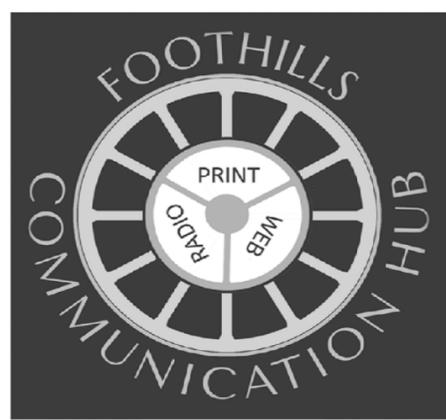


# The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



## Oh, Them Hills of Gold!

When you think about gold mining, California and Alaska probably come to mind right off, but how many of us have even heard of the Mt Baker gold rush? Both the California and Alaska gold rushes brought thousands of people across the country to test their luck at getting rich in those states, but as gold mining began to die down there, the Mt Baker gold rush here in the Foothills began to fire up. While the Mt Baker gold rush did not bring throngs of people west, provide the foundation for statehood, fund new enterprises or even come close to producing as much gold as California and Alaska, it did help settle the foothills around Mt Baker with people who were intrepid, hardworking and who helped shape the future of the Foothills and the rest of Whatcom County.

Today it might seem a romantic notion to gather a group of men, pack animals for carrying supplies, and kissing your family good bye, possibly forever as you follow the siren song of gold, but this is how thousands of men walked away from families, farms, businesses and more during the late 1800's and early 1900's seeking that ever-alluring "Mother Lode".

Here in the foothills and mountains surrounding Mt Baker, a mini-gold rush had men trekking between the last outpost of humanity in the lowlands and the high country above treeline. Bristling with thick forestation and the all-but impenetrable undergrowth of vine Maples, Devil's Club, blackberry bushes, and skunk cabbage, as well as bears, cougars and wolves, they hacked and stumbled their way following the dream of fortune. While conditions in Alaska were challenging and harsh, conditions here were equally daunting and hazardous. Forging ice cold, glacier-fed rivers and streams that frequently changed courses over the period of a year was extremely hazardous, particularly during flood seasons. The changing courses forced gold seekers to search for new places where rivers and streams could be crossed while demanding careful navigation over boulders and log jams. Without weather forecasts the men had to be prepared for torrential rains



Roy Gargett at the entrance to the Gold Run Mine, Western Libraries Archives & Special Collections show/807.

drenching all their clothing and gear which often could not be dried out for days at a time. And frost bite was a small consideration next to things like drowning in a river, getting hit by an avalanche and falling off a cliff. Every man had to be careful where he set each foot down because an injury requiring medical attention could stall and even halt the entire expedition. Since the 1850's, bits of gold found in streams in the Mt Baker Foothills had been tantalizing gold panners and inspiring prospectors to search for the "Mother Lode" on Mt Baker and the surrounding mountains. Many searched, but it was not until 1897 that three men, Jack Post, Russ Lambert, and Luman Van Valkenburg staked a claim calling it the Lone Jack Mine. While exploring on his own one day, Jack Post discovered the quartz vein everyone had been searching for and it was clearly carrying gold. The first assays from the Lone Jack mine astonished everyone when they came in at \$10,000 per ton and the "Mt "Mt Baker Gold Rush" was ignited. The towns of Keese and Hardan, now thousands of men tramping through on called Kendall and Maple Falls, saw their way to seek their fortunes in the

nearby mountains and soon small towns such as Shuksan, Excelsior and Glacier followed. The Mt Baker Mining District was formed and quickly took over the alpine meadows between Twin Lakes as a busy miner's camp. Each day miners loaded up the pack train of horses and mules and headed for the tree line above. Once above the trees, the terrain over scree, boulders and downed trees rendered pack animals useless so miners were forced to carry everything on their own backs.



Pack train in Shuksan preparing to head up to the Lone Jack mine. Western Libraries Archives & Special Collections

The pack trains carved rugged trails to the tree line, but further travel on foot created singular challenges in getting some of the necessary equipment to the staging areas of the mines. In 1900 it took human strength, horses and a steam donkey to haul a stamp mill from Glacier to Silesia Creek. The mountainous terrain, unpredictable and harsh weather slowed installation and work on the mine but finally in 1902 the first gold began emerging from the Lone Jack Mine. Soon a town began to rise nearby; a post office was established, stores moved in and cabins began to spring up, bringing not just miners, but also miner's families. The Lone Jack was producing a surprising amount of gold; early assays showed it at \$10,750 to the ton, an unbelievable fortune in a time when \$20 to the ton was worth working. To date the Lone Jack is the second largest gold producing mine in Washington. Even as the terrain and weather were taking a toll on the workings at the Lone Jack, the mine continued to produce enough gold despite a fire and two avalanches decimating the mill. The mine continued working under several different owners until a huge avalanche in 1924 reduced the workings to rubble and the mine was abandoned.

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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](mailto:info@foothillsinfo.com) or go to [foothillsinfo.com](http://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*.

To submit a post, an event, meeting or other activity relevant to Foothills residents, please go to our website at [foothillsinfo.com](http://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](mailto:info@foothillsinfo.com), or use the contact form on our website at [foothillsinfo.com](http://foothillsinfo.com).

Unlike the brain, the stomach alerts you when it's empty

~African proverb

## Helping Hands

Making Change in the Foothills

When a family with school age children is facing challenges which affect their student's ability to attend school regularly, study and succeed in the classroom, there is a special group of people who can help. Each school in the Mt Baker School District has on staff a Family Services Coordinator (FSC) who can help families and students through difficult times. From arranging transportation so students go to class on time, to helping families navigate the labyrinth of paper work to get different types of assistance, to advocating for students and their families, FSC's can make a significant difference in a student's academic success. The number of students who are dealing with life situations large and small that affect their attendance, grades and general welfare is growing and the FSC at each school is there to be a liaison between families, the schools, and programs and resources vital for the success and well-being of every student. Covering approximately 600 square miles, during the 2023-2024 school year, MBSD had about 1607 enrolled students, but that number fluctuates depending on a variety of factors including students who are unable to attend due to transportation problems, homelessness, family issues, and more. With homelessness increasing across the district, the challenges FSC's are faced with become more complex, but meeting those challenges head-on is what they do best.

Within the MBSD 52% of our students are low-income, which affects every aspect of their lives from having adequate nourishment, to having appropri-

ate clothing and supplies, how much stress they are suffering. The MBSD recorded the highest percentage of homeless (6.1%, or 92 families) in Whatcom County during the 2023-24 school year which has FSC's digging deep to help these kids not only remain in school, but to assist with other issues in their lives.

Quite often when in the middle of a crisis it can be difficult to know where to turn for help and how to deal with the bureaucracy involved. The FSC's are there to assist with filling out applications for housing and navigating the bureaucratic labyrinth; they reach into programs designed specifically for dealing with the needs of homeless populations to get them re-housed and on their feet again, in the process they work with the entire family, not just the student. FSC's are trained to spot impending problems with students as well as how to prevent and/or work to diminish problems. For example, when they see a student repeatedly missing school for non-medical reasons, they look for the root of the problem. Sometimes its transportation so the FSC will actually arrange transportation on a case by case basis. There are so many reasons a student might be missing the bus, from just not waking up in time, to resisting going to school altogether that the FSC will meet with the parents or person caring for the student to determine what the obstacle is. In one case it was a clothing issue; with the simple solution of getting the student new clothes which the FSC helped the family obtain, the student was no

longer embarrassed at school.

