

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



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March 2025

The Call *by Melonie Ancheta*

A phone rings and a dispatcher quickly takes the information and within moments, volunteers throughout the community drop what they are doing. An emergency is occurring and a team of highly trained firefighters leaps into action. Dropping whatever they are doing, they race for the fire house, jump into their turnout gear, and they hit the road, often not knowing what the situation they will encounter will throw at them. But for those on the other end of the call, it is comforting and a relief to know that help is on the way.

As with all fire crews, the one at Kendall tries to be prepared and trained for all types of incidents but emergencies are by nature unpredictable. Often given little information about the emergency conditions, upon arrival fire crews need to quickly assess a situation, determine the steps and tools to gain control, then dive headfirst into what is often the worst day of someone’s life and help them. In short, they are always real-life MacGyvers, Dr. Wellbeing and Jacks-of-all-Trades.

We take comfort in knowing that when we have an emergency, the fire department is just a few minutes away, but how many of us know the extent of knowledge and skills firefighters must have in order to tackle dangerous and sometimes, out of control situations. Last week I got to sit down with Kendall Fire Chief, Jerry de Bruin and Assistant Fire Chief, David Moe of the Kendall Fire Station and they helped me better understand the extensive scope of their responsibilities and abilities.



In the rural, forested areas in which most of us in the Foothills live, it is especially important to have a well-trained, highly adaptable fire brigade. Whether it is a house fire, a wild fire, emergency medical situation or simply rescuing kittens from trees, the Kendall crew has been cross trained for a wide range of emergencies. All training is provided by the fire district and each fire hall focuses on the specific needs of their community. For example, Columbia Valley is home to approximately 7,000 people in a 2-square mile valley and the only road out is Mt Baker Highway. While we are unlikely to experience a wild fire here due to

our weather conditions, the Kendall team has to be prepared for such an eventuality with evacuation strategies, a vehicle custom built to fight brush fires, and more. And, with the density of homes in Columbia Valley, one house catching fire could endanger the entire valley if it is particularly dry and there is a breeze. These two situations require many of the same tactics for gaining control, but at the same time each has its own unique set of variables the crew must address.

With the recent California wild fires on everyone’s minds, I asked Jerry and David what the chances are of that happening here. They explained that the fires in California were a perfect storm, a confluence of conditions such as high winds, long-term drought, and indefensible space around homes all contributed to the devastation that occurred. But here we do not have long-term (more than a year) droughts or the fierce Santa Ana winds so the chances of a wildfire here are reduced. While we do have high-density population and indefensible space around homes, both Jerry and David agreed that what we need to focus on more is fire safety and prevention.

The role of first responders in our community is wildly variable. From dealing with fires to understanding climatology and meteorology, to helping community members who, when there is a power outage, need medical equipment charged, this team is trained for an extensive array of situations. When someone wishes to become a volunteer, the fire district sends them through fire academy as well as EMT training. And even though wildfires are unlikely, they are trained for handling them as well as dealing with other events like the Sumas flood. This ability to be flexible allows crew members to help make someone’s life a little bit better no matter the situation. But what is the cost to them? Volunteers offer much of themselves to this job, from the many hours of training and taking shifts at the fire hall, responding to calls and maintaining equipment, the amount of time and commitment they invest are two of the biggest things volunteers offer. But they also offer their personal skills and experiences while what they learn as volunteers can be used in their personal lives. Firefighters develop good interpersonal skills including comforting people and guiding them through often devastating, situations. And they understand that to a young girl the safety of a beloved pet may take priority over her own safety and they know how to keep her safe while rescuing the animal.

The responsibilities of our fire department are demanding and challenging so each



volunteer is trained to a professional level in fire academy and EMT courses to the same level as paid firefighters. They also attend further trainings throughout their career as firefighters to enhance and their knowledge and skills, and to learn new ones.

But, what follows them home? How do the tragedies they experience haunt them? And do good outcomes keep bad outcomes from becoming overwhelming? David explained that going from a situation in which they cut someone from a crashed car to delivering a baby within a couple hours is going from one extreme to the other and that fire hall culture helps them deal emotionally and psychologically with the heartbreak, but it also allows them to celebrate good outcomes. All of this gives each crew member a deep appreciation for what they have and for each other; both David and Jerry say it is deeply gratifying to help someone no matter what the outcome. David says, “Somehow on their worst day we can make it better.”. He goes on with, “Being in a small community isn’t just driving an ambulance or hauling people to the hospital, it’s bringing them firewood, packing groceries in...it’s whatever they need to make their life better.”

Most of the 70 volunteers at the Kendall station are local residents who understand the needs of the community but also bring their own experience and expertise to resolving the emergencies to which they respond. This breadth of knowledge is educational for the whole brigade and they draw on that wealth to better serve the needs of the community. And volunteers in turn are part of a unique community within the larger community. The culture of a fire station and the crew is one of comradery, trust, support, and mentoring; they are a family built on safety, ethics, integrity and helping others.

Our rural fire departments also rely on other agencies and resources when a situation becomes complicated. For example, when doing a rope-rescue, it is not uncommon for them to call on Search and Rescue or other such resources to assist. These types of inter-agency collaborations extend the scope of techniques, knowledge and practices for resolving unusual or complex situations.

Both David and Jerry stressed how much they and their crew appreciate the support, both financially through levies, and as community members, from the community. Fire districts are entirely funded by tax-payer dollars which means that all the equipment, from clothing to the engines to keeping the fire hall and quarters maintained.



They also stressed the importance of community members being proactive in fire prevention and reducing the impact of a fire. Some of those steps include creating a defensible space directly around your house. This means creating a 10-foot wide space around your house free of debris, wood piles and other flammable materials, including foundational plantings. You can also make sure things like solvents, paint, chemicals and other flammable materials are stored according to the recommendations on the container. David says it is not flames that spread a fire, it is embers blown by the wind landing on something flammable that spreads a fire. Before burning outdoors, check to see what the current burn restrictions are. Here in Columbia Valley there are strict burning regulations that when violated can cost the homeowner a hefty fine, not to mention the consequences of an illegal burn that gets out of control.

Additionally, create an escape plan with your family. Mark all exit routes clearly and make certain each can be opened by young children. Be sure to designate a spot for everyone in the family to go so all can be accounted for. Teach your children how to call 911 and what to say; even kids as young as 2 years old can quickly learn how to do this. Also, on page 2 is a list of things to teach your children in the event a fire breaks out in your home. This list will help them understand what they need to do to get out of the house safely. It also helps to regularly go through the list practicing it so they will automatically do these things that give them power over what is happening, makes them more confident in an emergency, and lets them be proactive in their own safety. Make sure that you have a fire extinguisher that is in working order. If you have a fire extinguisher that is out of charge and is an older model, consider purchasing a new one (Amerex, Badger, General, Ansul are all decent brands) with a metal head that can be refilled. Plastic/nylon heads get brittle and develop cracks over time and cause the retardant to leak out.

There are many ways in which you can help the local fire department and your community, the first and biggest of which is becoming a volunteer firefighter. For more information about how you can help in other ways, go to: <https://www.nfpa.org/education-and-research/wildfire/firewise-usa> and <https://www.usfa.fema.gov/prevention/>. And for information about how to create safer spaces and emergency procedures for those who are elderly, disabled, or very young, you will find plenty of materials to help guide you online.

Helping Hands *Making Change in the Foothills*

Igniting Connections: Student Volunteers

by Althea Faye Patterson

Fire stations in the Mount Baker community offer a unique program for students ages 16 to 18, giving them the chance to explore firefighting, either as a career or as volunteers. I had the chance to speak with some of these young first responders, and what struck me most was their shared sense of belonging. For them, being part of an emergency team feels much like being part of a close-knit family or community. And it’s easy to see why. These students are not just learning how to respond to emergencies, they’re learning to work as a team and grow together through a variety of challenging and rewarding situations.

Training and Role-Playing

One of the key components of the program is the training these student volunteers (SVs) receive. They’re exposed

including small group exercises and role-playing scenarios. One volunteer shared, “Doing small group activities is great because you get to work with people at different skill levels. For someone like me, it’s a chance to learn from those who have more experience and know what they’re doing. It’s really interesting how everyone helps each other.” Another SV recalled their role-playing experiences, “I’ve played everything from a pregnant woman to someone having a seizure. It’s fascinating to step into those roles, it gives you a real sense of what patients go through.”

Emergency Medical Training and Comforting Patients

A big part of the training includes emergency medical services (EMS) preparation. When medical calls come in, SVs help by recording vitals and offering comfort to patients and their families. “Besides recording vitals, my main job was to comfort people,” one volunteer said. “It’s rewarding to see their stress ease when they know someone is there to help.” This aspect

of the program teaches the volunteers how to stay calm under pressure and provides a deep sense of fulfillment from supporting others in their time of need.

Around-the-Hall Tasks

When they’re not responding to calls, SVs also take part in essential maintenance and logistical tasks around the fire station. This includes checking equipment, ensuring medical supplies are up to date, and making sure their knowledge of medical information is up to date. As one volunteer put it, “There’s always something new to learn or refresh. You can never get too comfortable because there’s always more to do, whether it’s updating records or making sure everything’s in

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Igniting connections, *cont.*

in working order. This responsibility helps everyone keep the station running smoothly.

The Skills They Gain and How They Help Now

The skills that these volunteers learn don’t just apply to emergencies, they’re valuable in everyday life. A graduate of the program explained, “You learn great people skills. You figure out how to connect with people on a deeper level. This is helpful not just in firefighting but also when applying for jobs. Having certifications like first aid and CPR really gives you an edge, too.” These skills also help them build confidence and develop resilience. As another current volunteer shared, “It’s been fun and rewarding. It’s great to gain confidence and realize how much I can learn and grow.”

Becoming Adult Volunteers and Continuing Education

At 18, these students can transition into adult volunteer firefighters. This allows them to take part in more complex duties, including assisting with fire calls and actual fire-fighting efforts. Fire District 14 goes a step further by helping those who want to continue as professional firefighters by funding their education at the Fire Training Academy. This program serves as a springboard for both those who want to stay as volunteers and those looking to make firefighting their career.

A National Program

This is part of a broader national initiative that encourages young people to explore firefighting and EMS work. It provides a way for these young volunteers to get a foot in the door and make valuable connections within the firefighting community, no matter where they’re located in the U.S.

How to Become a Student Volunteer

If you’re interested in becoming a student volunteer, the process is fairly simple. You can start by reaching out to local fire stations in Maple Falls, Acme, or Deming. They’re always eager to speak with young people who are interested in learning more about firefighting and emergency services. Whether you're considering firefighting as a career or simply want to give back to your community, this program is a great way to get started.

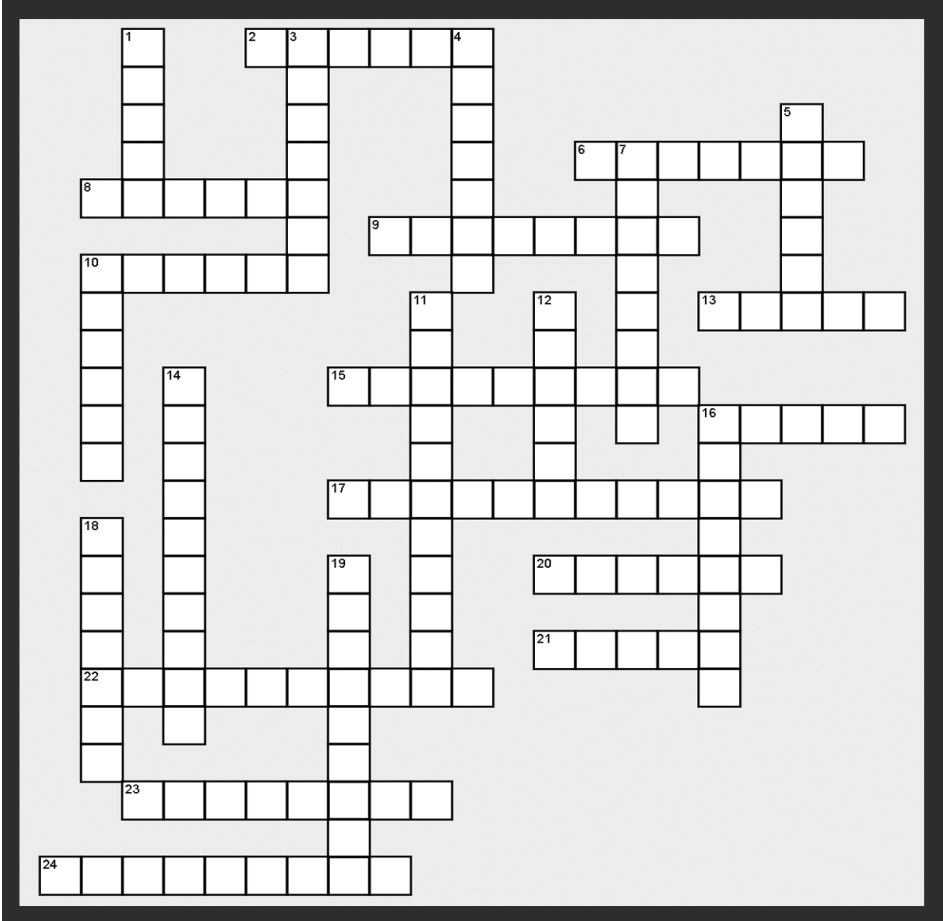
FIRE SAFETY TIPS TO TEACH CHILDREN

It’s never too early to start teaching children about fire safety and what they need to do if there is a fire. Here are a few tips for you.

