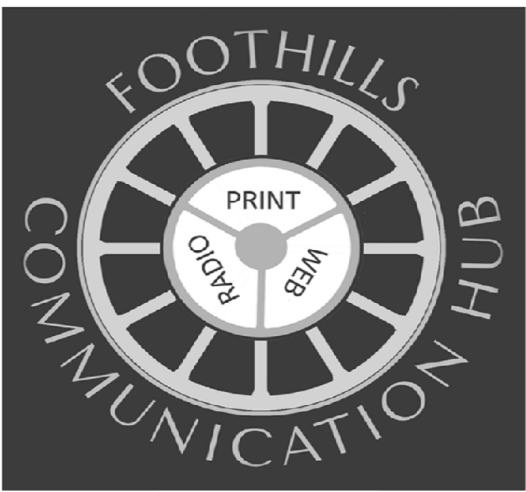


The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



Local Destination: Nooksack Falls

While it’s a bit chilly in Columbia Valley today, it’s downright cold up the mountain at Nooksack Falls and I was not dressed for it. Thinking with all the recent rain the falls might be running hard, we took a fifteen minute drive up the mountain to get some photos for this article. With or without the falls, the drive up was well worth the trip: yellow, amber, caramel and russet leaves brilliantly illuminated in the afternoon sun,0 arched over the highway and scattered color across the hills and mountainsides as I craned my neck trying to take it all in. Despite the recent rain, the falls was surprisingly low. I’ve never seen it this low because we usually go up in late spring then a couple times throughout



the summer, but I’ve never been there in October. I liked being able to see the the landscape of the falls, the way the boulders affect the flow (I’m a bit of a geology geek), where high water mark is, and I even spotted a small sandy beach right at the river’s edge that would be tempting for dipping your toes on a hot day. Seeing it like this gives me a better understanding of the Nooksack riparian system and how it affects our landscape and the environments

through which it flows. Approximately 75 miles in length, the river above Deming has three courses: the North Fork, Middle Fork and South Fork. At Nooksack Falls we’re looking at the North Fork which has its origin in several glaciers, the main one of which is Mazama Glacier which lies on the southeast slope of Mt Adams. The North Fork is joined by the other two forks at Deming and continues to flow as a single stream for the remainder of its course. With an 88-foot single drop, it’s interesting to note that the amount of water going over the falls does not necessarily have a direct correlation with whether the river is in flood stage or not. As you can see in image 1, the cascade at the falls is quite low, while at Ferndale today, the river is considered in flood stage; that is a result of the multitude of streams that feed into the river at lower elevations. The Nooksack river watershed covers over 830 square miles and extends into British Columbia. The North Fork originates at Mazama Glacier, the Middle Fork on Mt Shuksan, and the South Fork from Mt Baker and the Twin Sisters. With approximately 1,400 stream and river miles, the Nooksack is a mix of glacier melt, snowmelt, groundwater, and rainfall.



When not in flood, at the crest of the falls there are two courses split by large boulders; the courses drop 88 feet to the riverbed below and the average width of the falls is 30 feet according to the United States Geological Survey. A bit of a map geek (ok, I’m just a geek) I had to google topographical and bathymetric maps (<https://www.usgs.gov>) www.usgs.gov) to see if and how the depth and course of the river at the falls has changed over time. The depth fluctuates so often that it’s difficult to stay on top of that, but from the maps it looks like the crest of the falls has stayed the same over many years. We parked in the dedicated parking area just before the bridge crosses the falls and my husband went to the information kiosk to read a little about the history of the falls and Puget Sound Energy’s hydroelectric project on the North Fork. In 1906, Puget Sound Energy and the Bellingham Bay Improvement Company began constructing a dam below the falls to produce electricity to supply the growing city of Bellingham. The power plant operated for 90 years until fire destroyed the generator in 1997. Despite the generator being replaced in 2003, the plant is not in operation any longer. At the back of the parking area there’s a 6 foot diameter, 566 foot long pipe that once fed the powerhouse entering the hillside. cont. p2



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BECOME A CONTRIBUTOR

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

Helping Hands

Making Change in the Foothills

Neither rain, nor sleet, nor snow, nor heat keep the Ask-a- Nurse (AaN) volunteers from showing up every second and fourth Tuesday of each month at the Foothills Foodbank. Their dedication to empowering Foothills community members on their healthcare journeys is one stemming from a genuine interest in each individual’s well-being and improving the health care of people who live in healthcare deserts. Their mission is to provide basic healthcare screening for the people who might otherwise go without any care. When you sit down with a nurse, you will engage in a one-on-one, face to face connection with another human who is committed to helping you. They ask for no payment, no proof of insurance (one of their primary purposes is to provide referrals to a healthcare provider for those without insurance), they do not write down your name or address (or even your pronouns); their focus is on listening to you, looking for signs of health problems, and finding ways to help you. They are strict about patient confidentiality and respecting and preserving your privacy. Ask-a-Nurse clinics are staffed by an all-volunteer group of retired nurses who use their nurses training and experience to identify health problems such as high blood pressure, heart problems, and much more. AaN is a program within Health Ministries Network, an interfaith nonprofit organization that works to connect nurses and healthcare resources with underserved populations such as the elderly and disabled in healthcare deserts throughout Whatcom, Skagit, San Juan and Island counties. Health Ministry Network partners with other organizations like the Mt Baker Foundation to provide this program to all Foothills residents regardless of income, insurance coverage, your address and more. The first AaN clinic was held at the Foothills Food Bank in June of 2021 and they quickly discovered that offering a tool like a blood pressure cuff that could be