In an interview with Cynthia Flores, the FSC for Kendall Elementary School, and Nick Perigo, interim district superintendent, they explained the relationship between FSC's, families, students and resource providers and how the FSC's advocate for students and families to help them meet the challenges they are facing.

**Q:** Can you tell me what is the role of the FSC's in the schools?

**A:** Our primary objective is to find ways to overcome barriers students are facing in relation to their academic success. This often includes looking at the family or others surrounding the student to identify problems being experienced on that level that affect the students.

**Q:** What kinds of barriers are you seeing?

**A:** Boy, there are so many. But they range from small, simple to fix things to living situations, inadequate nutrition, health problems, all sorts of things that interfere with their ability to get to school on time, homelessness, lack of required school supplies...

*continued p.2.*



bugwalla



# Foothills Live



## Oh, Them Hills of Gold, cont

rise; a post office was established, stores moved in and cabins began to spring up bringing not just miners, but also miner's families. The mine was producing a surprising amount of gold; the Lone Jack assays ran it at \$10, 750 to the ton, an unbelievable fortune in a time when \$20 to the ton was worth working. To date it is the second largest gold producing mine in Washington. But the terrain and weather were taking a toll on the Lone Jack, but the mine continued to produce enough gold despite a fire and two avalanches decimating the mill. Under several ownerships until 1924 when a tremendous avalanche reduced the workings to rubble.

During the Mt Baker Gold Rush, several small towns sprang up including Shuksan, Excelsior, Glacier and Maple Falls. At first named Gold Hill, Shuksan became the end of the road for the Mt Baker Highway. As a supply base for the miners, as they departed with the diminishing gold returns, Shuksan also disappeared. Harsh weather, diminishing profits and the rugged mountain terrain eased the miners out as surely as the Mt Baker stands.

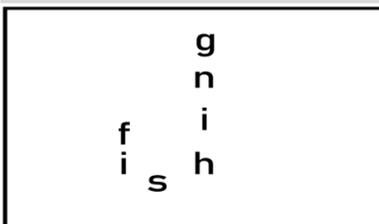
Among the towns that sprang up during the Mt Baker Gold Rush, Glacier and Maple Falls have persisted as small, tightly knit communities with unique histories. Now considered ghost towns, other mining communities like Shuksan and Excelsior have gone the way of the miners, but they persist as being instrumental in the settling of the Foothills area, in the families that have lineages here that are generations long, and in the sense of independence, do-it-yourself attitude of the regions inhabitants.

You can still see remnants of these mining towns and some of the mine workings. To find them, just google the Mt Baker Gold Rush, or the names of the towns or mines. Many of the mines are not safe for exploration due to cribbing and other structural features rotting or coming loose. Use extreme caution if you are going to go into one of the mines and be sure to wear a hard hat, carry a flashlight or wear a headlight. Make sure you let someone know where you are going and about what time you expect to get home. It is always good to explore with a buddy, but it is extremely ill-advised to take children into one of the mines.

Remember the Girl Scout motto: **Always be prepared!**

Explore safely everyone!

**REBUS #1** All rebus answers on back page.



## CALL FOR ARTICLES, PHOTOGRAPHS, STORIES, LOCAL DESTINATIONS & MORE

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in your 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 email the editor at [info@foothillsinfo.com](mailto:info@foothillsinfo.com) and we will send you our submission guidelines. All ideas are welcome, however submissions must be about and relevant to the Foothills communities. If your content is selected, you will get a byline, photo credit or other appropriate recognition.

**1. RIDDLE ME THIS:** Name three consecutive days without naming any of the seven days of the week.

## Helping Hands, cont

We can help when a family is struggling with basic needs at home. We partner with local churches and businesses to get support for basic needs like beds or large appliances like stoves and refrigerators, things that families really need. We try to bridge the gap between home life and school life to make sure a student's home life helps support their success at school. We also help them with coordinated entry into the system. It can be difficult to navigate the paperwork and bureaucracy involved in getting help so our FSC's are trained to help families access the resources they need.

**Q:** So, who do you partner with?  
**A:** Oh, there are so many places from the state level to grass roots organizations like Columbia Valley Community Connections and the Foothills Community Alliance. Most of the local churches are extremely helpful in providing for basic living needs like beds, large appliances like stoves and refrigerators, but also for school supplies... paper, backpacks, etc.

We take pride in being a rural district but we know that a school is more than just reading, writing, math; that for a student to succeed at those things, their needs must be met in other areas of their lives. Many of our families don't have easy, or even local access to many of the services they need.

**Q:** Can you tell me about other partners you work with?

**A:** We partner with the Foothills Food Bank for the spring and winter Pantry program which helps provide nutritious food for students. We also are fortunate to partner with Wild Bird, a nonprofit that relies solely on donations from businesses and grants from foundations to provide 2 breakfasts, 2 lunches, 2 dinners, and several snacks to students we identify as in need. Each Friday Wild Bird distributes a bag of meals to each student to take home. With food prices rising so much, more students need Wild Bird's help than ever.



Volunteers at Wild Bird preparing meals for students.

**Q:** What are some of the issues that need the most attention?

**A:** Attendance is a big problem since the pandemic. Attitudes toward in-class learning have changed and it is reflected in the number of students with poor attendance. Parents are still concerned about exposure to illnesses. Homeless students have difficulty. We also have a dental van from Unity Care that comes to each school bringing the services right to the students. Unity Care NW's Mobile Dental Program offers preventive dental services to students across Whatcom County, including dental exams, sealants, fluoride, and oral health education. Last year, the program served 1,530 students at 50 schools and 19 daycare centers. They go to each elementary school as well as the junior and senior high schools. Kendall elementary school had 86 students participate in the dental care program by bringing care directly to the students. The program also gives students an opportunity to do a "day at the dentist". The van does screening for dental problems and anything that can't be done in the van, the FSC gets parental permission to take their student out of classes so they can have procedures like fillings done in the clinic.

**Q:** What other kinds of services do you assist with?

**A:** Our FSC's can provide referrals to mental health counseling and other outside healthcare options. Know that a student in crisis is at much higher risk for substance abuse, violent behavior, or suicide so we can advocate for the student to be seen as quickly as possible. Getting professional help quickly

is one of the keys to averting many of these problems.

**Q:** What are some of the issues that need the most attention?

**A:** Attendance is a big problem since the pandemic. Attitudes toward in-class learning have changed and it is reflected in the number of students with poor attendance. Parents are still concerned about exposure to illnesses, but homeless students have difficulty attending school regularly as well.

