

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



COLUMBIA VALLEY COMMUNITY CONNECTIONS AND HEALTH EQUITY ZONE BRING COMMUNITY TOGETHER

On December 3, 2024 the East Whatcom Community Resource Center was packed full of community members who all have a stake in improving health equity in Mt Baker School District (MBSD). The challenges residents face everyday are the kind that affect the health and wellbeing of everyone in the community but with the help of the Health Equity Zone (HEZ) Initiative from Washington State Department of Health, residents may finally be able to tackle and solve these problems.

Invited to this gathering and the regular Community Meal by Columbia Valley Community Connections (CVCC) and HEZ, each person had an opportunity to vote for the tasks that take top priority. Unlike other programs undertaken here, HEZ is a community-led and driven opportunity for MBSD residents to help themselves without interference or "parenting" from people who do not live in the district.

What is Health Equity?

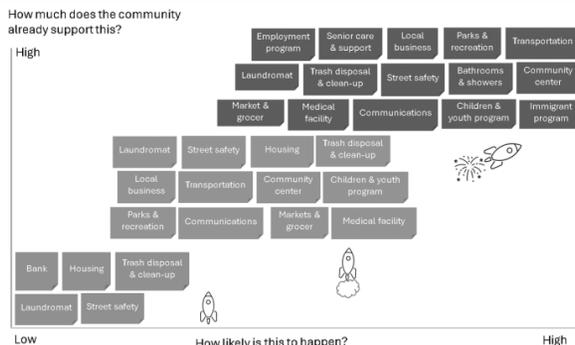
The term "health equity" is being tossed around a lot lately but what does it actually mean? Health equity is the concept that everyone should have equal opportunity to the best possible health regardless of who they are or where they live. In a healthy community everyone is equally valued. It is a place where inequalities, whether historical or avoidable are addressed, and opportunities to be as healthy as possible, physically, mentally and spiritually are accessible to everyone.

When health equity zones were established in Rhode Island, there was a 24%

reduction in teen pregnancies, 13% reduction in feelings of loneliness, a 63% reduction in primary school absenteeism, a 36% increase in access to nutritional, fresh foods, and 46 people diverted from the criminal justice

system to substance use disorder treatment and recovery services. HEZ participation across the Rhode Island also expanded community capacity, connectivity and community power as evidenced by a 163% increase in community engagement. (<https://nam.edu/programs/value-science-driven-health-care/assessing-meaningful-community-engagement/building-health-equity-zones/>)

While the label applied to this initiative says "health", it's important to remember good health includes all your physical, mental and social systems that add up to your well-being. It goes beyond the absence of disease or illness; it's a complex combination of factors that affect how you feel about yourself and your life. Good health informs how you perform in the workplace, how you manage your household, how you relate to others, and how you deal with stressors and problems. It even affects how you respond to positive things in your life.



The Task

The chart above indicates the results of sixteen surveys done in the MBSD over the past few years in which resident's have consistently identified a number of issues they face such as local healthcare services, recreation, sanitation, safety, food access (not necessarily in that order) and more. With the money the state has set aside for the HEZ, residents have for the first time an opportunity to help themselves and their families not only reduce the obstacles and challenges, but to actively improve their lives. HEZ is currently collating the data collected at the Dec 3rd meeting and they have a call out for people who would like to participate on a Community Advisory Board (CAB) made up of members from each of the communities in MBSD to develop community action plans, create an infrastructure, and implement solutions that meet the direct needs of the community.

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Free

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BECOME A CONTRIBUTOR

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

Submissions Deadline: 15th of each month

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

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.

Women like silent men; they think we're listening!

5

Helping Hands Making Change in the Foothills



Community members at EWRRRC on Dec 3, 2024

COMMUNITY IN ACTION

"The power of community to create health is far greater than any physician, clinic or hospital." Dr. Mark Hyman

Despite every chair in the EWRRRC being put to use, the December 3rd meeting and meal hosted by Columbia Valley Community Connections (CVCC) and the Health Equity Zone (HEZ), was standing room only even before the food was served. Community members came not just for the good food, but for the meeting prior to the monthly community meal and the opportunity to add their voices to prioritizing the tasks needed to make Mt Baker School District (MBSD) communities healthier. The attendees came individually, as families, as neighbors and as people who actively want a healthier and safer place to live. Allison Ormsby, Mt Baker Community Coalition coordinator, who helped out by serving at the buffet tables, said, "The room was absolutely vibrating with energy. I love working the buffet at an event like this, because you get to engage with every single person in the room. Overall, the group pulse felt really strong - people were in a good mood (even when I had to deliver the news we were OUT of chicken tenders, haha) and the feedback given by participants was positive."

Prior to the regular monthly community meal, Columbia Valley Community Connections (CVCC) and the Health Equity Zone (HEZ) led a meeting with community residents to begin identifying

the issues residents feel should be priorities in improving health equity throughout the Mt Baker School District (MBSD).

The first meeting in June was to introduce the HEZ initiative, gather information and begin building relationships with MBSD residents. The information gathered from that first meeting was collated and shared with attendees of the December 3rd meeting. As the HEZ initiative moves forward, community members will be kept informed about about the progress being made, what is still needed and ways of achieving the goals set by the communities.

What Does Community Engagement Look Like?

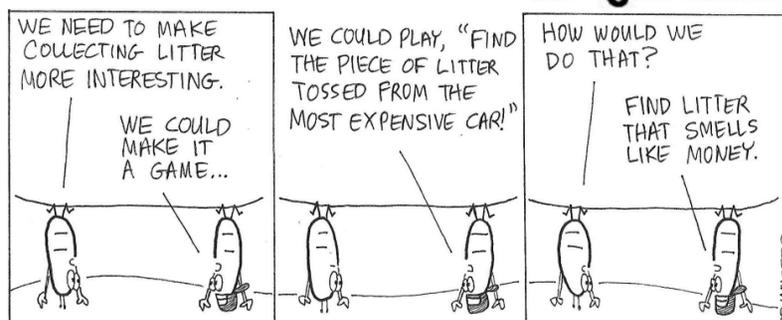
According to the Center for Disease Control, community engagement is "the process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the wellbeing of those people." CDC, 1997, p. 9).

The MBSD covers 622 square miles of northeastern Whatcom County. Inside that area there are a number of small communities, but there is also a large population of people who do not reside in or even near a community. The entire population of MBSD is widely diverse ethnically, economically and socially. But when all sectors comes together to collaborate, the sum total becomes a powerful agent for change.

In addition, it strengthens the community as a whole, helping it become more resilient, self-reliant and healthier for everyone.

The December 3rd meeting brought people from every sector of the MBSD population which demonstrates the issues faced by MBSD residents cross all boundaries and affect everyone in some manner. Columbia Valley resident, Carl McDaniel, commented, "When I looked out into the people in attendance I saw people with vastly different political views, different nationalities, extremely different economic status, elderly and youth, as well as two parent families and single parents, but for that evening they all came together for the betterment of the community." Differences in opinion, experience, and background are not divisive; they contribute a broader range of information and ideas to help solve the problems. That diversity translates to an enormous wealth of knowledge, skills and experiences that contribute immeasurably to the success of any endeavor. By focusing on the commonalities such as the safety of the children, we find shared purposes that unite everyone in MBSD with concrete goals that will provide beneficial outcomes. This is inclusive community engagement at work. And, by uniting as one cohesive body, we build community through having shared visions and goals, as well as building individual and group relationships that strengthen the whole.

continued p.9



bugwalla

Foothills Live

Community Gathering cont. from p.1

A Continuum of Engagement Possibilities



The CAB will help ensure the HEZ initiative meets the true needs of everyone in the Mount Baker School District.

