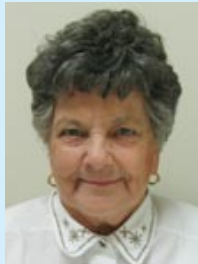


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



Where oh where did 2006 go? When I look at the calendar for 2007, it is full. I wonder if I'll be saying the same thing when we get to the end of 2007.

I'm glad we just had snow on the last day of the year and not all the ice in the central part of the state. I looked out on the porch, which has a plastic rail around it and saw snow stacking up to about eight inches. This is how it was in Kabul, Afghanistan

where the snow would come straight down due to no wind in the valley. That was 40 years ago. In the afternoon, the snow would be gone due to the sun and high elevation.

My husband Ted is back teaching the Japanese Agricultural Training Program at the University of Nebraska-Lincoln. There are seven men and one woman in this group. This is the 40th year for the program. The program lasts three months.

We are underway for another year of FCE. We are having our first Council meeting Jan. 22, 12:30 p.m., at the Parthenon Restaurant, 5500 S. 56th Street (just north of Highway 2).

This year we have seven clubs and 66 members. Yearbooks with the various committee members will be distributed and community projects will be discussed. All presidents should have received a letter and agenda earlier this month.

Wishing everyone a Happy New Years.



FCE News & Events

Upcoming Leader Training Lessons

The following FCE and community leader training lessons will be presented at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. If you are not an FCE member and would like to attend, call Pam at 441-7180 so informational packets can be prepared.

Thursday, Jan. 25 at 1 p.m.

— **Credit: How Do You Score** will be presented by Lorene Bartos, extension educator. Participants will learn what's in your credit record, who's looking at it and how can your

credit record affect you? Why should you be concerned with your credit score? With this education program, find out answers to these questions and other helpful insights into managing your credit reputation.

Thursday, Feb. 22 at 1 p.m. —Easy on Energy: Tips for Conserving will be present by Lorene Bartos, extension educator on This lesson will give ideas on going easier on the energy use and the budget by using simple energy conservation ideas. New products are available and product efficiency has increased! Participants will be able to identify five of ten energy saving measures and apply them to their own home.

Clearing Out and Cleaning Up

Start the New Year right with winter cleaning tips. Here are some easy-to-follow cleaning resolutions to get everything under control.

Restock

- Take inventory of your cleaning supplies. Store most frequently used items in a container that's easy to carry from room to room.
- In a multi-level home, invest in duplicate sets of cleaning supplies so you can indulge in spur-of-the-moment cleanup no matter where you are!
- Keep disinfectant wipes next to the kitchen, bathroom and laundry sinks for quick and easy cleanups.

Refresh

- Free up the fridge by discard-

ing leftovers.

- Use fabric refreshers to help remove odors from carpets, upholstery and curtains.
- Apply wrinkle-releasing spray to help make slipcovers and curtains look crisp and new. Spray in a sweeping motion until the item is slightly damp. Then, gently tug and smooth the wrinkles away.

Re-evaluate

- Small changes can make a big difference.
- Add a coat rack or door hooks for an easy place to hang jackets and scarves.
- Confine snacks to certain areas of the house to cut down on clutter and eliminate crumbs that might attract unwanted visitors.
- Sort mail next to the trash or

recycling container so junk mail doesn't pile up.

Recruit

- Enlist family members to take part in everyday pickup.
- Assign age-appropriate tasks. Preschoolers can put away their playthings. Teenagers can clean their own rooms and assist with laundry. With easy-care comforters, everyone can make (or help make) their own beds.

Review

- Before heading off to bed each night, do a quick walk-through. Recycle old newspapers, put dirty dishes in the dishwasher, hang up wayward wardrobe items. This way, each new day will be a fresh start!



by Lorene Bartos, UNL Extension Educator

Keeping Comforters Clean and Cozy

It's cold outside! And, that means your comforters are doing extra duty — and getting extra dirty. Frequent use means frequent laundering. Here's a guide to keeping comforters clean, cozy and comfortable.

Check the care instructions for any special requirements for comforters. Pretreat heavily-soiled areas with a prewash soil and stain remover. Set washer to high water level, delicate agitation and normal spin. Add detergent, partially fill it with warm water and stop the washer. Put the comforter into the washer, then squish it down to submerge. Turn washer back on, continue filling with water and complete the wash cycle. Check occasionally to be sure the comforter is still completely submerged. Tumble dry. Toss a few dry, clean towels in with your comforter to keep it from clumping. Periodically rearrange it so it dries evenly. Launder monthly or more often if someone is severely allergic to dust mites.

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 p.m. to Saturday, Feb. 24, 5 p.m.

Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. 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. Fee is \$120 per pair. For more information or a registration form, go to <http://lancaster.unl.edu/familiv/GUF.shtml> or call Extension Educator Maureen Burson at 441-7180.

Building a Strong Family

How do you build a strong family? One of the very first things is to let everyone know you **love** them. How do you do this? You start by telling them you love them from the time they are very young. No matter what age, we all need to be told we are loved.

Have family meetings to see everyone's point of view; discuss important events or items; sit down at the table and eat at least one meal together everyday; go to church or special events as a family.

Involve the whole family in large decisions such as moving or when changing jobs, etc. Teenagers may not like the change, however it will help the transition if you include them in the decision.

Even when you are frustrated or disgusted with their actions let your children know you love them. Wish them a good day as you send them off to school or play. Teenagers need to hear this even more than young children. Children need to realize what you

provide for them—a home, food, clothing, family support with an opportunity to get an education and the privilege to live in a "free" country.

How can you accomplish these things in life? Try these ideas for starters:

- Take a walk outside, enjoy the air, trees, birds, sky, etc.
- Write a note to tell each member how much you appreciate them and what they do.
- Prepare each member their favorite meal, it's just another way to say "I Love You."

- When moving with children, if you have a choice of schools let them help make the decision.
- Always hear all sides of the story in a discussion.
- Be the parent, not always the friend.
- Pick one night a week when everyone is home to have a "family night" (play games, watch a movie together, talk, laugh, look into the future and dream together).
- Vacation (plan it as a family)—where to go, what to do

and see, who to meet, how to get there.

- Talk to and **listen** to each other.

After trying a "family night" one night a week for a month see what happens? Has your family become stronger as a result of this activity?

Take time to be a family and enjoy!

Adapted from: UNL Extension Educator Gigi Gardner