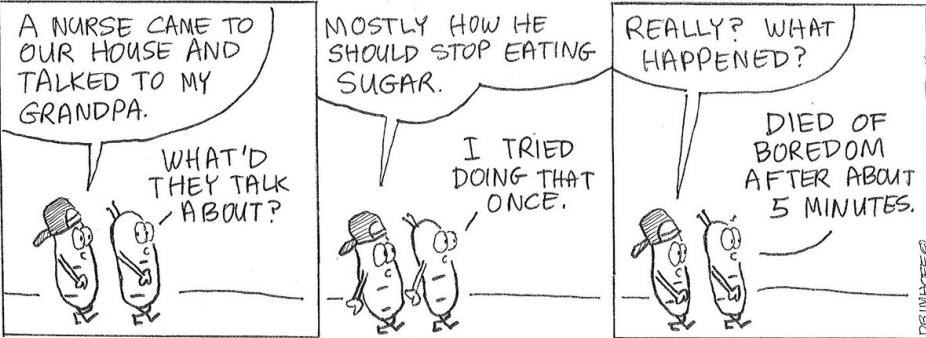
used at home helped empower people to become more proactive in managing their health. Through a generous grant from the Mt Baker Foundation, the AaN nurses have handed out hundreds of BP cuffs along with coaching on how to use one, how to interpret those numbers, and when to seek medical care. In addition, each person gets a little card where they can note their BP numbers each day so a doctor can see any ups and downs prior to their BP reading at an appointment. This helps inform the doctor of changes over time so they can address any significant findings during a visit. The AaN nurses also refer to those cards so they can recommend tips for lowering your BP or identify a potential problem that may require an immediate visit to a healthcare provider. When we have a doctor appointment, often we are unable to advocate for ourselves when sitting in an exam room with a doctor who is busy typing and staring at a computer screen. We might feel like our health problems are not that important or that the doctor is not going to take us seriously. This is something you can share with the AaN nurses when you are talking with them and they will help advocate for you. With your permission they may assist you in calling a healthcare provider’s office and express their concerns; this helps pave the way better communication between you and the doctor, as well as

giving the doctor valuable information to treat you. Becoming a regular visitor to AaN clinics is important as well. Over time the nurses start recognizing when you do not look well and they can avert potential disaster. Nurse H says, “If we see something wrong, we are going to give it to you straight and advise you to seek medical attention.”. One nurse who met with a regular client could clearly see the person was exhibiting warning signs of a serious health condition and she urged the client to seek immediate medical care. The client followed her advice and discovered they had a life-threatening problem that required prompt life-saving treatment.



While the nurses have helped identify critical health problems, this is not the story for everyone. Just as important as averting an imminent health crisis is prevention as well as identifying and managing new and ongoing health problems, particularly as we age. If you are approaching Medicare age, the nurses will advise you to start finding a doctor (if you do not already have one) before going on Medicare because many practices will not accept new Medicare patients. Tips like this can be helpful with the process of getting appropriate healthcare. The nurses can also offer tips on the side effects of

bugwalla





Foothills Live



Nooksack Falls, cont.

Nooksack Falls is a favorite local destination for many of us when showing visitors around the area. The backdrop of the river and falls has a bit of a romantic vibe and I know at least five guys (including one of my grandsons!) who have knelt there with high hopes while digging an engagement ring out of their pockets. While it is tempting to attempt the climb to the bottom of the falls, at least eleven people have died since the 1940’s trying to get a view of the falls from the bottom so it is extremely ill-advised to try it. A path leads from near the parking area to below the bridge where you can get fantastic views of the falls. However, it needs to be noted that while the path is an easy walk, it is too steep and uneven to be accessible in a wheelchair or on crutches. After snowfall, it’s a good idea to check road conditions. While it’s just a short hop from Glacier to the falls, the road is not paved and is not maintained throughout the winter months and is often closed. I’ve always wanted to see the falls after snowfall; maybe this winter I’ll finally get a chance to do that! From the town of Glacier, head east on Highway 542 for 7.4 miles, then turn right onto Forest Road 33 for 0.6 mile. You can’t miss the parking area, bridge and trail. All those gorgeous autumn leaves will be on the ground soon and the road to Nooksack Falls will be closed as soon as snowfalls, so pile the kids in the car and take a run up the mountain for an afternoon outing with the family.

DON’T FORGET!
The submission deadline for posts and events is the 15th of each month. Get your posts updated and your events on our calendar to be included in the next issue of the *Outlook*.

Sometimes you have to play the role of a fool to fool the fool who thinks he is fooling you.

CALL FOR ARTICLES, PHOTO-GRAPHS, STORIES, LOCAL DESTINATIONS & MORE

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in you neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the *Outlook*. Or maybe you have an idea for an article or story? Let us know! To submit to the *Foothills Outlook*, please email the editor at info@foothillsinfo.com and we will send you our submission guidelines. All ideas are welcome, however submissions must be about and relevant to the Foothills communities. If your content is selected, you will get a byline, photo credit or other appropriate recognition.

REBUS #1
All rebus answers on back page

abcdefghijklm
nopqrstuvwxyz

1 2 3 0 **SAVE A LIFE**
3360
Is your address clearly visible to emergency response teams?

