

May 1, 2026 - May 7, 2026

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THE WORK OF MANY HANDS



This article is written to share some valuable and much-needed information to the community about S.P.I.N. (Serving People in Need) Cafe, a local non-profit, with the hope that it raises more awareness, more understanding, and more details about the organization and the people involved.

It takes the work of many hands for Spin Cafe to run smoothly each day. From 6:30 am until 5 pm, many walk through the doors to eat, have a hot or cold drink, rest, get out of the cold or rain, seek advice, or enjoy the company of others. It "takes a village" of staff members, volunteers, and generous donors to make it all work to give the best care for those in need. Spin Cafe has an ever-growing list of volunteers, and with each passing day, it is proving to our community that it is essential to serving our homeless and low-income folks, including the most challenging individuals.

Five years ago, in the midst of a pandemic, the only thing this organization could do was have volunteers serve lunches at a park in downtown Oak Harbor. Since then, a considerable amount of progress has been made. Church and community partnerships have changed, yet lunches are still a daily constant, as clients see volunteers bring in sandwiches, cookies, and other foods. As a result, those same volunteers become people the SC clients can trust. Clients so appreciate being seen without judgment, especially when someone says, "Hello, how are you?" to them. The in-house volunteers have established trusting relationships by their presence and the time they spend with clients. There are 20 people that regularly come to SC on a regular basis each week. One can see them at the counter serving food, charging phones, or pouring coffee. They accept clients as human beings with challenges and victories. They know clients' names and treat them kindly and with respect. Some have taken on extra duties, such as doing the laundry and cooking. Others offer more talents with singing, playing instruments, tech issues, a smile, art, massages, warm buttered toast, and best of all, genuine interest and quiet listening. Volunteers consistently SHOW UP! Their devotion is astounding, and they are a huge gift. They often wonder if their presence makes a difference. Michele Hines, SC Executive Director, tells the volunteers, "Your presence provides another person whom they can trust in, confide in, and who will not judge you. Your presence provides a level of stability that folks need if they are ever going to work their way out of homelessness, addiction, and poverty. YOU make a difference!"

Donors walk through the door with fruit, socks, coffee creamer, pop tarts, bagels, muffins, Sunday Coffee Hour leftovers, sweat-pants, cereal, bras, underwear, protein bars, and more. This past winter, someone donated hundreds of cans of hearty soup. When Big 5 went out of business, someone bought hundreds of dollars' worth of brand-new clothing. A retirement community made hygiene kits for the ladies. These in-kind donations give

much to clients and help keep costs down for food and supplies. Sometimes, the "surprises" are just what clients need to boost their spirits and sustain them for another day.

It is important for the community to know some basic facts, hoping that the more information offered, the more others will be aware of the complexities of helping a population not readily accepted as community members. Financial donors are vital to the operating budget. Even with HUD and Island County grants that cover some of the operating expenses and wages, SC still needs to raise over \$176,000 through donations, community and foundation grants, and fundraising activities. The monetary donations cover wages, food, supplies, and overhead not covered by the grants. There are always two staff members on duty each day, and sometimes there could be four or five. These additional staff members do case management and troubleshooting with clients, helping them find resources, navigate their lives, with each day becoming more complex. SC leaders have a serious commitment to be as frugal as possible, spending much time finding quality purchases and, at the same time, being cost conservative.

As we all know, food and supply costs are ever-increasing; however, FOOD is the first way we build trust with clients, especially diners on Tuesdays, Wednesdays, and Thursdays. SC saw 20,253 clients last year, with an average of 55 per day. With all of the challenges, there are also many achievements. 2025 saw the completion of a commercial kitchen, which many donors helped fund. It has been a blessing, allowing SC to cook in-house any time, from simple hard-boiled eggs to full dinners, including donor-provided special meals for Thanksgiving and Christmas.

An important goal was reached when SC was able to install indoor and outdoor security cameras. They have improved many safety issues and overnight concerns, monitor behaviors 24/7, and provide SC and the Oak Harbor Police Department with visuals that can verify incidents. It is critical that SC provide the community with these precautions and respect the businesses surrounding the facility. Videos can be monitored by staff and OH Police, providing SC with much improved scrutiny.

There are an increasing number of older adults who lack basic resources to get housing. Some have been victims of scams, some with serious health issues, and some are cognitively impaired. Many have disability income, but not enough to sustain them. More and more of them should be in adult family homes or in assisted living, but they can't afford that. Some folks leave, stay for a short time, or maybe a long time, knowing they have a space to rest and recuperate. The environment is safe, free of drugs and alcohol, and protects the vulnerable. They stay while they wait—wait for Social Security, wait for a birth certificate, wait for assessments.

Waiting is a huge frustration for homelessness, and it can be a challenging test of endurance. Respite at SC helps clients hang in and hope for the best.

Sometimes people think Spin Cafe "enables" clients and gives out "freebies." Yet, if you look at the big picture, reality says "No." If your brain has, through stress, loss, and hard breaks, reduced to being in a constant state of anxiety about where you will sleep and where you will eat, the brain doesn't have room to figure out how to get a job. There also is the jumping through bureaucratic hoops for Social Security, health insurance, and medical appointments. By providing the BASIC needs of Spin Cafe guests, it frees up more brain space for other things that will help them actually move out of the situations in which they find themselves. There are more success stories than one would imagine. Many of the successes are joint efforts by Spin Cafe and other entities, mostly Island County Services and Opportunity Council. SC has also started to partner with an organization in Snohomish County that provides resources and funding for housing, work, and counseling. Several of the SC clients relocated to that program,

and others received supportive housing in Skagit and Island Counties. These people have worked through some serious addiction issues, some mental health crises, and some physical ailments. The struggle to get into housing and a stable environment is very real, and SC celebrates these victories with very grateful clients.

