

April 10, 2026 - April 16, 2026

South Whidbey Parks & Rec

LOOK FOR **SUMMER** INSIDE
ACTIVITY GUIDE

Whidbey Weekly

Your Source For "What's Happening" On Whidbey Island Locally Owned • Locally Operated
NEWS • BITS • WHATS GOING ON • PUZZLES COLUMNISTS • CLASSIFIEDS



Welcome the Whales

WELCOME BACK
THE GRAY WHALES
WITH US!

LANGLEY, WA

FRIDAY
APRIL 10TH

5:00pm - Join us at the Thirsty Crab Brewery in Clinton for a fun and engaging evening of whale-themed trivia! Free event with prizes for 1st, 2nd, and 3rd place teams!

SATURDAY
APRIL 11TH

11:00 am - Costume making and activities at Langley United Methodist Church

1:15 pm - Parade staging at the Whidbey Island Center for the Arts parking lot at 6th and Cascade

2:00 pm- Welcome the Whales parade through Langley, followed by beach ceremony at Seawall Park

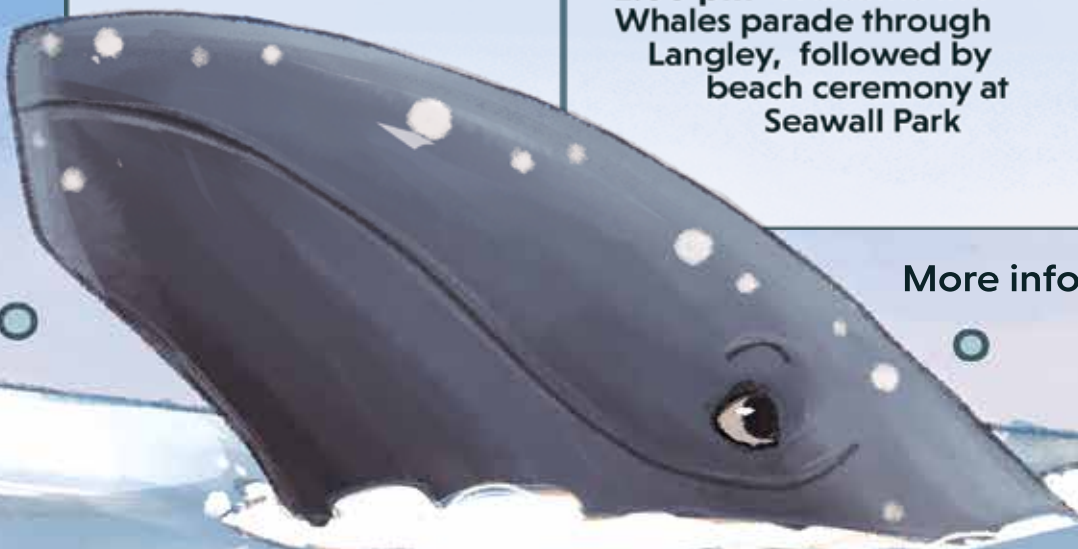
SUNDAY
APRIL 12TH

Join us for a special impact screening of the new gray whale documentary *The Way of the Whale*, before its wider release. Directly following the movie, the film's producer Franco Campos-Lopez Benyunes will join us virtually for a Q&A.

The Clyde Theater
217 First Street, Langley, WA
11:00 am - 1:00 pm

Tickets are \$16 and can be purchased at the door or in advance.

More info @ orcaneetwork.org/events



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4 EVENTS
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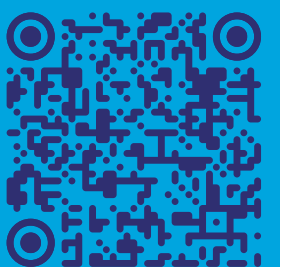
LITTLE BIG FEST
MUSIC & ARTS FESTIVAL
AUGUST 14, 15, 16TH
2026

EARTH
DAY
APRIL 25TH
2026

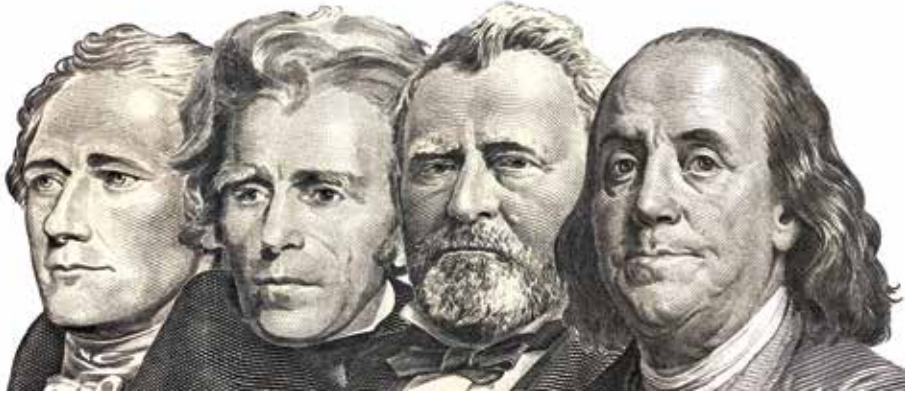
SUMMER
SOUL-STICE
JUNE 20TH
2026

WINTER
SOUL-STICE
DECEMBER 19TH
2026

www.LittleBIGFest.org



Word with our Publisher



Don't judge a book by its cover.

Don't ignore the weeds in your garden in hopes of ravishing flowers.

Don't expect things to come into fruition if you're not tending to what actually needs care.

In a life and time of constant artificial take-over, I'm grateful to be working on something hands-on here with the newspaper. It doesn't make me cry as much as it did when we first started. Now, I know to keep my hardhat on during the reconstruction phase at all times—with my velvet red cowboy hat on standby for when it's time to make a hard sale.

Sales: It's my background. I can do it extremely well, but in this day and age—to do it right—I need the proper tools. Automation. A phone that gets picked up or calls back. And eventually, a team that understands how much is enough, and how much their presence in the community (or at the farmers market, volunteering) actually matters.

Money: I'd quote a lyric from Hail Mary Mallon about money, but most people wouldn't get it—and it's obscure anyway. A quick search showed me I'd misheard the line, but honestly, what I made up in my head fit better.

I don't have a specific attachment to making "money."

It's a construct that makes things function—but it will never replace the art of trade and traded care in my heart.

In this industry, though, money from sales is still necessary. As we've learned how to run this for the long term, we've also

learned where trades hold us back—and where the greenback dollar, and the discipline of compounding it, becomes the real foundation of this newspaper (and its supplements) into the future.

Thank you: To the businesses and institutions that contributed to our South Whidbey Parks & Recreation Summer Activity Guide. We had a lot of fun with that—and with most submissions coming through the automated form, it gave us more time for phone calls and real conversations, which we value.