Ask-a-Nurse, cont.

also offer tips on the side effects of medications. Some blood pressure medications can cause coughing or headaches; let the nurses know if this is happening to you so they can help you communicate with your doctor about adjusting or changing the medicine you are taking. When you talk with one of the nurses, as their name, Ask-a-Nurse says, you can ask them any health related questions (honestly, they have heard it all) from an ingrown toenail to not being able to pee, why your heart is acting funny, or what to do when you are just feeling overwhelmed by life. Nurse H says, “We really are there just as nurses to sit, listen, and engage with folks and hear what their concerns are. And if they're interested in doing something to improve their health, then we want to help them walk that path.”. AaN nurses listen carefully to each person and offer support and encouragement related to your specific concerns and needs. They will also provide recommendations for dealing with a problem and when to contact a doctor. The nurses all work to build relation

Columbia Valley Community Connections

SPECIAL EVENT!
SAVE THE DATE: December 3 Important Community Meeting
Join us Tuesday, December 3 at 5:30 to 6:30 p.m. for a Community Meeting followed by a Community Meal from 6:30 to 7:30 p.m. at the East Whatcom Regional Resource Center, 8251 Kendall Road, Maple Falls. The Columbia Valley Community Connections (CVCC) group, highlighted in October's *Outlook*, has focused on bringing together community members and providers to work together for the betterment of our communities. Many projects have come to fruition since the CVCC began in 2015—Kendall Summerfest, as well as a closer working relationship with KVAZ, new non-profits like the Foothills Communication HUB and Foothills Community Alliance, and the list goes on! Meanwhile, long standing groups like Kendall Watchdogs, the East Whatcom Community Council, Parent-Teacher Organizations, Friends of the Library, Columbia Valley Park And Recreation District, and others operate with important goals in mind for the area, as well. With so many opportunities for improving the lives of East County residents, including being chosen as Washington State's first Rural Health Equity Zone (HEZ), the time is ripe to explore the best ways to engage local residents and create collaborations to take advantage of what’s being offered. Knowing the purpose of each group can be confusing, which makes it difficult to participate in meaningful ways. This meeting is a chance to learn about all the great things that are going on in the community, the purpose of each group, how all this can benefit you, and how you and your family or neighbors can become involved. We all say, "Somebody should do something about x, y or z”, but the reality is that we are each somebody! And we have opportunities to create a stronger future for our neighborhoods and community. We have spent a lot of time identifying what we need and want. Now it is time to figure out the next steps for moving forward together. This meeting will help clarify the variety of opportunities that exist in the East County area, share out the data collected by the State's Health Equity Zone meeting in June 2024, and get us get us talking about how we build resilience and sustainability into the community to advance the safety, health and connections needed for a better future. All are invited! You’re also invited to bring your favorite dessert for a desert buffet. For more information, email Kristi.Slette@wfcn.org

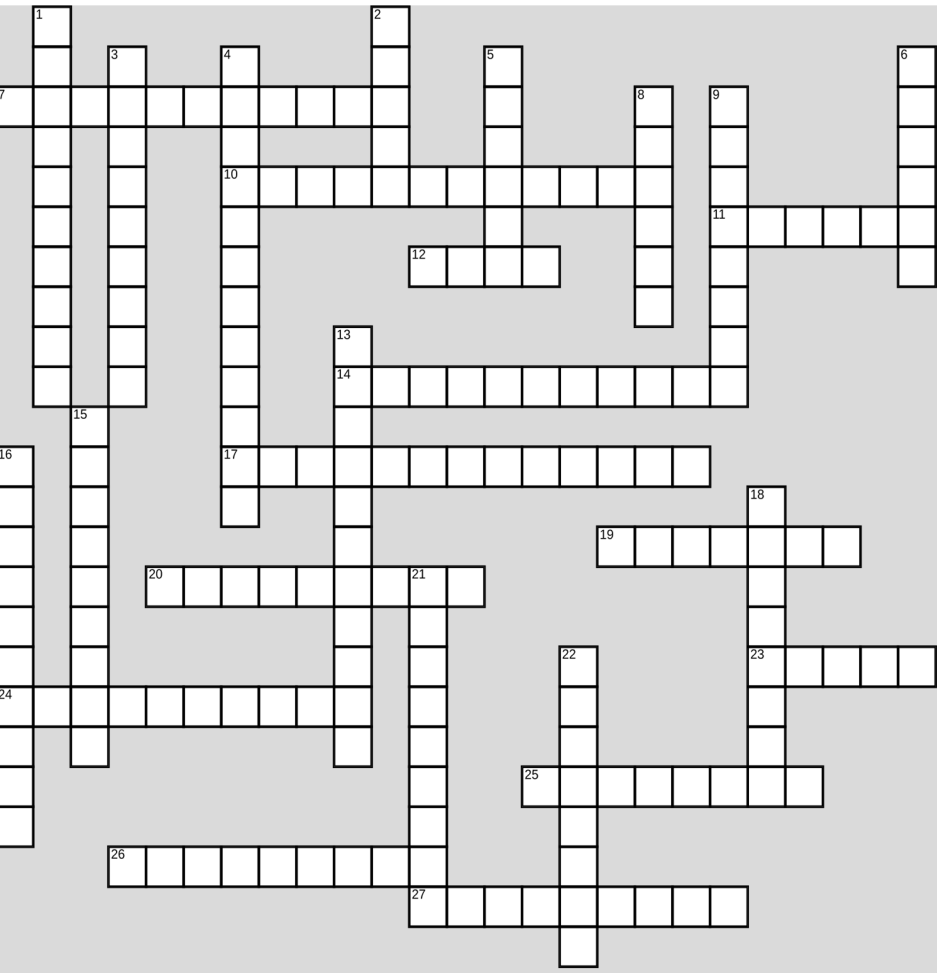
ships with clients that are based on trust and compassion because they truly care about your well-being. **November is Diabetes Awareness Month** and AaN is introducing a new pilot program, funded by the Mt Baker Foundation, to begin A1C assessments. An A1C test measures the average amount of sugar in your blood over the last three months. Healthcare providers use it to help diagnose pre-diabetes and Type 2 diabetes and to monitor how well your diabetes treatment plan is working. If you have a family history of diabetes or other risk factors that may indicate a potential for this disease, get tested. The nurses will have you fill out a short medical profile to help determine whether you need this test and if you do, within 15 minutes ment plan is working. If you have a family history of diabetes or other risk factors that may indicate a potential for this disease, get tested. The nurses will have you fill out a short medical profile to help determine whether you need this test and if you do, within 15 minutes they will have your assessment completed. With the high poverty level and poor food access in the Foothills, too many of our community members are at risk or are pre-diabetic; this program is designed to not just screen for diabetes, but also to prevent it. The nurses can give you recommendations for dietary and exercise changes and offer other suggestions for keeping your sugar levels low, including referrals to nutritionists and support groups. We have a diverse community here in the Foothills with several non-English languages spoken. In order to provide health equity for everyone, North Sound ACH has provided funding for Ask-a-Nurse to hire Ukrainian, Russian

