

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



I am so excited to announce the arrival of my latest grandchild, John Paul, born on Mother's Day. You are correct if you guessed who he is named after, since we have heard the name often in recent months. Each time a new grandbaby comes into my family I believe he is the most perfect of all the kids and this one is no exception. It is always a tender moment when I see the rough work hands of the dad, uncles and Opa hold and cuddle a newborn. Truly, life is beautiful.

This is a busy time of year for family reunions but this year my family is doing something a little different since we are so large in number. "The girls" (my sisters, sisters-in law and children) are spending three days in cabins at Mahoney State Park. Sorry, but the guys are

not allowed this time. We will do Mahoney activities and visit Art Chicks in Louisville. Of 30 plus relatives there is only one who is not able to attend. I'm looking forward to this

time to see my sisters, in-laws and know my nieces and their children better.

Keep June 27 on your calendar for our next Council meeting with Bill Janike from the Juvenile Protection Office to present the program. Heritage Skills exhibits are also due at this time; I hope there is something in every category to send to the State Convention later this year. Our scholarship winner will also be announced at the meeting.

Our biggest social event of the year for FCE is the Sizzling Summer Sampler on July 12. Be sure to get your reservations in by July 6 for this fun filled evening. Fayrene Hamouz from UNL does an excellent

presentation with food and guests can also lend their hand at creating garnishes. Twyla Lidolph will likely reawaken your sewing desires in "Fun With Quilting." She has a way of making very nice garments and home décor items come together attractively with easy techniques. This event is open to anyone who would like to attend for a fun and interesting evening.

Raffle tickets will be sold at the Sizzling Summer Sampler for the Scholarship Fund. Tickets are \$1 each or 6 for \$5. I am always amazed at the creativity displayed in these theme baskets by FCE members. Check elsewhere on this page for more detailed information on this upcoming event.

Hope to see many of you on July 12 for a fun evening. Have a happy and safe Fourth of July.



FCE News & Events

Next Council Meeting, June 27

The next FCE Council meeting will be Monday, June 27, 7 p.m. at the Lancaster Extension Education Center. The program will be

presented by Bill Janike, former Juvenile Probation Officer. He will speak on his work and how it has changed with today's society. Remember to bring your entries for the Heritage Skills Contest. All FCE members are invited to attend.

Club Baskets

Does your club have their basket ready for the FCE scholarship raffle at Sizzling Summer Sampler? Use your creativity as to the theme, size, shape or even container.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Tuesday, July 12 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln

Cost \$10. Make checks payable to FCE Council.

Send reservation and check by July 6 to:
Joy Kruse, 850 Adams Street, Lincoln, NE 68521



Learnshops

"FUN WITH GARNISHES"

Fayrene Hamouz & Culinary Science Students
UNL College of Education and Human Science

Learn how to add sizzle to your meals with garnishes of fruits, vegetables and chocolate.

"FUN WITH QUILTING"

Twyla Lidolph, retired Extension Educator

Show and tell of many quilting items and techniques



by Lorene Bartos, Extension Educator

Enzyme pre-soak products (such as Biz) are helpful in removing protein stains such as blood, grass, gravy, milk, egg, baby food and formula, chocolate and other food stains. Pre-soak the garment in warm water with the enzyme pre-soak product. Wash in a regular laundry cycle with laundry detergent. The fresher the stain, the easier it will be to remove.

A oxygen bleach (such as Clorox 2 or Vivid) is a mild bleach specially formulated to be used on fabrics that cannot withstand chlorine bleach. Oxygen bleach are most effective when used in hot water. For best results, use the hottest water suited for the fabric being washed. These products containing oxygen bleach are helpful in removing colored stains, such as tea, coffee, fruit juice, etc.

Rules for Talking to Kids about Drugs

Understand Why

Almost always it's rebellion, alienation, despair, peer pressure or some combination. As a parent, you can have a powerful effect on how your kids deal with these things. And whether they see drugs as an answer. One of the biggest deterrents is talking with your kids about drugs.

Take a Stand

Perhaps the single biggest deterrent to drug use is talking with your kids about the subject — early, often and specifically. Don't despair if it doesn't seem to register. Weeks or months later you'll very likely hear your words coming back to you.

Listen

One of the biggest deterrents to drug use is talking with your kids about the subject. But don't do all the talking. Listen. Ask questions. Find out what they think. If you don't listen to them they won't talk to you, much less listen to you.

Set the Rules

Kids need to know exactly what the rules are. The rules have to be clear, consistent, reasonable. And enforced. Every kid will try to find out exactly how far he or she can go. And drugs are no place for trial or error.

Start Early

Just as surely as you need to teach your kids not to play in the road, you need to teach them about the dangers of drugs. They'll very likely be exposed to drugs from kinder-

garten on. So say it early. Say it often. And match the message to your child's age.

Educate Yourself

It's not a matter of learning the latest street talk. It's a matter of learning why crack is so dangerous. Marijuana can often lead to hard drugs. Every illegal drug has the potential of causing catastrophic damage to your child.

Get Involved

Perhaps the single biggest deterrent to drug abuse is communication — simply talking with your kids about drugs. That's almost impossible unless you've built a foundation. By doing things with them. By getting involved with their school and their sports. By knowing their friends.

Don't Preach

One of the greatest deterrents to drug use is simply talking with your kids. But don't preach or you'll lose them. If a conversation lasts more than five minutes, you're preaching. Better to have lots of five-minute conversations. Kids have short attention spans and shorter memories.

To learn more about how to talk with your kids about drugs, call for a free parent's handbook, 1-800-624-0100.

This information was provided by the Partnership for a Drug-Free America.

For more information aimed at parents and teens, go to www.drugfree.org

Ways to Strengthen Your Family

Millions of Americans are concerned to know how they could make their family stronger. They are working to build stronger families because they feel these stressful times and many of the modern values are distressing and hurtful to the family.

Each member of the family has a stressful life to lead and a stressful world in which to

live and work. Family members can help each other deal with everyday stress, tension and anxiety. Building a strong, healthy, happy family is the best insurance there is against the devastating effects of stress and other problems.

Every family, including yours, has its strong points and does lots of things right. What are your family's strong points?

It would be a good thing to know them and to celebrate them.

Every family, including yours, can grow in some ways which will add to the strengths they already possess. What are some of the ways in which your family could grow and become even stronger? Here are some suggestions:

1. Show appreciation to family members in normal, every-

- day kinds of things.
2. Talk with each other and listen to others' viewpoints.
3. Respect each person's thoughts, feelings, ideas and property.
4. Resolve your conflicts and problems in a positive way.
5. Do some things which will help you and your family to grow spiritually.
6. Do things together as a family.

7. Sustain family traditions.
8. Take part in community activities.
9. Contact and build ties with other fine families who can serve as role models.
10. Say "No" to some outside activities so you can say "Yes" to your family more.
11. Develop and display a sense of personal commitment to the family.