Once the CAB is established HEZ will assist in forming committees. Each committee will tackle one of the tasks by determining how to solve the problem then implement the steps to solving it. This is entirely community driven and community led; HEZ simply assists and provides funding so the community can achieve its goals.

How was MBSD Selected

The 2023 Legislative Report Executive Summary begins with, "Differences in conditions where people are born, live, learn, work, and play, often referred to as social determinants of health, can influence who is healthy, who is sick, and who lives longer. Communities of color, low-income communities, and people in areas with limited access to health care are disproportionately impacted by health inequities; yet their voices, experiences, strengths, and cultural knowledge are often not centered in the decision-making that influences their health.

In 2021, the Legislature passed Senate Bill 5052, which created an important foundation for the Department of Health (department) to identify geographically based health equity zones, places where people face more limited access to health care and other conditions that negatively impact their health (RCW 43.70.595)."

After reviewing surveys and studies conducted statewide, in a six-week nomination process the state Health Department identified MBSD as the rural zone that would most benefit from the initiative. Only two zones, one urban and one rural were selected from the 43 nominations, with MBSD being selected as the rural population experiencing the greatest health inequities. In MBSD, the lack of medical care, nutritious food, safe neighborhoods, dedicated recreational spaces, and more contributes to the inequities that prevent healthier living conditions.

The Chuckanut Health Foundation (CHF) was selected as the administrative agency for HEZ, and Kristina Michele Martens has taken on the task of organizing and leading the initiative in MBSD. Kristina says, "The Whatcom Health Equity Zone initiative is all about inclusive community growth, and we're just getting started." Throughout the process, Washington State Department of Health will provide assistance with "facilitating the implementation of the workplans, collating community feedback, conducting evaluation of the initiative and coordinating relevant improvements to the process, and collaborating with intergovernmental stakeholders of help from the state, the efforts of community members will be supported, valued and provide real solutions for residents of MBSD.

Idlers and external partners. With this **What Can HEZ do for US?**

The diagram above shows the structure

of how Health Equity Zones help communities accomplish their goals. Each HEZ develops a set of CORE PRINCIPLES to create engagement that is inclusive and in which community member set the agenda and priorities based on local assets and needs. This means that every project undertaken is community-aligned, as well as community-driven and led. This ensures the problems a community faces are dealt with by those who are most familiar with them.

During the first two years, MBSD communities will receive \$400,000 per year, after which the Washington State Department of Health will collaborate with the communities to find funding to support ongoing work. These are funds on which to build a foundation that will support the work being done into the future.

Once the CAB is established, community members will have an opportunity to participate in committees, each of which will be focused on a specific objective. The committees will develop strategies for tackling the problem and begin implementing those strategies. This is where each MBSD community member will have the opportunity to share their skills, talents and experience to better living conditions for everyone.

What does a Survey Really Amount To?

The Health Equity Zone initiative is designed to seek solutions to problems, to minimize challenges, and to create a living environment that offers health equity across all stratum including economic, ethnic, educational, age, housing and more. It will support projects so the Foothills rural communities can address their unique challenges. At the heart of the initiative is inclusivity and community engagement. This means everyone in the MBSD is invited and welcome. In addition, the initiative is also designed to be community-led. It is the community residents who will determine the approaches to resolving each of the issues they face; it will not be politicians at the state level, middle management at the county level, or even someone who lives in Bellingham: this is about, for and by Foothills residents.

You often hear, "Somebody ought to do something about...". Well, each MBSD resident is a "Somebody", and district and extend into future generations of rural residents.

Linda Kerth who has sat through many community meetings, filled out survey after survey, and who has clear visions continued p.9

SEEKING 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 your neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the *Outlook*. Or maybe you have an idea for an article or story? Let us know! To submit to the *Foothills Outlook*, please email the editor at info@foothillsinfo.com 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.

DON'T FORGET!

Stop by an Ask a Nurse clinic at the EWRRC 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.



The Book Shelf

Keep up with all the resources at the Deming and North Fork Libraries. They have events, activities, and sooooo much more!

Winter is wrapping the Foothills in long nights and wintery weather as we start into 2025. Visiting your local library can be the perfect way to help you get through this time of year. Maybe you and your family have always wanted to start a family band, play board games long into the night, or try out a Light Therapy lamp. The Whatcom County Library System's **Library of Things** is here for you. Visit the Deming or North Fork Library branches or wcls.org to browse this surprising collection. Board games, puzzles, ukuleles, light therapy lamps and WIFI hotspots are just a few of the things available to reserve and check out.

Hope to see you at the library!

Katrina Carabba, Deming Library Branch Manager

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
360 599 2020
7506 Kendall Rd, Maple Falls WA 98266

Deming Library

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

Deming Library
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.

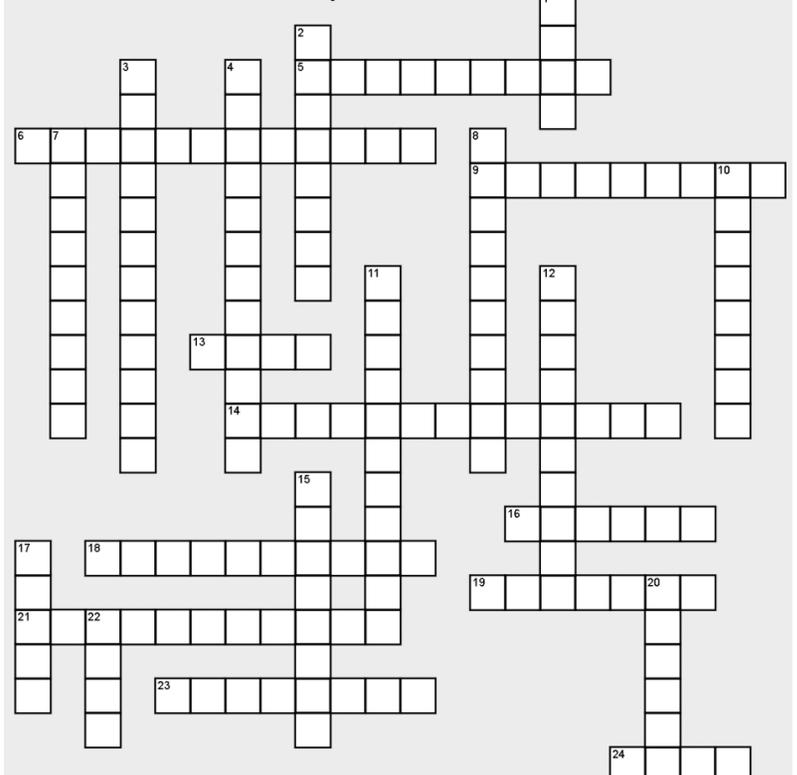
Word Scramble: Happy New Year! Answers consist of more than one word. Solutions on back page.

