

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



THE SNOWIEST PLACE ON EARTH

As a child summers were full of outdoor activities that kept us busy (and out of Mom's hair) from dawn until well past dusk: bike riding, tramping through the woods, building forts, swimming, baseball games in the horse pasture, and adventures that only a group of kids can conjure up. But as fall came on, those outdoor activities were halted by rain and colder temperatures. About the time we were driving our parents out of their minds from being stuck in the house all day, we would wake one morning to a strange, almost silent world. We could not hear the sound of cars passing on the street, and other outdoor noises were muffled. By the time I was eight years old, upon waking I instantly knew what that muted sound meant: SNOW! I'd yank open my bedroom curtain to a glistening winter wonderland in which not just sounds were softer, but the landscape, houses, and everything else were cloaked in glittering, magical snow!

These days I don't jump out of bed and into my snow boots with the excitement (actually I don't jump out of bed for anything these days) of that much younger me, but it is still a joy to open the drapes and see the world muffled in snow. As adults we tend to think of snow as a deterrent—to driving, to getting to work to doing yard work, to just going outside, but there still lives that kid inside us who's heart leaps with that same youthful joy we had at 8, whether we act on it or not. And, if you are someone who still cannot wait to get out the door and into the snow, you live in the right place.



them, the resort at Mt Baker offers a wide variety of activities, terrains, classes and just plain snowy fun for the kid in everyone.

Locally Owned and Operated

In 1926 the Mt Baker Highway reached as far as Heather Meadows giving skiers access to those slopes. 1927 saw the Mt Baker Lodge grand opening and the Mt. Baker Ski Club was organized. Since 1953 the Mt Baker Ski Area has been locally owned and operated by the Howat family who say due to the ski area being at the dead end of 37 miles of road and not having the infrastructure necessary for development, the Mt Baker Ski Resort will never become a full-scale resort. While Mt Baker ski area is not tricked out with chic après ski shops and ultra trendy bistros, you can enjoy amenities that include three day lodges, Heather Meadows, Raven Hut and White Salmon each of which offer hot food accessible via some of the lifts and runs. You will not find commercial hotels or even overnight lodging at the ski area, but between the small towns of Glacier and Maple Falls there is plenty of overnight lodging, and a handful of eateries. The small grocery in Maple Falls provides a good selection of fresh and shelf-stable foods, and the wine-tasting shop is a friendly, casual place to hang out. The Maple Falls Chamber of Commerce and Visitor Center is staffed by people knowledgeable about the area, amenities and things to do in the area beyond just skiing. The hometown feel of the area and friendly residents offer a welcoming atmosphere for everyone looking to have fun on the mountain whether you live just down the road or came from the other side of the globe.

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www.foothillsinfo.com

Contact Editor: Melonie Ancheta

info@foothillsinfo.com

360.306.4413

Contact Editorial Board

chair@foothillinfo.com

BECOME A CONTRIBUTOR

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

We will send you an email with your login credentials when your account becomes active and you will be able to access your space as needed.

Submissions Deadline: 15th of each month

All submissions must be completed by the 15th of each month to be included in the next issue of the *Outlook*.

To submit a post, an event, meeting or other activity relevant to Foothills residents, please go to our website at foothillsinfo.com. If you do not have an account, click on Request for Account. Fill out the form as completely as possible making sure you include contact information for the organizer; we cannot provide information about your organization or event to people who call or email with inquiries.

All submissions must be focused on and relevant to East Whatcom Foothills residents.

To submit an event, click on Submit Event in the dropdown below Events Calendar.

We reserve the right to decline any materials that do not meet our mission and objectives.

If you would like to submit ideas, outlines or summaries for articles about local events, activities, or about an organization, program or person who is working to improve the lives of Foothills residents, please email us at info@foothillsinfo.com, or use the contact form on our website at foothillsinfo.com.

You can find our **Submission Guidelines** under Contributor Information on our website.

1. Riddle Me This: Two men are in a desert. They both have backpacks on. One of the guys is dead. The guy who is alive has his backpack open and the guy who is dead has his backpack closed. What is in the dead man's backpack?

Helping Hands

Making Change in the Foothills

When is a Library More Than Just Books?

A library is more than just books when you can walk in and check out a backpack with maps, Discover Passes, trail guides and more, or when you want to learn to play the ukelele and can't afford to buy one. Many of us grew up with libraries that only had books on offer (as someone who has had a library card for more than 65 years, "just books" is fine with me!); there were no jigsaw puzzles, video games, animated companion cats or even movies one could check out. The libraries of today are clearly not your Grandma's library; they offer so much more than just books it is difficult to encompass it all in one article.

For communities across the country, and even around the world, one of the badges of honor is to have a local library. Even in the days of "just books", libraries offered a safe, serene and helpful place to settle in a comfy chair for a read, conduct research, study, or just chat with a neighbor. Community assets since the dawn of libraries with the Al-Qarawiyyin Library in Fez, Morocco, which opened in 859 AD being the oldest known library to date, it's no wonder libraries represent knowledge, exploration, and information and are a mark of distinction for any community. Deming and North Fork Libraries.

Deming and North Fork Libraries

Both the Deming and North Fork Libraries hold special places in their respective communities with the Deming Library being one of the first rural libraries in Whatcom County. Established by the Whatcom County Library System in 1946, the first Deming Library was housed in a side annex of the Presbyterian Church in Deming. When fire broke out in the church, the librarian, Margaret Orr, and a group of boys, saved the books by throwing them out the windows. The library then moved to the original Deming School, and when the school was torn down, the library moved to a corner of the Deming Elementary school's cafeteria and spent the next 30 years there until the current building held its grand opening in 1992.



Two librarians setting out the grand opening sign at the newly built Deming Library 1992.

Housing a unique collection of books and other materials related to local Indigenous cultures, the Deming library is a resource both for the Nooksack Tribe as well as the rest of the community. They also have a meeting room that can accommodate about 58 people. And with programming that ranges from kid's crafts and story time to concerts, the Deming Library has an extensive list of activities, programs and more to offer community members. On land purchased by the Whatcom County Library System, the North Fork Library was built with donations of materials and funds raised by the North Fork Friends of the library and constructed by community volunteers to support the three communities of Kendall, Maple Falls and Glacier. At the ground-breaking ceremony for the North Fork Library held on March 27, 2010, Library Manager, Georgina Furlong-Head spoke to a crowd as heavy equipment waited in the background. Georgina noted the 71 businesses both in Whatcom County and further afield who either donated materials and services or sold them at cost to help the library funds stretch further. Along with the thousands of hours of labor put in by community volunteers, the Friends of the Library were able to stretch their funds and complete the 3,120 sq ft building in style.

The grand opening on February 27, 2011 of the North Fork Library was truly a community triumph and was attended by state officials as well as

community members. The grass-roots efforts of so many people contributed to what Rand Simmons from the Secretary of State's office called, "A miracle library". Today it is a warm, inviting community hub for residents to do research, find a new read, use a computer, or just gab with a neighbor. Branch libraries like Deming and North Fork have long put their communities and patrons at the heart of what they do and are always adapting to the needs of their patrons. As institutions that are committed to free access to information and knowledge, libraries represent democratic process at its best, and they strive to present the ideal of equal access for all by removing barriers that may prevent patrons from accessing library services, programming and content.

Quickly adapting new technologies into their systems, libraries were the first, and still the most local, public places where one can use a computer for free. Both Deming and North Fork have several computers for patrons to use, and they'll even help you learn to use one.

And along with computers, both branches offer printing. Each cardholder has a \$7.00 credit per week, so printing is free up to 70 black and white or 14 color pages per week. You can email your document to them ahead of time or bring it yourself to be printed. In addition, the libraries have a large database of resources that include food, utility help, and so much more; the librarians can help you find just what you need.

The days of "just books" and standing in front of card catalogues to find a specific book are well in the past. You can find almost any book in the world through the online database at the library (and at home by logging into WCLS's website), and if they don't have had books loaned to me from other

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bugwalla





Foothills Live



The Snowiest Place in the World cont. from p. 1

Snow, Snow and More Snow!

While Baker is not another Aspen or Whistler, or even Snoqualmie, the mountain is renowned world-wide for record breaking snowfalls and having one of the largest average snow falls and bases per year. As the mountain consistently recording the highest snowfall and base, Baker holds the world record of 1140 inches of snowfall, a whopping 95 feet, in the 1998-99 season. And the odds of having fresh snow on any given day are higher than anywhere else in North America. Baker is also noted as offering the highest lift-served areas in the world and leads N America with 28.4% of winter days with an average snowfall of six or more inches. Baker also has one of the highest average snowfalls per year of any ski area in the world with an average of 641 inches (53.4ft).

