

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair

Fall is upon us, a colorful time of year. This year I am really looking forward to the season because we have a family reunion scheduled. At the moment, I am in chaos mode wondering if I will get all the summer cobwebs removed. Food panic mode usually begins a week prior to the event. I am thankful each family will do their own accommodations since we have grown so numerous over the last few years. More youthful members have taken on activity planning for all ages to cover this three day long celebration. Attendance is about 90 percent, a strong indicator of how much fun we have. I look forward to seeing the little kids get to know each other better, the story telling, never-ending jokes and soo much laughing we do together. Really, the dust I miss



and the food I forget to fix won't make a bit of difference. I hope each of you can experience times like this with your family.

FCE State Convention is Sept. 19 and 20 in Burwell.

Bring collections of left over yarn, knitting needles, crochet thread and hooks, simple hat and sweater patterns, also embroidery floss to be distributed in Romania and India. This is an international project to help women learn marketable skills. Women & Children's Survival Centers are in need of items to start over, namely, phones (dial or push button), towels, children's games, playing cards, alarm clocks, crayons and other school supplies. You may leave them at the extension office and we will get it delivered.

September is re-organization time for FCE clubs. If you recruit a new member your state and national dues are waived. I suggest a club goal to bring in

two new members per club for the 2006 year. Our county needs vice-president and treasurer offices to be filled for next year. The duties are easy and the people to work with are very helpful; it is a rewarding experience.

Our next council meeting is Sept. 26 at 1 p.m.

Busy Bees and 49'ers are hostesses. I promise the program to be most interesting — Susanne Blue, executive director of Matt Talbot Kitchen, will talk about her 11 years of working with this community program.

Oct. 17 at 6:30 p.m. Salt Creek Circle and Emerald will host our annual Achievement Day. Robert Ripley will talk about restoration of the State Capital. Encourage your club members and friends to attend these excellent programs.

A happy fall and Labor Day holiday to each of you.



Summer Sampler Inspires

More than 125 FCE members relished this year's Sizzling Summer Sampler held in July. Attendees enjoyed a light supper and two exiting learnshops. The annual basket raffle raised \$300 for the FCE scholarship fund — thanks to all clubs who donated baskets!



(Above) Fayrene Hamouz and UNL Culinary Science students demonstrated easy and elegant garnish ideas as part of "Fun with Garnishes."

(Left) Retired Extension Educator Twyla Lidolph shared countless quilts, quilted pillows, quilted vests and more during her presentation "Fun with Quilting."



FCE News & Events

Re-Organizational Packets

Presidents of Family and Community Education (FCE) Clubs can pick up their packet to re-organize for 2006. 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. 26

The next FCE Council meeting will be Monday, Sept. 26, 1 p.m. at the Lancaster Extension Education Center. The program will be presented by Susanne Blue, executive director of Matt Talbot Kitchen and Outreach. This organization works primarily with homeless men, women and children as well as the working poor.

Their efforts concentrate on feeding those in need. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training Lesson, Sept. 27

A leader and community lesson training, "Credit Card — Friend or Foe?" will be presented by Extension Educator Lorene Bartos on Tuesday, Sept. 27, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Participants will learn issues surrounding the credit card industry so you are better prepared to manage your own financial resources, to make wise decisions related to credit card use and to prevent becoming a victim of identity theft. Non-FCE members should call Pam at 441-7180 to register so materials can be prepared.

FCE Achievement Night, Oct. 17

The 2005 FCE Achievement Night will be Monday, Oct. 17 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. The program will be on the Restoration of the State Capitol by Bob Ripley, architect with the State Building Division. Members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend.

Other Upcoming Fall Dates

- State FCE Convention, Sept. 19-20, Burwell
- FCE Dues to State Treasurer, Oct. 1
- National FCE Week, Oct. 9-15



by Lorene Bartos, UNL Extension Educator

Restore Your Laundry Room

Create a pleasant place for cleaning tasks. It's a fact — we have to do laundry. But, no one wants to spend a lot of time doing it, so here are some helpful tips for making your wash-day space more practical and efficient!

- **Reach easy.** Consider installing shelves and bins to keep laundry products and cleaning supplies within easy reach.
- **Port-a-basket.** Replace hampers with portable laundry baskets. This makes it easier to transport dirty clothes to the laundry room and clean ones to their storage spaces.
- **Pin it up.** Install a bulletin board on the wall. It's great for pinning socks until their mates are found. Also, post a stain removal chart, washing and drying instructions for special-care items and the guide to fabric care symbols.
- **Hang out.** Keep plenty of hangers in the laundry room, so clothes can go from the dryer to the hangers. This helps prevent wrinkles.

Kids Learning from Mistakes Is Not Easy for Parents

Gail Brand
UNL Extension Educator

Parents have only a few years to prepare their children for the big world they are going to have to face. All loving parents face essentially the same challenge: How do we raise children who have their heads on straight and will they have a chance to make good choices in the big world? We need to allow our kids a chance to go from total dependence on us to independence and making their own choices.

Helping your preteen and teen occasionally is okay, as long as help is requested. But offering help when none is needed encourages children to be overly dependent. Intervene on your child's behalf at school and elsewhere only when absolutely necessary. This will help your teen develop problem-solving strategies and learn to anticipate difficulties before they occur.

According to Jim Fay, one of America's top education consultants, and Foster Cline, a trend-setting child and adult psychiatrist, "Parents who try to ensure their children's success often raise unsuccessful kids. Because responsibility is like anything else — it has to be learned through practice."

Here are some guidelines to help children solve their own problems:

- Let them know you have empathy for them. "What a

bummer!" or "I feel for you!"

- Now what are you going to do since this has happened? How are you going to handle this situation?
- You can offer your child choices. Give some good choices or maybe some not-so-good choice options. This will help them to think outside their box. This might also stimulate another solution.
- After each solution, ask the child to state the consequences of each solution. How will the solution effect you? How will the solution effect other people involved?
- Finally, let the child decide what solution they would like to do or don't let them decide in case someone is going to get hurt. "Good luck. I hope it works."

Have no fear. If the child makes a poor choice, they may have a double learning lesson. Parents often hover over and rescue our children whenever trouble arises. They're

forever running lunches, permission slips or homework assignments to school; they're always pulling their children out of jams; not a day goes by when they're not protecting little junior from something — usually from a learning experience the child needs or deserves.

Try to help your children make the right choices and let them make a few mistakes to learn by practicing.