

## FAMILY &amp; COMMUNITY EDUCATION (FCE) CLUBS

## President's Notes — Janet's Jargon

**Janet Broer**  
FCE Council Chair



## Janet's Jargon

A clean new batch of snow has fallen. Two of my visiting grandkids are almost crazy with excitement to go out and play in it. I am quite amused at their request that no one should drive "certain places" or they will "wear out" the new snow! Likewise, FCE begins a new year. I hope each of you are excited to get involved in the activities we have on the 2005 calendar and with a little help from all members no one will get worn out either.

Our first Council meeting on January 24 is quickly

approaching. Beltline and Salt Creek Circle have arranged a "progressive" 1 p.m. lunch date at Stauffer's Café and Pie Shoppe, 48 and Highway 2. At 2 p.m. we

will meet just down to road at the Lowery Organ Center for a little concert/demonstration and, of course, dessert. They are located at 5930 South 58 in the Trade Center. This should be a lot of fun and different from the usual. This is open for all FCE members to attend.

A few dates to keep in mind:  
March: Creative Writing Contest for fifth graders and Environmental Poster Contest



for third graders will be due. April: Scholarship applications due to the Extension Office. Heart of FCE and Outstanding FCE Family applications are due at the state level.

June: Heritage Skills articles are due. This year the rotation will include Sculpture, Fiber Arts, Scrapbooking and Photography. A list of the rules and guidelines along with specific dates will be available at the January Council meeting.

I look forward to seeing many of you at the "progressive" luncheon meeting. May the new year bring each of you many blessings and much happiness.

## FCE News &amp; Events

## January Council Meeting Jan. 24

The first 2005 FCE Council meeting will be Monday, Jan. 24 starting at 1 p.m. with lunch at Stauffer's Café & Pie Shoppe. After lunch we will meet at Lowery Organ Center, 5930 S. 58 St. for the business meeting, a concert/demonstration and dessert. All FCE members are invited to attend. Call Pam at 441-7180 to register by Friday, Jan. 21. (LB)

## January Leader Training Jan. 1

"Using Your Retail Dollars to Boost Your Local Economy" will be presented by Extension Educator Lorene

Bartos on Tuesday, Jan. 4 at 1 p.m.

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.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared.

## February Leader Training Jan. 25

The February FCE & Community Lesson will be

presented Tuesday, Jan. 25 at 1 p.m. "One of Rural America's Greatest Challenges" will be presented by Lorene Bartos and a guest speaker.

The drug epidemic, especially methamphetamine, is a great challenge. Everyone needs to be more aware of the magnitude of the problem and how it relates to public safety and rural economic development. This lesson will help individuals and communities with simple strategies to help combat this growing problem.

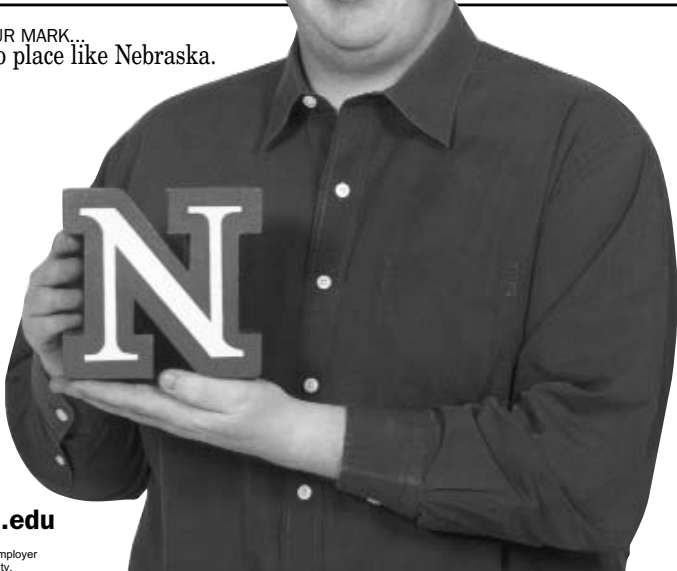
Non-FCE members should call Pam at 441-7180 to register so materials can be prepared.

