

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



Most people don't think of fall as a time for firsts but this fall has been an exciting time of "firsts" for me. After being at our new address for what only felt like days, Erich and I took a long weekend to attend a convention at Lake of the Ozarks. It is a relaxing place with a laid back character and atmo-

sphere. We are returning with a renewed spirit of heart and soul to pursue life. I am composing this on the way home only to repack our bags for a much anticipated trip to Ireland that has been on the calendar for well over a year. Tickets are bought, the car is rented and I'm enthused for another "first"



experience in seeing Ireland. Since it will be a few weeks before I see any of you, I want to remind each of you to vote — it is a duty and privilege each of us must take responsibility for.

Please note the leader training lessons listed below. The next FCE Council Meeting will be Jan. 24.

Have a safe and enjoyable holiday season!

FCE News & Events

2005 Leader Training Lessons

University of Nebraska Cooperative Extension provides leader training lessons to FCE members and other community leaders at no cost. Many previous lessons are online at communityprograms.unl.edu.

Five trainings are scheduled for 2005 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. All will be presented at 1 p.m. Non-FCE members are asked to call Pam at 441-7180 so informational packets can be prepared.

"Using Your Retail Dollars to Boost Your Local Economy" — Jan. 4

The January leader training lesson is "Using Your Retail Dollars to Boost Your Local Economy." The competitive situation faced by rural retail businesses and implications to local economics is causing increasing concern across rural Nebraska. Research findings of rural retailers and their relationships with their communities, consumers' preferences in the marketplace and the multiplier effect of each dollar that is kept within the local economy will be discussed.

"One of Rural America's Greatest Challenges" — Jan. 25

The February leader training lesson is "One of Rural America's Greatest Challenges." One of rural America's and Nebraska's greatest challenges is the drug epidemic, especially methamphetamine. Nebraskans need to become more aware of the magnitude of the problem and how it relates to public safety and rural economic development. In addition, individuals and communities need simple strategies to help combat this growing problem. (LB)

Family Traditions Strengthen Ties

The special things we look forward to as a family and the everyday routines we abide by such as the time we get up, the foods we have for breakfast, the things we do on the weekends, and the activities we are involved in during the week are the threads of life that bind us together as a family.

A strong family has a commitment to one another and keeps increasing in strength because of the time they spend together. The way we "do" things becomes our family traditions. You won't find them written down anywhere, but if you ask one of the family members a question concerning a particular event, they will tell you "we always ..."

There are three types of traditions we need to recognize: **Celebration Traditions** — the things we do are built around special occasions that call for a celebration (holidays, birthdays, anniversaries, etc.)

Family Traditions — the special things created within each family to fit their lifestyle (vacations, family council, pizza night, etc.)

Patterned Family Interactions — those events are centered around the day to day things in life (dinner time, bed time, Sunday afternoons, etc.)

One person who studies families remarked, "Families that have the strongest ties have the most traditions or rituals in their life." These rituals provide a sense of continuity, understand-

ing and love that strengthens family closeness. These are also opportunities for families to have "good times" and establish good memories to build upon when times aren't so good. In a very positive way rituals touch the heart of the family and help members to feel good about themselves and each other. These feelings are carried out though the traditions they participate in.

Why else do we need traditions and rituals? The University of Wyoming shares with us five reasons to celebrate family life. By understanding these reasons, we can increase our efforts and realize the importance of daily life within our family.

1. Time to relate or communicate with one another. Caring, problem solving, balancing individual and together time are also part of this time to understand one another's needs, goals and challenges in life.

2. Help in adapting to new stages of development, crisis or the flow of events. Things like learning a new hobby, caring for a family member, planning a weekly schedule together, learning a new skill like meal preparation or grocery shopping or establishing a signal to ease transitions like a hand sign to say "you have five more minutes."

3. A time to heal and forgive from a loss or disappointment in life. Using this time to talk about the good times and tell stories. Time to spend

together as a sign of cooperation and reconciliation.

4. Time to affirm family values, faith and life experiences. The materials we read to reinforce our faith. The crafts, decorations or special things we do related to holidays or special family events. The time we spend sharing with others outside our family for those in need.

5. A time to celebrate together. The special events in our lives including holidays and special accomplishments by family members.

We can also use these traditions and rituals to connect us to our past. They provide us a base to talk about how things were done and who participated in them years ago. Many of these memories also include the sensory things such as the way something tasted, the way it felt, the special sounds around us or the aromas that enticed us.

As you recognize the traditions and rituals in your families take time to also recognize the strength you gain from them. They make your family unique and provide understanding, continuity, closeness and appreciation for one another. Start today, by realizing the daily things you do that make your family special. Realize those "little things" done together are really memories in the making.

Source: Melinda Hill, Extension Agent, Ohio State University Extension (LB)



by Lorene Bartos, Extension Educator

Holiday Stain Removal for Washable Fabrics

Always treat stains as soon as possible. Read the care label for recommended laundering procedures.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, 1/2 teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder. If stain remains, soak in an enzyme presoak for 30 minutes.

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 the fabric.



"What's a Parent to Do" Series

Helping children manage fear and resist bullying is focus of a two-part national satellite series to be hosted by the University of Nebraska Cooperative Extension in Lancaster County. Both programs will be shown 5:30-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

Tuesday, Nov. 30

Topic: "What families, schools, and communities can do to support healthy social and emotional development in children and youth," which will examine how families, schools, and community agencies can collaborate to help youth who have behavioral problems like extreme aggressiveness, conduct disorders and bullying

Tuesday, Dec. 7

Topic: "Finding a mighty heart: acquiring the courage to stand up for oneself and other" which will look at strengths children can use to manage fear and resist peer behaviors such as bullying and other forms of intimidation.

This program will help parents, teachers and other professionals gain specific skills when working with youth who have behavior problems or experience bullying.

Call Lorene at 441-7180 for more information or to register. A \$10 registration fee will be collected at the door.

CHARACTER COUNTS! CORNER

Six Pillars of Character

Character is not hereditary, nor does it develop automatically. It is developed by example and demand.

TRUSTWORTHINESS — Be honest — don't deceive, cheat or steal. Be reliable — do what you say you'll do. Have the courage to do the right thing. Build a good reputation.

RESPECT — Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners, not bad language. Be considerate of the feelings of others.

RESPONSIBILITY — Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be accountable for your choices.

FAIRNESS — Play by the rules. Take turns and share. Be open-minded—listen to others.

CARING — Be kind. Be compassionate and show you care. Help people in need.

CITIZENSHIP — Do your share to make your school and community better. Be a good neighbor. Obey laws and rules — respect authority. (LB)

