

# The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



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Free

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Communication Hub ©2024

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[chair@foothillinfo.com](mailto:chair@foothillinfo.com)

## BECOME A CONTRIBUTOR

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

## Submissions

**Deadline: 15th of each month**

To submit an event, meeting or other activity relevant to Foothills residents, please go to our website, click on the Events tab, then on the Submit Event button in the dropdown menu. Fill out the form as completely as possible making sure you include contact information for the organizer; we cannot provide information about your event to people who call or email with inquiries. All submissions must be focused on and relevant to East Whatcom Foothills residents. We reserve the right to decline any materials that do not meet our mission and objectives. If you would like to submit ideas, outlines or summaries for articles about local events, activities, or about an organization, program or person who is working to improve the lives of Foothills residents, please email us at [info@foothillsinfo.com](mailto:info@foothillsinfo.com), or use the contact form on our website at -- [foothillsinfo.com](http://foothillsinfo.com).

Wild is the music of Autumnal winds/  
Amongst the faded woods."  
~Wordsworth

## What was a 7 Foot Tall Diatrymus Bird Doing in Eastern Whatcom County?

The Foothills region at the base of Mt Baker is rich with fascinating destinations perfect for a day trip, campout or hike. While the scenery can't be beat, sometimes it's what's on the ground that deserves closer inspection. Racehorse Creek and Falls is one place where you're likely to spend more time looking at the ground than the scenery due to the forty+ million year old fossils that can be found there.

A great hiking area with birdwatching, fantastic mountain views, a wide variety



photo: Edmund Lowe

of flora and fungi, and native wild-life including black bears, deer, cougars and coyotes, Racehorse Falls and Creek are located off Mosquito Lake Road. Turn left on North Fork Road (it's only paved part-way) and follow it for approximately three miles. The boulders and topography of the last half mile are remnants of an ancient landslide that reached all the way to the Nooksack River.

The trail to the top of the falls is fairly flat and makes a fun afternoon hike of about half a mile for the family, but to get to the base of the falls there is no actual trail and the descent should only be attempted by accomplished hikers. To reach the lower trailhead go 4.1 miles on North Fork Rd and turn right at a junction immediately before the bridge over Racehorse Creek. Travel another quarter mile to a small parking area on the right and you will find the

upper trailhead; cross the bridge and go around the bend while keeping an eye out for a small trailhead on the right. and a sign on a tree on the right side of the road saying a Discovery Pass is required.

The falls themselves present a stunning four-tiered cataract descending 139 feet from crest to base. Each tier is unique and has its own appeal with the upper two cascading into deep pot-holes, the third section sheeting over an undercut ledge and the bottom sheeting over a bedrock ramp. The spectacular beauty of the falls and surrounding landscape is definitely worth the trip, but there is far more to this place than meets the eye.

Situated on the side of appropriately named Slide Mountain, two landslides, one ancient, another In 2009 have exposed fossils of giant palm fronds, ferns, leaves similar to the modern Alder, and other floral fossils. One of the most unique fossils found in this area was three tracks left by the Diatryma bird which stood approximately seven feet tall and weighed 350 pounds. This flightless bird lived in our area more



Fossil leaves of tree ferns (bottom left), Sassafras (center), and Taxodium (swamp cypress). Photo: Dave Tucker



Diatrymas bird track from Racehorse Falls.

On display at WWU's geology exhibit.

than fifty million years ago and these fossil tracks are the only known footprints in the world. In 2010, geologists from Western Washington University delicately removed the only authenticated footprints of the Diatryma bird. Removal of the fossilized tracks was necessitated by the illegal removal of part of the tracks; the remaining footprint can be seen in WWU's geology exhibit in the Environmental Studies building on campus. While removal of plant fossils is legal, removing fossil vertebrae or footprints is not; if you find either, leave it as is (but get lots of photos!) and report it to the geology department at WWU. And any fossil you take home needs to be kept dry. Because they are often in mudstone or sandstone, they will dissolve if they get wet.

To reach the best areas for finding fossils (they can be found almost anywhere in the rock beds of the area), take the right turn just before the bridge over Racehorse Creek. Go about a mile up the gravel road and park at the small spur road on the left side of the road. This spur road is the trailhead and is directly across the road from a large tree with a red "1" painted on its base. The trail to the fossil beds is an old logging road and you will know you are in the right place because it has many ditches crossing the trail. There is thick brush at the end of the trail.

continued on P.2

## Helping Hands Making Change in the Foothills

On a scorching day this August six Mt Baker High School students, three interns and two project leaders convened at Creekside Park (7916 Santa Fe Trail) for a major work party. As some students from the Learn, Serve and Earn (LSE) program hung on to anchored straps to keep from sliding down the hill as they attacked and ripped out blackberry bushes, others scrambled up and down the steep hill dragging out downed tree limbs and removing blackberry vines. Trekking across the park with armloads of thorny vines in the 90 degree weather, they cheerfully bantered with each other as they delivered their armloads of vines to the pile for later removal. These were strong, determined young women, working together as a team, helping one another and serving their community. Bugs, mud, heat, dust, scratches from thorns, even falling in the creek did not slow them down; they forged on helping clean up the park for neighborhood residents.

The LSE program provides a stipend for



LSE students and interns tackling blackberry bushes on the hillside in Creekside Park.

students grades 9 through 12 for two weeks of community service work and fun activities that help build capacity, personal and interpersonal skills, resilience, improve mental health and well-being, and more during summer vacation. The program is designed for passionate youth to learn both interpersonal and practical skills, promote substance use prevention among their peers, and create positive change within their communities.