- BAAEPGYHCBLNUMB
- EIHDTEFTRLOAM
- ASRKKCFRYSREIIONE
- LLASEYRNABEW
- EOIONCTFOULFRITCL
- AHAEVNGAOHEDERCH

January Crossword Puzzle

Solutions on back page

On-screen Heroes/Heroines



Across

- King of the Cowboys
- He bears the burden of The Ring
- Westley's refrain
- He boldly went
- Saves damsels in distress
- Bond's martini preference
- Lara Croft battles the ?
- Chewbacca's best friend
- Diana Prince's alter ego
- Macgyver is the ? guy on TV
- Amazon warrior in skirt and sandals

Down

- Dashing masked swordsman
- She's ? while solving triple homicide
- Archaeological adventurer
- Samurai sword wielding bride
- Sherriff of Nottingham's opponent
- Preserves law and order in wild west
- Mild mannered journalist superhero
- This guy's worth millions
- Martial arts comedian
- Jane Osborne is a vengeful ?
- Call box time traveler
- "? come home!"

SEEKING COMMUNITY FEED-

BACK: The Mt Baker Community Coalition works with youth to strategically build a strong community that offers well-being to all by focusing on youth and families, through substance use/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.

The MBCC is asking for feedback on community needs related to alcohol/drug use prevention and improving mental health among the youth in MBSD.

Please email any thoughts on specific community needs and your thoughts on how to address them to hannah.r.coughlin@gmail.com or obv@wfcn.org.



Foothills Resources & Organizations



Whatcom Family and Community Network

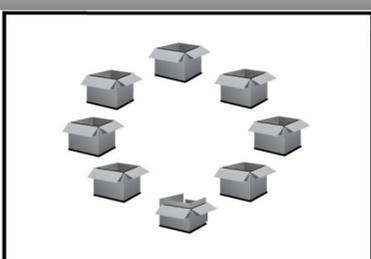
Listening Changes Lives

It might not always feel true, what with earbuds in all the time, eye rolling, and the amount of time young folks spend with friends, but the love and support of parents (or grown ups at home, whoever that might be) is the most powerful source of wellbeing in the life of an adolescent. This is especially true for young people who are...a little bit different. In our work with LGBTQ youth the question they always have is, "How can I tell my parents?" LGBTQ youth, or young people wondering if they might be LGBTQ, desperately want to be known and accepted at home. But they worry about whether their parents will take them seriously or might say or do something hurtful in an already vulnerable moment. And many parents worry about what it would mean for their child to be LGBTQ. The language of LGBTQ identity might be confusing to parents. Or maybe they hold religious beliefs that don't include acceptance of LGBTQ people. And at the end of the day, every parent loves their child and wants their child to be happy and healthy. Perhaps it would help to hear these questions as being less about sex (that's a completely different conversation) and more about who your child is on the inside, who they might love, and what their family might look like when they grow up. It might sound obvious, or simple, but it can be very hard to simply listen to your child when they share about being LGBTQ and to reassure them that you will always love them. And yet, this simple act can change a young person's world from one of fear and doubt to one of safety and love. That safety makes it possible for conversations to continue, and ultimately, for parents and youth to stay connected. For more information about the best ways to support an LGBTQ young person, have a look at the Family Acceptance Project, which has resources for families, including families of faith. <https://lgbtqfamilyacceptance.org/>

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!

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 Kristi.Slette@wfcn.org

REBUS #1 all rebus answers on back



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



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.



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.

PARK NEWS: Over the past summer and fall a lot of work has been done on Creekside Park at 7961 Santa Fe Trail. The hillside was cleared of blackberry vines and bushes, fallen trees were dragged out and milled for a bridge over the creek and two picnic tables. The logs that remain will be used in other capacities for the park including additional seating, a barbecue area, and play equipment for kids. We have also installed a trash receptacle and doggie clean up station. When the weather starts getting better again, improvements on the park will resume. In the meantime, the public is invited to visit the park anytime.

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

1. RIDDLE ME THIS: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?



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>



SEEKING COMMUNITY FEEDBACK: The Mt Baker Community Coalition

works with youth to strategically build a strong community that offers well-being to all by focusing on youth and families, through substance use/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.

The MBCC is asking for feedback on community needs related to alcohol/drug use prevention and improving mental health among the youth in MBSD.

Please email any thoughts on specific community needs and your thoughts on how to address them to hannah.r.coughlin@gmail.com or obv@wfcn.org.

2. RIDDLE ME THIS: He who makes it, has no need of it. He who buys it, has no use for it. He who uses it can neither see nor feel it. What is it?
all answers on back page



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@wcfcd14.org

<https://wcfcd14.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



Brain Teaser 1, "15's"

Place the numbers 1 through 9 in the boxes so each row of 3 adds up to 15.

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



The best part of living in the Mt Baker School District is the people who live here and the beautiful rural environment surrounding us. However, with every great thing come challenges; the Health Equity Zone Initiative will help community members reduce and even eliminate some of those challenges they face daily and improve health equity for everyone in the MBSD.

You always hear, "Somebody ought to do something about x, y & z. Well, YOU are a SOMEBODY and your ideas, skills and experiences are needed to make your, and everyone else's life in MBSD better!



BE PART OF CHANGE IN THE MT BAKER SCHOOL DISTRICT YOUR VOICE, YOUR IDEAS: FOR YOUR COMMUNITY!

MBSD RESIDENTS, YOUR COMMUNITY NEEDS YOU!

Your help is needed to bring local healthcare and food access to the MBSD. You can be part of creating a safer, healthier community by participating in Health Equity Zone (HEZ) efforts to provide childcare, transportation, educational opportunities, cleaner and safer neighborhoods, and much more by working with neighbors, local community leaders and resources.

TOGETHER WE CAN MAKE MBSD A PLACE WHERE EVERYONE HAS THE RESOURCES THEY NEED TO LIVE THEIR BEST LIVES!

WHAT: Be part of the solution!

- ~Collaborate with neighbors and community leaders to design solutions
- ~Participate in focus groups and committees to implement programs and projects
- ~Be part of the Community Advisory Board*

HOW: Join us!

- ~Complete the application** if you would like to join the Community Advisory Board
- ~Attend meetings and events to learn more and have your voice heard
- ~Contact us today to learn more or sign up for upcoming focus groups and committees.
- ~Watch for more information about upcoming meetings and events in the Foothills Outlook, the Kendall Elementary School Reader Board and flyers
- ~Learn more here 

Your time and input are valuable; all participants will be compensated for their participation.

LEARN MORE BY SCANNING A CODE



СТАНЬТЕ ЧАСТЬЮ ИЗМЕНЕНИЙ В ШКОЛЬНОМ ОКРУГЕ MT BAKER

ВАШ ГОЛОС, ВАШИ ИДЕИ-ДЛЯ ВАШЕГО СООБЩЕСТВА!

Жители MBSD, вы нужны нам!

Вы хотите работать над улучшением доступа к продуктам питания и медицинскому обслуживанию или хотели бы создать более безопасное и здоровое сообщество, занимаясь транспортными вопросами, доступом к здоровому отдыху или улучшением поддержки психического здоровья? Хотите ли вы помочь расширить возможности ухода за детьми и образования в вашем сообществе?