The leadership, staff, and volunteers work tirelessly, and we are ever so grateful for everything everyone does to sustain us. The humanity is evident, and it continuously demonstrates that it is "The WORK OF MANY HANDS." Moving forward, SC continues to seek financial support. It is hosting its annual fundraiser on May 5 from 5 pm to 7:30 pm at the Coupeville REC Hall, with catering by Serendipity. It promises to be a lively event with a Cinco de Mayo theme, delicious food and drink, and a common goal of helping the most vulnerable population in our community. Tickets are available on the Spin Cafe website or by stopping by at the cafe.

Spin Cafe Board of Directors
1241 SW Barlow St.
Oak Harbor, WA 98277

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Whidbey Weekly

DONATIONS NEEDED

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- pork&beans
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BITS & PIECES

Island County Ultrasound Expands to Anacortes Adds Diagnostic Imaging and Comprehensive Wellness Screening Services

Second location in Skagit County brings accessible, ultrasound services to Anacortes; diagnostic imaging and expanded wellness screenings now available at both locations.

Island County Ultrasound, Island County's trusted provider of elective prenatal ultrasound imaging, is pleased to announce the opening of its second location in Anacortes, Washington, along with the launch of comprehensive diagnostic imaging and wellness screening services at both locations.

The new Anacortes clinic, located inside The Holding Space, 902 7th Street, Suite 102, Anacortes, WA, joins the established Coupeville location to serve families across Island and Skagit Counties. Both facilities now offer an expanded menu of services beyond the company's well-known 3D/4D prenatal ultrasound imaging.

Comprehensive Ultrasound Services Under One Roof

Island County Ultrasound now provides four distinct service categories designed to meet diverse healthcare needs:

Elective Prenatal Ultrasound: High-resolution 3D/4D/5D keepsake imaging, including gender reveals and bonding sessions, with optional 8K HD image enhancement.

Diagnostic Ultrasound Imaging: Provider-ordered examinations with professional board certified radiologist interpretation and superbill documentation to support potential insurance reimbursement.

Wellness Screening Services: Self-pay, non-diagnostic screenings such as thyroid, breast, pelvic, and cardiovascular assessments, designed for proactive health monitoring without insurance or referrals.

Ultrasound Education and Training: Hands-on workshops and training programs for healthcare professionals, students, and individuals interested in exploring sonography careers.

All services can be conveniently scheduled online at <https://www.islandcountyultrasound.com>

"I'm thrilled to expand our services to Skagit County and serve residents of both Island and Skagit Counties," said Kulvinder Kaur (KK), RDMS, RVT, Owner of Island County Ultrasound. "My goal is to address an unmet community need by providing transparent, low-cost, self-pay ultrasound services while promoting education and awareness about proactive health. I am also committed to encouraging younger individuals to explore careers in sonography, a field facing a significant nationwide workforce shortage."

Addressing Healthcare Access Challenges

The expansion meets the increasing demand for accessible ultrasound services. By offering transparent, self-pay pricing, Island County Ultrasound simplifies access to timely screenings without the uncertainty often associated with insurance complexities.

"Our goal is to provide convenient accessible imaging so patients on Whidbey Island and surrounding areas can receive timely care without the need to travel long distances," said Kulvinder Kaur. "Recruiting healthcare professionals to work on the island can be challenging, which is why I am passionate about education and committed to inspiring and training the next generation of sonographers within our community."

Military Community Support

Island County Ultrasound offers 11% discounts to active duty service members, veterans, and military families across all service lines.

Professional Credentials and Technology

Both locations feature state-of-the-art, medical-grade ultrasound equipment, including GE HealthCare Voluson systems. Run by trained sonographers.

About Island County Ultrasound

Founded in Coupeville, Washington in May 2023, Island County Ultrasound has built a reputation for professional, compassionate ultrasound imaging services with transparent, accessible pricing. The company specializes in elective prenatal ultrasound, wellness screenings, diagnostic imaging, and ultrasound education. Island County Ultrasound serves families throughout Island and Skagit Counties from two convenient locations.

Locations:

Coupeville (Island County)
902 NE Center St
Coupeville, WA 98239

Anacortes (Skagit County)
Inside Holding Space
902 7th Street, Suite 102
Anacortes, WA 98221

For More Information:

Phone: 360-720-4463
Email: sonogram@islandcountyultrasound.com
Website: www.islandcountyultrasound.com

Same-week appointments are available at both locations. For diagnostic imaging, patients should contact Island County Ultrasound to discuss provider order requirements and insurance coordination.

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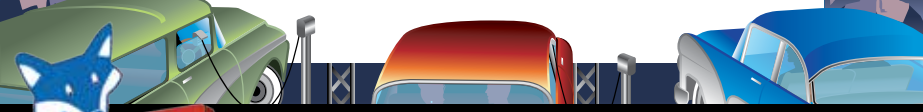
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What's Going On!

DUGUALLA WEED REMOVAL

Friday, May 1, 9 a.m.–noon
Duguala Bay, Oak Harbor

Volunteer to help restore habitat at this protected site by removing invasive species such as thistle and blackberry. Expect moderate activity, including walking on uneven terrain. Registration required through the Whidbey Camano Land Trust.

PRAIRIE DAYS

Friday–Sunday, May 1–3, 10 a.m.–4 p.m.
Pacific Rim Institute, 180 Parker Rd.,
Coupeville

Celebrate Whidbey Island's rare prairie ecosystem during this free, family-friendly festival. Enjoy guided tours, educational talks, a native plant sale and hands-on activities including a prairie scavenger hunt and bioblitz. Learn about wildflowers, conservation and habitat restoration while exploring the preserve.

WHIDBEY CLAY WEEKEND

Friday–Sunday, May 1–3
Freeland

Celebrate ceramics, creativity and community during this three-day event featuring a Spring Show Opening, pottery market, artist talk and interactive activities.

Friday, May 1, 5–7 p.m. — Spring Show Opening, Whidbey Clay Center, 1664 E Main St., Freeland

Saturday, May 2, 10 a.m.–4 p.m. — Pottery Market; Clay Olympics at noon, Freeland Hall, 1515 E Shoreview Dr., Freeland

Sunday, May 3, 10 a.m.–4 p.m. — Pottery Market; Potter's Potluck at noon; Artist Talk with Deb Schwartzkopf, 1–3 p.m., Freeland Hall

A weekend of demonstrations, shopping and hands-on celebration of the ceramic arts.