In an interview with their group advisor, Allison Ormsby, I learned more about these amazing girls and the Learn, Serve and Earn (LSE) program, in which students from the One Baker Voice Club (OBVC), a branch of the Mt Baker Community Coalition (MBCC), learn a wide variety of skills that prepare them for future leadership.

**MA:** Can you give me a little background on this program?

**AO:** The One Baker Voice Club's mission is to provide opportunities for students from 9th through 12th grades to learn how to educate and advocate among their peers about substance misuse. They learn a variety of strategies that not only strengthen them, but which can also be used to promote better mental health among all youth. The program began in 2018 with a Drug Free Communities grant from the Center for Disease Control and has run every summer since then. It's a student-led program, meaning the students are the ones who make the decisions about rules for the group and the activities in which they want to engage. The adults are simply there to organize the logistical aspects of the program; the students come up with the ideas and make the decisions.

**MA:** How is Learn, Serve and Earn connected to the One Baker Voice Club and the Mt Baker Community Coalition.

**AO:** The MBCC is the primary program under which OBVC and LSE exist. The MBCC is a youth substance use prevention and mental health promotion and the OBVC and LSE are the student branch of the Coalition and the driving force behind it.

While LSE is sort of a stand alone program; the students who participate in it are all members of the One Baker Voice Club. Each year students define what projects they want to work on based on community needs, the types of skills they hope to learn by serving their communities, and how to meet other program objectives such as educating and advocating about substance use prevention among their peers.

**MA:** What are some of the concepts and skills the students learn?

**AO:** Oh, there's so much. They learn how to build meaningful personal connections with others, how to trust and work as a team, and how to communicate effectively and respectfully. The first day of the program the students create their own list of rules by which everyone agrees to abide and each meeting thereafter they reiterate them and agree. They're really basic ground rules such as being respectful,

cont. p. 2

## bugwalla











# Foothills Resources & Organizations



**988** SUICIDE & CRISIS  
LIFELINE

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

**2-1-1**

Washington

211 helps connect you to community resources statewide.

**imhurting**  
CRISIS CHAT

24/7 Crisis line

800-584-3578



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.

every other Wed—2:00-5:00pm

at Dolphin Pl, Maple Falls

services@bridge2services.com

Text: 813-957-4935

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



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

June 28th, 6pm-8pm at the East Whatcom Regional Resource Center.

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



Photo: Famveldman



Diabetes support group held at EWRRRC. Connect with others living with Diabetes, Preventing Diabetes, or Caring for others too share ideas, recipes, and resources.

WHEN: The 2nd and 4th Thursday of the month from 4:30- 5:30pm (learning group and walking group) everyone is welcome.

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EWRRRC 8251 Kendall Rd, Maple Falls Washington

If you are unable or uninterested in attending the support group find more resources here: <https://mtbakerfoundation.org/kidney-health/diabetes-prevention>

kate@mt-baker-foundation

360-224-9637

[facebook.com/mtbakerfoundation](https://facebook.com/mtbakerfoundation)



National Alliance on Mental Illness

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

3rd Thursday of each month at EWRRRC

<https://www.namiwhatcom.org>

(360) 671-4950



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.

Anyone living in East Whatcom County that needs food can get assistance from us for as long as they need it.

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.

#### Inside the Food Bank:

Every Tuesday all year long

8:00 am – 12:00 pm

and

Every Thursday—except in winter

June 1 through November 16

4:00 pm – 7:00 pm

**Mobile Pantry Tables** outside the Food Bank

Not available during freezing weather

First Saturday of every month

11:30 am - 12:30 pm

- and -

Third Friday of every month

10:00 am - 11:00 am

Happy Pantry "Grab-n-Go"

Not available during freezing weather

#### Home Delivery

Home Delivery is available on a limited basis for those who are elderly, home-bound or otherwise disabled.

Once a week on Tuesday. Email us to set up home delivery.

#### Seasonal Pantry for Youth

Foothills Food Bank's Winter and Spring Pantry Program provides food for any student in need who lives in the Mount Baker School District during their Winter and Spring breaks. Contact us to set this up.

Stop by the food bank any day, any time, and check our tables to pick up canned goods and non-perishable packaged items.

Please Bring: Your own bags or boxes.

360-392-8149

8255 Kendall Road, Maple Falls



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

Dial or Text 988 for the Suicide & Crisis Lifeline, if you or a family member is experiencing a mental health crisis. The Lifeline is available for everyone, is free, and confidential.

[info@lifelineconnections.org](mailto:info@lifelineconnections.org)

(800) 604-0025

<https://lifelineconnections.org>



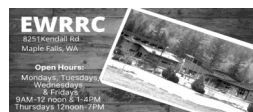
#### Ask-a Nurse Clinics

Health Ministries Network volunteer nurses provide blood pressure checks, health counsel, referral and telehealth, as well as limited screening.

On the fourth Tuesday of the month, the “Ask a Nurse” program is augmented by community partners that include the Whatcom Family YMCA, Mt. Baker Foundation, NAMI of Whatcom County, and Dementia Support Northwest.

8-11am—2nd and 4th Tuesday each month at EWRRRC

[director@healthministriesnetwork.net](mailto:director@healthministriesnetwork.net)



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

360-599-3944

[oppco.org/ewrrc](http://oppco.org/ewrrc)



#### DID I REALLY USE THAT MUCH WATER?

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

#### Average Household Use

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

Take some time to go through your house and look for ways to conserve. Be sure to check out the District website for useful tips and guides on water conservation.

