


October 10, 2025 - October 16, 2025

FREE

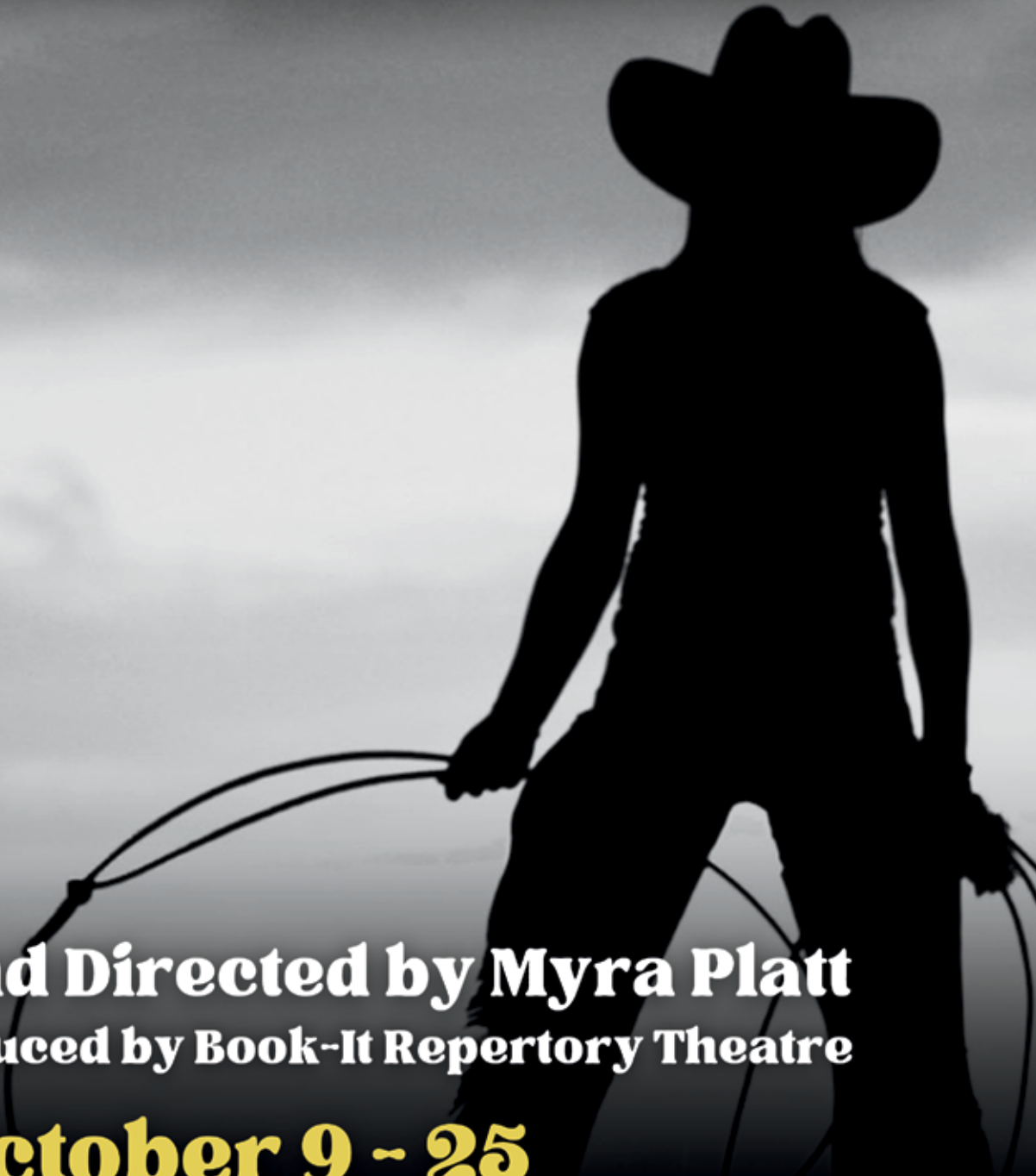
Whidbey Weekly

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What's Going On!

STATE PARK FREE DAY

Friday, Oct. 10

Enjoy free entry and parking at Washington state parks on World Mental Health Day. No Discover Pass is required for day use on this date. Fees still apply for overnight stays and facility rentals.

COUPEVILLE HARVEST FAIR

Saturday, Oct. 11

Northwest Alexander Street, Coupeville
10 a.m. to 4 p.m.

Free

Celebrate the final day of the Coupeville Farmers Market with family-friendly fun including a pumpkin patch, hay bale maze, penny carnival, live music, and a market basket giveaway. Presented by North Central Whidbey Farmers Market.

MEERKERK GARDENS: DOG DAY IN AUTUMN

Saturday, Oct. 11

10 a.m. to 3 p.m.

