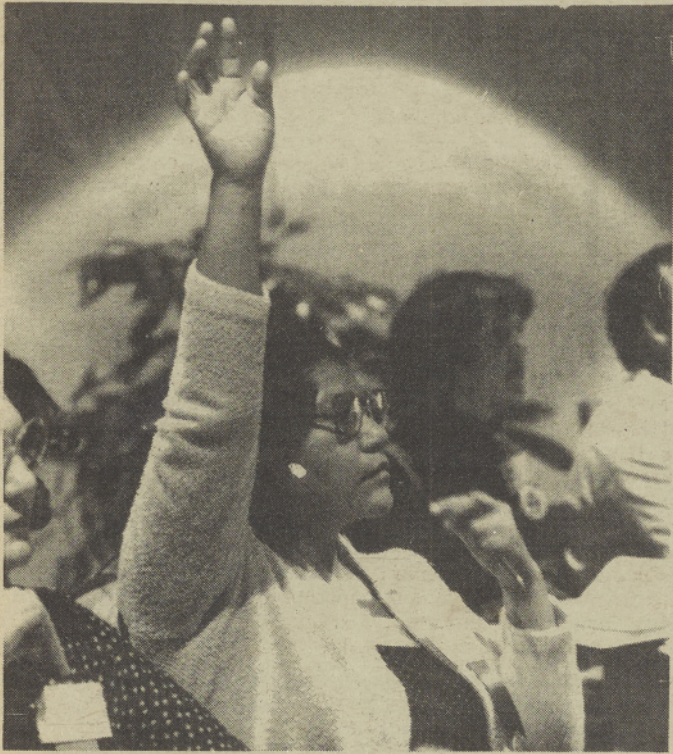


Pair attends training



Carol Muniz at community leadership training.

Carol Muniz and Pennie Albrandt were part of a total of 66 volunteers and extension staff representing newcomers as well as graduates of the Family Community Leadership program. They recently attended a four-day training institute concentrated on communication skills, public policy education, and the family perspective. The goal of the training was to help women

and family members become more effective in dealing with local issues.

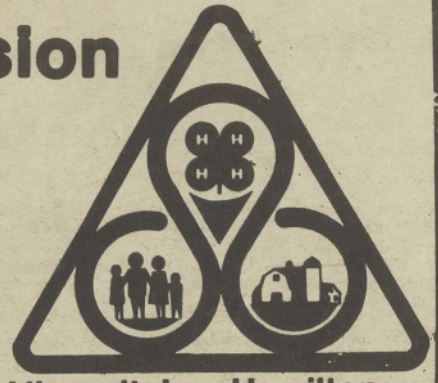
Lectures and group exercises were combined in general and small group sessions in a 'learn as you do' process. Public policy, the political process, leadership motivation and styles were the topics covered by speakers in the general sessions. Teamed in four strategy groups, Carol and

Pennie and other conference participants were given the task to review health programs in a fictitious county in light of a 20 percent cut in health services funding. Guided by the coaching teams also included elected officials, the four strategy groups prepared funding recommendations which were presented to a panel of past and present city council and county commission members during a mock public hearing.

The leadership program is entering its second year. It is part of a six-state, regional project in the Pacific Northwest to encourage public policy participation at the local level. The program is supported by a three-year grant from the W.K. Kellogg Foundation. It is co-sponsored by cooperative Extension Services and Extension Homemakers Councils in Oregon, Alaska, Colorado, Hawaii, New Mexico, and Washington.

Skills learned through the Family Community Leadership Training Institute will be used by Carol and Pennie within the Warm Springs community to bring together an advisory group for the purpose of giving input toward development of education programs in family finance and consumer education.

Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

January the month for SALES

Winter is far from over, but department and speciality stores are all anxious to clear their floors and bring in new lines of fair weather apparel, which makes January a very good time to take advantage of clearance sales on winter clothing. But before you go out, checkbook and credit card in hand, take a look through your wardrobe.

It's best to do some planning. Make a shopping list just like you do for grocery shopping. Plan the things that you have already and then what you really need. There's no use buying a blazer if you don't have any skirts or pants to wear

with it. Maybe a better buy for you might be sweaters or blouses to extend the clothing that you have.

The best bargains are on quality cloths made of durable materials that will make your wardrobe more versatile in these hard economic times.

Just after Christmas is also a good time to shop for next Christmas. Many products such as tree trimmings, gift wrap, ribbons, and greeting cards are on sale at as much as one half off.

Also, plan for and take advantage of sales on linens of all types during January.

Have an extra safe holiday season

Each year in the United States, about 36 million people are injured and around 30,000 killed in accidents related to consumer products. Many of these accidents and deaths are caused or connected with products we use to help us celebrate the holidays.