[manager@cv-wd.com](mailto:manager@cv-wd.com)

360.599.1699

6229 Azure Way Maple Falls, WA 98266

Our Business Hours



#### North Fork Library

In addition to the physical materials at the library, we offer programs for adults, children and teens such as Storytime, Community Conversations and Teen Club at North Fork Library. Contact: Mariya Farmagey

[mariya.farmagey@wcls.org](mailto:mariya.farmagey@wcls.org)

360 599 2020

7506 Kendall Rd, Maple Falls WA 98266

[wcls.org](http://wcls.org)

#### Deming Library

[Katrina.carabba@wcls.org](mailto:Katrina.carabba@wcls.org)

5044 Mt Baker Hwy, Deming, WA

360 592-2422



Every person should have the opportunity to live in a safe, secure & affordable home!

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



#### FAMILY SERVICES & PARENTING SUPPORT

There are four Family Services Coordinators at Mount Baker School District. Our mission is to create partnerships between families, school, and the community. All our services are confidential. We provide support which enables children and adolescents to live in a safe and healthy environment, as well as encourages them to be present and do their best in school.

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

(360) 383-2000

(360) 383-2009

#### Kendall Elementary

(360) 383-2055

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

7547 Kendall Road  
Maple Falls, WA 98266

#### Acme Elementary School

(360) 383-2045

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

5200 Turkington Road Acme, WA

#### Mt Baker Jr High School

(360) 383-2016

5100 Mitchell Road Deming, WA

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

#### Mt Baker Senior High School

(360) 383-2015

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

4936 Deming Road Deming, WA

Silence is golden, unless you have kids,  
then it's just suspicious!

~unknown



The Kendall Fire Station (Whatcom County Fire District Station 92) is housed at the roundabout in Kendall Washington and has fire fighters highly trained in fighting building fires as well as wild fires. They provide a number of other emergency services including medical aid, as well as offering fire safety and prevention education to our community.

Non-emergency number: (360) 599-2823

#### Remember: in an emergency dial 911

[info@wcfed14.org](mailto:info@wcfed14.org)

<https://wcfed14.org>

7528 Kendall Road, Maple Falls, WA

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

Recreational fire requirements:

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

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

25 feet from structures, timber, and combustible material

15 feet of overhead clearance required

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

Hand tools required onsite

Allowed after dark if attended until fire is out cold

No burning when winds exceed 7 MPH





# Foothills Resources & Organizations



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 acknowledgment of the many amazing people in our community that are members or allies of the LGBTQ+ community, AND to actively resist bigotry, hate and the marginalization of any member of our community we want to make it clear that: We believe, Black Lives Matter, No Human is Illegal, Love is Love, Women's Rights are Human Rights, Science is Real, and that Injustice Anywhere is a Threat to Justice Everywhere.

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

Each spring and fall the Chamber organizes a team of volunteers to clean up litter along Mt. Baker Hwy. Volunteers are needed and appreciated! Click here to contact Sonya.

Produced in the Mt. Baker Visitor Center, the Mt. Baker Local Resource Guide is our local directory of businesses in the East Whatcom region. It features members of the Chamber alongside other notable local businesses and community resources.

The Chamber Board of Directors meets once per month on the second Tuesday at 6 o'clock in the Maple Falls Town Hall. Members and visitors are welcome, please contact Rebecca if you'd like to make a presentation.

360-599-1518



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.

airmonitoring@ecy.wa.gov

360-428-1617

Check current air quality in your area:  
<https://enviwa.ecology.wa.gov/home/>



Find a Meeting: <https://whatcomaa.org/meetings>

altwebservant@district11aa.org

<https://whatcomaa.org/>



Find a Meeting: <https://nwsrna.org/meetings/>

360-647-3234

Webservant@nwsrna.org



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

team@northsoundach.org

(360) 543-8858

<https://northsoundach.org>



Third Thursday Potluck and Open Mic – Next Up: Thursday Aug 15th & Sept 19th 6pm to 9pm. Join us every third Thursday of the month and enjoy a meal and good conversation with friends and neighbors, followed by music, stories, poetry, or the performing preference of whoever steps up to the mic. Bring a dish to share. See ya there!

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

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

## RENOVATION NEWS

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



## Miracle Food Network

We believe that food brings people together. When people come together & have their basic needs met, they share their stories. When we share our stories, our needs and wishes come to light & we can connect and empower each other to pursue our needs and wishes.

Deming Distribution Center  
5061 Mt Baker Highway  
Tuesdays: 2.00-2.30pm  
360) 685 - 1013  
[admin@miraclefoodnetwork.org](mailto:admin@miraclefoodnetwork.org)



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. The next meeting of the Mount Baker Community Coalition will be Monday, September 16, 2024 from 2:45 pm – 4:15 pm. We meet in the Mount Baker School District Boardroom. We hope you can join us! You can also join through zoom: <https://us02web.zoom.us/j/86082135916?pwd=aXN3RnRld0sxdEVHc1o3bkNWc2VCZz09> Meeting ID: 860 8213 5916 Passcode: 751792

If you have questions about MBCC or One Baker Voice, please contact Allison Ormsby at [obv@wfcn.org](mailto:obv@wfcn.org).