MEET ME @ MEERKERK!

Friday, May 1, 11 a.m.–1 p.m.
Meerkerk Gardens, 3531 Meerkerk Lane,
Greenbank

Island Senior Resources and Whidbey Momentia host the first event in a new "Meet Me @" series for caregivers and care receivers. Stroll through Meerkerk Gardens, enjoy the blooms and bring a picnic lunch. Caregivers and care receivers receive 2-for-1 admission.

SHOP OUT FOR KIDS

Friday, May 1, 11 a.m.–5:30 p.m.
Bayleaf, 101 NW Coveland St., Coupeville

Bayleaf will donate a portion of the day's sales to the Coupeville Schools Foundation, which supports students through teacher grants, college scholarships and the Promise Fund. Families and friends are invited to shop in support of Coupeville students.

POETRY OPEN MIC NIGHT

Friday, May 1, 5–7 p.m.
The Commons Café & Books,
124 Second St., Langley

The Commons Café & Books hosts an inclusive poetry open mic welcoming original work and works in progress. Participants may share spoken word, sing with acoustic instruments or collaborate by reading one another's poems.

SPRING VENDOR MARKET

Saturday, May 2, 10 a.m.–4 p.m.
Oak Harbor High School, 1 Wildcat Way,
Oak Harbor

OHHS Choir Boosters host a spring shopping event with vendors and gifts for Mother's Day.

STEAM SUNDAY: LIGHTSABERS

Sunday, May 3, 2–3 p.m.
Freeland Library, 5495 Harbor Ave.,
Freeland

Children ages 5–13 are invited to make mini LED lightsabers and origami Yodas in preparation for Star Wars Day. The monthly STEAM program features hands-on arts

and crafts, nature, animals, mini-maker projects and more. Supported by the Friends of the Freeland Library.

TILTH FARMERS MARKET OPENING DAY

Sunday, May 3, 11 a.m.–3 p.m.,
2812 Thompson Road (SR 525), Bayview

Celebrate opening day of the Tilth Farmers Market with family-friendly fun on a lush meadow featuring local vendors, picnic tables, educational opportunities and children's activities.

Opening Day highlights include the Maypole at 11:30 a.m., a brass band performance from 12:30–1:15 p.m., and Sage Haze from 1:30–3 p.m. The market encourages regenerative, organic and GMO-free growing practices. SNAP, SNAP Market Match, Senior FMNP and WIC are accepted where available.

THE POWER OF BELONGING: WHY CONNECTION MATTERS

Tuesday, May 5, 11 a.m.–noon
Langley Library, 104 Second St., Langley

This presentation explores the importance of human connection and invites participants to reflect on their own experiences of belonging. Drawing on the work of Healing Circles Langley, the program introduces a gentle, community-based model of peer listening and quiet witnessing.

GREAT DECISIONS DISCUSSION SERIES: U.S. ENGAGEMENT OF AFRICA

Wednesday, May 6, 10 a.m.–noon
Freeland Library, 5495 Harbor Ave.,
Freeland

The Great Decisions discussion group will meet to discuss U.S. engagement of Africa. Participants read the "Great Decisions Briefing Book," watch videos and discuss critical global issues facing America today. Presented by the League of Women Voters of Whidbey Island.

THE FUN HOUR!

Wednesday, May 6, 2:30–4:30 p.m.
Coupeville Library, 788 NW Alexander St.,
Coupeville

Children ages 5 and older are invited to play games, listen to music, create art and build with LEGO at the library. Records, games, craft supplies and LEGO will be provided. This is a drop-in program.

DYING IN THE WEST: A HISTORY OF THE DEATHCARE INDUSTRY AND MODERN DEATHCARE MOVEMENTS

Thursday, May 7, 2:30–4 p.m.
Coupeville Library, 788 NW Alexander St.,
Coupeville

Venessa Greenheron presents a program on the history of deathcare in the West, including what deathcare looked like before the modern industry, how current practices developed and shifts that could expand community deathcare and death literacy. This event is part of the End of Life program series.

Later events in the End of Life program series:

Hospice 101

Wednesday, May 13

BLUE SKIES, TROUBLED WATERS: A WWII STORY OF RESILIENCE

Thursday, May 7, 4–5 p.m.
Oak Harbor Library, 1000 SE Regatta
Drive, Oak Harbor

Northwest author Brian Kimmel shares the true story of his grandmother's survival, beginning with a leap into Brooklyn Harbor and following an American twin's journey through deportation, a World War II POW camp in Indonesia and her family's return. The presentation includes historical photos and a short video introduction from Kimmel's grandmother. This program is part of One Book, One Coast.

OAK HARBOR GARDEN CLUB

ANNUAL PLANT SALE

Saturday, May 9, 9 a.m.–noon
Field on NE Fourth Avenue near the
Autumn Leaves sculpture, Oak Harbor

The Oak Harbor Garden Club will offer hundreds of 4-inch, 1-gallon and larger perennials, herbs, vegetable starts and houseplants, along with 12-inch hanging baskets and 14-inch color bowls. Sales are first come, first served.

CULTIVATING UNIQUE TEAS IN THE PACIFIC NORTHWEST

Saturday, May 9, 1–2:30 p.m.
The Empty Tea Cup, 275 SE Pioneer Way,
Suite 103, Oak Harbor

Gavin will give a presentation on the potential for Camellia sinensis tea to become a regional specialty of the coastal Pacific Northwest, including tea history, local growing conditions and current work by researchers and growers. Tea processed from Minto Island Growers will be sampled.

WOMEN BUILD 2026

Thursday, May 14–Saturday,
May 16, 8 a.m.–4 p.m.
Location to be announced

Habitat for Humanity of Island County hosts Women Build, an annual event where women of all ages and backgrounds work together to build homes, address homeownership challenges and make a visible impact in the community. Tickets are \$30. Donations and business sponsorships are also welcome.

