

April 17, 2026 - April 23, 2026

FREE

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SUMMER SOUL-STICE
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DECEMBER 19TH 2026

www.LittleBIGFest.org

Austen-tacious Spring Delight at WICA



Theater review by Jim Sovanski
Photos courtesy WICA

This month, fans of Jane Austen's work are in for a Spring treat at the Whidbey Island Center for the Arts in Langley. WICA has mounted a fast paced and visually stunning rendition of Kate Hamill's adaptation of "Sense and Sensibility." Directed by Whidbey Island theater legend Rose Woods, the story follows the newly destitute Dashwood sisters, sensible Elinor and hypersensitive Marianne, their mother and little sister as they navigate early 1800's Regency England after the sudden death of their father and expulsion from their family home. The goal? Find suitable husbands for the two oldest sisters or face a life of poverty and social deprivation.

To quote a promotion piece for the show, "Sense and Sensibility" is... "set in gossipy late 18th-century England with a fresh female voice, the play is full of humor, emotional depth and bold theatricality. Sense and Sensibility examines our reactions, both reasonable and ridiculous, to societal pressures. When reputation is everything, how do you follow your heart?"

I have discovered there are two types of people: Janeites and the rest of us. I fully fall into the latter category, and as such I came to the theater with only the most general idea of the story, never having read any of her work or seen any type of show.

With that in mind, it was a bit intimidating to watch the play at first glance. The characters come and go quickly and with actors playing multiple roles, it's easy to lose track of the narrative if you're not paying attention.

However, the cast does a wonderful job of quickly setting the scene and immersing the audience in Miss Austen's world. Settling into this fast-paced dramedy, I realized you don't have to be a die-hard Austen fan to enjoy this production. There are humorous and relatable moments along the way and it is easy to see why this particular piece has captured the hearts of Janeites everywhere.

Playwright Kate Hamill shared her thoughts on the evolution of this play in the program notes for the 2019 Portland Center Stage production. "I was tired of women losing the chance to lead the stories (and thus losing out on career opportunities). I wanted to create women-centered narratives, told through a female gaze. I wanted to create new female classics."

"And then I thought, where better to start than with Jane Austen: also a young woman, and one with whom I had felt a long-standing connection? I

started writing. The play born of my love and frustration — Sense and Sensibility — has gone on to numerous productions in theaters nationwide, employing dozens of women and men in a female-centered storyline. I think its popularity is a testament to how many people — like me — are hungering for female-centered stories."

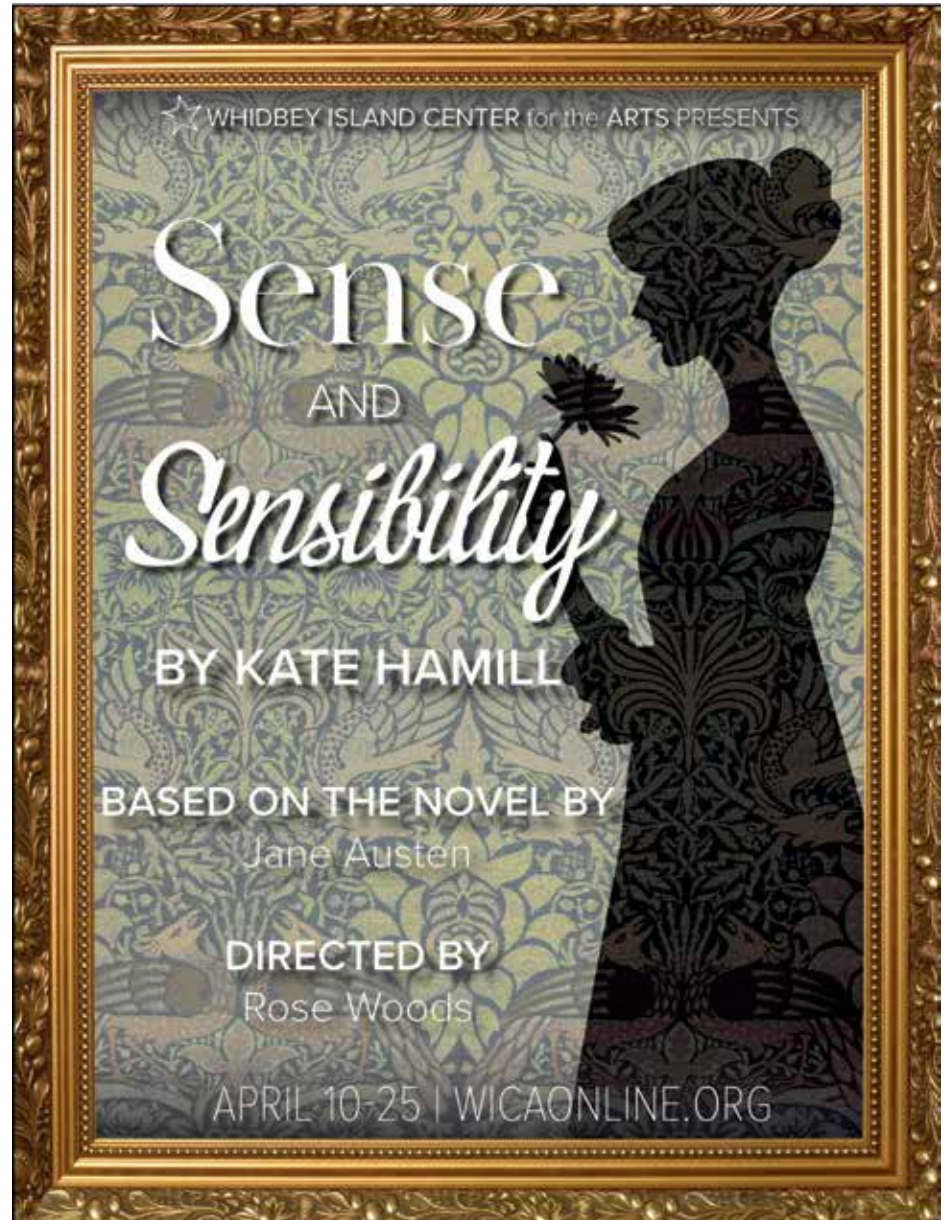
Director Rose Woods shared these thoughts about this show: "In a world that often feels like it is spinning too fast - where reaction outpaces reflection, and noise can drown out truth - Sense and Sensibility reminds us of the delicate, necessary balance between feeling deeply and thinking clearly. Between impulse and intention."

