will be well adapted for our climate and soils."

Those attending will find booths from Heavy Nettle Collective, where people can make their own seed bombs and enjoy activities for kids, to information booths

from Black Seed Farm, Good Cheer, Island County Public Health WIC Farmers Market Nutrition Program, WSU Extension Supplemental Nutrition Assistance Program, Island County Master Gardeners, Whidbey Island School Garden Coalition, Whidbey Island Conservation District, and more.

There will also be vendors, including Arrows Aim, which will provide soil bar and propagation demonstrations, bicycle repair by Celerity Cycles, tool sharpening by Frosty's Fine Edges, regenerative gardening by Cruising Climate and food will be available for purchase from Chef in the Black Bandana.

One of the more unique aspects of the seed swap is the wellness suite in the loft, which will include breathwork and mindfulness sessions by Black Girl Country Living, the Acknowledge Wellness tea bar, Winding Circle Massage and yoga at noon with Wild Standard Botanicals.

"In the farm and garden world, there is a lot of talk these days about sustainable and regenerative agriculture," said Hillarie Maddox, a co-founder of Heavy Nettle Collective who is helping to coordinate the Wellness Suite. "The challenge is, the burnout amongst the folks doing this work is so high and there is very little support for them. The reality is, there is no such thing as a sustainable farm, let alone regenerative, if the farmers themselves are unwell. If we want to retain local farms and farmers with all the benefits they bring, we have to be invested in the wellness of the people growing the food, who are a vital part of the system."

For those unfamiliar with Heavy Nettle Collective, it is a group of "farmers, community builders, small business owners, parents and caregivers, storytellers, and local leaders working to nurture the community we love — all centered around stewardship of the land and each other," according to Maddox. "We meet regularly at Case Farm and in each other's homes to expand the vision of what we are creating, lay out plans for the season and years ahead, and share soul-nourishing food and conversation."

For now, Rinard encourages everyone to "Come for the seeds, stay for the fun!"

"A seed swap is a great event for experienced professional growers and beginning gardeners alike," she said. "You will learn more not only about gardening, but also how to support circular local economies through self-sufficiency, self-care, and repair practices. This swap is pulling people together from across the community to share wisdom, resources, and support our collective wellness."

Learn more about the Great Whidbey Seed Swap and the Whidbey Island Growers Association at whidbeycd.org. Find the Heavy Nettle Collective on Instagram, @heavynettlecollective or at heavynettle.substack.com/about.

Scan to learn more about Heavy Nettle Collective newsletter



Photo Courtesy of Whidbey Island Conservation District
members enjoy a farm walk at Foggy Hill Farm. Pictured from left are Kelsi Mottet, Whidbey Island Conservation District; Elizabeth Case, Heavy Nettle Collective (HNC); Garrett Michaels HNC; Priscilla Watson HNC; and Loren Imes, WSU Extension.



If every reader donated just \$5.00 we would meet our goal.
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Thank you for supporting these *always free* community newspapers.



Saturday, Feb. 24
6:55 pm, N Oak Harbor St.
Caller advising a package she ordered said it was delivered, but probably to the wrong address.

10:30 pm, SW Erie St.
Advising a person inside the store right now believes they may have lost their purse; store requesting law enforcement assistance in finding it.

Sunday, Feb. 25
12:48 am, NW Oxford Pl.
Subjects at location are singing loud karaoke and have loud music playing.

12:24 pm, SE Barrington Dr.
Reporting party requesting call in reference to missing purse.

7:32 pm, NW Longview Dr.
Reporting party states bag was stolen from location; occurred a few days ago; bag was inside the residence.

Monday, Feb. 26
5:49 am, SW Fairway Dr.
Reporting party advising they saw a head lamp in the construction area.

Wednesday, Feb. 28
8:35 am, NW Cathlamet Dr.
Abandoned vehicle for past five years is parked over a storm drain, causing debris to back up.

1:07 pm, SW Mulberry Pl.
Party requesting phone call on why her vehicle was towed.

8:04 pm, SE 4th Ave.
Reporting party states there is a "guy" in her recliner.

8:09 pm, Fort Nugent Rd.
Owl in the middle of traffic.

9:16 pm, SR 20
Reporting party states he needs to leave the country for an emergency and needs to leave his white Toyota Echo at the shuttle parking lot for three weeks; requesting phone call to know if this is a problem or not.

Thursday, Feb. 29
12:22 am, SW Erie St.
Advising male was in parking lot blaring music and reporting party is asking him to turn it down; male is now approaching reporting party, but states male has turned the music down.

Saturday, March 2
5:24 am, SW Erie St.
Reporting party advising there is a male subject in the men's room and made the employees feel threatened when they went in to check on him.

11:05 am, NE 10th Ave.
Reporting party states he was assaulted at location; states he was trying to get into a vehicle and male driving took off.

7 p.m. NE Regatta Dr.
Reporting party has an RV and doesn't have a clear spot to park it yet; requesting call to know where he can park it until a spot can be figured out.

Sunday, March 3
2:20 pm, SW Rosario Pl.
Reporting party advising is in a "standoff" with an aggressive dog.

3 pm, SR 20
Reporting party advising subjects across the street are yelling at reporting party.

11:25 pm, SW Erie St.
Report of vehicle doing donuts, now going to Walmart.

Monday March 4
7:39 am, NW Crosby Ave.
Reporting party advising they believe someone might be stealing property from location; truck backed up to location and started loading tools and other things into the truck and then left.

10:25 am, SE Barrington Dr.
Reporting party requesting call in reference to female; wants to know what will, or did, happen in court.

1:55 pm, SW Erie St.
Occurred March 2 during early afternoon; medication was stolen from shopping cart.

Report provided by OHPD & Island County Sheriff's Dept.