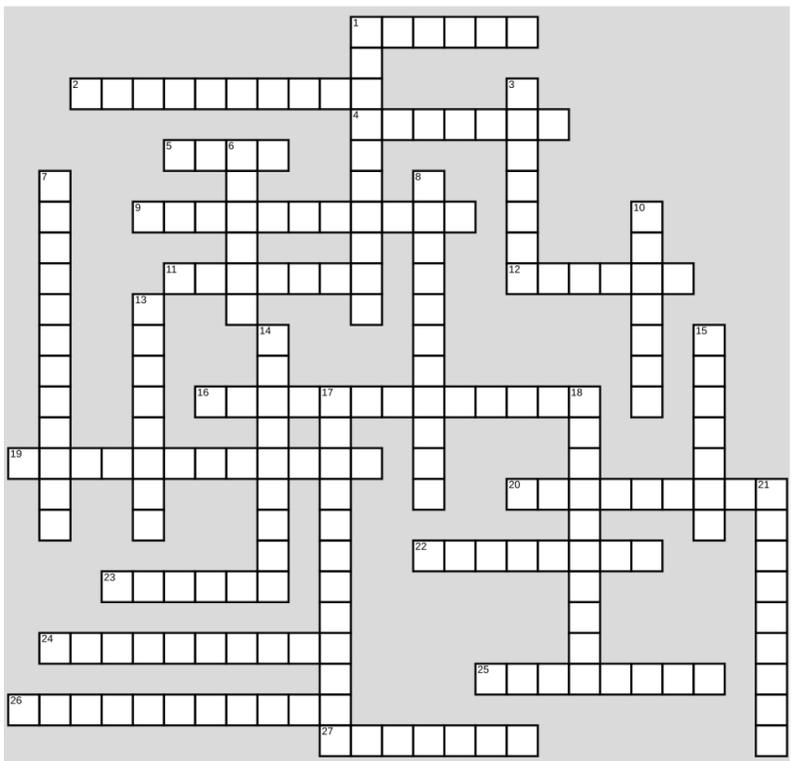


Often their obstacles are related to lack of transportation, not having regular times for going to bed and waking, but also the stress they undergo from simply not having a safe, consistent home. The McKinney-Vento program, a federal program dedicated to removing barriers to attending school for homeless children, is active in making sure homeless students can attend school by diminishing and eliminating barriers for the students and their families. They help with fees, fines and other expenses related to school activities, and help reduce the isolation and instability of homelessness by seeking solutions to provide more stability for students.

**2. Riddle Me This:** What English word has the same pronunciation even after you remove four of its five letters?

## Famous Brand Names Crossword Puzzle

Some of the answers contain more than one word. Answers on back page.



### Across

- Making it fresh
- Name that bologna
- I will never grow up
- Are you going to "just do it"?
- Hot pink relief
- She does
- Footlong fresh
- So-ooo good, so-ooo good!
- What do you run on?
- Eat just ONE!
- Feel like you again
- Stop that spill!
- Driving small
- What's the "real thing"?

**3. RIDDLE ME THIS:** You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?  
answers back page

**Q:** Are you seeing other needs that can be answered by those of us closer to home?

**A:** Yes! We need volunteers in our classrooms, on the playgrounds, in the libraries...Volunteers are at the heart of a district's education system. The grandfather who volunteers in the local elementary library doesn't just help children find books, he role-models good manners, helpfulness, problem-solving and generosity of spirit. The mother who helps out on the playground can expect a trouncing when she joins in a kickball game, but the kids love getting to play with trusted adults and will cheer her on.

Volunteers don't need any special qualifications, although they do have to have the appropriate background checks. You don't need to have an advanced education or any special skills or experience; the kids don't need that. They need kind, fun, generous-hearted people to hang out with, learn from and model. Each of our schools really need more volunteers, so if you have an hour to spare, come play hoops with the kids, or show them how the library system works. Come to the classroom and help out with activities there. Any help you want to offer is welcome.

For assistance from a Family Services

**Holidays Word Scramble:** CLUE: Think of the downsides of the holidays. Each consists of more than one word. Answers on back page.

- TEASTNMTAKBENS
- DSRINGISKMCEA
- YNTRKURTEBU
- CNNEUDULKR
- RAIDESRCDCT
- TGPHODSIPNPS
- ESLNGTAHDLGTI
- IAELNGUPNC
- OENSUWLFB
- GPPYLVMAUR

### Down

- What's pouring n your kitchen?
- Not a baby anymore
- Break it!
- Charlie says only the best
- Where kisses come from
- Applauding works
- Smellin' like a man
- Are feeling a little nutty?
- Sticks on
- Better not mess with this!
- Are you lifted and separated?
- The good neighbors

**4. RIDDLE ME THIS:** You measure my life in hours and I serve you by expiring. I'm quck when I'm thin and slow when I'm fat. The wind is my enemy. What am I?

# Local Interest



## SPECIAL EVENT!

**SAVE THE DATE: December 3 Important Community Meeting**  
Join us Tuesday, December 3 at 5:30 to 6:30 p.m. for a Community Meeting followed by a Community Meal from 6:30 to 7:30 p.m. at the East Whatcom Regional Resource Center, 8251 Kendall Road.

The Columbia Valley Community Connections (CVCC) group, highlighted in October's *Outlook*, has focused on bringing together community members and providers to work together for the betterment of our communities. Many projects have come to fruition since the CVCC began in 2015—Kendall Summerfest, as well as a closer working relationship with KVAZ, new non-profits like the Foothills Communication HUB and Foothills Community Alliance, and the list goes on!

Meanwhile, long standing groups like Kendall Watchdogs, the East Whatcom Community Council, Parent-Teacher Organizations, Friends of the Library, Columbia Valley Park And Recreation District, and others operate with important goals in mind for the area, as well.

With so many opportunities for improving the lives of East County residents, including being chosen as Washington State's first Rural Health Equity Zone (HEZ), the time is ripe to explore the best ways to engage local residents and create collaborations to take advantage of what's being offered. Knowing the purpose of each group can be confusing, which makes it difficult to participate in meaningful ways. This meeting is a chance to learn about all the great things that are going on in the community, the purpose of each group, how all this can benefit you, and how you and your family or neighbors can become involved.

We all say, "Somebody should do something about x, y or z", but the reality is that we are each somebody! And we have opportunities to create a stronger future for our neighborhoods and community. We have spent a lot of time identifying what we need and want. Now it is time to figure out the next steps for moving forward together.

This meeting will help clarify the variety of opportunities that exist in the East County area, share out the data collected by the State's Health Equity Zone meeting in June 2024, and get us talking about how we build resilience and sustainability into the community to advance the safety, health and connections needed for a better future.

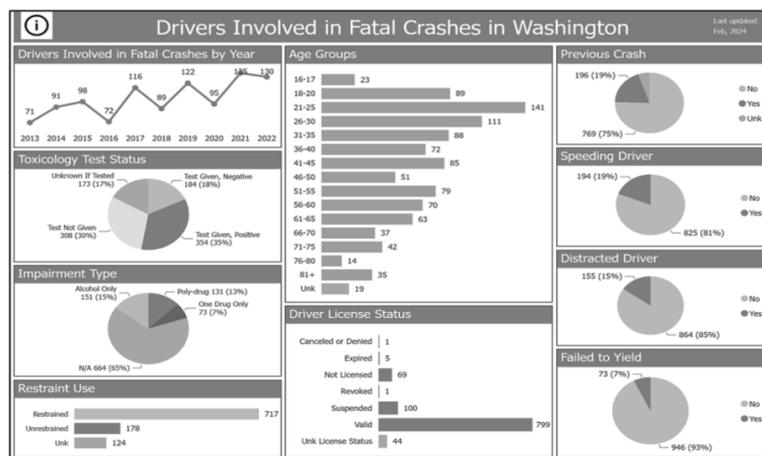
**All are invited! You're also invited to bring your favorite dessert for a dessert buffet.**

For more information, email Kristi.Slette@wfcn.org

## Target Zero: Strategic Highway Safety Plan:

Target Zero is a plan with the goal to reduce the number of traffic deaths and serious injuries on Washington's roadways to zero by the year 2030. It also serves as the state's Strategic Highway Safety Plan.