and Spanish interpreters who will be joining the nursing team soon. We also have many new community members who are recent immigrants who do not have insurance coverage; Ask-a-Nurse encourages those people to attend their clinics when they have health care concerns, not just for themselves, but for family members as well. The Ask-a-Nurse clinic cannot provide and help avoid serious health problems is changing the health and well-being of Foothillers for the better. “We don’t just offer nursing advice; we are also here to support community members in their healthcare and wellness journey’s, whether that’s just giving someone a hug and listening to them, to advocating for them with a medical practitioner, we want to show people there are healthier options. We try to eliminate barriers that can prevent them from enjoying good health and to encourage access to healthcare itself.” Ask-a-Nurse clinics are held every second and fourth Tuesday of the month from 8:00am to 11.30am at the Foothills Food Bank Foothills Food Bank, 8255 Kendall Rd. On the fourth Tuesday they are joined by community partners that may include the Whatcom Family YMCA, Mt Baker Foundation, NAMI of Whatcom County, and Dementia Support Northwest, all of whom are supporting healthcare efforts in the Foothills region. Everyone in the Foothills is welcome to Ask-a-Nurse clinics. In addition to the Foothills Food Bank clinic, you can find us in Everson and at Villa Santa Fe in Bellingham. If you are a retired nurse interested in joining our team, please contact our director at the email address below. For more information, contact HMN at director@healthministriesnetwork.org.

Holidays are Coming Word Scramble: all words relate to winter holidays. Some consist of more than one word. Answers on back page.

1. OEPGPGCORRYHNI	5. YIRMNFSILATGGAEH
2. TISEDTECAMSDETRACR	6. LLUOATSHSFCM
3. WITLGNKGTIHISL	7. ANANEDEP
4. CDIOYRLAHEEH	8. ISOGNGGIHSNNAKTC

November Gold Crossword Puzzle
Some answers consist of more than one word



- Across**
7. Annual NYC Tday event
10. Fave sweet side dish
11. Turkey says ?
12. A-maizing veggie
14. Everyone does this after Tday dinner
17. What the guys do on Tday
19. Gravy ingredient
20. Green bean ?
23. Nutty pie filling
24. Symbol of plenty
25. Fave fruity fall drink
26. Pilgrim’s boat
27. Straw man on a stick
- Down**
1. Family indoor activity
2. Semi-frozen rain
3. Sleep through winter
4. Hot cocoa topper
5. Fave stuffing ingredient
6. Ham or ?
8. Fave spud dish
9. They landed on a rock
13. Bargainsbargainsbargains!
15. Berry native to N America
16. Enchanting ballet
18. Fun to jump into
21. Eats for day after Tday
22. Wet weather shoes



Foothills Resources & Organizations



988 SUICIDE & CRISIS LIFELINE

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

2-1-1

211 helps connect you to community resources statewide.

imhurting CRISIS CHAT

24/7 Crisis line

800-584-3578



Foothills Food Bank distributes quality, nutritious foods to anyone in need. We operate a grocery store-like model where visitors are welcome once per week to shop items on our shelves and coolers; we normally carry non-perishable staples, fresh produce, dairy goods, breads, and frozen protein. We are located on the East Whatcom Regional Resource Center campus at 8255 Kendall Rd. and our hours are Tuesdays from 8am until 12pm and Thursdays from 4pm until 7pm. No ID or documentation required, but please bring bags or boxes to bring your shopping home in. Home Delivery is available on a limited basis for those who are elderly, homebound or otherwise disabled. Stop by, call us at 360-392-8149 or email us at contact@foothillsfoodbank.org 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/>



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



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



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



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



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



The Mount Baker Community Coalition (MBCC) aims to reduce youth substance use and promote youth mental wellbeing throughout East Whatcom County. This August we completed our fourth year of the Summer Youth Prevention Fellowship: Learn, Serve, and Earn, that provides high school students with a stipend for participating in community service, learning, and recreational activities. Seven youth, ages 14-18, convened for two weeks to learn about positive goal setting and confronting peer pressure; performed community service through the Deming Library and local parks; as well as participated in a variety of fun, team-building, activities including climbing the YMCA rock wall, visiting the Neko Cat Café, and painting lanterns at Crea-tiTea. Thank you to our youth fellows for bringing your full selves to this experience! We look forward to connecting with you more as the school year gets under way through the One Baker Voice Prevention Club. The next meeting of the Mount Baker Community Coalition will be Monday, September 16, 2024 from 2:45 pm – 4:15 pm. We meet in the Mount Baker School District Boardroom. We hope you can join us! You can also join through zoom: <https://us02web.zoom.us/j/86082135916?pwd=aXN3RnRld0sxdEVHc1o3bkNWc2VCZz09> Meeting ID: 860 8213 5916 Passcode: 751792 If you have questions about MBCC or One Baker Voice, please contact Allison Ormsby at obv@wfcn.org.



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 director@healthministriesnetwork.net



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. See us at the Trick or Treat Fair at EWRRRC on Oct 31, and join us for the Community Meal, Dec 3 at East Whatcom Regional Resource Center, 8251 Kendall Rd kristi.slette@wfcn.org



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



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

1. Riddle Me This:

What comes once in a minute, twice in a moment, but never in a thousand years?

Answer on back



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>



RAINY DAY PROJECT!