She continues, "At the heart of this are our brilliant, dynamic actors, who bring this story vividly to life. With agility, humor and generosity, they carry us across shifting worlds and emotional landscapes, transforming before our eyes and inviting us fully into the experience."

April Jane Herrild who appears as Elinor Dashwood shared her thoughts on the show. "People should come see the show because it's just such a visual treat! The costumes are stunning, the set is gorgeous, and there's something so charming about hearing those high-class British accents - it really whisks you away to another time." She continued, "In our present-day world, when things can feel particularly heavy and difficult, this story offers a much-needed celebration of love and the enduring bond of sisters. It's light, it's joyful, and it's a total escape. It's the kind of production that just makes you feel good and reminds you that there's still so much beauty and connection to celebrate."

Laura Berkley who handles the dual roles of Mrs. Jennings and one of the 'Gossips,' reflected on her parts. "The short, fluid scenes create a dreamlike atmosphere. The constant movement and the actors' need to embody vastly different roles are challenging—I must frequently recall which character they are currently portraying! This exercise is great for the brain!"

Exercise your brain and embrace the romance of the world of Jane Austen. Make a date to see "Sense and Sensibility" at the Whidbey Island Center for the Arts (WICA) The show continues with Thursday, Friday, Saturday and Sunday performances April 16th to April 25th. Evening shows are at 7:30 PM and Sunday performances are at 2:00 PM. WICA is located at 565 Camano Avenue, Langley, WA 98260 Ticket sales and further information at info@wicaonline.org or call the box office at (360) 221-8268. Box office hours are Tuesday-Friday 12:00 PM - 5:30 PM and one hour before every show.



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



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BITS & PIECES

Rob Schouten Gallery presents

TIMOTHY HASLET – "I've Been There!"
New neon acrylic & oil paintings
May 1 – 31

Opening Reception
Saturday, May 2 from 5–7
during Langley's First Saturday Art Walk

Timothy Haslet paints his canvases with a bright neon acrylic underpainting before proceeding to create his dramatic images in oil. Working mostly plein-air he works a careful balance of describing just enough form for recognition, yet leaving enough open for the viewer's personal experience and interpretation, evoking a feeling that is the show's title: "I've Been There!"

Timothy says,
"The colors and mediums that I use mirror the dense and saturated memory, feeling and emotion I receive with each location. With each painting, I work a careful balance of describing enough form to recognize the place, but also enough that is open to the interpretation and personal experience of the viewer. A viewer's eyes and memories complete the piece. Sharing my paintings with others is also like sharing the location of a secret beach or site."

View Timothy's work here:

<https://www.robschoutengallery.com/timothy-haslet>

We hope you can come by and enjoy this beautiful exhibition!

Rob Schouten Gallery, a premier showcase for Whidbey Island and Northwest artists, is located at 101 Anthes Avenue, Langley WA at the corner of First and Anthes.

Spring Gallery Hours:
Open 11 – 5 daily except Tuesdays
by Appointment

For further information, call 360.222.3070
or email info@robschoutengallery.com



Safe Harbor at Langley – neon acrylic & oil on canvas by Timothy Haslet – 30" x 48"



Eventide Ramble – neon acrylic & oil on canvas by Timothy Haslet – 30" x 40"

LittleBIGFest - EARTH DAY

**Celebrating Global Sauna Day!*

Get ready for a family-funky community celebration in honor of the planet we call home! We are taking over the brand-new Royal Alvin Hall right in the heart of Freeland from 4pm-10pm+ on April 25 for a full day of rhythm, rejuvenation, and wood-fired goodness.



LIVE MUSIC OFFERINGS:

GLOBAL HEAT: PNW legends bringing high-energy R&B, soul, and old-school hip-hop with a positive message.

REDCEDAR: Earthy folk and soulful Americana.

RUBATANO: Roots marimba music and deep grooves from Zimbabwe.

DJ ZACH VAN LUE: Keeping the house vibes alive all night long.

FOOD & OFFERINGS

Fulla Za: Serving up the tastiest wood-fired pizzas.

Beverage Garden: Refreshing local pours.

Artisan Vendors: Shop local makers and creators.

Silent Auction: Grab some treasures while supporting a great cause.

CELEBRATE "GLOBAL SAUNA DAY"

Turn up the heat! We are hosting a dedicated Sauna Grove featuring Whidbey Island's finest mobile saunas.

**Cinder Cave
Driftwood Sauna Co
Good Medicine Whidbey**

LOCATION & TIME
April 25th, 2026 | 4pm – 10pm+

Royal Alvin Hall
1694 E Main Street, FREELAND, WA 98249

TICKETS
Adults: \$16 Presale / \$20 Door
Teens: \$12 Presale / \$16 Door
Kids (Under 13): FREE!

*Don't forget we offer a season pass for a rocking deal!

LittleBIGFest
info@littlebigfest.org
<http://www.littlebigfest.org>

Little Big Fest is a 501(c)3 non-profit organization

Mother's Day Concert Returns to Meerkerk Gardens

Meerkerk Rhododendron Gardens will host its annual Mother's Day Concert on Sunday, May 10 from noon to 4 p.m., offering an afternoon of live music, food, and springtime blooms.

Set among the gardens in peak season, the event features performances by Philip Van Seters, TC Ryder, The Groovetones, and Ike and The Old Man. Guests are encouraged to bring chairs and enjoy a relaxed outdoor concert experience.

Admission is \$15, with free entry for children under 13. Premium seating is available for \$25, which includes a chair and one drink ticket.

Food and beverages will be available for purchase, including Whidbey pies by the slice, snacks, coffee, mimosas, and non-alcoholic options. Free parking is provided, and leashed dogs are welcome.

The annual event is a popular way for families to celebrate Mother's Day while enjoying the natural beauty of Whidbey Island.

For tickets and more information, visit:
www.meerkerkgardens.org/mothers-day-celebration

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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

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BRING OUT THE BEST "Everybody ages."

The Whidbey Wordsmith / joanna2026@yahoo.com / JoAnn Hellmann, JOC (USNR, ret.)

When I was trying to think of a title for my article this month, the R.E.M. song "Everybody Hurts" was playing in the background. Bingo! While everybody hurts at times everybody ages all the time, not just folks past midlife. I bring this up as my husband and I were recently referred to by a close relative as "aging." I almost retorted with "And so are you or you'd be referred to as dead." But I kept my New Jersey smart-mouth to myself. It can be a real effort at times.



That pixie you see here has thankfully aged 70+ years since an aunt posed her like the next Shirley Temple. I still have the birthday card she sent me when I aged to 50 that opens with "Dear Shirley Temple." But I digress.

