

Lines from Lynn

Lynn Bush
FCE Council Chair

As I look out my window and see blowing snow, I wonder if my calendar is correct. Is March 20 really the first day of spring?

Today I don't mind having to stay inside. I had a "domestic impulse." I have my bread machine going (home-made bread the lazy way), and apple pie in the oven and I've cleaned three cupboards. My



family is hoping this becomes the normal routine. However, I'm sure it's just a passing fancy. At least I hope so, I'm too old for this much energy.

I'm sure the weather will change for the better once we get through state wrestling and basketball tournaments. Bad weather and state tournaments seem to go hand-in-hand.

The January Family Community Education (FCE) Council meeting brought a larger than usual group of attendees. Everyone seemed to enjoy their meal at the Ville Grille. They also had fun making pincushions at the Back Porch.

Beltline and 49'ers FCE clubs have been busy planning the March Council meeting. It will be Monday, March 24, 1 p.m. Jessica Fuchs from the Attorney General's office will speak on fraud.

Tune Out Violence pledge sheets should be turned in at the March Council meeting.

As you're looking through your seed catalogs and planning your "best ever" garden, don't forget to support your FCE Council and attend the March Council meeting. Everyone is welcome.

★ FCE News ★

Family Community Education (FCE) Council Meeting March 24

The FCE Council meeting will be Monday, March 24 at 1 p.m. at the Lancaster Extension Education Center. The program will be "How the Consumer Can Recognize Frauds and Steps to Take" by Jessica Fuchs from the Attorney General's office.

All FCE members are invited to attend. Please call Pam at 441-7180 to register by Friday, March 21. (LB)

FCE Training Lesson March 25

The April Family and Community Education leader training lesson, "Drinking Water: Don't Take It for Granted," will be presented by Lorene Bartos, extension educator, Tuesday March 25, 1 p.m.

Water is second to oxygen as being essential for life. People can survive days, weeks or even longer without food, but only about four days without water. The goals of this program is to understand more about the sources of drinking water, encourage Nebraska residents to not take drinking water as a given commodity and encourage Nebraskans to become active in protection of their private or community drinking water.

Non-FCE members interested in attending should preregister by calling Pam at 441-7180 a week before the lesson, so materials can be prepared. (LB)

FCE Scholarship

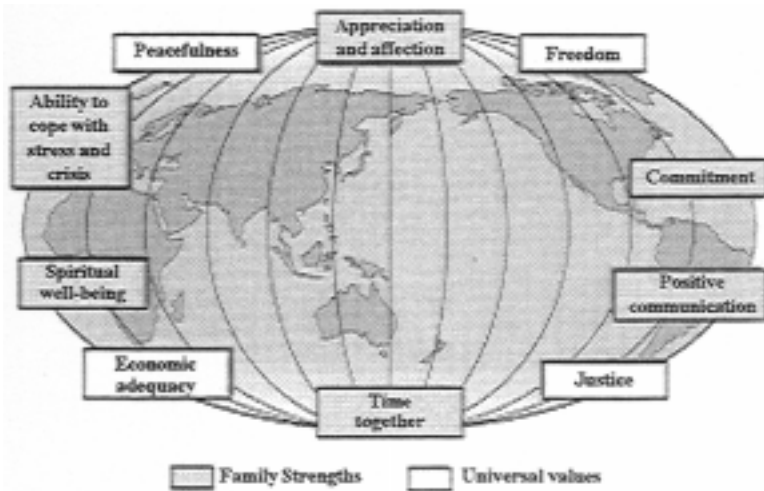
A \$300 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2003 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)

Creating a Strong Family — Universal Values, Family Strengths and the Quest for a Peaceful World

Kenneth Boulding, an economist, philosopher and general systems theorist, wrote human betterment is the end toward which we individually and collectively should strive. Betterment is an increase in the "ultimate good," which is good in itself. Four great virtues make up this ultimate good:

- 1) **Economic adequacy** — "riches" in contrast to poverty; nourishment rather than starvation; adequate housing, clothing, health care and other essentials of life;
- 2) **Justice** — in contrast to injustice; equality rather than inequality in access to work, education and health;
- 3) **Freedom** — in contrast to coercion and confinement; and
- 4) **Peacefulness** — in contrast to warfare and strife. Boulding proposed these great virtues may be considered universal values. All the cultures he has examined appear to share these values.