ЭТО ВАШ ШАНС ПОМОЧЬ СОЗДАТЬ ЛУЧШИЕ УСЛОВИЯ ЖИЗНИ ДЛЯ ВСЕХ ЖИТЕЛЕЙ MBSD!

Что: Станьте частью решения!

- Сотрудничайте с соседями и лидерами сообщества для разработки решений
- Участвуйте в фокус-группах и комитетах по реализации программ и проектов.
- Станьте частью консультативного совета сообщества*.

Как: Присоединяйтесь к нам!

- Заполните заявку, если вы хотите присоединиться к консультативному совету сообщества
- Посещайте собрания и мероприятия в MBSD, чтобы узнать больше и принять участие
- Свяжитесь с нами сегодня, чтобы узнать больше или записаться на предстоящие заседания фокус-групп и комитетов по адресу HezInfo360@gmail.com
- Следите за дополнительной информацией о предстоящих собраниях и событиях в Foothills Outlook, на доске объявлений начальной школы Кендалл и в рекламных листовках.

Ваше время и вклад очень ценны; все участники получат компенсацию.

Давайте сделаем MBSD местом, где у всех есть ресурсы, необходимые для того, чтобы жить своей лучшей жизнью.

Присоединяйтесь к движению!

QR-код

<https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Это ваше сообщество, ваше будущее, ваше движение; вместе мы сможем построить более сильные, здоровые и крепкие сообщества.



ਐਮ.ਟੀ ਬੇਕਰ ਸਕੂਲ ਜ਼ਿਲ੍ਹੇ ਵਿੱਚ ਤਬਦੀਲੀ ਦਾ ਹਿੱਸਾ ਬਣੋ

ਤੁਹਾਡੀ ਆਵਾਜ਼, ਤੁਹਾਡੇ ਵਿਚਾਰ: ਤੁਹਾਡੇ ਭਾਈਚਾਰੇ ਲਈ!

ਐਮ.ਬੀ.ਐਸ.ਡਿ ਨਿਵਾਸੀ, ਸਾਨੂੰ ਤੁਹਾਡੀ ਲੋੜ ਹੈ!

ਕੀ ਤੁਸੀਂ ਭੋਜਨ ਅਤੇ ਸਿਹਤ ਸੰਭਾਲ ਪਹੁੰਚ ਨੂੰ ਬਿਹਤਰ ਬਣਾਉਣ 'ਤੇ ਕੰਮ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਜਾਂ ਕੀ ਤੁਸੀਂ ਆਵਾਜ਼ਾਈ 'ਤੇ ਕੰਮ ਕਰਕੇ, ਸਿਹਤਮੰਦ ਮਨੋਰੰਜਨ ਤੱਕ ਪਹੁੰਚ, ਜਾਂ ਬਿਹਤਰ ਮਾਨਸਿਕ ਸਿਹਤ ਸਹਾਇਤਾ ਪ੍ਰਾਪਤ ਕਰਕੇ ਇੱਕ ਸੁਰੱਖਿਅਤ, ਸਿਹਤਮੰਦ ਭਾਈਚਾਰਾ ਬਣਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ? ਕੀ ਤੁਸੀਂ ਆਪਣੇ ਭਾਈਚਾਰੇ ਵਿੱਚ ਬਾਲ ਦੇਖਭਾਲ ਅਤੇ ਵਿਦਿਅਕ ਮੌਕੇ ਲਿਆਉਣ ਵਿੱਚ ਮਦਦ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ?

ਇਹ ਤੁਹਾਡੇ ਲਈ ਐਮ.ਬੀ.ਐਸ.ਡਿ ਵਿੱਚ ਹਰ ਕਿਸੇ ਲਈ ਬਿਹਤਰ ਰਹਿਣ ਦੀਆਂ ਸਥਿਤੀਆਂ ਬਣਾਉਣ ਵਿੱਚ ਮਦਦ

ਕਰਨ ਦਾ ਮੌਕਾ ਹੈ।

ਕੀ: ਹੱਲ ਦਾ ਹਿੱਸਾ ਬਣੋ।

- ਹੱਲ ਤਿਆਰ ਕਰਨ ਲਈ ਗੁਆਂਢੀਆਂ ਅਤੇ ਭਾਈਚਾਰਕ ਨੇਤਾਵਾਂ ਨਾਲ ਸਹਿਯੋਗ ਕਰੋ।
- ਪ੍ਰੋਗਰਾਮਾਂ ਅਤੇ ਪ੍ਰੋਜੈਕਟਾਂ ਨੂੰ ਲਾਗੂ ਕਰਨ ਲਈ ਫੋਕਸ ਸਮੂਹਾਂ ਅਤੇ ਕਮੇਟੀਆਂ ਵਿੱਚ ਹਿੱਸਾ ਲਓ।
- ਕਮਿਊਨਿਟੀ ਐਡਵਾਈਜ਼ਰੀ ਬੋਰਡ 'ਦਾ ਹਿੱਸਾ ਬਣੋ।

ਕਿਵੇਂ: ਸਾਡੇ ਨਾਲ ਜੁੜੋ।

- ਜੇਕਰ ਤੁਸੀਂ ਕਮਿਊਨਿਟੀ ਐਡਵਾਈਜ਼ਰੀ ਬੋਰਡ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਇੱਕ ਅਰਜ਼ੀ ਭਰੋ।
- ਹੋਰ ਜਾਣਨ ਅਤੇ ਹਿੱਸਾ ਲੈਣ ਲਈ ਐਮ.ਬੀ.ਐਸ.ਡਿ ਦੁਆਰਾ ਮੀਟਿੰਗਾਂ ਅਤੇ ਸਮਾਗਮਾਂ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ।
- ਹੋਰ ਜਾਣਨ ਲਈ ਐਮ.ਬੀ.ਐਸ.ਡਿ ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਜਾਂ HezInfo360@gmail.com 'ਤੇ ਆਉਣ ਵਾਲੀਆਂ ਫੋਕਸ ਗਰੁੱਪਾਂ ਅਤੇ ਕਮੇਟੀਆਂ ਮੀਟਿੰਗਾਂ ਲਈ ਸਾਈਨ ਅੱਪ ਕਰੋ।
- ਫੁਟਹਿਲਸ ਆਊਟਲੁਕ, ਕੇਂਡਲ ਐਲੇਮੈਂਟਰੀ ਸਕੂਲ ਰੀਡਰ ਬੋਰਡ ਅਤੇ ਕੇਂਡਲ ਵਿੱਚ ਆਉਣ ਵਾਲੀਆਂ ਮੀਟਿੰਗਾਂ ਅਤੇ ਸਮਾਗਮਾਂ ਬਾਰੇ ਹੋਰ ਜਾਣਕਾਰੀ ਲਈ ਲੋੜੀਂਦੇ ਹਨ।