THE TIME BETWEEN: FROM WAKING LIGHT TO DREAMING NIGHT

Friday, May 15, 7 p.m.;
Sunday, May 17, 4 p.m.
First Reformed Church,
250 SW Third Ave., Oak Harbor

Whidbey Community Chorus and Chamber Orchestra present their 2026 spring concert, directed by Darren McCoy and Christopher Dyel, accompanied by Sharon Burge on piano and featuring soprano Eva Nelson. Admission is free; donations are accepted.

WHIDBEY ALLIED ARTISTS ART SHOW & SALE

Friday, May 15–Sunday, May 17
Coupeville Rec Hall, 901 NW Alexander
St., Coupeville

Whidbey Allied Artists presents an art show and sale featuring local artists and works in wood artistry, watercolor, acrylic, oil, glass, mixed media and photography. Hours are 10 a.m.–5 p.m. Friday and Saturday and 10 a.m.–4 p.m. Sunday.

GREATER FREELAND CHAMBER OF COMMERCE GOLF CLASSIC

Saturday, May 16, registration and continental breakfast at 8 a.m.; tee-off at 9 a.m.
Holmes Harbor Golf Course, 5023 Harbor Hills Drive, Freeland

The Greater Freeland Chamber of Commerce and Holmes Harbor Golf Course present the second annual Greater Freeland Golf Classic. The tournament will be played in a best ball scramble format for golfers of all skill levels. Registration is \$100 per player and includes golf, cart, continental breakfast, lunch, keg cup, contests, prizes and event-day swag. Extra lunch tickets are \$20. Proceeds support chamber programs and the July 3 fireworks celebration.

CHILDREN'S FAIR

Saturday, May 16, 10 a.m.–2 p.m.
Coupeville Town Green, next to
Coupeville Library, 788 NW Alexander St.,
Coupeville

Coupeville Library and Partners for Young Children in Island County host a free resource fair for families with children ages 0–5. Meet local organizations serving families and enjoy library entertainment. The drop-in event will be held in conjunction with the Coupeville Farmers Market, with support from the Friends of the Coupeville Library.

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SPRING FORAGING



by Auston Reisman FATHER, FARMER, ARTIST, BUILDER,
COMPOST CULTIVATOR

With bursts of sunlight and sudden showers, Whidbey's forest floor undergoes a dramatic transformation. Spring isn't just a season; it's a biological explosion. For both humans and animals, it is an exciting and rewarding time of the year - a prime season for "spring tonics" of fresh, nutrient-dense greens and prized fungi that emerge willingly to share their bounties. Whidbey Island is a lush bioregion for foraging, offering a variety of edible plants and fungi across its forests, meadows, and seashores. Most areas have wild plants in them, though in many cases, they are what some may call "weeds". Understanding how to utilize these wild plants reduces our need for outside inputs from other places, creating a more resilient community. Oftentimes, the edible weeds in a garden are, by far, more nutritionally superior to the crop plants we buy in the store.

Many native plants are in decline due to habitat destruction and degradation from logging, agriculture, development, and overgrazing. Knowledge and respect for these plants are the first steps that may help restore these resources rather than deplete them. Earth provides us with everything we need to survive, and we must reciprocate this gift by caring for and protecting the land, plants, and animals around us. By embracing the principle of reciprocity, we can cultivate a deeper appreciation for the natural world and our place within it. This mindset can help us live more sustainable and fulfilling lives while also contributing to the health and well-being of the earth. Foraging with reciprocity moves beyond "sustainability" into a relational practice viewing the land not as a warehouse of free resources, but as a living system in which we are in relationship, and to which we each have an obligation.

This system follows the principles of the "**Honorable Harvest**," which is based on indigenous wisdom:

1. **Ask Permission:** Approach a plant or patch and check its health. If the population is small or the plants look stressed, the "answer" is no.

- 2. **Make an Offering:** Leave a small offering, even just a handful of water or a moment of silence, to acknowledge the gift the land is providing.
- 3. **Use Everything:** Honor the life taken by ensuring no part of your harvest goes to waste.
- 4. **Share the Bounty:** Mirror the Earth's generosity by sharing your foraged finds with others in your community.

There is an abundance of wild treats in our own backyards: spring flowers, tasty leaves, salty seaweeds, and savory mushrooms that come up from March to May. The wonderful thing about harvesting your own ingredients is the journey it takes you on, out into the fields and forests to explore, and then home to your kitchen to cook with family and friends.

Nettles are the quintessential spring green. Found in nitrogen-rich soil near streams or old homesteads, they are nutritional powerhouses. Only harvest the top two nodes (four leaves). Once they begin to flower, they develop cystoliths that can irritate the kidneys. Blanch them to disarm the sting, then use them in pesto, teas, soups, or as a vibrant substitute for spinach.

Miner's Lettuce is a delicate, succulent green known as "wild spinach." Easily identified by its circular leaf that completely encircles the stem, it thrives in the cool, shady pockets of the Cascades and coastal forests. It is high in Vitamin C and best eaten raw, right there on the trail and is one of the first wild fruits to ripen.

Salmonberry provides a succession of edible parts, including tender shoots, vibrant blossoms, and the berries themselves.

Never consume a plant unless you have confirmed its identity with a physical field guide or an expert. Our local libraries have lots of great resources for foraging. For delving further into our regional abundance, I recommend Pacific Northwest Foraging by Douglas Deur, in which he highlights 120 wild seasonal edibles.




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On Problems and On Predicaments

by Charles LaFond

ISLAND FUNDRAISER, POTTER, AUTHOR, AND ESSAYIST

The other day, in my pottery studio, I had two experiences, each categorized by a particular word. Both pissed me off, but one led to new opportunities.

These two experiences reminded me of something fundamental in life. There are problems. There are predicaments. And these two things are not the same; rather, as with anything in life, each requires a creative response rather than a lazy or neanderthal reaction.