- 1. **Escape Route Planning:** Make sure that windows are not stuck closed, that screens can be removed quickly, and that security bars can be opened. For parents in particular, if a child’s bedroom is upstairs, they should be able to complete these tasks in the event of an emergency.
 - 2. **Second Floor Safety:** Escape ladders should be placed near second floor windows, and children should practice using them. For extremely young kids, a “mini-exercise” from a first-floor window can at least educate the child as to expectations.
 - 3. **Feeling Way to Safety:** Children should practice feeling their way out of the home in the dark or with their eyes closed. Parents and providers can turn this into a game by blindfolding a child and placing in a room and asking them to feel their way to a designated area.
 - 4. **9-1-1 Is A Critical Skill:** Children as young as 2 yrs old can learn how to call 911. Consider teaching a 911 song to reinforce the numbers (one option is sung to “Frere Jacques”): There’s a fire! There’s a fire! 9-1-1! 9-1-1! Call the fire department! Call the fire department! 9-1-1! 9-1-1! Reinforce this by letting them practice on an unplugged phone.
 - 5. **Smoke Detectors 101:** Teach children about smoke detectors, why they are installed, how they work, and the sound that they make so kids associate the sound going off with a fire. Change batteries regularly so the alarm doesn’t go off alarming kids just because batteries are running low.
 - 6. **Out Means Stay Out:** Teach children that once they are out of a burning building, they must go to the meeting place. If someone or a family pet is missing, they should tell a fire fighter or adult.
 - 7. **It’s In The Touch:** Show kids how to check doors to see if they are hot, and if so, how to find another way out. Teach them to grab an article of clothing, towel or whatever is handy to use for handling, touching or grabbing door knobs, etc. to avoid burns, and to also use the cloth to protect their faces and cover their mouths.
 - 8. **Stop, Drop and Roll:** Teach kids what to do if their clothes catch fire. Teach them “STOP, DROP, ROLL”.
 - 9. **Practice Monthly:** Practice your escape plan at least twice a year with children as part of fire safety for kids, preferably monthly. Families and providers should also practice fire drills and alter areas affected by fire.
- For more information and to find activities that help teach fire safety for children, there are many useful websites on the internet.

US Presidents Crossword

See if you can match the quirky clues with the correct US president
Solutions on back page



MBCC has had a productive start to 2025!

Our youth coalition, One Baker Voice, brought four students (and two adults) to Washington DC for the Community Anti-Drug Coalitions of America (CADCA) Conference. Not only did we get lots of good information from the conference, but we also got to lobby our lawmakers on Capitol Hill. Both Savanna Gooch and Lorely Orozco represented One Baker Voice and MBCC by sharing their experience of working in prevention in the Mount Baker community. We also got a lot of good sight-seeing, as well as visited Build-A-Bear, rode the Capitol Wheel, and enjoyed the experience of being in our Nation's capital. Overall, it was a very positive growth experience for all of us! MBCC has spent the last year revising and re-writing our strategic plan, and with the help of Hannah Tyler, we have submitted it to the Washington State Health Care Authority for review. This was no small feat, and we are very thankful to Hannah for her professional leadership and guidance. We remain committed to promoting youth mental health and preventing youth substance use, and having a strategic plan will be the MBCC's north star for years to come. Last but not least, we welcome Abby Worline as Mount Baker Community Coalition’s newest coordinator! While Abby's work will be primarily administrative and program-based, she will work alongside Allison Ormsby to engage community members to increase protection and decrease risks associated with youth substance use. Coalition work takes all of us to come around local concerns and contribute to strategies that help our youth lead productive, healthy lives in a safe, healthy and connected community. MBCC meetings are held on the third Monday of each month, and our next one will be held on Monday, March 17, 2025 from 2:45 - 4:15pm. The meeting is hybrid. You can attend in-person at the Mount Baker District Board room or online via zoom at <https://us02web.zoom.us/j/87328682462?pwd=3F17zRpOkTfc9yYau1DbTp01RSThCZ.1> One Baker Voice (OBV) meets during the school year every Monday after school from 2:45 - 4:45pm in room 311, except on the third Monday of the month when we attend MBCC meetings. We also meet during PRIDE on Club Fridays. To learn more about the coalition, email Abby at mbcoalition@wfcn.org or Allison at obv@wfcn.org.

REBUS #1

Pod Pod Pod

Across

- 2. Oil painter
- 6. Killed a man in a duel
- 8. Had 1st oval office telephone
- 9. Smallest president
- 10. Had a childhood stutter
- 13. 1st to make ceremonial 1st pitch
- 14. 1st to hire a female staffer
- 16. Voted 1st time in his own election
- 17. 1st to ride in helicopter
- 20. Declined Lincoln’s invitation to Ford Theater
- 21. Declined offers from 2 major league football teams
- 22. 1st to have consecutive terms
- 23. May have had a genetic disorder

Down

- 1. Captain of Yale baseball team
- 3. Created Mother’s day
- 4. Middle initial “S” didn’t stand for anything
- 5. Won 2 Grammy awards
- 7. Cared for the “White House Mice”
- 10. Fathered 15 children
- 11. Avid dog breeder
- 12. Funded early political career on poker winnings
- 14. Youngest president
- 16. Journalist in WWII
- 18. Lifeguard
- 19. Last Whig president

Free

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BECOME A CONTRIBUTOR

If you are a resource provider, belong to an organization, or have a local event, and wish to be included in our listings, please contact us at info@foothillsinfo.com or go to foothillsinfo.com to request an account. Resource providers will be given an account and login credentials specific to them. Each account holder is allocated a permanent space in the paper and on the website to upload their information and will be able to curate their information as needed. We will send you an email with your login credentials when your account becomes active and you will be able to access your space as needed.

Submissions Deadline: 15th of each month

All submissions must be completed by the 15th of each month to be included in the next issue of the *Outlook*. You can find our **Submission Guidelines** under Contributor Information on our website. To submit a post, an event, meeting or other activity relevant to Foothills residents, please go to our website at foothillsinfo.com. If you do not have an account, click on Request for Account. Fill out the form as completely as possible making sure you include contact information for the organizer; we cannot provide information about your organization or event to people who call or email with inquiries. All submissions must be focused on and relevant to East Whatcom Foothills residents. To submit an event, click on Submit Event in the dropdown below Events Calendar. We reserve the right to decline any materials that do not meet our mission and objectives. If you would like to submit ideas , outlines or summaries for articles about local events, activities, or about an organization, program or person who is working to improve the lives of Foothills residents, please email us at info@foothillsinfo.com, or use the contact form on our website at foothillsinfo.com.

CALLS

HUB SEEKING ARTICLES, PHOTO-GRAPHS, STORIES, LOCAL DESTINATIONS & MORE

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region for the Outlook. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in you neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the Outlook. Or maybe you have an idea for an article or story? Let us know! To submit to the Foothills Outlook, please review our submission guidelines on the Contributor Information page at foothillsinfo.com before emailing submissions to the editor at info@foothillsinfo.com.

REBUS #2

5kg

weight



Community Scene



Why do YOU Love Your Community?

Each of us has a reason, or several, why we love where we live and we'd like to hear why you love living in the Foothills. Tell us why you love your community in a poem, a couple of lines, photos or a short story (200 wds or less). Send them to us at info@foothillsinfo.com by the 15th of each month to be included in the next issue of the *Outlook*.

Here's what Columbia Valley resident, Linda Kerth says: "I moved here 8 years ago to spend the rest of my days in the beautiful fir woods of the NW Cascades. I lived here as a child, and most of my life I have wanted to return to all this green beauty. And so I chose a little community in the Columbia Valley known as Paradise. Please take the time to really see it, love it, nourish it, and give thanks for it."



Photo credit: Tiffany Knowles

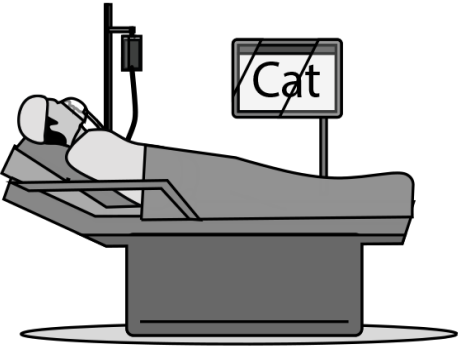
From WFCN

By Kristi Slette, Executive Director Whatcom Family and Community Network

Young People Can Lead!

In early February, WFCN hosted the first Community Building Networking Breakfast. We were honored to have several Mount Baker School District representatives present as well as folks from South Fork Valley Community Association. During this event, we networked for a purpose, which was to think together about how to raise resilience and hope for our youth. What do we mean by resilience and hope? As succinctly as possible— Resilience includes any number of factors by which individuals or families have 1) healthy connections to other people—strong attachments and a sense of belonging; 2) understanding of their own capabilities—the things they can do and can learn to do; and 3) connection to community (think opportunities and resources), culture (knowing of where you come from and the value that brings in knowledge, skills and rituals, and spirituality, which includes faith practices and religion, but also speaks to people feeling connected to some purpose or meaning bigger than themselves. Resilience looks different for every person, and it ebbs and flows day by day, but it is always good to increase resilience. Resilience helps us to bounce forward through adversity and challenging times in families, communities and societies. We can all use more resilience! Hope--we speak of hope as it comes from Hope Science. Hope consists of Goals; Pathways to those goals and the Motivation to choose and take action along the pathway. Over 2700 research studies tell us hope is the number one predictor of thriving (doing well, making progress and feeling satisfaction toward your goals). Youth tell us through the interactions we have with them in community that one of the factors that helps them increase their resilience and their hope is being given opportunities to participate in community leadership opportunities. They look for ways to contribute—to learning new and expanding existing skills, seeking their purpose and trying new things. What opportunities exist for your children to experience leadership? Let them lead a family meeting. Encourage them to serve in the community, such as at school, in local nonprofits or community efforts, or in faith communities. Help them start a home based business. Young people can lead. They only need an invitation and opportunity to participate and to work with trusted adults who can mentor and support them. How can you help increase opportunity and participation for youth leadership in the Foothills?

REBUS #3



HAPPENINGS AT THE HALL

Third Place Coffeehouse – Noon to 4pm every Sunday, starting February 9. There is your home place, and there is your workplace. This new, weekly gathering the Hall is a chance for local people to get together in a third place, with your friends and neighbors. Enjoy meeting new people or gathering with your closest friends. Grab a coffee or tea. Play games, tell stories, solve the world's problems. Think of it as your chance to turn off the phone and the TV, get off the couch, and exercise your conversational muscles.

Gentle Yoga at the Hall – Tuesday, February 11 and every Tuesday from 6:30pm to 7:30pm until March 11 (or longer if there's enough demand)Experience the transformative power of yoga in this hour-long session of loosening, breathing and postures led by Penny Hutchinson. Suitable for most experience levels. It's better to register in advance but drop-ins are welcome. \$10 per class (\$8 for seniors). Please bring your own yoga mat if you have one.