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1:15PM, 4:00PM & 7:00PM
KUNG FU PANDA 4 (PG)
1:30PM, 4:30PM, 7:15PM
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WED 3/27 - BOY'S SOCCER
BELLINGHAM @ OHHS - GAME STARTS 7:00 PM
THURS 3/28 - BASEBALL
OHHS @ SQUALICUM - FIRST PITCH 4:00 PM
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BITS & PIECES

Dear Editor,

Saturday, March 9, at the 8th annual Miss Oak Harbor Scholarship Pageant, we crowned our 2024 Miss and Teen Miss Oak Harbor Royalty, who will represent our city while serving the community for the next year. We supported 21 contestants through our six-week program and ended the evening by delivering over \$29,000 in scholarships and awards! We continue to prove that this is not a beauty pageant but rather a program designed to encourage, inspire, and recognize the many achievements of the young women in our community.

The success of this program is not possible without the generous support of our sponsors, coaches, and volunteers. Whidbey Royalty humbly thanks the following businesses and individuals for their support and contributions:

3 Sisters, Applebee's, Anita Johnston, Ashley's Design, Bassett Ag LLC, Because We Matter, Best Friends Veterinary Center, Campbell Brothers Fencing LLC, Cathy Rockwell, China City, Chris' Bakery, Dominos, Edward Jones—River Powers and Aaron Tabor, Elaine's Photo Studio, Farm Strong Bulldogs, Frasers Gourmet Hideaway, Honeymoon Bay Coffee Roasters, Humphrey Sign Co, Island Erratics Farm, Island Oral and Facial Surgery, JuelinJoi, Kate Hauter, Laura Houck Photography, Lemme Dental Studio, Lynnie Brown, Mala Sooknanan, Mark's Auto Repair, Ms Ashley's Preschool, My Sister's Closet, North End Fitness, Puget Sound Golf Club, R&R Tree Service, Siren House, Specialty Welding and Technique, STAR Behavior Consulting, Studio Sugar, Sylvan Learning Center of Oak Harbor, The Annie Cash Team, The Ballet Slipper, The Ballet Slipper Conservatory, The Casual House, The Greenhouse Florist and Nursery, The Seaside Salon and Spa-North, and Triple C Construction Services.

We would also like to thank our coaches, Brianna Thompson, Graeme Sandlin, Jill Johnson, JoAnna Brooks, Mara Powers, Mari Wuellner, Stephanie Smith and Sue Riney; our Mistress of Ceremonies, Erica Wasinger; our emcees, Mara Powers and Kiersten Tyson; our judges, Dale Marrs, Jim Slowik, Amy Malmkar, Kendra Sanchez and Kevin Counts; and our many volunteers.

We are so fortunate to live in such a caring and generous community that has a deep understanding of the value of our youth. We thank our supporters for their continued investment in our program, our contestants for their steadfast commitment to the program and its process, and the families who shared their daughters with us and cheered them on each week.

Miss Oak Harbor (dba Whidbey Royalty) is a 501(c)(3) nonprofit whose mission is to inspire, challenge and mentor contestants while providing opportunities for them to develop life skills that will enhance their confidence, self-esteem and sense of accomplishment.

Sincerely,
River Powers and the entire
Whidbey Royalty Board of Directors

Sno-Isle Libraries director to retire

Sno-Isle Libraries Executive Director, Lois Langer Thompson, has announced her intent to retire in July. After over five years of dedicated service, Thompson leaves behind a legacy of transformative change through her commitment to equity and dedication to creating inspiring, welcoming spaces.

"Lois exemplifies dedication and passion to shape our libraries to bring value to our communities. She has modeled for our organization what it means to lead with equity. Her impact will be felt for years to come," said Rose Olson, president of the Sno-Isle Libraries board of trustees.

Thompson has played a pivotal role in cultivating a thriving library community. Under her leadership, Sno-Isle Libraries has:

- embedded equity across the organization,
- built a capital strategy for our 23 community libraries,
- secured over \$8.02M in state grants to support library capital projects,
- continued community leadership of the Mariner Community Campus project,
- secured \$1.5M federal ARPA grant through Snohomish County to invest in digital equity,
- launched a commitment to sustainability,
- expanded the Sno-Isle Libraries Foundation board of directors,
- strengthened community collaboration, Friends of the Libraries, and partnerships,
- and supported the formation of the first collective bargaining unit at Sno-Isle Libraries.

She also guided the organization through a pandemic and adopted new library services including holds lockers, books by mail, Self-Service Library Hours and online programming, resulting in an increase in library usage.

"As I start my next chapter, I take pride in knowing the library district will continue to flourish. This is a testament to the collective dedication and resilience of our incredible library staff. I will continue to be a lifelong advocate for libraries, and I am confident Sno-Isle Libraries will continue to serve the diverse needs of our communities. It has been an honor to serve you," Thompson said.

Sno-Isle Libraries Board of Trustees will begin a comprehensive search for a new



Lois Langer Thompson

executive director. Sno-Isle Libraries will continue to build upon the transformative path to ensure libraries remain inspirational and valuable for years to come.

Sno-Isle Libraries serves over 800,000 residents in Snohomish and Island counties through 23 community libraries, online services and Library on Wheels. Learn more at sno-isle.org.

[Submitted by Katie Leone, Sno-Isle Libraries]

Miss Oak Harbor 2024 Royal Court Announced



Laura Houck Photography/Courtesy of Whidbey Royalty

A new royal court has been named following the 2024 Miss Oak Harbor Scholarship Pageant held March 9. Pictured from left are 2nd Princess Cali Pretti, 1st Princess Naomi Crawford, Miss Oak Harbor 2024 Hannah Hurley, Teen Miss Oak Harbor 2024 Abby Brinker, Teen 1st Princess Elizabeth Hauter, Teen 2nd Princess Emelyn Payne

The 2024 Miss Oak Harbor Scholarship Pageant, sponsored by Sylvan Learning Center of Oak Harbor and held on Mar. 9, 2024, at Oak Harbor High School, culminated with the crowning of Miss Oak Harbor and Teen Miss Oak Harbor 2024.