Meerkerk Gardens, 3531 Meerkerk Lane, Greenbank

Free

Celebrate autumn with your leashed dog at Meerkerk Gardens. Enjoy garden and woodland trail walks, and special treats known as pup cups. It's a fun day to honor four-legged friends while admiring the fall colors in this beautiful natural setting.

TILTH CIDER PRESSING AND POTLUCK

Saturday, October 11, 2025

10 a.m. to 1 p.m.

South Whidbey Tilt, 2812 Thompson Road, Langley

Bring apples and your own jugs or jars to help press this year's bumper crop of apples at South Whidbey Tilt's campus. The event is free and open to all who want to participate in making fresh apple juice. Following the pressing, there will be a potluck lunch—guests are encouraged to bring a dish to share and their own plates and utensils. For questions, contact education@southwhidbeytilth.org or call 360-682-8642. This is a community-focused event celebrating sustainable agriculture and the local harvest.

SOUTH WHIDBEY PRIDE: COME OUT & DANCE

Saturday, Oct. 11

7 to 10 p.m.

Clinton Community Hall, SR 525 and Humphrey Road, Clinton

Free

Celebrate National Coming Out Day with South Whidbey Pride at a welcoming dance party for all. Enjoy live music and a lively atmosphere where everyone is invited to come out and dance the night away.

BABY PLAY DATE

Monday, Oct. 13

9:30 to 10:30 a.m.

Coupeville Library Meeting Room

Free

This event is for children from birth to 2 years and their caregivers to play, explore, socialize, and inspire a love of reading. It includes free play with fun educational toys and a brief storytime featuring stories, songs, and rhymes to bond with your little one. Interpreters available upon request. The event is also offered on Oct. 27, Nov. 10, Nov. 24, and Dec. 8.

HOW DO I... BUILD STUFF WITH TRASH?

Monday, Oct. 13

3:30 to 5 p.m.

Oak Harbor Library,
1000 SE Regatta Dr, Oak Harbor

Free

Join Jake Cochrane, a Seattle-born artist, musician and builder living in Port Angeles, for a hands-on workshop on using tools and turning repurposed, recycled, and low-cost materials into useful projects. Learn about basic tools, affordable materials, and practical tips to fix, tinker, and construct your own builds. The event is part of the "How Do I..." series teaching essential life skills. Interpreters available by request.

WELCOME TO MEDICARE

Tuesday, Oct. 14

2 to 4 p.m.

Coupeville Library, 104 Second Street, Coupeville

Free (registration required)

Attend a free "Getting Ready for Medicare" seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. The seminar covers Medicare basics, parts A and B, additional insurance options, application timelines, costs and coverage details, differences between Medigap and Advantage plans, financial assistance for low-income individuals, and prescription drug plans. Registration is required by calling SHIBA at 360-321-1600. SHIBA provides free, confidential, unbiased Medicare education and assistance.

CONNECTING THROUGH CRAFTS

Wednesday, Oct. 15

10 to 11:30 a.m.

Freeland Library, 5495 Harbor Ave, Freeland

Free

Join this program designed for older adults to craft community over art and conversation. This month's project features making air dry clay mushrooms. Supplies, coffee, and tea are provided. Everyone is welcome, whether or not you consider yourself creative. Interpreters available upon request.

WETLAND WEDNESDAY, WWS FREELAND WETLANDS

Wednesday, Oct. 15

11 a.m. to 2 p.m.

Freeland Wetland Preserve,
1820 Newman Road, Freeland

Join the Whidbey Watershed Stewards every third Wednesday for activities at the beautiful

Freeland Wetlands Preserve. Activities vary by month and can include habitat restoration, invasive species removal, nature walks, and educational programs. This is a great opportunity to connect with the local environment and help care for the watershed. Check the Whidbey Watershed Stewards website for detailed event descriptions and updates.

FALL PLANTING

FOR ORCA RECOVERY DAY

Wednesday, Oct. 16

10 a.m. to 12 p.m.

Cornet Bay & Hoypus Point,
160 Cornet Bay Road, Oak Harbor

Join the Northwest Straits Foundation and conservation partners for a volunteer planting event focused on restoring native vegetation at Cornet Bay and Hoypus Point. This effort supports the health and habitat for endangered Southern Resident orcas by improving shoreline stability and salmon habitats. Volunteers should bring appropriate clothing, water, work gloves, and tools if possible; limited tools will be provided. A State Park Discover Pass is required for access. Contact: goudie@nwstraitsfoundation.org, (360) 733-1725 for sign-up information. This event is part of the regional Orca Recovery Day initiative to protect local marine life and ecosystems.

