

Lines from Lynn

Lynn Bush
FCE Council Chair

September has arrived. We got our son off to college, the weather has cooled off and we've had just enough rain to make our grass turn green once again and actually grow enough for us to mow. We sure haven't over-used the mower this summer. The only thing that seemed to grow when it was so hot and dry was the clover.

Once again the ladies who attended state convention had a good time. The new lessons for next year will be:

- 1) Woman to Woman — Searching for Chocolate
- 2) Someone in the USA — Showing respect for the flag
- 3) Someone's in the Living Room — With an Eye for Redecorating

More information on the convention will be given at the September Council Meeting.

Next year's convention will be held in Syracuse.

It's time to re-organize your clubs. Don't forget to pick up the re-organizational packets from the Extension Office soon. There are some Oct. 1 deadlines.

A reminder to the members who don't belong to a club, you need to fill out the membership form in the last FCE SPEAKS or call Pam at the Extension Office for the form. This form needs to be mailed to Joy Kruse by Oct. 1.

If you or someone you know would like to be a Family and Community Education (FCE) member but can't or doesn't want to belong to a specific club, you can pay your dues and receive all FCE information through the mail.

Mark your calendar for Sept. 23. That's the next FCE Council meeting. It will be held at 7 p.m. at the Bess D Walt Library, 6701 S. 14th St. Please

call Pam at the Extension Office, 441-7180, so we know how many are coming. The clubs responsible for this meeting are Emerald, Live and Learn and Salt Creek Circle.

Another important date to mark on your calendar is Oct. 21. That's Achievement Day. Clubs responsible are Busy Bees, Helpful Homemakers and Home Service.

The evening will start at 6:30 p.m. with a light dessert. We will have a speaker from Cedars Home who will talk about the homeless. This subject is a real eye-opener. Most of us don't even know we have a problem in Lincoln.

Please bring SMALL bars of soap and SMALL bottles of shampoo (the kind you get in hotels). These will be donated to Cedars to be used in packets given to homeless.

Hope to see all of you at the September meeting. Enjoy the nice weather.



Family Living



by Lorene Bartos, Extension Educator

To help prevent excessive tangling of clothes in the washer, drop items straight into the washer without wrapping them around the agitator; mix small and large items in each load and fasten belts, hooks and buttons. If washing a full load, loosely load dry items up to the top row of holes in the tub.

Feelings

Young children naturally show and tell you they love you. They hug, kiss or say I love you. That feels good. But, they just as naturally say or show they are upset with you, or another member of the family. Sometimes those negative feelings are not easy to accept.

Parents tend to respond to an "I hate you!" or other negative feelings with, "No, you don't, that's not a nice thing to say."

Most of us have learned to hide our feelings. Boys shouldn't cry and girls shouldn't get mad. Negative feelings are just as much a part of growing up as positive ones. They don't mean you're a bad parent, or your child really doesn't like you. A young child's anger is short-lived and normal. Try to handle these times with understanding instead of argument or punishment.

When feelings aren't let out and are bottled up, they don't go away. They grow stronger and will come out later as temper tantrums, hitting or bad dreams.

When someone takes the time to understand our feelings, it may allow us to feel loved and

safe. A child who feels understood by us is more likely to trust us and feel close to us.

Children need you to accept all their feelings, positive and negative, rather than getting angry, lecturing or trying to change them. Feeling understood helps a child understand his own feelings, respect them and deal with them. It may actually help the child find solutions to the problems.

Active listening is a way of showing understanding.

When you and your child are disagreeing, STOP and listen carefully and see if you can identify what the child is feeling.

Repeat back to him what you hear. "You are sounding very angry."

Check to see if you heard right. "Is that what you're feeling?"

Active listening lets the child know you care about what she feels. Taking time to understand what children feel sends a powerful message to them. It says to them, "You're important to me, I care about your feelings. I want to understand how you see things."

