

CAMANO 101 – LIVING ON THE ISLAND
SEPTEMBER 24th, 2022 1-4 PM
CAMANO CENTER

CAMANO CENTER

Camano Center's mission is to create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community. We accomplish this mission by offering a wide variety of vital resources and programs. We are proud to partner with many businesses and non-profits to further our offerings. The Camano Center serves as a community gathering place to learn, socialize, volunteer, and receive support. Our programs and services include:

- Social Enrichment: clubs including reading, cooking, needle craft, gardening, music; activities including bridge, pinochle, mahjonn, cribbage
- Health and Wellness: yoga, tai chi, strength training classes, SAIL program (Stay Active & Independent for Life); ping pong, tennis, hearing checks, foot clinic; low-cost nutritional lunches; free lending library with books and media
- Services: Meals on Wheels; Sharing is Caring support group, Medical Transportation; daily wellness checks; disaster registry; grocery and prescription delivery; medical equipment lending; AARP tax preparation & safe driving classes, and SHIBA sessions
- Community Events & Rentals: dances, concerts, weddings, memorials, guest lectures, annual fundraisers, resource fairs, art festivals, special events for Stanwood/Camano throughout the year.

Camano Center also owns and operates the 2nd Chance Thrift Shop which support the operational expenses for the Center, and provides training and volunteer opportunities for a wide range of ages and abilities. Please contact: Bonnie Eckley, Executive Director beckley@camanocenter.org
Phone: (360) 387-0222

CAMA BEACH FOUNDATION (CBF)

Cama Beach Foundation (CBF) is a nonprofit organization established in 2009 to provide educational opportunities for visitors at Cama Beach and Camano Island State Parks. The all-volunteer supported Foundation's funding derives from managing the Cama Beach Historic Store, using all profits and donations to support the activities and programs, which focuses on the natural surroundings of both parks.

For more information about the Cama Beach Foundation, please go to our website: www.camabeachfoundation.org. If you are interested in volunteering contact, contact Janet Mott at jlrott.cbf@gmail.com.

CAMANO ANIMAL SHELTER ASSOCIATION

CASA is a 501(c)3 no-kill managed admission animal shelter located on Camano Island. Our mission is to bring together animals in need and caring people forever enriching their lives. CASA cares for over 400 lost, abandoned and surrendered cats and dogs each year. Volunteers are needed for helping at the shelter, providing foster care, event volunteers/Friends of CASA and administrative support. Website: www.camanoanimalshelter.org Phone: 360-387-1902
Email: casa@camanoanimalshelter.org Address: 198 Can Ku Rd., Camano Island, WA 98282

ISLAND COUNTY NOXIOUS WEEDS

Have a suspicious looking plant on your land? Questions about rules and regulations regarding noxious weed control? Need help addressing the removal of noxious weeds from your land? The Island County Noxious Weed Control Board (ICNWB) promotes noxious weed control through public education and personal and/or written contact with landowners. The weed board and coordinator will provide assistance in identification of noxious weeds and helping land owners develop an integrated vegetation management (IVM) plan to best control weed issues on property. Planning looks at incorporating cultural, biological agents, herbicide use, and other management techniques to best address particular site needs.

Contact: Seth Luginbill, Program coordinator Email: s.luginbill@islandcountywa.gov

Phone: 360-678-7992 Cell: 360-969-3988

Website: <https://www.islandcountywa.gov/Health/DNR/Noxious-Weed/Pages/Home.aspx>

ISLAND TRANSIT

Island Transit serves Camano and Whidbey Island, Mondays-Saturdays, with fare free buses and paratransit services. We offer free one on one travel training as well as monthly guided tours to fun and interesting destinations. We also have a vanpool program for those commuting to work or school and a new RideLink program partnering with non-profits to provide transportation for their clients. Learn more at www.islandtransit.org or by calling 360-678-7771.

Maribeth Crandell, Island Transit Mobility Specialist Travel@islandtransit.org 360-678-9536

Address: 19758 Hwy 20, Coupeville, WA 98239

WASHINGTON STATE PARKS

Cama Beach and Camano Island State Parks are the two State Parks on Camano Island, both parks are open year-round.