Perhaps you've heard the saying "Do not regret growing old. It is a privilege denied to many." Or its variant that starts "Do not complain about growing old." The sentiment, which emphasizes gratitude for longevity, has long been attributed to Mark Twain, though there appears to be no such documentation. It seems modern aphorisms are often credited to famous historical figures for greater authority. But again, I digress.

Back to that a-word. Many decades ago it got co-opted to primarily mean "old" to define solely negative, ageist perceptions of decline, rather than representing the entire lifespan from birth to death. Research shows that for most of the 1800s, age stereotypes were generally positive, with narratives focusing on heroism, honor, and kinship. The shift began about the turn of the 20th century as those positive descriptions turned increasingly negative, characterized by themes of illness, death, and burden. One reason: The transition from agrarian to industrial society reduced the economic utility of older adults, leading to their marginalization in the workforce and media. Used to be entering the autumn of one's life carried a predictable narrative: you worked hard, retired somewhere in your 60s, slowed down, and gradually faded into a quieter, more limited version of life. It was what it was and accepted as such.

Well...

You've come a long way, baby. (To co-opt an old smoking campaign for women). At about that time it appeared, retirees began quietly rewriting their after work story, thanks to key factors like improved medical treatments for conditions like heart disease, the introduction of antibiotics and vaccines, and the widespread adoption of clean water and food safety regulations. For many since then, it meant stepping into a new version of life; one that's more intentional, more fulfilling, and in many cases, more vibrant than the decades that came before. This isn't about chasing youth or pretending time doesn't pass. It's about recognizing that the later chapters of life don't have to be defined by decline. In fact, for a growing number of Americans, they're becoming the most meaningful years of all.

Many of today's retirement-aged folks actually are more youthful, both physically and mentally, than their peers in previous generations, and there are a number of studies that confirm it. These folks are aging. Just don't describe them as such with that adjective as it denotes a diminishment: socially, mentally and physically. For more and more of us, *it ain't us, babe, no, no, no, it ain't us, babe.* (My apologies to Mr. Dylan).

They say with age comes wisdom, kindness, confidence and ease. So I leave you with these inspiring notes that focus on the silver lining of the golden years:

"The great thing about getting older is that you don't lose all the other ages you've been." Madeleine L'Engle, American writer

"Let us never know what old age is. Let us know the happiness time brings, not count the years." Ausonius, poet

"Aging is not 'lost youth' but a new stage of opportunity and strength." Betty Friedan, pioneering American feminist

"Anyone who keeps the ability to see beauty never grows old." Franz Kafka, visionary writer

"Do not grow old, no matter how long you live. Never cease to stand like curious children before the Great Mystery." Albert Einstein, philosopher / humanist / theoretical physicist

What are your thoughts, Dear Readers? Email me and let me know!

Imagination Cove

Children's Museum

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What's Going On!

AUTISM CONNECTIONS SUMMIT

Saturday, April 18, 9 a.m.–4 p.m.
The Center, 51 SE Jerome St.,
Oak Harbor

Connect with local resources and support networks at this community summit focused on autism and developmental differences. Hosted by the Autism Partnership of Island County, the event brings together service providers, educators and families for a day of resource sharing, learning and relationship-building. Free and open to the public.

COUPEVILLE FARMERS MARKET PLANT START SWAP

Saturday, April 18, 10 a.m.–2 p.m.
Coupeville Farmers Market, 788 NW Alexander St., Coupeville

Bring your extra plant starts and swap them for new varieties at this community seed and plant exchange held during the market's opening day. A great opportunity for gardeners to share, discover and grow. Held in memory of Caroline Gardner of Fennel Forest Farm.

EARTH DAY – CAMP CASEY

Saturday, April 18, 10 a.m.–2 p.m.
Camp Casey Conference Center,
1276 S Engle Rd., Coupeville

Celebrate Earth Day with hands-on activities, educational experiences and volunteer opportunities across the scenic grounds of Camp Casey. Explore marine life along the beach, observe birds at Crockett Lake, and learn about local conservation efforts in the surrounding forest and preserve areas. Free, family-friendly and open to all.

SPRING CLEAN UP – OAK HARBOR

Saturday, April 18, 10 a.m.–4 p.m.
Historic Downtown Oak Harbor,
SE Pioneer Way, Oak Harbor

Help beautify downtown Oak Harbor during this community volunteer event. Participants will assist with weeding, painting and general clean-up efforts to prepare the area for the spring season. Hosted by Oak Harbor Main Street Association with support from local partners. Volunteers welcome.

REPURPOSE REPAIR CAFÉ

Saturday, April 18, noon–2 p.m.
South Whidbey Community Center, Art Café, 723 Camano Ave., Langlely

Bring broken household items and have them repaired by volunteer fixers and menders at this community repair event. Services are offered by donation. Participants are encouraged to submit items in advance to help organizers prepare.

WHIDBEY WEAVERS GUILD ANNUAL SPIN-IN

Saturday–Sunday, April 18–19,
10 a.m.–4 p.m.
Oak Harbor High School Gym,
1 Wildcat Way, Oak Harbor

Enjoy two days of spinning and fiber arts with members of the Whidbey Weavers Guild. The annual Spin-In brings together spinners, fiber artists and curious beginners for demonstrations, community learning and hands-on fun. Guest speaker and instructor Jacey Baggs Faulkner will present during the event.

ROBBIE DEE'S TRIBUTE TO ELVIS

Saturday, April 18, 7–9 p.m.
Orlando's Southern BBQ
656 SE Bayshore Drive, Oak Harbor

Enjoy a night of rock and roll as Robbie Dee brings the energy and hits of Elvis Presley to Whidbey Island. The live tribute performance features many of Elvis' most beloved songs, along with a "Best Dressed Elvis" costume contest for attendees.

Tickets are \$25 at the door or \$20 early bird for the first 50 purchased online. Food and drinks available for purchase.

TOUR THE MASTER GARDENER EDUCATION GARDEN

Wednesday, April 22, 10 a.m.–2 p.m.
Greenbank Farm, 765 Wonn Rd.,
Greenbank

Explore nine themed garden spaces and discover plants that thrive on Whidbey Island during this self-guided tour of the Master Gardener Education Garden. WSU Extension Island County Master Gardeners will be available from 10 a.m.–noon to answer questions and share gardening expertise.