WHIDBEY WONDERS: ELEPHANT SEALS

Thursday, Oct. 16

4 to 5 p.m.

Oak Harbor Library, 1000 SE Regatta Dr, Oak Harbor

Free

Learn about Whidbey Island's unique herd of northern elephant seals, the largest "true" seal species in the Northern Hemisphere. Garry Heinrich from the Central Puget Sound Marine Mammal Stranding Network will discuss local seals like Ellie, the matriarch, and her pups Ellison and Elsie Mae, plus behavior, safety tips when encountering them, and conservation efforts. Northern elephant seals were nearly extinct in the 19th century but have since rebounded strongly. This local population established itself around 2010 and is growing in Puget Sound.

LIBRARY LOCK-IN SPOOKTACULAR!

Friday, Oct. 17

5:30 to 7 p.m.

Coupeville Library, 788 NW Alexander St, Coupeville

Free

Enjoy a special after-hours library event just for kids and teens age 10-18. Grab a friend and a flashlight to explore haunted books and shadowy stacks, try building a fort, play hide-and-seek among the books, and hear ghost stories. Snacks and glowsticks will be provided. Interpreters available by request.

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BITS & PIECES

Letter to the Editor,

For more than 15 years St. Augustine’s in the Woods has held a Blessing of the Animals event for Whidbey Island as part of our service to our community. As our sign in front of the door to the church affirms “You Are Welcome Here”. October 4th ,we hosted over 50 people and 28 pets for our celebration of the 800th anniversary of St. Francis’s Feast Day. We had animal agencies WAIF, Oasis, and Critters & Co. Pet Center and Rescue to provide information and animals to view for those present. This special day was for those who share their lives with animals, who seek compassion and justice for all who we experience in our world. On October 5th we had our Spreading of the Ashes for those whose pets had died. We exceeded our record of ten internments, which stood for over a decade, by interring eight dogs and five cats. The ringing of the bell in the columbarium preceded and closed our service.

Understanding Your Drinking Water: Keeping Island County’s Water Safe and Reliable

Every day, residents of Island County turn on their taps expecting clean, safe drinking water — a convenience made possible by the dedication of water professionals and volunteers. Their behind-the-scenes efforts safeguard public health and ensure that reliable drinking water continues to flow throughout the region. Island County Public Health extends sincere appreciation to all who uphold the safety of our water systems.

For those interested in exploring a career in drinking water, the Washington State Department of Health offers a brochure on entry pathways into this essential field, while the Whidbey Island Water Systems Association provides scholarship opportunities for local students pursuing related studies.

Water Wisdom: Understanding Coliform Bacteria

A new feature, Water Wisdom, aims to help residents understand their water and available resources. This season’s focus is on coliform bacteria, a naturally occurring group of microorganisms found in soil, water, and the intestines of humans and animals. While most coliform bacteria are harmless, their presence in drinking water signals that disease-causing organisms could be present.

Water from properly constructed wells should be free of coliform bacteria. Because contaminated water often looks, smells, and tastes normal, laboratory testing is the only reliable way to confirm its safety. Federal, state, and county regulations require public water systems to test regularly; private well owners are encouraged to test annually.

Water samples may be collected by water professionals, volunteers, or well owners and submitted to state-accredited laboratories for analysis within 30 hours. Free sampling bottles are available at Island County Public Health offices in Coupeville and on Camano Island, as well as local provider locations in Freeland and Oak Harbor. Step-by-step sampling instructions and video guidance are available online.

If lab results show coliform bacteria are “present” or “detected,” additional investigation is required to identify possible contamination pathways. When E. coli — a type of coliform linked to fecal contamination — is detected, residents should not drink the water until it is treated. Boiling water for one full minute is the most effective method to kill harmful germs. Once further testing shows no bacteria, boiling precautions are no longer needed.

Next issue: understanding nitrate in drinking water.

Resources and Assistance

The Washington State Department of Health and its partners offer free technical assistance to local water systems. Support includes engineering help, water system planning, budgeting, and management guidance.

Residents can explore Island County’s Hydrogeology Map and Dashboard to learn more about local water resources. A water level tape is available to borrow from the Environmental Health office in Coupeville for checking private well levels.

For general information, visit Island County’s Drinking Water webpage or contact the Drinking Water Program directly at drinkingwater@islandcountywa.gov.

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On The Voyage from Innovation to Wisdom

BY CHARLES LAFOND
ISLAND POTTER, AUTHOR, FUNDRAISER, AND WRITER

As I age, I am noticing some troubling changes in my body and my brain. Science suggests that our brains reach their peak at around 39 years of age. As a 62-year-old I find that human reality a bit disappointing. And yet if you asked me if I would rather be my 39-year-old self or my 62-year-old self, I would pick 62 any day. I love my aging brain.