Twenty-one contestants embarked on a six-week journey that provided valuable coaching in many life skills, numerous networking opportunities, new friendships, powerful mentoring, and thousands of dollars in college scholarships. In total, more than \$33,500 in scholarships and prizes were awarded.

"Pageant night was a huge success—the contestants had worked so hard during the season, and it showed on stage," stated Pageant Director River Powers. "We're so grateful to our judges, who took on the very difficult job of scoring contestants in the areas of personal interview, speech/talent, formal wear and stage presence."

Participants were also scored in 10 additional categories, including academics, service, extra-curricular activities, work, marketing, video journals, physical fitness, attendance, and board of directors input.

The 2024 Miss Oak Harbor Royalty, who will spend their year of reign serving their community and raising funds and awareness for their service project are:

- Miss Oak Harbor 2024** – Hannah Hurley
 - First Princess** – Naomi Crawford
 - Second Princess** – Cali Pretti
 - Teen Miss Oak Harbor 2024** – Abby Brinker
 - Teen First Princess** – Elizabeth Hauter
 - Teen Second Princess** – Emelyn Payne
- Additional titles awarded were:
- People's Choice** – Payton Syring
 - Miss Scholar** – Cali Pretti
 - Teen Miss Scholar** – Elise Paul
 - Miss All-Around** – Hannah Kunkel
 - Miss On-Her-Way** – Roman Alaniz
 - Miss Congeniality** – Naomi Crawford
 - Miss Service** – Hannah Hurley
 - Miss Fitness** – Cali Pretti
 - Royal Rose Recipient** – Cali Pretti

Since 2015, the Whidbey Royalty organization has awarded over \$162,000 in scholarships and awards to local high school students. Miss Oak Harbor (dba Whidbey Royalty) is a 501(c)(3) nonprofit whose mission is to inspire, challenge, and mentor contestants while providing opportunities for them to develop life skills that will enhance their confidence, self-esteem and sense of accomplishment. The unique six-week high school program focuses on personal and professional growth through the development of leadership, communication, and marketability. Whidbey Royalty also produces the Mr. Oak Harbor Scholarship Competition for high school boys and the Pioneer Way Pageant, an all-natural, one-day event for girls and boys ages 0-14. Additional information can be found at MissOakHarbor.com.

[Submitted by River Powers, Whidbey Royalty]

More BITS & PIECES page 6

What's Going On!

Whidbey Wonders: Tips & Tricks for Antiquing

Thursday, March 21, 4-5 p.m.
Oak Harbor Library, 1000 SE Regatta Dr.

Do you have a hard time finding that jewel amidst the junk when browsing antique and thrift stores? In this program, Dina, owner of Dina's Great Finds in Oak Harbor, offers great tips and tricks for successful antiquing. She'll share examples of "great finds" from her store and discuss how to tell the difference between someone else's junk and a treasure to add to your home. Suitable for avid thrift store and antique shoppers or beginners.



Family in Nature: Bugs, Bugs, Bugs!

Friday, March 22, 9:30-11 a.m.
Saturday, March 23, 9:30-11 a.m.
Deception Pass State Park, 41229 SR 20, Oak Harbor

Bugs are silly, not scary! Join us to get a closer look at the park's littlest residents. Nature based learning through games and crafts for families with children ages 2-5 (pre-registration required). Family in Nature programs are offered in partnership with the Deception Pass State Park, Deception Pass Park Foundation, and the Fidalgo Nature School. Programs are scheduled for 90 minutes and are designed with fun and highly interactive experiences for the whole family. Pre-registration is required; go to Eventbrite.com.



Stay and Play

Friday, March 22, 10-11 a.m.
Langley Library, 104 2nd St.

This is an opportunity for children, birth to kindergarten, and their caregivers to come play with fun and educational toys provided by the library. During this hour, caregivers and children will engage in in-person play, socialize with others, and reconnect with the library. Drop in anytime during this event.

Oscar Goldman and the One Man March Tour

Friday, March 22, 6:30-8:30 p.m.
Bailey's Corner Store,
7695 Cultus Bay Rd., Clinton

Whidbey welcomes the one and only Oscar Goldman, on the One Man March Tour from California. He will be joined by local indie hip hop duo Woodbae and TreeStar. This will be a conscious hip hop/rap concert with fat beats and thoughtful lyrics, a true bop. Come dance, come listen, come grab a beverage or a burger at Bailey's and join the fun. \$20 suggested donation to the musicians but give what you can. All people welcome, all ages.

Trudy Sundberg Lecture Series: Lyla June

Friday, March 22, 7:30 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Dr. Lyla June Johnston is an Indigenous musician, scholar, and community organizer. She brings her conversation, Architects of Abundance: Indigenous Regenerative Food Systems and the Excavation of Hidden History, to WICA. Learn more at wicaonline.org.



Reading with Rover

Saturday, March 23, 10:30 a.m.-12 p.m.
Oak Harbor Library, 1000 SE Regatta Dr.

Children build reading skills and confidence by reading aloud to a certified therapy dog. For elementary students ages 5-12, with an adult. Reading with Rover is a community-based literacy program working with schools and libraries.

An Evening with Gloria Ferry-Brennan, Aniela Perry and Mark Findlay

Saturday, March 23, 7:30 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Immerse yourself in a night of classical enchantment with Gloria Ferry-Brennan, Aniela Perry and Mark Findlay as they weave a musical tapestry that transcends time and emotion. Experience the raw power and emotional depth of Shostakovich's wartime masterpiece Piano Trio in E Minor. Then let the lush harmonies and intricate melodies of Ravel's Violin Sonata transport you to a world of impressionistic beauty. Experience Beethoven's enchanting Variations on a Theme from Mozart's "The Magic Flute," skillfully interpreted through the interplay of piano and cello. These variations breathe new life into Mozart's magic, creating a spellbinding fusion of two musical giants. www.wicaonline.org

Wine, Bites and Brew

Saturday, March 23 2-5 p.m.
Oak Harbor Yacht Club, 1301 Catalina Dr.