MAKE A SEED BOMB

Thursday, April 23, 2–5:30 p.m.
rePurpose, 724 Camano Ave., Langlely

Stop by this drop-in event to create seed bombs using native seeds—perfect for sharing or planting at home. Hosted by Kicking Gas, the event celebrates Earth Month and the opening of their new space, with opportunities to learn about climate-friendly home electrification and community sustainability efforts. Family-friendly and open to all.

KLOMPEN HUNT!

Friday–Sunday, April 24–26
Garry Oak Gallery,
830 SE Pioneer Way #101, Oak Harbor

Pick up a Klompen Hunt passport and search for hidden wooden shoes at participating downtown merchants. Collect stamps along the way and return your completed passport for a chance to win prizes. Winners will be drawn April 27 and notified by phone.

HOLLAND HAPPENING

Friday–Sunday, April 24–26
Windjammer Park, 1600 SW Beeksma Dr.,
Oak Harbor

Celebrate Oak Harbor's Dutch heritage during this annual festival weekend featuring a traditional Dutch Dinner on Friday, a community parade on Saturday and a lively street festival Saturday and Sunday. Enjoy food, entertainment, vendors and family-friendly activities throughout the weekend.

NATIONAL YOUTH DAY OF SERVICE WORK PARTY

Saturday, April 25, 10 a.m.–1 p.m.
Keystone Preserve, Coupeville

Volunteer at this hands-on work party supporting habitat restoration and stewardship at Keystone Preserve. Activities may include weed removal, trail building and farm assistance. Moderate difficulty; registration required through the Whidbey Camano Land Trust.

BAYVIEW FARMERS MARKET OPENING DAY

Saturday, April 25, 10 a.m.–2 p.m.
Bayview Corner, 5642 Bayview Rd.,
Langlely

Kick off the 2026 season of the Bayview Farmers Market, held Saturdays through Oct. 17. Shop locally grown produce, prepared foods and handmade goods while enjoying live music and a lively community atmosphere. Featuring farms, food vendors and artisans from across Whidbey Island, the market is a weekly gathering place to connect with local growers and makers.

FRUIT TREE WORKSHOPS: SOIL SCIENCE

Saturday, April 25, 10 a.m.–noon
Pacific Rim Institute, 180 Parker Road,
Coupeville

This workshop explores the basics of soil science and how soil health directly impacts plant growth and productivity. Topics include soil structure, nutrients, and practical steps gardeners can take to improve growing conditions. Designed for home gardeners and orchardists alike, with guidance from Dan Vorhis.

Holland Happening

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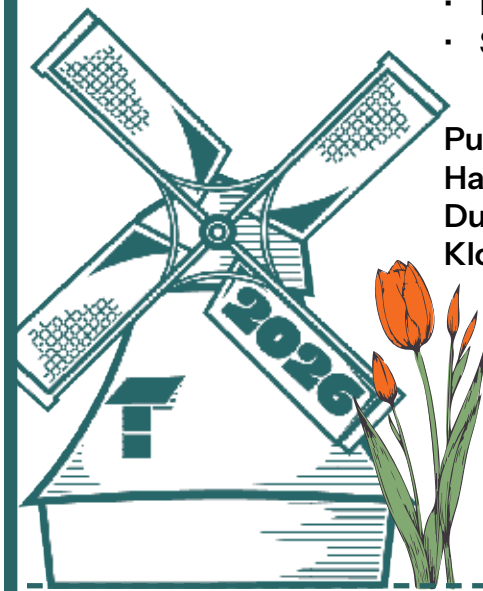
WHIDBEY ISLAND MARATHON

April 24 - 26, 2026

Windjammer Park | 1600 SW Beeksma Dr

Don't miss out on the fun!

- 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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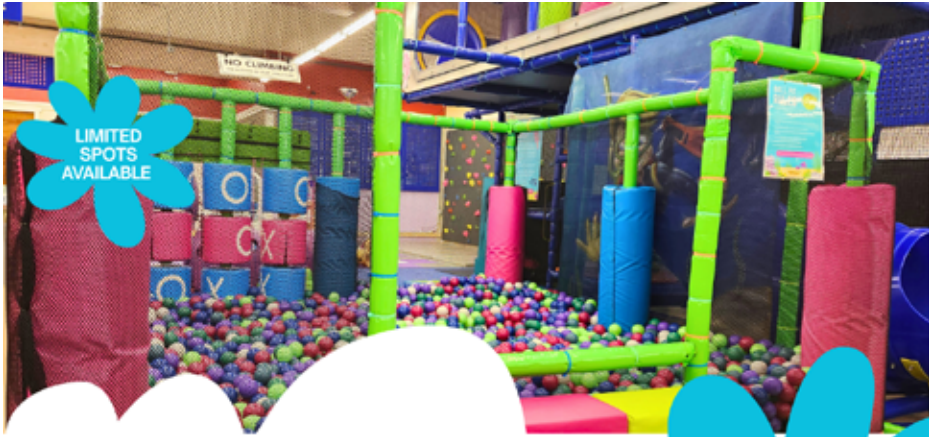
ONLINE AT: WWW.OAKHARBORCHAMBER.COM/HOLLAND-HAPPENING

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



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HAPPY WITH NO NAPPY



by Auston Reisman FATHER, FARMER, ARTIST, BUILDER, ENVIRONMENTAL STEWARD

As we prepared for our first child, we received many gift requests.

Perpetual conditioning and advertising may manipulate well-meaning friends and family to feel the need to mark occasions with possessions - gifts to say "well done!" The problem may be that these gifts, large or small, can burden parents with an excess of material possessions.

We fought this notion wholeheartedly and, of course, made some compromises along the way - compromises that led to a subscription to the New Zealand-based Natural Parenting Magazine even as the digital age muscles out many printed publications making it much harder to find quality magazines on alternative parenting.

After reading an article on cloth nappies, we decided we preferred the term "nappy" over "diaper" and switched to it. We were thrilled to see how much focus was given to reusable cloth nappies over the disposable plastic versions. A single baby goes through approximately 6,000 to 6,500 disposable diapers before potty training, generating about 1 to 2 tons of waste per child. These diapers take roughly 500 years to decompose in landfills, contributing to significant plastic pollution and groundwater contamination. I have raised three kids with the same reusable cloth nappies, and when you do the math, it is shocking to see the beneficial environmental impacts and financial savings that have accumulated from such a simple thing.