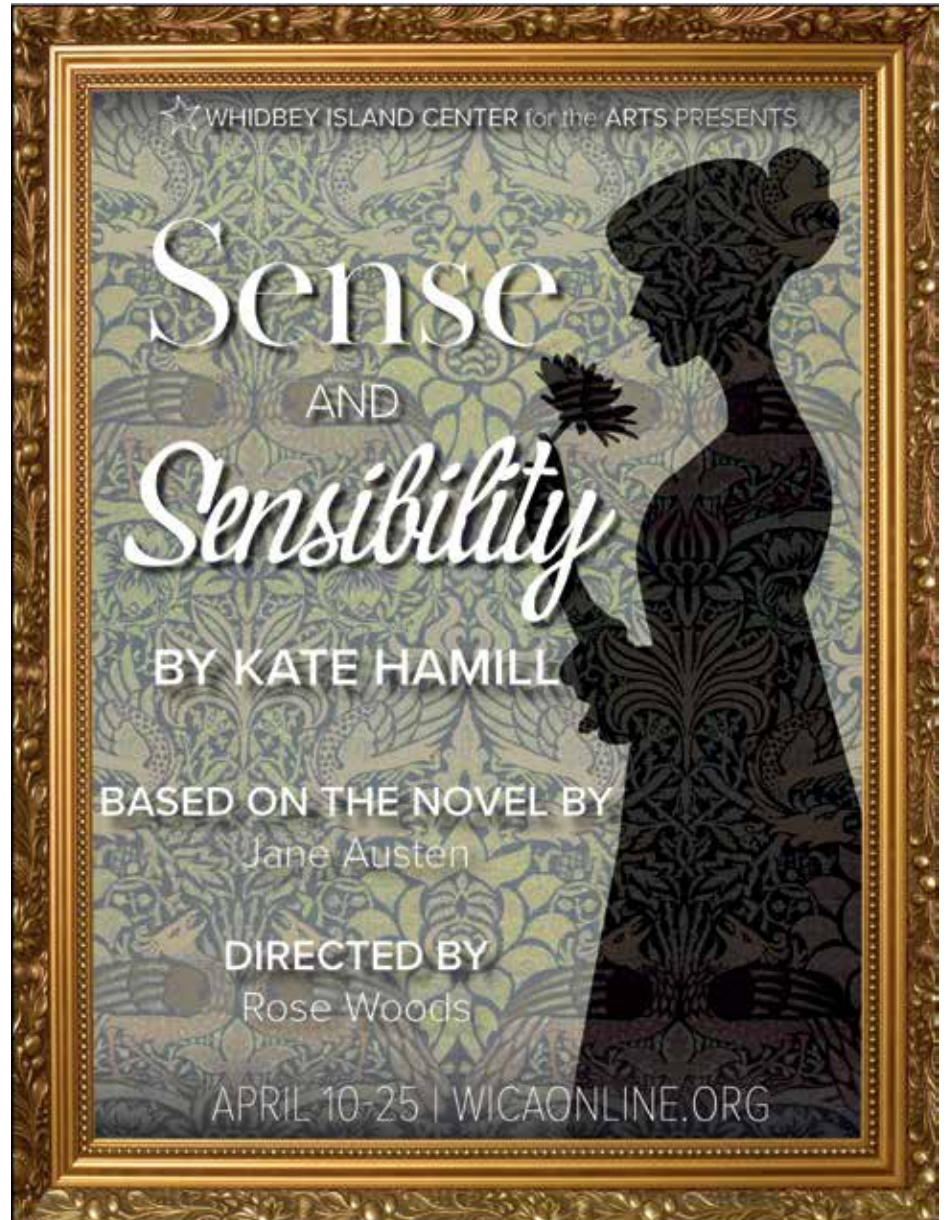
We're going to continue pushing advertising in Whidbey Weekly until we can print more pages and more copies. 30% off through the December 25 issue is part of that effort—to grow this into something stronger, and to support more of the content we all rely on.

We appreciate everyone who has contributed—financially to the newspaper, to the van, and even to our baby fund at the birth of our third son. Our 15-year plan is about 2½ years in. We're past survival and stabilization, and firmly in the phase where we build structurally.

To do that well, I need a few steady advertisers to fill the gaps—so we're never in a position where we have to turn away contributions. If that's you, call 360-682-8283 or email samantha@whidbeyweekly.com

We look forward to supporting you. Thank you for contributing to, enjoying, and being the best part of Whidbey Weekly—the community we serve.

-Samantha Goodman, Publisher



Join us on Opening Night, April 10 at 7:30 PM for a special post-show reception featuring a no-host bar, small bites, and an opportunity to hear from the cast and crew. Scan for Tickets



PHONE: 360-682-8283 WHIDBEYWEELY.COM



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DEADLINES: The Whidbey Weekly is a submission based editorial with contributing writers. Please feel free to submit any information (please limit to 200 words) that you would like to share with the Whidbey Weekly. You may submit by email to editor@whidbeyweekly.com, postal mail to PO BOX 1098, Oak Harbor, WA 98277, check back in next week's issue. **Submitted editorial is NOT guaranteed to be published.** Deadline for all submissions is one week prior to issue date. For more information, please visit www.whidbeyweekly.com.

Penn Cove Water Festival

**Coupeville
Whidbey Island, WA
May 9, 2026
11AM-5PM**

A Celebration of Pacific Northwest Native Culture:
Canoe Races, Art, Music, Dance, & Storytelling

penncovewaterfestival.org **Volunteers Welcome**

BITS & PIECES

Greenbank Garden Club: A Perennial Green Thumb

The Greenbank Garden Club is turning 78 this year, celebrating deep roots in community building as far back as the mid-20th century. Founded by 14 women in 1948, the group first met in private homes and when membership climbed higher, moved meetings to the Greenbank Progressive Club—where they still meet today on the first Thursday of the month.



Greenbank Garden Club

The club's on-going dedication to nurturing personal and community gardens through education and volunteer activities has made them a valuable asset to central Whidbey. In the early days they lent support to endeavors like 4H scholarships, litter clean up, food drives and beautification projects. Today monthly membership work parties provide care and upkeep to the Greenbank Farm Entry Garden—weeding, pruning and planting—and providing holiday décor around the barns and shops.

Monthly work parties also keep the grounds around the Greenbank Club House looking great, as well as Meerkerk's Secret Garden—the original garden planted by Ann and Max Meerkerk adjacent to their woodland home now surrounded by specimen rhododendrons. The club's partnership with Meerkerk once extended even deeper with an island-wide program organized for school children to visit the rhododendron gardens during peak bloom season. The garden club paid for school bus transportation and provided docents from their membership to guide educational tours. But this program ended after the covid pandemic.

After an early affiliation with the Washington State Federation of Garden Clubs, the Greenbank club dropped out to pursue their own goals. In 2015 they became an official non-profit organization and have been making community donations each year since with proceeds garnered largely from their annual plant sale. Today the club actively supports local agricultural, horticulture and environmental community projects. Their recent funding has benefited the South Whidbey Farm to School Program, Coupeville Farm to School Program, the Good Cheer Garden, Growing Veterans and Meerkerk Gardens. Donations in 2025 totaled \$4,500.

This year's plant sale is Saturday, April 25, at Greenbank Farms Barn A from 10:00 am to 2:00pm, a green event packed with aisles of perennials, herbs, ornamental grasses, vegetable starts and shrubs. The plants are grown by club members and are priced to sell. There is also a community raffle, lots of garden art and special items for the indoor gardener. The address is 765 Wonn Road, Greenbank.

Today the Greenbank Garden Club has 74 members and meets at 9:30 am on the first Thursday of each month. Meetings include a pot-luck brunch, raffles, guest speakers, flower arranging, horticultural samples and fun conversation. In May the club celebrates the beginning of a new gardening season with a fancy English Tea Party. In June, July, and August club members move outside to tour private and public local gardens. In December, proceeds from the club's annual silent auction benefit other community non-profits and causes. In 2025, Island County's CADA (Citizens Against Domestic & Sexual Violence) was the recipient of this special funding.

Whether or not you have experience with plants, live in Greenbank, or have extra time to volunteer for community projects, Greenbank Garden Club invites you to join them. For more information, please email greenbankgardenclub@gmail.com. For meeting announcements, calendar activities and club news, visit <https://greenbankgardenclub.square.site/> or find the club on Facebook.

Whidbey Island Earth & Ocean Month More Robust Than Ever in 2026!

Earth Day—celebrated annually around the world on April 22—is observed during the whole month of April on Whidbey Island. With the theme Caring for Our Common Home, 23 local organizations are planning over 40 events and activities, including educational talks and walks, work parties, children's activities, movies, and a festival. You can even attend a Repair Café, compete at a game night, make a seed bomb, or build a rain garden.



Located across Whidbey Island, most events are free and family friendly. A complete schedule is available at www.whidbeyearthday.org

2026 Highlights Include:

Not that we need more reasons to love our local public libraries, but their full schedule of Earth Day themed activities for both children and adults are sure to make the best seller list! Youth can make an ocean in jar, attend an insect safari, or have fun at several early release activity days. These are just a sampling of what our Freeland, Langley, Coupeville, and Oak Harbor libraries are offering.