Standing at 10,778 feet, Mt Baker is a Cascadian volcano and the second most glaciated mountain in the Cascade range after Mt Rainier. More than half a million years old, the snow and ice (about 0.43 cubic miles) is greater than all the other Cascade volcanoes put together, excluding Mt Rainier. This all contributes to the unique weather and excellent snow conditions winter sports enthusiasts can enjoy on the mountain.

Skiable terrain includes more than 1000 acres of territory, and with a total of 38 runs, the longest of which is 0.7 miles, eight chair lifts and two tow ropes, there is plenty of snow to suit everyone from beginners to world-class skiers. But activities one can engage in beyond skiing are available including snowboarding, sledding, cross-country, tubing, and who can forget snow angels!

Activities for all Ages and Abilities

At first glance it might seem like there's little to do on the mountain, but tubing and sledding are other activities Mt Baker is famous for. Due to the quality and consistency of the snow here, sledders from all over the world come to experience the different hills and runs, as well as the fantastic snow bowl. The long season at Baker, steep slopes and extent of sleddable area make this a family and die-hard sledder paradise.

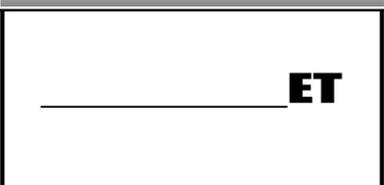
And considered a world-class snow boarding mountain, the Are you into Frisbee Golf? Well check out the Frisbee Golf course just across from the Forest Service Office in Glacier. This is a great activity when the snow conditions are poor, with a challenging course that includes short little ups and downs, creeks, wetlands and beautiful evergreen groves.

There are many other activities to delight and thrill all ages. While there are ski lessons for the smallest of children to the most inept of adults, there are also classes for snowboarders, snowshoeing and more. The Mt Baker Snow School offers classes for kids grades 6-12 to do hands-on science education while snowshoeing. The programs focus on Snow Science, Winter Ecology and Natural and Cultural History, Watershed Education, cont p. 9



And you thought your house was crowded!

REBUS #1



When are Libraries More Than Just Books? cont. from p. 1

can find almost any book in the world; I've even had interlibrary loans from other countries! And, as audio books become more available, you can order one up online or check one out and listen to it on that long drive to and from work, while you're cleaning house, or whenever you want without having to stop and read.

Who's Doing the Shushing Now?

As libraries have changed, so have librarians. Gone are the days of being shushed by a starched, grim-faced lady; today's librarians are cheerful, more than happy to help and have a wealth of information tucked in their heads. And while patrons are encouraged to respect others and not get too loud, laughter and quiet chatting are never shushed.

From good reads, to helping you find community resources, organizing events and providing computer assistance, these new librarians support research and facilitate your success in accessing whatever you need at the library and they do it all with a smile!

The Library of Things

As with other changes, libraries now offer far more than just books or even movies. The list of check-outables in the Library of Things is too long to include in this article, but it includes a variety of kits including one for educating children about Indigenous people of the area, science projects to do at home and more. The Library of Things also includes utilitarian objects like lamps for light therapy, a wide variety of board games and other activities for families and children, toys, ukeleles, and even backpacks that have a Discover Pass, trail maps and local information that you can check out for a local hike. You can take a look at the Library of Things by going to WCLS' website and entering Library of Things in the search bar.

New Community Resource at North Fork

But that's not all. Beyond the Library of Things and everything else our libraries offer, North Fork Library is home to the newest Freedge. Freedge is a collaboration between Sustainable Connections and WCLS to provide free, nutritious food for rural residents in need. According to Brandi Hutton from Sustainable Connections, "Instead of being sent to landfills, excess food from restaurants and other businesses will now be available to those in need, promoting both sustainability and community well-being." And, with summer bringing fresh produce from local growers, and shelf-stable foods donated, local residents are welcome to augment their food resources from the Freedge.

New Offerings

For those who wish to learn a new language, you can find resources on the WCLS website, but for those who need to learn English, a collaboration between the library system and the Whatcom Literacy Council brings English language classes to the North Fork branch. Intended to help people learn and improve their English speaking, reading, writing, and listening skills, this free 8-week session begins February 5th from 1-3pm. For more information see the library listing on the Hub's website (foothillsinfo.com) under Resources.

How to Help our Libraries

With programming that runs the gamut from children's story time and crafts, to concerts and author readings, there is something for just about everyone at our local libraries. They even offer opportunities for volunteering! Community offer a diverse range of knowledge and information to library patrons that goes beyond the library walls. It can also provide intergenerational connections between elders and children and youth, contributes cultural heritage knowledge and traditions, and far more than can be told here to



the community. If you are looking for that perfect volunteer position, get in touch with either Mariya at North Fork or Katrina at Deming. You can also serve on either of the Friends of the Library boards. Ask Mariya or Katrina for more information on that. Volunteers help with fundraisers such as book and cookie sales. For anyone looking, there's a spot for you as a library volunteer.

Our local libraries provide such an array of services, things to check out and resources that it's impossible to include everything here. Drop in at North Fork or Deming and see what's on offer there, or spend a few minutes exploring the WCLS website and you will find all kinds of things you never imagined you could get at your local library. Have fun exploring their treasures!

Road Rules



High Beams and Parallel Roads

by Doug Dahl

When driving Mt Baker Highway at night, if you are being blinded by oncoming cars, read on.

Q: What are the rules for high beams on parallel roads or divided roads?

Does the 50-foot wide median on the freeway negate the need to dim your high beams for an approaching car?

What if the median is full of vegetation or has a wall that divides the freeway?

What about a vehicle on a frontage road when there are cars on the freeway?

A: I'm going to make an assumption here; you're asking this because you'd like to use your high beams as much as possible within the boundaries of the law. That makes sense. You can out-drive your low beam headlights at surprisingly low speeds. Even high beams aren't as effective at illuminating our path as we might hope. How ineffective? We'll get to that in next week's article. That's right, this is a two-parter.

For now, let's take a look at the law and see if we can find an answer to your question. Drivers are required to use headlights from a half hour after sunset to a half hour before sunrise, and any time conditions make it difficult to see people and vehicles 1000

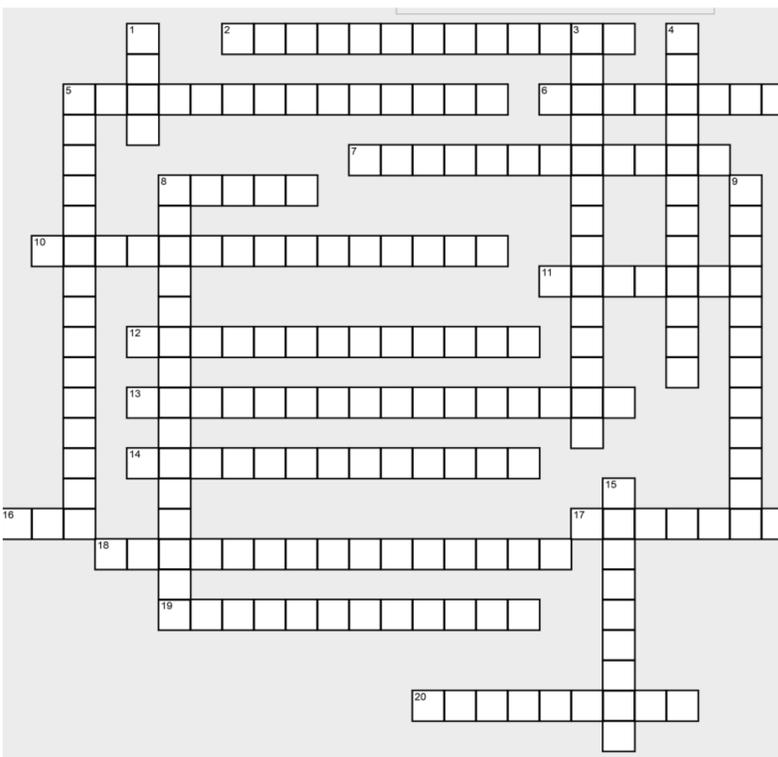
feet away. I'm continually bemused by laws where compliance involves humans making distance judgements. We're notoriously bad at it. In one study that had people estimate roadway distances between 20 and 400 feet, no one was right. But you don't need to get out your giant tape measure. I have a better solution. My advice, while not required by law, is to always have your headlights on, no matter the time or the weather. You may not need them to see where you're going, but it helps other road users see you coming. And that matters; using your lights during he day results in "a statistically significant reduction in fatal crashes."