We were conscious of our daughter's natural rhythms and noticed her patterns and routines develop over time. As my partner and I were playing with our daughter after breakfast one morning, noticing that after breakfast it was usually morning poop time. As we

sat there, almost like clockwork, you could see the pause in play, then the focus, the push, and well, the release. We soon had an awakening: instead of watching her poop in her nappy and then cleaning it up, why not hustle her to the toilet? She was barely crawling at the time, and we had not previously thought of focusing that energy toward a better process and it turned out that she was willing and excited to use the toilet.

From that day forward, we continued focusing on using elimination communication, and after some light reading on the subject, we found that other parents even had success triggering this action by using a specific call sound.

As months passed, we improved communication. She eventually requested the potty, even while wearing a nappy. The consistent potty cue even led to our infant having pants-free time to observe and learn to use the call sound we only identified with going potty. We celebrated successes and ignored misses (even on the cashmere blanket.) With our second child, we improved. With our third, we were so dialed in that we celebrated the achievement of our child needing no nappy at all after 6 months.

I was humbled by this experience of watching a child learn alongside parents to make environmental and logistical changes, and so, have been excited to share it.

It is never too young to start working on communication that can help eliminate the use of diapers, or as our family likes to call them, 'nappies'. A small, very human and ancient method of child-rearing (pun intended) is not much effort - 6,000 disposable diapers and 2 tons of land waste per child notwithstanding.

2nd Annual Children's Fair

Bring your family and friends and enjoy a resource fair dedicated to families with children ages 0-5!

COUPEVILLE COMMUNITY GREEN | 10AM - 2PM
SATURDAY, MAY 16, 2026

Join us for:

- Music Together with Aisha Mayfield
- Facepainting
- A Pollination Celebration with Eric Ode
- Local community partners and more!

Free Event
All Are Welcome

Brought to you in partnership by:

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Fri. April 17 - Sun. April 19:
Super Mario Galaxy & The Goat

Fri. April 24 - Sun. April 26:
Michael & Project Hail Mary

Box office, Snackbar, Arcade & Tavern open at 4pm.
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On Need's Rainbows



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

Photo: The Iconography of a Shirt Rainbow

Today, I'm delivering 40 years' worth of beautiful, expensive clothing to Good Cheer in the hope of raising money for a fantastic, worthy agency that feeds people every day.

It's hard to downsize. Clothing is simply wonderful. I love the colors, the textures, and creative self-expression. There are people like President Obama, Steve Jobs, and many monks and clergy I know (having been both for a quarter century) who choose to keep decision-fatigue at bay by wearing simple uniforms, often chosen for them by others, but I am just not that busy, important, or stressed. For me, clothing remains a form of self-expression.

My clothing, like so many other things in my home, also reminds me of wonderful times. For example, I lived in Marrakech for a while, and so I have some wonderful, inexpensive clothes from those markets. Later, I lived in Chiang Mai for a long while, which is also reflected in my Asian clothes—acquired after the dry cleaner lost all my American clothes. Then there are the ties from my years on the East Coast as Assistant to the President of The College of William and Mary in my twenties, and the bow ties (popular in the south) from my time working in corporate offices as the Vice President of the YMCA of Greater Richmond, managing capital campaigns for 15 YMCAs. Threads from each stage of life seem woven into these garments.

Recently, under harsh bathroom lights, I saw myself—scars marking accidents and amputations, wrinkles from stress and poor decisions, my 62-year-old body pale, balding, and frog-shaped, with skinny but enviable legs.

Clothes, like so many other things, feel so good to acquire. It begins that dull day when a new shirt just lifts one's spirits – that fresh smell from the box and its tissue paper. The first glance in the mirror – a twist to the left and then a twist to the right, then a proud smile as we see the new shirt making one's eyes dance. But like so many things – shirts, jobs, people - the glory of acquisition fades with familiarity. Marie Kondo would ask me to hold each thing I own and ask, "Does it spark joy for you?" And there was a time in my midlife when I decluttered with her strategy. But I am no longer decluttering. Now, when I hold a shirt or an item, I ask myself, "Is this a WANT or is it a NEED?"

I only have one closet, and in it are six feet of hanging clothes and coats. I have removed five feet of hangers to pile into the car for Good Cheer, leaving only three coats, six pairs of pants, and five shirts.

I have a series of small shaker pegs on my wall that hold my favorite comfy shirts. They are on the wall (see the photo above) to remind me, many times each day, of the simplicity to which I hope to return.

To see more writing and film by **Charles LaFond**

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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, you may face a choice that requires quick thinking. Trust your instincts, but don't ignore practical details. A smart decision early in the week sets a positive tone.

TAURUS – Apr 21/May 21

Taurus, steady progress continues, but a small change in routine could improve your results. Don't be afraid to adjust your approach—flexibility works in your favor now.

GEMINI – May 22/June 21

Gemini, timing is everything this week. Saying the right thing at the right moment opens doors. Pay attention to subtle cues in conversations.

CANCER – June 22/July 22

Cancer, something you've been waiting on begins to take shape. Stay patient and avoid overthinking. Progress may be slow, but it's meaningful.

LEO – July 23/Aug 23

Leo, your confidence helps you take the lead in a situation others may hesitate on. Just be mindful not to rush—measured action brings better results.

VIRGO – Aug 24/Sept 22

Virgo, a detail you once overlooked may resurface. Handling it now clears the path forward. Your careful nature turns this into a win.

LIBRA – Sept 23/Oct 23

Libra, balance comes through making a clear choice. Avoid sitting on the fence too long—decisiveness brings relief and forward movement.

SCORPIO – Oct 24/Nov 22

Scorpio, a shift in perspective changes everything. Let go of needing full control and trust the process. Something unexpected works out in your favor.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, spontaneity brings opportunity. A last-minute plan or idea could lead to something exciting. Stay open and ready to pivot.

CAPRICORN – Dec 22/Jan 20

Capricorn, your discipline pays off, but this week asks you to adapt slightly. A small shift in strategy leads to better long-term results.

AQUARIUS – Jan 21/Feb 18

Aquarius, your originality stands out in a key moment. Don't second-guess your ideas—what feels different may be exactly what's needed.

PISCES – Feb 19/Mar 20

Pisces, intuition guides you toward the right decision. Trust your gut, especially midweek. A quiet realization helps you move forward with confidence.



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OPENING DAY APRIL 18, 2026

PLANT START SWAP - APRIL 18
 Open the season with us as we remember and honor 20 year vendor Caroline Gardner of Fennel Forest Farm who passed away at the end of the 2025 season. Bring extra garden starts to swap with your neighbors, and share your memories with us!