In the same vein, researchers who study the qualities of strong families around the world note how remarkably similar these families are from culture to culture. Strong families tend to



share six broad qualities or strengths:

- 1) **Appreciation and affection** for each other;
- 2) **Commitment to the well-being of the family** and the growth of each individual family member;
- 3) **Positive communication** among family members;
- 4) **Enjoyable time together** — "quality time and in great quantities";
- 5) **Sense of spiritual well-being** within the family and connection to the greater good in the world; and
- 6) **Ability to cope with stress and crisis** — preventing

difficulty when possible and dealing creatively with it when necessary.

The above illustration combines Boulding's universal values with the Family Strength Model. From a global perspective, the ultimate good and the strengths that create human happiness in our most intimate institution, the family, are remarkably similar.

If the values we share as a human family are so closely aligned, we must be able to find a way to build a peaceful world together.

Source: John DeFrain, UNL Extension Specialist (LB)

Family Living



by Lorene Bartos, Extension Educator

Pre-washing steps will help achieve the best laundry results. Clean out all pockets (turn them inside out, if possible) to remove crumbs, food and other items that may cause staining. Unroll shirt sleeves and pant cuffs and unbutton collars and cuffs for efficient cleaning. To help prevent clothes from tangling and snagging, close all zippers and fasten hooks and other closures. Mend tears immediately to help cut down on extensive repairs later on.

Deployment — Help Those Left Behind

If you know of someone who is feeling distress because of separation caused by the recent deployment of troops, you can help. Here's how:

- Offer help with everyday tasks like child care, transportation, household repairs, financial forms or other things the family may need. It may be difficult for a person who needs help to bring up the subject.
- Fixing a meal and taking it to a family would be helpful to the parent who is working and juggling schedules to get children to their activities.
- Offer a listening ear instead of trying to cheer the person up. Often well meaning friends say things like, "Things will be fine" or "You'll be back together in no time." Even though such words are meant to be reassuring, the person who is distressed may feel you

don't understand.

- Instead of asking, "How are you?" when you greet the person, wait until you've chatted a few minutes. Then pause and ask, "How are things going?" When you ask the question right away, the person may not know if you really want an answer. Be sure you have time to listen before you ask the question.
- Continue to make personal contact because the first time you reach out, the person may not be ready to accept your help. Continue to be available and let the person know you care.
- Sometimes a physical gesture, like a hug or an arm around the shoulder, may say more than any words. Just remembering those at home and those who are serving their country in any way helps make the time apart easier to handle. (LB)

Child Care Providers Conference

Saturday, April 26 • 8 a.m.–4 p.m.
Lancaster Extension Education Center

"Your Game Plan for a Winning Team" is the theme of this year's conference. Speakers include Jody Isernhagen, UNL; Pam Dolberg, Family Service; Pat Enevoldson, Southeast Community College; Sharon Cheney, Humorist and more.

Cost is \$10. For a conference flyer call the extension office 441-7180 or Family Service, 441-7949. Preregistration is due April 15. In-service hours will be given for this conference. Plan now to attend. (LB)

CHARACTER COUNTS! Corner

Character is a moral sense, the capacity to express integrity, virtue and goodness. It is what you are when no one is watching. Individuals with character are those who can bring themselves to do what is right even when the cost is high, they have moral courage. The most powerful and lasting lessons about character are taught by making tough decisions. If we look for true success, we should take the necessary steps to build character into our lives. Finally, remember good character springs from the heart. (BR)