On wet winter days it's always handy to have a fun, easy afternoon craft project for your kids to dive into. Check out this project for making Christmas tree ornaments. A little glue, cardboard (old cereal boxes work great for this!), bits of fabric and ribbon, all kinds of beads, glitter, and whatever else you've got in your craft box or around the house, and the kids will have a great time making a mess on the dining room table! You can find full directions for this project and more at: <https://tinyurl.com/Rainydayproject>.



Jungle Life Word Scramble: write each scramble on a sheet of paper to figure them out.

1. RTGIE
2. STHLO
3. MYOSKEN
4. LINOS
5. EFGRIAF
6. NACOUT
7. RLLAISGO

Kids Word Search

Fall Fun

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

Fall Fun Word Search List

1. jackolantern
2. mittens
3. rubberboots
4. scarf
5. apples
6. trickortreat
7. harvest
8. acorns
9. cider
10. maze
11. costumes
12. turkey

Knock, knock. *Who's there?*

Figs. *Figs who?*

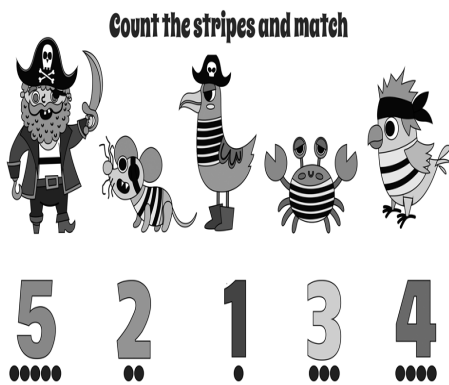
Figs the doorbell. I've been knocking forever!

Knock, knock. *Who's there?*

Lettuce. *Lettuce who?*

Lettuce in, it's cold out here!

RIDDLE:
Q: What has a head, a tail, is brown, and has no legs? Answer on back page





Foothills Resources & Organizations





North Fork Library
North Fork Storytime
<https://wcls.libcal.com/event/12575032>
For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation. Starting September 17.
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
[Facebook](https://www.facebook.com/wcls)
360 599 2020
7506 Kendall Rd, Maple Falls WA 98266
Deming Library
katrina.carabba@wcls.org
5044 Mt Baker Hwy, Deming, WA
360 592-2422
Friends of the North Fork Library Open House and Costume Party! Prizes and Contests! Saturday, Oct 26 2024 2:00pm – 6:00pm
North Fork Storytime
Tuesdays 10:30am

For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation.
Starting September 17 Writing Group 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. I will bring prompts and ideas. Please bring a notebook and pen. Writers of Fiction, Non-fiction essays, and memoirs welcome. This is a PG class. Weekly on Tuesdays, ends December 17th.

Luca Williams is a Panamanian American author with an MFA in Creative Writing from Goddard College. She is currently working on her third book, a novel, “Box of Rocks From Panama.” There is room for 6-8. Starting October 15th, Tuesdays 6.30pm.

North Fork Art + Audio Tuesday, Nov 19 2024. 4:00pm – 5:00pm 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 distress 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.

North Fork Let’s Build a Treasure Box
Do you have a special place to keep your treasures? Come to the library to decorate a box perfect for storing those valuable trinkets you don’t want to lose. Thursday, Nov 7 2024 3:45pm – 4:45pm

Время рассказов на трех языках и Час Общения / Час історій на трьох мовах і Година спілкування / Trilingual Storytime and Social Hour

Для семей с маленькими детьми: истории, песни, стихи и игры для развития чтения на английском, русском, украинском. После, всех приглашаем на чай и общение. / Для сімей з маленькими дітьми історії, пісні, вірші і ігри для розвитку читання на англійській, російській, українській. Після, всіх запрошуємо на чай і спілкування. / Families with young children enjoy stories, songs, rhymes and movement activities while building earlyreading skills in English, Russian and Ukrainian. Afterward, all are welcome to join us for tea and conversation. Thursday, Nov 14 2024. 2:30pm – 3:30pm.



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



The Mt. Baker Chamber of Commerce was formed in 1982 to support businesses and build community in the East Whatcom region of Whatcom County in Washington State. Membership is offered to businesses, as well as residents, interested in supporting local businesses and Chamber projects. In acknowledgement of the many amazing people in our community that are members or allies of the LGBTQ+ community, AND to actively resist bigotry, hate and the marginalization of any member of our community we want to make it clear that: We believe, Black Lives Matter, No Human is Illegal, Love is Love, Women’s Rights are Human Rights, Science is Real, and that Injustice Anywhere is a Threat to Justice Everywhere.
The Mt. Baker Visitor Center in the Maple Falls Town Hall is open daily from 10 am to 4 pm, 7509 Mt. Baker Hwy., in Maple Falls. Staff and Volunteers are on hand to answer questions and provide suggestions to travelers and locals alike. Some business support services are available including printing, laminating, and notary. Stop by, Rebecca and Sonya will be happy to see you!
Each spring and fall the Chamber organizes a team of volunteers to clean up litter along Mt. Baker Hwy. Volunteers are needed and appreciated! Click here to contact Sonya.
Produced in the Mt. Baker Visitor Center, the Mt. Baker Local Resource Guide is our local directory of businesses in the East Whatcom region. It features members of the Chamber alongside other notable local businesses and community resources.
The Chamber Board of Directors meets once per month on the second Tuesday at 6 o’clock in the Maple Falls Town Hall. Members and visitors are welcome, please contact Rebecca if you’d like to make a presentation. 360-599-1518 mtbakervisitorcenter@gmail.com