When headlights are required, they should be bright enough to "reveal persons and vehicles at a safe distance in advance of the vehicle," with some limitations. One of those limitations is that when approaching an oncoming vehicle within 500 feet (another distance measurement we probably get wrong), drivers are to "use a distribution of light, or composite beam, so aimed that the glaring rays are not projected into the eyes of the oncoming driver," or what the rest of us call low beams.

Side note: There are legitimate complaints about the amount of glare from low beams on many new cars. The law states that low beams "shall be deemed to avoid glare at all times," which feels like the law is gaslighting us, saying, "There can't be glare; I already said they're fine." Really, I think it's intended to make it clear that by switching to low beams you've complied with the law. The problem is that our laws haven't kept up with headlight technology. Do you have to be on the same roadway as another car to be considered 'oncoming'? Probably. The headlight law doesn't make that clear, but elsewhere in the law "oncoming" only applies to vehicles on the same roadway. However, I think that misses the point. Regardless of how you interpret the law, the important question is, are my headlights causing glare for the other driver? Conceivably, some of the scenarios you described might not, but how can you know for sure? I suppose you'd know if they flash their high beams at you, but that's an unreliable indicator. To be sure that your high beams aren't impacting the approaching driver you can switch to your low beams. The tradeoff, though, is less visibility for you. And that's a discussion for next week's article.

70's RocknRoll Crossword Puzzle

All clues relate to 70's songs, artists and lyrics. Solutions on back page



Across

- "I must be travelin on now"
- We are the ?
- Can Scaramouche do this?
- Where can you find marmalade skies?
- Cream's misnamed hit
- Where the pink champagne's always on ice
- Leave it alone
- "Lovers make bad rulers"
- Led Zeppelin's epic hit
- She's told "Stay away!"
- What's it good for?

- Sings about voodoo mama
- Shine on...?
- ELO's description of falling in love
- ? in America

Down

- Is she or isn't she?
- Door's dive bar ballad
- "Put me together one more time"
- Someone burned down the gambling house
- Clapton pleads for one more day
- Supernatural belief
- He's feeling used by her



Foothills Resources & Organizations



Whatcom Family and Community Network

by Kristi Slette

Mental Fitness--It's a Thing!

We know that physical fitness is important to our wellbeing. Physical Education classes, gym membership, Jazzercise, yoga practice, running and walking for health is a standard in our society. We get it!

For many years, the message that mental health is akin to physical health has been shared. Yes, our brain is a body part and it can have disease, injury and other health troubles, too! So we understand that just like one would go to the doctor if you had a broken arm or an infection on your leg, it is socially expected to go to a doctor, therapist or counselor if you are experiencing anxiety, depression, or suicidal thinking. As a society, we are starting to get this message clearly! This is great progress. The next leap of awareness is that regardless of clinical mental health concerns, all people can increase mental fitness. Not only is our brain a body part, but it is a muscle; it is an incredibly complex and critical muscle! We can exercise it to get better performance results in many areas.

The area we will focus on here is positive thinking. Have you ever found yourself in a negative thinking rut? Or met someone who sounds like Eeyore, the character in Winnie the Poop? "It will never work!" "There is no use in trying", "Why bother--it will just rain!" Mental Fitness is how you can learn to improve your positive intelligence. Mental Fitness includes abilities to respond to life circumstances, troubles, stressors and adversities with increased compassion and empathy, possibility thinking, problem solving and navigation skills, and actions that help resolve complex issues and connect to others in healthful ways.

It only takes a second to employ small mindfulness practices that help us switch from negative mindset habits (such as judging ourselves and others; overthinking; and hyper-achieving) to a more positive mindset. Actions as easy as rubbing two fingers together so that you can feel the ridges of your fingerprints; listening to the sound farthest away from you and then the sound closest to you; or noticing the temperature of your breath as you inhale and exhale, help you switch from left-brained thinking to more positive right-brained thinking. These are all free and simple actions that take minutes!

Can it really be so easy to break out of habits of negative thinking?

Yes...BUT there is work to it. Just like lifting weights to improve strength in your core, arm or leg muscles, it takes many repetitions to improve fitness. Ideally, one practicing mental fitness would do 100 reps a day to embed new habits that help flip our mindset from old behaviors we used for protection and survival and responses that often sabotage us in relationships, to behaviors and responses that draw on our wisdom and positive intelligence, and improve relationships (think parenting, partnering and leadership). In the long run the more mental fitness we have, the more positively we interact with ourselves and others, and the healthier our families, neighborhoods and communities become.

Strengthening mental fitness is good for everyone--just like getting some physical exercise of some sort is healthy for everyone. To learn more check out the book or audiobook called "Positive Intelligence" by Shirzad Chamine.



The Mount Baker High School Mountaineer Band

was chosen to perform at Disneyland this April. They are hosting a **Jazz Dessert and Silent Auction on Saturday, February 22nd at 7:00** in the high school cafeteria to raise money for the trip. Tickets are \$25 and can be purchased in advance from a band student or at the door. We hope to see you there!

If you would like to support the band in other ways, you can find more information on their Facebook page.



The Foothills Community Alliance (FCA), a

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

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

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



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

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



FAMILY SERVICES & PARENTING SUPPORT

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

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

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

(360) 383-2000

(360) 383-2009

Kendall Elementary

(360) 383-2055

<https://www.mtbaker.wednet.edu/o/kendall>

7547 Kendall Road

Maple Falls, WA 98266

Acme Elementary School

(360) 383-2045

<https://www.mtbaker.wednet.edu/o/acme>

5200 Turkington Road Acme, WA

Mt Baker Jr High School

(360) 383-2016

5100 Mitchell Road Deming, WA

<https://www.mtbaker.wednet.edu/o/mbjh>

Mt Baker Senior High School

(360) 383-2015

<https://www.mtbaker.wednet.edu/o/mbhs>

4936 Deming Road Deming, WA



Columbia Valley Park and Recreation District is a local government

entity within Whatcom County. Our commissioners are elected from our community by our community and volunteer for this service. Learn more about our commissioners and the work CVPRD is doing on our website About page. We welcome the public at our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3.

You can contact us at: cvparksandrec@gmail.com cv-prd.org



It's Winter! Let's Play in the Snow

By Rebecca Boonstra, Executive Director, Mt. Baker Chamber of Commerce & Visitor Center February is the shortest month of the year. It's also the best month to play in the snow.

If you live near Mt. Baker, February can be the best month for snowy adventures. By now, the Mt. Baker Ski Area usually has developed an excellent base for skiing and riding snowboards, and the cold air keeps the snow from developing that mashed potato quality that makes for a less fun outing. Also, this month, the water on Picture Lake will be frozen thick enough to allow for sledding. It can be fun to drive up to Mt. Baker, climb up the snow around Picture Lake, and take a sled ride down the slope into the bowl created by snowplows and the frozen lake. For those who prefer cross-country skiing and snowshoeing, the Salmon Ridge SnoPark usually has enough snow for the groomer to come out and keep the trails neat. Salmon Ridge is located on Mt. Baker Highway just east of Hannegan Pass Road (FS Road 32) and across the highway from Silver Fir Campground. The Nooksack Nordic Ski Club, a local nonprofit, helps to maintain these trails, and you might find their ambassadors out there who will let you try out gear and sell you a permit to park in the lot.

If we're fortunate, we'll have snow in Clacier, Maple Falls, and the Columbia Valley neighborhoods. If we do, Maple Falls Park is a great place to ride that new sled you purchased. It's a short walk or drive to Mt. Baker Highway and Silver Lake Road. The Park is on Second Street, you'll see the sign from Silver Lake Road. Initially, this was the home of the Maple Falls School, now, it's a community park owned by Whatcom County Parks and Rec. and maintained by an intrepid group of local neighbors. The park has a hill from where the school was down to the field below. Don't get me wrong, it's not a huge hill, but it's a great ride, and there's no need to worry about trees, traffic, or other obstacles at the bottom. As a bonus, climbing back up the hill makes it easy to take another ride.

Many people get excited when the snow starts to fall, but I don't. My favorite winter sport is hot cocoa. I can find an excellent cup for sale in Glacier or make some at home.

If you want more ideas for fun activities during February, stop by the Mt. Baker Visitor Center in Maple Falls Town Hall. Sonya and I would be delighted to give you some great options.

