



Building Healthy Families

Strengthening Families through Support and Education

Volunteering Takes the Stage at BHF

Building Healthy Families was recently added to a list of Oregon nonprofits working with the Oregon Community Foundation to more efficiently and effectively use volunteers in both direct and indirect service opportunities. BHF was encouraged by funders to apply for the \$5000 mini-grant last spring due to our large volunteer pool and variety of meaningful opportunities that have been developed over the past 5 years. The grant includes funding to complete a Volunteer Audit, travel to 2 professional developments and work to design an action plan to lead volunteering at BHF to new heights.

Last year, BHF benefited from the service of over 125 Willamette and Baker County volunteers serving the children and families in multiple capacities. Over 30 volunteers served in our Books Bridging Generations reading program, building a positive relationship with a k-3rd grader during weekly 30-minute reading sessions. Others served as mentors to middle and high school youth, volunteered time with pre-school students in our early learning center, taught lessons at our after-school or summer Exploration program, or supported BHF staff through program and administrative support. 11 extremely dedicated vol-

unteers sit on BHF's Board of Directors, helping to guide the organization's mission and outreach,

While the "Engaging Boomers" grant, specifically targets recruiting members of a specific generation, the tools and strategies being gained and the networking between other non-profits will benefit all BHF staff and volunteers regardless of age or skill-level.

BHF is eager and excited to work with an individual interested in building a stronger community for our children and families. Please contact us today to find a volunteer opportunity that is perfect for you!

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Upcoming Opportunities for children and families

- ☺ What's for Dinner: Family Workshop, November 8th 5:30-7:00 Enterprise Head Start
- ☺ What to do When Your Child is Sick? Workshop November 28th, 6:00 pm Building Healthy Families
- ☺ You and Your Baby Workshops, Saturdays 10:00-11:00 Building Healthy Families
- ☺ Parent/Child Playgroups Tuesdays 10:00 Baker County Library
- Fridays 9:00, 10:30 BHF

So Much to be Thankful For

Are we really moving into the last two months of 2012?! The holiday season is rapidly approaching and we begin this month with Thanksgiving. For a lot of us this has been a difficult year, whether financially, emotionally, etc. and sometimes when we go through hard times, we

have a difficult time remembering what we have to be thankful for. This Thanksgiving, remember that the children in our lives are precious gifts and if we are having a hard time coming up with anything else to be thankful for, we can always be thankful for them!

Here are ten reasons to be thankful for your kids (although we're sure you can come up with so many more!).

1. They are our constant companions
2. They are always an audience
3. They are entertainment

Items to help us better serve our families

- Diapers, all sizes
- Art/Craft Supplies
- Microwaves
- Personal Hygiene Items
- Healthy Snacks
- Tools (hammers, etc)
- Baby Wipes



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Building Healthy Families is an independent, nonprofit family support organization, offering personalized and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming.



Dinner on a Dime



Soy and Garlic Marinated Chicken

Ingredients

- 4 cloves garlic
- 1/2 cup soy sauce
- 4 boneless, skinless chicken breasts or 1 pack chicken thighs

Directions

1. In a large bowl, combine soy and garlic. Add chicken and turn to coat. Cover and marinate at least 1 hour.
2. Preheat outdoor grill or indoor grill pan. Lightly grease.
3. Grill chicken 10-15 minutes per side or until done.
4. Discard any remaining marinade.
5. Serve with buttered noodles or rice and a steamed vegetable.

Thankful.....Continued from front

4. They are a magic mirror
5. They are great students
6. They are great teachers
7. They are our conscience
8. They are our "Raison D'etre" or "Reason for Living"
9. They are our legacy
10. They are love

Happy Thanksgiving from the Wallowa County Prevention Collaborative! For more information, please contact Billie-Jo Craigmile at 541-426-9411 or look for the Wallowa County Prevention Collaborative on Facebook!

Did you know...

the night before Thanksgiving has become one of the biggest drinking nights of the year according to an article in the November 2009 issue of *POLICE Magazine*?

Thanksgiving is about celebrating our family and giving thanks for all of our many blessings.



Consider making some family gatherings alcohol free to show your kids that you don't need