But to age well, I am finding that I need to let go of being the "striver." It's an ego-hit. Being a "striver" is very American. For centuries, people have come here to build a better life, and they were and are strivers. They strive to achieve goals such as religious freedom, a paid-off mortgage, a better job, or some form of autonomy. Strivers

create new things we need, such as electricity, computers, and non-profit organizations and businesses. But the problem with strivers is that it only works until middle age, at which point we need, each of us, to reinvent ourselves.

Brains that were full of "fluid" intelligence through our 30s were essential for innovation, energy, sustained focus, and working memory. I wrote all three of my books in my 30s. I could remember every name of people I met in my 30s. My intelligence as a human species was "fluid."

Today, as a person aging out of smarts and into wisdom, my physical brain has shrunk some. Not as much as if I were drinking alcohol, but some. Science says that it has shifted from "fluid" intelligence to "crystallized" intelligence, trading my "striver-self" for my new "wisdom-self." My aging brain connects patterns in a way my younger brain never could, and is less focused on success while being more concentrated on understanding and curiosity.

A great joy on Whidbey is our libraries and their librarians. To enter the silence of a library is to step into a kind of temple. All those thousands of books – all that knowledge – all that entertainment – all those answers to questions. And then there are the librarians. These magical people know how to find things; they can be asked about one book only to tell you about four others. They connect the dots between your question and their books. They did not write all the books, but they can navigate them, use them, and connect them for a project.

The library is a good metaphor for the human brain as it ages, because in our youthful striving, we were the books. However, as our brains undergo this neurological shift with age, we become the librarians. The change can feel like an ego deflation, and indeed it can be, as can any significant life-change. However, what I have learned is that reinventing oneself, although humbling, is also very exciting for us, and valuable to others.



FIRE TRUCKS, PURPLE TIGERS, and DAMASCUS SOCKS

As the leaves turn from green to red and gold, and the rain turns loose dry sand into soft golden cement, now is the time when our saltwater bright chrome salmon re-enter freshwater to change into their beautiful God given spawning colors; and will once again make the ultimate sacrifice to ensure the future of one of the earth's most precious resources.

How quickly each species of salmon changes into their colorful freshwater skin depends on how long they spent in the freshwater at the beginning of their lives. After hatching and struggling up and out of the loose gravel where they were placed by their parents, they swim freely in the cool flowing currents of the tributaries, streams, and rivers. Each species will spend anywhere from 45 days to 24 months in the river systems and spawning lakes before heading out to sea for their long journey to adulthood.

• **Chum:** are one of the "quick to leave" freshwater salmon, they head out to sea between 45 and 60 days. I think of the chum as the last run to return each season and the first to parish due to the short time their bodies are initially exposed to freshwater.

• **Pinks:** are a close second to the chum, they spend 60 to 90 days in freshwater before committing to the salt, resulting in almost the same quick spawning time and parish window.

• **Coho:** time in freshwater for the coho body's ranges from 12 to 18 months, this long term exposure will serve the fish well once the coho returns to spawn.

• **Chinook:** are the largest of the five returning species, they too spend 12 to 18 months in the rivers, these large bodied salmon hold up extremely well after returning to freshwater, especially the highly sought after "springers" their heavy fat stores gives them the fuel to travel great distances such as the Idaho rivers.

• **Sockeye:** are the longest freshwater residents, they stay up to 24 months before heading to the salt. Sockeye are initially drawn to lakes to spawn, once they reach their home lake they will seek out suitable lake tributaries, and also find sandy/gravel beds along the lake shore to build redds and deposit their eggs. The lakeshore hatchlings are where we get our kokanee (land-locked salmon), since the kokanee do not enter saltwater they don't grow near as big as their saltwater sockeye cousins. However the rich bright red flesh that sockeye are known for is still present.

• **Steelhead Trout:** do not fall into the salmon category, however they do go to sea the same as the five salmon species. Steelhead stay up to 36 months in freshwater before heading out. The wonderful thing about steelhead is they do not perish after returning to their home rivers to spawn, in fact they will make as many as four trips to the ocean in their lifetime. They too change into their spawning colors of green, silver, and red but will become silver bright again before re-entering the saltwater. Simply an extraordinary fish!



What does all the freshwater, saltwater time mean to us Island Anglers? Other than the posted seasons, it is the biggest factor that determines how long we get to fish for salmon in the rivers, and most importantly how long the fish's flesh is truly edible table fare and even smoking quality. The deep colorful spawning colors are the dead give-away.

Coho turns a beautiful two-tone black and red, black backs and red bodies (fire trucks).

< Spawning coho



Chum salmon turn purple and green with vertical purple tiger stripes on their sides (purple tigers).