CHILDREN'S FAIR - MAY 16

COUPEVILLE PRIDE - JUNE 13

COMMUNITY DAY - JULY 18

NO MARKET / ARTS & CRAFTS - AUGUST 8

CAR SHOW - AUGUST 22

HARVEST FAIR / CLOSING DAY - OCTOBER 10

HELP US BRING OUR MARKET TO LIFE!
 We are still actively seeking sponsors, vendors, and board members for 2026. How can you contribute to your community market this season?

**EVERY SATURDAY,
 RAIN OR SHINE!
 10 A.M. — 2 P.M.**



Find us on the Community Green by the library!



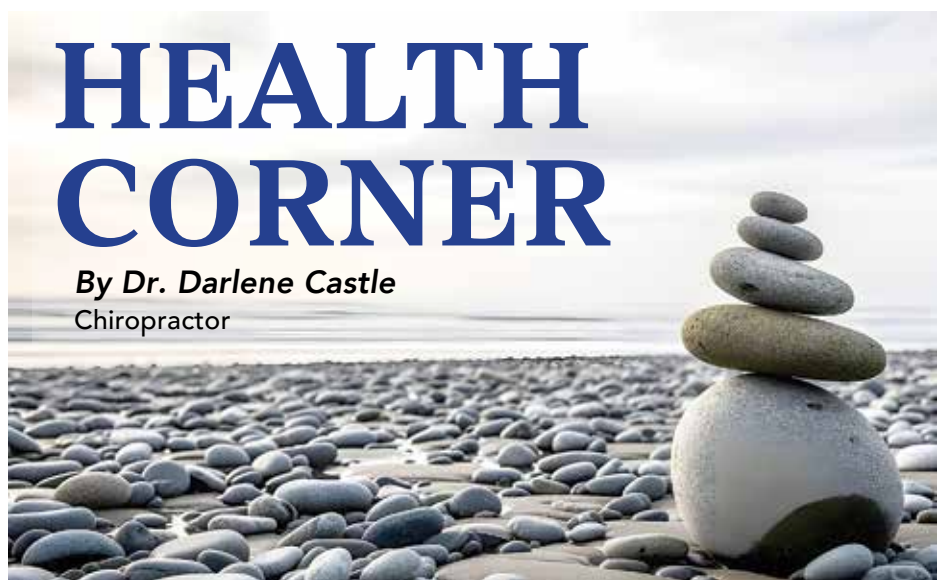
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HEALTH CORNER

By Dr. Darlene Castle
 Chiropractor

YOUR BODY'S ALARM

There are many types of systems used today to warn us of potential danger. Flashing lights tell us to approach with caution, security systems indicate an unauthorized presence and since grade school we've all experienced the clanging of a fire alarm.

They come in all shapes and sizes, but every alarm system is designed to screech, buzz, ring or roar one vital message—DANGER. Every American knows that when you hear an alarm you do whatever it takes to reach for safety.

Inherent within your living body is an alarm system so intricate, so vast and sophisticated that many of its mechanisms still remain unknown. The signals are very well known, however – we experience them often.

Inflammation is a familiar alarm and consists of 4 components. Pain, heat, redness and swelling are all sensations sent by the body to indicate what your body is dealing with.

- Pain says stop; survival is being threatened
- Heat makes us aware that unusual cellular activity is taking place
- Redness warns that something has caused harm
- Swelling tells us accidental or intentional activity has caused an injury



Instead of listening to the body's signals and working to determine causes, many have adopted the attitude that the body just isn't working right, so the proper action is to shut down those alarms as quickly as possible.

There are lots of ways: pain pills, ice packs, muscle relaxers—they all work to dampen those alarm signals. And it feels so good when they stop!

However, inflammation is the result of something. It didn't just happen. Investigating its cause should be the first order of business. And if it's a natural body response to a known problem, leaving the body alone to handle the problem might be the best choice.

In reality, your body's brain is fully aware of your internal and external environment all the time. It sends orders down the spinal cord along nerve wires to trillions of cells, guiding their actions toward proper function and health.

Chiropractors work with the body to ensure that the vertebrae protecting its spinal cord and nerves are in their proper positions. When the communication channels are free from interference, the orders get through and proper function occurs.

Sometimes those functions can cause some very annoying symptoms. Being aware of them, not shutting them off is the wisest course.

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."

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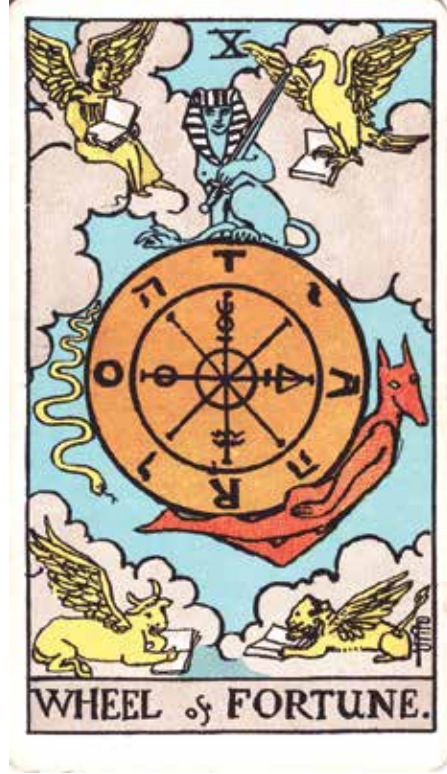
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Dr. Darlene Castle
 Chiropractor
 50+ years experience





Readings by Noa



April 17th-April 23rd: Wheel of Fortune.

This week's Major Arcana card assertively deals forth several messages under a life-changing and abundantly Aries energy-rich sky following the first new moon of the astrological new year. The first quarter of each year is truly just the prequel, or dare I say, last year's epilogue. It helps provide context to what's to come; knowing this, be more gracious with your self-judgments about those resolutions you never seem to stick with, and consider taking a small consistent action toward them each spring, rather than the dead of winter.

The Sphinx, guarding and watching from it's apex position of peak balance and self-mastery, activates you to block out all external white noise, opinions, naysayers (think noise canceling headphones or even ironic aluminum foil cap) and defiantly act swiftly on decisions that ring true within you from a place of authentic alignment, as well as intuition and inspiration that spark in your heart at this time. If you are still making decisions for the perceived betterment of others while continuing to self-sacrifice, the wheel will regenerate this lesson like a broken record. You were taught to live selflessly, but what example are you setting, enabling, by endlessly allowing your battery to be drained without properly recharging? Now you're called

to rewrite the definition you were fed of "selfishness".