Quite literally, I experienced two things at my pottery wheel within minutes of each other; each required its own creative thinking. A tantrum would have only ruined more minutes of my life – minutes for which no refund exists. I had to stop, think, and decide, in each case, "Is this a predicament or is this a problem?" Discerning which is which, given that we all have both, could determine my response and even help me to navigate similar experiences in the future.

What happened you ask? Well, basically, I had very soft clay, perfect for a plate but wrong for a vase. As I was moving a 20-inch vase wrapped by a dragon from the wheel to a drying shelf, the wet clay collapsed into a blob on the board. I make a habit of only swearing in French – their swear words are religious – rather than American swear words, which tend to be biological. Then I recycled the blob of clay that had, seconds before, been a large mantle-piece vase. Nothing to be done. It was a problem – a vase was destroyed.

Then I went to wedge more clay to make a new vase and suddenly realized that I could clearly see a problem and a predicament. Yes, the problem was that I had just let a vase collapse – done and done – nothing can be done about it. But as I wedged another 10 pounds of clay and reconsidered the collapsed pot, it occurred to me that I also had a predicament – the clay I was using was simply too soft for the work I was trying to do.

So I kneaded (wedged) the clay on the plaster to remove water, stiffening the clay and making a lump that would not collapse when thrown onto the wheel. It worked. The problem was a collapsed pot. The predicament was wet clay that could be made drier and stiffer with just a bit of evaluation, creative thinking, planning, plaster, and muscle. One may only let go of a problem, but a predicament – that can be changed, solved, eradicated, even.

When terrible things happen, whether big or small, they require one to decide on an appropriate response. But as I said recently to a friend, "Emotional intelligence is not a gift in equal measure in others." By that I mean, like other human assets, some have it and some, well, simply do not. Some have more, and some have less, and indeed some – perhaps many - like me, for example, have it usually and sometimes lose it in a frustrated tantrum or over-caffinated road rage. As I age, get better therapy, avoid addictions, and surround myself with good people, I notice that tantrums are fewer and farther between.

The word we now know as "predicaments" comes from Aristotle's "10 Categories," forming western thought, and in which "praedicamentum" literally announced or predicted things about



Dragon Gargoyle Gu Vase with Gold Icicles by Charles LaFond, 28 inches

various topics without placing values on them. However, it was not until the 15th century that "predicament" was perceived as negative.

I would argue that problems like a death, a job loss, or a broken vase are not the same as predicaments like a diagnosis, a toxic relationship, or a terrible haircut - all of which can be remedied with courage, a few changes, and perhaps a good doctor or lawyer.

.....
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islandcountyhabitat.org/women-build-2026/

WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, May begins with renewed determination. A recent setback may reveal itself as useful redirection. Stay flexible—adjusting your approach now leads to stronger results by week's end.

TAURUS – Apr 21/May 21

Taurus, your season continues to highlight self-worth and personal priorities. This is a good week to focus on what truly matters to you. Confidence grows when your actions align with your values.

GEMINI – May 22/Jun 21

Gemini, reflection may be more productive than action right now. Give yourself room to process before rushing ahead. A quiet insight midweek could shift your perspective significantly.

CANCER – Jun 22/Jul 22

Cancer, your social circle may play an important role this week. Encouragement from others helps you move past doubt. A shared idea or collaboration could prove especially rewarding.

LEO – Jul 23/Aug 23

Leo, your ambitions are difficult to ignore. Professional momentum builds as your leadership shines. Stay grounded and focused—recognition follows steady effort.

VIRGO – Aug 24/Sept 22

Virgo, fresh inspiration may arrive through learning, travel, or simply trying something different. Expanding your perspective now could help solve a lingering problem.

LIBRA – Sept 23/Oct 23

Libra, practical and emotional matters may require deeper attention. Facing an issue directly brings clarity and relief. This week favors thoughtful transformation.

SCORPIO – Oct 24/Nov 22

Scorpio, partnerships take center stage. Cooperation strengthens important bonds, especially when honesty leads the way. A meaningful exchange could shift things for the better.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, small improvements to your daily routine create larger rewards. Productivity rises when you stay organized. Focus on progress, not perfection.

CAPRICORN – Dec 22/Jan 20

Capricorn, joy and creativity deserve more of your attention this week. A playful moment or personal passion may recharge your energy more than expected.

AQUARIUS – Jan 21/Feb 18

Aquarius, home life may need extra care. Whether through family conversations or personal space improvements, grounding yourself emotionally creates greater stability.

PISCES – Feb 19/Mar 20

Pisces, communication flows beautifully now. Your words carry weight, so use them wisely. A heartfelt conversation could open new understanding.

BITS & PIECES

Saratoga Orchestra Celebrates Spring with Ravel, Mozart and Garrop Concert on May 31 in Oak Harbor

As spring arrives on Whidbey Island, the Saratoga Orchestra, under the leadership of Music Director Anna Edwards, invites audiences to celebrate the season with a vibrant and dynamic concert program. The program showcases Ravel's Piano Concerto in G Major, Mozart's Symphony No. 41 "Jupiter", and Stacy Garrop's "Penelope Waits" from her Mythology Symphony.



The concert will take place on Sunday, May 31 at 7:00 p.m. at First Reformed Church of Oak Harbor, 250 SW 3rd Avenue.

A highlight of the program, Ravel's Piano Concerto in G major dazzles with its irresistible blend of French Impressionist color and jazz-inspired energy. Written after the composer's exposure to American jazz, the concerto sparkles with playful rhythms, bluesy harmonies, and brilliant orchestral textures. The orchestra will be joined by special guest pianist Julian Garvue. He has performed across many genres—from classical to pop to jazz—in New York City, recorded with the Seattle-based jazz ensemble The Arsonists, and is currently a pianist in Los Angeles Opera's Young Artist Program.

Also on the program is Stacy Garrop's "Penelope Waits" from her Mythology Symphony, offering a moving portrayal of Penelope as she awaits the return of Odysseus, as well as W.A. Mozart's Symphony No. 41 in C Major, known as the "Jupiter." A monumental achievement of the Classical era, Mozart composed this symphony in 1788, and it is celebrated for its grandeur, elegance, and dazzling craftsmanship.