< Spawning Chum

Pink salmon have a beautiful swirl mixture of green and pink skin, which reminds me of colored Damascus steel. Pink female salmon are typically long and skinny, hence a sock, (Damascus sock).

Chinook salmon slowly turn from chrome to a beautiful two-tone buckeye brown. Sockeye are probably the most photographed and printed

salmon of all, their bright green heads with sharp teeth, along with their deep red bodies is money to the camera's eye.



Spawning salmon will bite a lure more than you would might think which makes for some great river fishing, however even if the fish doesn't have any visible ick showing on their bodies once the deep dark colors are on the fish their flesh tends to very soft, so it is far better to let the fish spawn-out and increase the numbers of fish than to take a chance that the fish is edible. I know this from experience in my early years fishing the Skagit River.

< Spawning Pink

Summer saltwater salmon season is all but over for us Island Anglers, this weekend in Marine Area 8-1 will be the end. Most anglers will be focused on the surrounding rivers for a last chance at a semi-chrome fish for the grill or smoker. River fishing is just as exciting as the Puget Sound. We just have to be more selective on what we keep for dinner. The weather is getting colder so bundle up and GOOD LUCK out there!

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TRON: ARES (PG-13)
1:45, 4:15, & 7:15 PM

CORPSE BRIDE (PG)
2:00 & 4:30 PM

THE LONG WALK (R)
7:30 PM

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Readings by Noa
Astrology for October 10-16 2025

Pluto Stations Direct, Power Dynamics are Front and Center

On **October 11**, Venus in Virgo opposes Saturn retrograde in Pisces at 27°. This is not a whole lot of fun, but it can be if you are interested in longevity. We are still in a season about relationships, relationship dynamics, and all matters of relating. Today is a reality check, a serious conversation, a choice point. If things have gone on imbalanced and unaddressed today hits a road block, a mandatory meeting. What is not working must be faced.

On **October 13**, Venus enters Libra until November 6. As Venus enters Libra, it activates a grand trine with Uranus retrograde in Gemini and Pluto stationing direct in Aquarius (more on that below), while also forming an opposition to Neptune retrograde in Aries. Activating to say the least! These aspects are in effect October 13-15. Venus is strong in her sign of rulership, joining the Sun in Libra and amplifying the focus of what we have been enduring in regards to relationships. But Venus is also the planet of joy, pleasure, and beauty. There is a layer of grace and ease bestowed upon our relating dynamics at this time. The activation of the grand trine involving outer planets in air signs will invite new relationships, new opportunities, new patterns, new groups of people to enter the chat. We have an opportunity to ignite something fresh, to follow our curiosity and innovate in new directions in partnerships and aesthetics. This is incredible for starting something new, meeting new people, finding new interests, trying out new ideas, and diplomatically debate or weigh our options. A great time to be networking. Say yes to something social that feels aligned with your values.

On **October 13**, Pluto retrograde in Aquarius stations direct at 1° 22'. This is an transit that is pulling focus the entire month of October, since Pluto moves so slowly through its orbit. Pluto, the planet of power dynamics, evolution, death, and rebirth will bring things that have been hidden and dormant below the surface directly up to the light and in our faces to be dealt with. This is a reckoning. A powerful facing of the ways in which we give our power away or mismanage it. Pluto stationing direct will often unearth secrets or hidden information. Look to your birth chart for where the early Aquarius degrees fall. This is where the action is taking place. Transformation is in order and it won't be asking.

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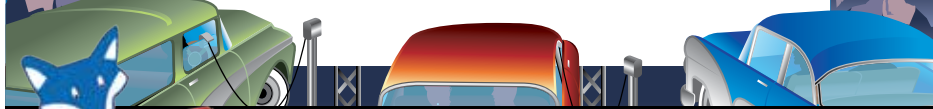
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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, you're ready to take charge this week. Leadership opportunities come naturally—just remember to listen as much as you speak.

TAURUS – Apr 21/May 21

Taurus, you're craving comfort and stability. Focus on grounding activities—home projects, good meals, or quality time with loved ones.

GEMINI – May 22/Jun 21

Gemini, social energy is buzzing, and invitations may come from all sides. Say yes to connections that inspire and uplift you.

CANCER – Jun 22/Jul 22

Cancer, career matters are highlighted. Your dedication doesn't go unnoticed, and a breakthrough or recognition could be on the way.

LEO – Jul 23/Aug 23

Leo, your adventurous spirit takes the lead. Whether you travel physically or mentally, this is a great week to expand your horizons.

VIRGO – Aug 24/Sept 22

Virgo, emotions run deep right now. Don't shy away from self-reflection—it can lead to valuable healing and renewed perspective.