2. RIDDLE ME THIS: What English word has 3 consecutive double letters?
All riddle me answers on back page



Holiday Habits–For Healthy Futures
Healthy families have fun together. Holidays welcome opportunity for fun, healthy rituals and habits.
As you plan for winter celebrations consider how to add fun, playfulness, simplicity, and a healthy level of ease to your gatherings.
Holidays can usher in challenges in many forms. They can be stressful. Think back to past holidays. Consider what would make a better experience for those you love and gather with this year? Set one or two winnable goals. Consider increasing time together–really being together playing games, going for a walk, or sharing conversation. How can you ever so slightly decrease stressful activities like travel, cooking, cleaning, and shopping? Holiday habits like drinking alcohol can add relational dynamics that cause can turn a celebration into a disappointment. Consider how to minimize your children’s exposures to substances and to holiday drinking and driving during the upcoming holiday season. Identify healthy habits that will set them up for a lifetime of happy memories, keep them safe, healthy and connected!
Employment Opportunities in East County!
WE ARE HIRING – Be part of the change for our community!
To read the job description, and apply please visit <https://wfcn.org/apply-mbcc/>
Whatcom Family & Community Network loves to serve kids, families and community of the Mount Baker School District! We have a couple opportunities well suited for people living locally to help make your community better. If you a natural connector, want to see East Whatcom County thrive and grow opportunities for children, teens and families–check out the positions available. Share with people you know care about kids, like people, and want to raise hope!
Scan the QR Code below.



SCAN ME

Youth & Adult Board of Directors Positions!
WFCN has two open seats for individuals between 14 and 18 to serve as directors of our board.
There are three open seats for adults to serve as well.
For youth, these are leadership development positions and can be helpful for scholarship, college, work and other types of applications. These are great for young people who want to explore the fields of business, social services, political science and finance.
All directors are volunteers who serve approximately 8 hours per month by attending meetings and engaging in the work of the organization. Candidates do not need experience, just interest to invest in our mission to “promote the well-being of children, youth, and families by convening and supporting communities to build their capacity.” You can learn more about us at www.wfcn.org
If you are interested to apply, contact Kristi.Slette@wfcn.org

The trick to being smart is knowing when to play dumb.



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>



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@wcf14.org
<https://wcf14.org>
7528 Kendall Road, Maple Falls
The Whatcom County burn ban is at Stage 1 - Recreational Fires Only
Recreational fire requirements:
Up to 3 feet by 3 feet of seasoned firewood or charcoal only
Must have enclosure 16 inches high, made of steel or masonry/rockery 25 feet from structures, timber, and combustible material
15 feet of overhead clearance required
Garden hose or (2) 5-gallon buckets of water at fire
Hand tools required onsite
Allowed after dark if attended until fire

Tips for making your woodstove more effective

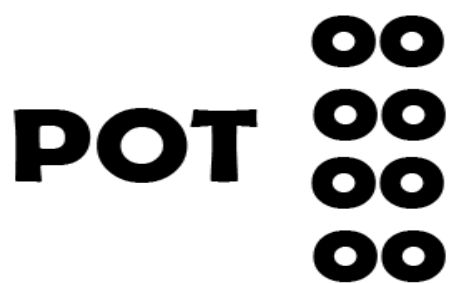
Clean chimney
Use a stove pipe thermometer
Burn only dry, seasoned wood for better combustion
Use a heat shield to direct more heat into the room
Harness your stove’s heat for cooking and heating water
Check the seals on your stove
Don’t overfill the stove – allow for air circulation
Regularly clean out ash and soot from inside the stove
Reload before it cools down
Close dampers when not in use
Adjust dampers to keep the fire burning
Circulate heat with ceiling and other fans



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

3. RIDDLE ME THIS: We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What are we?

REBUS #2





Foothills Resources & Organizations



NW Clean Air Agency is responsible for enforcing federal, state, and local air quality regulations at stationary sources of air pollution in our jurisdiction. In addition to regulating businesses, we focus on informing the public about air quality issues and how to make clean air choices.

Please contact us to report illegal burning or other forms of air pollution: <https://nwcleanairwa.gov/permits-and-services/enforcement/complaints/>
Call 360-428-1617.

Check current air quality in your area: <https://nwcleanairwa.gov/new-air-quality-center/>

Need a new woodstove? We can help!

A major Northwest Clean Air Agency effort focuses on reducing wood smoke in the Columbia Valley Urban Growth Area. We do this in part by helping people replace old, polluting woodstoves with new stoves and ductless heat pumps.

This helps cut down on smoke during winter periods when stoves are in heavy use. To date, NWCAA -- working with the Opportunity Council -- has replaced more 100 woodstoves in Columbia Valley.

For more information, check NWCAA's website: <https://nwcleanairwa.gov/resources/columbia-valley-air-quality-improvement-project/>



Energy Assistance

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

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

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

1-888-225-5773

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

PSE customers: Manage your energy usage online.

For personalized energy-saving suggestions, complete an online home assessment to update your home's energy profile in the Analyze my usage section of your online account. Measure, and monitor your home's energy usage. Find additional energy efficiency suggestions in our Ways to Save tips library.

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

Are you eligible for free home weatherization? Check it out at PSE: https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=pc&utm_campaign=rem-wx-e&sc_camp=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPi6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoC7VcQAvD_BwE

ENERGY.GOV

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

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



The Van Zandt Public Market – Saturday, October 5th from 10am to 3pm This is the last month of Market Days at the Hall in 2024! Get a jump on holiday shopping and support local crafters, bakers, artists, and vendors. If you spent your summer cleaning out the barn or the attic and would like to rent a table to sell some treasures, email market@southforkvalley.org.

Get your Spook on at the Van Zandt Halloween Ball Saturday Night October 26 7-10pm. Last year was an absolute blast with live music, dancing and a thrilling costume contest! This year High Tide will keep the tunes rolling at the beloved Van Zandt Hall and this spooktacular event looks to be even more to howl home about in 2024. Free admission-- a donation to the Van Zandt Hall Renovation encouraged. See you there!