Cama Beach is an historic fishing resort, it offers cabins for overnight stays, features the Cama Center, Cama Café, The Center for Wooden Boats, Cama Beach Foundations and many activities and events throughout the year. This park has retained the feel of a bygone era, with rows of historic cabins, a park store and campfire circles for evening socializing. Cama Beach has 463 acres: mostly forest, a small lake, 6000 feet of shoreline and four miles of trails. For reservations visit our web page at <https://parks.state.wa.us/>

Camano Island State Park is the “park built in a day” in 1949. It is a 244-acre camping park with 6,700 feet of beach and five miles of trails to explore. There are five rental cabins and 77 campsites in the forest. Other amenities include a reservable group camp, reservable kitchen shelter and boat launch. Camano Island St. Pk. is connected by a mile-long trail to Cama Beach State Park. To make reservations visit our web page <https://parks.state.wa.us/>

SNOHOMISH CONSERVATION DISTRICT

Snohomish Conservation District (SCD) provides free technical assistance and education to residents (youth included!) and land managers in Snohomish County and on Camano Island. We work with rural and urban residents to improve habitat, soil health, farm productivity, forest health, resiliency, and water quantity and quality through Best Management Practices (BMPs). Some BMP projects are eligible for financial assistance.

Email: outreach@snohomishcd.org

Phone: 425-335-5634 (main)

www.snohomishcd.org and www.betterground.org

CAMANO WILDLIFE HABITAT PROJECT

Sponsored by Friends of Camano Island Parks, our group of trained Habitat Stewards help create an island in harmony with nature, one yard at a time. Volunteers help residents certify their yards as Backyard Wildlife Habitats and provide aid and advice in landscaping for wildlife. Participants certify their yards as Backyard Wildlife Habitats by providing wildlife with food, water, shelter, and space to raise young while practicing responsible gardening techniques. The certified habitats on Camano Island help reestablish wildlife corridors by connecting yards to the parks and preserves on the island.

The National Wildlife Federation certified Camano as a Community Wildlife Habitat in 2005. There are now more than 1,000 certified Backyard Wildlife Habitats on the island. The project hosts public programs at 7 pm on the third Wednesday of the month. Wildlife habitat applications and assistance are also available. For information about the Camano Wildlife Habitat Project, visit www.camanowildlifehabitat.org, call 360-387-2236, or email camanowildlifehabitat@gmail.com.

FRIENDS OF CAMANO ISLAND PARKS (FOCIP)

FOCIP is an all-volunteer nonprofit organization that has been serving the Camano Island parks and community since 1993. FOCIP's mission focuses on three areas: EDUCATION about nature, ACQUISITION of new parks and preserves to protect the habitat, and STEWARDSHIP of all the parks, including construction and maintenance of trails and other park improvements. Volunteers meet 2 – 3 times a month at 9:30 am at Camano Island State Park offices. Tasks are then assigned for various Camano Island parks. Our community activities include Elementary Education Days, Nature Programs, Park kiosk displays and the sponsorship of the Backyard Wildlife Habitat program. Join FOCIP as we work together to make Camano Island a better place to live! Contact: Tom Eisenberg at focip.tome@gmail.com. Website: www.friendsofcamanoislandsparks.org

CAMANO PREPAREDNESS GROUP

The Camano Preparedness Group is a 501-c3 nonprofit organization whose mission is to educate Camano residents regarding:

- a. The potential risks we face living on an island with limited access, volcanoes in our backyard, fault lines beneath us, and a changing climate.
- b. Measures that can be taken to prepare for disasters large and small.
- c. Actions to be taken in the seconds and minutes immediately following a large-scale disaster.
- d. The means to successfully navigate prolonged periods without power and potentially without communications.

There is no downside to being prepared.

Contact person: Rhonda Paulson Email: rspaulson.rp@gmail.com Phone: 360-387-9923

SOUND WATER STEWARDS

Sound Water Stewards are trained volunteers working in and around Island County for a healthy, sustainable marine environment through education, science, and stewardship. We have a vision of a healthy marine environment as defined by diverse natural ecosystems and sustainable human communities. SWS publishes *Getting to the Water's Edge* guidebook, presents Sound Waters University (a one-day university for all), runs 13 community science projects, and trains 50 new members annually in our highly acclaimed 100-hour training which is required for membership. Contact:

camano-coord@SoundWaterStewards.org See: www.soundwaterstewards.org

WHIDBEY CAMANO LAND TRUST

Whidbey Camano Land Trust actively involves the community in protecting, restoring, and appreciating the important natural habitats and resource lands that support the diversity of life on our islands and in the waters of Puget Sound. The Land Trust works with willing landowners to acquire both land and conservation easements through donations and purchases. We also steward and restore the lands we own and provide outdoor opportunities such as trails and beach access. To learn more about us, discover the places we've protected and where you can visit, go to: www.wclt.org. Call: (360) 222-3310. Email: info@wclt.org. Address: 765 Wonn Road, Barn C-201, Greenbank, WA 98253

WSU SHORE STEWARDS

Shore Stewards is a free educational program for those who live along the shoreline, in Island County communities that have shoreline access, or who would just like to protect and preserve our islands for future generations. There is no cost to join, no training to take, and there is no commitment to volunteer. Simply fill out the short application form, and you will receive the free book "Guide for Shoreline Living", regular newsletters, a DVD on shoreline living, and optional free metal yard sign. Shore Stewards is a program of WSU Extension in Island County. For more information, go to the website: <https://extension.wsu.edu/island/nrs/shore-stewards/>, or contact Kristine Vannoy at Kristine.vannoy@wsu.edu Phone: (360) 639-4608.