Winter weather and the holidays are upon us and both are major factors in the number of distracted drivers on the roads at this time of year. Holiday parties are merry, but unless you have a designated driver, they can result in tragedy. And while most people enjoy seeing the snow fly, it makes for dangerous road conditions. Add to that the distractions of cell phones, being a little tipsy, and the sheer stress of the season, and you may have the ingredients for a car crash. With these things in mind, the Holiday Hero's event put on by the Mt Baker Community Coalition on November 20th inspired more investigation into the consequences of impaired and distracted driving. The website for the Target Zero program, Washington State's plan to improve road safety for all road users and reducing the number of traffic deaths and injuries to zero across Washington state, produced some eye-opening information.



One of the things that stuck out was how many families do not have conversations with young drivers about traffic safety. These types of conversations can be hard, but they are critical in educating your young driver about staying safe on the roads.

### Self Reported Behaviors for Whatcom, Skagit, Island Counties

These are the behaviors to which drivers have admitted.

#### Seat Belt Use

93% (Region 11) (statewide 90%) always wear a seat belt within a few miles of their home.

95% (93%) always wear a seat belt many miles away from their home.

84% (83%) always wear a seat belt in the back seat of a vehicle.

#### Driving Under the Influence

3.3% (4.9%) reported driving under the influence of alcohol at least once in the past 12 months.

3.9% (4.2%) reported driving under the influence of cannabis at least once in the past 12 months.

1.5% (1.5%) reported driving under the influence of alcohol and cannabis at least once in the past 12 months.

#### Speeding

67% (70%) reported exceeding the speed limit by 10 mph or more in the past 30 days. 18% (20%) reported doing so fairly often or regularly.

#### Distracted Driving

36% (34%) drove one or more times while holding and talking on phone in the past 30 days.

42% (41%) drove one or more times while reading or looking at cell phone in the past 30 days.

31% (32%) drove while manually typing or interacting with cell phone with their hands one or more times in the past 30 days.

61% (57%) said it was very easy to NEVER read or manually type on a cell phone while holding it and driving.

#### Family Rules

65% (64%) have a family rule about never using a cell phone while driving (23% said no; 3% said they don't know; 8% said they don't have a family).

#### Proactive Traffic Safety

23% (26%) asked someone in the past 30 days who was using their cell phone or distracted to focus on driving (19% said no, 58% said they were never in that situation).

61% (54%) believe people important to them would strongly approve of asking a driver using a cell phone to focus on driving.

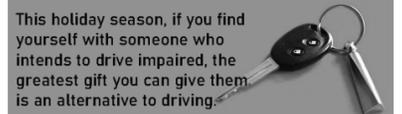
30% (30%) believe most people in their community would often or always ask a driver using a cell phone to focus on driving.

39% (37%) were extremely comfortable to ask a driver using a cell phone to focus on driving.

December 2, 2021 by DOUG DAHL

## We're All Part Of The Impaired Driving Solution

This week I'm turning things around a bit. Usually you ask the questions, but this time I'm going to do it. Or more accurately, I'm going to repeat a question that Washington Traffic Safety Commission asked: "What have you done to stop someone from driving drunk or high?" Folks responded, and their answers are worth sharing.



Maybe you've been in a situation where an impaired person intended to drive and you knew it was up to you to make sure they didn't. In that moment you might have felt like you were out there on your own. I hope that after you're done reading this you'll know that you're not. These stories (and actual research data) show that when you prevent impaired driving, you're part of a team that includes a lot of us. How many? A survey of Washington drivers found that 80 percent of people in a situation to intervene have taken action to stop someone from driving impaired. Here are a few of their stories.

There's the couple that would disconnect their mom's car battery when she was drinking because they know she'd try to drive. They also knew she'd be mad about it, but as the person wrote, "at least she's still alive and we can look back on those awful nights and laugh a little."

There's the woman who was hit by a drunk driver, and has made a commitment to be a designated driver or hold onto keys when friends are consuming.

There's the man who worked the nighttime shift at a bowling alley and encountered a clearly drunk person (described as "smelled like he fell into a beer vat") knocking on the door. The man held onto the impaired person's keys and let him sleep in his car in the parking lot until morning when he came in for coffee and breakfast.

There's the woman who has been doing the designated driver thing for so many years that it wasn't even a thing when she started.

There's the guy who called 911 when he saw a person stumbling toward their car and struggling to get in. The dispatcher had an officer on the way before the vehicle even started moving, and the driver was arrested for DUI two blocks later.

There's the man who wrote, "Someone is waiting for you at home." He then shared a video telling his personal story of how he was paralyzed after having a couple drinks and falling asleep at the wheel.

There was also someone who responded that if they see someone weaving on the road, they keep their distance because there isn't anything else they can do. Keeping your distance is a wise strategy, but I hope that these stories dispel the notion that there's nothing you can do.

Many of you could add to these examples. Intervention can look like a lot of things; being a designated driver, hanging on to someone's keys, calling 911, telling your own story of how impaired driving impacted your life, or giving someone a safe place to sleep it off. If, like the guy from the bowling alley, you let someone sleep it off in their car, make sure that their car is safely off the roadway and you hold onto the keys (like he did).

Impaired drivers make up a tiny fraction of drivers on our roads, but impairment was a factor in 60 percent of all traffic fatalities in Washington last year. This holiday season, if you find yourself with someone who intends to drive impaired, the greatest gift you can give them is an alternative to driving.

## REBUS #2



Murphy noticed Simon's christmas tree was still downloading from last year.

## TRIBONDS

answers on back page

① <b>Corner Tomb Sand</b>	② <b>Wire Battery Lightning</b>	③ <b>Sea Shoe Race</b>
④ <b>Cow Bar Door</b>	⑤ <b>Sandal Drift Dead</b>	⑥ <b>Comb Saw Tiger</b>
⑦ <b>Burrow Rake Mud</b>	⑧ <b>Garden Potato Greek</b>	⑨ <b>Plane Fairy Bird</b>
⑩ <b>Mine Macaroni Golf course</b>	⑪ <b>Crossbow Tennis racket Harp</b>	⑫ <b>Candy floss Peanut butter Duct tape</b>

# EVERYONE IS INVITED!

## Whether you live in Kendall, Columbia Valley, Glacier, South Fork, Deming or Maple Falls, JOIN US!

Over the past few years many of the residents of the Foothills region have participated in surveys about the needs of our isolated, rural communities. The surveys are filled out and we never hear anything more about them. This is changing due to the Foothills region being chosen as the first Health Equity Zone (HEZ), a Washington State initiative that is providing funding that will improve health equity for our communities through various programs and projects. The HEZ has compiled all the data from all the surveys into one document, and made it available to all of us. In it are all the things residents have listed as something that will improve health equity, food access, transportation, communications, parks and recreation, and much more.

The meeting on December 3, from 5.30-6.30pm is an opportunity for all residents of the Mt Baker school district to begin ranking how we want to allocate HEZ funds to improve the quality of life in the Foothills for every person living here.

All residents of Mt Baker school district are invited to this meeting; every voice counts!

The meeting will be followed at 6.30 by the monthly Community Meal hosted by Columbia Valley Community Connections (CVCC) and the HEZ.

Supervised child play area and Russian, Ukrainian and Spanish interpreters will be available.

### ЗАПРОШУЄМО ВАС!

3 грудня  
17:30–19:30

Регіональний ресурсний центр Східного Воткома  
8251 Kendall Rd

Приєднуйтеся до інших членів спільноти, щоб визначити пріоритети та обсяг фінансування майбутніх проєктів, орієнтованих на забезпечення рівноправного доступу до медичних послуг і підвищення якості життя в Колумбійській долині. Зустріч триватиме з 17:30 до 18:30, після чого відбудеться щомісячна спільна вечеря, спонсорована організаціями Columbia Valley Community Connections та Health Equity Zone.