Third Thursday Potluck and Open Mic – Thursday, February 20 & March 20th from 6pm to 9pm, and every third Thursday of the monthThe monthly potluck and musical gatherings at the Van Zandt Hall are gaining momentum. Rumor has it the sweet sounds of the Grateful Dead were wafting from the windows last month. Enjoy a meal and good conversation with friends and neighbors, followed by music, stories, poetry, comedy, whatever. Bring a dish to share.

The Saturday Public Market – The first Public Market of 2025 will take place on Saturday, March 1 from 10am to 3pm at the Van Zandt Community Hall. They will be held every first and third Saturday of the month until October. Swing by for treats, art, crafts, and other treasures. To rent a table, email market@southforkvalley.org or call 360 594-7728.

Volunteer at the Hall
Join a fun group of volunteers to help with programs and events at the Van Zandt Community Hall and Josh Vander Yacht Park. Volunteers will decorate, set up and clean up for Hall events, join work parties in the Park, and contribute ideas for new ways to build community. All ages welcome! To join this fun and dedicated group, call Pam at (360) 739-9381 or email volunteer@southforkvalley.org.

The Van Zandt History Project
Did you know there used to be a branch rail line up the Van Zandt Dike, just east of Schornbush Rd? A few locals even claim there is a small rail car up there to this day. The South Fork Valley Community Association (SFVCA) is documenting the history of Van Zandt and the Community Hall, from its early days as a school through present day. We are collecting memorabilia, photos, and stories and we need your help. Do you have something to share? Please contact history@southforkvalley.org.

FIVE LIFE LESSONS FROM DR. SEUSS

1. **BE YOURSELF**
Today you are YOU and that is truer than true.
2. **MAKE THE WORLD BETTER**
Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.
3. **NEVER STOP LEARNING**
The more that you read, the more things you will know. The more that you learn, the more places you'll go.
4. **IT'S ABOUT BALANCE**
Step with care and great tact and remember that Life's a Great Balancing Act.
5. **BE POSITIVE**
Don't cry because it's over, smile because it happened.



What is a Chamber of Commerce?

By Rebecca Boonstra, Executive Director, Mt. Baker Chamber of Commerce & Visitor Center



What is a Chamber of Commerce, anyway? And how does the Mt. Baker Chamber compare to other Chambers? Generally speaking, a Chamber of Commerce is a group of businesses that team up to support each other. Support can take on different forms, but we try to figure out what would make it easier for a business to operate in the East Whatcom region and how we can help out the locals, too. We're a small rural Chamber, so our help sometimes looks different than actions larger regional chambers might take. Our staff generally know a lot of different things. We can act as support staff, providing copies, lamination, and similar services. We also have a notary here 4 days a week to help people get their paperwork in order. More traditionally, we produce a website and handouts that let people know what businesses are in the area. We build relationships with larger organizations like the Small Business Development Center, the Port of Bellingham, and other Chambers of Commerce in Whatcom County. Bellingham Regional Chamber offers us a lot of support, so if we get stuck, we can count on them to help us sort out a more complicated issue. These organizations come to us when they want to ensure that their efforts county-wide are appropriate and meet the needs of businesses here. We maintain relationships with Whatcom County, including Council members, staff, and the Sheriff's Office. Since we don't have city-level leadership here, we try to be a bridge between local businesses and local regulators. In addition, we have a close bond with Bellingham Whatcom County Tourism, our county's Destination Marketing Organization. Our corner of the world sees many visitors, so our primary focus is Tourism Support. We're funded through Whatcom County Lodging Tax. This tax is collected from folks who stay in commercial lodging, is collected by the state, and then returned to the jurisdiction where it was generated. In simple terms, it's the visitors that pay us. Whatcom County has an advisory committee to decide how to spend the Lodging Tax collected in unincorporated Whatcom County. They make recommendations to the County Council, who approve contracts for the money to be spent. This is how we fund staff for the visitor center in the Maple Falls Town Hall.

In our visitor center, we provide information to folks who visit and who reach out to plan. Mt. Baker is a fantastic place to hike in the summer and play in the snow in the winter. It's also a great escape from city life for folks who want to get away from the hustle for a weekend. We do our very best to make them comfortable while they're here. We can answer lots of questions, have wifi available for those who need to check in with family or a job, and now



Mt Baker Visitor Center & Chamber of Commerce

we even have a drop in work station for folks who need a quiet space to do some work or take a business meeting while they're away from home. The best part about our Visitor Center is that it's not just for visitors! We have lots of local folks who drop by just to check out what maps we have, look at local art, use our bathroom on the way home from an adventure, or just say hi. We're fortunate to be able to offer a place for people to stop by if they need something. Many chambers of commerce focus much of their work on lobbying the government and hosting events. We do these things, but only on the hyper-local level. Occasionally, we speak with Washington State legislators, but often, we let our friends at the Bellingham Regional Chamber do this work. Many city chambers host networking events for their members to meet each other. We've found that this doesn't always appeal to local business owners in our area. Many are sole proprietors or mom-and-pop businesses who can't take time away to have drinks and appetizers with other business people every month. We participate in Maple Falls Park's Bigfoot Festival by hosting a beer garden. We also coordinate volunteers to clean up Mt. Baker Highway in the spring and the fall. We host a party for our members in the winter at a local restaurant. Working for a Chamber of Commerce is rewarding. We meet many people and learn a lot about how things are accomplished. It feels good to give a recommendation to someone who needs it, to know that visitors will have a good time, and to know that our local businesses have somewhere to turn if they need help. If you've never been to the visitor center at Maple Falls Town Hall, stop by sometime.

EDDIE'S SCOREBOARD

Another Year, Another Tournament

It's that time of the year again. The days are getting longer, the Super Bowl has been played, and hundreds of Washington's best youth wrestlers are about to compete in the Mat Classic tournament down south in the Tacoma Dome. Mount Baker in particular is no stranger to this tournament. Both teams have sent at least one wrestler to the big stage every single year. Not only has the school seen countless wrestlers have their arms raised in the championship matches, but Mount Baker has been lucky enough to win an overall state championship for both the girls and boys teams. The boys took state in 2000 while the girls won it all in 2008. This year, Mount Baker will be sending thirteen wrestlers from both teams to Tacoma following a short send-off pep rally in the Deming Dome this Thursday morning. Representing the boys team is Gavin Compton, Wyatt Freeman, Gunner McGrath, Dylan Moa, Andrew Monteith, Jeremiah Sheridan and Henry Tobin, Compton, Freeman, and Monteith took first in last week's district tournament held under the Deming Dome. McGrath, Moa and Tobin took second in said tournament. Mount Baker as a team took second overall in the tournament coming up short behind powerhouse Blaine. Over on the girls' side, Ana Camacho, Kelly Camacho, Stefany Camacho, Karalyn Cook, Emily Moa, Sophia Moa and Tyla Olson will be making the 3-4 hour trek south. Mount Baker's boys team is looking for their third straight top-ten finish. The team took fourth in 2022, runner-up in 2023 and 10th in 2024. The girls team is looking for their second straight top-ten finish. The team finished ninth last year in their highest finish since 2017. MatClassic XXXVI is currently underway at the Tacoma Dome. 1A schools will compete on February 21st with the championship and consolation matches taking place on Saturday February 22nd. Tickets can be purchased on the arena's website through Ticketmaster.



From Kristi’s Desk

Executive Director Whatcom Family and Community Network

Young People Can Lead!

In early February, WFCN hosted the first Community Building Networking Break-fast. We were honored to have several Mount Baker School District representatives present as well as folks from South Fork Valley Community Association. During this event, we networked for a purpose, which was to think together about how to raise resilience and hope for our youth.

What do we mean by resilience and hope? As succinctly as possible— Resilience includes any number of factors by which individuals or families have 1) healthy connections to other people—strong attachments and a sense of belonging;

2) understanding of their own capabilities—the things they can do and can learn to do; and

3) connection to community (think opportunities and resources), culture (knowing of where you come from and the value that brings in knowledge, skills and rituals, and spirituality, which includes faith practices and religion, but also speaks to people feeling connected to some purpose or meaning bigger than themselves.

Resilience looks different for every person, and it ebbs and flows day by day, but it is always good to increase resilience. Resilience helps us to bounce forward through adversity and challenging times in families, communities and societies. We can all use more resilience! Hope--we speak of hope as it comes from Hope Science. Hope consists of Goals; Pathways to those goals and the Motivation to choose and take action along the pathway. Over 2700 research studies tell us hope is the number one predictor of thriving (doing well, making progress and feeling satisfaction toward your goals).

Youth tell us through the interactions we have with them in community that one of the factors that helps them increase their resilience and their hope is being given opportunities to participate in community leadership opportunities. They look for ways to contribute—to learning new and expanding existing skills, seeking their purpose and trying new things.

What opportunities exist for your children to experience leadership? Let them lead a family meeting. Encourage them to serve in the community, such as at school, in local nonprofits or community efforts, or in faith communities. Help them start a home based business.

Young people can lead. They only need an invitation and opportunity to participate and to work with trusted adults who can mentor and support them. How can you help increase opportunity and participation for youth leadership in the Foothills?

ARE YOU THRIVING, SURVIVING OR STRUGGLING?

NorthSound ACH is inviting you to take a survey to let them know where you are thriving and where challenges exist to plan a better future for everyone in the north sound.

Participants say: "Finally a survey about me! Answering questions about whether I am thriving, just getting by (surviving) or struggling was easy and made me feel like they care and that my voice is being heard. Thank you Northsound ACH". -JH And, “It makes me feel better that someone is finally looking to the future for elderly people!” -MB

North Sound ACH is conducting this survey to learn more about your well-being now and where you think your well-being will be in five years to help strategically plan a future in which you can thrive.

Scan the QR code to be taken to the survey, or go to <https://tinyurl.com/northsoundwellbeingsurvey>.



Keep up with all the resources at the Deming and North Fork Libraries. They have events, activities, and you can check out a wide variety of games, activities, and sooooo much more!

Digitize It Kit: Preserve and Share your Stories

Do you have a shoe box full of old photos or slides that you would like to share with family members? How about a stack of dusty VHS tapes or 8mm reels with special family memories that you can no longer watch? The Digitize It Kit is available to help you preserve and share your stories. Convert your printed photos, negatives, slides, audiocassettes, video and film footage into digital files. The kit is available for use inside the library. Deming and Everson Libraries offer scheduled support with library staff. To make an appointment call the Deming Library at 360-592-2422 or email Katrina Carabba, Deming Library Branch Manager at katri-na.carabba@wcls.org.

March at North Fork Library

North Fork Sing Along Storytime with Star Tom

A special Storytime full of music and delight featuring celebrated children's musician "Star Tom" McCurry. Tuesday, Mar 4, 10.30-11:00am

North Fork LOL 101 - Jokes for Kids

Why don't eggs tell jokes? They'd crack each other up! Learn to write hilarious jokes, and how to tell them with side-splitting style. Come to practice or just guffaw. Thursday, Mar 6, 3:45- 4:45pm

Let's Write Together In-Person

We will focus on writing goals, dialogue, characterization, world building, writing with all of our senses, and sentence craft. Please bring a notebook and pen. This is a PG class. Weekly during March on Tuesdays from 6.30-7.45pm.

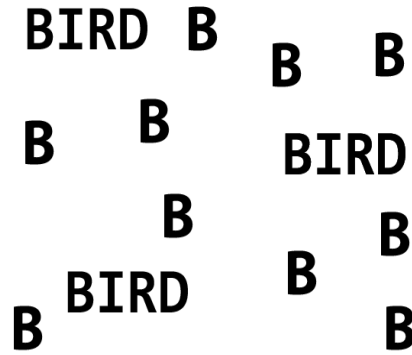
North Fork Art + Audio for Teens

This program mixes our two favorite things - doing art and listening to audiobooks! Many of our audiobooks will be "always available" titles, so you can finish listening to the book on your own. We will begin a new book every session. Snacks provided. Grades 6-12. Tuesday, Mar 18, 4:00 - 5:00pm

Kokedama Plant Workshop

Explore the unconventional free form growing practice of Kokedama! All materials provided. Registration is required. Tuesday, Mar 25, 6:00 - 7:30pm

REBUS #4



Brain Teaser: 1. Two men were born in the same year, on the same day, in the same city, and they have the same parents. However, they are not twins. How is this possible? Answer on back page

ROAD RULES by Doug Dahl

Pocket Bikes – Not Even Close To Legal

Q: My son just told me he got a ride from a friend on a mini-motorcycle. It’s got a 49cc motor and looks like a regular motorcycle but much smaller. Are those legal? And if so, is there an age requirement for them? My son and his friend are 14. (And they weren’t wearing helmets.) If they’re not legal, how upset should I be about it zipping around the neighborhood?