Join the Oak Harbor Main Street Association for its second annual Wine, Bites and Brew fundraiser. Enjoy tastes from local restaurants, wineries, breweries and distilleries. Tickets are \$90 and are available at oakharbormainstreet.org.

The Great Whidbey Seed Swap

Sunday, March 24, 11 a.m.-3 p.m.
Greenbank Farm, 765 Wonn Rd.

Bringing seeds to this free event is not required to attend but seeds to share are much appreciated! Envelopes will be provided to transfer seeds, but feel free to bring your own containers.

Whidbeycd.org/events

Haydn and Beyond

Sunday, March 24, 7:30 p.m.
Unitarian Universalist Congregation,
Freeland

The Salish Sea Early Music Festival continues with Haydn and Beyond, classical chamber music with Lindsey Strand-Polyak on both violin and viola, cellist Adaiha MacAdam-Somer and Jeffrey Cohan, on eight-keyed flute. The festival offers an unusual and expansive journey through the music of the 16th, 17th and 18th centuries. Suggested donation: \$20-\$30; those 18 and under are free. All are welcome, regardless of donation.



PNW Naval Air Museum Luncheon

Tuesday, March 26, 11:30 a.m.
Elks Lodge, 155 NE Ernst St., Oak Harbor
Have you ever wondered what would happen if you landed in mainland China unannounced? Chief Petty Officer David Cecka (USN, Ret.) will be the featured speaker at the quarterly luncheon of the Pacific Northwest Naval Air Museum. He will share a heart-pounding and revealing story about what was meant to be a routine flight and mission. Admission is free; cost for the buffet lunch is \$18 per person.

Roots So Deep: Film and Conversation

Tuesday and Wednesday,
March 26-27, 6 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

A documentary film series by Peter Byck, introduced by Peter Horton, "Roots So Deep (you can see the devil down there)" is a four-part series all about inventive farmers and maverick scientists building a path to solving climate change with hooves, heart and soil. The first two parts of the Roots So Deep series will be shown Tuesday evening, the second two parts will be shown Wednesday. www.wicaonline.org

Gray Whale Virtual Youth Event

Wednesday, March 27,
4 p.m.

Online Event/Scan QR Code to register



Learn about our beloved Gray whales and the special group that visits north Puget Sound every year. Follow the migration of a baby gray whale from the lagoons of Baja to the Arctic feeding grounds. Presentation by Orca Network education and advocacy coordinator, Cindy Hansen, will be followed by a fun Kahoot trivia game!



Saratoga Orchestra Concert Preview: Rhythms of Nature

Thursday, March 28, 2-3 p.m.
Freeland Library,
5495 Harbor Ave.

Saratoga Orchestra conductor Anna Edwards will preview the group's upcoming concert "Rhythms of Nature: Celebrating Whidbey's Earth and Ocean Month." The preview will feature a listener's guide accompanied by select

musical examples. To learn more about this and other concerts, visit www.sowhidbey.com.



Jr. Ranger Explorers: Going Under

Thursday, March 28, 4-5 p.m.
Coupeville Library, 788 MW Alexander St.

Dive deep into the Salish Sea to discover what lives in the waters around Whidbey Island. Join Ranger Jen and other Washington State Parks staff to explore the world around us. We'll be getting wet and wild to explore the world of water in this new series (January-May). For ages 5 and up and their caregivers.

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Lecture series examines Indigenous Architects of Abundance



Photo Courtesy of Dr. Lyla June Johnston
Dr. Lyla June Johnston will be the featured speaker Friday at 7:30 p.m. for the annual Trudy Sundberg Lecture Series, presented in collaboration with the Sno-Isle Libraries Foundation. The free presentation will take place at Whidbey Island Center for the Arts in Langley.

By Kathy Reed Whidbey Weekly

As the world in general strives to push ahead and explore new technological advances in just about everything, there is much to be learned from human history and our ancestors.

Such is part of the premise of Dr. Lyla June Johnston's presentation Friday in the annual Trudy Sundberg Lecture Series, presented in collaboration with the Sno-Isle Libraries Foundation. Her lecture, called "Architects of Abundance: Indigenous Regenerative Food Systems and the Excavation of Hidden History," will take place at 7:30 p.m. on the main stage at Whidbey Island Center for the Arts in Langley. This is a free event; seating is on a first come, first served basis. Overflow seating will be available in Zech Hall.

Johnston, who goes simply by Lyla June, is of Diné (Navajo), Tsétséhéstâhese (Cheyenne) and European descent. She is a musician, poet, scholar and community organizer whose research has focused on how Indigenous Nations gardened large portions of land to produce abundant food systems for both humans and animals. She responded via email to questions from Whidbey Weekly about her upcoming appearance.

"I will be speaking about the grandeur and beauty of pre-colonial Native American land management techniques," she wrote. "I will be debunking the myths of the primitive Indian and reclaiming the sophistication of our civilizations, grounded in cultural and archaeological evidence. I'll also share a collection of poems to speak not only to the logical mind but to speak to our hearts as well."

She said her research is about understanding our existential purpose as human beings and protecting the heritage of Indigenous civilizations, something she said colonial culture has tried to erase for 500 years.

"I'm very lucky that I was given the direction and guidance of my elders to understand that this was even a topic to be explored," Johnston said. "Even I, as a Native woman, was miseducated about my history and who I am, in the public schools. When I stumbled upon these facts, I became obsessed and wanted to know more and share it with the world."