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★ FCE News ★

Family Community Education (FCE) Council Meeting

The September Council meeting is scheduled for Monday, Sept. 23, 7 p.m., at the Bess Walt Library, 6701 S. 14th St. The business meeting will follow the program being planned by Emerald, Live & Learn and Salt Creek Circle FCE Clubs. All FCE members are invited to attend. (LB)

FCE Leader Training

The FCE leader training lesson, "Energy Isn't the Only Thing You Will Save" is scheduled for Tuesday, Sept. 24, 1 p.m. and will be presented by Lorene Bartos, extension educator. This lesson will explore new energy efficient materials, how to locate more efficient appliances and equipment, changes in windows and ways householders can save energy and dollars. Rising energy costs can hit both householders and communities in the pocketbook. Requests are up 47% for housing energy assistance in Nebraska. Residential prices for natural gas, heating oil and propane are 40-100% higher than a year ago. Dollars lost in energy costs are not available for other household and community needs. (LB)

FCE Re-Organizational Packets

President of Family and Community Education (FCE) clubs: If you have not picked up your re-organizational packets please do so soon. It includes the dues information for your club treasurer which has a due date of Oct. 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 Members Attend Convention

Joy Kruse, Ann Meier and Donna DeShon, members of the 49'ers FCE club, attending the annual conference of the Nebraska Association for Family and Community Education held Aug. 18-20 in Sidney, Neb. W.O.W., Women Out West, was the theme of the meeting.

Attendees spent two days renewing their vision in the organization's mission to strengthen individuals, families and communities through education, leadership and action.

Ann and Donna toured the Chappell's Memorial Library, Art Gallery and the Sudman-Newmann Heritage House with lunch at Connie's Home Cooking. The tour also visited the Museum and the Moose and Goose Frame Shop. Joy toured the Atlas Missile Home and the Arboretum. Lunch was in Potter, then on to the Reading Garden

and a windshield tour of the historic Sioux Army Depot.

Hands-on craft workshops added fun and learning. The Keynote Speaker, Dr. Jean Beyer showed the strength of Nebraska pioneer women is still prevalent throughout the lives of women today using quilts to show their contribution to society and how the family life was strengthened-past and present.

The business meeting was followed by a luncheon where the Heart of FCE Award was presented to Helen Woten of Potter for her contributions to home, church and community. The state winners of the Environmental Poster Contest, the Creative Writing Contest and the Character Counts! Contest were announced.

Leadership workshops on Respect for the Flag, Woman to

Woman...Searching for CHOCOLATE!, Someone's in the Living Room...With an Eye for Redecorating and Heritage Skills Project with Computer Quilting were presented.

A semi-formal banquet at the Elks Club followed where the Tune Out Violence Award was given to Gertrude Carlson of Pierce. She collected 600 signatures to Tune Out Violence on April 5.

FCL scholarships were awarded to Jane Fossenbarger of Brock and Sharon Heubert of Omaha. 50+ year members and clubs and FCE state board alumni were recognized. The evening concluded with the installation of the 2003 State Board.

Next year's conference will be Aug. 17-19, 2003 in Syracuse.

Youth Labor Rules Online

Many teens have part-time jobs. The new Labor Department Web site at www.youthrules.dol.gov is designed to educate the public on federal and state rules regarding young workers, from the hours youth can work to the jobs youth can do to ensure safe work experiences.

CHARACTER COUNTS! Corner

Citizenship

American Character Week is being celebrated Sept. 6-17 in order to include the first anniversary of the Sept. 11, 2001 terrorist attacks. This was done to celebrate the triumph of character shown by numerous acts of courage and compassion as the tragedy and its aftermath unfolded. As we continue to celebrate the week, we focus on the ultimate lessons learned from the event: character and service. In celebration of the citizenship pillar you are urged, as caring members of our community, to honor the victims and celebrate the heroes by volunteering at least one hour to a local charity or service program during the week. Do what you can to improve others' lives — and improve your own character in the process. (LJ)