A: Those are commonly called pocket bikes, and the answer to your first question is a big nope. They’re not even close to legal. But the people who sell them will answer in their marketing material that they are, and we’re both right. It’s just that we’re not answering the same question. I’ve assumed you want to know if it’s legal to ride on the street. The companies that sell them are just letting you know it’s legal to own one (and you’re welcome to ride it in your yard). Dig into the fine print, and they'll recommend you check your local laws before riding them on the road. However, that’s just a way to avoid the real answer. In every state that requires motor-driven cycles to meet Federal Motor Vehicle Safety Standards (FMVSS), and I think it’s all of them, pocket bikes are not street legal.

While the 49cc motor meets the engine size requirements for a moped, there’s more to a legal moped than the size of the engine. We expect, and the law requires, some basic safety features on road- worthy vehicles. Here’s a non-comprehensive list of important safety items that pocket bikes don’t usually have: headlight, tail light, brake light, mirrors and horn. In addition, the brakes, tires and controls need to meet safety standards, and since pocket bikes aren’t built to ride on the road, they likely won’t meet those standards.

Before anyone can legally use a moped on the road, it needs to be registered. The Department of Licensing isn’t going to provide a registration to a vehicle that doesn’t meet safety standards and doesn’t have a proper Vehicle Identification Number (VIN). A pocket bike, not being built to meet FMVSS, probably has a serial number, but it won’t have a VIN or the FMVSS label.

Even if your son’s friend did find a pocket bike that met all the FMVSS requirements (which as far as I can tell is a fictional item), and had it licensed, he wouldn’t be allowed to ride it on the road, because you need to be 16 and have a driver license to ride a moped. Also, the law requires anyone riding a moped to wear a helmet.

- To summarize the violations that happened as described by your son:
- Riding an unlicensed motor vehicle on public roads
 - A bunch of equipment violations
 - Riding without a valid license
 - Riding without a helmet

As to your second question, I’m not going to tell you how upset to be, but from what your son described there’s a legitimate reason to be a little reassured and reasonably concerned. The fact that he told you this suggests you’re raising an honest son. I don’t think I’d have admitted to it at that age. The concern part comes from “that age.” The experts will tell you that the human brain doesn’t fully develop its ability to make good decisions until around age 25. I was 14 a while back, and I could have told you that just by remembering the dumb things I did. Middle-schoolers and motor vehicles, even mini- motorcycles, aren’t a good (or legal) mix on the road.

The Book Shelf

Friends of the Deming Library Monthly Board

The Friends plan activities that support the library, and Deming has a fantastic group of Friends! Visitors welcome. Meets monthly on the fourth Monday of the month. For more information, please contact FODL President, Virginia Naef at 360-595-1093. Monday, Feb 24, 2025, 6:30pm - 8:00pm

DSHS Mobile Office at the Library
The Department of Social and Health Services Mobile Office is on the open road and coming to the Deming Library!

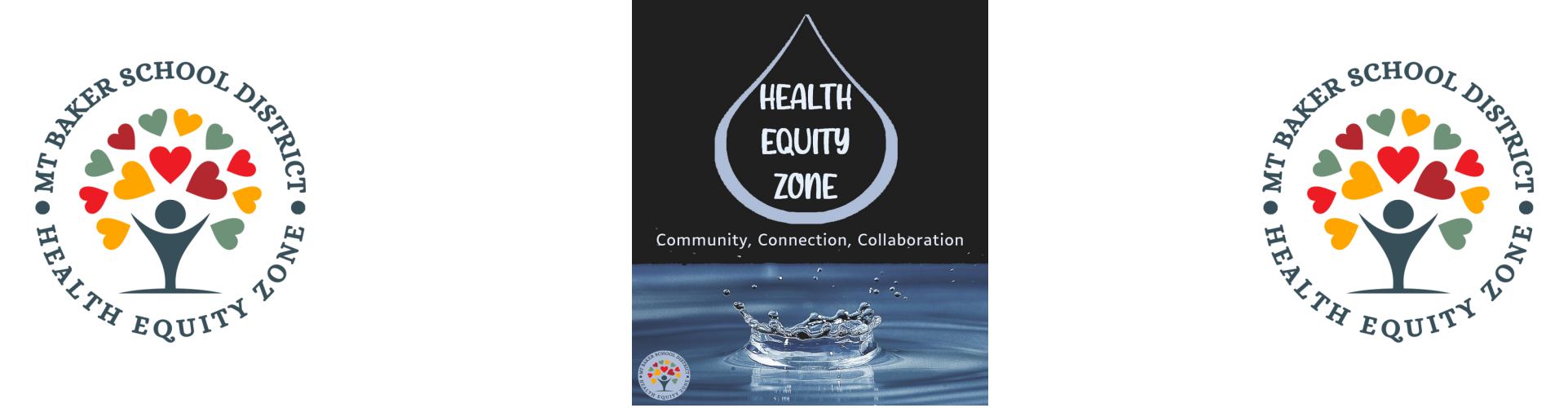
The Mobile Office gives DSHS the opportunity to provide crucial services in environments that may not have DSHS brick-and-mortar offices nearby, and to be agile in meeting the needs of people who could benefit from their programs. Each DSHS Mobile Office is staffed by specialists who can determine people’s eligibility for state and federal medical, cash and food assistance programs. The team processes new applications, case reviews, changes, EBT card requests and required documents. They also take applications for the Child Care Subsidy Program and forward them to the Department of Children, Youth and families for processing. The DSHS Mobile Offices do not provide: Onsite social service intakes and assessments. Workfirst vouchers. Child care subsidy determinations. Thursday, Feb 27, 2025, 10:00am - 2:00pm

CALLS

HUB SEEKING ARTICLES, PHOTOGRAPHS, STORIES, LOCAL DESTINATIONS & MORE

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region for the Outlook. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in you neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the Outlook. Or maybe you have an idea for an article or story? Let us know! To submit to the Foothills Outlook, please review our submission guidelines on the Contributor Information page at foothillsinfo.com before emailing submissions to the editor at info@foothillsinfo.com.





Відвідайте наш семінар для спільноти з перетворення ідей на дії



Маєте чудову ідею щодо забезпечення рівності у сфері охорони здоров'я в нашій громаді?

На цьому семінарі ви організуєте команду з друзями та сусідами, щоб висловити свої ідеї, обговорити рішення та вивчити способи втілення їх у життя!

Дата: 26 квітня
Час: 13:00-15:30
Де: кафетерій старшої школи округу Маунт-Бейкер

На цьому заході немає заздалегідь установленого порядку денного

лише пріоритети, які визначаєте ви. Ми зберемо всі теми та створимо простір для відкритих, продуктивних дискусій із найважливіших питань.



Tham dự Hội thảo hành động cộng đồng của chúng tôi



Bạn có ý tưởng tuyệt vời để cải thiện công bằng y tế trong cộng đồng của chúng ta?

Tại hội thảo này, bạn sẽ lập nhóm với bạn bè và hàng xóm để hiện thực hóa ý tưởng của bạn, thảo luận về các giải pháp và khám phá cách thức để biến giải pháp thành hiện thực!

Ngày: 26 tháng 4
Giờ: 1:00 chiều – 3:30 chiều
Địa điểm: Nhà ăn Mt Baker HS

Sự kiện này không có chương trình nghị sự được lập sẵn –

chỉ có các ưu tiên mà BẠN đưa ra. Chúng tôi sẽ thu thập tất cả các chủ đề và tạo không gian cho các cuộc thảo luận cởi mở, hiệu quả về những vấn đề quan trọng nhất.



Посетите наш семинар по общественным инициативам



У вас есть отличная идея для улучшения справедливости в сфере здравоохранения в нашем сообществе?

На семинаре вы встретитесь со своими друзьями и соседями, чтобы обсудить ваши идеи и решения, а также узнать, как их воплотить в жизнь.

На этом мероприятии нет заранее установленной повестки

вестки дня. Здесь идет речь только о тех приоритетах, которые предлагаете вы. Мы соберем все темы и создадим пространство для открытых, продуктивных дискуссий по наиболее важным вопросам.

Дата: 26 апреля
Время: 13:00-15:30
Место: столовая школы Маунт-Бейкер



ਸਾਡੀ ਕਮਿਊਨਿਟੀ ਐਕਸ਼ਨ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ



ਕੀ ਤੁਹਾਡੇ ਕੋਲ ਸਾਡੀ ਕਮਿਊਨਿਟੀ ਵਿੱਚ ਸਿਹਤ ਬਰਾਬਰੀ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਕੋਈ ਵਧੀਆ ਵਿਚਾਰ ਹੈ?

ਇਸ ਵਰਕਸ਼ਾਪ ਵਿੱਚ, ਤੁਸੀਂ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਜੀਵਨ ਵਿੱਚ ਲਿਆਉਣ, ਹੱਲਾਂ ਬਾਰੇ ਗੱਲ ਕਰਨ, ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਹਕੀਕਤ ਬਣਾਉਣ ਦੇ ਤਰੀਕਿਆਂ ਦੀ ਪੜਚੋਲ ਕਰਨ ਲਈ ਦੇਸ਼ਾਂ ਅਤੇ ਗੁਆਂਢੀਆਂ ਨਾਲ ਮਿਲ ਕੇ ਕੰਮ ਕਰੋਗੇ!

ਤਾਰੀਖ: 26 ਅਪ੍ਰੈਲ
ਸਮਾਂ: ਦੁਪਹਿਰ 1:00 ਵਜੇ - 3:30 ਵਜੇ
ਕਿੱਥੇ: ਮਾਊਂਟ ਬੇਕਰ ਹਾਈ ਸਕੂਲ ਕੈਟੀਨ

ਇਸ ਸਮਾਗਮ ਵਿਖੇ, ਕੋਈ ਪੂਰਵ-ਨਿਰਧਾਰਤ ਏਜੰਡਾ ਨਹੀਂ ਹੈ—

ਸਿਰਫ ਉਹ ਤਰਜੀਹਾਂ ਹਨ, ਜਿਨ੍ਹਾਂ ਨੂੰ ਤੁਸੀਂ ਅੱਗੇ ਲਿਆਉਂਦੇ ਹੋ। ਅਸੀਂ ਸਾਰੇ ਵਿਸ਼ਿਆਂ ਨੂੰ ਇਕੱਠਾ ਕਰਾਂਗੇ ਅਤੇ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਮੁੱਦਿਆਂ 'ਤੇ ਖੁੱਲ੍ਹੀ ਅਤੇ ਲਭਕਾਰੀ



Asiste a nuestro taller de acción comunitaria

¿Tienes una gran idea para mejorar la igualdad en la salud de nuestra comunidad?

En este taller, te unirás a amigos y vecinos para hacer que tus ideas cobren vida, hablar de soluciones y explorar cómo hacerlas realidad.

Fecha: 26 de abril
Hora: de 13:00 a 15:30
Dónde: Mt Baker HS Cafeteria

Este evento carece de un orden del día preestablecido—

solo se abordarán las prioridades que TÚ menciones. Recopilaremos todos los temas y dejaremos que haya debates abiertos y productivos sobre los problemas que más importan.



Attend Our Community Action Workshop



Have a great idea to improve health equity in our community?

At this workshop, you'll team up with friends and neighbors to bring your ideas to life, talk through solutions, and explore ways to make them a reality!

Date: April 26th
Time: 1:00 PM - 3:30 PM
Where: Mt Baker HS Cafeteria

At this event, there's no pre-set agenda—

only the priorities that YOU bring forward. We'll collect all the topics and make space for open, productive discussions on the issues that matter most.