For the second year in a row, YMCA Camp Casey is hosting an Earth Day Festival on Saturday, April 18, 11 am – 3 pm to encourage islanders to educate, celebrate, collaborate, and activate. Organizations from across Whidbey Island will host information tables and offer immersive experiences. Walk the beach and learn about marine and aquatic life. View the diversity of bird species at Crockett Lake through a pair of binoculars. Check out preservation efforts first-hand while walking through the heritage forest and Admiralty Inlet Preserve. Free, family friendly, and open to all.

Many hands will be making light work throughout Whidbey Island at work parties organized by the Whidbey Camano Land Trust on their properties at Strawberry Point, Krueger Woods, and Ebey's Landing. You can assist Whidbey Watershed Stewards in preservation and stewardship activities at the Freeland wetlands. Learn how to efficiently eliminate scotch broom—a noxious invasive plant and serious fire hazard—at one of three work parties organized by St. Hubert Church's Green Team and Goosefoot Community Fund.

*Goosefoot Community Fund is pleased to manage publicity and marketing each year for Whidbey Earth & Ocean Month. We are a 501(c)(3) non-profit working together with the South Whidbey community to create essential solutions. We preserve great places, address community needs, grow local businesses, and connect neighbors. www.goosefoot.org

Guided Walks
Festivals
Lectures

Kids Activities
Movies
Work Parties

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whidbeyearthday.org

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HEALTH CORNER

By Dr. Darlene Castle
 Chiropractor



ABOUT: Dr. Darlene Castle attended Palmer College of Chiropractic and graduated with a Doctor of Chiropractic degree in 1972.

"I knew I wanted to become a Chiropractor while still in high school. I made the right choice – 50 plus years in practice and I'm still helping people with Chiropractic care."

Dr. Castle is an avid animal lover and has been involved in feral cat rescue for over 40 years. She currently enjoys watching deer, bear and other wildlife while managing her property in the PNW.

ATTITUDE ADJUSTMENTS

Imagine getting up one morning feeling really terrific. The sun is shining, birds are singing; the world is a beautiful place and you're glad to be alive.

You get dressed, slip on your shoes...and unknowingly step out the door with a tiny pebble in one of them. And then you go about your day as usual—with that hard pebble irritating your soft foot.

It's such a small thing, that little rock, but as the day goes on, its effects become harder and harder to ignore. By evening, you're tired, irritable and definitely less enthusiastic about life.

If you were to continue this pebble routine for a few days, you'd likely discover your disposition had drastically changed. Angry outbursts, upsets over minor problems, inability to solve simple problems — that constant irritation will have turned you into someone you don't even recognize.

And you'd begin wondering what in the world is wrong with me!

Of course the answer to this fantasy question is easy.

The pebble is causing your physical and emotional upset.

The cure is simple — empty your shoe.

In real life, something very similar can happen in the body.

When a hard bone in your spine shifts slightly out of position, it puts pressure on a soft nerve and creates irritation. It also interferes with the flow of nerve energy from your brain, along the spine, out to every cell in your body.



Normally the brain sends electricity-like impulses down the spinal cord and out over nerves to each of the trillions of cells in your body. That electrical current contains data and orders designed to make every cell work properly. It is constant and vital communication ensuring that every cell is doing what it is supposed to be doing.

When that current is disrupted, a short circuit occurs. The message doesn't arrive the way it was sent out. Cells malfunction — just a little bit. Chemicals created by your body aren't to the exact composition needed. Hormones aren't delivered quite on time.

Things just go a little off.

Since the situation isn't life threatening at this stage, pain isn't present. There's no reason to sound that alarm just yet. In fact, pain is one of the last symptoms to appear in spinal problems of this nature.

That means a person doesn't even realize there's something wrong.

Chiropractors look for these irritations in the spine and gently correct them with an adjustment. When the pressure on the nerve is relieved, the body is able to function more normally again.

It's a lot like taking the pebble out of your shoe.

Simple.

But it can make a big difference in the quality of life, health and the way you act and feel.



Saturday, April 18 • 10am-4pm

Let's make Historic Downtown Oak Harbor beautiful! We need volunteers to help with clean up, painting, pulling weeds and more.

For more information and to volunteer: director@oakharbormainstreet.com
 360-279-8995 • www.oakharbormainstreet.org

Thank you to our sponsors and supporters:



ATTENTION
 MILITARY

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Tri-Care does not cover chiropractic care - but you don't need it!

There is an affordable option available in Oak Harbor without referrals, long waits, or unnecessary testing.

Learn how this military-focused program works and get your questions answered! **No pressure – Just information**

Victory Terrace Community Center
Wednesday, April 15 • 1-5 p.m.



Darlene Castle, DC
 50+ years experience
 425-238-8704

What's Going On!

50 HOUR FILM SLAM

Friday–Sunday, April 10–12
Ebey's Landing National Historical Reserve, Coupeville

Take part in this fast-paced filmmaking challenge where teams have 50 hours to write, film and produce a 3–6 minute movie entirely within Ebey's Landing Reserve. Hosted by the Coupeville Creative District, the event offers up to \$1,000 in prizes and culminates in a public screening and awards event on May 29 at the Coupeville Rec Hall.

INTRO TO ROBOTICS WITH EDISON ROBOTS

Friday, April 10, 1–2 p.m.
Oak Harbor Library, 1000 SE Regatta Dr., Oak Harbor

Explore the fundamentals of robotics in this hands-on workshop led by instructors from the Whidbey Island Language, Art & STEM Center. Participants will use Edison Robots to learn basic programming and engineering concepts in a fun, interactive setting. Designed for ages 11–17.

FALLING DOWN & GETTING UP WORKSHOP

Friday, April 10, 1:30–3 p.m.
Bayview Cash Store, Front Room (2nd Floor), 5603 Bayview Rd., Langley

Join Dr. Jessica Sved for a practical workshop on fall prevention and recovery. Learn simple techniques to safely get up after a fall, improve balance and build strength for everyday movement. The session also covers problem-solving strategies for real-life situations. No registration required.

FIGHTING FRAUD: IDENTIFY, PREVENT, REPORT

Friday, April 10, 2–3 p.m.
Langley Library, 104 Second Street, Langley

Learn how to recognize and avoid common scams in this informational session with Nathan Spiecker of the Washington State Department of Financial Institutions. Topics include fraudulent calls, emails and social media schemes, as well as how scammers use gift cards, cryptocurrency and payment apps. Part of the End of Life program series.

WELCOME THE WHALES FESTIVAL AND PARADE

Saturday, April 11, 11 a.m.–4 p.m.
Downtown Langley, First St. & Anthes Ave., Langley

Celebrate the return of gray whales to Puget Sound at this annual community festival hosted by Orca Network. The day includes costume-making activities, a family-friendly parade through Langley and a waterside ceremony at Seawall Park. The event honors the "Sounders," gray whales that migrate to local waters each year to feed. Free and open to all ages.

A LITTLE FIBER FEST

Saturday, April 11, noon–3 p.m.
Bayview Community Hall, 5642 Bayview Rd., Langley

Explore the world of wool and fiber arts at this hands-on festival featuring live demonstrations of spinning, dyeing, weaving and knitting. Meet local farmers and fiber artists while learning how fleece is transformed into finished textiles. Free and open to all ages.

LEAVES AND FLOWERS OF RHODODENDRONS

Saturday, April 11, 1–2:30 p.m.
Meerkerk Gardens, 3531 Meerkerk Lane, Greenbank

Explore the unique characteristics of rhododendrons in this spring class at Meerkerk Gardens. Learn to identify varieties by their leaves and flowers while gaining insight into their growth habits and seasonal changes. Class begins at

the Welcome Center at the Gatehouse. Cost is \$20 per person, including garden admission.

FREELAND WETLANDS PRESERVE STEWARDSHIP DAY

Saturday, April 11, 10:30 a.m.–noon
Freeland Wetlands Preserve, 1820 Newman Rd., Freeland

Volunteer with Whidbey Watershed Stewards for a hands-on work party focused on restoring and maintaining local wetlands habitat. Activities include trail care, invasive plant removal and planting native species. All experience levels welcome.

WINE, BITES & BREW

Saturday, April 11, 3–6 p.m.
Oak Harbor Elks Lodge, 155 NE Ernst St., Oak Harbor

Sample local wines, ciders, brews, mead and whiskey alongside bites from area restaurants and bakeries at this annual fundraiser hosted by the Oak Harbor Main Street Association. The event supports Historic Downtown Oak Harbor and features a wide range of regional producers. Ages 21 and older only; valid ID required.

