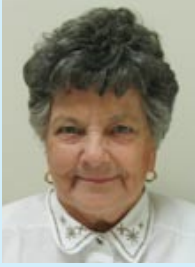


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

My cousin, Ella, from Scotland was here and we attended our cousins wedding in Lima, Ohio. Ella asked what a rehearsal dinner was? I told her it was a dinner held after rehearsal for the wedding party, family and out of town guests. They do not have wedding rehearsals in Scotland. During weddings in Scotland, the bride comes



in first followed by the wedding party — just reversed to us. We still had fun with family and friends.

We traveled to Independence, Missouri to my 60th high school reunion. I enjoyed meeting one classmate from grade school.

The last weekend in September, 12 FCE members from Lancaster County attended the State FCE Conven-

tion in St. Paul, Nebraska.

Our September Council meeting was presented by Virginia Gergen of Fresh Start. She went into details about the home and how they get women back into society and the workforce, as well as the new facility.

Achievement Night was Oct. 16. We honored our members for years of service. Barb Ogg, extension educator, gave a program on restoring and dating photos.



FCE News & Events

2007 Leader Training Lessons

Here is the schedule for next year's FCE and community 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.

Jan. 4 — Volunteerism: A Tool for Positive Youth Development.

Presented by Extension Educator Lorene Bartos. The majority of youth in this country engage in some form of volunteer activity and many see the value of helping others. When youth volunteer, the benefits are reaped by almost everyone involved—the targeted populations, the community and the youth volunteers themselves. Volunteerism has important implications for positive youth development and it is thus essential youth are encouraged to participate

in such endeavors. This community program will explore the different types and opportunities for youth volunteerism, the benefits of those experiences and the ways by which we can encourage young people to volunteer.

Jan. 25 — Credit: How Do You Score?

Feb. 22 — Easy on Energy: Tips for Conserving

March 22 — Quick and Easy Salads

Sept. 27 — Who Cares for the Caregiver?

2006 Training Lessons Online

The 2006 leader training lessons are now online at <http://communityprograms.unl.edu>, including:

- Care Giving: Challenges and Rewards
- Dietary Guidelines for Americans 2005 and MyPyramid
- Embracing Entrepreneurship: New Economic Power for Your Community
- Health of Children
- One of Rural America's Greatest Challenges...Methamphetamine

FCE 2006 Achievement Night

The Family & Community Education Clubs 2006 Achievement Night was held in October. More than 40 members attended. Guest speaker was Barb Ogg who presented "Dating and Preserving Old Photographs." The Emerald and Salt Creek Circle clubs were on the 2006 Achievement Day Committee.



Membership award recipients (L-R): Donna Gill, Leoma Winch, Bonnie Krueger, Joy Kruse, Alice Sittler, Lois Reisel, Martha McLeod, Betty Moormeier, Shirley Heier, Joyce Riddle, Joanne McChesney

Membership Awards

50-YEAR MEMBER
Donna Gill (Individual)

45-YEAR MEMBERS
Bonnie Krueger (Salt Creek Circle)
Leoma Winch (Salt Creek Circle)

40-YEAR MEMBERS
Joy Kruse (49'ers)
Lois Reisel (Beltline)

35-YEAR MEMBER
Alice Sittler (Home Service)

30-YEAR MEMBER
Martha McLeod (Salt Creek Circle)

25-YEAR MEMBER
Betty Moormeier (Salt Creek Circle)

15-YEAR MEMBER
Shirley Heier (49'ers)

10-YEAR MEMBER
Joyce Riddle (Helpful Homemakers)

5-YEAR MEMBER
Joanne McChesney (49'ers)

NEW MEMBERS
Joyce Delisi (Emerald)
Elizabeth Meyer (49'ers)

Club Incentive Awards

Forty-Niners
Helpful Homemakers
Salt Creek Circle



by Lorene Bartos, UNL Extension Educator

Tips for a Warm, Cozy and Efficient Winter

- Wash and replace furnace filters every month. A clogged furnace filter reduces energy efficiency.
- Replace screens with storm windows and storm doors.
- Install plastic covers on single-pane glass.
- Repair or replace loose weather-stripping and caulking.
- Remove window air conditioners or cover them to keep cold air out.
- Open drapes on sunny days; keep closed at night and on overcast days.
- Humidify the air to feel warmer at cooler temperatures.
- Heat only rooms in use.
- Instead of turning up the thermostat, put on a sweater.

Holiday Spending Tips

Follow these tips to help prevent overspending during the holidays.

- Buy only those things fitting into your holiday spending plan.
- Keep records of spending so you know where most of the money is going.
- Check three sources for expensive items.
- Pay items charged on time in order to avoid interest charges.
- Keep the sales slips and warranties.
- Avoid shopping when tired,

hungry or when stores are crowded.

- Set an amount of money to be spent for each person.
- Shop with a list.

Consider options instead of giving a material gift, such as giving IOUs. An IOU is for a service you can perform for another person, such as babysitting, mowing grass, washing windows, shoveling snow, making a batch of cookies or a meal sometime during the year, etc.

Use your imagination and keep your holiday budget reasonable.

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 23, 5 pm to Saturday, Feb. 24, 5 pm



Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of activities. Fun, educational and confidence building. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Discuss self-responsibility and self-esteem
- Explore techniques to deal with peer pressure and stress
- Learn more about sexuality

• Discuss the importance of individual family values

Cost includes meals, snacks, lodging at Carol Joy Holling Center and the book, "Family Treasures, Creating Strong Families," by University of Nebraska-Lincoln Extension. Early bird registration by Dec. 15 is \$100 per pair. After Dec. 15, fee is \$120 per pair. For more information or a registration form, call Extension Educator Maureen Burson at 441-7180.