ਤੁਹਾਡਾ ਸਮਾਂ ਅਤੇ ਇੰਪੁਟ ਕੀਮਤੀ ਹਨ; ਸਾਰੇ ਭਾਈਚਾਰਾ ਨੂੰ ਮੁਆਵਜ਼ਾ ਦਿੱਤਾ ਜਾਵੇਗਾ।

ਆਉ ਐਮ.ਬੀ.ਐਸ.ਡਿ ਨੂੰ ਇੱਕ ਅਜਿਹੀ ਥਾਂ ਬਣਾਈਏ ਜਿੱਥੇ ਹਰ ਕਿਸੇ ਕੋਲ ਉਹ ਸੇਵੇ ਹੋਣ ਜੋ ਉਹਨਾਂ ਨੂੰ ਆਪਣੀ ਵਧੀਆ ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਲਈ ਲੋੜੀਂਦੇ ਹਨ।

ਅੰਦੋਲਨ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ।

ਕਰ. ਆਰ ਕੋਡ

<https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

ਇਹ ਤੁਹਾਡਾ ਸਮਾਜ, ਤੁਹਾਡਾ ਭਵਿੱਖ, ਤੁਹਾਡੀ ਲਹਿਰ ਹੈ, ਇਕੱਠੇ ਮਿਲ ਕੇ ਅਸੀਂ ਮਜ਼ਬੂਤ, ਸਿਹਤਮੰਦ ਅਤੇ ਵਧੇਰੇ ਲਚਕੀਲੇ ਭਾਈਚਾਰਿਆਂ ਦਾ ਨਿਰਮਾਣ ਕਰ ਸਕਦੇ ਹਾਂ।



FORMA PARTE DEL CAMBIO EN EL DISTRITO ESCOLAR DE MT BAKER

TU VOZ, TUS IDEAS PARA TU COMUNIDAD

Residentes de MBSD, ¡LOS NECESITAMOS!

¿Quieres trabajar para mejorar el acceso a la alimentación y la atención sanitaria, o te gustaría crear una comunidad más segura y saludable trabajando en el transporte, el acceso a actividades recreativas saludables o disponer de un mejor apoyo a la salud mental? ¿Quieres ayudar a abrir servicios de guardería y oportunidades educativas en tu comunidad?

¡ESTA ES TU OPORTUNIDAD PARA AYUDAR A CREAR MEJORES CONDICIONES DE VIDA PARA TODOS EN LA MBSD!

Que: ¡Sea parte de la solución!

- Colabora con los vecinos y los líderes de la comunidad para diseñar soluciones
- Participa en grupos de discusión y en comités para aplicar programas y proyectos.
- Forma parte del Consejo Consultivo Comunitario*.

Como: ¡Únete a nosotros!

- Llena una solicitud si desea formar parte del Consejo Consultivo Comunitario
- Asiste a reuniones y eventos a través del MBSD para aprender más y participar
- Contáctanos hoy mismo para obtener más información o inscríbete en las próximas reuniones de grupos de discusión y comités en HezInfo360@gmail.com
- Para más información sobre las próximas reuniones y eventos, consulta Foothills Outlook, el tablero de anuncios de la escuela primaria Kendall y los folletos.

Tu tiempo y tu aportes son valiosos; todos los participantes serán compensados. Hagamos de MBSD un lugar donde todos tengan los recursos que necesitan para vivir lo mejor posible.

¡Únete al Movimiento!

Código QR

<https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Esta es tu comunidad, tu futuro, tu movimiento; juntos podemos construir comunidades más fuertes, más sanas y resistentes.



HÃY TRỞ THÀNH MỘT PHẦN TRONG QUÁ TRÌNH THAY ĐỔI TẠI HỌC KHU MT BAKER

TIẾNG NÓI CỦA QUÝ VỊ, Ý KIẾN CỦA QUÝ VỊ: VÌ CỘNG ĐỒNG CỦA QUÝ VỊ!

Các cư dân tại Học khu MT BAKER (MBSD) kính mến, chúng tôi cần QUÝ VỊ!

Quý vị có muốn cải thiện khả năng tiếp cận các dịch vụ thực phẩm và chăm sóc sức khỏe, hoặc muốn tạo ra một cộng đồng an toàn và lành mạnh hơn thông qua việc cải thiện các dịch vụ vận chuyển hoặc hỗ trợ sức khỏe tâm thần hay không? Quý vị có muốn hỗ trợ quá trình mang đến các cơ hội giáo dục và chăm sóc trẻ em cho cộng đồng của mình hay không?

ĐÂY LÀ CƠ HỘI CỦA QUÝ VỊ ĐỂ GÓP PHẦN TẠO RA ĐIỀU KIỆN SỐNG TỐT HƠN CHO MỌI NGƯỜI TẠI MBSD!

Chủ đề: Hãy tham gia quá trình hình thành giải pháp!

- Cộng tác với các láng giềng và lãnh đạo cộng đồng để thiết kế các giải pháp
- Tham gia các nhóm thảo luận và ủy ban để thực hiện những chương trình và dự án.
- Tham gia Ủy ban Tư vấn Cộng đồng*.

Cách thức: Hãy tham gia cùng chúng tôi!

- Điền thông tin vào đơn xin nếu quý vị muốn tham gia Ủy ban Tư vấn Cộng đồng
- Tham dự các cuộc họp và sự kiện thông qua MBSD để tìm hiểu thêm và tham gia cùng chúng tôi
- Liên hệ chúng tôi ngay hôm nay để tìm hiểu thêm hoặc đăng ký tham dự các cuộc họp của nhóm thảo luận và ủy ban tại trang: HezInfo360@gmail.com
- Tìm hiểu thêm thông tin về các cuộc họp và sự kiện sắp diễn ra qua Foothills Outlook, bảng thông tin điện tử và những tờ rơi tại trường Tiểu học Kendall.

Thời gian và ý kiến đóng góp của quý vị rất giá trị; mọi thành viên tham gia sẽ được trả thù lao.

Hãy cùng nhau xây dựng MBSD thành một nơi mà bất cứ ai cũng có các nguồn lực cần thiết để sống một cuộc sống viên mãn nhất.

Hãy tham gia phong trào này!

Mã số QR

<https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Đây là cộng đồng của quý vị, tương lai của quý vị, phong trào của quý vị. Chúng ta có thể cùng nhau xây dựng những cộng đồng mạnh mẽ, lành mạnh và kiên cường hơn.



СТАНЬТЕ ЧАСТИНОЮ ЗМІН У ШКІЛЬНОМУ ОКРУЗІ MT BAKER

ВАШ ГОЛОС, ВАШІ ІДЕЇ-ДЛЯ ВАШОЇ СПІЛЬНОТИ!

Жителі MBSD, ви потрібні нам!

Ви хочете працювати над покращенням доступу до продуктів харчування та медичної допомоги, чи хотіли б створити безпечнішу та здоровішу спільноту, займаючись питаннями транспорту, доступу до здорового відпочинку чи покращення підтримки психічного здоров'я? Чи хочете ви допомогти розширити можливості подгляду за дітьми та освіти у вашій спільноті?

ЦЕ ВАШ ШАНС ДОПОМОГТИ СТВОРИТИ КРАЩІ УМОВИ ЖИТТЯ ДЛЯ ВСІХ ЖИТЕЛІВ MBSD!

Що: Станьте частиною рішення!

- Співпрацюйте з сусідами та лідерами спільноти для розробки рішень
- Беріть участь у фокус-групах та комітетах з реалізації програм та проектів.
- Будьте частиною консультативної ради спільноти*.