RAIN GARDENS: HOW TO BUILD THEM

Monday, April 13, 4–6 p.m.
South Whidbey Community Center, Room 109, 723 Camano Ave., Langley

Learn how to design and build rain gardens in this practical workshop with permaculturist and landscape designer Penny Livingston. The class covers stormwater management, groundwater recharge and step-by-step construction techniques, along with tips to avoid common pitfalls. Suggested donation: \$5.

HAVE YOU BEEN CURIOUS ABOUT CHIROPRACTIC CARE?

Wednesday, April 15, 1–5pm
Victory Terrace Community Center 2205 Egret Drive, Oak Harbor

Have you been curious about Chiropractic care? Now's the time to get all your questions answered. Also hear about a military-focused program that offers affordable care. Learn how this program works from an experienced and qualified professional. No Tri-Care needed. Individual consultations available. For more details contact Dr Castle at 425 238 8704

WALK WITH WEAN AT SARATOGA WOODS

Thursday, April 16, 3:30–5 p.m.
Saratoga Woods, 4246 E Saratoga Rd., Langley

Join Whidbey Environmental Action Network leaders for a casual guided walk through Saratoga Woods. Enjoy conversation, fresh air and community connection—dogs are welcome. Participants are invited to continue the conversation afterward at Ultra House for a beverage or snack.

STEPS MAMMA MIA! SING-ALONG

Thursday, April 16, doors at 5:30 p.m., movie at 6 p.m.
The Clyde Theatre, 217 First St., Langley

Sing along to ABBA favorites during this interactive screening of Mamma Mia! The Movie. Lyrics appear on the big screen while lively hosts guide the audience through a fun, community-centered evening. Costumes and sparkle encouraged. Tickets \$30 or two for \$50. Proceeds benefit Steps, supporting families with infants and toddlers with disabilities and developmental delays.

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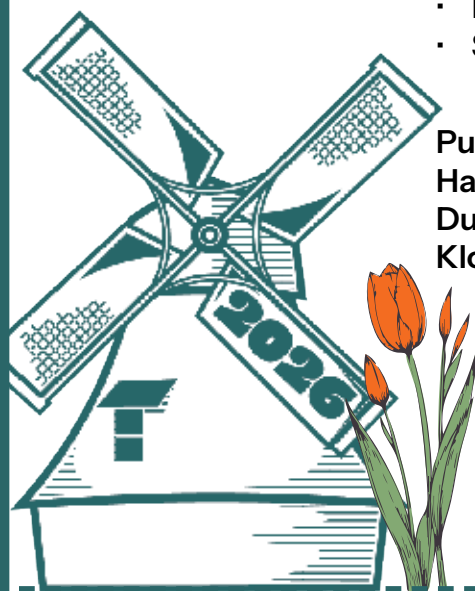
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April 24 - 26, 2026

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- Dutch Dinner (April 24)
- Parade (April 25)
- Street Festival (April 25-26)



Purchase your Holland Happening t-shirts, tiles, tulips, Dutch Dinner tickets, and Klompen Canal race shoes at the Chamber office or on our website.



Visit us for more information!

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HALIBUT SEASON

It's that time again! After 20 plus years of in-season restrictions that made Halibut fishing in the Puget Sound at times almost life-and-limb dangerous the state of Washington finally got the message to open the season longer, and leave it open seven days of the week "let the people fish." Halibut catch quotas (total pounds of catch) are regulated by the International Pacific Halibut Commission (IPHC) Washington, Oregon, and California are managed by this commission. Three years ago, the state of California petitioned the IPHC to shift a generous portion of Washington's seasonal halibut catch quota over to California recreational fishermen. Thanks to this action, I believe this is where we Island Anglers and other Washington state fishermen finally got back what was taken away for some form of bios activist survey action long ago.

The state of California's request for some of our halibut quota raised the question "if there is that much recreational unclaimed, available catch quota here in our waters, why are we not able to fish for that quota?" pretty straight forward and common sense right. After the California request surfaced, the Puget Sound Angler Clubs in Washington confronted the IPHC and WDFW to peel back the onion and expose the unrealistic/unfair restrictions on Puget Sound recreational halibut fishing.

For the last two years recreational halibut fishing opportunities have been much, much better and much safer, fishermen do not have to risk fishing in bad weather and unsafe wind conditions based upon the chopped-up days of the week we were given. There are still some in-season restrictions that need to be answered in my opinion (halibut closed during the month of July) but halibut fishing can once again be a season that fishermen can look forward to and enjoy safely with family and friends.

Catching a Puget Sound halibut was/is never a slam dunk, fishermen gain incredible knowledge and increased catch success from being out on the waters fishing, learning the halibut's habitat and testing those lessons learned is priceless. Gaining knowledge quickly on halibut hotspots was impossible with the short chopped up seasons, but with the longer seasons we now have a chance to re-group and find those wonderful flatfish.

Here are the baits and techniques I have used over the years to put a few 25-to-40-pound halibut into the boat:

- **Herring:** is the halibut's favorite bait in the Sound, whole medium to large size baits work best but any available size herring is fine. Fresh caught is best but frozen herring that has had time to thaw out slowly works great too. I have dyed (blue or green) and brined herring to use but I have caught just as many on plain out of the package baits, brining the baits in a salt solution does toughen the flesh and helps the bait from coming apart.
- **Squid:** used whole is another great bait for halibut, many times I cut the squid in half or into strips to add to any bait, nothing wrong with creating a smorgasbord!
- **Salmon parts:** after a good salmon year I freeze and save the salmon caucuses. I take time to cut off the white, silvery salmon bellies and save them in a zip-lock bag. In Alaska, halibut will hang out at the mouth of the rivers to scoop up the post-spawn dead salmon carcasses washing back into the ocean. Salmon for bait does not seem to be as effective here in the Puget Sound but the halibut will not miss-out on an opportunity to feed, I use salmon heads and salmon bellies for bait, then rototill the rest into the garden.
- **Artificial baits:** large soft-bait eel style lures, large rubber squids, large rubber twin-tail grubs and curly-tail grubs have caught more than their share of halibut in both shallow and deep water. Adjusting the weight to get to the bottom is the key, I like to keep the amount of weight (jig-head or cannon ball) as light as possible, it helps me feel the bite. Copper pipe-jigs, and extra heavy vertical darts are other proven artificial lures that will hook and pull a tasty halibut up off the bottom.
- **Scents and oils:** There is a big assortment of fish attracting oils and gels on the market, herring, shrimp, bloody-tuna, anise, garlic, anchovy, and sardine. When one or a combination of these oils or gels are added to natural baits or artificial lures, they will greatly increase the scent trail that brings the halibut in to bite the hook. I highly recommend adding "herring" scent on all artificial baits.

