

Lines from Lynn

Lynn Bush
FCE Council Chair

As I sit here writing this, I'm trying not to think about how close the holidays are or how much I have to do before the end of the year. Then I look out my window at



the beautiful fall scenery and the bright sunlight and realize I don't have to get everything done. The holidays will come around again next year. Of course, I'm probably five years behind this year! Oh well, what needs to get done always find its way to completion. The officers will be meeting

soon to plan next year. Achievement night wraps up the current year. However, don't forget to encourage your club to attend FCE activities in 2004. The first being our January Council meeting. Everyone is invited to all FCE activities.

Have a great Holiday Season.

FAMILY COMMUNITY EDUCATION (FCE) NEWS

FCE Achievement Night a Success

The 2003 Family Community Education (FCE) Achievement Night was Oct. 20 at the Lancaster Extension Education Center. The evening was hosted by Busy Bees and Helpful Homemakers. Guest speaker was Rose Marie Tondl, retired University of Nebraska Cooperative Extension Textiles and Clothing specialist, who brought a variety of vests she has made and explained the different techniques used. Lorene Bartos (Extension Educator), Janet Broer (member of Beltline FCE club), Dorothy Lococo (member of Beltline FCE club) and Darleen Isley (member of Forty-Niners FCE club) modeled some of the vests. After awards were presented, clubs shared which community service projects they've done the past year. As part of the evening, FCE members brought items for the Food Bank of Lincoln — 160 pounds of food was collected. Thanks to all FCE members who help strengthen communities and families through education, leadership and action!



Lynn Bush was recognized as 20-year member.



Darleen Isley was recognized as 50-year member.



Alice Urbach, Lorena Maxon and Margaret Blacketer were recognized as 45-year members. Not pictured: Janice Ruliffson.



Sondra Block, Janet Broer and Elsa Amen were recognized as 35-year members. Not pictured: Janie Schrader.

Not pictured, but also recognized were the following:

40-Year Member: Marian Storm. 30-Year Member: Marcella Hunt. 25-Year Members: Mary Coulter, Kaye Eggers, Kay Madsen, Judy Schutz and Ilene Sieck. Recognized as New Members: Tausha Dybdal and Lorene Reinert.



by Lorene Bartos, Extension Educator

Holiday Stain Removal for Washable Fabrics

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between paper may set the candle dye more permanently by making it harder for the solvent to penetrate the wax. Launder using hot water and chlorine bleach if safe for fabric.

Beverages (wine, alcohol and soft drinks)

sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder. If stain remains, soak in an enzyme presoak for 30 minutes.

Coffee, Tea (no cream)

Soak in solution of 1 quart water, ½ teaspoon liquid dish detergent and 1 tablespoon vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol or soak in enzyme presoak and warm water for 30 minutes.

Cosmetics (powder, eyeliner, shadow, etc.)

Sponge with dry-cleaning solvent or use prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.

CHARACTER COUNTS! CORNER

What Is Character?

"A person's 'character' refers to dispositions and habits that determine the way that person normally responds to desires, fears, challenges, opportunities, failures and successes. Character is ethical and moral strength. Character determines how we deal with the fortunes and misfortunes that come our way and whether those fortunes and misfortunes make us stronger or weaker."

—Michael Josephson



Family Holiday Traditions Link Past to Future

Whether it's eating a holiday dinner together or watching a family video together, family traditions are important to build strong families. Family strengths which have been identified and confirmed through research include appreciation and affection, time together, commitment, positive communication, ability to cope with stress and crisis and spiritual well-being."

People value traditions because they see them as a time of togetherness or sharing and strengthening relationships. Holidays get people together and the particular activities are not as important as simply spending time together.

What is important about family traditions is the recurring, planned time with family members that can give children, parents and relatives a sense of security and connectedness that is becoming more difficult to attain as families become increasingly separated by divorce and employment mobility. Rituals assist families

because they have a past and a future.

In the face of increasing pressures on family members, rituals, traditions and celebrations may provide a mechanism to restore a measure of family unity and cohesiveness.

Journal Your Traditions

You've probably already thought to document some of those traditions by taking pictures of family gatherings at holidays and festive times but what about the food at those gatherings? Are there traditional dishes? What about the way in which those gatherings and holidays unfold? Often traditions are simple things no one remembers to document. Think about weddings. Is there something the family always does, something unique, some tradition that isn't usually part of the ceremony and therefore goes undocumented? If a certain person has a particular role in

the tradition, document it, too. If you know how and when the tradition began, write it down in your heritage album.

Pictures and journaling are both great ways to document your family's traditions, but don't forget they don't have to be exclusive of one another. You could include a family recipe next to a picture of the dish or someone preparing it. Stories of family traditions can take up a page of a photo album or scrapbook, or a picture and the story behind it can share a page.

Traditions aren't exclusive to holidays or weddings, though. Remember, your every day family life holds traditions too and these often are the ones you rarely think about. Because people move away from their extended families, traditions are lost, which is why it is important to document them whether they are active traditions or not. You don't have to have photographs to create an image for your children or grandchildren of what the "Sunday family dinner"

at your grandmother's house was like, or the traditional snowball fights you and your cousins had after church in the winter. Just record in a journal your memories of the traditions, even the small ones the family used to have. They'll thank you for writing them down. Be sure to document with pictures and journaling those new traditions you and your family have created. And if you don't think you have any new traditions, think again! Children may begin talking about how "we always hang balloons from the dining room chandelier for their birthdays", or how "we always play games throughout the evening on New Years Eve." You may not have thought of those things as traditions but through the years they have become just that. If you think about it, you've probably created a lot of new traditions because of necessity or convenience that you hadn't thought of as "traditions". Make sure to document them! And this is a

great opportunity to tell future generations, through journaling—even a few lines jotted next to the picture—how and why these traditions began. Traditions aren't just for grown-ups. Children have them too and they, in turn, hand them down to their children. One of our children's traditions is really a superstition, as many traditions are: On winter evenings when snow is predicted for the next morning, our children drink hot chocolate and wear their pajamas inside out to insure a "snow day" off school the following day. Taking pictures of your kids in the act of their traditions not only is great fun but it preserves them for future generations. Write about the traditions or let the children jot down an explanation themselves in an album next to the picture. They'll love it and some day, so will their great-grandchildren.

Source: NU for Family, Enjoyable Time Together - Family Activities by Carol Plate, University of Nebraska Cooperative Extension (LB)