## This Nebraska student fights for homeland security on the food science front.

**DAVID LEE SCHROEDER** of West Point, Nebraska, a food science and technology and agribusiness double major at the University of Nebraska-Lincoln, was one of just 101 students nationally to receive a prestigious Homeland Security Scholarship. One of two scholarship winners from Nebraska, Schroeder eyes a possible internship focused on the fight against Mad Cow disease. "I am a cattle producer too, so I have a deep interest in the (Mad Cow) situation. In classes, we've followed the impact of what happened in Canada. There's a lot of uncertainty."



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by Lorene Bartos, Extension Educator

## Control Your Temperature

- A programmable thermostat can be pre-set to lower the temperature when you're sleeping or at work. The energy savings will offset the cost of a basic unit in less than a year.
- Lower your thermostat from 72 to 65° F for eight hours a day to save up to 10 percent on your heating bill.
- Regularly clean or replace furnace air filters, follow the manufacturer's maintenance schedule and don't block the registers.
- Long-Term Savings Tip — install a new energy-efficient furnace to save money over the long term. Look for the Energy Star®.

## Helping Your Child Develop Emotional Intelligence

In his book, *Emotional Intelligence*, Daniel Goleman (1995) provides evidence social and emotional intelligence are critical to a child's successful development into a confident, competent and caring adult.

He said, "Emotional intelligence is a different way of being smart. It includes knowing your feelings and using them to make good decisions; managing your feelings well; motivating yourself with zeal and persistence; maintaining hope in the face of frustration; exhibiting empathy and compassion; interacting smoothly; and managing your relationships effectively. Those emotional skills matter immensely — in marriage and families, in career and the workplace, for health and contentment."

Schools are embracing a variety of social and emotional learning strategies, including character education, diversity training, service learning, cooperative learning and others. No matter which path your local school is taking, parents are still a child's first teacher and have both a great opportunity and responsibility to help their child develop his/her emotional intelligence.

Here are just a few developmentally appropriate activities you may wish to try with your child. The list is very short — and is meant mostly to get you thinking about the many ways you can interact with your child and ways to provide positive practice for them to learn how to deal with emotions and get along with others.

## Infants:

- When an infant is quiet and alert, hold her so you have close facial and eye-to-eye contact. Imitate back to her facial expressions she may make.
- Talk to an infant, but be sure to pause from time to time to allow him to make a response. This taking turns talking will help with later communication skills.
- Respond to an infant that cries. This builds trust and security that you will meet their needs. Routines also provide security.

## Older infants:

- Put a large safe object in a clean shoe box with lid for the infant to discover. They will enjoy the challenge of taking a lid off and on.
- Infants may feel more at ease and likely to explore if an adult stays nearby while they play. Sometimes all it takes is eye contact.

## Toddlers:

- Play a simple game of hide and seek. The toddler will enjoy peeking from behind a chair. He may think he is completely hidden when all that is covered is his head.
- Look at or read simple picture and story-books about different people. Ask questions about faces that show emotions.
- Give toddlers opportunities for choices. Use a double-ended question like: "Would you like to wear your red or green shirt this morning?"

## Pre-School:

- Play simple board games, to allow practice taking turns. Stress the fun of the game, rather than winning.
- Fill a large box with old clothes and props for dramatic play (post office, grocery store, doctor, teacher, beauty shop, fireman, pet shop).
- Share simple family, religious, or ethnic traditions with your child.

## Early Elementary:

- Encourage writing to pen pals.
- Engage them in cooperative games where everyone wins. If there is a winner, some success can be found in every experience.

## Middle School:

- Encourage your child to join a club that includes activities where they can practice social skills.
- Don't compare the success of others with your child. This tends to erode self-confidence and may cause problems in dealing with peers. Instead, compare past performance to present progress.

Source: University of Illinois—Working Families Newsletter. Ideas adapted from North Central Regional Extension Publication #466, *Helping Children Develop Socially and Emotionally*. (LB)