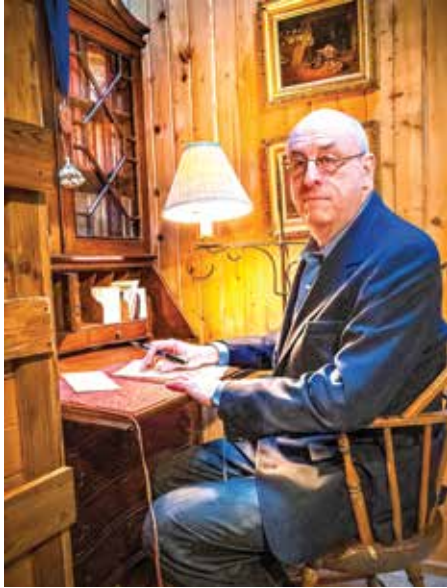
Catching halibut from shore is difficult in the Puget Sound, the normal off-shore depths needed (90 to 200 feet) are too distant, the most successful halibut fishing is from a boat. There are three techniques most commonly used to target the halibut:

- **On anchor:** after deciding on the bottom type and depth you believe the halibut are at/on, or nearby, drop anchor and enough anchor line and chain that will hold and place the boat over the area of interest. Lower your bait or lure of choice (commonly on a spreader bar) down to the bottom then reel up two feet off the bottom, set your drag and wait. Remember to wait around 30 to 45 minutes for the scent trail to attract the fish. Most halibut fishermen on anchor also lower a small perforated tub or mesh bag with a frozen chum mixture to help bring in the fish as well.
- **Current Drift:** when current is moving at walking speed, place the boat on the up current end of the area you want to fish, at this point lower your gear down and randomly touch bottom as the boat moves with the current. Getting snagged on the bottom is possible but not likely because the bottom type the halibut will be on is primarily a combination of sand, broken shell, and mud.
- **Slow Trolling:** this technique is not as widely used as the other options but it will produce fish. I know this first hand from trolling for salmon on "Eastern Bank." A 3.5-inch salmon spoon was picked up and swallowed by a 50-pound halibut! Halibut season was over so unfortunately, we could not keep it but it was quite an experience bringing the fish to the surface on a salmon rod. Fish the suspect halibut areas the same as you would salmon, using downriggers, flashers, and spoons, remember to increase leader strength to at least 50-pound test, use larger swivels, and metal flashers for sound as it spins and occasionally makes contact with the bottom.

I am extremely happy that the heavy restrictions on our halibut season have been lifted, it is at last a season that we can fish safely and create memories once again. Be safe and GOOD LUCK out there!!

On A Domestic Exile

by Charles LaFond ISLAND FUNDRAISER, POTTER, AUTHOR, AND ESSAYIST



A brief scan of YouTube will pull up the usual videos, among which are many making films about moving abroad. Some are angry about politics. Others are seeking to retire on Social Security in places where one can live on \$800 a month. Regardless of why people are moving, dissatisfaction with life in America is a common reason. They want something different from what they wake up to every day. The problem is that when they get to Paris or Jerusalem or Marrakech, they often find that the very dissatisfaction that drove them to move is unpacked when they open their own suitcases. In other words, we may indeed move, but we are still the same people in a new place and still have the baggage – literal or figurative – that we packed when we left – the same problems, different scenery.

I have lost count of how many countries around the planet I have made home. When I was answering a friend's question, "In what countries have you lived?" he rested his hand on my arm and suggested I switch to a list of countries I have NOT lived in, because he had lunch plans. He laughed. I just felt exhausted.

So I am wondering if the problem is not that sometimes I want to be living in France for its slowness or Marrakech for its colors, or Buenos Aires for its low cost of living, or Denmark for its care of its citizens, but rather that sometimes I want to live in a different way simply because I want a healthy life.

So I am trying hard (and often failing) to make simple changes in my life such that I return to a way of life commensurate with how the human body has been designed over millions of years to live well, regardless of the land on which I sleep.

Sadly, most of us live with health markers that are 20 years older than we are. We suffer from poor sleep, back and neck pain, dehydration, processed foods, alcohol, and sedentary lifestyles. I see five main problems in how I am living:

1. Humans are designed to walk 10-15 miles a day: My muscles stop contracting when I sit, and my blood sugars go berserk. Since we stopped hunting for food and began buying it in plastic from factories, we have begun sitting all day, which signals to the human body that it is ill and in survival mode.
2. We eat garbage: A diet of refined sugars, seed oils, and preservatives results in inflammation because the body treats these foods as foreign and a threat. Then, a leaky gut results from a bad microbiome that feeds on processed foods.
3. Acute distress: We are stressed by news cycles, and overwork, so that we keep up with the Joneses (whoever they are), which means we get no relief from fight, flight, freeze, and fawn trauma modes. Our nervous system is not designed to marinate in cortisol (stress) -so our body responds by suppressing the immune system and storing fat. The body is not cyclically downshifting into parasympathetic (calm) mode, because we live in a constant state of low-level panic.
4. Sleep: Humans were bred over millions of years to go to bed at dark, wake in the middle of the night for sex, mix dough for morning breads or play Mahjong, and then go back to sleep until sunrise. But caffeine, alarms, and the blue light of our screens make it impossible for 8-9 hours of sleep to cleanse the body and mind.

5. Connection and isolation: We have a thousand "friends" on social media, but how many real friends can we call when we are arrested (which is my definition of a real friend)? Isolation signals to the human body that our lives are in danger.

We got here by century, not by choice.

In the 1800s, the Industrial Revolution traded rural health for urban alcohol, possessions, and money. Titans made money, and the workers began, slowly, to die.

In the 1900s, processed foods sought "the bliss point" to create irresistible, cheap food that kills body and mind, replaced good food with cheaper, long-shelf-life, addictive options, and then spent marketing money to make us believe we wanted this change.

In the 2000s, big pharmaceutical companies - also led by titans of wealth - made \$500 billion in the US alone, producing good medication, but when their profit drives our choices, pharmaceuticals are designed to keep us on them rather than change our lifestyle. So we eat bad foods, drink too much caffeine, sit too much, make too few connections, and benefit from too little sunlight and too little exercise, and then take pills to deal with those garbage choices. It's a vicious cycle.

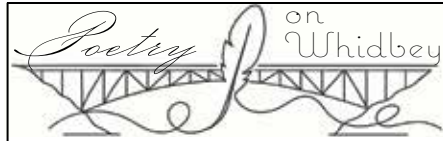
So what do we do? Perhaps rather than moving to some Caribbean island, we could just make changes right here, right now. We could walk 15 miles a day or five. We could eat vegetables. We could meditate instead of watching the news. We could set up protocols for better sleep, and we could do the very hard, vulnerable work of making, nurturing, and keeping friends.

To see more writing and film by Charles LaFond

Website
www.charles-lafond.com

Facebook
facebook.com/charles.lafond.1

YouTube
youtube.com/@CharlesLaFond



SPRING IS HERE?

Winter's over,
Spring is here?
Not out my window
Oh my, oh dear!

Crocus blooming,
Sky is gray
Frosty mornings
Go away!

Let the sun
Tell the shoots
To come on out
Be brave, grow roots.

Soon our gardens
Will return
With flowing colors
Have no concern.

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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, this week encourages patience. A situation that seemed stalled may start moving again, but only if you allow things to unfold naturally. By the weekend, a positive shift restores your momentum.

TAURUS – Apr 21/May 21

Taurus, practical decisions take center stage. Whether managing finances or organizing responsibilities, your steady approach helps everything fall into place.

GEMINI – May 22/Jun 21

Gemini, your social energy is strong. An invitation or unexpected conversation may lead to an exciting opportunity. Stay open to new connections.

CANCER – Jun 22/Jul 22

Cancer, you may feel pulled between responsibilities and personal needs. Finding a healthy balance will help you move through the week with greater ease.

LEO – Jul 23/Aug 23

Leo, creativity sparks fresh motivation. Whether it's a project, hobby, or bold idea, expressing yourself freely helps you rediscover your enthusiasm.

VIRGO – Aug 24/Sept 22

Virgo, this is a good week to focus on home matters. Small improvements to your space or routine bring comfort and peace of mind.

LIBRA – Sept 23/Oct 23

Libra, communication flows more smoothly than expected. A misunderstanding may clear up quickly once you take the first step toward an honest conversation.

SCORPIO – Oct 24/Nov 22

Scorpio, confidence grows as you take control of a lingering concern. Addressing the issue directly brings relief and renewed focus.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, your adventurous spirit pushes you toward something new. Even a small change in routine can bring excitement and inspiration.

CAPRICORN – Dec 22/Jan 20

Capricorn, determination works in your favor. Your ability to stay focused on long-term goals helps you make meaningful progress this week.

AQUARIUS – Jan 21/Feb 18

Aquarius, a fresh idea or creative solution may come when you least expect it. Keep a notebook or phone handy—you won't want to forget it.

PISCES – Feb 19/Mar 20

Pisces, quiet reflection helps you regain emotional balance. Spending time with supportive friends or loved ones brings comfort and reassurance.