Foothills Resources & Organizations



Columbia Valley Community Connections

Strong Community Requires Connection

As times change and new neighbors arrive, needs change and the vision for what a better future looks like changes, too! The Columbia Valley (CV) is the name of our local urban growth area. In 2011 the Foothills Subarea Plan was developed to describe the vision for how CV's future will emerge. If you are curious, you can check out the Foothills Subarea Plan at <https://www.whatcomcounty.us/1141/Foothills-Subarea-Plan>.

The Columbia Valley Community Connections effort was started to help neighbors connect with one another and with organizations that serve the people who live in the Columbia Valley. We aimed to ways in which we could create a safe, connected and healthy community for our shared future.

The CVCC effort is on a bit of a hiatus as the options for having meetings have changed. However the need for our community to strengthen its connections, and the dreams and hopes for a better future have not changed and there are many organizations and efforts that need you and others to participate to make them stronger and better able to reach our goals!

Civic participation is essential to a strong community. When many people contribute a little, we increase the quality and amount of effort because there is more representation across the spectrum of community voices and ideas. And we won't burn out the few who are doing a lot. Consider participating in the Health Equity Zone effort; the Foothills Community Alliance; the Kendall Parent Teacher Organization; the Kendall Watchdogs; volunteer in a local school; contribute to the Foothills Communication Hub or the Southfork Valley Community Association.

In addition, when we all chip in and get involved, we learn about what is happening in our community. We knit the fabric of community more tightly and we cross-pollinate with our ideas, goals and knowledge of strategies that will actually build the stronger community we want!

It is only through connection and participating that we can more easily translate those goals into new plans for a better future and how we shape our community and infrastructure to support more of what we want!

So, this is an invitation to "Get Connected!"

If you are interested in getting connected to any number of efforts in Columbia Valley, email Kristi at executivedirector@wfcn.org

The Senility Prayer



Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



The goal of the Health Equity Zone is to ensure that everyone has a fair shot at being healthy, no matter who they are or where they come from.

Food and childcare will be provided at each event, and all ages are welcome. As a thank you for your participation, all attendees will receive Visa gift cards. Find out more and register here: CHF Health Equity Zone. HEZInfo360@gmail.com 360.222.7031



The Foothills Community Alliance (FCA), a

501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. A generous grant from the Mount Baker Foundation has made it possible to fund projects such as a park, the Kendall Elementary reader board, a local chipping event, the Foothills Communication Hub, Kendall Spring Fair and Easter Egg Hunt, Food Bank funding for quality food, since 2020 the Kendall Summerfest, and many other wonderful programs and events.

Our goal is to be the voice of the community through actively listening to our neighbors needs and addressing concerns regarding things like Safety, Health, Food Access, Education, Recreation, Transportation, and so many other vital issues that affect our residents. We aim to provide funding for projects that will benefit all Columbia Valley UGA residents. We welcome ALL of you to join our organization and be a voice!

To volunteer, apply for a board position, or request funding for a project or idea, please visit our website at:

www.foothillscommunityalliance.com or reach out via email at: info@foothillscommunityalliance.com. JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 5pm in person and via Zoom Look for our event invitations on Facebook, NextDoor, our Calendar and in The Foothills Outlook and on www.foothillsinfo.com. info@foothillscommunityalliance.com 360-410-9114 foothillscommunityalliance.com <https://www.facebook.com/>



Serving individuals throughout Whatcom County, DVSAS is a volunteer-driven 501

(c)(3) non-profit organization working to heal victims and end domestic violence and sexual assault. With client-centered, accessible housing and support services, DVSAS empowers victims and survivors while offering safe housing and the possibility of a new life. 24 HOUR HELPLINE 1.360.715.1563 Business Line: 360.671.5714 <https://www.dvsas.org>



FAMILY SERVICES & PAR-ENTING SUPPORT

There are four Family Services Coordinators at Mount Baker School District. Our mission is to create partnerships between families, school, and the community. All our services are confidential.

We provide support which enables children and adolescents to live in a safe and healthy environment, as well as encourages them to be present and do their best in school.

We assist families with resources, information and problem solving to help their children succeed in school. We are available for confidential meetings by phone, at school, or at home.

(360) 383-2000
(360) 383-2009

Kendall Elementary

(360) 383-2055 <https://www.mtbaker.wednet.edu/o/kendall>

7547 Kendall Road
Maple Falls, WA 98266
Acme Elementary School

(360) 383-2045 <https://www.mtbaker.wednet.edu/o/acme>

5200 Turkington Road Acme, WA
Mt Baker Jr High School

(360) 383-2016
5100 Mitchell Road Deming, WA
<https://www.mtbaker.wednet.edu/o/mbjh>

Mt Baker Senior High School

(360) 383-2015 <https://www.mtbaker.wednet.edu/o/mbhs>
4936 Deming Road Deming, WA



Columbia Valley Park and Recreation District

is a local government body serving the Columbia Valley Urban Growth Area in the East Whatcom Foothills. Our commissioners are elected from our community by our community and volunteer for this service. Learn more about our commissioners and the work CVPRD is doing on our website About page. We welcome the public at our meetings on the 2nd Thursday of the month at 6:30 pm at 8251 Kendall Rd, Maple Falls, Rm 3. You can contact us at: cvparksandrec@gmail.com



KAVZ Radio is Your Voice of the Valley in the South Fork Nooksack Valley and East Whatcom County.

We are the only community, low-power FM radio station in East Whatcom County. We are located in Van Zandt in the beautiful South Fork Nooksack Valley. and serve the communities of Van Zandt, Acme, Deming, Welcome and all the rural areas in and around Van Zandt. We are an all-volunteer radio station that provides a diverse program of music and informational programming with a focus on local interests and local needs.

KAVZ is a program of the South Fork Valley Community Association (southforkvalley.org) and is housed at the historic Van Zandt Community Hall. KAVZ has a long and storied past as a community radio station and we are undertaking to continue our service to the community and refresh our programming and our vision in response to community feedback.

As an all-volunteer station, we are always open and seeking more volunteers to help us in our mission. Whether you bring relevant experience in broadcast, music and audio or want to learn, please contact us at info@kavz.org if you want to find out how you can contribute, participate and learn.

You can stream music from our website 24 hours a day at: <https://foothillsinfo.com/print-and-radio/> (360) 230-8176 info@kavz.org

REBUS #5



THE



Bridge 2
Services
People Helping People

Bridge 2 Services is a mobile outreach program that bridges homeless people

to the organizations and services they need. We help make connections to vital services like housing, medical assessments, substance treatment, case management, and more.

Supplies we offer: basic triage supplies like water, food (sometimes hot), snacks, clothing, hygiene items. Tents, sleeping bags, tarps, blankets services@bridge2services.com

Text: 813-957-4935

<https://ferndalecs.org/bridge-2-services/>



The National Alliance on Mental Illness

NAMI Whatcom Mental Health Support Group meets the 2nd Thursday of each month 10:00am -11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd, Maple Falls WA 98226. This no-cost structured support group, facilitated by trained peers offers respect, encouragement, connection, and hope for individuals 18 and over affected by mental health conditions, including family and friends. Learn from others experiences, share coping strategies, and offer each other encouragement and understanding in a safe, confidential space. For more information visit www.namiwhatcom.org , call us at 360-671-4950 or email namiad-min@namiwhatcom.org



The Kendall Fire Station

(Whatcom County Fire District Station 92) is housed at the roundabout in Kendall Washington and

has fire fighters highly trained in fighting building fires as well as wild fires. They provide a number of other emergency services including medical aid, as well as offering fire safety and prevention education to our community.

Non-emergency number: (360) 599-2823

Remember: in an emergency dial 911 info@wcfid14.org

<https://wcfid14.org>

7528 Kendall Road, Maple Falls

The Whatcom County burn ban is at Stage 1 - Recreational Fires Only

Recreational fire requirements:

Up to 3 feet by 3 feet of seasoned firewood or charcoal only

Must have enclosure 16 inches high,

made of steel or masonry/rockery

25 feet from structures, timber, and combustible material

15 feet of overhead clearance required

Garden hose or (2) 5-gallon buckets of water at fire

Hand tools required onsite

Allowed after dark if attended until fire is out cold

No burning when winds exceed 7 MPH



DON'T FORGET!

Stop by an Ask a Nurse clinic at the EWRRRC on the 2nd & 4th Tuesdays of each month between 8 & 11.30 am, and get your A1C tested. It's the best way to understand your blood sugar levels and see if you're at risk for diabetes.



ANAGRAMS:

"Think Local"


Unscramble the letters in each clue to reveal local places and activities. Solutions on back page.

1. AUTUMN HONKS
2. HACK OF KRONOR KNOTS
3. PAGAN SANS HENS
4. TACTICAL CRISPER IF
5. INWARDS BONGO
6. SONATINA FLORET
7. A HEEHAW STORMED
8. AFAR LOCHS REELS
9. SKOAL ME QUOIT
10. A ACE WHINIER LIT NORM STUNT
11. RECLINE SEMI OX
12. REEDIER HOG PILOT
13. MUCK EKES ROOK
14. ERRATA FEW TWINIGHT
15. AD FELINES EIGHTS
16. CIRCUS YORKING SNOTS




Foothills Resources & Organizations






The **988 Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for



211 helps connect you to community resources statewide.




24/7 Crisis line

800-584-3578
www.imhurting.org




Foothills Food Bank

Tuesday: 8-11am
Thursday: 4-7pm
Mobile Pantry outside Food Bank:
1st Saturday of every month 11:30 - 12:30
And 3rd Friday of every month 10am-11am
Contact: Foothillsfoodbankcontact@gmail.com
360-392-8149
*We are always looking for volunteers!
www.foothillsfoodbank.org



DSHS/Washington Connection offers a fast and easy way for families and individuals to apply for a variety of services such as Food, Cash, Child Care, Long-Term Care, and Medicare Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance. (877) 501-2233

REBUS #6



7 RULES OF LIFE

1. Make peace with your past so it does not affect the present.
2. What others think of you is none of your business.
3. Time heals almost everything, give it time.
4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5. It's alright not to know all the answers. They will come to you when you least expect it.
6. You are in charge of your happiness.
7. Smile. You don't own all the problems in the world.

MBCC has had a productive start to 2025!

Our youth coalition, One Baker Voice, brought four students (and two adults) to Washington DC for the Community Anti-Drug Coalitions of America (CADCA) Conference. Not only did we get lots of good information from the conference, but we also got to lobby our lawmakers on Capitol Hill. Both Savanna Gooch and Lorely Orozco represented One Baker Voice and MBCC by sharing their experience of working in prevention in the Mount Baker community. We also got a lot of good sight-seeing, as well as visited Build-A-Bear, rode the Capitol Wheel, and enjoyed the experience of being in our Nation's capital. Overall, it was a very positive growth experience for all of us!


MBCC has spent the last year revising and re-writing our strategic plan, and with the help of Hannah Tyler, we have submitted it to the Washington State Health Care Authority for review. This was no small feat, and we are very thankful to Hannah for her professional leadership and guidance. We remain committed to promoting youth mental health and preventing youth substance use, and having a strategic plan will be the MBCC's north star for years to come.

Last but not least, we welcome Abby Worline as Mount Baker Community Coalition's newest coordinator! While Abby's work will be primarily administrative and program-based, she will work alongside Allison Ormsby to engage community members to increase protection and decrease risks associated with youth substance use. Coalition work takes all of us to come around local concerns and contribute to strategies that help our youth lead productive, healthy lives in a safe, healthy and connected community.

MBCC meetings are held on the third Monday of each month, and our next one will be held on Monday, March 17, 2025 from 2:45 - 4:15pm. The meeting is hybrid. You can attend in-person at the Mount Baker District Board room or online via zoom at <https://us02web.zoom.us/j/87328682462?pwd=3F17zRpOkTfc9yYau1DbTp01RSThCZ.1>


One Baker Voice (OBV) meets during the school year every Monday after school from 2:45 - 4:45pm in room 311, except on the third Monday of the month when we attend MBCC meetings. We also meet during PRIDE on Club Fridays.