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

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

360-778-6000

[arobinso@co.whatcom.wa.us](mailto:arobinso@co.whatcom.wa.us)

<https://www.whatcomcounty.us/4307/Health-Department>



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

(360) 306-5090

<https://nooksacktribe.org/departments/youth-family-services/>



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

(360) 676-2164

[info@ccsww.org](mailto:info@ccsww.org)

<https://ccsww.org>

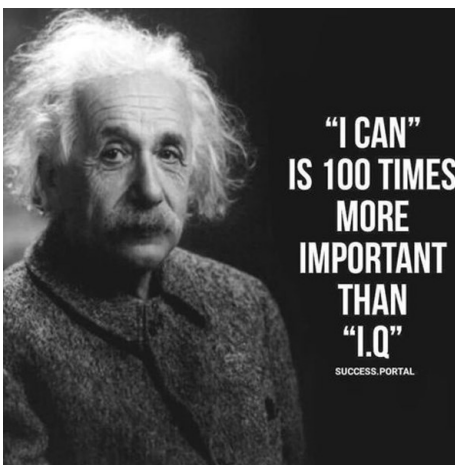


Northwest Regional Council connects and creates new solutions to navigate the challenges of aging and disability.

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

(360) 676-6749

<https://nwrcwa.org>



## Roots of Empathy Racines de l'empathie

Roots of Empathy is a global organization offering empathy-based programs for children, with research over 20 years showing long term decreases in bullying/aggression and increase mental health outcomes. A baby is a "tiny teacher" of perspective taking and empathy! Local grade schools in the Mt. Baker School District are working to offer this program again this school year. The heart of the program is community participation of families with their "tiny teacher" attending 1x/month with the same classroom through the school year. There are sometimes volunteer instructor openings--folks to get trained to facilitate in the classroom.

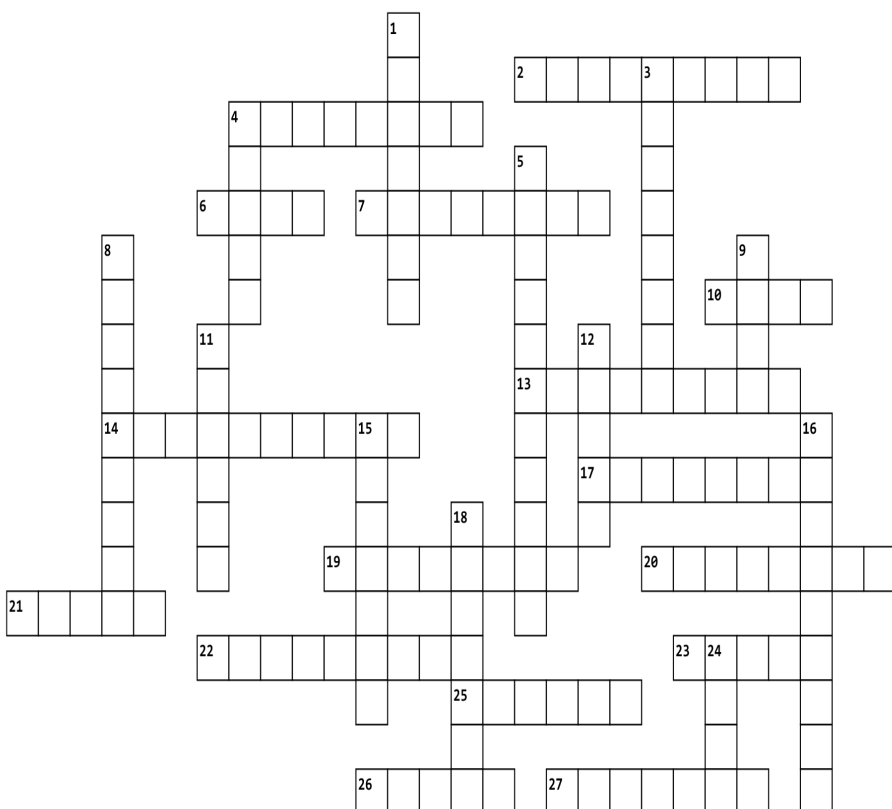
360-603-6247

[saioldi@rootsofempathy.org](mailto:saioldi@rootsofempathy.org)

<https://rootsofempathy.org>

## September Crossword Puzzle

### Summer's End



#### Across

- fall fragrance
- popular fall sport
- what fall leaves turn
- don't get lost in the ?
- squirrels are gathering ?
- Earth, Wind and Fire song
- fave fall beverage
- holiday at beginning of Sept
- common fall spice
- another word for harvester
- early Sept birth sign
- popular fall flower
- Oak tree fruit
- ? summer
- one of Sept's birth flowers

#### Down

- Singer of "September Morn"
- deep blue birth stone
- a killing\_\_\_\_\_
- name of Sept full moon
- birds are doing ?
- another month with 30 days
- Roman god of September
- crisp dessert
- Sept balancing act
- bears are preparing to
- fun fall activity
- ?tassles rustling in the wind

Solutions on back page

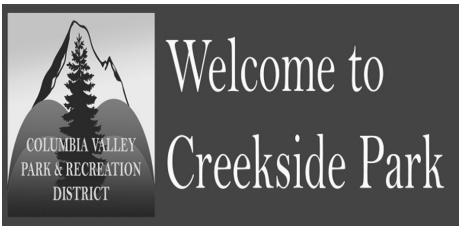


# Foothills Resources & Organizations



Work is progressing at Creekside Park (7916 Santa Fe Trail) with the hillside being cleared of blackberry bushes preparatory to putting in a trail, removal of downed trees and the construction of a bridge, picnic table and benches in the works. It is the first of five parks within Columbia Valley, each planned so there's one within 10 minutes walk from your doorway.

