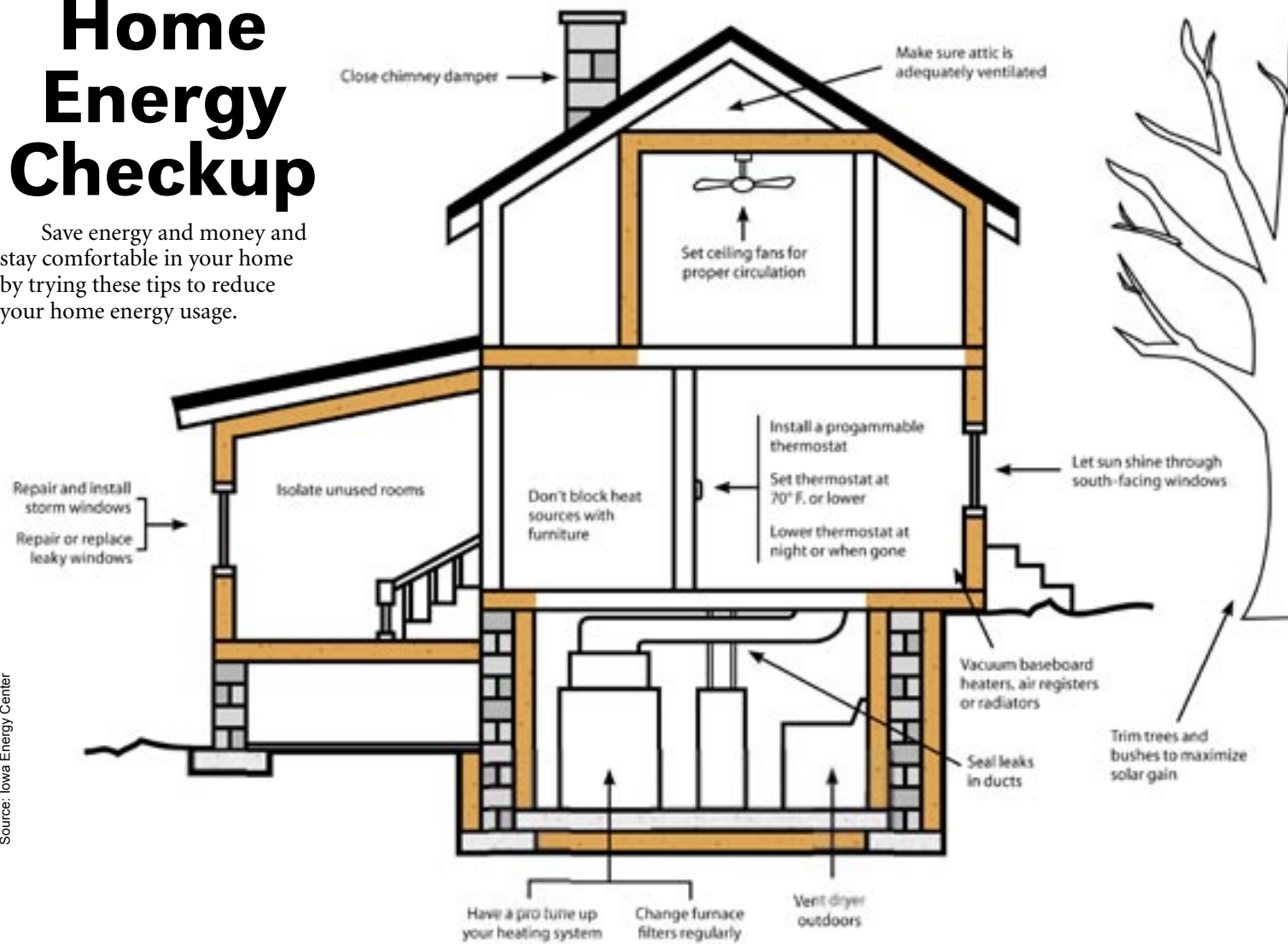


Home Energy Checkup

Save energy and money and stay comfortable in your home by trying these tips to reduce your home energy usage.

Source: Iowa Energy Center



HOUSEHOLD HINTS



By Lorene Bartos,
UNL Extension Educator

Need a quick and inexpensive way to clean silver that has tarnished during storage?

