



Family and Consumer Sciences Newsletter February 2017

Cooperative Extension Service
Graves County
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Dear Homemakers:

So happy to be moving closer to Spring. Sounds like I'm wishing my life away, but me and cold weather just don't mesh well.

We got off to a good start with good attendance at the Advisory Council meeting. We got some work done and had a good time in fellowship too.

Please continue to collect data at your monthly club meetings for the program of work reports that will be due again at the end of June. Taking time at each meeting to gather information will make life easier come report time.

Also continue to send in monthly secretary reports following your meeting. Be sure to include as much detailed information as possible. This information also helps with various reports.

Remember March 1 is the deadline for KEHA contests, awards, etc. You can check online for contact persons for reporting.

As always, if you have questions or need information, please contact the office.

Virginia Langford

FCS Agent



Dates to Remember



- February 1** - District Board - 8 am
- February 1** - Balloon project meeting - 10 am
- February 6** - Crochet - 10 am
- February 7** - Taste of Graves Committee - 10 am
- February 8** - Folsomdale Club - 10 am
- Trinity United Methodist Church
- February 9** - TLC Club - 10 am
- February 13** - Crochet - 10 am
- February 15** - County Extension Council - 12 pm
- February 20** - Crochet - 10 am
- February 20** - Friendship Club - 6 pm
- Farmington Church of Christ
- February 21** - Wingo Club - 10 am
- Wingo Lion's Club
- February 21** - FCS Training - Bowling Green, KY
- February 23** - International Day Program - 10 am
- Marshall County Extension Office
- February 27** - Crochet - 10 am
- February 27** - "Mediterranean Cuisine Comes to You" Learning Session - 10 am

[Meetings at Extension Office unless stated otherwise]



PARADE BALLOON PROJECT

Graves county extension homemakers have been asked to help with a project for the Mayfield Graves County Parade that will be held in November 2017. Needed for the project are volunteers who have technical sewing and creative skills. We need to figure out how to make a large inflatable balloon similar to a hot-air balloon. This balloon will be used in the upcoming parade. Please come out and be part of this project and lend your considerable talent(s) on Wednesday, February 1, 10 am, here at the Extension Office. It's another opportunity to market Extension Homemakers.

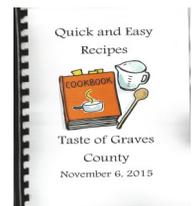


Taste of Graves County 2017 Committee:

Nancy Smith, Chairperson

Mayra Ballard, Sara Counts, Jan Kafton, Joy Adams

The first meeting is Tuesday, February 7, 10 am here at the office.



2017 Graves County Annual Day



The date has been changed to August 17. Set up and cultural arts on August 16. Each club president makes up the committee. The first meeting will be Monday, March 6 at 10 am here at the office.

2017 SCHOLARSHIP COMMITTEE

CONNIE HOLLAND, JAMIE MULLINS,
LYNDIA ELDER

Scholarship deadline is April 10

No meeting date has been set

2017 FOOD PANTRY SCHEDULE

MAY 15, 16, 17, 18

SEPTEMBER 18, 19, 20, 21

Check with club President for your actual club date

International Day

Thursday, February 23, 2017, 10 am

Marshall County Extension Office

Each person is asked to bring a dish

Speaker from the Netherlands

Please RSVP to Jan Mayes at

270-559-3366 or

jrmayes75@hotmail.com



SATURDAY, MARCH 25, 2017

The Purchase Area Master Clothing Volunteers will have a beginning sewing class for adults at the Calloway County Office. Participants will make a gift bag and a pot holder, learning several sewing skills. Registration fee \$10. Call the office for more info.

Safety tips for heating your home

Source: Mark Purschwitz, extension safety specialist



As winter gets into full swing, remember fire and carbon monoxide poisoning are real concerns that come with staying warm. According to the National Fire Protection Association, between 2009 and 2013, U.S. fire departments responded each year to an average of 56,000 home structure fires that involved heating equipment. Space heaters are the most common type of heating equipment involved in home fires, accounting for 40 percent of all fires, and more importantly, 84 percent of non-firefighter deaths. In addition, carbon monoxide poisoning is a serious risk. From 2009 to 2011, the Consumer Product Safety Commission estimated 49 people died each year from heating-equipment-related carbon monoxide poisoning. Because carbon monoxide is odorless and colorless, some people die in their sleep. Following a few safety rules can lessen the chance of a fire or carbon monoxide poisoning at your house during the winter.

- Keep flammable materials like curtains, clothing, paper and cleaning supplies at least 3 feet away from any heating equipment, especially space heaters, wood stoves and fireplaces.
- Keep volatile liquids like paint and cleaners in a different room.-
- Make sure all vents are free of obstructions.
- Have a furnace professional check your furnace for gas leaks, cracked burners and heat exchangers, and other malfunctions.
- Use a glass or metal screen in front of your fireplace so embers don't pop out and create a fire hazard.
- Keep the hearth clear of decorations and debris.

A smoke alarm is still the best tool for early fire detection, and a carbon monoxide detector is the best tool to prevent fatal carbon monoxide buildup. At a bare minimum, you should have a smoke alarm on every level of your house and at least one carbon monoxide detector located per manufacturer's recommendations. Replace the batteries in these detectors at least once a year and replace all of the alarms every 10 years, since their sensors wear out.

Have a 3-foot "child-free zone" around open fires and space heaters and teach your children that fires and heaters are dangerous.

If you have a wood stove, it should be surrounded by a non-combustible floor, and in some cases non-combustible wall panels. Check with local authorities about the required distances and clearance zones.

Have chimneys cleaned and inspected every year by a qualified professional. A sluggish draft or smoke rolling into the room could mean creosote buildup in the flue, which could lead to a nasty chimney fire.

Use only clear, 1-K grade kerosene in kerosene heaters. Grade 2 kerosene burns dirtier and releases many more pollutants. Never use other fuels like gasoline, as they can cause fires or explosions.

You must provide outside air ventilation for kerosene space heaters or any other unvented heaters, to prevent carbon monoxide buildup. A general rule of thumb is 1 square inch of open window or door for each 1,000 Btus of heater rating, but check manufacturer's instructions.

Propane heaters should never be brought indoors unless they are specifically identified as being "indoor-safe." These heaters are for temporary indoor use only, such as during a power outage. They have an oxygen depletion sensor to automatically shut off if oxygen is limited. Even still, they are only for temporary indoor use.

Turn off portable heaters when leaving the room or going to bed.

Never use your oven to heat your home.

Plug electric space heaters directly into a wall outlet. If an extension cord is absolutely necessary, it must be as short as possible, and use wire as large or larger than the heater cord. A thin extension cord will overheat and result in a fire.

Rehearse with your family fire safety practices. For example, set a family meeting place outside your house if a fire occurs, so you will know that everyone is safe.

These few precautions will help keep you warmer and safer.



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RETURN SERVICE REQUESTED



Submitted by:

Virginia Langford

Virginia Langford, County Extension Agent

For Family and Consumer Sciences