Poetry Café – Saturday, November 9 from 6-9pm

Mark your calendar for this popular annual event. Even if you're not "a poetry person," you will appreciate the depth and breadth of local talent. And the dessert potluck is an added bonus.

Winterfest! – Saturday, November 16 from 10am to 4pm

The first-Saturday Public Markets end in October, but don't despair. Winterfest will give you one more chance to stock up on stocking stuffers, pick up some edible goodies, and find treasures you didn't know you needed until you see them.

Third Thursday Potluck and Open Mic – Next Up: Thursday Sept 19th 6pm to 9pm. Join us every third Thursday of the month and enjoy a meal and good conversation with friends and neighbors, followed by music, stories, poetry, or the performing preference of whoever steps up to the mic. Bring a dish to share. See ya there!

Voter Awareness Events – There's a lot at stake in the upcoming elections, both locally (water adjudication, charter review, etc.) and nationally. Meet candidates at the candidate forum on Saturday, October 19 from 1-4pm, at the Van Zandt Hall.

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!

Take the KAVZ survey – KAVZ 102.5 is your voice of the Valley. Help the station managers choose artists and create programs and playlists you want to hear by taking a brief online survey. Respondents can stop by the Hall and grab a shiny new KAVZ bumper sticker.

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.

RENOVATION NEWS The Hall Renovation Project is steaming along. Design and build phases are now in the hands of Whatcom County Parks and Recreation, while the SFVCA focuses on local fundraising, and on collecting Hall/Van Zandt historical information, photos and artifacts. Additional funds are needed for a heat pump/air filtration system that will allow the Hall to serve as a cooling station and smoke refuge, and for a back-up generator. To make a donation, please visit the SFVCA website. And if you have historical information to share, please email history@southforkvalley.org

The South Fork Valley Community Association (SFVCA) is a small but mighty 501(c)3 nonprofit dedicated to building community in the Nooksack River's South Fork Valley and the Mt Baker Foothills. The Association manages, maintains and improves the Van Zandt Community Hall, and hosts a wide variety of community events and programs. In addition, the SFVCA distributes a monthly email newsletter, the South Fork Scoop, and provides a home for our beloved community radio station, KAVZ-LP 102.5 FM, your "Voice of the Valley." The SFVCA Board of Directors meets monthly on the first Wednesday of every month at the Van Zandt Community Hall. All are welcome.

4106 Valley Hwy, PO BOX 794 Deming, WA, 98244. 360-230-8176
info@southforkvalley.org
<https://www.southforkvalley.org>



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://](https://www.whatcomcounty.us/4307/Health-Department)

www.whatcomcounty.us/4307/Health-Department



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

(360) 306-5090

<https://nooksacktribe.org/>



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

Dial or Text 988 for the Suicide & Crisis Lifeline, if you or a family member is experiencing a mental health crisis.

The Lifeline is available for everyone, is free, and confidential.

info@lifelineconnections.org

(800) 604-0025

<https://lifelineconnections.org>



North Sound Accountable Community of Health (North Sound ACH) exists to create a just and inclusive culture and the necessary conditions for all community members to thrive.

team@northsoundach.org

(360) 543-8858

<https://northsoundach.org>



Volunteer Chore Program provides volunteers to help the elderly (60 and over) and adults with functional disabilities remain independent in their own homes.

The Chore Program serves as a safety net, helping those for whom other resources are unavailable. Chore assists 200+ Whatcom County residents each year.

(360) 734-5121 ext. 1172

chore@whatcomvolunteer.org

Rebus #3

M1Y L1I1F1E



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



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

<https://arcwhatcom.org>



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

(360) 676-6749

<https://nwrcwa.org>



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

(360) 676-2164

info@ccswww.org

<https://ccswww.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>



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

Help improve the quality of life for yourself, your family and the entire community by VOTING YES ON PROP 2024-23! Everyone is welcome at our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3.

cvparksandrec@gmail.com

cv-prd.org

Additional Resources & Organizations



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



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



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



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



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



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>

Avoid negative people;
they have a problem
for every solution!



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

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



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

seniorresources

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



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

3800 Byron Av, Suite 124, Bellingham,

Medicare.gov

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



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



Office of Refugee and Immigrant Assistance Resource Tool The Office of Refugee and Immigrant Assistance is part of the Washington State Department of Social and Health Services, within the agency's Economic Services Administration and Community Services Division. Our goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state. <https://app.smartsheet.com/b/publish?EQBCT=8e7e2fd0641f4f1e90bbaa36a0>

Rebus #4

TRAVEL

CCCCCCC



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



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



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



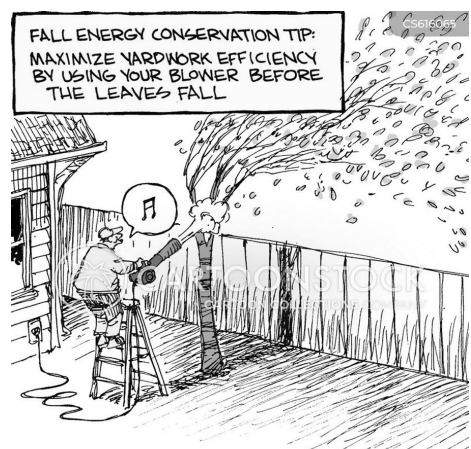
ESL: English Language Learning Roughly two thirds of the people we serve are immigrants who are learning English for the first time. More than half of our learners have no high school diploma or GED, and the majority have no computer at home. Our free, customized, individual tutoring and small group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



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



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





Additional Resources & Organizations





For many, making ends meet is a daily challenge, forcing people to choose between things like heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help. Providing assistance for:

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

360-733-1410
she-vaun.malone@usw.salvationarmy.org
<https://bellingham.salvationarmy.org>
2912 Northwest Ave., Bellingham