2. RIDDLE ME THIS: How many times can you subtract 10 from 100?

North Fork Library

In addition to the physical materials at the library, we offer programs for adults, children and teens such as Storytime, Community Conversations and Teen Club at North Fork Library. Contact: Mariya Farmagey mariya.farmagey@wcls.org wcls.org 360 599 2020 7506 Kendall Rd, Maple Falls WA 98266 <https://wcls.libcal.com/event/12575032>



The Kendall Fire Station

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

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

Non-emergency number: (360) 599-2823

Remember: in an emergency dial 911

info@wcfid14.org

<https://wcfid14.org>

7528 Kendall Road, Maple Falls

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

Recreational fire requirements:

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

Must have enclosure 16 inches high, made of steel or masonry/rockery

25 feet from structures, timber, and combustible material

15 feet of overhead clearance required

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

Hand tools required onsite



KAVZ Radio is Your Voice of the Valley in the South Fork Nooksack Valley and East Whatcom County. We are the only community,

low-power FM radio station in East Whatcom County. We are located in Van Zandt in the beautiful South Fork Nooksack Valley. and serve the communities of Van Zandt, Acme, Deming, Welcome and all the rural areas in and around Van Zandt.

We are an all-volunteer radio station that provides a diverse program of music and informational programming with a focus on local interests and local needs.

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

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

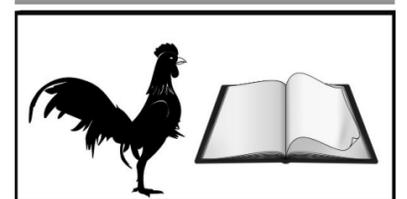
You can stream music from our website 24 hours a day at: <https://foothillsinfo.com/print-and-radio/>

(360) 230-8176

info@kavz.org

<https://www.kavz.org>

REBUS #2



1 SAVE A LIFE

2
3
0

3360

Is your address clearly visible to emergency response teams?

Deming Library

Contact Library Branch Manager: katrina.carabba@wcls.org

5044 Mt. Baker Hwy

P.O. Box 357

Deming, WA 98244

(360) 592-2422

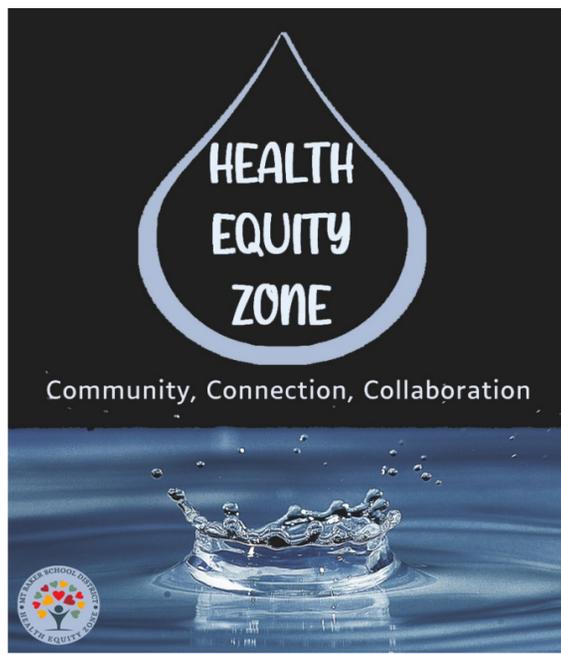
Hours: Mon-Thurs 10:00 AM-8:00 PM

Fri 10:00 AM-6:00 PM

Sat 10:00 AM-5:00 PM

View Map

Ride WTA Route 72X to the Deming Library, using the Deming Rd at Water St (Nooksack River Casino) stop.



Кожна крапля допомагає створити хвилю змін, стань цією краплею.

Cada gota ayuda a la ola del cambio, sé esa gota

КОЖНА КРАПЛЯ ДОПОМАГАЄ СТВОРИТИ ХВИЛЮ ... СТАНЬ КРАПЛЕЮ

Коли: Субота, 15 лютого 11:00 - 14:00

Где: Кафетерій Mt Baker High School

11:00 - 12:00: Знайомство з HEZ TEAM та Актуалізація інформації про ініціативу HEZ в ході сесії запитань та відповідей

Переклад на: іспанську, українську, російську, пенджабі та в'єтнамську мови

Доступні ліцензовані фахівці з догляду за дітьми

12:00 - 14:00: Обід та бесіда у спільноті Насолодіться смачним безкоштовним обідом! Встановлюйте зв'язки з сусідами, обмінюйтесь ідеями і допомагайте визначити майбутнє нашої спільноти.

Отримайте подарункову карту VISA на 25 доларів США за участь **ЦЕ ВАШ ШАНС:**

Бути почутим Встановити зв'язки Зробити свій внесок

НАШІ ГОЛОСИ! НАШІ РІШЕННЯ!
НАШЕ СПІВТОВАРИСТВО! НАШЕ МАЙБУТНЄ!
С нетерпінням чекаємо на зустріч з Вами!

CADA GOTTA AYUDA A CREAR UNA OLA ... SÉ UNA GOTTA

Cuándo: Sábado, 15 de febrero 11:00 am - 2:00 pm

Dónde: Cafetería de Mt Baker High School

11:00am-12:00 pm: Conoce al HEZ TEAM y: Entérate sobre las iniciativas de HEZ en una sesión de Preguntas y Respuestas

Traducción al: Español, Ucraniano, Ruso, Punjabi, Vietnamita

Niñeras con licencia y con supervisión disponibles

12:00 - 2:00pm: **Almuerzo y Conversatorio Comunitario**

¡Disfruta de un delicioso almuerzo gratuito! Conecta con Vecinos, intercambia ideas y ayuda a moldear el futuro de nuestra comunidad.

Recibe una tarjeta de regalo Visa de \$25 por participar

ESTA ES TU OPORTUNIDAD PARA: Ser escuchado Hacer conexiones Hacer una diferencia

¡NUESTRAS VOCES! ¡NUESTRAS SOLUCIONES! ¡NUESTRA COMUNIDAD! ¡NUESTRO FUTURO!

¡Esperamos verte acá!

Mỗi giọt nước giúp tạo nên làn sóng thay đổi, hãy là giọt nước đó.

Every Drop Helps Build the Wave of Change—BE THAT DROP!

MỠI GIỌT NƯỚC GÓP PHẦN TẠO NÊN LÀN SÓNG ...HÃY LÀ MỘT GIỌT NƯỚC

Thời gian: Thứ 7, Ngày 15 tháng 2 11.00 giờ sáng - 2.00 giờ chiều

Tại: Nhà ăn của trường trung học Mt Baker

11.00am-12.00pm: Gặp mặt HEZTEAM và: Nhận các cập nhật về sáng kiến HEZ trong phần hỏi đáp

Dịch sang: Spanish, Ukrainian, Russian, Punjabi, Vietnamese

Có sẵn dịch vụ chăm sóc trẻ em được cấp phép và giám sát

12:00 - 2.00pm: Bữa trưa và Trò chuyện cộng đồng Thường thức bữa trưa ngon miệng miễn phí!

Kết nối với hàng xóm, trao đổi ý tưởng và cùng nhau định hình tương lai của cộng đồng chúng ta.

Nhận thẻ quà tặng \$25 Visa khi tham gia

ĐÂY LÀ CƠ HỘI CỦA BẠN ĐÉ:
Lắng nghe Tạo kết nối Tạo sự khác biệt

TIẾNG NÓI CỦA CHÚNG TAI! GIẢI PHÁP CỦA CHÚNG TAI!
CỘNG ĐỒNG CỦA CHÚNG TAI! TƯƠNG LAI CỦA CHÚNG TAI!

EVERY DROP HELPS BUILD THE WAVE OF CHANGE --BE THAT DROP!

WHEN: SATURDAY, FEB 15, 11.00AM-2.00PM

WHERE: MT BAKER HIGH SCHOOL CAFETERIA

11.00-12.00: Meet the HEZ Team and: Get HEZ Initiative updates, ask questions during a QnA session

Translation in: Spanish, Ukrainian, Russian, Punjabi, Vietnamese

Licensed supervised childcare available

12.00-2:00pm: **Lunch and Community Conversation** Enjoy a delicious, free lunch!

Connect with neighbors, exchange ideas, and help shape the future of our community.

Receive a \$25 Visa gift card for participating

This is YOUR chance to: BE HEARD! & BE PART OF THE SOLUTION!

OUR VOICES! OUR SOLUTIONS! OUR COMMUNITY! OUR FUTURE!

We look forward to seeing you there!