"It is not challenging to spread the message because a big part of this message is that humans are good," she continued. "This research demonstrates the ways that homo sapiens have been a gift to the earth. I believe this is what we are meant to be and designed to be. This speaks to everyone from every audience because most of us are grappling with the shame of simply being human. This helps to debunk the myth that we must carry this shame."

As researchers today examine land management practices of Native Americans, more and more have come to appreciate the wisdom of the so-called "old ways."

"Not only are researchers more appreciative of Indigenous land managers, those same land managers are now the researchers," said Johnston. "Science is no longer controlled by the elite but is beginning to be democratized. It's taken us many centuries, but Indigenous scientists are now equipped to convey our knowledge cross-culturally. The world is also now hungry for this knowledge because euro-centric systems are breaking down, and an alternative is essential for life to continue."

Johnston encourages anyone who wants to deepen their alliance with Indigenous Nations to attend this lecture.

The Trudy Sundberg lecture Series was founded in 2016 in honor of beloved Whidbey Island teacher and community leader, Trudy Sundberg. She had a lifelong passion to discover, explore and exchange ideas, information and opinions in a respectful, considerate manner.

In collaboration with Sno-Isle Libraries Foundation, the series features a free public lecture each year by an eminent speaker as well as an appearance at a Whidbey Island school. The lectures explore Sundberg's many varied interests, from history to politics and more.

To learn more about the series, which is funded by community donations, visit sno-islefoundation.org/trudy-sundberg/. To learn more about Lyla June, visit lylajune.com.

BITS & PIECES continued from page 4



Early Music Festival highlights Haydn Trios

The music of Franz Joseph Haydn is to be celebrated in the program, "Trios by Franz Joseph Haydn," the fourth program of the 2024 Salish Sea Early Music Festival.

The concert will take place Sunday at 7:30 p.m. at the Unitarian Universalist Congregation at 20103 State Route 525 in Freeland, and will feature flutist Jeffrey Cohan, violinist Lindsey Strand Polyak and cellist Martin Bonham in a program of late 18th-century trios by Haydn and his contemporaries and friends, performed on period instruments. Admission is a suggested donation of \$20 to \$30; those 18 and under are free.

As the most celebrated composer in all of Europe for much of his career, Franz Joseph Haydn (1732-1809), was Mozart's mentor and friend, as well as Beethoven's tutor. The program will include three trios for flute, violin and cello by Haydn; selections from a 1795 arrangement for these instruments of Mozart's opera "The Magic Flute;" and a trio by Franz Anton Hoffmeister, a friend of Haydn, Mozart and Beethoven, who published music by all three.

The Salish Sea Early Music Festival presents early chamber music on period instruments around Salish Sea and in Eastern Washington and is a 501(c)3 nonprofit organization. The Salish Sea Early Music Festival is proud to be an affiliate organization of Early Music America, which develops, strengthens, and celebrates early music and historically informed performance in North America. For additional information and a list of remaining concerts, please see salishseafestival.org/whidbey.

[Submitted by Jeffrey Cohan, Salish Sea Early Music Festival]



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Life Tributes



Patricia Encinas Williams

Patty Encinas Williams passed away Feb. 17, 2024, following a long and courageous battle with cancer. In this cancer season she was continuously surrounded by those who loved her, and this love was present in every imaginable way.

Patty was preceded in death by her parents, John and Jane Peterson, and by her older sister, Lynn Phillips. She is survived by her sons, Johnny and David (Emily and granddaughter Stella Rae); by her husband, Dave Williams, and his two children John and Lee; by her siblings, Peggy Hamernik (Ken), Jack Peterson (Teresa), Todd Peterson (Cora Ann) and Tim Peterson; and by numerous nieces and nephews.

A celebration of life will be held at Oak Harbor's First United Methodist Church at 11 a.m. Saturday, March 23, with interment to follow at a later date. The service will also be live streamed via the

church's website, oakharborfumc.org/live.


In lieu of flowers, donations may be made to the Bladder Cancer Awareness Network in honor of Patty. Please see Evans Funeral Chapel website (evanschapel.com) for Patty's donation link to the Bladder Cancer Awareness Network, along with her full obituary.

We choose to feature our Local Life Tributes and Obituaries at no additional charge.

Please send details to:

OBITUARIES@WHIDBEYWEEKLY.COM

Please include a high resolution photo with your submission.



WEEKLY HOROSCOPES

HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, communication with a spouse or a loved one is vital this week; otherwise, you risk arguments for no reason at all. Sit down and have some frank conversations about your needs.

TAURUS – Apr 21/May 21

Taurus, when you face adversity you should rest assured that you can handle anything that is thrown at you. Although, you may need a little help from some close friends or family.

GEMINI – May 22/June 21

Gemini, others may not understand who you are and could make assumptions that are inaccurate. They may just need some more information to get a clearer picture.

CANCER – June 22/July 22

Cancer, many elements of your life are starting to level out this week. That can be a comfort to you because you seemingly have been running around for some time and could use a break.

LEO – July 23/Aug 23

Leo, others have nothing but good things to say to you this week. Bask in their kind words and adoration, and use this as motivation for future endeavors.

VIRGO – Aug 24/Sept 22

With no big events on the horizon, you may want to manufacture one to have a reason to party, Virgo. Start planning your guest list and come up with a fun theme to get behind.

LIBRA – Sept 23/Oct 23

Libra, while you should be mindful of your goals, you also can support those around you as they pursue their own. Serve as inspiration to people in your life right now.

SCORPIO – Oct 24/Nov 22

Scorpio, this is a good time to start tackling some projects around the house that have been put off for some time. Redecorating and remodeling can be an inspiration right now.

SAGITTARIUS – Nov 23/Dec 21

Take a step back and reevaluate your approach to a situation because the way you have been doing it just hasn't yielded the results you expected, Sagittarius. Take suggestions and tips.

CAPRICORN – Dec 22/Jan 20

Capricorn, high energy may have you swinging at the fences every time you try to tackle something. You may want to dial things back and take a more measured approach.