Як: Приєднуйтеся до нас!

- Заповніть заявку, якщо ви хочете приєднатися до консультативної ради спільноти
- Відвідайте збори та заходи у MBSD, щоб дізнатися більше та взяти участь
- Зв'яжіться з нами сьогодні, щоб дізнатися більше або записатися на майбутні засідання фокус-груп та комітетів за адресою HezInfo360@gmail.com
- Слідкуйте за додатковою інформацією про майбутні збори та події в Foothills Outlook, на дошці оголошень початкової школи Кендалл та в рекламних листовках.

Ваш час і внесок дуже цінні; всі учасники отримають компенсацію.

Давайте зробимо MBSD місцем, де кожен має ресурси, необхідні для того, щоб жити своїм найкращим життям.

Приєднуйтеся до руху!

QR-код

<https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Це ваша спільнота, ваше майбутнє, ваш рух; разом ми зможемо побудувати сильніші, більш здорові та міцні спільноти.



Foothills Resources & Organizations



988 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.



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/>



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

Rebus # 3



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



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.
3rd Thursday of each month at EWRRC
<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@wcvd13.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 CreativiTea. 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.
Our next full coalition meeting will be held on TUESDAY, January 21, from 2:45 - 4:15pm in observance of the Martin Luther King Jr. Day Holiday. We will meet in the board room and via zoom as usual.
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 EWRRC.



Columbia Valley Community Connections
The December 3 gathering hosted by the CVCC and HEZ at the Resource Center was well attended by community members; every chair in the building was pressed into service and still it was standing room only. While HEZ is collating the data and other information the community provided that evening, we are looking for people interested in participating in the Community Advisory Board and on committees dealing with specific issues. If you would like to apply for the CAB or a committee, please copy/paste the following url into your browser and fill this form out and we will get back to you soon.
<https://docs.google.com/forms/d/e/1FAIpQLSdfUleAf4LSB83F4jAQR3SAWriSy-TA6jb7TfXkoQcKFYgsJg/viewform>
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.



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



RAINY DAY PROJECT! Paper Boomerangs



On wet winter days it's always handy to have a fun, easy afternoon craft project for your kids to dive into. This month's simple craft is paper boomerangs! With only just a short list of supplies, this project promotes left and right brain activity. It's also great fun flinging the boomerangs around the house when you're done!

For supply list and instructions, copy/paste this url into your browser address bar: <https://www.whatdowedoallday.com/indoor->

Word Search

WINTER WONDERLAND

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

Word List

HOT CHOCOLATE	SNOW FLAKES
ICE SKATES	SNOW MAN
SLEDDING	FROSTY
DOG SLEDDING	SNOW ANGELS
POLAR BEAR	MITTENS
GINGERBREAD	PENGUINS
LONG JOHNS	BOOTS
EARMUFFS	ICICLES
BLIZZARD	

RIDDLES FOR KIDDLES

Q: WHAT'S BRIGHT ORANGE WITH GREEN ON TOP AND SOUNDS LIKE A PARROT?
Q: WHAT DO YOU CALL A BEAR WITH NO TEETH?

Q: WHY DID THE COOKIE GO TO THE DOCTOR?

Q: WHAT DID THE BANANA SAY TO THE BOY?

Answers on back page

KNOCK, KNOCK WHO'S THERE?

GOAT GOAT WHO?

GOAT TO THE DOOR AND FIND OUT.



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 data! <https://bit.ly/3M6zrFE>



Energy Assistance

Do you need help with energy costs?

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

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

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

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

PSE customers: Manage your energy usage online.

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

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



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>

Brain Teaser 2.



How can the squares above be arranged to make a number that can be divided by 7?

Are you eligible for free home weatherization?

Check it out at PSE: https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=cpc&utm_campaign=rem-wx-e&sc_camp=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAJw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoC7VcQAvD_BwE



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/>



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



North Sound ACH

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>



MAKE ME!



The 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://whatdcomaa.org/meetings>

altwebservant@district11aa.org

<https://whatcomaa.org/>
(360) 734-1688

Rebus #5



Additional Resources & Organizations



We are a local government agency that

serves thousands of residents in Whatcom County. **The Bellingham Housing Authority (BHA) & the Whatcom County Housing Authority** work together to provide needed housing in our community.

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

(360) 676-6887 ext. 1025
info@bellinghamhousing.org
<https://bellinghamhousing.org>



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



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

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

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



Single Family Housing Repair Loans & Grants in Washington

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

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



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@hfwhatcom.org
<https://www.hfwhatcom.org>



Meals and Wheels and More supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, and nutrition education.

Through our Meals on Wheels and Community Meals programs we provide 2000+ seniors throughout Whatcom and San Juan Counties with more than 200,000 nutritious meals each year!

Every meal we provide meets at least one third of a senior's daily nutritional requirements.

Seniors are at increased risk for malnutrition for multiple reasons including: Chronic or acute illnesses Decreased ability to shop for and to prepare healthy meals Depression Lack of funds

It is our goal to ensure that all Whatcom and San Juan seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible.

360-746-6480



Dementia Support NW

Each year we provide hundreds of hours of support to caregivers in Whatcom and Skagit County through our free programs:

- Adult Day Programs for scheduled caregiver respite
- Support Groups for adults caring for those affected by dementia
- Adult Children Support Groups for those adults caring for a parent affected by dementia
- Dementia-Friendly events
- Art Access Classes with Allied Arts of Whatcom County
- Project Lifesaver (a partnering with the Whatcom County Sheriff) providing electronic technology to locate those who wander

All seek to provide a support to those living with dementia as well as to those providing their care.

Dementia Support Northwest provides professional education and training to those likely to engage with those living with dementia through our partnership with our local Area Agency on Aging, the Northwest Regional Council in Bellingham. Trainings for community groups and professionals alike promote our vision for a more understanding, accepting, and supportive community for those affected by cognitive decline.

360-671-3316
alz@alzsociety.org
<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>



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

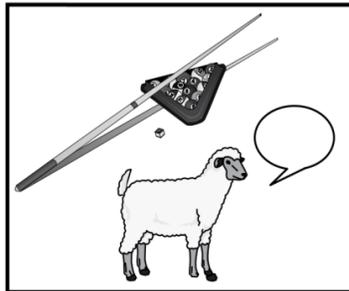


Office of Refugee and Immigrant Assistance Resource Tool

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 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.

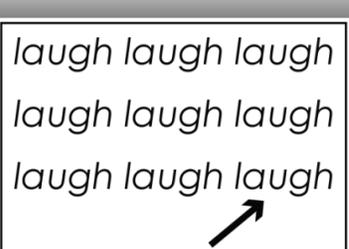
360-389-3898
whatcomhrtf@gmail.com
<http://www.nwirp.org/>



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

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



Senior Resources
 A guide to

services and resources for seniors in Whatcom County
 360.344.3333
guide@olypen.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**, 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,



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 wom-

en 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.

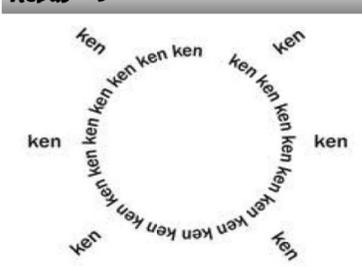
360-715-7485
seas@oppco.org



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

Rebus # 9



Brain Teaser 4

What's the largest number of coins you can have without having even change for a dollar?



