

# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## June

- 26 **Family & Community Education (FCE) Council Meeting** . . . . . 7 p.m.  
 26-27 **4-H PASE/Life Challenge**, UNL East Campus  
 27-30 **District 4-H Horse Shows** (Sydney-27, Valentine-28, McCook-29, Lexington-30)

## July

- 7 **ALL 4-H/FFA County Fair Animal Entries Due to Extension**  
 7 **County Fair 4-H Table Setting/Bicycle Safety/Style Revue/ Presentations Preregistrations Due to Extension**  
 7 **Pesticide Container Collection**, Waverly Co-op - east elevator, 148th St., Waverly . . . . . 9 a.m.-Noon  
 7 **4-H Horticulture Contest** . . . . . 10 a.m.-12 p.m.  
 7 **4-H Junior Life Challenge** . . . . . 1:30 p.m.  
 8 **4-H Horse Riding Skills Group Testing**, Location TBA . . . . . TBA  
 9 **4-H Teen Council Meeting** . . . . . 3 p.m.  
 11 **Family & Community Education (FCE) Sizzling Summer Sampler** . . . . . 6-9 p.m.  
 14 **County Fair 4-H Presentations Contest** . . . . . 1 p.m.  
 18-21 **State 4-H Horse Show**, Fonner Park, Grand Island  
 26 **County Fair 4-H Style Revue Judging**, Lancaster Event Center - Pavilion 3, Exhibit Hall . . . . . 8 a.m.  
 27 **4-H Food Booth Training**, Lancaster Event Center, Lincoln Room . . . . . 6-7 p.m.  
 27 **4-H Council Meeting**, Lancaster Event Center, Lincoln Room . . . . . 7 p.m.  
 30 **County Fair 4-H Horse Show Pre-Fair Briefing**, Lancaster Event Center - Pavilion 3, Extension Office . . . . . 2 p.m.  
 31 **Entry Day for County Fair Static Exhibits**, Lancaster Event Center - Lincoln Room . . . . . 4-8 p.m.

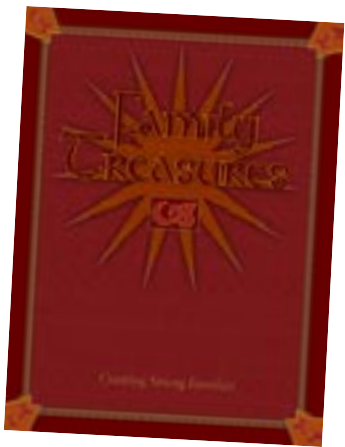
## UNL Research Traces Traits of Strong Families

Compiling data from families around the globe, UNL researchers identified six characteristics of strong families and published the findings in the new book, "Family Treasures - Creating Strong Families."

Written by John DeFrain, a UNL professor and member of UNL Extension's family team, the book outlines the characteristics as:

- appreciation and affection
- commitment
- positive communication
- coping ability,
- spiritual well-being
- enjoyable time together

The characteristics were identified through responses from all 50 states and 27 countries — all from participants who believe their families are doing well.



The book includes results from the family strengths research, inventories for family members to use in assessing their strengths, and best practice activities that can be used by families of all types as they try to build upon their assets, DeFrain said.

"Strong families form

the basic fabric of our society. Strong families lead to stronger parenting and a better environment for developing children who are ready to face the 21st-century world," DeFrain said. "Family Treasures - Creating Strong Families' examines the assets of successful families and offers real tools for real families who want to develop their strengths."

The family assessments included in the book help families identify strengths and potential improvement areas. Also, 'Family Treasures' includes many ideas for hands-on activities to strengthen families.

"Family Treasures - Creating Strong Families" is available for \$20 online at <http://unlforfamilies.unl.edu>



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

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## Community CROPS Will Hold a Garden Open House, July 29

Community CROPS, Lincoln's community garden and farm project, will host a garden open house on Saturday, July 29, 10 a.m.-2 p.m. (note: date has been moved from June as was previously published). Select gardens will be open for visiting, including:

- 46th and Pioneers Community Garden
- 23rd and P Community Garden

Gardeners will be on-site to showcase their plots. There will be various garden and food-related demonstrations. Refreshments will be available.

Community CROPS: Combining, Resources, Opportunities & People for Sustainability is a Lincoln, Nebraska organization, which works with local gardeners and farmers to grow and market agriculture products. Now in its fourth year, Community CROPS has six community gardens throughout Lincoln. For more information about the open house, go to <http://www.communitycrops.org> or call 730-2532.



## THE NEBLINE

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