LIBRA – Sept 23/Oct 23

Libra, relationships take center stage. You may find yourself mediating or strengthening bonds through understanding and patience.

SCORPIO – Oct 24/Nov 22

Scorpio, you're focused on efficiency and improvement. Streamline your schedule and eliminate what no longer serves your progress.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, creativity and playfulness light up your week. Take time to have fun and reconnect with what brings you joy.

CAPRICORN – Dec 22/Jan 20

Capricorn, family and home matters take priority. A thoughtful gesture or small renovation can bring a sense of calm to your surroundings.

AQUARIUS – Jan 21/Feb 18

Aquarius, communication is powerful right now. Speak your truth clearly, and you'll find others are ready to listen.

PISCES – Feb 19/Mar 20

Pisces, money or values take focus. Reassess where your time and energy are going—align them with what truly matters.



King Crossword

1	2	3	4	5		6	7	8		9	10	11
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CLUES ACROSS

- 1 Surrenders
- 6 Tennis match division
- 9 Cover
- 12 Fold
- 13 Sch. founded by Jefferson
- 14 Blackbird
- 15 Shadow
- 16 Utter disaster
- 18 Author Lurie
- 20 Bump into
- 21 Soup cooker
- 23 Cowboys quarterback Prescott
- 24 Has an intense craving
- 25 Actor Guinness
- 27 Toothpaste holders
- 29 Strange thing
- 31 Deceived
- 35 Welsh pooch
- 37 Bargain
- 38 "Downton --"
- 41 ER workers
- 43 Quilters' get-together
- 44 Tragic king
- 45 Rum cocktail
- 47 TV anchor Norville
- 49 "Glee" guitarist
- 52 Packed away
- 53 Historic period
- 54 Property claims
- 55 Radiator sound
- 56 Tiara sparkler
- 57 Stows cargo

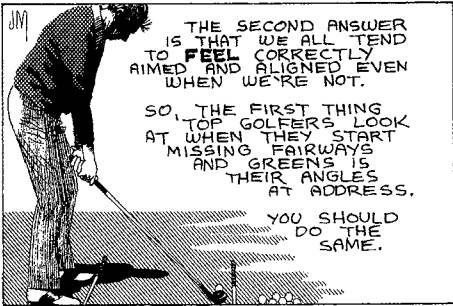
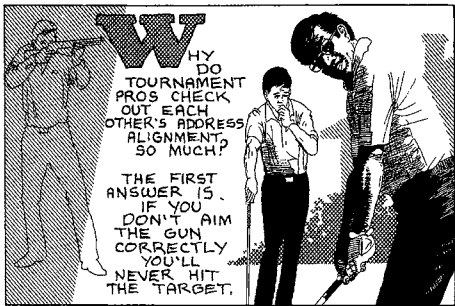
CLUES DOWN

- 1 PC's brain
- 2 Shade tree
- 3 Battled verbally
- 4 -- Grey tea
- 5 Composed
- 6 Number puzzle
- 7 Divisible by two
- 8 Bar bill
- 9 Shoe fasteners
- 10 Cove
- 11 Losing ventures?
- 17 Tickled
- 19 Nymph pursuer
- 21 Kung -- chicken
- 22 Vintage
- 24 Floral garland
- 26 Roman orator
- 28 Russian pancakes
- 30 Playpen item
- 32 Deducted
- 33 -- kwon do
- 34 Flamenco cheer
- 36 Cracker type
- 38 Actors Robert and Alan
- 39 Borscht base
- 40 Innocents
- 42 Play for time
- 45 Stallion's mate
- 46 Operatic solo
- 48 Rule, for short
- 50 Chemical suffix
- 51 Curved letter

If you can read this... Hello

Answer on 7

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Fri, Oct 10	Sat, Oct 11	Sun, Oct 12	Mon, Oct 13	Tues, Oct 14	Wed, Oct 15	Thurs, Oct 16
North Isle H-57°/L-50°	North Isle H-54°/L-45°	North Isle H-52°/L-45°	North Isle H-54°/L-42°	North Isle H-53°/L-41°	North Isle H-55°/L-44°	North Isle H-56°/L-47°
South Isle H-59°/L-50°	South Isle H-56°/L-46°	South Isle H-53°/L-44°	South Isle H-55°/L-44°	South Isle H-54°/L-43°	South Isle H-56°/L-45°	South Isle H-57°/L-48°



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

Who inspires you the most and why do you find them inspiring?



Meghan Deater, Oak Harbor

Who inspires me most and why? That's a tough question for me as I have had many people in my life that have given me inspiration but there is one person who outshines the others and that is my grandma Betty. She helped my grandpa Chris start our bakery legacy. Grandma Betty was always a happy and enthusiastic lady who inspired me to find happiness in everything, to work hard and celebrate all things! I remember going to her house a small child for dinner and my job was to set the table as if we were having party every single time for even just a simple family dinner.