Helping Hands

cont. from p.1

Who Decides?

Even with all the surveys and studies done in MBSD by the county and state, they do not live where you live. They are looking in from the outside and while they offer solutions, those solutions rarely fit the need as it exists, especially long-term. In addition, they do not experience the fallout residents face when there is no childcare available so they can work, or the nearest place to get reasonably priced groceries is 70-mile round trip and there is no money for gas. Not only do they not experience these challenges, they do not have a personal stake in making significant, meaningful change in each resident's life. It is you and the older fellow next door and the young couple around the corner who can and should make the decisions about how to deal with the issues they face daily.

Too often the decision makers are people in a distant city who only look at numbers on a piece of paper. But how many of those decisions are tailored for and meet a community's specific needs? Each and every household within MBSD face challenges to rural living. And while no one wants all the amenities of a town, some basic services and programs are needed and the decisions about what those needs are and how to prioritize them should be made by community members. Outside agencies and organizations do not know what is best for MBSD; only MBSD residents can make that determination. You are an expert at living here and as such you should be part of the planning and decision-making.

The HEZ initiative dispenses with the parental "we know what's best for you" approach, understanding that only a community-led and driven process will produce effective, long-term results. This kind of collaborative process in which residents participate in all phases of the program from identifying the unique health challenges to developing and implementing solutions, relies on the experiences of the community members, not just to initiate change, but to sustain it into the future. When a community engages in collaborative decision making, those decisions are as close to home as you can get. And, when everyone in a community has equal say in what they need and how to make that happen, a community is built that will support everyone's needs as well as make it stronger and more beneficial to all.

Community Engagement=Community Problem Solving

So what does community engagement look like? It looks like the December 3 meeting. It looks like a group of old women debating how to fund a Senior Center. It looks like a group of young mothers creating a childcare co-op. It looks like you participating in events, focus groups, discussions, and on committees. This participation helps keep you well-informed about the issues and the progress toward solving them. It gives you a voice in creating strategies for dealing with ongoing problems, as well as developing and implementing solutions. This in turn gives you power over what is happening around you; it gives you a sense of purpose and belonging, and it builds community cohesion by encouraging and welcoming every voice. It also helps generate a sense of stewardship and pride in where you live which is an important element of feeling connected socially, culturally and to the place you call home.

While there have been quite a few surveys conducted in the MBSD, the true test of what community members need and want comes out of meetings like the one on December 3. The simple act of dropping a glass pebble in a jar provided more real-time information from a cross-section of the community than all the surveys piled together. That is community action at work.

Critical to the success of the HEZ initiative is this kind of participatory feedback. The June HEZ meeting provided information about what issues MBSD faces. That information led to the Dec meeting where community members designated issues that should take priority. The meeting and dinner also provided space for attendees to discuss the

issues with their families and other attendees. This offered the opportunity for sharing diverse perspectives which is a vital element in making decisions and problem solving. Participants feel invested in finding solutions which creates social cohesion and helps build stronger community relationships. And most important, it demonstrates how vital every voice is in the process of creating meaningful change.

Take Charge, Make Change

When we begin eliminating problems we strengthen the health of community residents. Maureen Brown, a Columbia Valley resident says, "Knowing that there are medical personnel in our area might discourage putting off seemingly minor afflictions and so, encourage health and vitality in general. Being able to find solutions close to home leads to more comfort in our surroundings and less outflow of our population. Less stress equals better mental health." And, having food access "... would cut down on trips to town which would have an effect on family economics, traffic tickets and accidents, as well as relieving pressure on policing duties and highway repairs, which could mean lower taxes (if that is ever truly possible)." Each problem we face is an onion in disguise with layer upon layer of impact on MBSD residents.

But I Have No Experience!

Maybe you have never sat on a committee or advisory board before and you feel you have nothing to contribute. That is perfect! Why? Because you drive all the way to Bellingham for groceries and new shoes for the kid who outgrew his overnight. Because you have been looking at a blight property across the street for years. And because your son is being bullied by older kids when he goes out to ride his bike. That gives you all the qualifications required. Sitting on an advisory board or a committee does not require any special education or skills; the things community members experience going about their daily lives provides insights and experiences into how to tackle and resolve community-level problems.



It is your ideas and experiences that add up to you being the perfect person to sit on a committee that is working to solve a problem. In our daily lives we are constantly problem solving, from figuring out how much food to make for dinner to figuring out how to get three kids to three different places at the same time. Everyone makes decisions that impact their own and other people's lives regularly; they may seem like small, unimportant decisions, but you make them based on your experience and understanding of the problem. That is exactly what is needed when you participate in an advisory board or committee, or when you make your ideas for solving a problem a reality.

You often hear, "Somebody ought to do something about...". Well, each MBSD resident is a "Somebody", and each individual has the power to create changes that will meaningfully and positively benefit every resident in the district and extend into future generations of rural residents. No special skills or education are necessary, only a bit of your time, your knowledge and the desire to make your community a safe, clean, healthy and happy place for everyone.

If you are interested in applying for a position on the Community Advisory Board or wish to nominate someone, copy/paste the link below into your browser and fill out the form. Once the CAB is established, HEZ will put out a call for people to participate on committees to improve health equity for all MBSD residents. Answer that call with your experience, ideas and strength.

The Legal Limit: The Real Test for Impaired Driving

by Doug Dahl

Q: How can a police officer know if a driver is impaired by drugs? With alcohol there are roadside tests like walking a line, and a breath test. Are there



similar tests for drug impairment? Alcohol has a .08 limit, and now cannabis has a limit, but are there limits for other drugs?

A: It's time for a pop quiz: At what point has a driver had too much alcohol to legally drive? This isn't exactly a trick question, but if your answer was a blood alcohol content (BAC) of .08, well, you're wrong. Surprised? I'll explain.

It's true that the per se limit for alcohol-impaired driving in Washington is .08 BAC, commonly called the legal limit. But common terms can also be wrong. A driver can be arrested for DUI below a .08 BAC. Having a per se limit in the law sets the point at which a driver could get a DUI with no additional evidence. The blood alcohol level alone is enough.

Imagine this scenario: A driver weaves over the fog line, and then drifts across the centerline into the oncoming lane. An officer observes this and pulls the driver over. When the officer approaches the vehicle, the driver rolls down the window just enough to hear the officer. (And we're going with "he" because of statistics. Over 75 percent of impaired driving fatalities involve male drivers.) The driver refuses to do any field sobriety tests (like walking the line, as you mentioned) or provide a breath sample, but the officer can smell alcohol coming out of the car, hears the driver's slurred speech, and watches as he fumbles to slide his driver license through the barely open window.