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Astrology for April 10 - 16 2026 Sun/Chiron Conjunction in Aries

On **April 13**, Mars conjuncts Neptune in Aries at 3° and Venus in Taurus sextiles Jupiter in Cancer at 16°. These aspects happening in tandem creates some very fertile soil. Mars/Neptune can be motivated by faith, religion, and spirituality. It can stir ambition and drive us to follow gut feelings with some empathy or a sense of connection to a higher cause. Naturally, this can take on many forms, and if we are not grounded in a healthy sense of self, it can invite self-righteousness, escapism, or the inability to remain in touch with reality. From another angle, Mars represents the body and libido. This can spiritualize sexuality or initiate action on artistic ideals. These expressions are emphasized even more as a positive connection is made between the two most beneficial planets, Venus and Jupiter. Venus in Taurus is strong in her home sign, desiring to indulge in her physical five senses in simple and stable ways. We are interested in higher quality physical and material experiences. Jupiter is also in one of its strongest positions in Cancer, its sign of exaltation, and seeks to expand higher learning through emotional bonds. All in all, this is a very juicy day ripe with inspiration and sensuality. How can you explore these areas of life? Who or what would you like to explore? What does pleasure mean to you? Do you indulge in a way that is grounded or gluttonous? Watch both your integrity and your wallet, but definitely order dessert.

On **April 14**, Mercury in Pisces sextiles Uranus in Taurus at 29°. This aspect stimulates an intense volume of communications. The 29th degree heightens intensity and both of these planets involve increased busyness and exchanges. Thoughts and ideas are flowing, conversations are firing, and this is a great day to keep your voice memo or notes app handy. A sudden change of plans for the better. Unexpected ideas that lead to solutions that innovate. Information bubbling turns to a boil when later on April 14, Mercury enters Aries until May 2. The pace sharply picks up. Fast talk and quick thinking. Be careful during this time to watch for impulsive words. Calm the mental sprints. Remember to check the details. A lot of mental energy can be moved through the body, so utilize physical activity for balance.

On **April 16**, the Sun conjuncts Chiron in Aries at 26°. Heads up: This energy will be included in tomorrow's April 17 new Moon in Aries. We have a slightly brutal spotlight shining clear and direct on our sense of self. How far we have come in our healing journeys will be apparent. Both what we've strengthened and what still needs work. Where are you hiding? Where do you abandon yourself? Do you go after what you want? What comes to mind when you hear the words confidence, identity, and self assertion? An old wound is exposed, but we have a powerful opportunity for healing. Have the courage to face your weaknesses. Integrate a new level of self-identity with honor and humility. Can you admit the reality? You've worked hard to get here.

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April 10th - April 16th : Ace of Wands

As the future presents bold new action for your undertaking this week, new progress is swift, and you're encouraged to focus on the expansion and fast paced build while witnessing but not clinging to the release of old growth falling away of it's own accord. This project is a direct hand-off from becoming-you to having-been-you, and one you've been anticipating, although you haven't previously been capable of discerning much detail. The multi-part development swiftly has many moving gear-pieces to juggle, taking center stage while most everything else still extant will dutifully revert to the back burner until headway can be achieved and a new balance in routine coordinated.

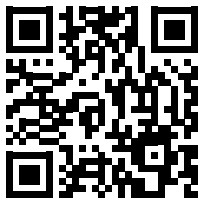
As you create, let the passion flow through you as uninterrupted as possible while maintaining self-care and healthy

boundaries. Aim to be intentional with time devoted solely to creativity, rather than tangling the edits and critiques into this sacred window of muse. When we swap back and forth between crafting and correcting, we are also volleying between the right and left hemispheres of our brain, respectively. This stunts the potential alongside the inspired current. And don't be surprised if the process resembles dreams from days long past as it illuminates; after all, dreams spark in our soul for a purpose, even if they evolve and alchemize form before returning to our periphery.

This is not just a quest, a materialized gift, a door-opened, but also a paintbrush, a revered writing utensil, empowered by your own divine authority alight within each of us, for the purpose of spurring you to paint your future. Your words and your daydreams matter immensely, but even more so do your beliefs. The Sistine Chapel was not accomplished in one sitting or even overnight, and certainly not without ache or fatigue, and likely frustration. But the work of art dreamt by dedicated and determined artist was revisited with commitment again and again until the last brushstroke finalized the masterpiece. The seeing, the living of the dream, is achieved through the persistent believing and acting on that faith. If you think, say, believe you can't, then you're right; such is your strength. ~Xo, Tiffany

Cards are drawn from the classic Rider Waite Smith tarot deck.

Your future divined in detail, here: <https://linktr.ee/tiffanyfitzpatrick>



Last weeks tarot



April 3rd - April 9th : Judgement Reversed.

Air raid sirens, spreading wild fires, boisterous volcanic eruptions, angry voices spewing hatred and war... with deep earnest, you are implored to turn off the news. This does not mean being uninformed.

Instead, this week's card asks you to consider how you're consuming information, and how much you're consuming. Your nervous system is currently being bombarded from nearly every direction with fear-based messaging keeping your frequencies fritzed and your brain doused in anxiety. This is no way to move through life, even at its seemingly most chaotic globally.

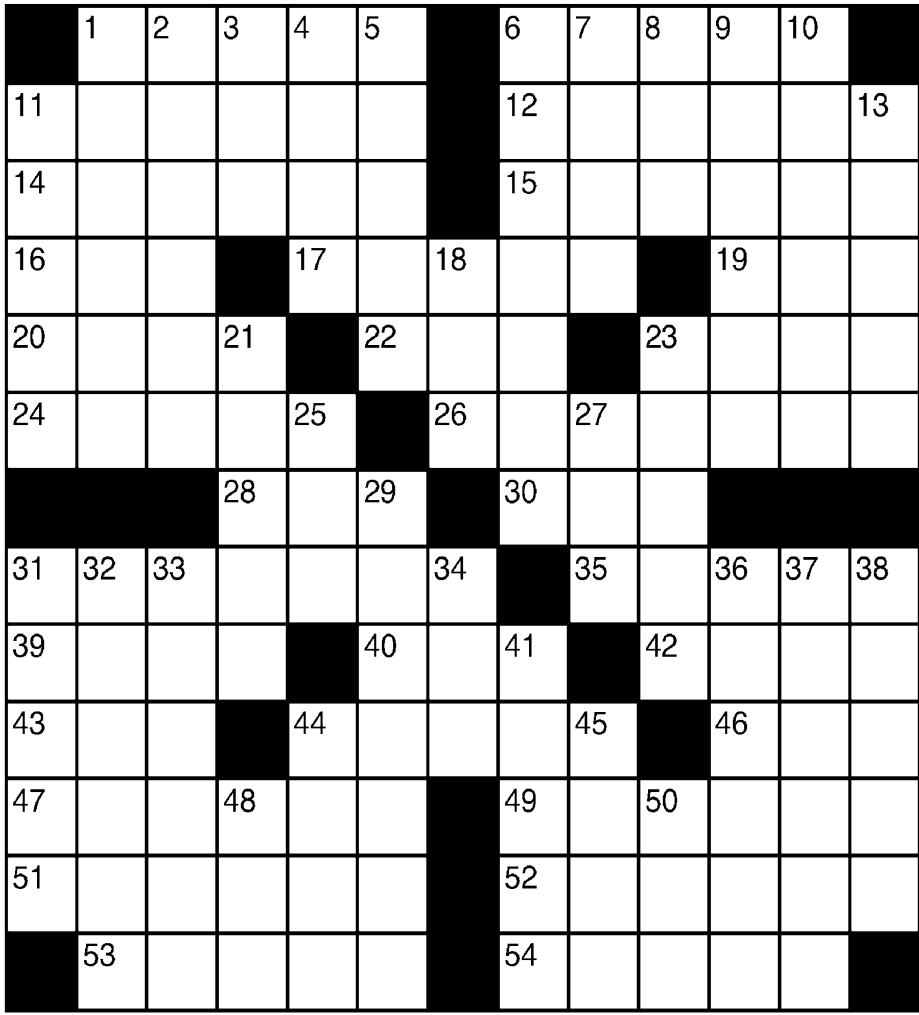
First, mitigate the stream of fear. Detox, and replenish with joy (and water; truly, hydrating helps more than being just some fad, and heals on many levels). Once you feel grounded, calm, and de-zombified, then decide a strategy for observing, not absorbing, news in a way that still allows your body to feel as safe as possible, and

only in brief spurts so you can come back into emotional regulation more regularly. Consider asking your community for alternative sourcing, but be conscientious of echo chambers. Most importantly for your own sake, bear in mind that stressing your system to the max in solidarity doesn't render aid to any situation, and only creates another patient, another casualty, another victim. You cannot pull others from the trenches if you're hunkered down with them.