To learn more about the coalition, email Abby at mbcoalition@wfcn.org or Allison at obv@wfcn.org.




The National Alliance on Mental Illness

NAMI Whatcom Mental Health Support Group meets the 2nd Thursday of each month 10:00am -11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd, Maple Falls WA 98226. This no-cost structured support group, facilitated by trained peers offers respect, encouragement, connection, and hope for individuals 18 and over affected by mental health conditions, including family and friends. Learn from others experiences, share coping strategies, and offer each other encouragement and understanding in a safe, confidential space. For more information visit www.namiwhatcom.org , call us at 360 -671-4950 or email namiad-min@namiwhatcom.org



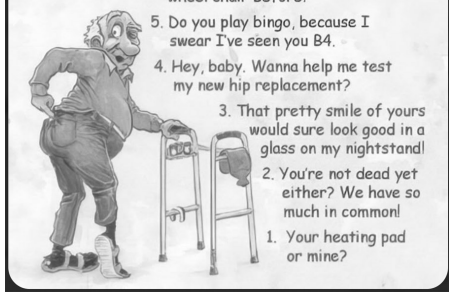
Whatcom County Water District is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers.
360-599-1801
admin@wcwd13.com
532 Sprague Valley Drive, Maple Falls



Local community-led Watch Group focused on safety in the Columbia Valley UGA area. Monthly meetings held the first Tuesday of each month at the North Fork Library.
nwmaplefalls@gmail.com
360-933-1620
<https://www.facebook.com/groups/718686472042194>


Top Ten Senior Pickup Lines

10. Come here often? If so, could you tell me where I am?
9. Do you have an oxygen tank? Because you took my breath away.
8. Like to come by and see my medicine cabinet?
7. Make like a compression sock and give me a squeeze!
6. Ever had a lap dance in a wheel chair before?
5. Do you play bingo, because I swear I've seen you B4.
4. Hey, baby. Wanna help me test my new hip replacement?
3. That pretty smile of yours would sure look good in a glass on my nightstand!
2. You're not dead yet either? We have so much in common!
1. Your heating pad or mine?



Brain Teaser

Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All four cars go, but none crash into each other. How is this possible?



DID I REALLY USE THAT MUCH WATER?

Did you know that most people use an average of 70-90 gallons of water per day? In the average house, two thirds of indoor water is used in the bathroom.


Average Household Use

Toilet	26.7%
Faucet	15.7%
Bath	1.7%
Shower	16.8%
Clothes Washer	21.7%
Dishwasher	1.4%
Leaks	13.7%
Other Domestic	2.2%

Take some time to go through your house and look for ways to conserve. Be sure to check out the District website for useful tips and guides on water conservation.
manager@cv-wd.com
360.599.1699
6229 Azure Way Maple Falls, WA 98266
Our Business Hours
Mon, Wed, Fri : 08:00 am –12:00 pm and 01:00 pm – 04:30 pm

DON'T FORGET!

Stop by an Ask a Nurse clinic at the EWRRRC on the 2nd & 4th Tuesdays of each month between 8 & 11.30 am, and get your A1C tested. It's the best way to understand your blood sugar levels and see if you're at risk for diabetes.



Ask-a Nurse Clinics
Health Ministries Network volunteer nurses provide free blood pressure checks, health counsel, referral and telehealth, as well as limited screening. On the fourth Tuesday of the month, the "Ask a Nurse" program is augmented by community partners that include the Whatcom Family YMCA, Mt. Baker Foundation, NAMI of Whatcom County, and Dementia Support Northwest. 8-11am—2nd and 4th Tuesday each month at EWRRRC.




KID'S CORNER



Rainy Day Fun! Froggy Finger Puppets

What you'll need:
paper tube (toilet paper roll, kitchen towel paper roll...)
green paper or green paint
wiggly eye stick-ons
scissors
glue
tape



Cut a section of tube finger length then cut it lengthwise and fit it around a finger. Tape together. Cut a long strip of green paper, as wide as the finger tube. Also cut 2 pairs of flippers and a pair of "eyes" out of green paper. Make sure the "eyes" are a bit larger than eye stick-ons. Glue the green paper around the paper roll. Glue the green eyes at the top of the paper roll. Stick two wiggly eyes on the paper eyes. Pop on fingers and hop away!

The Lion King Word Scramble

1. HET LNIO GKIN _____	2. MAAPUB _____
3. SAAUMF _____	4. PRDIE OCRK _____
5. TMOIN _____	6. ARSC _____
7. ABSIM _____	8. KIRAA _____
9. ANLA _____	10. BIARSA _____
11. ZZUA _____	12. KRFAIL _____

Answers on back page

Word Search: Fire Safety

B	A	A	S	H	E	S	U	S	A	R	F	M	O
H	O	S	E	M	B	E	R	S	I	R	N	A	D
E	T	M	E	T	R	D	X	F	R	S	A	T	O
T	S	T	O	O	B	U	E	H	T	I	M	S	A
N	N	R	M	N	L	O	A	H	A	E	E	E	E
L	N	A	R	R	D	M	M	A	N	A	R	X	N
A	H	H	R	M	H	I	A	K	K	I	I	A	E
D	L	H	D	D	N	R	K	D	K	R	F	U	R
D	A	R	A	M	Y	A	L	A	R	M	L	E	A
E	R	I	Y	U	F	H	T	A	C	H	I	E	F
R	T	F	H	E	L	M	E	T	T	D	S	L	I
F	I	R	E	D	R	I	L	L	R	H	M	M	N
R	H	L	L	B	R	I	M	N	E	R	I	S	R
T	R	U	C	K	R	R	F	E	S	C	E	I	I

Riddles for Kiddles

1. What can jump higher than a building?
2. What does a ghost use to wash its hair?
3. What kind of band never plays music?

Word List

Airtank	Ladder
Truck	Ashes
Chief	Alarm
Firedrill	Hydrant
Embers	Ashes
Axe	Siren
Hose	Fireman

KNOCK KNOCK

WHO'S THERE?

ARTHUR.

ARTHUR WHO?

ARTHUR ANY COOKIES LEFT?

PARENTS: Did you know you can download your child's favorite comic books from the library? Help them keep up with new issues and adventures. Go to wcls.com and type, "Kids comic books" into the search bar. You can also access them on Hoopladigital.com.



Resources



NW Clean Air Agency

is responsible for enforcing federal, state, and local air quality regulations at stationary sources of air pollution in our jurisdiction. In addition to regulating businesses, we focus on informing the public about air quality issues and how to make clean air choices. Please contact us to report illegal burning or other forms of air pollution: <https://nwcleanairwa.gov/permits-and-services/enforcement/complaints/> Call 360-428-1617. Check current air quality in your area: <https://nwcleanairwa.gov/new-air-quality-center/>

Need a new woodstove? We can help!

A major Northwest Clean Air Agency effort focuses on reducing wood smoke in the Columbia Valley Urban Growth Area. We do this in part by helping people replace old, polluting woodstoves with new stoves and ductless heat pumps. This helps cut down on smoke during winter periods when stoves are in heavy use. To date, NWCAA -- working with the Opportunity Council -- has replaced more 100 woodstoves in Columbia Valley. For more information, check NWCAA's website: <https://nwcleanairwa.gov/resources/columbia-valley-air-quality-improvement-project/>

Get a free air sensor to track smoke particles!



You can get a free air sensor at home from NWCAA to track fine particles like those in smoke!

NWCAA uses PurpleAir sensors in addition to our monitoring stations. We are adding outdoor sensors in the Columbia Valley urban growth area to give us more information about smoke in the area. You just need to live inside the Columbia Valley urban growth area and have a power source and a WiFi connection. Interested? Contact NWCAA monitoring manager Evan Bing at evanb@nwcleanairwa.gov. And you can watch our video about PurpleAir's sensor map and data! <https://bit.ly/3M6zrFE>



Energy Assistance

Do you need help with energy costs? Apply for Energy Assistance directly through PSE now by going to: <https://www.pse.com/en/account-and-billing/assistance-programs> 1-888-225-5773

PSE's Bill Discount Rate (BDR) program provides you with ongoing help on your monthly energy bill. Depending on your household income and household size, you can save 5% to 45% a month on your bill. There is one simple application to fill out. In most cases, no proof of income is required to apply. And the application only takes a few minutes to complete online. If you've received energy assistance in the past, it's likely you qualify. 1-888-225-5773

<https://www.pse.com/en/account-and-billing/assistance-programs/bill-discount-rate>

PSE customers: Manage your energy usage online.

For personalized energy-saving suggestions, complete an online home assessment to update your home's energy profile in the Analyze my usage section of your online account. Measure, and monitor your home's energy usage. Find additional energy efficiency suggestions in our Ways to Save tips library. To learn more or receive personalized advice over the phone, call a PSE Energy Advisor at 1-800-562-1482, Monday through Friday, 8 a.m. to 5 p.m.

East Whatcom Regional Resource Center

The East Whatcom Regional Resource Center Information and Referral (I&R) Team serves the East Whatcom Community as a branch of the Opportunity Council. We provide the same access to services that can be found at our downtown Bellingham Opportunity Council location. Stop by our office if you need housing services, deposit assistance, basic food applications, community resource referrals and so much more! (see lists below). Accessing I&R services in Maple Falls saves travel time and expenses and our two I&R staff would love to help you access services to meet your needs. Please stop by our office at 8251 Kendall Rd, Maple Falls.



Or contact us at 360-599-3944. Free AMMENITIES Copying, faxing, and printing documents. Bus passes Dental hygiene products Teal bags (menstrual products) Donation Corner (clothing, toys, household items, shoes, etc) Other basic hygiene products as donated by partners. Community resource referrals and information Diapers/Pull-ups and wipes Water & Snacks I&R SERVICES Housing Pool Intake applications and check-ins Deposit Assistance Screenings Energy Assistance Basic Food application assistance Referrals to other Opportunity Council Programs that can help with employment, childcare, education, utilities, housing, care coordination, and much more. Working with Opportunity Council but don't want to meet your case manager in Bellingham? Anyone can request appointments or meetings to be scheduled at the EWRRRC! Our I&R team can help you communicate with Opportunity Council programs operated out of Bellingham. We can facilitate the required paperwork, help schedule appointments, and return any information that your case manager needs. 8251 Kendall Rd (360) 599-3944 ewrrc-allstaff@oppco.org



The White House's Investing in America agenda makes saving on energy costs easier than ever with our Energy Savings Hub. This online resource provides information about clean energy tax credits and rebates for homeowners, renters, and drivers, helping you lower your energy bills and make your home more efficient. Visit [Energy.gov/Save](https://www.energy.gov/) today to learn more and start saving! <https://www.energy.gov/>

Rebus #7



Are you eligible for free home weatherization? Check it out at PSE: https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=cpc&utm_campaign=rem-wx-e&sc_camp=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAJw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2JgMPVuzFWMDc8uu



Whatcom County Health and Community Services

is a countywide department that works to promote health, prevent disease and injury, provide accurate and reliable health information, preserve a healthy environment, and prepare for and respond to emergencies. Whatcom County Health Department provides vaccine clinics, septic homeowner trainings, opportunities for engagement, and more. 360-778-6000 arobinso@co.whatcom.wa.us <https://www.whatcomcounty.us/4307/Health-Department>



The Nooksack Youth and Family Services Department

provides an array of advocacy and case management services to Nooksack children and families involving child welfare, domestic violence, sexual assault, and elder abuse. (360) 306-5090 <https://nooksacktribe.org/departments/youth-family-services/>



The Foothills Food Bank distributes quality, nutritious foods to anyone in need. We operate a grocery store-like model where visitors are welcome once per week to shop items on our shelves and coolers; we normally carry non-perishable staples, fresh produce, dairy goods, breads, and frozen protein. We are located on the East Whatcom Regional Resource Center campus at 8255 Kendall Rd. and our hours are Tuesdays from 8am until 11am and Thursdays from 4pm until 7pm. No ID or documentation required, but please bring bags or boxes to bring your shopping home in. Home Delivery is available on a limited basis for those who are elderly, homebound or otherwise disabled. Stop by, call us at 360-392-8149 or email us at foothillsfoodbankcontact@gmail.org if you have any questions or would like to get signed up. Learn more at foothillsfoodbank.org.