When I was kid Grandma Betty would have to literally drag me out from the back of bakery to learn customer service, at least that's how it felt because I was shy and terrified of socializing!

She always kept her head held high through the good and bad times and would help anyone in need no matter what. Although Grandma Betty has since passed she still inspires me through my memories of her.



Barbara Benway, Oak Harbor

My Aunt Jainie fell from a streetcar and broke her back. Medical care was arduous and took a year of being confined to a bed. The result of the treatment was disappointing. Her spine was bent and would become worse as she aged. Undeterred she applied to the University of Denver, a private university of some repute.

With her shiny degree in hand, she was hired by the Denver Public Library. She began in the children's area. Having improved the area's aesthetic, and increased circulation she was promoted. And so it would go as many years passed and departments were improved. In the end, the library flourished and Jainie, my aunt, embodied courage, determination and tenacity, without saying a word, she was truly inspiring.



Andi Kopit, Education Coordinator /Whidbey Camano Land Trust Langley

As a woman in science, I am most inspired by the many intelligent and powerful women working hard to protect and restore our shorelines and critical salmon habitat for the climate resiliency and biodiversity of this beautiful region.

In today's world, there is a lot of heartache and bad news to wade through. Thinking globally and acting locally has been an important mind set to keep me positive and feeling part of the solution to our environmental woes. Spending time working and collaborating with my women in science colleagues on the Island County Marine Resources Committee, at Island County Public Health, and the Whidbey Camano Land trust always leaves me feeling inspired and ready to face new challenges.

Joyful Saying of the Week

Happiness is a grateful spirit, an optimistic attitude, and a heart full of love. -ANONYMOUS

Weekly SUDOKU

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	2			4	5		1	8
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6				7	8	3	9	

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Answer on page 7



THANK YOU FOR READING WHIDBEY WEEKLY | REDUCE ➡ REUSE ➡ RECYCLE

COMMUNITY BULLETIN BOARD

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- The Publishers

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COUPEVILLE WA, 98239
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Whidbey Island Nordic Lodge

Open House - Join us!

Saturday October 25th

11:00 am

Kathy Kristiansen Smith will be sharing the story of her family in Norway. During World War II, they were arrested by the Nazis and interned in prison camps. This was in both Germany & Austria, before emigrating to the US. It's an amazing story!

The public is invited to attend and learn more about one family on their path toward freedom.

Brats and hot dogs will be served following the presentation.

Please join us at the lodge!

63 Jacobs Road, Coupeville
www.whidbeyislandnordichall.com

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Was your Dad or Gramps in Japan or Germany? I collect old 35 mm cameras and lenses. Oak Harbor. Call 970-823-0002

The Whidbey Weekly Van is toast. Do you have a replacement for us? Give us a call at 360-683-8283.

RESOURCES

Basic Food Benefits Community Services Office: 275 Pioneer Way #201, Oak Harbor 877-501-2233

Food Banks:
Gifts From the Heart:
108 SW Terry Road
Monetary donations, they should be sent to:
PO Box 155, Coupeville 98239
Distribution on 2nd and 4th Wednesdays, 2-5 p.m.
Good Cheer:
2812 Grimm Rd., Langley 360-221-4868
Mon-Fri, 10 a.m.-4 p.m.
North Whidbey Help House:
1091 SE Hathaway St.
Oak Harbor 360-675-0681
Mon-Fri, 9 a.m.-4 p.m. (5 p.m. on Tues)
Closed 12-1 p.m. for lunch
Island Church of Whidbey
Soup Kitchen: 503 Cascade Ave., Langley 360-221-0969
Tues & Thurs 11:30 a.m.-1 p.m.
SPIN Café: 1241 SW Barlow St., Oak Harbor
Daily, 6:30 a.m.-5:30 p.m.
St. Hubert's Catholic Church
Wednesday Soup Kitchen
All are Welcome!
11 a.m.-12:30 p.m.
804 3rd St., Langley 360-221-5303
Ask about our Thursday Dinner

HUB After School: 301 Anthes Ave., Langley 360-221-0969
Food and activities for middle and high school youth. Mon, Tues, Thurs, Friday 2-6 p.m., Wed 1-6 p.m.

Ryans House for Youth:
Food, fun, support, 19777 SR 20, Coupeville 360-331-4575
Drop-in center for adults ages 18-24; Daily 6 a.m.- 8:30 p.m., 35 SE Ely St, Oak Harbor 360-682-5098
Drop-in center for youth ages 12-21; Mon-Fri 11 a.m.-7 p.m.