AQUARIUS – Jan 21/Feb 18

Various transitions in your life could temporarily disrupt your daily activities, Aquarius. You'll find a new groove soon enough that will feel comfortable and provide you with what you need.

PISCES – Feb 19/Mar 20

Don't take stock of what all the naysayers have been dishing out, Pisces. You know yourself better than others and recognize what you are able to accomplish. Get started on plans.



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Make a Difference

By Loren Imes

WSU Extension Master Gardener Program
Gardening to Cultivate a Healthier Future

It's spring, and for many of us, a time of excitement as garden centers fill with colorful plants and starts and hardware stores advertise products that promise to create a "perfect lawn." Gardening allows us to get some fresh air and reconnect with our natural world. But what if your yard or garden could extend beyond aesthetics and contribute to a thriving and resilient community? This is the goal behind nine program principles of the WSU Extension Master Gardener Program.

The WSU Extension Master Gardener Program is a research-based horticulture program that trains volunteers who are passionate about gardening and environmental stewardship to work in their community to share their knowledge with others. The training equips volunteers with research-based horticulture knowledge to address critical environmental issues, transforming gardeners into community changemakers who help empower home gardeners to become active participants in creating a more sustainable future.

The nine principles that guide our educational outreach reflect the most pressing issues and opportunities related to gardening and environmental stewardship in Washington State. As gardeners, we can use these principles in our gardens and landscapes to contribute to the well-being of our communities and environment. Let's explore how they can empower each of us to make a difference.

1. Build Healthy Soils

Healthy soil is the foundation of a thriving garden. Avoid adding unnecessary nutrients unless a need is indicated by a soil test. Instead, incorporate practices that promote soil health, such as adding composted kitchen scraps and yard waste, planting cover crops, and minimizing tillage. These techniques build rich soil that retains water and nourishes plants naturally to reduce reliance on chemical fertilizers.

2. Conserve Water by Making Every Drop Count

Water is a precious resource and practices such as selecting drought-tolerant plants, using drip irrigation, installing self-irrigated planters, and applying mulch, reduce water use and runoff. By adopting these practices, you can significantly reduce your water usage and save money on your water bill.

3. Protect Clean Water

Clean water is essential for all life, especially the marine life that surrounds our island. Traditional chemical pest control methods often have unintended consequences, harming beneficial insects and polluting waterways. Each of us can reduce our reliance on harmful pesticides that contaminate water sources through Integrated Pest Management (IPM) practices – an approach that prioritizes non-chemical solutions and utilizes targeted interventions only when necessary. This protects pollinators, creates healthier gardens, and helps ensure clean drinking water.

4. Support Pollinators

Plant a pollinator-friendly garden with a variety of flowering plants that bloom throughout the seasons and provide food, shelter, and nesting sites for bees, butterflies, hummingbirds, and other pollinators. When using pesticides, be mindful of their impact on pollinators and other beneficial insects.

5. Combat Invasive Species to Protect Native Ecosystems

Invasive plants disrupt native ecosystems and threaten biodiversity. Identify and remove invasive plants and plant native alternatives that will provide habitat and food for pollinators, birds, and wildlife, and preserve the natural beauty of our community.

6. Adapt to Climate Change with Resilient Landscapes

Create resilient landscapes by focusing on providing the right conditions for a healthy plant to thrive. Do you have the right soil type for that new shrub you purchased? Plants evolved with specific needs. Some like full sun and are drought-tolerant when established. Others may be better suited for a different climate. Choose plants that are disease-resistant and can tolerate uncertain weather.

7. Grow More of Your Own Food

The well-being of our communities is a core program value and growing a portion of our own food fosters a sense of self-sufficiency, promotes healthy eating habits, and tastes great! Extra produce can be shared with local food banks to promote community health and wellness.

8. Support Green Spaces

Green spaces have a profound impact on our physical and mental well-being. Studies have shown that access to nature reduces stress, improves mental health, and strengthens social bonds within communities. Everyone can connect with nature and enjoy the benefits when we support public parks, urban tree canopies, community and school gardens, and volunteer with local conservation projects. These efforts contribute to creating a more livable and vibrant community for people and nature.

9. Protect Homes and Communities from Fire

As we have seen recently, fires can break out in areas not traditionally prone to wildfires with deadly consequences. Choosing fire-resistant plants and creating defensible space around your home by removing flammable vegetation and debris can significantly reduce wildfire risk, protecting your property and the community.

By putting these nine principles into practice, each of us can cultivate a more sustainable, resilient, and healthier future. So, grab your trowel and start cultivating positive change, one plant at a time. Together, we can make a positive difference through gardening!

If you are interested in learning more about the WSU Extension Master Gardener Program in Island County, visit our website at mastergardener.wsu.edu or call Loren Imes at 360-639-6059.

Recipe of the Week

Dish up homemade ravioli this week



Many styles of ethnic cuisine feature a filled dough or pasta. Wontons or dumplings are common in certain types of Asian cuisine and pierogies are enjoyed in areas of Eastern Europe. For Italians and Sicilians, the stuffed delight of choice is likely ravioli.

The word "ravioli" comes from the Italian "riavvolgere," which means "to wrap." Although the origins of ravioli are obscure, the earliest mentions of the dish date back to the fourteenth century. The pasta is made from thinly rolled sheets of dough, which are filled with cheeses or meats, then topped with another sheet of dough, and pressed and cut to form the desired shapes.

Ravioli made fresh can be a delight to eat. Enjoy this recipe for "Homemade Ravioli," courtesy of Chef Billy Parisi's online recipe resource "Let's Cook."

