

Clarice's Column

Clarice Steffens
FCE Council Chair



It's a Monday morning—I've completed my walk (a great morning for that), had breakfast and read the paper. The walk should have cleared some cobwebs from my brain, the breakfast satisfied the hunger, and the newspaper horoscope tells me I should "start to organize the activities of the week." The first activity I need to organize this week is this article, so here goes!

I've just returned from the Family Community Education (FCE) State Convention in Kearney. Approximately 170 women attended activities beginning on Thursday at the Archway and continuing on Friday with a jam-packed day of

meetings at the Holiday Inn. Those attending included Nebraskans Harriet Steenson, National FCE President, Dee Rudolph, National Treasurer, Connie Larrington, the National Central Region Public Policy Representative and Marlene Olson of Columbus, the Nebraska State President. We learned of a new statewide project, HOPE, Helping Other People Everyday. Several people from Lancaster County attended and we will share our comments and observations at the September Council meeting. Next year's convention will be in Sidney on August 19 and 20.

Our next Council meeting will be September 24, 7 p.m. at the extension office. The hosts will be Busy Bees, Helpful Homemakers and Tuesday Tinkers. I hope many of you will be in attendance.

Achievement Day will be

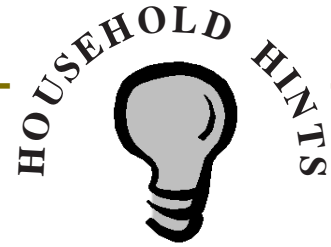
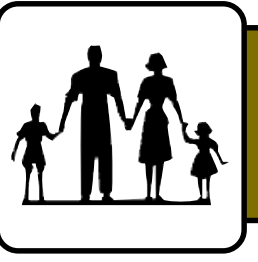
October 23 at 7 p.m. Please mark your calendar for this event. Kathy Peters will be the guest speaker.

It is time to collect items for the Food Bank. This is our county project and items can be brought to the September Council meeting or to Achievement Day. Let's all participate and make this a successful project.

It's also time to reorganize our clubs for 2002. Packets are ready and should be picked up soon as some information needs to be returned in October. You will notice minor changes in the 2002 membership form.

The themes for the State Convention were "Leading with Vision," "Looking to FCE" and "We Can Do It." Let's keep this in mind as we reorganize for 2002 and all do our part to make our organization a more vital group.

Family Living



by Lorene Bartos, Extension Educator

Fall Cleaning

An all-purpose cleaner will do a good job on painted wood, but not on unfinished or varnished wood. For these surfaces, use a cleaning and/or polishing product formulated for wood. Similarly, all-purpose cleaners are not recommended for use on carpets. These products may affect the carpet dyes or remove the soil guard. For safe, effective cleaning on carpets, use a carpet cleaner.

All-purpose and multi-purpose cleaners work well on a multitude of surfaces and are truly convenient to use. The label directions will specify the surfaces on which they can be used.

★ FCE News ★

September Family Community Education (FCE) Council Meeting

The September Council meeting is scheduled for Monday, September 24, 7 p.m. The business meeting will follow the program being planned by the Busy Bees, Helpful Homemakers and Tuesday Tinkers FCE Clubs. All FCE members are invited to attend. (LB)

FCE Leader Training

The FCE leader training lesson, "Indoor Air Quality: Know the Asthma Triggers" is scheduled for Tuesday, September 25, 1 p.m. and will be presented by Lorene Bartos, extension educator.

This lesson is designed to educate people about indoor air quality and the many asthma triggers in a home.

Anyone interested is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

FCE Reorganizational Packets

Presidents of Family and Community Education (FCE) clubs: If you have not picked up your reorganizational packets please do so soon. It includes the dues information for your club treasurer which has a due date of October 1. There are other October deadlines within the packet. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

FCE Leader Training Lessons for 2002

All leader training lessons will be presented at 1 p.m.

- January 7 Aim for Fitness
- January 29 Positive Communication for Families
- February 26 Growing communities of Character at Work
- March 26 Nutrition and Osteoporosis
- September 24 Energy Isn't the Only Thing You Will Save

Study lessons available include:

- Long Term Care: Options, Costs and Preparation
- Parents Again: Grandparents Becoming "Grand" Parents
- Servant Leadership
- Telemedicine: The Future is Here
- When a Loved One or Dear Friend Dies (LB)

Children Who are Ready to Read and Learn

"As parents, the most important thing we can do is read to our children early and often. Reading is the path to success in school and life. When children learn to love books, they learn to love learning."

—First Lady Laura Bush

Going to school for the first time or even returning to school after a summer of fun, is an exciting time for children. Parents play a vital role in preparing children for learning to read and to learn. The following are some suggestions parents might use as they help their children be ready to read and learn.

- Talk with infants and young children before they learn to read. Talk with and listen to your child as you play and do daily activities together.
- Set aside a reading time every day (30 minutes is ideal) and read to your child no matter what the age of your child. Help your child learn new words and their meanings as you read.
- Take children to the library and let them choose books to read at home.

• Create a special place in your home for children to draw, read, and write. Keep books and other reading materials where your child can reach them.

• Suggest reading as a free-time activity. Set a good example by reading in front of your child.

• Restrict the amount and kind of TV your child watches.

• Read favorite books over and over again.

• Read stories with rhyming words and lines that repeat. Invite the child to join in on these parts.

• Discuss new words. For example, "This big house is called a palace. Who do you think lives in a palace?"

• Stop and ask about the pictures and about what is happening in the story.

• Read from a variety of children's books, including fairy tales, song books, poems, and information books.

Reading is at the heart of all learning. Children who can't read well have difficulty learning. (LJ)

Based on information from Partnership for Family Involvement in Education.

Look at the Big Picture

LaDeane Jha
Extension Educator

When stresses build up in families, it's important to step back and look at the "big picture." Resources such as cars, a house, tools, clothes, and money are important and they may help people solve some of their problems. However, it is usually personal, family, and community resources that help sustain us when families feel stress.

The "big picture" has much to do with the way families look at things. One family sees it as a problem, another sees the situation as a challenge. The way you look at a situation influences how you react and handle stress. In fact, your outlook may be more important than the events themselves in determining how able you are to handle difficult times effectively.

Emphasize the opportunity. Don't fight change—deal with it. Look for ways to make it work to your advantage. Be realistic

about what to expect. Don't expect the worst—it often doesn't happen. But don't have unreasonably high expectations either. Optimists not only feel better about themselves and their lives, but actually manage their lives better whatever happens.

Concentrate only on events you can control. Pouring effort into events that are beyond your control will take time that is needed elsewhere. Part of controlling events is planning.

See **BIG PICTURE** on page 11

CHARACTER COUNTS! Corner

Trustworthiness in the Workplace

Performance reviews are important in helping employees and organizations achieve their full potential. How would you rate as an employee if you were evaluated on the following aspects of trustworthiness?

- Does not take items from work for personal use.
- Keeps confidences.
- Is honest, open and ethical in relationships with others.
- Earns the trust and confidence of others.
- Leads by example.
- Exhibits personal integrity in the use of corporate property.
- Does not knowingly sell or promote faulty products or services.
- Stands by personal commitments.
- Does not violate ethical principles to keep or win approval.
- Always tells the whole truth without rationalization. (LJ)

