

## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's Notes — Alice's Analysis

**Alice Doane**  
FCE Council Chair

Ted and I have just returned from Seattle, Washington and a one day trip to White Rock, BC in Canada. We attended the closing ceremonies for the Japanese students Ted had in class for three months in Lincoln. They have now returned to Japan.

Fair time is just around the corner. I remember the time and frustration of this time of year. It was busy for me as a 4-H member and then



as a leader helping my daughters get all of their projects done and exhibited.

By the time you read this analysis, the Sizzling Summer Sampler will be over and plans for next year will be under way again. From the early registration we will have a good size group.

At the June meeting, volunteer report forms were passed out. These reports will help to verify FCE is a non-profit organization. When I read over the reports, I see

what FCE promotes. The categories we support are organizations and groups such as the Food Bank, Teddy Bear Cottage, Cedar's Home, Gathering Place and Earth Day. The members do many other activities in the community.

I am looking forward to adding up the number of hours Lancaster County members volunteer in the community. Return the forms by the September Council meeting. I hope to report these rewarding opportunities and experiences.

Hope to see you at the County Fair.



## FCE News & Events

### 2006 Scholarship Recipient

Kerri Merkel of Lincoln received the \$300 Lancaster County FCE scholarship for 2006. She is a senior at the BryanLGH College of Health Sciences and will graduate in December with a Registered Nurse degree.

### Upcoming Dates

- **August 28** — Reorganizational Packets available.
- **Sept. 25** — FCE Council Meeting, 1 p.m.
- **Sept. 28** — FCE & Community October Lesson Training, "Have It Your Way — Putting Legal & Financial Affairs in Order," 1 p.m.
- **Sept. 29–Oct. 1** — Nebraska Association for FCE Clubs State Convention, St. Paul, NE



Kerri Merke received the \$300 FCE scholarship.

## Over 120 Attend Summer Sampler

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 11 was a success with more than 120 FCE members and friends in attendance.



Attendees enjoyed a light supper and dessert. Many wore hats to carry out the theme of Applebee's performance "Hats, Women & Song."

Fourteen baskets were raffled off, raising \$390 for the FCE Scholarship Fund.



UNL Professor John Rupnow presented "Guru or Gourmet: the Science of Food"



Dorothy Applebee performed on keyboard.



by Lorene Bartos, UNL Extension Educator

The difference between a disinfectant and a disinfectant cleaner or antibacterial cleaner are disinfectants contain antimicrobial ingredients that kill germs if surfaces are free from heavy soil. Disinfectant and antibacterial cleaners contain ingredients for removing soil, as well as antimicrobial ingredients that kill germs. Household bleach disinfects when used according to label directions.

## Energy Management in Automatic Dishwashing

The heating of water accounts for about 80 percent of the operating cost of a dishwasher. Here are some ways to help save on energy costs:

- Operate dishwasher only when a full load is accumulated. Avoid overloading. Overloading prevents proper water circulation over the dishes.
- Use the "rinse-hold" cycle or hand rinse soiled dishes while accumulating a full load.
- Dishwashers use 6- to 10-gallons of hot water per load depending on the cycle selected. When dishes are lightly soiled, use a cycle requiring less water.
- Prerinse dishes is not necessary. Simply scrape off food particles and bones, let the dishwasher do the rest. Dishes and casseroles with baked-on foods will probably need pretreating, soaking or prescrubbing.
- Gel automatic dishwasher detergents may be used to pretreat heavy baked-on

foods on stainless steel, glass, glass ceramic, porcelain, enamel and other dishwasher safe items. *Caution: Avoid direct contact with skin or clothing when using gel automatic dishwasher detergent to pretreat dishes. Wear rubber gloves. If detergent accidentally comes in contact with skin, wash immediately with water.*

- Use the recommended amount of automatic dishwasher detergent.
- The drying cycle on most dishwashers may account for about 15 percent of the total operating cost, so skip it whenever possible. When there is no "energy saving" air/no heat cycle, simply advance the dial after the final rinse to the "off" position. Use of a rinse agent may help promote drying.
- If necessary, insulate water heater and delivery pipes to avoid heat loss between the supply and the dishwasher.

Source: Soap and Detergent Association

## Planning Leaves More Time for Family Fun

Families are finding themselves frustrated and overbooked with all the activities and obligations necessary day to day. By scheduling events on paper, cutting down on clutter and using technology, families can learn to better manage their time.

Family organization begins with a written master plan or calendar, which lists all projects, meetings and events. It is best if this calendar can be kept close at hand at all times.

Posting a permanent calendar of events in a high-

traffic area of the home also is helpful. Each person's activities should be coded in a different color. This calendar should include scheduled family time.

To protect family time, let the answering machine take all calls during a family event. The number of evening meetings for family members can be limited and planned ahead of time.

Time management requires not only organization, but the drive to stick to the plan and keep calendars current.

## Benefits of Family Meetings

Family meetings are an excellent way to practice problem-solving skills, promote communication and build family unity. When a particular plan is discussed and mutually agreed upon in a family meeting, everyone — even the youngest child — feels a sense of "ownership" and, thus, is more likely to comply with the plan.

Regularly scheduled meet-

ings might deal with daily decisions such as who will drive the kids to sports practice or how chores are to be distributed. One-time meetings might be called for a specific purpose, like planning a vacation trip, holiday party or family project, solving a problem such as how to make Grandma's moving in more comfortable for everyone or cleaning the air after a crisis or squabble.