ਹਰ ਬੂੰਦ ਤਬਦੀਲੀ ਦੀ ਲਹਿਰ ਬਣਾਉਣ ਵਿੱਚ ਮਦਦ ਕਰਦੀ ਹੈ, ਉਸ ਬੂੰਦ ਬਣੋ।

Каждая капля помогает создать волну перемен, стань этой каплей

ਹਰ ਬੂੰਦ ਲਹਿਰ ਨੂੰ ਬਣਾਉਣ ਵਿੱਚ ਮਦਦ ਕਰਦੀ ਹੈ ... ਇੱਕ ਬੂੰਦ ਬਣੋ

ਕਦੇ: ਸ਼ਨੀਵਾਰ, 15 ਫਰਵਰੀ ਸਵੇਰੇ 11:00 ਵਜੇ ਤੋਂ ਦੁਪਹਿਰ 2:00 ਵਜੇ ਤੱਕ ਕਿੱਥੇ: ਮਾਊਂਟ ਬੈਕਰ ਹਾਈ ਸਕੂਲ ਕੈਫੇਟੇਰੀਆ

ਸਵੇਰੇ 11:00 ਵਜੇ ਤੋਂ ਦੁਪਹਿਰ 12:00 ਵਜੇ ਤੱਕ: ਐਚ.ਇ.ਜੈਡ ਟੀਮ ਨੂੰ ਮਿਲੋ ਅਤੇ: ਸਵਾਲ ਜਵਾਬ ਸੈਸ਼ਨ ਦੌਰਾਨ ਐਚ.ਇ.ਜੈਡ ਪਹਿਲਕਦਮੀ ਦੇ ਅੱਪਡੇਟ ਪ੍ਰਾਪਤ ਕਰੋ

ਅਨੁਵਾਦ: ਸਪੈਨਿਸ਼, ਯੂਕਰੇਨੀ, ਰੂਸੀ, ਪੰਜਾਬੀ, ਵੀਅਤਨਾਮੀ

ਲਾਇਸੰਸਸ਼ੁਦਾ ਨਿਗਰਾਨੀ ਅਧੀਨ ਬਾਲ ਦੇਖਭਾਲ ਉਪਲਬਧ ਹੈ

12:00 - 2.00 ਵਜੇ: ਦੁਪਹਿਰ ਦਾ ਖਾਣਾ ਅਤੇ ਭਾਈਚਾਰਕ ਗੱਲਬਾਤ ਇੱਕ ਸੁਆਦੀ, ਮਫ਼ਤ ਦੁਪਹਿਰ ਦੇ ਖਾਣੇ ਦਾ ਆਨੰਦ ਮਾਣੋ! ਗੁਆਂਢੀਆਂ ਨਾਲ ਜੁੜੋ, ਵਿਚਾਰਾਂ ਦਾ ਆਦਾਨ-ਪ੍ਰਦਾਨ ਕਰੋ, ਅਤੇ ਸਾਡੇ ਭਾਈਚਾਰੇ ਦੇ ਭਵਿੱਖ ਨੂੰ ਆਕਾਰ ਦੇਣ ਵਿੱਚ ਮਦਦ ਕਰੋ।

ਭਾਗ ਲੈਣ ਲਈ \$25 ਦਾ ਵੀਜ਼ਾ ਗਿਫਟ ਕਾਰਡ ਪ੍ਰਾਪਤ ਕਰੋ ਇਹ ਤੁਹਾਡਾ ਸੰਕਾ ਹੈ: ਸੁਣਿਆ ਜਾਣਾ ਸੰਪਰਕ ਬਣਾਓ ਫਰਕ ਪਾਓ

ਸਾਡੀਆਂ ਆਵਾਜ਼ਾਂ! ਸਾਡੇ ਹੱਲ! ਸਾਡਾ ਭਾਈਚਾਰਾ! ਸਾਡਾ ਭਵਿੱਖ!
ਅਸੀਂ ਤੁਹਾਨੂੰ ਇੱਥੇ ਦੇਖਣ ਲਈ ਉਤਸੁਕ ਹਾਂ।

КАЖДАЯ КАПЛЯ ПОМОГАЕТ СОЗДАТЬ ВОЛНУ ... СТАНЬ КАПЛЕЙ

Когда: Суббота, 15 февраля 11:00 - 14:00

Где: Кафетерий Mt Baker High School

11:00 - 12:00: Знакомство с HEZ TEAM и Актуализация информации об инициативе HEZ в ходе сессии вопросов и ответов

Перевод на: испанский, украинский, русский, пенджаби и вьетнамский языки

Доступны лицензированные специалисты по уходу за детьми

12:00 - 14:00: Обед и беседа в сообществе Насладитесь вкусным бесплатным обедом! Установите связи с соседями, обменивайтесь идеями и помогайте определить будущее нашего сообщества..

Получите подарочную карту VISA на 25 долларов США за участие **ЭТО ВАШ ШАНС:**

Быть услышанным Установить связи Внести свой вклад

НАШЕ ГОЛОСА! НАШЕ РЕШЕНИЯ! НАШЕ СООБЩЕСТВО! НАШЕ БУДУЩЕЕ!
С нетерпением ждем встречи с Вами!

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

2-1-1 helps connect you to community resources statewide.

imhurting CRISIS CHAT 24/7 Crisis line

800-584-3578
www.imhurting.org

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 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
Text: 813-957-4935
<https://ferndalecs.org/bridge-2-services/>

Neighborhood WATCH DOGS Local community-led Watch Group focused on safety in the Columbia Valley UGA area. Monthly meetings held the first Tuesday of each month at the North Fork Library.
nwmaplefalls@gmail.com
360-933-1620

The goal of the **Health Equity Zone** is to ensure that everyone has a fair shot at being healthy, no matter who they are or where they come from. Food and childcare will be provided at each event, and all ages are welcome. As a thank you for your participation, all attendees will receive Visa gift cards. Find out more and register here: CHF Health Equity Zone.
HEZInfo360@gmail.com
360.222.7031

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

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/>

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

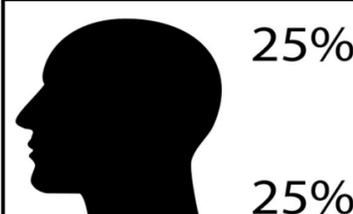
For more information visit www.namiwhatcom.org, call us at 360-671-4950 or

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@wcvd13.com
532 Sprague Valley Drive, Maple Falls

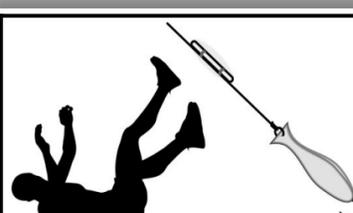
The Mount Baker Community Coalition February is looking to be another exciting and busy month for the Mt Baker Community Coalition! We begin the month by traveling to Washington DC with four young people to attend the Community Anti-Drug Coalitions of America (CADCA) Conference February 3-6. At CADCA, youth will have the opportunity to build vital leadership skills and obtain prevention-specific training. We are excited to grow and learn together, as well as bring our learning back to the community and the One Baker Voice club at Mt Baker High School! One Baker Voice currently meets on Monday afternoons after school, from 2:45 pm - 4:45 pm, and Fridays during PRIDE, in room 311. All students enrolled at MBHS are welcome! MBCC will be partnering with Chuckanut Health Foundation to host a Health Equity Zone Initiative event at Mt Baker High School on Saturday, February 15, from 11 am - 2 pm. More information to come but be sure to mark your calendars now! Our regular monthly meeting is scheduled for Tuesday, February 18, from 2:45 pm - 4:15 pm, in the Mt Baker School District boardroom. All are welcome and encouraged to attend! You may also join virtually on zoom: <https://us02web.zoom.us/j/86082135916?pwd=aXN3Rnlrd0sxdEVHc1o3bkNWc2VCzZ09> If you have any questions or need to contact the coalition, please email Allison Ormsby at obv@wfcn.org or call (360) 375-0883.