Does the officer have enough evidence to arrest the driver for DUI? The law

"while the person is under the influence of or affected by intoxicating liquor, cannabis, or any drug." The driver in this example was clearly impaired, in this case by alcohol. And even if the driver later decides to provide a breath sample and it comes in at .07 BAC, it's still a DUI. The law doesn't require that a driver reaches .08 to get a DUI, and plenty of people have been arrested with a lower alcohol level. The effects of alcohol begin long before reaching a .08 BAC. As the law states, DUI includes impairment from other drugs, but recognizing it takes some additional expertise. When you read the above scenario, you probably spotted the driver's behaviors as consistent with alcohol impairment. Alcohol is by far the most commonly used impairing substance (62 percent of adults drink alcohol; 19 percent of adults use cannabis, the next most frequently used drug), so plenty of us have witnessed the effects of alcohol. But could you list the common indicators for narcotics or hallucinogens?

Many officers have had additional training to recognize the effects of various drugs, and some have become drug recognition experts.

These officers are able to identify when a driver is impaired by a specific category of drug. That's important; we don't want people getting arrested for DUI because of diabetic shock or other medical emergency, even if some of the symptoms are similar to impairment. And we don't want officers allowing an impaired driver to stay on the road because they don't notice the indicators of impairment for less common drugs.

The real threshold for violating our DUI law is the moment a person drives while affected or impaired by alcohol or any other drug.

Let's Drive Sober So We All Make It Home for the Holidays

from the Washington State Patrol

To increase safety and keep impaired drivers off the roads, law enforcement agencies across the state will be conducting extra DUI patrols from Decem-



ber 13th through New Year's Day. Olympia, WA — The Washington

State Patrol (WSP) and Washington Traffic Safety Commission (WTSC) are reminding all Washingtonians to prioritize safety and make the responsible choice to drive sober or secure a sober ride home this holiday season. Impaired driving remains a leading contributor in fatal crashes in Washington.

To increase safety and keep impaired drivers off the roads, law enforcement agencies across the state will be conducting extra DUI patrols from December 13th through New Year's Day.

"The holidays are a special time for so many," said WSP Chief John Batiste. "We want everyone to be able to spend this time with their loved ones, and in order to do that, we all need to make good, safe choices to drive sober."

In 2023, 78 people were killed in traffic crashes in Washington between Thanksgiving and New Year's Eve. WSP and WTSC urge everyone to plan ahead for a sober ride home before drinking. Families shouldn't have to experience the heartbreak of losing loved ones around the holidays due to a completely preventable tragedy.

"Every decision to drive sober is a decision to save lives," said Shelly Baldwin, WTSC Director. "We all share the road, and we all share the responsibility of keeping it safe. Impairment begins with the first drink, and even small amounts of alcohol can have devastating consequences."

Research shows that everyone is too impaired to drive safely with a blood alcohol concentration (BAC) of 0.05 percent or higher. At this level, drivers are twice as likely to be involved in a crash compared to those who are sober.

For more information on impaired driving and safety resources, visit <https://www.togetherwegetthere.com/impaired>

Community Gathering

cont from p. 2

of a thriving community says, "I have high expectations of HEZ support, since this is a State-sponsored measure, and a very concerted effort is being addressed to ensure that all have a voice and are being heard! The planning is right, the time allotted is right, and the leadership is right. And the State, I assume, is ready to finance what we, as a community, have decided as to our needs and priorities. Time will tell, but I am very optimistic at this point."

For more information on the impact of Health Equity Zones in other communities: <https://nam.edu/programs/value-science-driven-health-care/assessing-meaningful-community-engagement/building-health-equity-zones/>

To learn more about Washington State's Health Equity Zones: <https://doh.wa.gov/community-and-environment/health-equity/health-equity-zonesand-advance-health-in-their-neighborhoods>. (extracted from the Health Equity Zone Whatcom County Rural Zone Pilot Outreach Engagement Phase Report, March/June 2024 those most impacted by health inequities have the "best understanding of the needs, strengths, and strategies to improve the health of their community" (<https://doh.wa.gov/community-and-environment/health-equity/health-equity-zones>).

Riddle Me This: 3

The first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire world signifies a great woman. What is the word?

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 January 2025 Calendar of Events

“Write it on your heart that every day is the best day in the year.”

~Ralph Waldo Emerson

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31 10:30 AM - 11:00 AM Story Time at North Fork Library	1	2 4:00 PM - 7:00 PM 📖 Foothills Food Bank Distribution	3 5:00 PM - 7:00 PM Dungeons & Dragons	4
5	6	7 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs	8 5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting	9 4:00 PM - 7:00 PM 📖 Foothills Food Bank Distribution 6:30 PM - 7:30 PM CVPRD Open Meeting	10 5:00 PM - 7:00 PM Dungeons & Dragons	11
12	13	14 8:00 AM - 11:30 AM 📖 Ask-a-Nurse Clinic 10:30 AM - 11:00 AM Story Time at North Fork Library	15	16 4:00 PM - 7:00 PM 📖 Foothills Food Bank Distribution	17 10:00 AM - 11:00 AM 📖 Mobile Food Pantry Distribution 5:00 PM - 7:00 PM Dungeons & Dragons	18
19	20	21 10:30 AM - 11:00 AM Story Time at North Fork Library	22	23 4:00 PM - 7:00 PM 📖 Foothills Food Bank Distribution 6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	24 5:00 PM - 7:00 PM Dungeons & Dragons	25
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

Brain Teaser Solutions

- Turn the square with the 6 in it upside down. This way you can make the number 798.
- The missing number is 5. Each number is the number of pieces the number before it has. The digital 8 has 7 pieces, the 7 has 3 pieces, and so on.
- You would impact between the 2nd and 3rd floors after the cable broke, so you would want to jump 2 seconds after the break. However, considering the calculations involved, you would probably end up as a heap of screaming bloody mess at the bottom of the elevator shaft before you figured the answer out. Besides, there's no telling if jumping really works.
- As many as you can carry, if they

Word Scramble Solutions

- bubbly champagne, 2. old father time, 3. noisy fire crackers, 4. new years ball, 5. colorful confetti, 6. hangover headache, 7. new resolutions

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

Riddle Me This: 1. Corn, 2. Coffin, 3. Heroine

Tribond Solutions

- Kinds of sticks, 2. Things that shine, 3. Words that can start with ear, 4. Words related to air, 5. Types of winds, 6. Kinds of snacks, 7. They all have rings, 8. Parts of a motorcycle, 9. Things that have pockets, 10. Kinds of cards, 11. Things that are long and thin, 12. Words that can add the word bee

Rebus answers: 1. Boxing ring, 2. It's up to you, 3. See in the dark, 4. Good things come in small packages, 5. Fly screen, 6. Cuba, 7. The last laugh, 8. No turn on red, 9. Sunken, 10. Start off on the right foot

Kid's Corner Riddle answers: 1. A carrot, 2. A gummy bear, 3. He felt crummy, 4. Nothing. Bananas can't talk!

Crossword Solution

Across: 5. Roy Rogers, 6. Frodo Baggins, 9. As you wish, 13. Kirk, 14. Dudley Doright, 16. Shaken, 18. Illuminati, 19. Han Solo, 21. Wonder Woman, 23. Handiest, 24. Xena
Down: 1. Zoro, 2. Pregnant, 3. Indiana Jones, 4. Beatrix Kiddo, 6. Matt Dillon, 7. Robin Hood, 10. Superman, 12. Jackie Chan, 15. Handmaid, 17. Dr Who, 20. Lassie, 22. NYPD

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

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