On a more subtle note, as introspection often is, you're compassionately nudged to awaken awareness to the bullhorn you hear internally; the criticism, the degradation, the drill-sergeant-like goading we yell at ourselves inside our minds. In truth, these words we think, and fear to think, are not our own, but rather are judgements stuck in our craw, thrown at us by others. These others were close to us, or the opinions (more often projections) hurled were close enough to what a part of us had already been coached to believe. You fight the negative chatter, but now listen to it with purpose; when a critique screams in your head, ask whose voice is this, ask if you believe what is being said. When you realize it was never yours to carry, it's easier to set it down. When you challenge if the belief is truly held, you develop immunity against the judgement. If you do not have violet tresses, you cannot be wounded by accusations of purple hair.

Love yourself lighter by releasing what isn't yours. ~Xo, Tiffany

*Last weeks issue was mistakenly the week prior. Apologies from the editor.



CLUES ACROSS

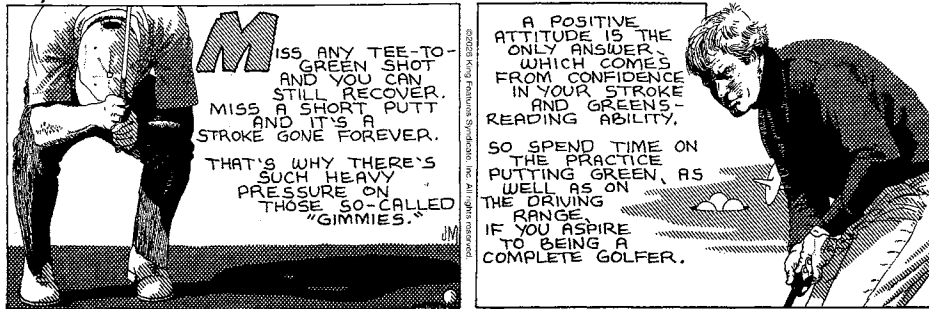
- 1 -- Ark
- 6 Con games
- 11 French novelist
- 12 Heckler's weapon
- 14 "Delta Wedding" author Welty
- 15 Defeated in a footrace
- 16 Govt. stipend
- 17 Roly-poly
- 19 Roast VIPs
- 20 Golf pegs
- 22 Docs' org.
- 23 Lap dog, for short
- 24 Former First Daughter
- 26 Most sore
- 28 401(k) alternative
- 30 Med. plan
- 31 Popeye's veggie
- 35 Muslim legal expert
- 39 Centers
- 40 Possesses
- 42 Uttered
- 43 Before
- 44 "Graceland" singer Paul
- 46 The Browns, on scoreboards
- 47 Chew out
- 49 Tex-Mex treat
- 51 "I, Robot" author
- 52 Leg joints
- 53 Hosiery shade
- 54 Repaired shoes

CLUES DOWN

- 1 Mal de mer
- 2 "Golden" tunes
- 3 Dye type
- 4 Angelic instrument
- 5 Milan's La --
- 6 Tolerate
- 7 Brilliant stroke
- 8 Invoice fig.
- 9 "Little Women" matriarch
- 10 Pancake towers
- 11 Defeats
- 13 Start
- 18 Hollywood's Thurman
- 21 Tibia settings
- 23 Reverent
- 25 Altar in the sky
- 27 "Let me think ..."
- 29 Reach
- 31 Biblical realm
- 32 Least spoiled
- 33 Portugal's place
- 34 Sandwich meat
- 36 Glib
- 37 Inclined
- 38 Concepts
- 41 Remote locations?
- 44 Halt
- 45 iPod model
- 48 Asia's -- Darya river
- 50 Keypad trio

Answer on page 12

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

	Fri, Apr 10	Sat, Apr 11	Sun, Apr 12	Mon, Apr 13	Tues, Apr 14	Wed, Apr 15	Thurs, Apr 16
North Isle	H-53° L-44° 10%	H-49° L-46° 50%	H-49° L-46° 10%	H-56° L-45° 10%	H-49° L-44° 20%	H-47° L-42° 20%	H-49° L-42° 20%
South Isle	H-59° L-43° 10%	H-52° L-46° 40%	H-51° L-45° 20%	H-51° L-44° 20%	H-50° L-44° 40%	H-46° L-39° 30%	H-52° L-40° 10%

OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

A year from today, what will you wish you have started?

Pam Headridge,
 Oak Harbor

As life goes, my life has taken some drastic turns and I'm still adjusting to those changes. A year from now, what will I wish I've started? The first thought that pops into my head is travel. Not just travel but to go places where I can photograph the beauty of nature. Photography has been my passion and I always have my camera with me. The top place on my bucket list is to go to Iceland so I'm looking into that possibility. Traveling alone is a little scary to me but hopefully that won't stop me. In the meantime I'm hoping to roam a bit closer to home and travel through Washington, Canada, Oregon, California and maybe head east to the Grand Tetons.

Kate Mistler,
 Oak Harbor

I wish I had taken more time for myself. It's that simple. Don't get me wrong. I love my life and wouldn't trade it for the world. But it seems that I am always on alert, waiting for someone or something to say or happen that will make me drop what I am doing and go. It's been ingrained into me my whole life. I am my mother, whom I loved very much. But I don't know how to be me. I try hard every day to be authentic but deep down I know I will always put others before me. That's a hard thing to deal with sometimes yet rewarding. Hopefully, a year from now, I will have an answer for that question.

Robin Nellist,
 Oak Harbor

I thought my retirement after moving to the island would include more time for my photography that I never had during my career, and i was preparing to get knee replacements. But--surprise! I had to get through a year and a half of cancer with some pretty tough treatments.

In addition to photography, I had always wanted to learn to paint with watercolors. And THAT is what I am trying to teach myself. But I have so little energy or stamina for much of anything after the past year, it has been hard to get started beyond watching tutorials. I would love for this question to be my incentive to really dig in and give it my all to find out if I am any good at it. Maybe I'll still have a chance at new knees.

Joyful Saying of the Week A flower blooms for its own joy.
 -Oscar Wilde

Weekly SUDOKU

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Find events & activities throughout April and across Whidbey!
See more info and additional events at

whidbeyearthday.org

Earth Day at Camp Casey

1276 Engle Road, Coupeville

Saturday, April 18 | 11 am

Enjoy activities, immersive experiences, volunteer opportunities, and other ways to get involved in your island home. Free, family friendly, and open to all!