Ticket Information:

Adults: \$30
Seniors (65+) and Military: \$25
Students (17 and under): Free

Tickets may be purchased online or at the door. Additional information is available at www.sowhidbey.com or by calling 360-929-3045.

The Saratoga Orchestra is composed of professional musicians from Whidbey Island and across the Pacific Northwest, and continues its mission to bring high-quality live orchestral music to Whidbey Island communities.

City of Oak Harbor Announces Ribbon-Cutting for Public Safety Training Facility

The City of Oak Harbor is pleased to announce the official ribbon-cutting ceremony for the new Oak Harbor Public Safety Training Facility, scheduled for May 15, 2026, from 3:00 p.m. to 5:00 p.m. The event is open to the public, and community members are encouraged to attend and tour the facility, located at 951 NE 21st Ct, Suite 1, Oak Harbor, WA.

This development represents a significant investment in the safety, preparedness, and professionalism of Oak Harbor's public safety personnel. The property was strategically acquired through a fiscally responsible process that required no increase in local taxes, underscoring the City's commitment to balancing public safety priorities with sound financial stewardship.

"This training facility represents a major step forward in our ability to provide high-quality, realistic training for our officers and regional partners," said Police Chief Tony Slowik. "By investing in preparedness, we are directly investing in the safety and well-being of our community. This facility ensures our personnel are equipped with the skills and experience needed to respond effectively in critical situations."

A key component in bringing this project to fruition was a grant from the State of Washington, spearheaded by Representative Dave Paul, whose leadership and advocacy were instrumental in securing funding support.

Beyond its public safety benefits, the facility is expected to contribute to local economic growth by attracting regional training events. These trainings will bring visiting personnel to Oak Harbor, creating opportunities to stay, dine, and explore the community.

"The completion of this facility reflects Oak Harbor's commitment to public safety, fiscal responsibility, and community partnership," said Mayor Ronnie Wright. "We are proud to deliver a project that enhances emergency preparedness without increasing the tax burden on our residents, while also creating new opportunities for economic activity in our city."

The City invites residents, community partners, and regional agencies to join in celebrating this important milestone. The ribbon-cutting ceremony will include remarks from city leadership and project stakeholders, followed by guided tours of the facility.

Released by:
Oak Harbor Police Department
Deputy Chief Kevin Barton



Family Fork of Washington Hosts Fundraising Dinner & Live Music Event to Support Thanksgiving Community Meal

The Family Fork of Washington, a charitable subsidiary of Orlando's Southern BBQ. This occasion marks the first of several planned events throughout the year, as we endeavor to increase our fundraising efforts compared to previous years.

Your generous donation will include a dinner buffet, salad bar, a delightful dessert, and live entertainment. All proceeds from this event will be dedicated to covering the costs of food preparations and other necessary purchases for our Thanksgiving Day Community Dinner.

We are asking our community to join us in supporting our efforts to bring our community together in unity, love, and support.

Featured entertainment: CHRIS EGER

A Bonafide "quadruple threat," Eger is a multi-instrumentalist, accomplished songwriter, kick-butt showman, as well as sensational vocalist for which he has been nominated three years in a row, for Best Male Vocalist by the Washington Blues Society.

Kick Off Fundraiser

May 2 @ 5 p.m.
656 SE Bayshore Dr.
STE 1, Oak Harbor, WA

Donations: \$50



WearableART

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Runway Show & Dinner Saturday, May 16, 2026

Doors open at 5:30P | Dinner at 6:30P | Show at 7:00P

\$100 Ticket includes dinner by Serendipity & first beverage of choice.

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Behind The Runway Sunday: May 17, 2026

3:00 - 5:00 PM Runway Show w/Artist Q&A

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Astrology for May 1-7 2026

Full Moon In Scorpio 11°, Pluto Stations Retrograde

This is not light work! Get ready to move through some tough emotions. **May 1** brings the full Moon in Scorpio at 11°. Every year, the Scorpio full Moon brings secrets, hidden information, and extreme depth of feeling to the surface and this one is no exception. Pluto, the ruler of this full Moon, is barely moving and pulling powerful focus as it prepares to station retrograde later this week. That alone drives the intensity of feeling up a few notches, but there are several contributing factors to this emotionally sensitive day, including a wide square to Pluto itself. Squares incite action and denote challenges that must be faced. On the same day, Mercury conjuncts Chiron in Aries at 27°, creating a very tender sky for facing said challenges. There is something blatant and unavoidable that must be addressed, even if it is just within oneself, and Scorpio/Pluto themes point to fears, what we are afraid to let go of, and what we are afraid to admit we are afraid to let go of. Think back to the April 17 new Moon, where Chiron in Aries was a key player. The themes around that time concerning our personal confidence, self-assertion, desire, anger, and the ability to take action on the things we want most will be prominent again, this time with Mercury involved. What do you need to say? To yourself? To another? Mercury rules our words, thoughts, and communications. Look out for very emotionally driven conversations. Assess whether this is actually the moment to say the thing, or to journal about it and organize your thoughts? Sit with it. Only you will know what is right for you, but there is immense opportunity for healing by facing the truth of a feeling, even if its ugly. We are gifted some grace under this sky with practical support from Venus in Gemini sextile Saturn in Aries at 9°. This aspect aids us in taking a step towards responsible action or acknowledging accountability with resentments, regrets, or old hurts. Do not avoid hard feelings that arise. Pluto is unforgiving (to put it lightly) to those running from the truth. Death and rebirth requires acknowledgment, acceptance, and active participation now. You want your next level? This full Moon serves to free us from something that we haven't been able to let go of emotionally, and has been secretly been blocking the way ahead. No more. Long awaited transformation is underway in some of the most private aspects of our lives.

