

Clarice's Column

Clarice Steffens
FCE Council Chair



With a summer packed with activities upon us, I hope many of you will reserve some time to attend and enjoy the FCE activities planned for you.

Our June 26 Council meeting should be fun as we share gardening joys and tribulations with our guest, Bob Gilmour, master gardener. Bob will discuss topics of current interest and we will allow time for all your questions. The

program will be followed by the business meeting. Among other things, delegates to the State Convention in Ainsworth will be elected.

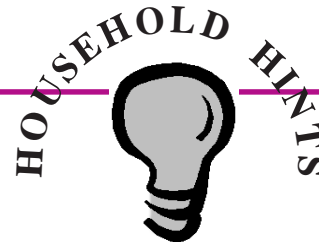
Also plan to take part in the Sizzling Summer Sampler (SSS) on July 13. It seems there are many members who have never attended this activity. Maybe you should try it—you might like it! The learnshops cover a variety of subjects and you have the opportunity to attend all three. Reservations for you and your guests are necessary for planning the light supper. The Council meeting and the SSS will be held at the Lancaster County Education Center.

In August, FCE clubs participate in Health Awareness Day at the County Fair. Ann Meier, chair of this committee, has done this for several years and will certainly appreciate your volunteering to help with the event. This year Health Awareness Day is Friday, August 4.

If you have not already done so, you might enjoy seeing the progress that is being made at the site of the Lancaster Event Center on North 84 Street. Things are beginning to take shape.

Have a fun, as well as safe, summer.

Family Living



by Lorene Bartos, Extension Educator

Patio Furniture

Getting patio furniture ready for the first summer barbecue? Many all-purpose cleaners can cut through dirt and grease on vinyl furniture. On large vertical surfaces, work from the bottom to the top to avoid streaks. (LB)

FCE News

June FCE Council Meeting

The June FCE Council meeting is scheduled for Monday, June 26, 7 p.m. at the Lancaster Extension Education Center. Bob Gilmore, master gardener, will present a program on gardening. Delegates to the State Convention in September will be elected. Plan now to attend. (LB)

Health Awareness Day

Health Awareness Day will be held Friday, August 4, 9 a.m. to 4 p.m. at the Lancaster County Fair. This event is sponsored by the FCE Council and Lancaster County Ag Society. Your help is needed for check-in and other activities throughout the day. If you can help please contact Ann Meier, 488-6219, to sign up for a two hour time slot.

This is a fun event and great way to meet new people. (LB)

Summer Chores

School is out. What are your expectations for summer chores? Unless a routine is established early in the summer, things can deteriorate quickly and children can develop the attitude that the summer is one long play time.

- Kids often complain that assignment of chores is unfair. Here are some simple suggestions for assigning chores.

- Each child chooses one big job and one small job to do for a month. Give younger children a chance to choose first. Rotate regularly.

- Create a chore wheel. Younger kids can spin it each week to see what their jobs are. Give children complete

responsibility for maintaining a different common family room each week.

- List chores that need to be done on slips of paper and spread them out on the floor. Each child selects three slips. Allow for a two-minute barter period to give kids a chance to negotiate if they want to change jobs.

- It's your night to cook. You may have to work your way around baseball or soccer practice but it's worth teaching children how to put together a simple summer meal for the family.

Some children feel they should be paid for doing chores. Experts agree this is not a good

strategy. But chores can be used as a source of additional money. For example, parents might keep two lists: The A list has chores the child owes the family; they are his/her responsibility as a family member. The B list, however, includes chores the child may elect to do in return for money.

Some parents find other ways to reward their children such as a "fun box" where kids throw in suggestions for week-end activities. If all the chores have been completed, the parents pick one activity to do with the family.

Adapted from Work and Family Life, January 1997. (LJ)

Agree about the Kids

Moms and dads need to agree with each other on what the rules are for the kids and on what should be done if one of the kids is naughty.

If they don't agree, lots of problems can happen:

The kids might play one of you against the other to get their way.

Worst of all, they might get

confused about what is right or wrong. If they do this, they can have a very hard life.

Talk about rules ahead of time, not in the middle of an argument. You can't settle things when you are mad.

Talk about what should happen if a child breaks a rule, then both of you should follow through.

For example, if one of you says the child has to go to his room, then the other one should not say he doesn't have to go to his room. Both of you need to work together to make rules for your kids. If you don't, your children will not learn to follow rules and they will have problems not only at home but with other people. (LJ)

Grandparents and Discipline

Discipline is a difficult issue for many grandparents. "What do I do if I think my son is being too harsh with his child?" "What do I do if my daughter lets her children run wild in my house?" These are common questions. Grandparents who are free of the primary responsibility of rearing a child

may find these suggestions helpful.

1. Make sure the child's parents know the rules for your home. Have rules that are reasonable and clearly related to you and your home.

2. Allow parents to explain your rules to their children. Show confidence in the parent as

the person in charge.

3. If the child's misbehavior is unexpected, take the parents aside and clearly describe what you want. Make a personal appeal to the parent and let them deal with their children.

4. Allow parents to enforce

See **DISCIPLINE** on page 11

Sizzling Summer Sampler

Thursday, July 13
6 to 9 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road

sponsored by
Lancaster County Association for
Family and Community Education

Learnshops:

"The 'Joy' of Paper Piecing (quilting)" by Joy Kruse
"Violets with Anna Marie" by Anna Marie Bretthorst
"Flower Weaving with Nancy" by Nancy Sutton

Light supper at 6 p.m.

Plan to attend and invite a friend!

Cost \$8.00. Make checks payable to FCE Council.

Send reservations by July 7th to:
Joy Kruse, 850 Adams, Lincoln, NE 68521

Mark your calendar today!
Join the fun and fellowship.

Character Counts! Corner

The "Six Pillars of Character"

What are the six pillars?

Trustworthiness—integrity, honesty, promise-keeping, loyalty

Respect—courtesy, autonomy, dignity, diversity, Golden Rule

Responsibility—duty, accountability, pursuit of excellence

Fairness—openness, consistency, impartiality

Caring—kindness, compassion, empathy

Citizenship—lawfulness and common good

What do the six pillars represent?

The six pillars result from a search for enduring moral truths that allow us to distinguish right from wrong and define the essence of ethics and good character.

Are the six pillars universal in acceptance?

The core ethical values embodied in the "Six Pillars of Character" express shared secular and religious values that bridge the gap between liberals and conservatives.

Adapted from Josephson Institute Materials (LJ)

