



TOWN OF GORHAM, NH

JOINT LOSS MANAGEMENT COMMITTEE

Fall / Winter Safety

As we move from the autumn months, we know that many leaves have fallen and when leaves are wet or fall on wet areas, this adds to a possible slip and fall hazard, both outside and inside buildings. Leaves should be cleared out of any roof gutters or downspouts, so water, snow and ice is less likely to accumulate and create a safety hazard. Also, clear the inside areas where wet leaves that may be carried into the building on boots and shoes.

Volume 2, Issue 4

Fourth Qtr - 2014



Important Dates:

- 11/11 Veteran's Day
• 11/27 Thanksgiving
• 12/7 Pearl Harbor Day
• 12/25 Christmas Day
• 1/1/15 New Years Day
• 1/19 Civil Rights Day
• 2/16 President's Day
• 3/8 Daylight Savings

When hunting follow the "Ten Commandments of Hunting Safety". 1. Treat every firearm with the same respect due a loaded firearm. 2. Control the direction of your firearm's muzzle. 3. Be sure of your target and what is beyond it. 4. Be sure the barrel and action are clear of obstructions. 5. Unload firearms when not in use. 6. Never point a firearm at anything you do not intend to shoot. 7. Never climb a fence or tree, or jump a ditch or log, with a loaded firearm. 8. Never shoot a bullet at a flat, hard surface or water. 9. Store firearms and ammunition separately. 10. Avoid alcoholic beverages or other mood-altering drugs before or while shooting.

When winter hits we all know how messy and dangerous thing can get. Ensure all entrance areas, sidewalks and parking lots are cleared of ice and snow. Be aware of roof overhangs and roof drainage areas where snow and ice may collect. These areas should be checked regularly and cleared of any overhead accumulation of snow (which could fall on people below). Potholes and cracks in parking lots, sidewalks or other areas should be repaired before the snow starts falling. These unlevel areas can be hidden by a light snowfall, increasing the chance of someone tripping and falling. Be aware of water and snow that is tracked into the inside of buildings as certain floor materials make for an extra slippery surface. Use carpet runners in wet areas to reduce the chance of slip and falls.



- Fall Walk (hunting)
• Raking Leaves
• Ice Skating
• Shoveling Snow
• Snowshoeing
• Skiing (cross-country)

HEALTHY RECIPES FOR FALL & WINTER FOODS

Coconut Lime Chicken & Snow Peas Salad

INGREDIENTS:

1 cup "lite" coconut milk, 1/4 cup lime juice, 2 tablespoons brown sugar, 1/2 teaspoon salt, 8 ounces chicken tenders, 4 cups shredded romaine lettuce, 1 cup shredded red cabbage, 1 cup sliced snow peas, 3 tablespoons minced fresh cilantro, 2 tablespoons minced red onion

DIRECTIONS:

- 1. Preheat oven to 400°F. Whisk coconut milk, lime juice, sugar and salt in an 8-by-8-inch glass baking dish. Transfer 1/4 cup of the dressing to a large bowl; set aside. Place chicken in the baking dish; bake until cooked through, about 20 minutes.
2. Meanwhile, add lettuce, cabbage, snow peas, cilantro and onion to the large bowl with the dressing; toss to coat. Divide between 2 plates.
3. Transfer the chicken to a cutting board and thinly slice. Arrange the chicken slices on top of the salads. Drizzle the coconut cooked liquid over the salads.



Town of Gorham
20 Park Street
Gorham, NH 03581
603-466-3322

