

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

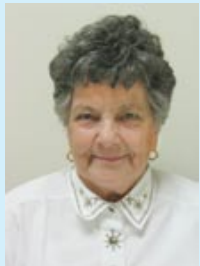
Alice Doane
FCE Council Chair

July found us on the road, again. I went to Minnesota to my brother's family reunion.

Ted went to the international Doane reunion in Davis, California.

The FCE annual Sizzling Summer Sampler was held July 11. We entertained 121 guests. It was a very enjoyable evening and a nice light supper.

A fun and educational program was given by John Rupnow, professor of Food Science at UNL. We learned how to make gummy bears



(ours came out looking like a string-no press machine). We were also told how some fast food chains make uniform onion rings. They chop onions and process them by using the same material in gummy bears to hold them together in a press. Taste and color is very important in the food world.

Dorothy Applebee, noted pianist, sat down at the keyboard and announced she was going to play London Bridge wearing many different hats. She entertained us for 40 minutes as a beginner to each phase of music history including classi-

cal, jazz, ragtime and modern popular music.

Keeping with the theme for the evening, many of our guests wore hats of different eras. What fun it was to see the different styles and colors we used to wear. Two groups from Seward County attended and, oh yes, the Red Hat ladies were in the audience also.

We sold over \$300 worth of raffle tickets for our scholarship fund.

Fourteen guests went home with baskets full of goodies.

Remember, to keep track of your volunteer hours and bring your sheet (filled out) to our next Council meeting on Monday, Sept. 25, 1 p.m.



FCE News & Events

Upcoming Dates

- **Aug. 23** — Reorganizational Packets available.
- **Sept. 25** — FCE Council Meeting, 1 p.m.
- **Sept. 28** — FCE & Community October Lesson Training, "Have It Your Way — Putting Legal & Financial Affairs in Order," 1 p.m.
- **Sept. 29–Oct. 1** — Nebraska Association for FCE Clubs State Convention, St. Paul, NE
- **Oct. 8–14** — National FCE Week
- **Oct. 16** — FCE Achievement Night, 6:30 p.m.

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2007 after Aug. 23. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

Council Meeting, Sept. 25

The next FCE Council meeting will be Monday, Sept. 25, 1 p.m. at the Lancaster Extension Education Center. Virginia VeeGergen will share information on the Fresh Start program for single homeless

women. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training, Sept. 28

The FCE and community leader training lesson "Have It Your Way—Putting Legal and Financial Affairs in Order" will be Thursday, Sept. 28, 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson. Topics include:

- How to make your wishes known,
- Where to go for help in legal and financial areas,
- How to have conversations with family members to make decisions and communicate with them.

If you are not an FCE member and would like to attend call Pam, 441-7180, so informational packets can be prepared.

Achievement Night, Oct. 16

The 2006 FCE Achievement Night will be Monday, Oct. 16, starting with a dessert at 6:30 p.m. Everyone is asked to bring food, paper products or a donation for the annual FCE Food Bank drive. An interesting program is being planned. Clubs and members will be recognized for years of membership. Call Pam, 441-7180, if you plan to attend.



by Lorene Bartos, UNL Extension Educator

Stain Removal Tips

Pollen: Gently shake the item to remove as much pollen as you can, then use the sticky side of a piece of tape to lift off the rest. Pretreat with a prewash stain remover. Launder using chlorine or oxygen bleach.

Rust: Use a commercial rust remover, using caution and following the directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain, it will set the stain.

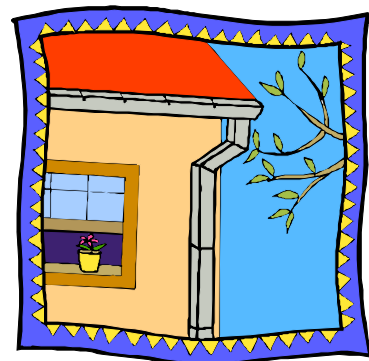
Fall Maintenance

Lorene Bartos
UNL Extension Educator

It may seem early but now is the time to think about fall maintenance of the home. Everyone will soon be busy with school and fall activities and winter will be here before we're ready. By doing a maintenance check now, the home will be ready for winter and it will save time and money later.