**Come check out Creekside Park! 7916 Santa Fe Trail, Maple Falls.**



## Park Levy This November!

Columbia Valley Park and Recreation District (CVPRD) has been approved for placement on the November 2024 General Election Ballot to establish a six (6) year regular property levy rate for CVPRD. The park district currently has no funding so Proposition No.1 will allow the CVPRD to establish the levy rate at \$0.44 or less per \$1,000.00 of assessed valuation (approximately \$30/annum/household) for a six (6) year period as otherwise authorized by law. Voter approval of Proposition No. 1 will provide capital funds for the CVPRD to purchase, construct and maintain up to four (4) more properties within the Columbia Valley Urban Growth Area (UGA) as outlined in our Comprehensive Plan which is accessible on our website on the About page.

The Columbia Valley Park and Recreation District objectives are to create five pocket-parks within easy walking distance of all homes in the Columbia Valley Urban Growth Area (UGA). Providing safe, local outdoor recreational spaces for all our residents will help improve the quality of life for everyone in our community.

Everyone is welcome to attend our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3.



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](mailto:info@kavz.org) if you want to find out how you can contribute, participate and learn.

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

(360) 230-8176

[info@kavz.org](mailto:info@kavz.org)

<https://www.kavz.org>



The Foothills Community Alliance (FCA), a 501(c)3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. A generous grant from the Mount Baker Foundation has made it possible to fund projects such as a park, the Kendall Elementary reader board, a local chipping event, the Foothills Communication Hub, Kendall Spring Fair and Easter Egg Hunt, Food Bank funding for quality food, since 2020 the Kendall Summerfest, and many other wonderful programs and events.

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

To volunteer, apply for a board position, or request funding for a project or idea, please visit our website at: [www.foothillscommunityalliance.com](http://www.foothillscommunityalliance.com) or reach out via email at: [info@foothillscommunityalliance.com](mailto:info@foothillscommunityalliance.com).

JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 5pm in person and via Zoom

Look for our event invitations on Facebook, NextDoor, our Calendar and in The Foothills Outlook and on [www.foothillsinfo.com](http://www.foothillsinfo.com).

[info@foothillscommunityalliance.com](mailto:info@foothillscommunityalliance.com)

360-410-9114

[foothillscommunityalliance.com](http://foothillscommunityalliance.com)



Northwest Youth Services' mission is to affirm youth experience and autonomy as we work together to foster collective healing and justice in order to dismantle the systems of oppression that perpetuate youth homelessness. At Northwest Youth Services, we believe this is attainable by focusing on participants' holistic selves and well-being, not just their trauma or symptoms.

We employ radical innovative services and care models that go beyond physical well-being to build social capital in partnership with young people, 13 to 24-year-olds experiencing homelessness or unstable housing. Our philosophy of care centers around three concepts: Learn, Create, and Connect.

[hello@nwys.org](mailto:hello@nwys.org)

360.734.9862

<https://www.nwys.org>

1020 North State St, Bellingham, WA 98225

Monday – Friday–9 AM – 5 PM



Whatcom County Water District 13 is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers.

(360) 599-1801

[admin@wcwd13.com](mailto:admin@wcwd13.com)

532 Sprague Valley Drive, Maple Falls

“The greatest weapon against stress is our ability to choose one thought over another.”

—William James



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/>

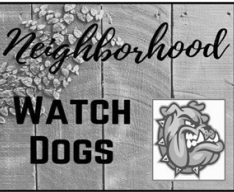


Serving individuals throughout Whatcom County, DVSAS is a volunteer-driven 501(c)(3) non-profit organization working to heal victims and end domestic violence and sexual assault. With client-centered, accessible housing and support services, DVSAS empowers victims and survivors while offering safe housing and the possibility of a new life. Our commitment is to provide the full spectrum of support and services that victims need after the trauma of partner violence or sexual assault, while also offering prevention education to break the cycle of violence once and for all. Through important collaborations with law enforcement, local school districts and countless community members and organizations that are active participants in this work, we are building a world where every survivor has the support they deserve and there is a future free of domestic violence and sexual assault.

24 HOUR HELPLINE 1.360.715.1563

Business Line: 360.671.5714

<https://www.dvsas.org>



Local community-led Watch Group focused on safety in the Columbia Valley UGA area. Monthly meetings held the first Tuesday of each month at the North Fork Library.

[nwmaplefalls@gmail.com](mailto:nwmaplefalls@gmail.com)

360-933-1620

<https://www.facebook.com/groups/718686472042194>



Stress Happens! And when it does we have a lot of power to claim our calm and rebalance with ease.

This fall you can learn more about youth mental wellbeing and how to bring more ease to your life.

September 12 at 4 to 7 p.m. to see the school-based training and from 7 to 8 p.m. to learn the prevention science behind the curriculum. M.A.D. H.O.P.E. Youth Mental Wellbeing and Suicide Prevention Training. Free

Register at: <https://docs.google.com/forms/d/>



e/1FAIpQLSfHBuQxAAONnmXADwzU44p6VKgPPFbE6DsnX21pv2T6YAspvA/viewform

October 4, 18 and November 1: **Power of Ease** from 3 to 5 p.m. Attend all three sessions. \$60

Learn how to activate your body's calming power for emotional self-regulation and co-regulation.