Rebus #8

ON THOUGHT THOUGHT

Groan-worthy Dad Jokes

What's the best way to save your dad jokes? In a dadda-base.

I got a new pen that can write under water. It can write other words too.

Dad: What is the difference between a piano, a tuna, and a pot of glue? Me: I don't know. Dad: You can tuna piano but you can't piano a tuna. Me: What about the pot of glue? Dad: I knew you'd get stuck on that.



Volunteer Chore Program

provides volunteers to help the elderly (60 and over) and adults with functional disabilities remain independent in their own homes. The Chore Program serves as a safety net, helping those for whom other resources are unavailable. Chore assists 200+ Whatcom County residents each year. (360) 734-5121 ext. 1172 chore@whatcomvolunteer.org



The Arc of Whatcom County

provides information and referrals, educational programs, and funding for people with developmental disabilities, their families and the organizations that serve them. The Arc of Whatcom County is dedicated to meeting the needs of children and adults with developmental disabilities, such as cerebral palsy, autism and Down syndrome. (360) 715-0170 admin@arcwhatcom.org



Northwest Regional Council

connects and creates new solutions to navigate the challenges of aging and disability. NWRC provides an extensive array of services and resource to assist the elderly and disabled improve their lives with short- and long-term solutions including health care, medical transportation, in-home care, case management, resources for veterans, housing, food, a variety of support services, and much more. (360) 676-6749



We are the largest local private provider of assistance to individuals and families struggling with poverty and the most vulnerable in our communities.

(360) 676-2164 info@ccsww.org <https://ccsww.org>



ESOL: Evergreen Goodwill

offers ESOL classes at basic and intermediate levels for people who want to develop English literacy and improve language skills for the workplace. Classes include ESOL Basic through ESOL Level 4 and Citizenship Test Preparation.

Digital Skills: With our different Digital Skills classes, you'll learn the basics of how to operate a computer, including file management (saving), typing (keyboarding), internet, and email. Later, you can take classes in Microsoft Word and Excel to learn to create spreadsheets for organizing data and documents for writing a resume or cover letter. We also offer online job search classes and special computer classes for non-native English speakers. No previous computer knowledge or experience is required.

Wraparound Services: Evergreen Goodwill's instructors, case managers, and employment specialists support students holistically based on their individual needs and help remove barriers to employment and education. Students can receive support for barriers like housing, transportation, legal or immigration matters, among many others.

Reentry Services: Finding work with a conviction history can be a challenge, but Evergreen Goodwill is here to help. Initially, our Employment and Reintegration Strategies class focuses on mental and physical health, stress management, the theory of change, and goal setting exercises. The second half of the curriculum helps students plan their careers, search for jobs, and prepare for interviews. (360) 752-2080 evergreengoodwill.org



A part of the Al-Anon Family Groups' fellowship for younger members whose lives have been affected by someone else's drinking.

Find an Alateen meeting: <https://www.whatcomafg.org>

Find an Alanon meeting: <https://www.whatcomafg.org>



Find a Meeting: <https://nwsrna.org/meetings/> 360-647-3234 Webservant@nwsrna.org



Find a Meeting: <https://whatcomaa.org/meetings> altwebservant@district11aa.org <https://whatcomaa.org/> (360) 734-1688

Rebus #9



i ii




Resources






We are a local government agency that serves thousands of residents in Whatcom County. **The Bellingham Housing Authority (BHA) & the Whatcom County Housing Authority** work together to provide needed housing in our community. We serve Low-Income Families, Elderly People, Those with Disabilities, & Working Families in need of affordable housing. (360) 676-6887 ext. 1025 info@bellinghamhousing.org <https://bellinghamhousing.org>




The Washington State Homeowner Assistance Fund (HAF) provides individual support and federal relief funds to qualified Washington homeowners behind on their mortgage due to pandemic hardship. This program is administered by the Washington State Housing Finance Commission (WSHFC). Pre-Purchase Homebuyer Education Classes or Housing Counseling Down-Payment Assistance Programs or other help buying a home Foreclosure Prevention Housing Counseling Foreclosure Prevention Legal Aid Home Repair or Home Modification Assistance Payment Assistance Programs (Availability varies. Call for information) 877.894.4663 www.homeownership-wa.org



IRS certified free tax preparation is available at the East Whatcom Regional Resource Center in Maple Falls. Through a partnership with the Volunteer Income Tax Assistance Program and Western Washington University, Opportunity Council staff at the resource center are available to provide free tax preparation for most taxpayers. For more information and to schedule an appointment, call (360) 599-3944 or stop by at 8251 Kendall Rd, Maple Falls, WA 98266. For more information on tax credits and filing tips, visit www.whatcomabc.org/money-




Whatcom County Property Tax Exemption for Senior Citizens and People with Disabilities If you are a senior citizen or a person with disabilities with your residence in Washington State you may qualify for a property tax reduction under the property tax exemption for senior citizens and people with disabilities program. 360-778-5000 <https://www.whatcomcounty.us/265/Property-Tax-Exemption>




Single Family Housing Repair Loans & Grants in Washington Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards. 1-800-414-1226 <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/wa#overview>




Whatcom/ Skagit Housing- Since 1976, we have assisted over 700 families in building their own homes in Whatcom and Skagit Counties. Mutual Self-Help combines your sweat equity with technical assistance from WSH and affordable loans from USDA Rural Development. (360) 398-0223 julia@whatcomskagithousing.com



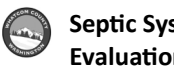

Habitat for Humanity in Whatcom County provides a unique opportunity for hardworking families to help build and buy their own homes. We work closely with qualified individuals and families to build safe, decent, and affordable homes here in Whatcom. 360.715.9170 info@hfhwhatcom.org <https://www.hfhwhatcom.org>




Meals and Wheels and More supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, and nutrition education. Through our Meals on Wheels and Community Meals programs we provide 2000+ seniors throughout Whatcom and San Juan Counties with more than 200,000 nutritious meals each year! Every meal we provide meets at least one third of a senior's daily nutritional requirements. Seniors are at increased risk for malnutrition for multiple reasons including: Chronic or acute illnesses Decreased ability to shop for and to prepare healthy meals Depression Lack of funds It is our goal to ensure that all Whatcom and San Juan seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible. 360-746-6480




Dementia Support NW Each year we provide hundreds of hours of support to caregivers in Whatcom and Skagit County through our free programs: Adult Day Programs for scheduled caregiver respite Support Groups for adults caring for those affected by dementia Adult Children Support Groups for those adults caring for a parent affected by dementia Dementia-Friendly events Art Access Classes with Allied Arts of Whatcom County Project Lifesaver (a partnering with the Whatcom County Sheriff) providing electronic technology to locate those who wander All seek to provide a support to those living with dementia as well as to those providing their care. Dementia Support Northwest provides professional education and training to those likely to engage with those living with dementia through our partnership with our local Area Agency on Aging, the Northwest Regional Council in Bellingham. Trainings for community groups and professionals alike promote our vision for a more understanding, accepting, and supportive community for those affected by cognitive decline. 360-671-3316 alz@alzsociety.org



Do you need your septic system evaluated? Washington State and local public health regulations require septic system owners to have a complete evaluation of their septic system performed every one to three years (depending on the type of system) and to report the condition of their system to the local health jurisdiction. Whatcom County Health Department is offering enhanced rebates for homeowners who have senior or disability tax exemptions who need their septic system evaluated. You can learn more at: whatcomcounty.us/septicrebate, or call: 360.778.6267.



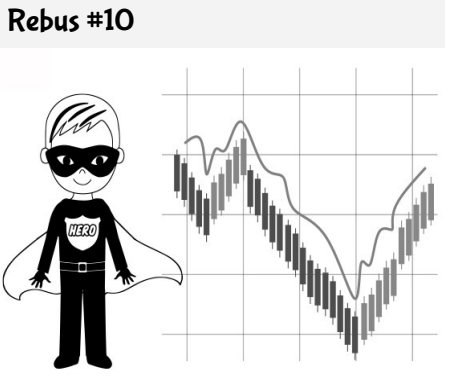
Medicare.gov provides information on how to get started with Medicare, with what Medicare covers, as well as information about prescription drug/dental/vision plans, has health counseling, assists in finding a provider, and other health-related resources. 1-800-MEDICARE (1-800-633-4227) TTY users can call 1-877-486-2048 <https://www.medicare.gov>



Whatcom Council on Aging, in partnership with the people we serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence. Vision: Lifelong empowerment through education, advocacy, and support: Independence through affordable housing, nutritious food, health care and programs that support lifetime wellness. Connections with community Senior Centers, programs and outreach. Opportunities for civic and community life engagement through education, recreation, and volunteerism. Self-respect through self-determined and independent living to prevent premature non-independent living and through opportunities for seniors to maintain autonomy. Good physical and mental health through proper nutrition, exercise, and other social activities. Community support built through advocacy for rights of older adults and through promotion of a positive image of aging. Values: Whatcom Council on Aging engages in partnerships with agencies and community groups that support the values of Accessibility, Connectedness, Involvement, Independence, Individual Respect, Health, and Advocacy. 360-733-4030




Office of Refugee and Immigrant Assistance Resource Tool The Office of Refugee and Immigrant Assistance is part of the Washington State Department of Social and Health Services, within the agency's Economic Services Administration and Community Services Division. Our goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state. <https://app.smartsheet.com/b/publish?EQBCT=8e7e2fd0641f4f1e90bbaa36a0bc232d>







Whatcom Human Rights Task Force Northwest Immigrant The Northwest Immigrant Rights Project (NWIRP) provides comprehensive immigration legal services and community education to advance the human rights and well-being of low-income immigrants and refugees. 360-389-3898 whatcomhrtf@gmail.com




Veterans Administration Serving Whatcom, Skagit, San Juan, and Island counties, we offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community. 800-698-2411



Senior Resources A guide to services and resources for seniors in Whatcom County 360.344.3333 guide@olypen.com <https://nwseniors.com/whatcom-county/>




NW Immigrant Rights Project provides a wide variety of services for legal and illegal immigrants, including: Impact Litigation Community Education Practice Advisories Direct Legal Services Survivors of Domestic Violence and Other Crimes Asylum Family Services Children and Youth Citizenship DACA (Deferred Action for Childhood Arrivals) Detention and Deportation Defense 206.587.4009



ESL: English Language Learning Roughly two thirds of the people we serve are immigrants who are learning English for the first time. More than half of our learners have no high school diploma or GED, and the majority have no computer at home. Our free, customized, individual tutoring and small group classes make a difference in their lives by... *Improving their basic reading, writing, math, computer, and parenting skills. *Helping them prepare for a GED test and/or further their education. *Helping them attain US citizenship. *Increasing their employment opportunities. *Enabling self-sufficiency. *Enhancing the stability of their daily lives. ell@whatcomliteracy.org (360) 685-6756 <https://www.whatcomliteracy.org/>



Helping Immigrant Families IRIS primarily serves immigrant women and children who are survivors of violence. IRIS responds to the urgent and unmet needs of immigrants in our communities in Whatcom, Skagit and Snohomish counties in an inclusive and comprehensive manner. IRIS connects immigrants with needed resources in our communities by acting as liaisons for our recipients. IRIS also directly provides funding for items and services that are not accessible to this marginalized population. info@irisnw.org 1050 Larrabee Ave. Ste. 104 #498 Bellingham 360-935-1688 irisnw.org



PARENT TRUST Because kids don't come with instructions! The Family Help Line is free call from anywhere in Washington State, available to parents, caregivers, and anyone who has an interest in or questions about a child in their community. We can help you find resources, parenting classes, community resources and so much more. We are here to talk and problem solve with you! If you need a translator, please call and let us know – in most cases we can have a translator available in minutes! 800-932-4673 familyhelpline@parenttrust.org <https://www.parenttrust.org>

Sudoku Challenge (Medium)
solution on back page

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

Resources



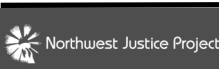
Salvation Army
For many, making ends meet is a daily challenge, forcing people to choose between things like heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help. Providing assistance for:
Disaster Relief Homelessness
Hunger Veterans Services
Poverty Prison Outreach
Prescription drug coverage
Rent and Utility Assistance
Substance Abuse Services
At-risk youth programs
360-733-1410
she-vaun.malone@usw.salvationarmy.org
https://bellingham.salvationarmy.org