Circling back to those resolutions, now is the time to do just that. Not in the name of shaming yourself, but rather, read back over those manifestation lists and even past journal entries, then ask yourself: What of you wrote do you still desire? More so, why? What do you hope to gain from having the thing you crave? Who is the person that has already achieved this goal, and what is one step you can take dependably toward them? Also, poignantly, now is the time to write down the enthusiastic ideas flooding your mind because, when energies become more grounded, you can recenter on an action plan, but do not make the mistake of taking this as caution not to act when you feel ignited this week. You know where fear is controlling the pedals, which actions are stirred at this time, and which plans need additional strategy.

Lastly, when you are centered within yourself, it does not matter how fast the wheel is spinning; your universe actually does revolve around you, if you let it and are true to yourself. All planetary bodies are still in forward movement, and the fiery energies are surging in your favor. Remember this when you're observing or experiencing the turmoil in the world this week. Responding from your centeredness is far more effective, especially in accrual, than reactively being pulled into one of the many spinning extremities. External chaos does not have to dissolve internal harmony. ~Xo, Tiffany

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

More goodies offered here: <https://linktr.ee/tiffanyfitzpatrick>

And please consider supporting this column: buymeacoffee.com/tiffanyfitzpatrick



Astrology for April 17-23 2026 A Serious Week, New Moon in Aries Conjunct Chiron, Mars/Saturn Conjunction

April 17 brings the new Moon in Aries at 27° closely conjunct Chiron. This is a touchy and sensitive new Moon. New Moons plant new beginnings, but Chiron rules our deepest wounds, and in the sign of Aries, its time to make a move, make a decision, and take the next step. Will you keep signing up to be burned or rise to the occasion? Chiron has us looking deeply at the ways we take action - or don't. The ways we stand up for ourselves, our needs, our desires, and during this new Moon, we can break free or face something in that regard. Circumstances are tense. There is a sense of reflection that is called for here, a very specific inner voice that needs to be listened to. In a general sense, a new chapter begins now in our individual healing journeys and what it is that we desire to do, make, or become in this brief lifetime we are experiencing. Aries will highlight the body, physical energy, libido, and the primal sense of passion, desire, and motivation. Where does it come from? Why do you want the things that you want? What's different about what you want now? What adjustments need to be made (within yourself or to your individual life) in order to move toward these new desires? What must be acknowledged? New levels can be revealed and even reached this week, but not without facing something uncomfortable or painful. You may notice something that once was a trigger stings less or not at all. Depending on how this new Moon aspects your own birth chart, the inverse is also possible - What does still trigger you? The answers to these questions at both ends are very valuable information now. What hurts? What must you admit or face?

On **April 18**, Mercury in Aries sextiles Pluto in Aquarius at 5°. This day is lovely for conversations and idea sharing. We may feel inspired to speak with others about some of yesterday's new Moon reflections and findings. Exchanges with others can reach new levels of depth. We may find our words now, and if we speak with courage, we may surprise ourselves at how decisive we have grown to become. Desires and aims are more clear now. If we haven't yet found exactly what it is we want, we know what we don't want. There is something about today that encourages the exploration of desires by speaking about them with others. Pay attention to new ideas as they surface.

On **April 19**, the Sun enters Taurus until May 20. Happy Taurus season! The Sun moving through this sign is a welcome shift from fire to earth. The spotlight of the Sun illuminates all things Taurus. We are more aware of the the physical five senses and the desire to indulge them. Taurus season will showcase where we are at in the department of self-sufficiency and stability. It will highlight what is stable and grounded, and reveal what is unreliable. The energy of Taurus season is about slowing down to stop and smell the flowers, and this indeed is a timely and helpful medicine among more serious transits. Taurus is ruled by Venus, also in Taurus at this time, the sign of its ruler ship - Venus is strong now and at home. This to me is the medicine of the entire week, if not the entire month ahead. Things are moving so fast with five planets in Aries and amid serious and consecutive planetary conjunctions. Sun in Taurus is a strong addition to Venus, where both joy and vitality can be found in a little pause, a sweet treat, or a solid nap. Simplicity is Queen.

Also on **April 19**, Mars conjuncts Saturn in Aries at 7°. That little pause was a good choice, but did we really choose it? Or were we cornered by circumstance to stop running? Mars wants to drive and Saturn wants park. A desire we are motivated to act on hits an obstacle, a block, a challenge. There is no way around this, the only way is through, and Saturn doesn't give out free passes. This threshold will require that we choose the most mature path or face the consequences. Should we face the challenge with integrity and followthrough, we will be rewarded, especially in the area of self-confidence. How dedicated are you to YOU?

On **April 20**, Mercury conjuncts Saturn in Aries at 7°. Hard conversations and lessons about the ways we communicate can land today. We may be blocked from communicating something that feels urgent or critical, or curbed from delivering information in a certain manner. On the flip side, Saturn may require that certain topics are breached or may reveal what discussions are mandatory. This is a positive day for locking in responsibilities or signing contracts for long term agreements, but a challenging day for conversations or ideas you weren't wanting to have. Some key information cannot be ignored.

On **April 23**, Venus conjuncts Uranus in Taurus at 29°. This day has some unexpected magic to it. Venus rules money, relationships, joy, pleasure, abundance, and Uranus brings surprise developments and change. We can unexpectedly be liberated by a new perspective, opportunity, or encounter that we hadn't anticipated. Let life surprise you.



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CLUES ACROSS

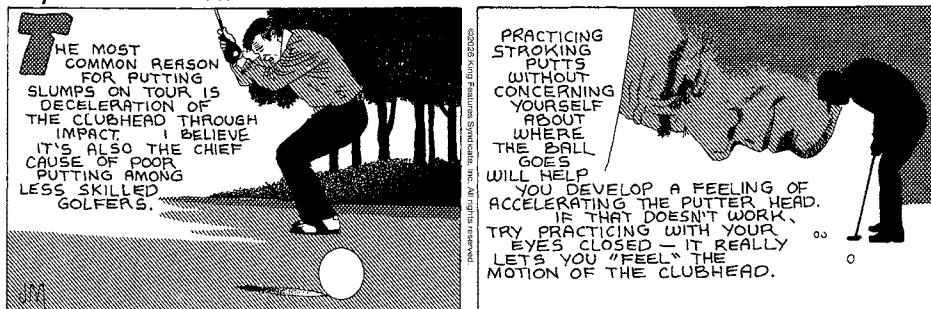
- 1 Soak (up)
- 4 "Nova" channel
- 7 South Pacific nation
- 11 Grouch
- 13 Ump's call
- 14 Tehran's country
- 15 Rights org.
- 16 Peyton's brother
- 17 Dweeb
- 18 Spars
- 20 Boast
- 22 Prom outfit
- 24 TV detective Remington
- 28 Shirt parts
- 32 Flynn of film
- 33 Frankfurt fellow
- 34 Cleaning cloth
- 36 Fine cotton
- 37 "Shake --" (Taylor Swift hit)
- 39 "Be serious!"
- 41 More of a snoop
- 43 Hosp. scan
- 44 Inert gas
- 46 Accord
- 50 Pizzazz
- 53 Bro, maybe
- 55 Half a sextet
- 56 Actress Falco
- 57 -- tizzy (worked up)
- 58 Lingerie fabric
- 59 Beloved
- 60 A gazillion years
- 61 Park -- -joon of "The Marvels"