Ви можете принести свій улюблений десерт для десертного шведського столу. Також буде діяти дитяча зона і працюватимуть перекладачі з української, російської та іспанської мов.

Кожен учасник зустрічі отримає подарункову картку Visa на 25 \$ за участь.

За додатковою інформацією звертайтеся до Крістини за адресою: HEZinfo360@gmail.com

### ВЫ ПРИГЛАШЕНЫ!

3 декабря  
с 17:30 до 19:30

Регіональний ресурсний центр Восточного Уоткома  
8251 Kendall Rd

Присоединяйтесь к другим участникам сообщества на встрече, направленной на определение приоритетов для будущих проектов и финансирования. Это поможет повысить равенство в сфере здравоохранения и качество жизни в Долине Коламбия.

Встреча пройдет с 17:30 до 18:30. Сразу после неё вас ждет ежемесячный ужин Community Meal, организованный Columbia Valley Community Connections и Health Equity Zone.

Вы можете принести свой любимый десерт для сладкого стола.

В вашем распоряжении будет детская зона и переводчики на украинский, русский и испанский языки.

Каждый участник встречи получит подарочную карту Visa на сумму 25 \$. Для получения дополнительной информации свяжитесь с Кристиной по адресу: HEZinfo360@gmail.com

### YOU'RE INVITED!

Dec 3 5.30-7.30pm

East Whatcom Regional Resource Center

8251 Kendall Rd

Join other community members to rank priorities for future projects and funding that will help improve health equity and quality of life in Columbia Valley.

The meeting will run from 5.30-6.30 and will be followed by the monthly Community Meal which is being hosted by Columbia Valley Community Connections and the Health Equity Zone. You are welcome to bring your favorite dessert for the dessert buffet.

Supervised child area and Ukrainian, Russian and Spanish interpreters will be available.

Each meeting attendee will receive a \$25 Visa gift card for participating.

For more information, contact Kristina at HEZinfo360@gmail.com

### ¡HAY UNA INVITACIÓN PARA TI!

3 de diciembre  
De 17:30 a 19:30

East Whatcom Regional Resource Center  
8251 Kendall Rd

Únete a otros miembros de la comunidad para clasificar las prioridades de futuros proyectos y la financiación que ayudarán a mejorar la equidad sanitaria y la calidad de vida en Columbia Valley.

La reunión tendrá lugar desde las 17:30 hasta las 18:30, seguida por la comida comunitaria mensual que organizan Columbia Valley Community Connections y Health Equity Zone.

Puedes traer tu postre favorito para el bufé de postres.

Habrà una zona infantil supervisada e intérpretes de ucraniano, ruso y español.

Cada asistente de la reunión recibirá una tarjeta regalo Visa de 25 \$ por participar.

Para obtener más información, ponte en contacto con Kristina a través de:

HEZinfo360@gmail.com

### Happy Holidays Word Scramble

All words relate to the winter holiday season. Some scrambles consist of more than one word. Answers on back page.

1. AKEBMATNESTTN
2. ARDSCIDTCRE
3. PGNOSPPDHSTI
4. KENLRUUNDCS
5. UETUNTRRYBK
6. ESKNARGSIDDIM
7. ZADZLNIRBOBU
8. HTGGIGEODGLN
9. LAYGYMVUPR
10. EEIOTFCPSFAR

Forget pumpkin pie? You bet! Replace it with sweet potato pie for a richer and creamier filling, and a taste that can't be beat!

#### Sweet Potato Pie

Makes 8 servings Time: 1 hour 15 minutes cooking

Yield:

2 1/2 pounds orange-fleshed sweet potatoes (yams), which equals about 5 medium. Scrub but don't peel.

1/2 cup (1 stick) unsalted melted butter

1 cup granulated sugar (for a richer flavor substitute half the sugar with brown sugar)

1/2 cup evaporated milk

2 large eggs

1 teaspoon nutmeg

1 teaspoon cinnamon

1 teaspoon mace

1/4 teaspoon salt

Instructions

1. Preheat oven to 400F

2. Scrub sweet potatoes to remove any dirt and dry.

3. Pierce each potato all over with a fork to vent steam. Line a baking tray with parchment paper or foil and arrange the sweet potatoes on it so they don't touch. Roast at 400F for 45-60 minutes, or until easily pierced with a knife. Let the potatoes cool until you can handle them comfortably.

4. Remove the skins (they'll slip right off) and put the potatoes in a large bowl. You can mash them by hand or use your mixer (hand or stand, it doesn't matter) to mash them well. You should have about 2 cups of mashed potatoes.

5. Once mashed, on low speed beat in the melted butter, sugar, evaporated milk, eggs and spices just until the sugar is dissolved. Spread the filling evenly in the pie shell and place on a lined baking sheet.

6. Bake for 15 minutes. Reduce the oven temperature to 350°F. Continue baking until the filling is set and doesn't jiggle when the pie is gently shaken, about 30 minutes more. Transfer the pie to a wire rack and let cool completely. Let stand at room temperature for 1 hour before serving. Or, cover with plastic wrap and refrigerated for up to 1 day.

### REBUS #3

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# Foothills Resources & Organizations



## 988 SUICIDE & CRISIS LIFELINE

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

## 2-1-1

211 helps connect you to community resources statewide.

## imhurting CRISIS CHAT

24/7 Crisis line

800-584-3578



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 12pm 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 [contact@foothillsfoodbank.org](mailto:contact@foothillsfoodbank.org) if you have any questions or would like to get signed up. 360-392-8149



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](mailto:services@bridge2services.com) Text: 813-957-4935 <https://ferndalecs.org/bridge-2-services/>



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](http://CHFHealthEquityZone.org). [HEZInfo360@gmail.com](mailto:HEZInfo360@gmail.com) 360.222.7031

## REBUS #5



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 <https://www.washingtonconnection.org/home/>



The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. 3rd Thursday of each month at EWRRRC <https://www.namiwhatcom.org> (360) 671-4950



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@wcvwd13.com](mailto:admin@wcvwd13.com) 532 Sprague Valley Drive, Maple Falls



The Mount Baker Community Coalition (MBCC) aims to reduce youth substance use and promote youth mental wellbeing throughout East Whatcom County. This August we completed our fourth year of the Summer Youth Prevention Fellowship: Learn, Serve, and Earn, that provides high school students with a stipend for participating in community service, learning, and recreational activities. Seven youth, ages 14-18, convened for two weeks to learn about positive goal setting and confronting peer pressure; performed community service through the Deming Library and local parks; as well as participated in a variety of fun, team-building, activities including climbing the YMCA rock wall, visiting the Neko Cat Café, and painting lanterns at CreatiTea. Thank you to our youth fellows for bringing your full selves to this experience! We look forward to connecting with you more as the school year gets under way through the One Baker Voice Prevention Club. If you have questions about MBCC or One Baker Voice, please contact Allison Ormsby at [obv@wfcfn.org](mailto:obv@wfcfn.org).



**Ask-a Nurse Clinics**  
Our volunteer nurses in the Ask-a-Nurse program provide blood pressure checks, A1C screenings, health counsel, referral and telehealth, as well as limited screening at the [\[http://foothills%20food%20bank/\]](http://foothills%20food%20bank/) Foothills Food Bank to support older adults and families residing in and around Mt. Baker School District #507 on the second and fourth Tuesdays of every month. On the fourth Tuesday of the month, the "Ask a Nurse" program is augmented by community partners, to include the [Whatcom Family YMCA](#), [Mt. Baker Foundation](#), [NAMI of Whatcom County](#), and [Dementia Support Northwest](#). We are at the Foothills Food Bank, 8255 Kendall Rd, Maple Falls, the 2nd and 4th Tuesdays of every month from 8-11.00am. For more information, contact HMN at [director@healthministriesnetwork.org](mailto:director@healthministriesnetwork.org).



