

Lines from Lynn

Lynn Bush
FCE Council Chair

By now all presidents should have picked up their re-organizational packets. Don't forget the Oct. 1 deadline on some of the information in the packet.

I hope all clubs are re-

organizing and we can pick up some new members this year.

A few dates you should have marked on your calendar:

Sept. 22, Council

Meeting, 7 p.m. —

Stephanie Bowers will present the program along with her "angel"

dog who is trained to visit residents of nursing homes and other facilities.

Sept. 30, Leader Training, 1 p.m. — The 3 R's (Reduce, Reuse and Recycle). Make sure your club is aware of the date change.

Oct. 20, Achievement Night, 6:30 p.m. — Please call Pam at 441-7180, if you plan to attend.

Hope to see all of you at the next FCE activity.



FAMILY COMMUNITY EDUCATION (FCE) NEWS

Re-Organizational Packets

Presidents of Family and Community Education (FCE) Clubs, if you haven't picked up your packet plan to do so soon. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

FCE Council Meeting Sept. 22

The September FCE Council meeting will be Monday, Sept. 22, 7 p.m. There will be election of officers and delegates report from the State Convention. The program will be presented by Stephanie Bowers with her "angel" dog trained to go to nursing homes and other facilities to visit residents. Call Pam at 441-7180 if you plan to attend. All FCE members are invited to attend.

Leader Training Sept. 30

The 3 R's (Reduce, Reuse and Recycle), will be the FCE and community leader training lesson for October presented by Lorene Bartos, extension educator. The lesson will be Tuesday, Sept. 30, 1 p.m. If you are not an FCE member call Pam at 441-7180 so informational packets can be prepared. If you have an article made from recycling an item(s) please bring it to share.

Achievement Meeting Oct. 20

The 2003 FCE Achievement Night will be Monday, Oct. 20, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or a donation for the food bank for FCE's annual collection. An interesting program on vests will be presented by Rose Marie Tondl. Clubs and members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend.

FCE and Community Lessons for 2004

Here is the schedule for next year's FCE and community leader training lessons. All will be presented at 1 p.m.

- Jan. 6 — Helping Family and Friends During Tough Times
- Jan. 27 — Don't Be a Victim
- Feb. 24 — Fit and Healthy Kids
- March 23 — Food: Choice or Chance
- Sept. 28 — Aging Friendly Communities

Study lessons available in 2004 include:

- Adult Immunization (This was a leader training in 2003.)
- Drinking Water: Don't Take It for Granted: (This was a leader training in 2003.)
- Energy Isn't the Only Thing You Will Save (This was a leader training in 2002.)
- Long Term Care: Options, Costs and Preparation
- Supporting Children and Their Families Through Divorce (This was a leader training in 2003.)

When Times are Tough: How Can Family and Friends Support Me?

For whatever reason, when times are tough it is easy to become isolated from family and friends. Some people simply don't want to talk about difficulties they experience. Maybe it's because they feel it is no one else's business; maybe it's because they are embarrassed. But when times are tough, a supportive network is needed to help you process through the difficulties, problems, concerns and struggles. Research shows family and friends, the informal support network, are those most often approached when support

is needed. When you talk with someone you trust, the burdens seem lighter and the problems seem less of a concern. Your family and friends cannot help fix the problems, nor should they even if they could. But they can offer support to you in various ways such as emotionally, informationally and physically. They can let you know you are loved and cared for, you can rely on them for information and advice, and they'll be there when you're in a pinch for a few extra dollars, or help with chores, a meal or child care. A

big part of the solution when times are tough, is allowing others to help you when they can. You need to be willing to allow others to help you in a variety of ways. Of course, with primary relationships with family and friends, there will be reciprocal behavior and exchange of helping most of the time. However, if you are 'down and out' or simply need a helping hand, accept the help when needed. (LB)

Source: Kathy Bosch, Extension Specialist, Family Life Education (LB)

Importance of Friendships

Friendships are at the heart of every relationship and are a key aspect of life.

Humans are social beings and need interaction with others. Friendship is a social connection that allows people to share who they are with one another. In hard times, people often can withstand much more with the support of friends and loved ones than they would alone. In

good times, friendships enrich our everyday lives.

Friendship consists of eight elements: enjoyment of each other, confiding in each other, trust, respect, mutual assistance, acceptance, understanding and spontaneity.

In friendships, people listen, help and care for each other and provide a support system in times of difficulty. Without

friendships, people can feel isolated and lonely.

Children with positive views of themselves are more open to meeting and interacting with new people. Parents play an important role in socializing children. If parents reflect happiness to children, they will reflect it back.

see FRIENDSHIPS on page 11



by Lorene Bartos, Extension Educator

Storing Clothes

It's time to pack away those summer clothes to make room for the winter clothes. By following a few simple tips, those stored summer clothes will look good as new next spring.

- Wash or dry clean everything. Even if it appears clean, it may be the victim of "invisible stains."
- Make any necessary repairs, such as missing buttons, broken zippers, split seams, etc.
- Do not starch or iron items. Starch is a food source that will attract insects and ironing may heat-set invisible stains that have not been completely removed.
- Store garments in a cool, dark, dry, well-ventilated area. Too much heat can cause fabrics to yellow, while dampness can promote mildew.

Involve Teens In Decision-Making

As tomorrow's leaders, teens need to know how to make safe, thoughtful and wise decisions.

Teens need a value system to guide their decisions. They also need skills and confidence to stand up for decisions they know are right. Parents and other adults can help develop these qualities by asking teens to take part in important family, school and community activities. This gives youth the chance to work with and learn from adult leaders. At the same time, teens have skills and talents to share that will benefit others.

Adults often will be surprised at how much teens can contribute to a project or decision. Teens can add energy, ideas and commitment. By working with adults on meaningful matters, teens learn a lot about decision-making, values and responsibility.

Here are some tips to encourage youth to be involved:

- Involve adolescents in family decision-making. These decisions could include buying a new family car, planning a vacation, organizing a family party or planning meals for the week.
- Ask youth to help plan and lead school and after-school

activities. Youth are much more likely to join clubs, teams and groups when they have been involved in planning the activity from the start.

- Ask youth to join community groups. Appoint teen members of coalitions, committees and advisory groups. Ask for their ideas and follow through on those that are promising.
- Take teens to political or social events in the community to help them learn and participate. Some examples include election events, rallies, marches or peaceful protests.
- Look for chances to talk with teens about politics, spirituality and morals. These discussions may be planned or spontaneous and could happen at the dinner table, in a classroom, at after-school clubs or youth groups in faith communities.
- Invite and expect youth to take a real role in these groups and activities. Ask for their ideas and assign tasks that will require youth to do research and learn new information. Ask for their opinions and then ask them to explain their reasoning. Hold youth accountable for their decisions and assignments, and don't forget to show appreciation and support for youth involvement. (LB)

CHARACTER COUNTS! CORNER

Responsibility

Life is full of choices. Being responsible means being in charge of our choices, and thus, our lives. Responsibility requires us to recognize what we do—and what we don't do—matters, and we are morally responsible for the consequences of our choices. We can't choose whether we are good looking, smart or athletic. We can't choose our parents or the circumstances in which we grow up. But all of us choose how to deal with the outrages and opportunities of life. From these choices, our character is formed. (LB)