East Whatcom Regional Resource Center
8251 Kendall Rd
(360) 599-3944
ewrrc-allstaff@oppco.org
<https://www.oppco.org/ewrrc/>

Columbia Valley Community Connections The purpose of Columbia Valley Community Connections is to provide a welcoming place where we can gather and connect 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@wfcn.org

Rebus # 3

25%
25%

DID I REALLY USE THAT MUCH WATER?
Did you know that most people use an average of 70-90 gallons of water per day? In the average house, two thirds of indoor water is used in the bathroom.
Average Household Use
Toilet 26.7%
Faucet 15.7%
Bath 1.7%
Shower 16.8%
Clothes Washer 21.7%
Dishwasher 1.4%
Leaks 13.7%
Other Domestic 2.2%
Take some time to go through your house and look for ways to conserve. Be sure to check out the District website for useful tips and guides on water conservation.
manager@cv-wd.com
360.599.1699
6229 Azure Way Maple Falls, WA 98266
Our Business Hours
Mon, Wed, Fri : 08:00 am –12:00 pm
and 01:00 pm – 04:30 pm

Rebus #4


KID'S CORNER


RAINY DAY PROJECT! Homemade Foam Dough
Do kids love anything more than squishy, stretchy, goopy stuff? Here's a simple, fun rainy day project that will keep them busy for more than one afternoon.
Ingredients & Equipment:
measuring cup, large bowl, 1 cup cornstarch, 3 cups shaving cream, food coloring (optional)
Drizzle food coloring on the mixture for a marbled effect or squirt on a lot for a solid color.
1. Measure and pour cornstarch into a large bowl
2. Add shaving cream then mix together with fingers. If consistency is too dry, add more shaving cream a little bit at a time.
3. Once pliable, add food coloring if desired and work into the dough
4. Remove from bowl and get started forming shapes. Store in a resealable bag 1–2 weeks.

Word Search
Our Hoppy Friends


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

RIDDLES FOR KIDDLES
Answers on back page
1. It belongs to you, but your friends use it more. What is it?
2. What has to be broken before you can use it?
3. What 2 things can you never eat for breakfast?
4. How can you catch a squirrel?
PARENTS: Did you know you can download your child's favorite comic books from the library? Help them keep up with new issues and adventures. Go to wcls.com and type, "Kids comic books" into the search bar. You can also access them on Hoopladigital.com.

Word List
LILY PAD TOADS
EGGS POND
TADPOLES PUDDLES
WEB FEET JUMPERS
MARSHES CROAKERS
BULL FROG FLIES
RAIN FOREST POLLIWOGS

KNOCK, KNOCK WHO'S THERE?
CANOE.
CANOE, WHO?
CANOE COME OVER AND PLAY?
KNOCK, KNOCK. WHO'S THERE?
SOMEBODY TOO SHORT TO RING THE DOORBELL

DON'T FORGET!
Stop by an Ask a Nurse clinic at the EWRRRC on the 2nd & 4th Tuesdays of each month between 8 & 11.30 am, and get your A1C tested. It's the best way to understand your blood sugar levels and see if you're at risk for diabetes.

3. RIDDLE ME THIS: A barrel of water weighed 60 pounds. Someone put something in it and now it weighs 40 pounds. What did the person add?





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/>

Get a free air sensor to track smoke particles!

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

NWCAA uses PurpleAir sensors in addition to our monitoring stations. We are adding outdoor sensors in the Columbia Valley urban growth area to give us more information about smoke in the area.

You just need to live inside the Columbia Valley urban growth area and have a power source and a WiFi connection. Interested? Contact NWCAA monitoring manager Evan Bing at evanb@nwcleanairwa.gov. And you can watch our video about PurpleAir's sensor map and da-



Energy Assistance

Do you need help with energy costs?

Apply for Energy Assistance directly through PSE now by going to: <https://www.pse.com/en/account-and-billing/assistance-programs>
1-888-225-5773

PSE's Bill Discount Rate (BDR) program provides you with ongoing help on your monthly energy bill. Depending on your household income and household size, you can save 5% to 45% a month on your bill.

There is one simple application to fill out. In most cases, no proof of income is required to apply. And the application only takes a few minutes to complete online. If you've received energy assistance in the past, it's likely you qualify.
1-888-225-5773

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

PSE customers: Manage your energy usage online.

For personalized energy-saving suggestions, complete an online home assessment to update your home's energy profile in the Analyze my usage section of your online account. Measure, and monitor your home's energy usage.

Find additional energy efficiency suggestions in our Ways to Save tips library.

To learn more or receive personalized advice over the phone, call a PSE Energy Advisor at 1-800-562-1482, Monday through Friday, 8 a.m. to 5 p.m.

4. Riddle Me This: What is one thing that all wise men, regardless of their politics or religion, have to agree is between heaven and Earth?



RENOVATION NEWS

Stop by the Hall and check out the current designs for the renovation. We are topping off our fundraising efforts with the aim of installing a heat pump/air filtration system, a back-up generator, new tables and chairs, and kitchen appliances. When completed (hopefully by next Fall) the Van Zandt Hall will be the best place in the East County to celebrate reunions, weddings, anniversary, birthday and graduation parties. To make a donation, please visit the SFVCA website. And if you have historical information to share, please email history@southforkvalley.org.

HAPPENINGS AT THE HALL (Van Zandt Community Hall, 4106 Valley Hwy, Deming)

Third Thursday Potluck and Open Mic – Thursday, December 19 from 6pm to 9pm, and every third Thursday of the month. More people, more music, more fun every month. Join in this potluck and musical gatherings at the Van Zandt Hall. Enjoy a meal and good conversation with friends and neighbors, followed by music, stories, poetry, comedy, whatever. Bring a dish to share.

Volunteer at the Hall

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

The Van Zandt History Project

Did you know there used to be a branch rail line up the Van Zandt Dike, just east of Schornbush Rd? A few locals even claim there is a small rail car up there to this day. The South Fork Valley Community Association (SFVCA) is documenting the history of Van Zandt and the Community Hall, from its early days as a school through present day. We are collecting memorabilia, photos, and stories and we need your help. Do you have something to share? Please contact history@southforkvalley.org or call 360-393-9583.

KAVZ 102.5 is your voice of the Valley.

Listen online at KAVZ.org or tune your dial to 102.5 to hear local and world talent, shows as well information about upcoming events and opportunities in the Foothills of Komo Kulshan Mt Baker!

The South Fork Valley Community Association (SFVCA) is a small but mighty 501(c) 3 nonprofit dedicated to building community. 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 or by email at info@southforkvalley.org
<https://www.southforkvalley.org>



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

Are you eligible for free home weatherization? Check it out at PSE: https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=cpc&utm_campaign=rem-wx-e&sc_campaign=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITUcD4f2jgMPVuzFWMdc8uuWBkkoC7VcQAvD_BwE

Yesterday I wore something from 5 years ago and I'm so proud of myself! It was a pair of socks, but let's be positive here!!



Whatcom County Health and Community Services

is a countywide department that works to promote health, prevent disease and injury, provide accurate and reliable health information, preserve a healthy environment, and prepare for and respond to emergencies.

Whatcom County Health Department provides vaccine clinics, septic homeowner trainings, opportunities for engagement, and more.

360-778-6000
arobinso@co.whatcom.wa.us
<https://www.whatcomcounty.us/4307/Health-Department>



The Nooksack Youth and Family Services Department

provides an array of advocacy and case management services to Nooksack children and families involving child welfare, domestic violence, sexual assault, and elder abuse.

(360) 306-5090
<https://nooksacktribe.org/departments/youth-family-services/>



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
(360) 543-8858
<https://northsoundach.org>

ARE YOU THRIVING, SURVIVING OR STRUGGLING?

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

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

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

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



Volunteer Chore Program

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

(360) 734-5121 ext. 1172
chore@whatcomvolunteer.org



The Arc of Whatcom County

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

(360) 715-0170
admin@arcwhatcom.org



Northwest Regional Council

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



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

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



ESOL: Evergreen Goodwill offers ESOL

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

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

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

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

(360) 752-2080
evergreengoodwill.org



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

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

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



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



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

Rebus #4

issues issues
issues issues
issues issues
issues issues
issues issues

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.

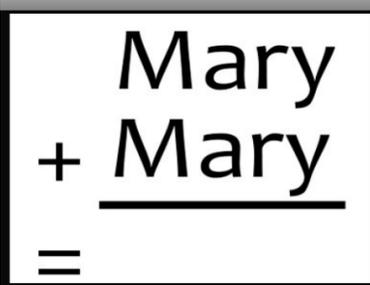
We serve Low-Income Families, Elderly People, Those with Disabilities, & Working Families in need of affordable housing.

(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

Rebus #5



Whatcom County Property Tax Exemption for Senior Citizens and People with Disabilities

If you are a senior citizen or a person with disabilities with your residence in Washington State you may qualify for a property tax reduction under the property tax exemption for senior citizens and people with disabilities program.

360-778-5000
https://www.whatcomcounty.us/265/Property-Tax-Exemption



Single Family Housing Repair Loans & Grants in Washington

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

1-800-414-1226
https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/wa#overview



Whatcom/Skagit Housing- Since 1976, we have assisted

over 700 families in building their own homes in Whatcom and Skagit Counties. Mutual Self-Help combines your sweat equity with technical assistance from WSH and affordable loans from USDA Rural Development.