The purpose of Columbia Valley Community Connections is to provide a welcoming place where we can gather and connect community members with resource providers to build a strong community. Our shared commitment is to support communication and local leadership. We work together to turn vision into reality, provide solutions to challenges, promote imaginative and inclusive activities and create a more engaged, resilient community for all. [kristi.slette@wfcfn.org](mailto:kristi.slette@wfcfn.org)



8251 Kendall Rd, Maple Falls (360) 599-3944 [ewrrc-allstaff@oppco.org](mailto:ewrrc-allstaff@oppco.org) <https://www.oppco.org/ewrrc/>



**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](mailto: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

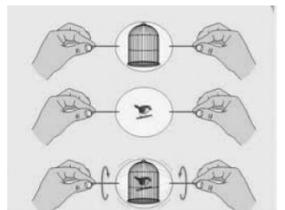
## REBUS #4

All rebus answers on back page



## RAINY DAY PROJECT! Thaumatrope

Thaumatrope are a combination of science and art that kids love. All you need are paper to draw on, string and scotch tape. Copy/paste this url into your browser to see how it's done: <https://www.magicboxproductions.org/news/2020/5/29/thaumatrope-with-magic->



## Holiday Magic Word Scramble

- |                |            |            |
|----------------|------------|------------|
| 1. TNERPSES    | 2. ISOBNRB | 3. EOOICKS |
| 4. NACDY CEASN | 5. SEEVL   | 6. HGSLIE  |
| 7. DPORULH     | 8. TASAN   |            |

## Kids Word Search

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

## Word Search List

- chocolate
- banana
- bubblegum
- peach
- vanilla
- strawberry
- oreo
- chocolate chip
- mint
- cottoncandy
- rockyroad
- mooset racks
- caramel
- cookiesncream
- butterscotch
- coconut

**RIDDLE:** If you drop me, I'm sure to crack, but smile at me and I'll smile back. What am I?

## Knock Knock:

**Who's there?**  
**Ears.**  
**Ears who?**  
'Ears another knock knock joke for ya!

## Knock Knock:

**Who's there?**  
**Cows go.**  
**Cows go who?**  
No, silly! Cows go, "Moo!"



# Foothills Resources & Organizations



**North Fork Library**  
Contact: Mariya Farmagey  
[mariya.farmagey@wcls.org](mailto:mariya.farmagey@wcls.org)  
wcls.org  
[Facebook](#)  
360 599 2020

**North Fork--Let's Write Together Dec 3 6.30-7.30**

We will focus on writing goals, dialogue, characterization, world building, writing with all of our senses, and sentence craft. This is not a critique class. It is a generative workshop, meaning we are brainstorming and crafting. Prompts and ideas will be provided. Writers of Fiction, Non-fiction essays, and memoirs welcome. Please bring a notebook and pen. This is a PG class. Weekly on Tuesdays, ends December 17th.

Luca Williams is a Panamanian American author with an MFA in Creative Writing from Goddard College. She is currently working on her third book, a novel, "Box of Rocks From Panama."

There is room for 6-8

**North Fork--Let's Make Presents Dec 5 3.45-4.45**

We'll have all the supplies and ideas you'll need to craft beautiful, meaningful gifts for the loved ones in your life.

**North Fork--Art + Audio Dec 17 @ 4:00 PM - 5:00 PM**

This program mixes our two favorite things - doing art and listening to audiobooks! Decompress from your day as you draw, doodle or paint while listening to a great story read by some of the world's best audiobook readers. We will share a few ideas for destress doodling and provide all art supplies. 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.

**Deming Library**

[katrina.carabba@wcls.org](mailto:katrina.carabba@wcls.org)  
5044 Mt Baker Hwy, Deming, WA  
360 592-2422

**Deming--Exploring Indigenous Cinema with Kanopy Dec 5 6.30-8pm**

Deming Library hosts a viewing and discussion of Growing Native Northwest: Coast Salish

From totem poles to language revitalization and traditional agriculture, Host Chris Eyre (Cheyenne Arapaho) discovers the resilience of the Coast Salish Tribes of the Pacific Northwest. Travel down historic waterways as the tribe revisits their ancient connection to the water with an annual canoe journey. Experience both traditional and contemporary arts and meet the tribal members that are bringing Camas, a traditional root, back to harvest.

**Deming--Let's Make Presents Dec 14 10.30-11.30**

We'll have all the supplies and ideas you'll need to craft beautiful, meaningful gifts for the loved ones in your life.

**REBUS #6**

*Love sight  
sight  
sight*



Only 15 minutes in the store and I'm a wreck!



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](http://www.foothillscommunityalliance.com) or reach out via email at: [info@foothillscommunityalliance.com](mailto: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](http://www.foothillsinfo.com). [info@foothillscommunityalliance.com](mailto:info@foothillscommunityalliance.com) 360-410-9114



The Mt. Baker Chamber of Commerce was formed in 1982 to support businesses and build community in the East Whatcom region of Whatcom County in Washington State. Membership is offered to businesses, as well as residents, interested in supporting local businesses and Chamber projects. In acknowledgement of the many amazing people in our community that are members or allies of the LGBTQ+ community, AND to actively resist bigotry, hate and the marginalization of any member of our community we want to make it clear that: We believe, Black Lives Matter, No Human is Illegal, Love is Love, Women's Rights are Human Rights, Science is Real, and that Injustice Anywhere is a Threat to Justice Everywhere.

The Mt. Baker Visitor Center in the Maple Falls Town Hall is open daily from 10 am to 4 pm, 7509 Mt. Baker Hwy., in Maple Falls. Staff and Volunteers are on hand to answer questions and provide suggestions to travelers and locals alike. Some business support services are available including printing, laminating, and notary. Stop by, Rebecca and Sonya will be happy to see you!

Each spring and fall the Chamber organizes a team of volunteers to clean up litter along Mt. Baker Hwy. Volunteers are needed and appreciated! Click here to contact Sonya. Produced in the Mt. Baker Visitor Center, the Mt. Baker Local Resource Guide is our local directory of businesses in the East Whatcom region. It features members of the Chamber alongside other notable local businesses and community resources.

The Chamber Board of Directors meets once per month on the second Tuesday at 6 o'clock in the Maple Falls Town Hall. Members and visitors are welcome, please contact Rebecca if you'd like to make a presentation. 360-599-1518 [mtbakervisitorcenter@gmail.com](mailto:mtbakervisitorcenter@gmail.com)



**Holiday Habits--For Healthy Futures**

Healthy families have fun together. Holidays welcome opportunity for fun, healthy rituals and habits. As you plan for winter celebrations consider how to add fun, playfulness, simplicity, and a healthy level of ease to your gatherings. Holidays can usher in challenges in many forms. They can be stressful. Think back to past holidays. Consider what would make a better experience for those you love and gather with this year? Set one or two winnable goals. Consider increasing time together--really being together playing games, going for a walk, or sharing conversation. How can you ever so slightly decrease stressful activities like travel, cooking, cleaning, and shopping? Holiday habits like drinking alcohol can add relational dynamics that cause can turn a celebration into a disappointment. Consider how to minimize your children's exposures to substances and to holiday drinking and driving during the upcoming holiday season. Identify healthy habits that will set them up for a lifetime of happy memories, keep them safe, healthy and connected!