Register at [www.wfcn.org/events](http://www.wfcn.org/events)

For more information email [info@wfcn.org](mailto:info@wfcn.org) or call 360-738-1196.



**Save The Dates!** Lay a foundation of resilience and hope beneath your awareness of community concerns for children, youth and families in your community. WFCN offers a series of trauma-informed community trainings designed for adults who are caring for children—at home, in the community or through work. All three courses will be offered in October 2024. Register soon at [www.wfcn.org/events](http://www.wfcn.org/events)

**Power of Connection: October 22 and 23 from 5:30 to 7:30 p.m. via Zoom.**

Attend both sessions to learn what research tells us about why toxic stress matters and how understanding neurobiology, epigenetics, adverse childhood experiences, positive childhood experiences, resilience and hope can mitigate impacts. \$40 per two-session series.

**Power of Hope: October 15 from 3 to 5 p.m. via Zoom.**

Learn how hope is the most reliable predictor of thriving in the lives of individuals, families, schools, organizations, neighborhoods and other communities. Hope is measurable and it can be learned. This two hour session allows you to measure your own hope, understand the principles and elements of hope and tools to help you be a hope giver! Free. Funding from Whatcom County Health & Community Services supports this work.

**Power of Ease: October 4: 18 and November 1:**

Attend all three sessions to gain knowledge and skill- building to activate your parasympathetic system in order to claim your calm, restore balance to stress cycles, and lend your calm to others when stress takes hold. \$50 per series or \$20 per session.

The next **Columbia Valley Community Connections Gathering (CVCC)** meets in September. The date is to be determined as of this writing in mid-July, but announcements for it will be shared on the EWRRRC website at <https://www.oppco.org/ewrrc/> and via Next Door Kendall. Please keep an eye out or email [Kristi.Slette@wfcn.org](mailto:Kristi.Slette@wfcn.org) to be added to the email invitation list.

CVCC's purpose is to be a welcoming place where all can gather and connect to build a stronger 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 & inclusive activities, and create a more engaged, resilient community for all.

Convening partners include Mount Baker School District, Whatcom County Health and Community Services, Mount Baker Community Coalition, Opportunity Council, Whatcom Family & Community Network and community residents.

You and others are invited!

**Power of Connection: Why toxic stress, resilience, hope matter**

Join us on Tuesday and Wednesday, July 23 & 24 from 5:30 to 7:30 p.m. to learn how resilience, hope and positive childhood experiences mitigate the impact of toxic stress and childhood trauma. This community training is open to anyone 14 years and older. Youth and family serving agency staff, parents, child-caregivers, educators, government services professionals and business owners can benefit from the information shared in this 4-hour training. Cost is \$60 per person. Limited scholarships are available depending on need and availability. To register visit [www.wfcn.org/events](http://www.wfcn.org/events) or for more information contact [info@wfcn.org](mailto:info@wfcn.org).

For more information contact [Kristi.Slette@wfcn.org](mailto:Kristi.Slette@wfcn.org)

For more information contact Allison at [obv@wfcn.org](mailto:obv@wfcn.org) or call 360 738-1196 ext. 103

“New beginnings are often disguised as painful endings.”

— Lao Tzu





# Additional Resources & Organizations



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



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



Our Mission is to improve the quality of life, increase the independence and assure the full inclusion in the community of all persons with developmental disabilities. Information and referrals are available from The Arc to help meet the unique and individual needs of people with developmental disabilities and their families. Every effort is made to provide the most useful assistance possible, professionally and confidentially.

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](mailto:admin@arcwhatcom.org)  
<https://arcwhatcom.org>



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

(360) 733-1144  
[customerservice@ridewta.com](mailto:customerservice@ridewta.com)  
<https://www.ridewta.com>



Common Threads mission is to connect kids to healthy food in the garden, in the kitchen, and at the table. We want kids to grow up making food choices that are good for their bodies, their communities, and the environment. When kids don't eat well it's hard for them to learn well, behave well and feel well. In Washington state over 35% of kids don't eat enough veggies (WA State Healthy Youth Survey, 2016). To get kids excited about veggies, we joyfully garden, cook and eat with 7000+ kids in schools across Whatcom County as well as our partner site locations across Washington state.

(360)-927-1590  
[info@commonthreadsfarm.org](mailto:info@commonthreadsfarm.org)  
<https://commonthreadsfarm.org>



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

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

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

Seniors are at increased risk for malnutrition for multiple reasons including:

Chronic or acute illnesses

Decreased ability to shop for and to prepare healthy meals

Depression

Lack of funds

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

360-746-6480

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



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

Adult Day Programs for scheduled caregiver respite

Support Groups for adults caring for those affected by dementia

Adult Children Support Groups for those adults caring for a parent affected by dementia

Dementia-Friendly events

Art Access Classes with Allied Arts of Whatcom County

Project Lifesaver (a partnering with the Whatcom County Sheriff) providing electronic technology to locate those who wander

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

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

360-671-3316

[alz@alzsociety.org](mailto:alz@alzsociety.org)

<https://www.dementiasupportnw.org>



Al-Anon Family Groups have one focus: to help friends and families of alcoholics.

Find a meeting: <https://www.whatcomafg.org>



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

Find a Meeting: <https://www.whatcomafg.org>



Whatcom Council on Aging, in partnership with the people we serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence.

Vision: Lifelong empowerment through education, advocacy, and support: Independence through affordable housing, nutritious food, health care and programs that support lifetime wellness.