Cleaning silver by electrolysis

Line a pan with aluminum foil. Fill with solution of 1 tablespoon baking soda OR 1 tablespoon salt to one quart hot water. Add silver and soak. It will only take a few minutes and your silver will be shiny again. Rinse and dry. This works well for silverware or other special pieces of silver that are used only on special occasions.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes – Janet's Jargon

By Janet Broer
FCE Council Chair



This year I am really looking forward to winter. I got a lift ticket package for use at some of my favorite ski slopes in Colorado and it is almost burning a hole in my pocket. I love the speed of downhill skiing; at this ripe age some would consider me dangerous. Falling down is still part of the sport but getting up is a much more difficult task. Thirty years ago the usual ski uniform consisted of wool ski pants, a colorful hat and a typical ski jacket with umpteen zippers. And one

always left their lift ticket attached for the entire season so friends could ask about the vacation! I dug out my old pants and jacket only to find they shrunk in storage and the matching hat has a couple of moth holes in it! There is no end to the surprises I get in planning this trip. But age allows more liberties now, such as not skiing in the latest fashion trend. Nevertheless, I will find warm clothing to once more enjoy this sport I fell in love with my first time out in 1972.

FCE members are so giving; we collected 172 pounds of food for the Food Bank. Demands continue to grow and this donation was most welcomed.

Other community service projects include collection of items for Cedars Home and the Teddy Bear project which assists new mothers. Members are involved with recycling efforts, serving funeral dinners, fund raising for the needy, teaching Sunday school, quilting and working garage sales to help others. These are only a few of the ways in which FCE members help to make our world a better place in which to live. Thank you FCE for jobs well done.

Mark your 2006 calendars for the next County Council meeting on Jan. 30 at the county extension office. It will be at 1 p.m. We will have installation of new officers. Hope to see many of you then. I wish each of you a safe and blessed holiday season.



Achievement Night

The Family & Community Education Clubs 2005 Achievement Night was held in October. Nearly 35 people were in attendance. Guest speaker was Bob Ripley on the restoration of the state capitol.

Membership Awards

45-YEAR MEMBER
Alice Doane (Individual)

35-YEAR MEMBER
Shirley TenHulzen (Individual)

25-YEAR MEMBER
Dorothy Lococo (Beltline)

15-YEAR MEMBER
Twyla Lidolph (Salt Creek Circle)

10-YEAR MEMBERS
Ruby Engle (Helpful Homemakers)
Clarice Steffens (Salt Creek Circle)

Club Incentive Awards
Emerald, Forty-Niners, Busy Bees,
Helpful Homemakers, Beltline



Membership Awards – 45-year member Alice Doane and 10-year member Clarice Steffans.



Club Incentive Award Winners – Verna Deinert (Emerald), Ann Meier (Forty-Niners), Alice Urbach (Busy Bees), Elsa Amen (Helpful Homemakers), Judy Chapman (Beltline)



172 pounds of food was collected for the Food Bank.

FCE News & Events

2006 Leader Training Lessons

Here is the schedule for this year's community and FCE leader training lessons. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared for your organization.

• **January 5 – Dietary Guidelines for Americans 2005 and MyPyramid.** UNL Extension Educator Alice Henneman will present the 2005 Dietary Guidelines for Americans and MyPyramid. Nine basic nutrition and food guidelines have been outlined in the latest release of the Dietary Guidelines for Americans. MyPyramid is the tool developed by USDA to help American children and adults develop healthful diets that meet the new guidelines. Find ways to use the new tools and develop healthier eating habits as part of a healthier lifestyle.

• **January 26 – Embracing Entrepreneurship: New Economic Power for Your Community.** UNL Extension Educator Lorene Bartos, extension educator will present this lesson. It includes a discussion of what is meant by the term "entrepreneur," the significant contributions entrepreneurs make to national/state/local economics, problems faced by entrepreneurs when starting new businesses, identifying local entrepreneurs and finally, ways communities can be supportive of budding entrepreneurs. A list of agencies supporting entrepreneurs will be provided in this program.

- **February 23 – Health of Children**
- **March 23 – Care Giving: Challenges and Rewards**
- **September 28 – Have It Your Way – "Putting Legal and Financial Affairs in Order"**

Council Meeting

The January FCE Council meeting will be held Monday, Jan. 30, 1 p.m. at the Lancaster Extension Education Center. Installation of new officers and 2006 planning will be the main topics. Each club should plan to have a representative attend.