**Employment Opportunities in East County!**

WE ARE HIRING -- Be part of the change for our community!

To read the job description, and apply please visit <https://wfcn.org/apply-mbcc/>

Whatcom Family & Community Network loves to serve kids, families and community of the Mount Baker School District! We have a couple opportunities well suited for people living locally to help make your community better. If you a natural connector, want to see East Whatcom County thrive and grow opportunities for children, teens and families--check out the positions available. Share with people you know care about kids, like people, and raise hope!

**Youth & Adult Board of Directors Positions!**

WFCN has two open seats for individuals between 14 and 18 to serve as directors of our board.

There are three open seats for adults to serve as well.

For youth, these are leadership development positions and can be helpful for scholarship, college, work and other types of applications. These are great for young people who want to explore the fields of business, social services, political science and finance.

All directors are volunteers who serve approximately 8 hours per month by attending meetings and engaging in the work of the organization. Candidates do not need experience, just interest to invest in our mission to "promote the well-being of children, youth, and families by convening and supporting communities to build their capacity." You can learn more about us at [www.wfcn.org](http://www.wfcn.org)

If you are interested to apply, contact [Kristi.Slette@wfcn.org](mailto:Kristi.Slette@wfcn.org)



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.

The Neighborhood Watch Dogs need volunteers like you to help with our Community Clean Up Events. Clean Ups are scheduled for the following dates and meet up locations from 10am -12pm. All are encouraged to join us!

Saturday November 23rd Meet up at the EWRRRC @ 10am  
Saturday December 7th Meet up at the EWRRRC @ 10am  
Saturday December 21st Meet up at the NCCTK @ 10am  
All gear will be provided. [nwmaplefalls@gmail.com](mailto:nwmaplefalls@gmail.com) 360-933-1620 <https://www.facebook.com/groups/718686472042194>



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@wcfed14.org](mailto:info@wcfed14.org)  
<https://wcfed14.org>  
7528 Kendall Road, Maple Falls



Whether you're caring for someone with diabetes, navigating your health, newly diagnosed, or looking to deepen your understanding of diabetes, it's never too late to benefit from diabetes self-management education and support (DSMES) services.

American Diabetes Association "Ask the Experts" series is designed to help people with diabetes or other health conditions tackle commonly faced issues, provides a space where people can ask questions of our experts and hear from others with similar experiences Get your questions answered and learn about diabetes care and education programs. All live events will be held at 11 a.m. PST unless otherwise noted.

Come prepared with your questions and get answers from diabetes experts, or simply listen in to the conversation. There is a library of resources (videos ) in English and Spanish to help your management of Diabetes and Diabetes Click the link below to register for a live event or explore the Ask the Experts videos and other resources. [www.diabetes.org/experts](http://www.diabetes.org/experts)

**REBUS #7**



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](http://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](mailto: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](mailto:info@kavz.org)



# Foothills Resources & Organizations



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/>



### 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>

### 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.

### Are you eligible for free home weatherization?

Check it out at PSE: [https://www.pse.com/rebates/insulation?utm\\_source=google&utm\\_medium=pc&utm\\_campaign=rem-wx-e&sc\\_campaign=D919B664C064490784988653CB82AEE3&gad\\_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoc7VcQAvD\\_BwE](https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=pc&utm_campaign=rem-wx-e&sc_campaign=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoc7VcQAvD_BwE)

### ENERGY.GOV

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](https://www.energy.gov/save)/Save today to learn more and start saving!

<https://www.energy.gov/save>



### 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](mailto:volunteer@southforkvalley.org).

### The Van Zandt History Project

Did you know there was an award-winning, 160-acre apple orchard in Van Zandt featuring 50 varieties of apples imported from Germany? 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](mailto:history@southforkvalley.org) or call 360-393-9583.

### Renovation News

Design and build phases are now in the hands of Whatcom County Parks and Recreation, while the SFVCA focuses on collecting Hall/Van Zandt historical information, photos and artifacts, and on local fundraising. Additional funds are needed for a heat pump/air filtration system that will allow the Hall to serve as a cooling station and smoke refuge, and for a backup generator. To make a donation, please visit the [SFVCA website](https://www.sfvca.org). And if you have historical information to share, please email [history@southforkvalley.org](mailto:history@southforkvalley.org).

The South Fork Valley Community Association (SFVCA) is a small but mighty 501(c)3 nonprofit dedicated to building community in the Nooksack River's South Fork Valley and the Mt Baker Foothills. The Association manages, maintains and improves the Van Zandt Community Hall, and hosts a wide variety of community events and programs. In addition, the SFVCA distributes a monthly email newsletter, the South Fork Scoop, and provides a home for our beloved community radio station, KAVZ-LP 102.5 FM, your "Voice of the Valley." The **SFVCA Board of Directors** meets monthly on the first Wednesday of every month at the Van Zandt Community Hall. All are welcome. Our physical address is 4106 Valley Hwy, & our mailing is PO BOX 794, in Deming, WA, 98244. Reach out by phone [360-230-8176](tel:360-230-8176) or by email at [info@southforkvalley.org](mailto:info@southforkvalley.org)  
<https://www.southforkvalley.org>



We offer a warm welcoming space to get connected to community and services which include: meeting space, notary, copies, utility assistance, DSHS, housing help, employment help, bus passes, and more. Weekly activities include: Kendall Senior Center on Wednesdays 1-4PM, Diabetes Support Group Thursdays 4-6PM, and Community Coffee and Tea Tuesdays 8-11AM. We are open Monday, Tuesday, Wednesday & Friday 9AM-12noon and 1-4PM as well as on Thursdays 12noon-7PM for evening hours.  
360-599-3944  
[oppco.org/ewrrc](http://oppco.org/ewrrc)  
[facebook.com/ewrrc](https://www.facebook.com/ewrrc)



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>

Silly me.

All this time I thought it was the dryer shrinking my clothes.

Turns out it was the refrigerator all along!



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](mailto: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/>



Lifeline Connections is a community-based behavioral health organization that specializes in providing confidential and compassionate care to individuals who experience a substance use and/or mental health condition.

Dial or Text 988 for the Suicide & Crisis Lifeline, if you or a family member is experiencing a mental health crisis. The Lifeline is available for everyone, is free, and confidential.  
[info@lifelineconnections.org](mailto:info@lifelineconnections.org)  
(800) 604-0025  
<https://lifelineconnections.org>



North Sound Accountable Community of Health (North Sound ACH) exists to create a just and inclusive culture and the necessary conditions for all community members to thrive.  
[team@northsoundach.org](mailto:team@northsoundach.org)  
(360) 543-8858  
<https://northsoundach.org>



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](mailto:chore@whatcomvolunteer.org)



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



Find a Meeting: <https://nwscna.org/meetings/>  
360-647-3234  
[Webservant@nwscna.org](mailto:Webservant@nwscna.org)

### REBUS #8



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. (360) 715-0170  
[admin@arcwhatcom.org](mailto:admin@arcwhatcom.org)  
<https://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  
<https://nwrwa.org>



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](mailto: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](https://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>



Columbia Valley Park and Recreation District is on the general election ballot under Proposition 2024-23 which calls for a 6-year levy. This levy would fund the purchase of park properties within the Columbia Valley UGA, one of which would be a walk of 10 minutes or less from your front door.