Connections with community Senior Centers, programs and outreach.

Opportunities for civic and community life engagement through education, recreation, and volunteerism.

Self-respect through self-determined and independent living to prevent premature non-independent living and through opportunities for seniors to maintain autonomy.

Good physical and mental health through proper nutrition, exercise, and other social activities.

Community support built through advocacy for rights of older adults and through promotion of a positive image of aging.

Values: Whatcom Council on Aging engages in partnerships with agencies and community groups that support the values of Accessibility, Connectedness, Involvement, Independence, Individual Respect, Health, and Advocacy.

360-733-4030

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



**Office of Refugee and Immigrant Assistance Resource Tool**

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

<https://app.smartsheet.com/b/publish?>



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](mailto:whatcomhrtf@gmail.com)

<http://www.nwirp.org/>



The Home Free program reunites youth with their family or legal guardian or helps them get to an alternative living arrangement (ALA), such as a community-based transitional living program, through a free bus ticket.

In addition, Home Free works in collaboration with youth, parents and guardians, law enforcement, anti-trafficking organizations, social service and health care providers and others to ensure youth who are victims of labor and sex trafficking benefit from reuniting with caring adults or getting to an alternative living program.

1-800-RUNAWAY

1-800-786-2929, you can connect with a trusted, compassionate person who will listen and help you create a plan to address your concerns.



Provides a wide variety of services for legal and illegal immigrants, including:

Impact Litigation

Community Education

Practice Advisories

Direct Legal Services

Survivors of Domestic Violence and Other Crimes

Asylum

Family Services

Children and Youth

Citizenship

DACA (Deferred Action for Childhood Arrivals)

Detention and Deportation Defense

206.587.4009

[www.nwirp.org](http://www.nwirp.org)



**ESL: English Language Learning**

Roughly two thirds of the people we serve are immigrants who are learning English for the first time. More than half of our learners have no high school diploma or GED, and the majority have no computer at home. Our free, customized, individual tutoring and small group classes make a difference in their lives by...

\*Improving their basic reading, writing, math, computer, and parenting skills.

\*Helping them prepare for a GED test and/or further their education.

\*Helping them attain US citizenship.

\*Increasing their employment opportunities.

\*Enabling self-sufficiency.

\*Enhancing the stability of their daily lives.

[ell@whatcomliteracy.org](mailto:ell@whatcomliteracy.org)

(360) 685-6756

<https://www.whatcomliteracy.org/english-language-learner>



Helping Immigrant Families

IRIS primarily serves immigrant women and children who are survivors of violence. IRIS responds to the urgent and unmet needs of immigrants in our communities in Whatcom, Skagit and Snohomish counties in an inclusive and comprehensive manner. IRIS connects immigrants with needed resources in our communities by acting as liaisons for our recipients. IRIS also directly provides funding for items and services that are not accessible to this marginalized population.

[info@irisnw.org](mailto:info@irisnw.org)

1050 Larrabee Ave. Ste. 104 #498  
Bellingham

360-935-1688

[irisnw.org](http://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](mailto:familyhelpline@parenttrust.org)

<https://www.parenttrust.org>



# Additional Resources & Organizations



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

Providing assistance for:

Disaster Relief    Homelessness  
Hunger            Veterans Services  
Poverty            Prison Outreach

Prescription drug coverage

Rent and Utility Assistance

Substance Abuse Services

At-risk youth programs

360-733-1410

she-  
vaun.malone@usw.salvationarmy.org

<https://bellingham.salvationarmy.org>

2912 Northwest Ave., Bellingham



The Red Cross is a registered 501(c)(3) nonprofit organization providing disaster relief whether it's loss of home due to fire or flood to mobilizing volunteers, supplies and services in disaster stricken regions of the world.

Red Cross supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families.

1 800 RED CROSS ( 1-800-733-2767)

<https://www.redcross.org>



Our mission is to provide free civil legal assistance to low-income Whatcom County residents by linking them with attorney and community volunteers.

360-671-6079

info @ lawadvocates.org

<https://lawadvocates.org>

1407 Commercial Street Bellingham,



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

360-734-8680

<https://nwjustice.org>



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



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

360-676-6177

<https://unitycarenw.org>



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

360.671.3225

<https://www.seamar.org/whatcom-medical-bellingham.html>



A free, unbiased and confidential service of the Washington State Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.

Local: 360-725-7080

TDD: 360-586-0241

800-562-6900

shiba@oic.wa.gov

<https://www.insurance.wa.gov/find-local-shiba-office>

Anyone else grow up in  
a house where a sigh  
was considered talking  
back?



SEAS is a free local resource navigation service available to families in Whatcom County. SEAS provides resource navigation for all families that have a child with a disability or developmental concern under 21. Additionally, in 2022, SEAS expanded to provide resource navigation for all families with a child under 5, and expecting families.

From questions about your child's development or behaviors, to connecting to services or resources, SEAS works with you to help you get what you need so your children and family can thrive.

SEAS family resource navigators are experts in Whatcom County's programs for families and children. They provide confidential, judgment-free, multi-language navigation services. Staff are multilingual and interpretive services are available.

Our goal is to help every family get connected to the resources that they need.

360-715-7485

seas@oppco.org

<https://www.seaswhatcom.org>



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

(212) 695-8650

info@thetrevorproject.org

<https://www.thetrevorproject.org>



The Y is committed to ensuring that every youth has the opportunity to become a healthy, contributing member of society. The Y offers teens a safe environment where they can develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

We offer activities and programs for teens that provide them with academic assistance, life skills, healthy habits, positive social experiences, all while having fun.