Take time during the busy holiday season to make sure your home is safe to a insure happy and not tragic holiday season for your family.



Trees

A fresh tree will stay green longer and be less a fire risk than a dry one. To check for freshness when buying a natural tree, remember:

*Examine for color and scent. A fresh tree is deep green in color and has a strong scent of pine.
*Be sure that the needles do not readily fall from the tree.

The trunk butt of a fresh tree should be sticky with sap. When setting up your tree, the following rules should be kept in mind.

*Place your Christmas tree in a location away from fireplace, radiator or other heat sources.
*Be sure that it is out of your home traffic pattern and does not block a doorway.

*Cut off about two inches of the trunk. Mount the tree in a sturdy water-holding stand with wide-spread legs. Be sure that the tree is stable.

*Fill base holder with water. Keep it full while the tree is indoors. An easy way to water a tree is with ice cubes. Remember, heated rooms dry trees rapidly; and a dry tree is a fire risk.

*If buying an artificial tree, choose one that has been tested for flammability.

*Don't dispose of a Christmas tree by burning it in the fireplace; this can cause a chimney or flash fire.

Lights

Christmas tree lights and other decorations set the theme for the Christmas holidays. Here are some very important points to remember when using them.

*Use only lights that have been tested for safety. Identify these by the UL mark from entering its second year. It is
*Check each set of lights for broken or cracked sockets, frayed or bare wires and loose connections. Discard any of this equipment that is worn or broken.

*Check labels of lights to be used outdoors to see that they are suitable for outdoor use. Never use indoor lights outside.
*Fasten outdoor lights securely to trees, walls, or other

firm support to protect them from wind damage.

*Overloading a circuit with too many lights could cause a fire. Read manufacturer's instructions carefully, and do not use more than the recommended number of lights on one circuit.

*Always turn off tree lights and other decorations when you leave home and before going to bed. A short circuit in any of this equipment could cause a fire.

*Keep children away from light sets and electrical decorations.

*Never use electric lights on a metallic tree. Damaged insulation in the light strings could cause the entire tree to be charged with electricity. To avoid this danger, use colored spotlights above or beside a metal tree, never fastened onto it.

Trimmings

The trimmings on your Christmas tree are a very important part of your holiday festivities. Keep the safety of your family in mind when selecting trimmings and decorating your tree.

*When choosing the finishing touches for the tree, purchase tinsel or artificial icicles made of non-leaded material. Leaded materials may be hazardous if eaten by small children or pets.
*If youngsters are part of your family, take special care to avoid any decorations that tend to break easily, or have sharp edges.

*Keep tree trimmings that are small or have removable parts out of reach of your child. These species may be swallowed.

*Don't purchase ornaments that resemble candy or foods. A small child may try to eat them.

Candles

Candles, a traditional Christmas decoration, also must be used with care:

*Never use lighted candles on a tree or near other evergreens.
*Always use non-flammable holders.
*Display candles where they cannot be knocked down or blown over.

Paper

The opening of Christmas presents is always a special time during the holidays, so take special precautions when disposing of the wrappings.

*Always dispose of wrappings soon after opening.
*Place trash in a metal container. Don't burn wrappings in the fireplace; they can ignite suddenly and cause a flash fire.

Fire

Used correctly, your fireplace is a source of Christmas warmth and cozy atmosphere. Avoid fire risks by remembering the following rules.

*Before starting your fire, be sure to remove all paper decorations and boughs from the immediate areas.
*Be sure the flue is open.
*Never set up your Christmas tree near the fireplace; this is a potential fire risk.

*Use a screen to enclose the front of your fireplace in order to confine live embers and sparks to the fire box.

*Use care with "fire salts" which produce colored flames when thrown on a wood fire. They contain heavy metals, and can cause intense gastrointestinal irritation or vomiting if eaten. Keep away from children.

Some general rules for Christmas Safety

*Keep matches, lighters and candles out of reach of children.

*Avoid smoking near flammable decorations.

*Make an emergency plan to use if a fire breaks out anywhere in your home. See that each family member and your babysitter know at least two escape routes.

*Avoid wearing loose flowing clothes—especially long, open sleeves—near the open flames of a fireplace, stove, or candle-lit table.

*Never burn candles near evergreens on a mantelpiece or table.

*Burning evergreens in the fireplace can be dangerous. When dry, greens burn like tinder. Their flames can flare out of control, sending sparks flying about the room.

*Plan for safety. Remember there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and electrical connections.

*Keep holly and mistletoe out of reach of small children; the attractive berries on these plants are poisonous if eaten.

*After a holiday gathering be sure to put all types of alcohol out of reach of small children. Two ounces of alcohol can be fatal to a 25 pound child if consumed all at once.