Help improve the quality of life for yourself, your family and the entire community by VOTING YES ON PROP 2024-23! Everyone is welcome at our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3.  
[cvparksandrec@gmail.com](mailto:cvparksandrec@gmail.com)  
cv-prd.org

# Additional Resources & Organizations



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



**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



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  
https://whatcomskagithousing.com

## Rebus #9

cat



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

https://whatcomcoa.org/meals-on-wheels/



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  
https://www.dementiasupportnw.org

## seniorresources

A guide to services and resources for seniors in Whatcom County

360.344.3333  
guide@olypen.com  
https://nwseniors.com/whatcom-



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  
https://www.va.gov

3800 Byron Av, Suite 124, Bellingham,

## Medicare.gov

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

https://whatcomcoa.org/contact-us/



## 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=8e7e2fd0641f4f1e90bbaa36a0

## REBUS #10

The w<sup>KING</sup>oods



Whatcom Human Rights Task Force  
Northwest Immigrant Rights Project

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  
http://www.nwirp.org/



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/



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  
www.nwirp.org



## 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/english-language-learner



## 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

## Rebus #11

SAND

# Additional Resources & Organizations



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  
shevaun.malone@usw.salvationarmy.org  
<https://bellingham.salvationarmy.org>  
2912 Northwest Ave., Bellingham



The Red Cross is a registered 501(c)(3) nonprofit 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](mailto:info@lawadvocates.org) <https://lawadvocates.org> 1407 Commercial Street Bellingham,



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 <https://nwjustice.org>



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](mailto:info@cfi-wa.org) <https://www.cfi-wa.org>

## REBUS #12



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-medical-bellingham.html>



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](mailto: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@oppco.org](mailto:seas@oppco.org) <https://www.seaswhatcom.org>



**SEPTIC SYSTEM EVALUATION REBATES**  
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](http://whatcomcounty.us/septicrebate), or call: 360.778.6267.



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](mailto:info@thetrevorproject.org) <https://www.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](mailto: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,

## SUDOKU

Fill in the puzzle so every row across, every column down and every 3x3 box contains the numbers 1-9. **Clues:** 1. Seek a 2 in the center block, 2. Finish center block, 3. Search for 2's everywhere answers on back page

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



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 <https://www.worksourcewa.com>



**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-education/>



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](mailto:customerservice@ridewta.com) <https://www.ridewta.com>



Providing vocational rehabilitation services for disabled and displaced workers. (360) 812-6610 [DVRBellinghamReferral@dshs.wa.gov](mailto:DVRBellinghamReferral@dshs.wa.gov) <https://www.dshs.wa.gov/location/dshs-dvr-bellingham> 4101 Meridian St Bellingham,



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

# Foothills Community Calendar

For more information about each event, go to [foothillsinfo.com](http://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 December 2024 Calendar of Events

"In seed time learn, in harvest teach, in winter enjoy." — William Blake

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b>	<b>3</b> 10:30 AM - 11:00 AM Story Time at North Fork Library  5:00 PM - 6:00 PM Neighborhood Watch Dogs  5:30 PM - 7:30 PM CVCC/HEZ Community Meeting & Meal  + 1 More	<b>4</b>	<b>5</b> 3:45 PM - 4:45 PM North Fork Let's Make Presents  4:00 PM - 7:00 PM Foothills Food Bank Distribution  6:30 PM - 8:00 PM Exploring Indigenous Cinema with Kanopy  + 1 More	<b>6</b> 5:00 PM - 7:00 PM Dungeons & Dragons	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b> 8:00 AM - 11:30 AM Ask-a-Nurse Clinic  10:30 AM - 11:00 AM Story Time at North Fork Library	<b>11</b> 5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting	<b>12</b> 4:00 PM - 7:00 PM Foothills Food Bank Distribution  6:30 PM - 7:30 PM CVPRD Open Meeting	<b>13</b> 5:00 PM - 7:00 PM Dungeons & Dragons	<b>14</b> 10:30 AM - 11:30 AM Let's Make Presents  10:30 AM - 11:30 AM Deming Let's Make Presents
<b>15</b>	<b>16</b>	<b>17</b> 8:00 AM - 5:00 PM Let's Write Together  10:30 AM - 11:00 AM Story Time at North Fork Library  4:00 PM - 5:00 PM North Fork Art + Audio	<b>18</b>	<b>19</b> 4:00 PM - 7:00 PM Foothills Food Bank Distribution	<b>20</b> 10:00 AM - 11:00 AM Mobile Food Pantry Distribution  5:00 PM - 7:00 PM Dungeons & Dragons	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> 8:00 AM - 11:30 AM Ask-a-Nurse Clinic  10:30 AM - 11:00 AM Story Time at North Fork Library	<b>25</b>	<b>26</b> 4:00 PM - 7:00 PM Foothills Food Bank Distribution  6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	<b>27</b> 5:00 PM - 7:00 PM Dungeons & Dragons	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> 10:30 AM - 11:00 AM Story Time at North Fork Library	<b>1</b>	<b>2</b> 4:00 PM - 7:00 PM Foothills Food Bank Distribution	<b>3</b> 5:00 PM - 7:00 PM Dungeons & Dragons	<b>4</b>

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

**Rebus answers:** 1. Fishing hook, 2. Farm animal/Animal farm, 3. Touchdown, 4. Honeybee, 5. Cornerstone, 6. Love at first sight, 7. Freeze over, 8. Caveman/Mancave 9. Catwalk, 10. Hiking in the woods (High king), 11. Sandbox, 12. Lovebirds

**Tribonds Answers**

1. Kinds of stones, 2. All related to electricity, 3. Add the word "horse" to them, 4. Kinds of bells, 5. Kinds of wood, 6. They all have teeth, 7. Things related to dirt, 8. Kinds of salads, 9. All have wings, 10. All have holes, 11. All have strings, 12. All are sticky

**Kid's Corner Riddle answer: A mirror**

**Kid's Word Scramble Solutions**

1. Presents, 2. Ribbons, 3. Cookies, 4. Candy canes, 5. Elves 6. Sleigh, 7. Rudolph, 8. Santa

**Crossword Solution**

**Across**

1. Mentos
2. Oscar Mayer
4. ToysRUs
5. Nike
9. Pepto Bismal
11. Clairol
12. Subway
16. Campbells soup
19. Dunkin Donuts
20. Lays chips
22. Snickers
23. Bounty
24. Volkswagen
25. Coca Cola
26. Ace Hardware
27. Red Bull

**Down**

1. Morton Salt
3. Huggies
6. Kitkat
7. Starkist Tuna
8. Kay Jewelers
10. Clapper
13. Old Spice
14. Almond Joy
15. Bandida
17. Butterfinger
18. Playtex bra
21. State Farm

**Riddle Me This answers:**

1. Yesterday, today, tomorrow
2. Queue
3. Because they're all married
4. Candle

**YOU DON'T WANT TO MISS THIS!**

December 3: **CVCC/HEZ Community Meeting followed by Community Meal**—5.30-7.30pm, Bring your favorite dessert for the dessert buffet.  
EWRRC-8251 Kendall Rd

**OH, THE THINGS THAT I'VE SEEN!**



**YOU PEOPLE SHOULD LEARN TO SHUT YOUR BLINDS**

**Word Scramble Solutions**

1. bank statement, 2. credit cards,
3. shopping ptsd, 4. drunk uncles,
5. burnt turkey, 6. screaming kids,
7. blizzard bound, 8. eggnog delight,
9. lumpy gravy, 10. office parties