CLUES DOWN

- 1 Con job
- 2 Killer whale
- 3 Buddies
- 4 "The Raven" writer
- 5 Future tulip
- 6 Mixes up
- 7 Crime-solving aids
- 8 Rage
- 9 Pickle holder
- 10 Hoosier st.
- 12 Crunchy candy bar
- 19 Minivan alternative
- 21 Consumed
- 23 Gen- -- (baby boomer's kid)
- 25 One of HOMES
- 26 -- Linda, Calif.
- 27 Mideast airline
- 28 Tibia's place
- 29 Jared of "Panic Room"
- 30 Cupid's alias
- 31 Droop
- 35 Tiara jewel
- 38 Service charge
- 40 Capote nickname
- 42 Wartime riveter
- 45 Boy, in Barcelona
- 47 Showy flower
- 48 Scrabble piece
- 49 Singer Ono
- 50 Last letter in London
- 51 Chemical suffix
- 52 Actress Long
- 54 Prohibit

Answer on page 12

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

	Fri, Apr 17	Sat, Apr 18	Sun, Apr 19	Mon, Apr 20	Tues, Apr 21	Wed, Apr 22	Thurs, Apr 23
North Isle	H-51° L-42° 20%	H-59° L-42° 20%	H-56° L-48° 10%	H-57° L-48° 10%	H-51° L-47° 20%	H-51° L-43° 20%	H-51° L-41° 20%
South Isle	H-52° L-41° 10%	H-61° L-42° 20%	H-58° L-48° 30%	H-58° L-48° 10%	H-53° L-47° 20%	H-51° L-43° 20%	H-52° L-41° 20%



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What experience would you recommend to a first time visitor to Langley?



Bernita Sandstad,
Langley

Have a meal. Where to go depends on what kind of food you enjoy. Some options are pizza, seafood, something French inspired, chicken and waffles, a unique sandwich or some pho.

Bird watch down at the marina and if you are really lucky, you may spot a Kingfisher scoping out the water for the perfect meal. Or some seals sunbathing.

Sit in an Adirondack chair below First Street along the shore and look for sea life.

Depending on the time of year, the curbside gardens may be alive with daffodils and tulips or showing off a variety of shrubs and ground covers alive with color.

Walk or drive up Al Anderson Avenue to the Langley Woodman Cemetery and circle around a peaceful area of Langley while noticing the interesting array of names and birthdates while pondering the history of Langley.

Be sure to look people in the eyes and smile as you pass them. The next person you see could be a new friend.



Jenn Jurriaans,
Langley

For any first time visitor to Langley here is the day I'd recommend. Breakfast at the Braeburn to fuel up for your day...everything is great! Next book a guided trip with Whidbey Island Kayaking and get out on the water to see the natural beauty surrounding our island, maybe you'll even get a whale sighting! Grab a slice

at Village Pizzeria and picnic down at Seawall Park. Next peruse all our great shops and galleries. Sneak in a little nap and then dinner at one of my restaurants...Prima Bistro or Saltwater Fish House! If you can fit in a show at WICA or a movie at the Clyde, do it! Enjoy your visit to our magical little Village By The Sea!



Nicole Whittington-Johnson,
Executive Director, Langley Chamber of Commerce

For a first-time visitor Langley, and Whidbey Island more broadly, is best experienced not as a place of doing, but as a place of being! The invitation here is to slow down. Wander the village without an agenda, drifting into galleries and shops filled with thoughtfully curated goods. Stop by the visitor center to learn what's unfolding locally during your stay.

Step beyond town for quiet moments of forest bathing along beautiful trails, or take in bucolic views paired with locally grown nourishment at nearby markets, farm stands, and cafés. Walk a pet-friendly beach, watch for gray whales and seabirds. And if you're feeling adventurous, try a rejuvenating cold plunge in the Sound followed by a warming mobile sauna session.

Pause often! On a bench, at the shoreline, or wherever the light catches your attention. Settle into dinner at one of Langley's restaurants overlooking the Sound, where the day fades into subtle glimmers of what can be. In Langley, presence is the experience.

Joyful Saying of the Week

Joy in looking and comprehending is nature's most beautiful gift.
-Albert Einstein

Weekly SUDOKU

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Answer on page 12



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

whidbyearthday.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.



COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

SERVICE DIRECTORY

FIREWOOD

Firewood
(360) 320-4316
Cut, Split, Delivered
and Ready to Burn

Your ad here.
\$12
For any sales
or business
listings.

SPRING BARN SALE

Lots of interesting Whidbey Island finds 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 18 & 19 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

GARAGE SALE

Hunting and fishing equipment. Shop, yard and power tools. Household goods and freezer.
1546 Wedgewood Lane
Oak Harbor
Friday and Saturday

APRIL 24-25, 9AM - 3PM

TRASH & TREASURE SALE

This Saturday, April 18 from 9am-2pm!
Discover deals on housewares, jewelry, art, craft & office supplies, linens, toys, sporting goods, furnishings, appliances, tools, garden items and more! Don't miss fantastic finds on antiques, silver, crystal & collectibles in our Treasure Shop. Where? St. Augustine-in-the-Woods, 5217 S. Honeymoon Bay Rd, Freeland
Proceeds go to local charities!

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

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:



EAGLES DONATIONS

Hear Ye Hear Ye
F.O.E. Eagles Aerie #3418
South Whidbey will be handing out our annual donations at the club location at 16691 Hwy 525 Langley, WA 98260 (360) 321-5636
info@eagleswhidbeyisland.com on April 25 2026 at 2:30.
10 local non-profits will get their share of \$20000 made available by the members and there volunteer efforts.
Refreshments will be served.

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

How'd you do?

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

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@learn.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.

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

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!

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