WSU EXTENSION MASTER GARDENERS

Master Gardeners are volunteers who enjoy sharing their gardening knowledge with others to promote healthy landscapes. In Island County, more than 90 Master Gardeners volunteer at plant clinics, the Educational Garden at Greenbank Farm, and through the local Foundation, produce the popular Whidbey Gardening Workshop each March in Oak Harbor that draws hundreds of garden enthusiasts from throughout the Puget Sound to learn how to become better gardeners.

Do you have an interest in gardening and want to help others? The Master Gardener program is open to all who have an enthusiasm for volunteer work, enjoy talking to people about gardening, and are life-long learners. Learn more about becoming an Island County Master Gardener Volunteer at extension.wsu.edu/island. If you have questions about the program or training to become a Master Gardener, contact Loren Imes at: loren.imes@wsu.edu or 360-639-6059, or Kristine Vannoy, Camano Coordinator at kristine.vannoy@wsu.edu or 360-639-4608.

WSU/ISLAND COUNTY WASTE WISE PROGRAM

Waste Wise volunteers are trained to assist residents, schools and businesses in reducing waste. They provide information about recycling, composting, reducing, reusing, environmentally friendly cleaners, household hazardous waste, septic systems, solid waste issues, sustainable living and how to be a smart shopper. Training is conducted each fall for people who wish to become volunteers and enhance the environment in Island County. For more information, please see <https://extension.wsu.edu/island/nrs/waste-wise/> or contact Sarah Bergquist, Program Coordinator, sarah.bergquist@wsu.edu or Kristine Vannoy, Camano Coordinator, kristine.vannoy@wsu.edu. Phone: (360) 639-4608.

WSU/CLCP COMMUNITY LITTER CLEANUP PROGRAM

CLCP is the Washington State University Community Cleanup Program funded by a grant from the Department of Ecology. Volunteers help to keep our beaches clean by collecting litter on Tuesdays. Our purpose is three-fold: clean up litter along shorelines and beaches, perform at least 4-6 pickups yearly, and assist residents with beach litter removal via the Purple Card Program.

CLCP has been cleaning beaches since 1996 and collected 13,185 pounds of beach litter in 2021 alone. With a record 77 cleanups in quarter two, our volunteers donated over 1200 hours. Volunteers must be eighteen to attend and should remember to dress appropriately for beach cleanups on driftwood and in poor weather conditions. With advance notice, we can also help volunteers obtain a single-use parking pass should they not have a Washington State Discovery Pass. For questions or comments, please contact Kacie Dominici at kacie.dominici@wsu.edu or (360) 639-6060.

ISLAND COUNTY MARINE RESOURCES COMMITTEE

Island County Marine Resources Committee (MRC) is an advisory body to county government, comprised of community volunteers who represent diverse interests and industries, with the common goal to protect and restore marine resources in Island County through scientific monitoring, restoration projects, and community education. The MRC meets monthly, with four meetings a year held on Camano. These meetings are open to the public, and cover ongoing and future projects, and may feature a guest speaker. The MRC also hosts educational workshops and events, identifies nearshore restoration opportunities, and engages volunteers with opportunities to study and learn about key marine species such as bull kelp and forage fish. For meeting information, opportunities to get involved, or to learn more, visit: www.islandcountymrc.org or contact Kelly Zupich at: k.zupich@islandcountywa.gov Phone: 360-678-2349.

ISLAND COUNTY HEALTH DEPARTMENT

Environmental Health – Environmental Health is the branch of Public Health that is concerned with all aspects of the natural and built environment that may affect human health. Natural Resources is the branch of Public Health that is concerned with protecting the natural environment for the benefit of human health and the ecosystem. The goal of Environmental Health is to protect and promote public health. Services a wide array of Health issues such as: On-Site Sewage Systems (septic systems), Drinking Water, Recreational Shellfish, and Water Recreation. Contact person: Magen Gregory Email: M.Gregory@islandcountywa.gov Phone: (360) 678-7860 Website: <https://www.islandcountywa.gov/Health/EH/Pages/Home.aspx>

Community & Family Health is the branch of Public Health that promotes wellness through community-based services on Camano Island, including the Women, Infants, & Children (WIC) nutrition program, home based nursing care for new families, emergency preparedness, and communicable disease prevention and investigation. Contact person: Teresa Till Email: t.till@islandcountywa.gov Phone: (360) 678-7888 Website: <https://www.islandcountywa.gov/Health/CFHS/Pages/Home.aspx>