American Red Cross

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



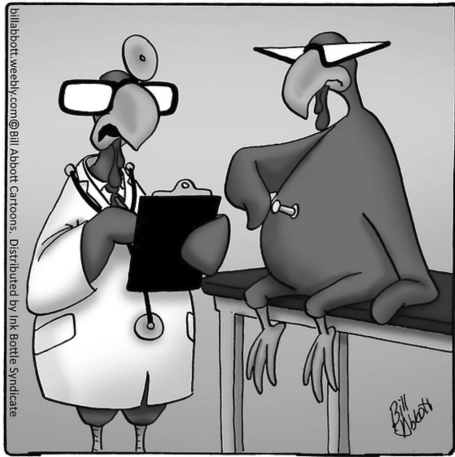
Our mission is to provide free civil legal assistance to low-income Whatcom County residents by linking them with attorney and community volunteers. 360-671-6079
info @ lawadvocates.org
<https://lawadvocates.org>
1407 Commercial Street Bellingham,



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



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



“Well, it’s either a hernia, or you’ve been cooked to a delectable, golden perfection.”



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



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



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



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



SEPTIC SYSTEM EVALUATION REBATES

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



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



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



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



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



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



ADULT BASIC EDUCATION

ESOL

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

Digital Skills
Wraparound Services
Reentry Services

360) 752-2080
1115 E Sunset Dr. Bellingham
<https://evergreengoodwill.org/job-training-and-education/adult-basic-education/>



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



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>
4101 Meridian St Bellingham,



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

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

1 Walking Broom Drum	2 Lighthouse Stars Diamonds	3 Plugs Worm Phone
4 Fresh Breath Smog	5 Trade Cross Whirl	6 Popcorn Crackers Pretzel
7 Ear Telephone Onion	8 Wheels Engine Handlebars	9 Bag Shorts Kangaroo
10 Bank Post Flash	11 Vine Rope Snake	12 Keeper Hive Sting

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

November 2024 Calendar of Events

And don't think the garden loses its ecstasy in winter. It's quiet, but the roots are down there riotous.

~Rumi

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29 10:30 AM - 11:00 AM Story Time at North Fork Library	30	31 4:00 PM - 7:00 PM  Foothills Food Bank Distribution 5:00 PM - 7:00 PM Trick or Treat Fair 2024!	1 5:00 PM - 7:00 PM Dungeons & Dragons	2
3	4 5:30 PM - 8:00 PM  Strengthening Families Program begins November 4!	5 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs	6	7 4:00 PM - 7:00 PM  Foothills Food Bank Distribution 6:30 PM - 8:00 PM Exploring Indigenous Cinema with Kanopy	8 5:00 PM - 7:00 PM Dungeons & Dragons	9 3:00 PM - 4:00 PM Art of Living Breathwork Exercise with Bliss Zuzarte 6:00 PM - 9:00 PM Poetry Cafe
10	11	12 10:30 AM - 11:00 AM Story Time at North Fork Library	13 5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting	14 4:00 PM - 7:00 PM  Foothills Food Bank Distribution 6:30 PM - 7:30 PM CVPRD Open Meeting	15 10:00 AM - 11:00 AM  Mobile Food Pantry Distribution 5:00 PM - 7:00 PM Dungeons & Dragons	16 10:00 AM - 4:00 PM Winterfest! – Saturday, November 16 from 10am to 4pm 10:30 AM - 11:30 AM Deming Let's Build a Treasure Box
17	18	19 10:30 AM - 11:00 AM Story Time at North Fork Library	20	21 4:00 PM - 7:00 PM  Foothills Food Bank Distribution	22 5:00 PM - 7:00 PM Dungeons & Dragons	23
24	25	26 10:30 AM - 11:00 AM Story Time at North Fork Library	27	28 4:00 PM - 7:00 PM  Foothills Food Bank Distribution 6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	29 5:00 PM - 7:00 PM Dungeons & Dragons	30



What? You can't do the splits while have a snack?

Word Scramble Solutions

1. GROCERY SHOPPING
2. CREDIT CARDS STATEMENTS
3. TWINKLING LIGHTS
4. HOLIDAY CHEER
5. FAMILY GATHERINGS
6. FULL STOMACHS
7. NEED A NAP
8. HANGING STOCKINGS

Look around;
all that stuff used to be
money!



Tribonds Answers 1. Kinds of sticks, 2. Things that shine, 3. Words that start with “ear”, 4. Words related to air, 5. Types of wind, 6. Kinds of snacks, 7. Things that have rings, 8. Motorcycle parts, 9. Things that have pockets, 10. Kinds of cards, 11. Long, thin things, 12. Words that include the word “bee”

Rebus answers: 1. Missing you, 2. Potatoes, 3. For once in my life, 4. Travel overseas

Riddle Me This answers:

1. The letter M, 2. Bookkeeper, 3. Words

Kid's Corner Riddle answer: A penny

Crossword Solution

Across: 7. Macy's parade, 10. sweet potatoes, 11. gobble, 12. corn, 14. loosen belts, 17. watch football, 19. giblets, 20. casserole, 23. pecan, 24. cornucopia, 25. hot cider, 26. Mayflower, 27. scarecrow

Down: 1. board games, 2. sleet, 3. hibernate, 4. marshmallows, 5. oysters, 6. turkey, 8. mashed, 9. Pilgrims, 13. black Friday, 13. cranberry, 15. Nutcracker, 18. leafpile, 21. leftovers, 22. galoshes

DON'T MISS!

November 4-December 16 Strengthening Families Program—5:30 PM – 8:00 PM -This event is a series. FREE dinner and child supervision available! FREE gas cards for participating families

www

Saturday, November 16 **Winterfest!** —
10am to 4pm Van Zandt Community
Hall, 4106 Valley Hwy, Deming, WA

nnn

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

For more information on each event, please refer to our Events Calendar at foothillsinfo.com.