- 01** **Early Release Activities for Youth**
Sno-Isle Libraries | Langley Library | 2-3:30 pm
- 02** **Strawberry Point Planting Party**
Whidbey Camano Land Trust | Oak Harbor | 12-3 pm
- 02** **Talk: Global Earth Repair**
Whidbey Climate Network | United Methodist Church, Langley | 5:45-8 pm
- 03** **Island Wide Walkout**
United Student Leaders | OH & SW Schools | 1:30-3 pm
- 04** **Talk: Mason Bees & Boosting BioDiversity**
Pacific Rim Institute | Coupeville | 10 am-1 pm
- 07** **Krueger Woods Weed Removal**
Whidbey Camano Land Trust | Coupeville | 12-3 pm
- 08** **Spring Break Wonder Walk for Youth**
Whidbey Camano Land Trust | Trillium Forest, Freeland | 10 am - 12 pm
- 08** **Ocean in a Jar Activity for Youth**
Sno-Isle Libraries | Oak Harbor Library | 3-4 pm
- 09** **Insect Safari for Youth**
Sno-Isle Libraries | Coupeville Library | 2-3 pm
- 09** **Monitoring Avian Productivity & Survivorship**
Whidbey Audubon | Coupeville Rec Hall | 7-8:30 pm
- 10** **Explore the Marine World Under Your Feet**
Sound Water Stewards | Coupeville Wharf | Time TBA
- 11/12** **Welcome the Whales Festival & Parade**
Orca Network | Langley Whale Center | 11 am
- 11** **Freeland Wetlands Preserve Stewardship Day**
Whidbey Watershed Stewards | Freeland Wetlands | 10 am-12 pm
- 11** **Bird Watching—A Small Sit (Accessible)**
Whidbey Audubon | Freeland County Park | 12-2 pm
- 11** **A Little Fiber Fest**
Sno-Isle Libraries | Bayview Community Hall | 12-3 pm
- 13** **Rain Gardens: How to Build Them**
Whidbey Watershed Stewards & Whidbey Conservation District
South Whidbey Community Center Rm 109 | 4-6 pm
- 16** **Walk with WEAN at Saratoga Woods**
Whidbey Environmental Action Network | Saratoga Woods, Langley | 3:30-5 pm
- 16** **Whidbey Wonders: Animal Mycophiles, the Fauna-Funga Connection**
Sno-Isle Libraries | Oak Harbor Library | 4-5 pm
- 18** **Earth Day Work Party at Walking Ebey's**
Whidbey Camano Land Trust | Ebey's Landing, Coupeville | 9 am - 12 pm
- 18** **Coupeville Farmers Market Plant Swap**
Coupeville Farmers Market | 10 am-2 pm
- 18** **Earth Day at Camp Casey**
YMCA Camp Casey | Coupeville | 11 am - 3 pm
- 18** **Repair Cafe**
rePurpose Whidbey | SW Community Center | 12-2 pm
- 19** **Scotch Broom Removal Work Party**
St. Hubert's Green Team & Goosefoot Community Fund | Location TBA | 1-5 pm
- 22** **Tour the Master Gardener Education Garden**
WSU Master Gardeners | Greenbank Farm | 10 am - 2 pm
- 22** **Scotch Broom Removal Work Party**
St. Hubert's Green Team & Goosefoot | TBA | 1-5 pm
- 23** **Make a Seed Bomb**
Kicking Gas | rePurpose Whidbey, Langley | 2-5:30 pm
- 25** **Fruit Tree Workshop: Soil Science**
Pacific Rim Institute | Coupeville | 10 am-12 pm
- 25** **National Youth Day of Service Work Party**
Whidbey Camano Land Trust | Keystone Preserve, Coupeville | 10 am - 1 pm
- 25** **Scotch Broom Removal Work Party**
St. Hubert's Green Team & Goosefoot | TBA | 10 am - 2 pm
- 25** **Earth's Greatest Enemy Movie Screening**
Sound Defense Alliance | The Clyde, Langley | 1:30-5 pm
- 25** **After Hours Earth & Ocean Game Night**
Sno-Isle Libraries | Freeland Library | 6:30-9 pm
- 28** **What's Growing at the SWSD School Garden**
Greening Congregations | St. Augustine's Church | 6 pm
- 29** **Early Release Activities**
Sno-Isle Libraries | Langley Library | 2-3:30 pm
- 30** **Whidbey Oyster Network Monthly Meeting**
Salinity Seafood | Bayview Cash Store, Langley | 5-7 pm



Whidbey EOM events and activities are made possible by the participation of many organizations. Goosefoot Community Fund is pleased to contribute by managing this calendar and the website.



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For any sales or business listings.

SPRING TIME SALE

In the Big Red Barn at Salmagundi Farms
19162 SR 20 3 miles South of the Coupeville overpass on Hwy 20
Sale this week April 11 & 12 9am to 4pm consists of retail closeouts and liquidated overstocks of local businesses, vintage and Antique furniture, camping boating and fishing items and tools. New in the box women's boots, Teva sandals clothing, hats, clothes, tools.
Something for everyone.
360-678-5888

MOVING SALE

Indoor Moving/ Downsizing Sale
Furniture, tools, shelving, household goods, bedding, and many collectibles.
620 Coronado Ave, Coupeville (Sierra Community)
Friday & Saturday, April 10-11, 8 AM - 4 PM.
360-969-4459

LABRADOR PUPS

Labrador Pups. Call for details. First shots, wellness, reasonable. Trades considered.
360-321-4224

PUPPIES FOR SALE

3 AKC Belgian Tervuren Puppies 1 male, 2 female 4 months old. Parents OFA tested hips, elbows, thyroid. Mom International Champion. in South Whidbey. \$900 each
Call: Denise @ 360-341-2511

HELP WANTED

Wedding Day Assistance Looking for someone to help with wedding day/evening logistics 09/12/26 in Langley. \$20 per hour.
Call Lisa 973-650-8372

FEED A KID

Feed a Kid This Weekend Join Us April 18th Food4Kids Fundraising Dinner
Join us April 18th at Whidbey Golf Club.

Chef Gordon Stewart's buffet — 100% of your \$100 ticket feeds Oak Harbor elementary kids in need. Seating is limited!

Tickets: <https://bit.ly/4dqwNuC> or scan here with a smartphone:



NEED HELP?

Need a Hand? I'm Happy to Help.
Got a project you've been meaning to finish? Cleaning out a room, organizing a space, or hauling a load to the dump? I offer friendly, reliable help with clean-outs, light cleaning and organizing, and junk removal.
Call or text Jacob: 360-499-9157

How'd you do?

7	3	6	9	4	1	5	8	2
1	2	4	6	8	7	9	3	5
5	8	9	6	2	3	1	4	7
8	9	6	5	4	2	3	7	1
3	1	2	7	6	8	9	5	4
6	4	7	3	5	1	9	2	8
9	6	9	1	7	8	2	4	3
2	5	3	1	7	6	9	4	8
4	7	8	5	3	6	2	1	9

RESOURCES

Family Resource Center
723 Camano Ave, Langley. 360-221-6808 ext 4321
School supplies, coats, warm clothing, resource connections. Mon-Wed 9 a.m. - 5 p.m. Thurs 9 a.m. - 12 noon, or by appt. readiness@stolearn.org

Mother Mentors
360-321-1484 · info@whidbeymothermentors.org
Carregiving mentoring and play support, mothermentors.org

I Support the Girls
360-678-2090 · isupportthegirls.org/affiliates/whidbey-island
Essential health and hygiene items for women and girls.

Island Senior Resources
360-321-1600
14594 SR 525, Langley
Multiple 50+ programs and services. Mon-Fri, 8:30 a.m. - 4:00 p.m. senior-resources.org

Pamoja Place pamojaplace.org
721 Camano Ave, Langley
Safe space for BIPOC people and allies to connect, collaborate, and celebrate.

Veterans Resource Center
360-331-2496
723 Camano Ave, Langley
Events, Support, and Benefits help
Monday 10 a.m. - 3:30 p.m.
Tues - Thurs 1:00 - 4:30 p.m.
Saturday by Appointment.
whibeyvrc.org

Veterans Services
360-632-2496
105 NW 1st, Coupeville
Monday - Friday, 8:00 a.m. - 4:30 p.m.

IN SEARCH OF

Art, Antiques & Collectibles.
Cash paid for quality items.
Call or text 360-661-7298
Was your Dad or Gramps in Japan or Germany? I collect old 35 mm cameras and lenses. Oak Harbor.
Call 970-823-0002

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.

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

CLASSIFIED INFORMATION

US Postal Mail Whidbey Weekly Classified Department
PO Box 1098
Oak Harbor, WA 98277
E-Mail classifieds@whidbeyweekly.com
Telephone 360-682-8283

PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.
Please try to limit your classified to 30 words or less, (amounts and phone numbers are counted as words) we will help edit if necessary. We charge \$12/week for Vehicles, Boats, Motorcycles, RVs, Real Estate Rental/Sales, Business Classifieds and any items selling \$1,000 and above. We do charge \$25 to include a photo. The FREE classified space is not for business use. No classified is accepted without phone number. We reserve the right to not publish classifieds that are in bad taste or of questionable content. All free classifieds will be published twice consecutively. If you would like your ad to be published more often, you must resubmit it. **Deadline for all submissions is one week prior to issue date.**

No Cheating!

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