

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

The end of March, Ted and I were involved in different activities. Ted was ending up the 39th year for Japanese boys studying Animal Science and Agri-Business. They have been at the University of Nebraska for three months. Wednesday, March 29, the closing ceremony and a dinner was held for 11 boys. In 1968, there were 75 boys at the closing ceremony. How time has changed.

On March 28, Irene and I went to Syracuse to the District FCE meeting. I



came home knowing how lucky we are to have the support in Lancaster County with Lorene and Pam. I was surprised to hear in some counties, they have just one or two independent members and no clubs.

Donna Lopour, our state president for FCE, stressed the importance of filling out the volunteer sheets. These reports will help to verify FCE is a non-profit organization.

It was wonderful to hear the principal at Johnson-Brock talk about how the "Character Counts"

program works as she observes youth from kindergarten through 12th grade. Mrs. Kelsey told some wonderful stories.

The \$300 council scholarship for students majoring in Family and Consumer Science or Health is due May 1. Please encourage students to apply for this worthy scholarship.

Mark your calendar, July 11, for the Sizzling Summer Sampler."

Hope you are working on your heritage entries, which are due at our June meeting. The winners will go on to the state meeting which will be held in October.



FCE News & Events

FCE Scholarship Applications Due May 1

A \$300 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2006 or who have completed two quarters of study in a vocational school. Applications are now due May 1 (note new date) in the extension office.

Council Meeting, June 26

The next FCE Council meeting will be Monday, June 26, evening. Helpful Homemakers and Home Service are responsible for the program. Entries for the Heritage Skills Contest should be brought to this meeting. All FCE members are invited to attend.

Sizzling Summer Sampler, July 11

Mark July 11, 6 p.m. on your calendar for the Sizzling Summer Sampler. Learnshops will follow a light meal. Invite your friends to join you for this fun evening. Everyone is welcome.

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.



Cleaning Can Be Fun

One of the biggest complaints parents have is their children don't clean their rooms. It seems like kids and clean rooms are like oil and water—they just don't mix. To get children to clean up their messes, make it fun.

For small children, have a

"pick up parade." At the signal, "pick up everything blue" or "pick up everything soft," and all join in to clear the decks.

Have a race against the clock. Set the timer for 20 or 30 minutes and if the area meets inspection, agree on a reward such as reading a favorite book

or taking a walk to the playground.

When a friend comes over to play, always allow the last 10 minutes of the visit as pick-up time.

Source: *Young Families Newsletter*

Rules for Setting Rules

The first rule for setting rules is to see a child as part of the total family. Giving up everything for your child is probably not a wise idea. As parents you have needs which also must be met. It has been suggested every child needs to have people "who are really crazy about him — people who love the child with all their hearts." Parents are especially good at this kind of loving and it may be the most important life-long contribution they can make for their child's growth and development.

Present rules in impersonal

terms. Then, if your child feels any conflict it will be between themselves and the rules; not between you and your child. Instead of saying, "I don't want you eating in the living room," remind them, "The rule is, food and drinks in the kitchen only, please."

Rules need to be rules or consequences you can live with. Make the rules brief and clear. The more you repeat the same rule, the more your child will tune you out. As your child starts outside for playtime, you need to say only one word: "Coat!"

Set rules before a situation gets out of control. As a parent you need to stay in control. If you don't approve of something your child does, act before the situation gets out of control — before you become angry, overly frustrated and before your child's behavior becomes unreasonable. The rule for setting rules is to keep your cool.

Sources: *Parenting Your Child Effectively*, NebGuide G991; *Effective Ways to Guide Children*, NF154



by Lorene Bartos, UNL Extension Educator

Tips for Organizing Your Home Files

- Find a home for every piece of paper.
- Label files so you can find what you need the next time.
- Keep most used files in a convenient place.
- Put tabs in front on hanging files for easy viewing.
- When a file is an inch thick, start a new one.
- Hold papers together with a staple rather than a paper clip.
- Each time a file is used check to see if you can throw anything away.

Remember Mom — Mother's Day, May 14

One day a year we set aside a day to honor Mothers. That's pretty special but...how about some ideas to make Mother remembered and special throughout the year.

- Instead of a dozen roses, how about giving one each month of the year?
- Perhaps she'd like a series of tickets to plays or a coupon booklet for a local store.
- IOUs for occasional "grown up only" lunch dates may be appreciated.
- For the mother with young children, make a promise to babysit one night a month and keep it!
- Promise to bring dinner in one night a month. This can be a homemade promise cooked by Dad or he can bring home some "take out" food.
- Plan a family outing each month to the zoo, mountains, museum, etc.
- Be creative and show caring. That's what is really important.

These ideas can be shared from adult children to parent, husband to wife, child to parent. It is the thought that counts!

Making Vacation Less Stressful

Vacation time will soon be here. Start planning for a fun and relaxing time with your family. As adults, few of us have the luxury of the leisurely three-month vacation we enjoyed as kids, but most of us manage at least a few days away from work and the routine of daily life. Unfortunately, vacation time is sometimes more hectic and harrowing than everyday life. Here are a few tips to keep in mind when planning this summer's get away.

- Discuss your goals ahead of time and plan a vacation keeping them in mind. If your vacation goal is to slow down an normally hectic existence, five cities in three days is not a wise plan.
- Allow everyone who will be included in the vacation a say in the planning. Disagreements are less traumatic and more easily solved at home than at the entrance to the amusement park.
- Allow ample "unplanned" time, as well as plenty of



travel time. Nothing frays nerves on vacation faster than racing the clock, and you get enough of that at home!

- Be prepared to be flexible and creative. Even the best plans can—and usually do—go awry, especially when you're planning to have a good time. Keep in mind fun is a destination with many routes.
- Leave your work at the office and your worries at home. That's what vacations are for!

Source: *Young Families Newsletter*