The **Red Cross** is a registered 501(c)(3) non-profit organization providing disaster relief whether it's loss of home due to fire or flood to mobilizing volunteers, supplies and services in disaster stricken regions of the world. Red Cross supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families.
1 800 RED CROSS (1-800-733-2767)
https://www.redcross.org



Our mission is to provide free civil legal assistance to low-income Whatcom County residents by linking them with attorney and community volunteers.
360-671-6079
info @ lawadvocates.org



Northwest Justice Project (NJP) provides free legal assistance to address fundamental human needs such as housing, family safety, income security, health care, education, and more. Our work challenges structural and racial inequities to promote the long-term well-being of low-income individuals, families and communities across Washington State.
360-734-8680



The Center for Independence (CFI) is a non-residential, community-based 501(c)(3) non-profit organization operated by people with disabilities, serving people with disabilities ages 14 and up. We serve as a resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development. We work together with participants to achieve independent living goals such as self-advocacy, self-sufficiency, and self-determination.
1-888-482-4839
info@cfi-wa.org



WTA's paratransit service provides curb-to-curb (and if needed, door-to-door) transportation to riders whose disability prevents them from riding our fixed route bus system. Paratransit service is designed to be equal to—not better than—our fixed route service. For this reason, paratransit's service area and hours of operation mirror those of our fixed routes.
(360) 733-1144
customerservice@ridewta.com
https://www.ridewta.com



Unity Care NW provides affordable primary medical, dental, behavioral health, and pharmacy services for children and adults. Unity Care NW accepts Washington Apple Health (Medicaid), Medicare, and most private insurance plans. For those who do not have insurance or who have high deductibles or co-pays, we offer a Sliding Fee Discount Program that can reduce the cost of care. Eligibility for the Sliding Fee Discount Program is based on household size and income. No one is ever denied services because of an inability to pay.
360-676-6177
https://unitycarenw.org



Sea Mar Community Health Center is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities. Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation regardless of ability to pay for services.
360.671.3225
https://www.seamar.org/whatcom-

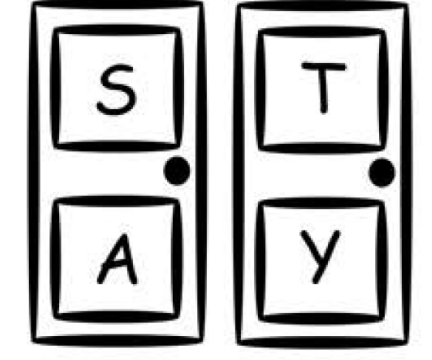


A free, unbiased and confidential service of the **Washington State Office of the Insurance Commissioner**. SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.
Local: 360-725-7080
TDD: 360-586-0241
800-562-6900
shiba@oic.wa.gov
https://www.insurance.wa.gov/find-local-shiba-office



SEAS is a free local resource navigation service available to families in Whatcom County. SEAS provides resource navigation for all families that have a child with a disability or developmental concern under 21. Additionally, in 2022, SEAS expanded to provide resource navigation for all families with a child under 5, and expecting families. From questions about your child's development or behaviors, to connecting to services or resources, SEAS works with you to help you get what you need so your children and family can thrive. SEAS family resource navigators are experts in Whatcom County's programs for families and children. They provide confidential, judgment-free, multi-language navigation services. Staff are multilingual and interpretive services are available. Our goal is to help every family get connected to the resources that they need.
360-715-7485
seas@oppc.org

Rebus # 11



Free Tax Preparation at EWRRC
IRS certified free tax preparation is available at the East Whatcom Regional Resource Center in Maple Falls. Through a partnership with the Volunteer Income Tax Assistance Program and Western Washington University, Opportunity Council staff at the resource center are available to provide free tax preparation for most taxpayers. For more information and to schedule an appointment, call (360) 599-3944 or stop by at 8251 Kendall Rd, Maple Falls, WA 98266. For more information on tax credits and filing tips, visit www.whatcomabc.org/money-management/taxes/



Trevor Project
Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.
(212) 695-8650
info@thetrevorproject.org



The Y is committed to ensuring that every youth has the opportunity to become a healthy, contributing member of society. The Y offers teens a safe environment where they can develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility. We offer activities and programs for teens that provide them with academic assistance, life skills, healthy habits, positive social experiences, all while having fun.
360 733 863
https://www.whatcomymca.org/teen-programs



NYS offers a wide variety of programs, services and support for Whatcom County youth, including housing, health care, mental health, employment and education, gender identity support, and teen court. Youth are welcome to drop in.
(360) 734-9862
hello@nwys.org
https://www.nwys.org
1020 North State St. Bellingham,



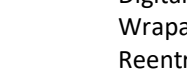
The **Home Free program** reunites youth with their family or legal guardian or helps them get to an alternative living arrangement (ALA), such as a community-based transitional living program, through a free bus ticket. In addition, Home Free works in collaboration with youth, parents and guardians, law enforcement, anti-trafficking organizations, social service and health care providers and others to ensure youth who are victims of labor and sex trafficking benefit from reuniting with caring adults or getting to an alternative living program.
1-800-RUNAWAY
1-800-786-2929,



WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington. We also offer assistance in applying for unemployment.
888-316-5627



ADULT BASIC EDUCATION
ESOL
Evergreen Goodwill offers ESOL classes at basic and intermediate levels for people who want to develop English literacy and improve language skills for the workplace. Classes include ESOL Basic through ESOL Level 4 and Citizenship Test Preparation. Also offered:
Digital Skills
Wraparound Services
Reentry Services
360) 752-2080
1115 E Sunset Dr. Bellingham
https://evergreengoodwill.org/job-training-and-education/adult-basic-



Vocational Rehabilitation
Providing vocational rehabilitation services for disabled and displaced workers.
(360) 812-6610
DVRBellinghamReferral@dshs.wa.gov
https://www.dshs.wa.gov/location/dshs-dvr-bellingham



Employment Security
Agency dealing with employment/unemployment issues. Apply for unemployment insurance. Paid family and medical leave.
360-890-3500
https://www.esd.wa.gov



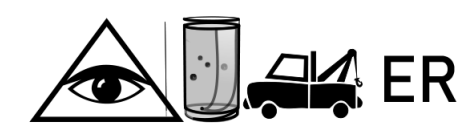
Care Connect helps pregnant and newly parenting women prepare for delivery and parenthood with a series of classes. Lessons include topics such as Understanding Pregnancy, Labor and Delivery, Postpartum, Infant Hygiene, Infant First-Aid and Getting Your Baby to Sleep. At each weekly appointment, clients will meet one-on-one with a trained peer mentor for one hour. With each lesson that is completed, clients will earn "baby bucks" for supplies such as diapers, wipes, clothing and blankets.
(360) 671-9057
info@whatcomclinic.com
https://www.whatcomclinic.com/services/education/

TRIBONDS CHALLENGE: figure out what each set of three words have in common. Answers on back page.

1 Kites Owls Osprey	2 Mary Jackson Katherine Johnson Dorothy Vaughan	3 Ale-8 Cheerwine Flannel Fizz
4 Maroons Yellow Jackets Wolverines	5 Arwen Treebeard Gimli	6 Rose Carlton Schmidt
7 Martin Holliday Quinn	8 Wenge Boxelder Purpleheart	9 Jafar Iago Abu
10 Pie Earth Bread	11 Prospero Caliban Ariel	12 Montana Namath Thiesmann



Rebus # 12





Foothills Community Calendar



For more information about each event, go to foothillsinfo.com and click on our Events Calendar.

You can find a description of the event, see the cost, view the location on our map, visit their website, and more.

The Foothills Outlook

March 2025 Calendar of Events

“Let it rain on some days, Let yourself shiver on some cold nights,
So when it’s Spring you’ll know why it was all worth going through.”

~ Sanhita Baruah

SUN	MON	TUE	WED	THU	FRI	SAT
23	24	25 8:00 AM - 11:30 AM Ask-a-Nurse Clinic 10:30 AM - 11:00 AM Story Time at North Fork Library	26	27 4:00 PM - 7:00 PM Foothills Food Bank Distribution 6:00 PM - 7:30 PM Library Budget Listening Session 6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	28 5:00 PM - 7:00 PM Dungeons & Dragons	1
2	3	4 10:30 AM - 11:00 AM North Fork Sing Along Storytime with Star Tom 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs	5	6 3:45 PM - 4:45 PM North Fork LOL 101 – Jokes for Kids 4:00 PM - 7:00 PM Foothills Food Bank Distribution	7 5:00 PM - 7:00 PM Dungeons & Dragons	8
9	10	11 8:00 AM - 11:30 AM Ask-a-Nurse Clinic 10:30 AM - 11:00 AM Story Time at North Fork Library	12 5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting	13 4:00 PM - 7:00 PM Foothills Food Bank Distribution 6:30 PM - 7:30 PM CVPRD Open Meeting	14 5:00 PM - 7:00 PM Dungeons & Dragons	15
16	17	18 10:30 AM - 11:00 AM Story Time at North Fork Library 4:00 PM - 5:00 PM North Fork Teen Art + Audio	19	20 4:00 PM - 7:00 PM Foothills Food Bank Distribution	21 10:00 AM - 11:00 AM Mobile Food Pantry Distribution 5:00 PM - 7:00 PM Dungeons & Dragons	22
23	24	25 8:00 AM - 11:30 AM Ask-a-Nurse Clinic 10:30 AM - 11:00 AM Story Time at North Fork Library 6:00 PM - 7:30 PM Kokedama Plant Workshop	26	27 4:00 PM - 7:00 PM Foothills Food Bank Distribution 6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	28 5:00 PM - 7:00 PM Dungeons & Dragons	29
30	31	1 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs	2	3 4:00 PM - 7:00 PM Foothills Food Bank Distribution	4 5:00 PM - 7:00 PM Dungeons & Dragons	5



Tribond solutions
1. Birds, 2. NASA Employees, 3. Regional Sodas. 4. Former NFL Teams, 5. Characters from The Lord of the Rings, 6. Members of the 1980 Philadelphia Phillies, 7. Docs, 8. Trees. 9. Characters in Disney’s Aladdin, 10. Things with Crusts, 11. Characters from Shakespeare’s The Tempest, 12. NFL Quarterbacks

PUZZLE SOLUTIONS

Rebus answers: 1. Tripod, 2. 5 kilos overweight, 3. Cattle (cat ill), 4. Birdsnebes, 5. The underdog, 6. 4 seasons, 7. Shake a leg, 8. On second thought, 9. See eye to eye, 10. Supermarket, 11. Stay indoors, 12. Eiffel Tower

Sudoku Challenge

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

Kid’s Corner Riddle answers: 1. Anything that can jump because buildings can’t jump, silly! 2. Sham-boo!, 3. A rubber band,

Crossword Solutions
Across: 2. GWBush, 6. Jackson, 8. RHayes, 9. JMadison, 10. JBiden, 13. WTaft, 15. BHarrison, 16. JPolk, 17. DEisenhower, 20. UGrant, 21. GFord, 22. GCleveland, 23. ALincoln, 12. QVanburen
Down: 1. GBush, 3. WWilson, 4. HTruman, 5. BObama, 7. AJohnson, 10. JTyler, 11. GWashington, 12. RNixon, 14. TRoosevelt, 16. JKennedy, 18. RReagan, 19. MFillmore,

Brain Teaser Solutions
1. They are triplets

Anagrams Solutions
1. MOUNT SHUKSAN
2. NORTH FORK NOOKSACK
3. HANNEGAN’S PASS
4. PACIFIC CREST TRAIL
5. SNOWBOARDING
6. NATIONAL FOREST
7. HEATHER MEADOWS
8. RACE HORSE FALLS
9. MOSQUITO LAKE
10. WINCHESTER MOUNTAIN TRAIL
11. EXCELSIOR MINE
12. HELIOTROPE RIDGE
13. SKOOKUM CREEK
14. WHITEWATER RAFTING
15. STEEHEAD FISHING
16. CROSS COUNTRY SKIING