(360) 398-0223
julia@whatcomskagithousing.com



Habitat for Humanity in Whatcom County

provides a unique opportunity for hardworking families to help build and buy their own homes. We work closely with qualified individuals and families to build safe, decent, and affordable homes here in Whatcom.

360.715.9170
info@hfhwhatcom.org
https://www.hfhwhatcom.org



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



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



Septic Systems 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, or call: 360.778.6267.



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

Bad Dad Jokes:

Why can't dinosaurs clap their hands?

Because they're extinct!



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

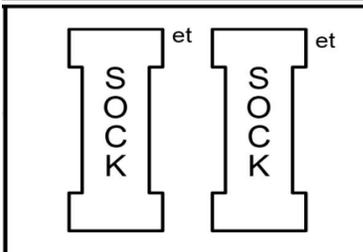


Office of Refugee and Immigrant Assistance Resource Tool

The Office of Refugee and Immigrant Assistance is part of the Washington State Department of Social and Health Services, within the agency's Economic Services Administration and Community Services Division. Our goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state.

https://app.smartsheet.com/b/publish?EQBCT=8e7e2fd0641f4f1e90bbaa36a0bc232d

Rebus #6



Whatcom Human Rights Task Force Northwest Immigrant

The Northwest Immigrant Rights Project (NWIRP) provides comprehensive immigration legal services and community education to advance the human rights and well-being of low-income immigrants and refugees. 360-389-3898 whatcomhrtf@gmail.com http://www.nwirp.org/



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

Rebus #7



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



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



Helping Immigrant Families

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



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

Sudoku Challenge (Medium)

solution on back page

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



Senior Resources A guide to services and resources for seniors in Whatcom County 360.344.3333 guide@olympen.com

Additional Resources & Organizations



Salvation Army
For many, making ends meet is a daily challenge, forcing people to choose between things like heating

their homes and putting food on the table. We understand the stress these situations put on families and are here to help.

Providing assistance for:

Disaster Relief Homelessness
Hunger Veterans Services
Poverty Prison Outreach
Prescription drug coverage
Rent and Utility Assistance
Substance Abuse Services
At-risk youth programs
360-733-1410

she-vaun.malone@usw.salvationarmy.org
https://bellingham.salvationarmy.org



The **Red Cross** is a registered 501(c)(3) non-profit organization providing disaster relief whether it's loss of home due to fire or flood to mobilizing volunteers, supplies and services in disaster stricken regions of the world. Red Cross supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, mili-



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
https://lawadvocates.org



Northwest Justice Project (NJP)

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



The Center for Independence (CFI)

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

Brain Teaser 3

Suppose you are on an elevator on the 16th floor of a building, when the cable breaks. As you plummet toward the ground, you recall that you once heard that by jumping up fast at the instant of impact, you can escape death. You also recall that the floors are twelve feet apart and that the acceleration of a falling object is 32 feet per second squared. When should you jump?

solution on back page



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



Unity Care NW provides afford-

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



Sea Mar Community Health Center is a community-based

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



A free, unbiased and confidential service of the **Washington State Insurance Commissioner**, Office of the Insurance Commissioner,

SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.
Local: 360-725-7080
TDD: 360-586-0241
800-562-6900
shiba@oic.wa.gov
https://www.insurance.wa.gov/find-local-shiba-office



Trevor Project

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

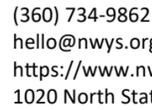


The Y is committed to ensuring that every youth has the opportunity to become a

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



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



1020 North State St. Bellingham,
(360) 734-9862
hello@nwys.org
https://www.nwys.org



The Home Free program reunites youth with their family or legal guardian or helps them get to an

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



WorkSource is a statewide partnership

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



ADULT BASIC EDUCATION

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

Digital Skills
Wraparound Services
Reentry Services
360) 752-2080
1115 E Sunset Dr. Bellingham
https://evergreengoodwill.org/job-training-and-education/adult-basic-



Vocational Rehabilitation

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



Employment Security

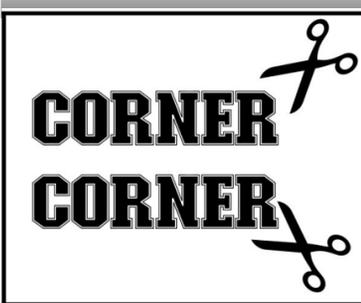
Agency dealing with employment/unemployment issues. Apply for unemployment insurance. Paid family and medical leave.
360-890-3500
https://www.esd.wa.gov



Care Connect helps pregnant and newly parenting women

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

Rebus # 8.



SEAS

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



TRIBONDS CHALLENGE: figure out what each set of three words have in

1 Owl Wolf Firefly	2 Kite Windmill Sailboat	3 Key Password Fingerprint
4 Packet Jar Can	5 Face Hand Second	6 Michelangelo Pompeii Espresso
7 Mark Melon Under	8 Roots Tunnel Potatoes	9 Dial Down Tan
10 Peck Soar Lay	11 Nut Bomb Turtle	12 Candy Playground Toys

Word Scramble: Name that Dog Breed Answers consist of more than one word.

- DRE BNEO UDNOOHNHC
- GNOINWARE ODKULHNE
- LPANNTAOIE SMIAFTF
- FARSDSTROIHEF ERERTIR
- TAIUARNS CRNSEHPI
- RHIIS LFOW HDONU
- HRPHAOA ODHUN
- ASEHNIDRO BKARDGICE



FYI



The Snowiest Place on Earth

cont. from p.2

There are many other activities to delight and thrill all ages. While there are ski lessons for the smallest of children to the most inept of adults, there are also classes for snowboarders, snowshoeing and more. The Mt Baker Snow School offers classes for kids grades 6-12 to do hands-on science education while snowshoeing. The programs focus on Snow Science, Winter Ecology and Natural and Cultural History, Watershed Education, as well as Baker to Bellingham, Mountain Leadership and Mountain Safety, and Winter Recreation.

Snowshoeing is another popular activity at Baker, particularly the Artist Point Hike. With mind-blowing views of the spires of Mt Shuksan, Baker and Coleman Pinnacle as well as an impressive amphitheater bowl, and sky-high snow walls, you'll want to make sure you've got your camera handy to capture some awe-inspiring scenery. Even in poor snow conditions, this trail is still great for snowshoeing.

If you are looking for a great hike and lack skis or snowshoes, the Horseshoe Bend Trail is a great option. Through the lush rainforest there are trails that wander in and out of cathedrals of towering evergreen trees draped in mosses with trunks covered in licorice ferns. Snowmelt and heavy rains contribute to the roaring North Fork of the Nooksack River as well as smaller streams and waterways making for impressive scenery. This area does not get much snowfall, but even when it does, it is still traversable in hiking boots and particularly scenic when swathed in white.

With miles and miles of trails as well as plenty of backcountry for everyone, it's also possible to go on a winter campout. Just let someone know where you are headed and when you intend to be back. Between hiking glaciers and Mt Baker being a world famous snow boarding site, there's something for everyone, even spectators. There are a number of competitive snow sports events held at the ski area. Begun in 1985, the Legendary Banked Slalom has been a snowboarding highlight that draws snowboarders from around the world. Not limited to just professional snowboarders, they allow amateurs of all ages and abilities to compete along with professionals. There are a slew of other events that you can learn more about at <https://www.mtbaker.us/snow-report/baker-bulletin/>.

It may seem like there is nothing to do here in the winter, but the options for getting outdoors and having a day of exhilarating fun, especially with the kids, is just a short ride away. And make sure you leave a snow angel or two!

Please Use Caution! When planning a cross country/camping trip on the mountain, make sure you check the weather and snow conditions ahead of time and be sure to let someone know the route and destinations you are planning. When planning backcountry outings, it is especially important to let the ski patrol know since avalanche danger is always high, especially in ungroomed terrain.

Remember, SAFETY FIRST!

You Know You're Old When—
by Randy Glasbergen



REBUS #9



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

Whatcom County Library System and Whatcom READS are in full swing, showcasing multiple events that feature this year's author Erica Bauermeister's book, "No Two Person's".

Free community programs are underway now. Find the full list of events, including the March 13-15 author visits, at whatcomreads.org, or stop by North Fork or Deming libraries. In the meantime, borrow the book at your local library or request one via the online catalog. If you are looking for a different book or other item, your friendly local library employees love bringing items in! Just let us know what you are interested in. **Come to the**

February at North Fork Library North Fork Storytime

For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation. 10:30am - 11:00am Tuesday, Feb 4

Let's Write Together
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.

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

ELL Classes at the Library

Do you, or does someone you know need help learning English? The North Fork Community Library is pleased to host an 8-week session to help people in our community learn or improve English speaking, reading, writing, and listening skills. This session is free and open to the public. It is not necessary to attend every class and patrons may join at any time throughout the 8-week session.