HOMEMADE RAVIOLI (Makes about 24 ravioli)

For the dough:

- 2 cups fine ground durum semolina flour
- 1/2 teaspoon sea salt
- 2 large eggs
- 2 tablespoons extra virgin olive oil
- 1/4 cup cold water

For the filling:

- 2 eggs
- 1/2 pound ground beef
- 1 1/4 cups whole milk ricotta cheese
- 1/4 cup Pecorino Romano cheese
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 3/4 teaspoon garlic granules

In a food processor, pulse together the flour and salt 3 to 4 times. Next, whisk together the eggs, oil and water in a small bowl or liquid measuring cup until combined.

While processing the flour-salt mixture at high speed, slowly pour in the egg-water mixture until incorporated. You may need to add a tablespoon or two of water to help make the dough while in the food processor. Process until the dough turns into a tight ball and cleans the side of the processor.

Remove the dough and knead on a clean, lightly floured surface for 2 to 3 minutes. It should be soft when pinching it, like Play-Doh®. Cover and let the dough rest for 20 minutes.

In a large bowl, thoroughly mix the meat, cheese, eggs, and seasonings until combined. Keep cool and covered in the refrigerator until ready to use.

Cut the pasta dough into eight individual balls. Press each dough ball down and lightly flour on both sides. Run the dough through the widest setting on the pasta roller, then run it through on the second to last thinnest setting on the pasta roller. Lightly flour both sides of the rolled dough and repeat the process with the other seven dough balls, and hang them on a pasta drying rack.

Lightly flour the top of the ravioli mold. Place one of the rolled-out dough sheets on top of the mold. Stuff each ravioli slot with 1 to 1 1/2 tablespoons of the filling, totaling 12 individual filling slots. Do not over-stuff. Place another sheet of rolled-out dough over top then light flour. Using a rolling pin, roll the outside edges of the mold and center around each ravioli cutting through the dough into the mold, and separating them.

Remove the excess dough around the outside. You can re-roll this out and make homemade spaghetti or another pasta you'd like. Flip the mold over onto a sheet tray lined with parchment paper. Repeat the process until you have all of the ravioli done.

You can either freeze the ravioli until frozen or boil them right away. If boiling, add them to a large pot of boiling salted water. Once they are floating, cook them for another 5 to 6 minutes or until the meat filling is cooked through. After cooking, try serving them with Pomodoro Sauce or a meat Spaghetti Sauce.

If I had a Million Dollars

I would build a little spot.
A place to feed the fishes.
A bench to sit when hot.

I'd set a table for the people,
And feed from all the pots.
They'd gather seeds,
bring them to me,
And show honor in their flock.

With kids to feed,
It's hard to ease the needs inside my heart.
"A newspaper and community is the only place to start."

Gather children.
Play and sing.
Ease into the art.
If my ancestors are present,
We'll laugh when someone farts.

Join us at the seed swap on March 24th.
I'm taking notes from 11 to 3, and making all the marks.

The goal is to feed.
The goal is to eat.
That goal is just to start.

A self-sufficient community
Is the vision that I hark.

If I had a million dollars, I'd fund out things like this.
I'd have fun with all my people in quintessential bliss.
You'd tell me stories, I'd see your art, I'd listen to your songs.
I'd join in celebration and holler "Whidbey Strong."

I need a few good people to help this thing along.
A banker, god and priestess, a purveyor of local songs.
I've taken on an undertaking, with archives, kids, and food.
I need a hand from all of you, towards building something good.

Take the time to think, what's this paper to you?
If you could leave your mark in it, what would you offer too?

Funds to Whidbey Weekly, follow to this link:

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A big map with all the farm stands.
A business directory too.

Thank you for your patience.
I'm overwhelmed at the start.
My 15 year+ undertaking will end a work of art.
To those that came before me, I appreciate what you've done.

A million dollars or none, I'm hopeful everyone.

-Samanthajoy Goodman
(Fatlan)

P.S. Jacob and I uploaded a song. Enjoy.



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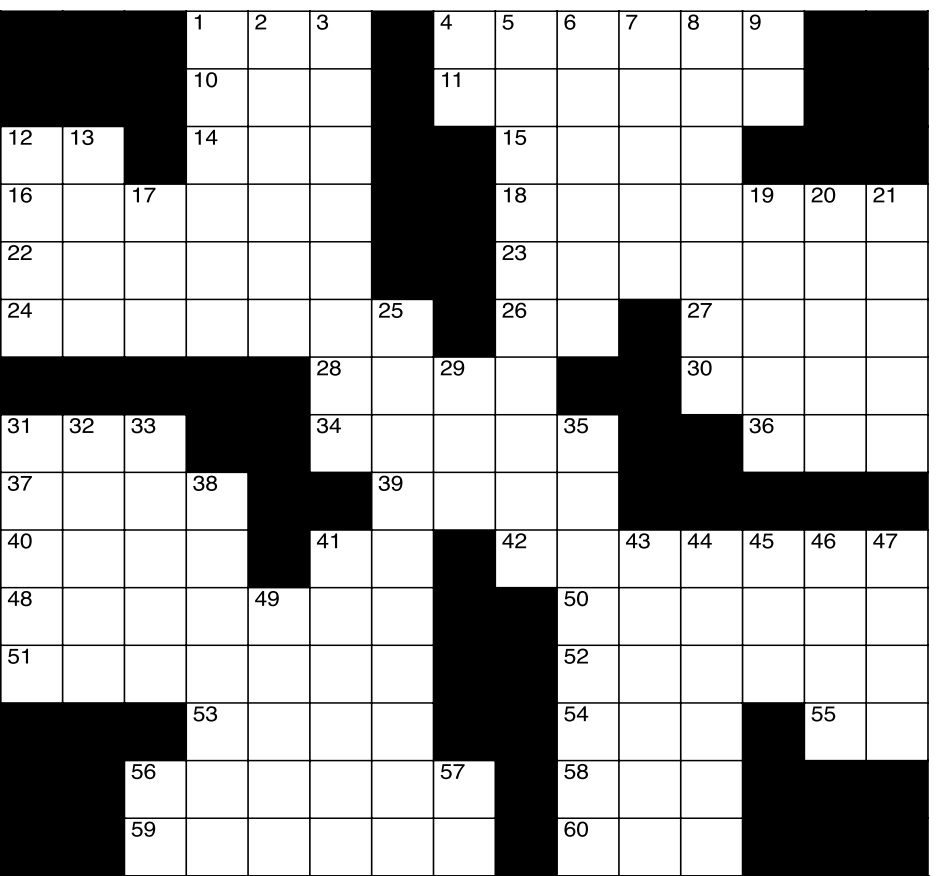
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Crossword Puzzle



