

EXTENSION CALENDAR

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

September

- 25 **Family & Community Education (FCE) Council Meeting** 1 p.m.
 26 **4-H Leader Training** 9:30 a.m. and 7 p.m.
Sep. 26–Oct. 1 Ak-Sar-Ben 4-H Livestock Exposition,
Qwest Center, Omaha
 27–28 **Termite Applicator Training** 8 a.m.–5 p.m.
 28 **Community & FCE Leader Training Lesson “Have it your Way – Putting Legal and Financial Affairs in Order”** 1 p.m.

October

- 1–7 **National 4-H Week**
 3 **4-H Horse Awards Night** 7 p.m.
 3 **4-H Council Meeting** 7 p.m.
 5 **ABC’s for Good Health - 3 part series** 10 a.m. or 6 p.m.
 8 **4-H Checkmates Chess Club Meeting** 3–5 p.m.
 8 **4-H Teen Council Meeting** 3 p.m.
 8–14 **National Family & Community Education (FCE) Week**
 10 **4-H Career Portfolio Training** 7 p.m.
 12 **ABC’s for Good Health - 3 part series** 10 a.m. or 6 p.m.
 12 **4-H Shooting Sports Reorganizational Meeting** 7 p.m.
 12 **Acreage Insights: Rural Living Clinic, “Weed Control on the Acreage”** 7–9 p.m.
 13 **Extension Board Meeting** 8 a.m.
 16 **Family & Community Education (FCE) Achievement Night** . 6:30 p.m.
 16 **4-H Horseless Club Organizational Meeting** 7 p.m.
 17 **Guardianship/Conservator Training** 5:30–8:30 p.m.
 19 **ABC’s for Good Health - 3 part series** 10 a.m. or 6 p.m.
 24 **Free Seminar, “Make-Ahead Meals”, BryanLGH Medical Center East, 1600 South 48th St.** 7–8:30 p.m.

Community Conversation on Immigrants & Refugees, Oct. 14

The University of Nebraska Community Outreach Partnership Center (COPC) is sponsoring a Community Conversation at Clinton Elementary School (1529 N. 29th St.) on Saturday, Oct. 14 from 8 a.m. to 12 p.m. The focus of this Community Conversation is on immigrants and refugees in the Lincoln

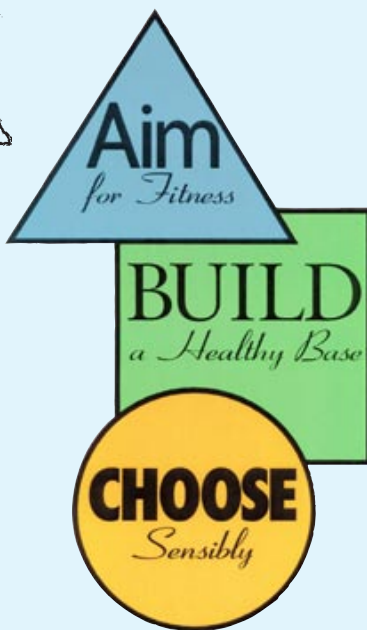
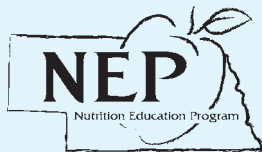
community. Participants will have the opportunity to hear from a panel of immigrants and refugees discussing the joys and struggles of coming to a new community. Additionally, participants will be encouraged to dialogue with other community members about strategies

and tools to foster immigrant participation in the community as well as enhance interethnic understanding. No cost to attend. Free breakfast and child-care provided. Pre-registration forms are available. Please call Jan Harris at 472-0597.

ABC’s for Good Health, Oct. 5, 12 & 19

A 3-Part Series Which can Change Your Life

UNL Extension Nutrition Education Program (NEP) is presenting “ABC’s for Good Health,” a free series aimed at limited- to moderate-income women. **If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program.** Upcoming dates are Thursdays, Oct. 5, 12 and 19. Choose between two time slots, 10 a.m.–12:30 p.m. or 6–8:30 p.m.



Learn that good health is as easy as:

- Aim for fitness – Increase your physical activity with a personalized walking program.
- Build a healthy base – Use MyPyramid to guide your food choices.
- Choose sensibly – Balance the foods you need and enjoy.

Participants receive:

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation ideas
- A cookbook (valued at \$15) after completing the series

Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by Sept. 28. Call NEP at 441-7180 for more information or to register.

2006 Make It Yourself with Wool Contest

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24

- Adult, 25 and over
- Made for Other (any age)

The District III contest will be held at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln on Saturday, Nov. 4 with registration beginning at 8:30 a.m. You may enter any district contest. For other district contest dates and locations, forms or more information, contact Tracy at 441-7180.



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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