

Winter

I love winter! Winter is cold.
 It's Christmas with sleds.
 It's warm, snuggly beds.
 It's silver snowflakes.
 It's skating on lakes.
 It's snowmen that stand
 In a snowy, white land.
 It's blue jays that feed
 On sunflower seed.
 It's angels that pose
 In wintertime clothes.
 It's a polka-dot sky.
 It's winter. That's why...
 I love winter!

- Author unknown -



The Network-Newsletter

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Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicle. Prepare for power outages and outdoor activity. Check on older adults.

Take these steps to keep your home safe and warm during the winter months.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Install a smoke detector. Test batteries monthly and replace them twice a year.
- Install a CO detector to alert you of the presence of the deadly odorless, colorless gas.
- Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.
- Wear appropriate outdoor clothing: layers of light, warm clothing, mittens, hat, scarf, and waterproof boots.
- Work slowly when doing outside chores.

- When planning travel, be aware of current and forecast weather conditions.



- Prepare a winter emergency kit to keep in your car, with cell phone, portable charger, and extra batteries, blankets, food and water, booster cables, flares, tire pump, a bag of sand or cat litter (for traction or to use on icy walkways).
- Compass and maps, flashlight, battery-powered radio, and extra batteries, first aid kit, and plastic bags (for sanitation).
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- If you become stranded; stay awake and stay moving. You will be less vulnerable to cold-related health problems. Keep moving your arms and legs to improve circulation and stay warmer. Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Making sure snow is not blocking the exhaust pipe-this will reduce the risk of carbon monoxide poisoning.

For more tips on winter weather safety visit:
www.cdc.gov/features/winterweather

Nutrition Education ~ Yogurt Ranch Dip

- 1 cup low fat plain yogurt
- ½ cup low fat mayonnaise
- ¼ tsp. dried parsley
- 1/8 tsp. garlic powder

- 1/8 tsp. sea salt
- ¼ tsp. black pepper
- 2 T. fresh chives, finely chopped



Place ingredients in small mixing bowl; stir until evenly combined. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Books for Winter Reading

"When Winter Comes," by Nancy Van Laan

"The Jacket I Wear in the Snow," by Shirley Neitzel



Stronger Families, Better Communities, Brighter Futures

"UMCHS is an Equal Opportunity Provider"



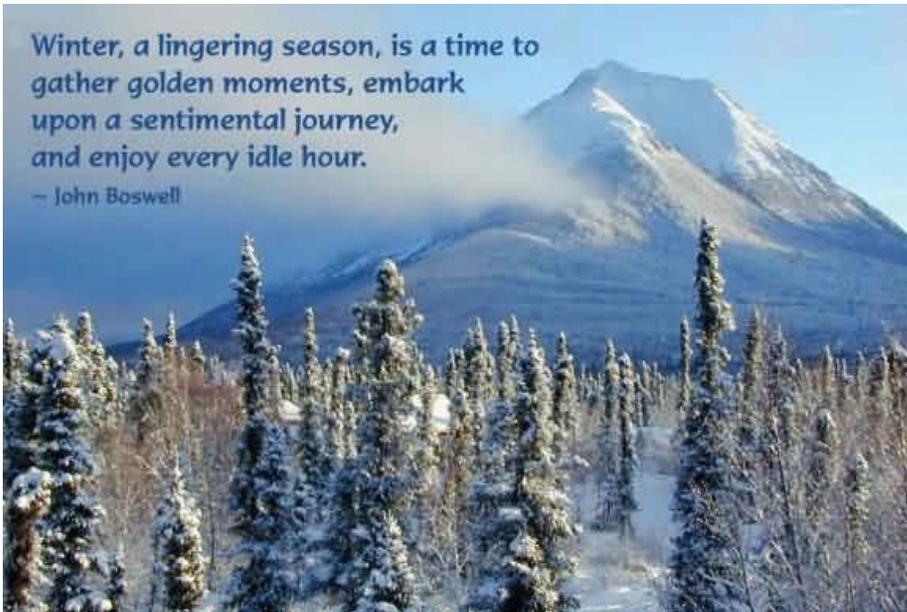
Wallowa Center Highlights



Going on a Bear Hunt with Wallowa Head Start class and Teacher Ms. Jeanette! We love learning with music and movement!

Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.

— John Boswell



- 17 - [Family Policy Council Meeting](#)
- 17-21 [National Head Start Parent & Family Engagement Conference](#)
- Dec. 24-25 ["Christmas Holiday"](#)
- Dec. 26-Jan. 4, 2019 [Winter Break](#)
- January 1, 2019 - [Happy New Year!!](#)
- January 7, 2019 - [Classes Resume](#)



Dates to Remember!!
December 2018



Enterprise Center Highlights

Our classroom has been busy learning about harvesting foods. We walked to an apple tree and picked apples. We made applesauce and dried apples. We roasted pumpkin seeds and learned how pumpkins grow. We harvested onions, potatoes, turnips, and zucchini from our classroom garden and the community garden. We made tomato sauce from tomatoes from the Magic garden.

Gena uses the tomato sauce in her spaghetti, and pizza she makes for us.

We have weekly stories by Jill Dougherty from the Library outreach program.