Schedule these jobs to be done this fall as time permits and involve the family in making the home and yard ready for next season.

- Rake debris away from the sides of the house and other outbuildings.
- Clean out gutters and check down spouts and roof for leaks.
- Clean out deck debris above joists.
- Note any foundation, brick or stucco cracks.
- Clean around air condition compressor.
- Trim away any limbs or shrubs touching the house.
- Clean flower beds and garden areas.
- Inspect and replace any worn weather-stripping.
- Inspect and clean windows, check storm window, if they are used.



- Inspect and lubricate windows for emergency exits.
- Clean out window wells and under decks and porches.
- After gardening season, clean and oil tools.
- Check chimney and have it cleaned, if necessary.
- Check crawl space for broken heating ducts, mold, excess moisture or insects.
- Prepare mowers and other yard equipment for storage.
- Check snow blower and make sure other snow removal equipment is in good shape and available.
- Clean the garage and/or storage shed.
- Find proper storage for summer games and sports equipment.

Enjoy the rest of the summer and take time to get the home and yard in order so the winter snow can come without the worry of what should have been done.

Starting the "New Year" Out Right

For many people, the new year starts in September, rather than in January. Fall is the time to shift gears. It is time to re-adjust to the daily demands of work and school and to make plans for the year.

Getting back into the "real world" after the summer often sounds harder than it is. A lot depends on our attitude. Is it really true vacations are always restful while work is tedious? Many of us welcome the return to a regular routine. For working parents, in fact, it may be a relief to get children off to school again. By the end of the summer, we and they are ready to go back to their respective jobs.

Easing Back into Home Routines

Now is the time to put into place the routines you

want to follow this year for both you and the children. Think of it as an opportunity to get a new start; to continue the things from last year that worked and to find new ways to handle those that didn't go so smoothly.

First decide what your goals are for yourself and the children. These should determine many of your practical plans.

Morning and Evenings Need Attention

Pay particular attention to the beginning and end of the day since these can be stressful times. Also, be aware of children's need for adequate sleep. In families in which both adults work, children are going to bed much later these days.

Understandably, parents who work want to spend time with their children in the evening, but late bedtimes affect what happens in school the next day.

Teachers across the country say, "Kids who are exhausted can't concentrate; they can't process information in the same way. It also affects their ability to socialize with their friends. There are more fights and tears when kids are tired." So the beginning of a new school year is an opportunity to adjust bedtime to allow for earlier rising. It may be hard to do, but be firm. Remember routines and rituals help children close down for the day and go to bed calmly.

Now is also the time to set up a clear plan for homework and TV. Take into account your arrival home, when you eat dinner, how much homework

time will be needed this year, which TV shows are top priority and work out a new evening schedule with your family.

Adjusting to Preschool

Young children especially adjust to new school or class situations by making a relationship with one adult—a new teacher or caregiver. When a child feels comfortable and safe in a new classroom or environment, he or she will be ready to have fun and learn and you will be able to go to work with a minimum of anxiety.

Your attitude can help or hinder this process. Communicate to your child you have confidence in the new teacher or caregiver. Make some time early in the year to get to know the teacher as a person and to exchange

information about yourselves as well as your child.

Coping With Pick-up Time

It may be hard, at first, to get your child to preschool, but most parents find it is even harder to pry their kids away at the end of the day. If you don't get a smile at pick-up time, don't be upset. Your child has "held it together" all day and is likely to ignore you or be cranky when you arrive.

Even though you are tired and anxious to get home, allow a few extra minutes to watch your child do an activity before you leave. They say goodbye—together—to the teacher, to the other children—and don't forget the guinea pig.