



9 WAYS FROM UKRAINIAN GRANDMOTHERS

# Keep One Room Warm Without Electricity

In the blackout winters I learned again what my grandmother knew: you do not heat a house, you keep one room and the people in it warm. Here is all of it on one list. Keep it in your warm room.

*with love, Maria*

## Your list: tick each one when it is done

- |                                                              |                                                                |
|--------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Choose one warm room                | <input type="checkbox"/> Cover the floor                       |
| <input type="checkbox"/> Everyone in one room                | <input type="checkbox"/> A foot away from cold walls           |
| <input type="checkbox"/> A blanket over the door             | <input type="checkbox"/> When the power comes back, heat water |
| <input type="checkbox"/> Towel on the sill, curtains at dusk | <input type="checkbox"/> A house inside the house              |
| <input type="checkbox"/> Seal the window frame               |                                                                |

**Tonight: choose your warm room. Put one blanket and one towel on the chair, ready.**



## 1 Choose one warm room

«мала хата» — the little house

A small room has less air to warm and fewer walls to lose heat through.

- ☐ Pick the smallest room with the fewest outside walls and no big window.
- ☐ When the power goes, close every other door.



## 2 Everyone in one room

Every person is a small stove. Together, a closed room stays warm.

- ☐ Bring the family and the pets into the warm room.
- ☐ Live alone? Before dark, call a neighbor and agree to sit it out together.



## 3 A blanket over the door

«ліжник» — a thick hand-woven wool blanket

A door is never really closed. A blanket stops the moving air that steals your heat.

- ☐ Tack your heaviest wool blanket or quilt over the doorway (thumbtacks or a tension rod).
- ☐ Push a rolled bath towel against the gap under the door.



## 4 Towel on the sill, curtains at dusk

Cold air slides down the glass and pours off the sill. The sun, even in January, is free heat.

- ☐ Fold a thick towel along every sill.
- ☐ Close the curtains before dark; open the sunny side on sunny days.
- ☐ Pin a blanket over the worst window.



## 5 Seal the window frame

Old frames have gaps you can put a finger in. Small winds live in every window.

- ☐ Run painter's tape over the seams of the window you never open.
- ☐ Hold a thin strip of tissue near the frame: where it moves, air comes in.
- ☐ Press rope caulk or a rolled towel into those places.



## 6 Cover the floor

The worst cold comes from the ground. A bare floor pulls the warmth out of you all night.

- ☐ Put a flat rug under your chair and your feet.
- ☐ Keep your feet on a footstool, not on the floor.



## 7 A foot away from cold walls

In winter an outside wall is as cold as a stone. A little air between you and the wall protects you.

- ☐ Pull your bed and chair about a foot from outside walls and windows.
- ☐ Hang an old rug or quilt on the outside wall behind the bed.



## 8 When the power comes back, heat water

Air forgets heat in minutes. Water remembers it for hours.

- ☐ Fill a thermos and two hot-water bottles.
- ☐ Put one in the bed under the blankets; hold one in your lap.



## 9 A house inside the house

The smaller the space, the faster your own body warms it, like a hand in a warm pocket.

- ☐ Set up a camping tent in your warm room, or drape blankets over a card table down to the floor and sit inside.
- ☐ Always leave an opening for air.



I am writing my grandmother's ways down in a small book. You are on my list, so you will hear first when it is ready.

*Maria*