CLUES ACROSS

- 1. Small Eurasian deer
- 4. Irish county
- 10. A major division of geological time
- 11. Broadway actor Lane
- 12. Canadian province (abbr.)
- 14. Human gene
- 15. Two
- 16. A famous one is blue
- 18. Utter repeatedly
- 22. Ring-shaped objects
- 23. Spoils
- 24. Occurs
- 26. Commercial
- 27. Near
- 28. Products you may need
- 30. Pledge thrown down as a challenge
- 31. TV network
- 34. Silk or cotton garments
- 36. Soviet Socialist Republics
- 37. Retired American football coach Dean
- 39. Hot dish
- 40. A type of gin
- 41. Atomic #84
- 42. Sawhorse

CLUES DOWN

- 48. About ground
- 50. Medicine man
- 51. Seedless raisin
- 52. Capital of Albania
- 53. Appendage
- 54. OJ trial judge
- 55. By the way (abbr.)
- 56. Bicycle parts
- 58. Barbie's friend
- 59. Moved one's neck to see
- 60. Commercials
- 1. Make up for
- 2. Baltimore ballplayer
- 3. Salary
- 4. Influential world body
- 5. Engravers
- 6. Declared as fact
- 7. One who steals
- 8. Jewelry
- 9. Hospital employee (abbr.)
- 12. Nonsense (slang)
- 13. Town in Galilee
- 17. Value
- 19. A fake name
- 20. Sheep in their second year
- 21. Town in Surrey, England

- 25. Appropriate for a particular time of year
- 29. Creative works
- 31. Recesses
- 32. W. Pacific island group
- 33. Tolkien character
- 35. Ancient symbol co-opted by the Nazi party
- 38. Pioneer
- 41. Scribe
- 43. Painted a bright color
- 44. Lowest members of British nobility
- 45. Actress Thurman
- 46. Type of sugar
- 47. Crest of a hill
- 49. N. American people of British Columbia
- 56. Device
- 57. The Mount Rushmore State

Answers on page 11



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What inspired you to volunteer at your local food bank and what about volunteering there brings you joy?



Irene Gustafson Coupeville

I retired from teaching in Darrington and moved to Coupeville in 2008 to be closer to my son, Lark, and his family. I had extra time and was thinking about volunteering. At church one of the older members shared she was moving and would no longer be volunteering at Gifts from the Heart Food Bank. It seemed like the perfect answer to my desire to volunteer. So I began to help in distributing. The other volunteers were so kind and I enjoyed being part of a great organization. It's been such fun to chat with and get to know our clients and other volunteers over the years. We've paraded through town (shopping cart drill team) and enjoyed the support of farmers, churches and other organizations that all work to help support those with food needs. It's truly been my joy and privilege to be a part of Gifts from the Heart Food Bank!

If you are interested in volunteering for Gifts from the Heart Food Bank in Coupeville, please call Molly Hughes at 360-678-4461.

Dorothy Kulwin Langley

I started volunteering at Good Cheer Food Bank because I had an enjoyable career and a good life, and after I retired, it was an opportunity to give back to others who may not have had the same privileges or opportunities. I most enjoy that I get to meet so many people from across the island. And the more people I know, the more connected I feel to our island community. Everyone that works at, volunteers at, or visits Good Cheer has a generous heart and mind, and I feel honored to know so many quality people. I had no idea when I started volunteering that it would bring me so much positivity and joy.

Good Cheer needs volunteers in its thrift stores, the donation center, the food bank, to drive trucks on food pickups, and in the garden. People interested in volunteering can contact Good Cheer's Volunteer Coordinator, Cathy, at volunteer@goodcheer.org or 360-221-0130, or fill out a form on the website: goodcheer.org/volunteer.



Billie Bleyhi Oak Harbor

My husband Phil and I arrived in Oak Harbor in 1973 and North Whidbey Help House was the first place we stopped at in town. We were young and enjoyed the people and what they were doing at that time. We decided immediately to support Help House and have done so ever since. In fact, Phil was the person who got Help House chartered. Coming here gives me joy by knowing I am still supporting the community. It gives me purpose and fills a place in my life.

If you would like to volunteer for North Whidbey Help House in Oak Harbor, please call Jean Wieman at 370-675-0681.

Correction: Mary McLeod's name was misspelled in this column in the March 7-13 issue. We apologize for the error.

CAN DO SUDOKU!

Every row of 9 numbers must include all digits 1 through 9 in any order
Every column of 9 numbers must include all digits 1 through 9 in any order
Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

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				1	2	4	8	
7					3			

Answers on page 11

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, Mar. 21 North Isle H-55°/L-48°	Fri, Mar. 22 North Isle H-55°/L-45°	Sat, Mar. 23 North Isle H-53°/L-42°	Sun, Mar. 24 North Isle H-55°/L-42°	Mon, Mar. 25 North Isle H-51°/L-42°	Tues, Mar. 26 North Isle H-54°/L-45°	Wed, Mar. 27 North Isle H-55°/L-42°
South Isle H-56°/L-48°	South Isle H-54°/L-45°	South Isle H-53°/L-42°	South Isle H-52°/L-42°	South Isle H-51°/L-43°	South Isle H-52°/L-43°	South Isle H-54°/L-42°

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