360 733 863

<https://www.whatcomymca.org/teen-programs>



northwest  
youth services

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>



The Center for Independence (CFI) is a non-residential, community-based 501 (c)(3) non-profit organization operated by people with disabilities, serving people with disabilities ages 14 and up.

We serve as a resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development. We work together with participants to achieve independent living goals such as self-advocacy, self-sufficiency, and self-determination.

1-888-482-4839

info@cfi-wa.org

<https://www.cfi-wa.org>



Transforming lives  
Division of 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>



Agency dealing with employment/unemployment issues. Apply for unemployment insurance. Paid family and medical leave.

360-890-3500

<https://www.esd.wa.gov>



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

888-316-5627

<https://www.worksourcewa.com>

<https://www.worksourcewa.com>

Silly me; I've been thinking it was  
the dryer shrinking my clothes  
when all along it was  
the refrigerator.



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.

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

1115 E Sunset Dr. Bellingham

<https://evergreengoodwill.org/job-training-and-education/adult-basic-education/>





# Foothills Community Calendar



"Happily we bask in this warm September sun, which illuminates all creatures."

-Henry David Thoreau

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 8:00 AM - 11:00 AM Foothills Food Bank 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs	4	5	6 5:00 PM - 7:00 PM 📅 Dungeons & Dragons	7 10:00 AM - 3:00 PM Van Zandt Public Market 11:30 AM - 12:30 PM Foothills Food Bank Mobile Pantry
8	9	10 8:00 AM - 11:00 AM Foothills Food Bank 10:30 AM - 11:00 AM Story Time at North Fork Library	11 5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting	12 4:30 PM - 5:30 PM 📅 Diabetes Peer Support Group 6:30 PM - 7:30 PM Columbia Valley Park and Recreation District Open Meetings	13 5:00 PM - 7:00 PM 📅 Dungeons & Dragons	14 11:30 AM - 12:30 PM Foothills Food Bank Mobile Pantry
15	16	17 8:00 AM - 11:00 AM Foothills Food Bank 10:30 AM - 11:00 AM Story Time at North Fork Library	18	19 6:00 PM - 9:00 PM SFVCA Open Mic & Potluck	20 5:00 PM - 7:00 PM 📅 Dungeons & Dragons	21 11:30 AM - 12:30 PM Foothills Food Bank Mobile Pantry
22	23	24 8:00 AM - 11:00 AM Foothills Food Bank 10:30 AM - 11:00 AM Story Time at North Fork Library	25	26 6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	27 5:00 PM - 7:00 PM 📅 Dungeons & Dragons	28 11:30 AM - 12:30 PM Foothills Food Bank Mobile Pantry
29	30	1 8:00 AM - 11:00 AM Foothills Food Bank 10:30 AM - 11:00 AM Story Time at North Fork Library 5:00 PM - 6:00 PM Neighborhood Watch Dogs	2	3	4 5:00 PM - 7:00 PM 📅 Dungeons & Dragons	5 11:30 AM - 12:30 PM Foothills Food Bank Mobile Pantry

## Together we are building stronger communities.

For more information about each event, go to [foothillsinfo.com](http://foothillsinfo.com) and click on our Events Calendar.

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

### Dealing with Bullying at School, on the Bus

With kids getting ready to go back to school, it’s important to teach them ways of dealing with bullying whether they are the victim or a bystander.

**Tips for Kids when Dealing with Bullies**

Report it to an adult: principal, teachers, parents

Avoid the bully/ies: use a different restroom of the bully is near, don’t go to your locker alone.

Use the buddy system: always have a buddy or two with you on the bus, walking to or from school, at recess, in the hallways.

Try not to get angry: bullies love it when you get angry. Try to keep your face calm, don’t laugh at their threats.

Act brave, walk away, and ignore the bully: In as big a voice as possible, tell the bully to STOP!, then walk away. Ignore hurtful words and act like you don’t care what they say.

Talk to someone you trust for suggestions on how to handle a bully, such as a teacher, older sibling, school counselor,

**Being an Upstander**

If you see something, say something!

When we stay quiet, we send a message that this behavior is acceptable and when we don’t intervene we allow the behavior to continue.

Start a conversation. If you’re worried about a friend who you think is being bullied, consider asking them if they are being bullied.

Clearly refuse to be involved in bullying behavior.

Never stand by and watch or encourage bullying behavior; go get help.

Don’t harass, tease or gossip about others

Support the person experiencing bullying by bringing them to a place where they can report bullying or find information about where to go for help

Don’t let bullies get away with their behavior; tell someone!

**What’s that word solutions**

1. B, 2. C, 3. D, 4. A

**Crossword Solutions**

Across: 2. woodsmoke, 4. Football, 6. Gold, 7. Cornmaze, 10. Nuts, 13. September, 14. Applecider, 17. LaborDay, 19. Cinnamon, 20. Gleaner, 21. Virgo, 22. Sunflower, 23. Acorn, 25. Indian, 26. One of Sept’s flowers of the month, 27. Snuggle up for a cozy ?

Down: 1. Diamond, 3. Sapphire, 4. Frost, 5. Harvest, 8. Migrating, 9. June, 11. Vulcan, 12. Apple, 15. Equinox, 16. Hibernate, 18. Hayride, 24. corn

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