On **May 2**, Mercury enters Taurus until May 17, joining the Sun in helping to slow down the Aries parade of planets. Mercury in this position helps us take our time before making decisions and quiets some of the urge to choose impulse and spontaneity over certainty. We are more inclined to be discerning with our words. The voice and vocal chords can stabilize. Speech tends to be simple yet impactful. Saying what needs to be said with little frill. What thoughts will create stability in our world? Basic needs are prioritized and more easily communicated. This is helpful, yet look out for the shadow tendencies of this placement including stubborn thinking and fixed perspective.

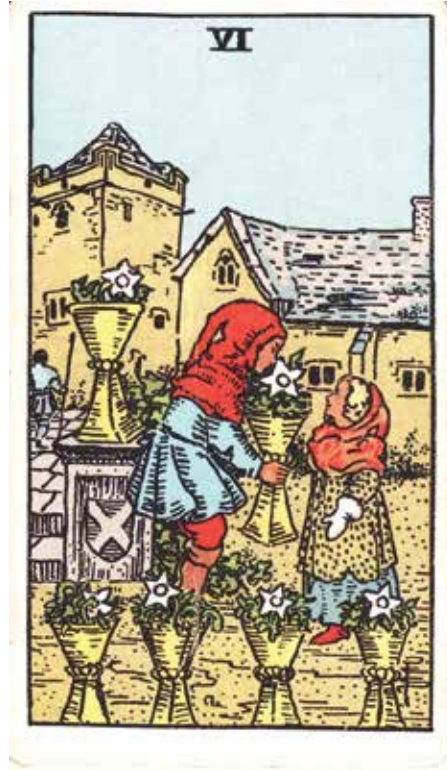
On **May 4**, Mars in Aries squares Jupiter in Cancer at 19°. Mars rules drive, action, libido, desire, etc. and in its home sign of Aries, it is very strong. Jupiter rules higher learning, expansion, and exploration. Exalted in the sign of Cancer, Jupiter has impacted how we learn from our feelings since July 2025. Past and present emotional bonds have perhaps changed in tone or become more prominent in our lives. When these two planets meet via square in these signs, confrontations can be dramatic and filled with bravado, but we can summon a passionate confidence and make a bold move. But is bold better or just not boring? Steer clear of excess and making promises that can't be fulfilled. Watch for that in others. This is an easy sky for getting carried away. Where are you aiming all that enthusiasm? If there is something well-thought out and grounded that needs liftoff, this is beautiful timing, but avoid risky moves made out of impatience or restlessness.

On **May 6**, Pluto in Aquarius stations retrograde at 5° and will appear to be moving backwards from our vantage point on Earth until October 11. Retrograde motion signals internal work, and in the sign of Aquarius we will be called to reflect on our place in communities, groups, and friend circles. How are we participating - or not? Are you showing up authentically or just going with the crowd? The power dynamics within our communities are shifting dramatically, but great change first begins below the surface and away from view. What change would you like to see in the outer world? The inner-work begins now to make that shift.

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May 1st – May 7th : the Six of Cups.

The weekend opens with a mildly mischievous Full Moon in Scorpio dancing with the festival of Beltane, announcing the height of spring like a fresh bouquet smushed against your nose, evoking randy playfulness and juvenile joy restlessly bursting for activeness. An excellent time for repotting, tending curb appeal, speaking life into your greenery, chatting at the trees, and offering a sweet smackerel of milk and honey drizzled bread for the fairy folk if these whimsical acts brighten your heart.

This week's card indicates increased socializing and a prime excuse to host an impromptu garden party or gathering some friends around the fire (safety first). Even consider a clothing swap in alignment with spring cleaning, and lean into the adolescent nostalgia of a walk-in closet fashion show, complete

with laughter and a glass of heart healthy adult grape juice. Make a little time to explore some local farmers' markets and kitschy boutiques. Let the jaw-dropping creativity of humanity encircle you, kindling your own passion, inspiration, and hopefulness.

Don't be surprised by unexpected flirtations and sparks igniting for new romances. Indulge yourself but remember your worth while deliberately disposing of old bitternesses left over from wounds still mending. Now is not the time to entertain past flames. This is a threshold to demonstrate to yourself how you're intentionally choosing your future, not only romantically but in all areas of your life: home, career, loved ones, fiscal responsibilities, habits, belongings, personal character traits, etc.

Tend to your home with extra care and mindfulness these coming days; both that which you reside within and that which resides within you. Even if it must be in lieu of more routine daily chores, try to implement one or two more seasonal tasks this week, like power washing the siding, wiping down the baseboards, cleaning the windows, etc., but only if this work incites a sense of accomplishment or pride while operating within your physical capabilities. And as you exit, enter, or check your locks before bed, ponder expressing even silent gratitude for all your home ensures on your behalf.

This is a week of bounty, gifts given and received, and the appreciation of all that you have around you. May your heart be the best kind of full. ~Xo, Tiffany

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

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

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Volume 18, Issue 18 | © MMXXVI Whidbey Weekly

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CLUES ACROSS

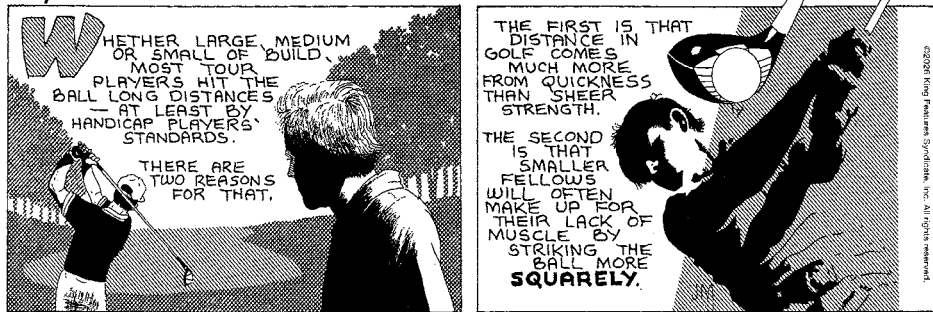
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- 23 Speed (up)
- 26 Poetic contraction
- 28 Period of rule
- 31 El-Masry of "Star Wars"
- 33 Bro, maybe
- 35 Stair part
- 36 Deeply touched
- 38 Its cap. is Brussels
- 40 "-- outta here!"
- 41 "Dream on!"
- 43 Actor Holbrook
- 45 Locust
- 47 Talisman
- 51 Seethe
- 52 Maximum contents
- 54 Diminutive suffix
- 55 Hirohito's title (Abbr.)
- 56 One-named supermodel
- 57 Sun beams
- 58 Verbalize
- 59 Church section