This program is presented by the Whatcom Literacy Council. The Whatcom Literacy Council, a 501(c)(3) non-profit, empowers adults in Whatcom County to achieve their goals and improve their lives through literacy. Offering free small group classes, they help individuals of all education levels build English and literacy skills, fostering confidence and opportunity for all. Find out more information at whatcomliteracycouncil.org.

North Fork Let's Make Valentines

Come to the library to make valentine cards for all the loved ones in your life. We'll have all the supplies you need, you bring your creative spirit and open heart! 3:45pm - 4:45pm Thursday, Feb 6 2025

North Fork Art + Audio

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. 4:00pm - 5:00pm Tuesday, Feb 18 2025

Library Budget Listening Session

WCLS administrators will review the library system's budget forecast and ask community members for their input about the library services that matter most to them and their families and their suggestions about how to move towards fiscal sustainability. Each session will include a brief presentation followed by a Q&A and hands-on interaction and discussion. 6:00pm - 7:30pm Thursday, Feb 27 2025

February at Deming Library

Winter Concert with Lindsay Street

Lindsay Street is a whimsical, fun, and musically diverse folk-roots band that has been playing gigs since 2004. Based in Bellingham, WA Lindsay Street draws inspiration from past and emerging music traditions that wash up on the shores of Bellingham Bay by way of Ireland, England, Scandinavia and Quebec, with an occasional original tune thrown in the mix. Described as "pan Celtic, quirk and beauty," Lindsay Street creates unique arrangements that feature accordion, guitar, violin, mandolin, bodhran, banjo, whistles, and other assorted instruments and vocal harmonies. Sponsored by the Friends of the Deming Library. Saturday, Feb 1, 2025, from 3:30pm - 5:00pm.

Deming Storytime

For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation. January through May on Wednesday from 10:30am to 11:00am

Let's Make Valentines

Come to the library to make valentine cards for all the loved ones in your life. We'll have all the supplies you need; you bring your creative spirit and open heart! Saturday, Feb 8, 2025, 10:30am - 11:30am

Build Your Immunity: Herbal medicine, home remedies, and practical tips for staying healthy all year

Come learn how to support your immune system's natural resiliency. We will discuss aspects of the immune system and specific herbs to treat infections, as well as tonics to strengthen overall resiliency. Included in the discussion will be common sense approaches to immunity that are often overlooked. You can sip on herbal tea during the class and take home a sample of medicinal tea, along with recipes for preparations at home. Sonia Wollin has been a practicing community herbalist since 2010, helping people connect with herbal medicine, foods, self-care, and lifestyle choices that nourish each unique individual. Space is limited; please register for this class at wcls.org. Sponsored by the Friends of the Deming Library. Saturday, Feb 8, 2025, 2:00pm - 3:30pm

Deming Art + Audio for Teens

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. Wednesday, Feb 12, 2025, 4:00pm - 5:00pm

Foothills Book Club

The Foothills Book Club meets on the third Tuesday of every month at 7 pm. Library staff leads the discussion of a diverse series of fiction and non-fiction books to broaden your reading horizons. At the book club, friends new and old connect through the shared love of books and reading.

The book to read for February is "Kindred" by Olivia Butler. Please stop by the Deming Library to get help finding a title or placing your hold on Libby/Overdrive to get an eBook or eAudiobook version. Tuesday, Feb 18, 2025, 7:00pm - 8:15pm

The Book Shelf

Friends of the Deming Library Monthly Board Meeting

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

DSHS Mobile Office at the Library

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

7. Riddle Me This:

How can the number four be half of five?

CALLS

SEEKING:

Youth & Adult Board of Directors Positions! WFCN has an 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 If you are interested to apply, contact ExecutiveDirector@wfcn.org

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

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region for the Outlook. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in 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 review our submission guidelines on the Contributor Information page at foothillsinfo.com before emailing submissions to the editor at info@foothillsinfo.com.

5. Riddle Me This: What is the beginning of eternity, the end of time and space, the beginning of every end, and the end of every race?

Foothills Community Calendar

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

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

The Foothills Outlook

February 2025 Calendar of Events

"Let from this month onwards your days become more happier, fulfilling, purposeful, satisfying & joyful."

~~Rajesh Goyal

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28 8:00 AM - 11:30 AM Ask-a-Nurse Clinic 10:30 AM - 11:00 AM Story Time at North Fork Library	29	30 4:00 PM - 7:00 PM Foothills Food Bank Distribution	31 5:00 PM - 7:00 PM Dungeons & Dragons	1
2	3	4 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs 6:30 PM - 7:30 PM Let's Write Together	5 1:00 PM - 3:00 PM ELL Classes at the Library	6 3:45 PM - 4:45 PM North Fork Kids Make Valentines 4:00 PM - 7:00 PM Foothills Food Bank Distribution	7 5:00 PM - 7:00 PM Dungeons & Dragons	8
9	10	11 8:00 AM - 11:30 AM Ask-a-Nurse Clinic 8:00 AM - 5:00 PM Let's Write Together 10:30 AM - 11:00 AM Story Time at North Fork Library	12 1:00 PM - 3:00 PM ELL Classes at the Library 5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting	13 4:00 PM - 7:00 PM Foothills Food Bank Distribution 6:30 PM - 7:30 PM CVPRD Open Meeting	14 5:00 PM - 7:00 PM Dungeons & Dragons	15 11:00 AM - 2:00 PM HEZ Community Conversation
16	17	18 8:00 AM - 5:00 PM Let's Write Together 10:30 AM - 11:00 AM Story Time at North Fork Library 2:45 PM - 4:15 PM MBCC Meeting	19 1:00 PM - 3:00 PM ELL Classes at the Library	20 4:00 PM - 7:00 PM Foothills Food Bank Distribution	21 10:00 AM - 11:00 AM Mobile Food Pantry Distribution 5:00 PM - 7:00 PM Dungeons & Dragons	22 7:00 PM - 9:00 PM MBHS Mountaineer Band Jazz Dessert & Silent Auction
23	24	25 8:00 AM - 11:30 AM Ask-a-Nurse Clinic 10:30 AM - 11:00 AM Story Time at North Fork Library	26	27 4:00 PM - 7:00 PM Foothills Food Bank Distribution 6:00 PM - 7:30 PM Library Budget Listening Session 6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	28 5:00 PM - 7:00 PM Dungeons & Dragons	1

PUZZLE SOLUTIONS

Word Scramble Solutions

1. Red Bone Coonhound, 2. Norwegian Elkhound, 3. Neopolitan Mastiff, 4. Staffordshire Terrier, 5. Austrian Pinscher, 6. Irish Wolf Hound, 7. Pharaoh Hound, 8. Rhodesian Ridgeback

Brain Teaser Solutions

1. The answer to this puzzle is ITP. Each letter comes from the first letter in the question. WAT = what are the, NTL = next three letters, and ITP in this puzzle
2. Spot is written twice in the instructions, 3. L-. It is the only other letter in the English alphabet that can be made using 2 planks of wood.
4. The missing number is 75. The pineapple = 4, watermelon = 9, strawberry = 7, berries = 8. The final line is 8 + 4 + 9 x 7 = 75

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

Riddle Me This: 1. A parachute
2. Once. After the first subtraction, you're subtracting from 90.
3. A hole
4. And
5. The letter E

Rebus answers: 1. Blanket, 2. Cocktail, 3. Headquarters, 4. Failure, 5. Summarize, 6. Eye Sockets, 7. House Plant, 8. Cut Corners

Crossword Solution

Across: 2. Lynyrd Skynyrd, 5. Sultans of Swing, 6. Fandango, 7. Lucy in the Sky, 8. Badge, 10. Hotel California, 11. Let it Be, 12. Gold Dust Woman, 13. Stairway to Heaven, 14. American Woman, 16. War, 17. Santana, 18. You crazy diamond, 19. Strange Magic
Down: 1. Lola, 3. Roadhouse Blues, 4. Frankenstein, 5. Smoke on the Water, 8. Bell Bottom Blues, 9. Superstition, 15. Maggy May

Kid's Corner Riddle answers: 1. Your name, 2. Lunch and dinner, 3. An egg, 4. Climb a tree and act like a nut

Tribond Solutions

1. All are nocturnal animals
2. All are powered by wind
3. Things used for security access
4. Things that contain food
5. Things related to a clock
6. Things related to Italy
7. Add the word "water"
8. Things underground
9. Add the word "sun"
10. Things birds do
11. Kinds of shells
12. Things children like