

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



I have to buy a new journaling book. Any day now I will get a new grandchild, the fifth boy in our family of six grandchildren. They have given me volumes of entertaining incidents and responses for recording in their journals. My literary "family circus" is one of the best "get your spirit up" tools in this house. I'm eagerly awaiting this new personality to join the family and provide more love and laughs for each of us. Maybe someday there will be time for a writing course so I can preserve the memories better. Will let you know more about grandbaby next month.

June 27 is our next Council meeting scheduled for 7 p.m. at the Lancaster Extension Education Center. Helpful Homemakers and Home Service are hostesses.

They have arranged for Bill Janike from the Juvenile Probation Office to provide the program. He will talk about changes through the years in caring for juveniles. Entries for Heritage

Skills are also due at this meeting. These include: sculpture, fiber art (knitting, crocheting, tatting, etc.), scrapbooking and photography (8½" x 11" framed black and white or colored following the theme of "Nebraska, the Good Life".)

July 12 is the date set for our Sizzling Summer Sampler. We will begin the evening with a light meal at 6 p.m. and follow with two interesting programs. Fayrene Hamouz will present "Fun with Garnishes" for food serving and guests will get to try their hand at some of the creating, too. Twyla Lidolph will do "Fun with Quilting" and show some different techniques and fashionable ways to use

quilting in garment and home decor. These ladies are very gifted at what they do and it promises to be a most enjoyable evening. Reservations are \$10 and need to be mailed by July 6 to Joy Kruse, 850 Adams Street,

Lincoln, NE 68521. Be

sure to get this date on your calendar now, with plans to attend with a family member, friend or neighbor. I promise you it will be interesting and fun.

I hope each club is getting their basket together for the raffle to help our scholarship fund. If you can't bring it to the Sizzling Summer Sampler and want to bring it to the Council meeting that would be fine. Tickets will be sold the night of Sizzling Summer Sampler, \$1 each or 6 for \$5.

I look forward to seeing club presidents and anyone who would like to visit at our next Council meeting in June.



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, for-

mer Juvenile Probation Officer. He will speak on his work and how it has changed with today's society.

Entries for the Heritage Skills Contest should be brought to this meeting. All FCE members are invited to attend.

Club Baskets

FCE clubs are asked to prepare a basket for the scholarship raffle. Choose any theme. Use your creativity as to size, shape or even container. The raffle will be held at the Sizzling Summer Sampler. (LB)



by Lorene Bartos, Extension Educator

Cleaning Dirty Socks

Ball season is here. How does one clean those socks that get so dirty? The best way to clean them is to first, pretreat socks with a prewash stain remover. Then, launder in the hottest water safe for the fabric, using a bleach safe for the fabric. Repeat procedure, if necessary.

Take Time for Family Activities

School is out, it's time to plan for summer activities. There are many activities for kids to be enrolled in but stop and think about family activities.

For Fitness

Many families are exercising less and more children are becoming overweight, according to C. Everett Koop, noted Public Health Authority and former U.S. Surgeon General. Koop encourages family activities that can be done together, supporting and rewarding the efforts of each other.

Family activities are a great time to talk to kids. The Shape Up American Web site offers "99 Tips for Family Fitness Fun." Here are a few to get your family started:

- Schedule a regular time throughout the week for physical activity.
- Start a log of daily fitness activities for each family member.
- Limit time spent watching television programs, videotapes and playing computer games.
- Spend as much time outdoors as possible.
- Always use the stairs.
- Make chores YOUR chance to be active.
- Park the car as FAR AWAY from the entrance as possible.
- Discover what free and low-cost physical activity areas are near your home (park, bike trail, hiking trail, tennis court and swimming pool, etc.).
- Take a nature hike.
- Take a long walk or jog.
- Run, jog and walk in a family treasure hunt.
- Jump rope — practice rhythms, rhymes and tricks.
- Play traditional and modified backyard sports: basketball,

softball, volleyball and tetherball.

- Take the family pet for a walk.
- Take a historical (or architectural) walk or cycling tour.
- Play indoor active games.

It may seem difficult to schedule time for family fitness in the beginning but it won't take long for it to become a habit. Taking time together will become an easy way to "walk and talk" at the same time. Involve all family members and become a healthier family.

To Show Commitment

- Make a family scrapbook. Have everyone in the family collect old photos (or take new ones) and write amusing captions for each one.
- Exercise together as a family. Walk, dance, ride bicycles, build a snow fort, rake leaves, etc. Make a commitment to regular physical activity together.
- Write a story together about an important event in your family's history. Make pictures to illustrate the story and fasten it together into a book for the family library.
- Start a family council. Meet regularly to talk about upcoming activities, problems that come up, and special things you'd like to do as a family.
- Talk about things that make your family special. Make a family banner to illustrate your thoughts.
- Set goals your family can work toward together. Keep track of your progress. When you reach a goal, have a celebration!

Sources: NU for Families, "Walking and Talking!" by Extension Educator Amy Peterson, and UNL for Families, Commitment — Family Activities

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

Show and tell of many quilting items and techniques



Cleaning Supplies Checklist

Cleaning the home is a task always there waiting to be done. Are you prepared for the task? Is your cleaning closet well-stocked with these items? Here's a handy checklist to make sure you have the supplies you need at your fingertips.

- ☑ **Hand dishwashing liquid** — Make sure you have extra

on-hand for on-the-spot cleaning.

- ☑ **Dishwasher detergent** — Pick your favorite form — tablets, gels, liquids or powders!
- ☑ **All-purpose cleaner** — Wipe down counters, appliances, smudges on walls and more!

- ☑ **Disinfectant cleaner** — A fast and effective way to clean surfaces and kill germs.
- ☑ **Wipes** — Use wipes for quick cleanups and disinfecting/sanitizing surfaces.
- ☑ **Glass cleaner** — Make mirrors, windows, faucets and door handles shine!
- ☑ **Fabric refreshers** — Make

every room smell fresh.

- ☑ **Dusting supplies** — Trap dust and dirt with dusting cloths, mitts, dusters and furniture wipes.
- ☑ **Paper towels** — Use clean paper towels to clean surfaces and help prevent the spread of germs. Then, throw the germs away with the towels!

Note: Before using household cleaning products, always read and follow the product label directions. Store household cleaning products in a location away from children, pets or food. Install child-resistant locks on cabinets and doors.

Source: Cleaning Matters, Soap and Detergent Association (LB)