Women, Infants & Children (WIC): -Oak Harbor/North Whidbey: 1791 NE 1st Ave. Mon-Thurs 360-240-5554 Text: 360-544-2239

CRISIS LINES

9-1-1: Call for threats to life, fire, accident or crime
-Non-emergency lines:
Oak Harbor Police Department-360-279-4600
-Island Communications Dispatch (ICOM) - 360-679-9567
9-8-8: Suicide and crisis lifeline, free & confidential - 741-741: 24/7 Crisis Text Line -800-584-3578:
24/7 Northwest Washington Crisis Services - 360-678-7880: Island County Behavioral Health
866-488-7386 Trevor Project: 24/7 support for LGBTQIA2S+

SHELTERS/HOUSING

CADA Emergency Shelter
- Confidential crisis shelter for women and children fleeing domestic violence/sexual assault/stalking. This is NOT a homeless shelter. Office: 360-675-7057 Crisis Line: 360-675-2232 Toll Free: 800-215-5669

Island County Housing Support - 105 NW 1st St., Coupeville 360-678-8284
For homeless or at risk of losing housing. Mon-Thurs, 9 a.m.-3 p.m.

Ryan's House for Youth
- 19777 SR 20, Coupeville 360-331-4575
For at-risk adults ages 18-24

Whidbey Homeless Coalition
- Serving Island County 360-900-3077

The Haven Overnight Shelter
is a night-to-night shelter for up to 30 individuals. Must follow check in rules and must register daily between 4:00 and 4:30pm Mon. thru Fri. and 3:45 pm to 4:00 pm on Saturdays and Sundays at the SPIN Café, 1241 SW Barlow St., Oak Harbor.

House of Hope Emergency Housing, Langley, 360-708-4533. Transitional housing for families and adults at severe risk of homelessness; to apply, contact the Housing Support Center or call the number above.

Oxford Houses - Recovery housing oxfordhouse.org
-Men:360-246-4101
- Women & Children: 360-682-5773

MONTHLY MEETING

Monthly Meeting for Mental Health Hosted by NAMI for All Adult Individuals who have a family or friend suffering from depression, anxiety, bi-polar disorder, or other mental health conditions. Trinity Lutheran Church in Freeland, Lower Building Closest to the Highway 18341 WA-525, Freeland 3rd Wednesday of the Month 1:00 - 2:30 p.m.
Email for more Information: karens@nami-sno-isle.org

WEEKLY MEETINGS

MEMORY CAFÉ Every 1st and 3rd Tues of the Month 12:30 - 2:00 p.m. at the First United Methodist Church 1050 SE Ireland Street Oak Harbor, WA. Join our bi-monthly gathering for people with memory loss and their family to enjoy a time of fun, conversation, music and laughing (and snacks). This is a dementia friendly setting. For information: 360-720-4535

SOUTH WHIDBEY NAR-ANON FAMILY GROUP meets every Wednesday at 6pm at the Langley Methodist Church, 301 Anthes in Langley. We meet in the Fireside Room, rear of church. Karol:360 914 7695.

Have a problem with drinking? It doesn't cost anything to attend **A.A. meetings**. Local Meetings are in Coupeville, Freeland, Langley, Clinton, and Oak Harbor. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. We're here to help. For local meetings search aa.org or call 888-360-1564

Have you ever been affected by someone else's drinking? Al-Anon may be for you. **AL-ANON:** Tuesdays at 5:30-6:30 Oak Harbor Lutheran Church Library 1253 NW 2nd Ave. There is help and hope: Contact for more info: Rebecca 425-773-6937

Bothered by someone's drinking? **AlAnon** can help! Langley Family AlAnon Group, Wednesdays 9:30 AM to 10:30 AM, Langley Methodist Church, 301 Anthes Ave, Langley. Fireside room Information: (206) 898-2771.

Gamblers Anonymous Meeting. Every Tuesday at 6:30 p.m. at the Mount Vernon Senior Center. Mount Vernon Senior Center, 1401 Cleveland Ave, Mount Vernon Any questions, call Washington State Gamblers Anonymous hotline at 855-222-5542, or visit <https://gawashington.org/>

OVEREATERS ANONYMOUS Tuesdays 7 PM to 8 PM Langley United Methodist Church 301 Anthes Ave. Room 224 Langley, Washington 98260 For local meeting information and support call: Kevin 206-395-9622

Adult Children of Alcoholic and Dysfunctional Families meeting, Tuesdays 2-3 pm, Langley Methodist Church - 301 Anthes Ave, Langley - Fireside room. Contact: acawhidbey@gmail.com

CLASSIFIED INFORMATION

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How'd you do?

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No Cheating!

S	E	D	V	L		W	E	G		S	S	S
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