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- 1 Gushing review
- 2 Utah city
- 3 Wrinkled fruit
- 4 Workshop array
- 5 Baltimore baseballers
- 6 Humorist
- 7 Pharaoh's land
- 8 The "A" of UCLA
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- 10 Fast runner
- 11 Lawn party site
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- 23 Zodiac animal
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- 25 Liveliness
- 27 Tease
- 29 "My word!"
- 30 "Science Friday" network
- 32 Secondhand deals
- 34 "Cheer up!"
- 37 Carried out
- 39 Tibetan monk
- 42 Confronts
- 44 "-- di Lammermoor"
- 45 Driver with a handle
- 46 Tiny bit
- 48 Walk unevenly
- 49 LAX guesses
- 50 Broadway actress Daly
- 53 Docs' org.

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Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, May 1	Sat, May 2	Sun, May 3	Mon, May 4	Tues, May 5	Wed, May 6	Thurs, May 7
North Isle	H-62° L-50° 10%	H-67° L-52° 10%	H-71° L-51° 0%	H-67° L-52° 0%	H-61° L-51° 10%	H-60° L-50° 10%	H-61° L-50° 20%
South Isle	H-63° L-52° 10%	H-65° L-54° 25%	H-70° L-53° 0%	H-68° L-53° 0%	H-61° L-53° 10%	H-60° L-52° 10%	H-61° L-51° 20%



OUR Community

An Upbeat Question of the week
By Helen Mosbrooker

What would surprise a first time visitor aboard the Schooner SUVA?



Gary Pursell,
Coupeville

A first-time visitor is often surprised by Suva's graceful simplicity paired with a quiet sense of grandeur. Below deck, the rich craftsmanship of the old-growth Burmese teak in the galley and cabin quickly catches the eye. But what surprises many people most is the easygoing, unstructured adventure of sailing aboard her. There may be unexpected encounters with marine life - seals or shorebirds resting on mussel rafts, lion's mane jellyfish drifting past, or, if they're lucky, even a pod of orcas. Guests are free to lend a hand with the sails or simply roam the deck and take in the view - much as the original Coupeville owner might have done a century ago. Many are also surprised to learn that Suva is preserved and sailed today by a dedicated group of local volunteers.



Malea Ivy,
Greenbank

Surprise a visitor? How pleasant it is to sail Penn cove even though we are not too far from shore. When you pull away from the dock and the sails are raised and the engine goes quiet it's like a different world. The surroundings are so beautiful and you get a different perspective than you do from the shore or road. Most sails we get to see seals and other wildlife resting on the mussel rafts which is my favorite part.



Peter Wells,
Coupeville

When the motor turns off the Suva becomes almost silent as she is driven ahead by the power of the wind alone. The wooden hull absorbs much of the sound of the waves striking the boat as she progresses forward resulting in a restful and relaxing state of mind.

Penn Cove is such a magical place as viewed from the water. The landscape varies from the open fields to the north and the quaint waterfront village of Coupeville to the south. An abundance of wild creatures such as bald eagles, seals, and an occasional Orca are around and all one needs to do is be still and look out over the cove to see them.

Sailing is a team effort, especially on a century old schooner. The crew members rely on each other to do their assigned tasks. While the Captain is in charge he or she needs sharp eyed lookouts to spot any hazards in the water, and a crew that adjust sails as needed to make the boat more efficient. And, maybe a first time visitor will realize that, yes, this is something that I can do as well.

Joyful Saying of the Week
Find a place inside where there is joy, and the joy will burn out the pain.
-Joseph Campbell

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May 6 • 10AM
Coupeville Rec Center
901 NW Alexander St.
Coupeville, WA 98239

CascadeVillage.org/Coupeville

ISR EVENTS

Meet Me @ Meerkerk Gardens
Join Island Senior Resources and Whidbey Momentia's first event for caregivers and receivers. We'll walk through Meerkerk Gardens and enjoy a bring-your-own picnic.
May 1 11 a.m. Meerkerk Gardens 3531 Meerkerk Lane, Greenbank Cost: \$10/ caregiver & care receiver pair **RSVP:** tinyurl.com/meetmeatmeerkerk Learn more: senior-resources.org/meetme

Join Empowering Caregivers: Support & Resources Group
Join us for actionable strategies & encouragement to build a stronger support system for caregivers. Learn to create a personal support network, identify reliable local resources, & improve caregiving resilience. **FREE** Event 5/20 @ 10:30 am The Center at Oak Harbor 51 SE Jerome St, Oak Harbor Learn more: senior-resources.org/calendar/caresupport

Two Events Supporting Meals on Wheels Two days. One great cause. Support Whidbey seniors with Island Senior Resources Benefit Events at Whidbey Golf Club! Enjoy the Benefit Dinner & Live Auction on 5/31 or hit the greens at the Charity Golf Tournament on 6/1. All proceeds go towards Island Senior Resources programs. Learn more & register: senior-resources.org/benefit-events-2026

Apply Now for Senior Farmer's Market Nutrition Program Cards
Fresh food. Local farms. Healthier seniors. The Senior Farmer's Market Nutrition Program is a win-win! Low-income seniors get fresh, organic fruits & veggies while local farmers sell produce. Apply now for an \$80 2026 season debit card. Cards valid 6/1-10/31 at participating ls. County markets. Learn more & apply: senior-resources.org/sfmnop

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. readinessstolearn.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

How'd you do?

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

No Cheating!

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

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.**