

Winter 2011

In·A·Nutshell

News and fun for members of the Oakie the Oakhurst® Acorn Fan Club

Wondertastic Winter!



Hello, Oakie Fan Club members! Well, once again, the days are shorter and colder, and the flipflops and swimsuits are packed away until next summer. Now it's time for winter fun in New England.

It was really **Oakie-rrific** to see so-o-o many of you at parades, baseball games, walking and running events, block parties, agricultural fairs, and community

celebrations! I am so pleased with how many more of you have joined my Fan Club this year. There are over **8,000** of you in the club now!



Oakie



Starting the New Year Right!

Every January 1st, we begin a new calendar year. Lots of people think it is a very special time, when the old year ends and a new one begins. They have parties to celebrate it and, as a tradition, many adults and children make New Year's Resolutions. You may be thinking, "What's a resolution?" Well, a resolution is a promise—a promise you make to yourself—a promise that you will try to do something in the new year that you may not have done before.

There are different kinds of resolutions. You may want to make a resolution for you; for someone else; or for something else. Here are some New Year's Resolutions I've made:

For Me
I will eat more fruits and veggies.

For Someone Else
I will find more ways to help kids eat well and exercise.

For Something Else
I will respect the environment by working with others to clean up a nearby beach or woods.

Your New Year's Resolutions

Now it's your turn to make a list of your 2011 New Year's Resolutions! Remember that they can be about you, about someone else, or about something else. Here are some ideas to get you started:

- * I will drink milk and water, and limit soda and fruit drinks.
- * I will turn off lights and the TV when I'm not using them, to conserve energy.
- * I will try to find a physical activity that I like and do it at least three times a week.
- * I'll be nice to other kids. I'll be friendly to kids who need friends — like someone who is shy, or new to my school.
- * I will always wear a helmet when bicycling.

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MAKE A
Paper Snowflake
OR A SNOWFLAKE CARD

Make simple snowflakes from paper. You can tape these snowflakes to a window for a nice winter decoration or paste them onto a piece of folded construction paper for a great winter card.

SUPPLIES NEEDED:

- White paper
- Scissors
- Optional: A protractor
- Optional: Glitter or glitter glue
- For a card: A piece of colored construction paper and glue

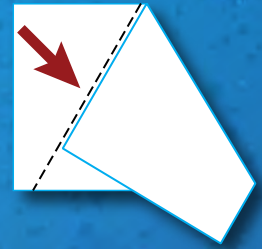
Fold a piece of paper in half.

1



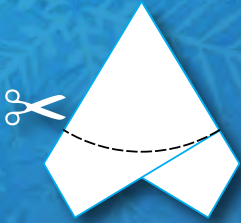
Fold over one side, then the other, to make two 60° folds.

2



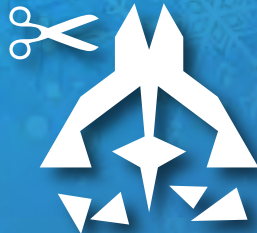
Cut off the edges of the paper in an arc—this makes a circle (if you were to unfold the paper).

3



Cut a lot of the paper away. Unfold your snowflake carefully.

4



Optional: Decorate your snowflake with glitter or glitter glue.

5



Glue your snowflake onto a folded piece of construction paper for a great winter card.

6



Oakie's "Fan Club" Hot Chocolate



Hey, kids! Here's a yummy idea to help you and the whole family warm up after playing outside this winter! Take some **Oakhurst**, lowfat, nutrient-rich, chocolate milk. Heat it (on the stovetop or in the microwave—ask your parents for help), top it off with **Oakhurst** whipped light cream (in our nifty, silver aerosol can), and enjoy! You'll all start feeling toasty from your fingers to your tootsies!





364 Forest Avenue
Portland, Maine 04101



Where's Oakie?

I'll be having all sorts of fun at some great events this winter! You can find out where I will be by visiting www.oakhurstdairy.com (be sure to get your parent's permission to go online). And remember, we will be adding new events all the time.

That's it for this edition of **IN A NUTSHELL**, kids! Remember to choose some New Year's Resolutions from your list, and see if you can make them happen. Have a **wonderastic** winter and New Year with your family and friends!

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WORD SCRAMBLE!

OAKIE DOAKIE, KIDS! Here's some word scramble fun. I've been thinking about all sorts of New Year's resolutions, and I've come up with some scrambled words to help you think about them, too. Unscramble the groups of letters to make some ideas for resolutions appear. Watch out! Some of these are DOOZIES!!

- Example: **RUTN FOF VT** = **TURN OFF TV**
- YALP DISTEOU** = _____
- KLAW HET OGD** = _____
- PELH TWIH SIDSEH** = _____
- NEALC YM MORO** = _____
- KNRID LIKM** = _____
- YECLERC** = _____



ANSWERS: play outside; walk the dog; help with dishes; clean my room; drink milk; recycle