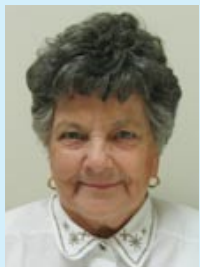


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



What a wet spring this has been. The United Methodist Women hosted its annual May Breakfast. This is the church's 125 anniversary. The program was a fashion show from 1860 to the present. The clothes sizes from 1860 to 1960 ran much smaller than today's styles. My great grandmothers dress from the Civil War needed washing and when it came out it looked like a wash and wear garment. The dresses of the 1920 era hung from the shoulder with no waist. One dress was

a Charleston dress covered with large silver sequins and bugle beads. The model even did the Charleston. There were five wedding dresses as well as dresses from every

decade. At the end, the models returned wearing their choice of clothes. We saw sportswear, casual dress, a nurses white coat and many other garments.

Monday, June 25, 1 p.m. the FCE Council will meet at the Northbridge Community Center, 1533 North 27. The speaker will be Jim Blue, president and CEO of Cedars.

Bring your Heritage Skills entries to this meeting for judging.

I hope you have marked your calendar for the Sizzling Summer Sampler, Tuesday, July 10, 6 p.m., at the Lancaster Extension Education Center. After a light supper our programs will be *Healthy Elegance* by Elizabeth Worley of *dessArts* and *Where is Tasmania?* by Don Janssen, extension educator. Send your \$10 reservation to Clarice Steffens by July 5.

FCE clubs are putting together baskets to be raffled off during the evening with the proceeds going toward the FCE Scholarship.



FCE News & Events

June 25 Council Meeting

The next FCE Council meeting will be Monday, June 25, 1 p.m. (note time change from your yearbook) at Northbridge Community Center, 27 and Holdrege Street. Jim Blue, president and CEO of Cedars will speak. Our business meeting will follow. Salt Creek Circle and Home Service have planned

the meeting. Entries for the Heritage Skills Contest should be brought to this meeting. Contest categories are ceramic, quilting, glass or original heritage skill. All FCE members are invited to attend.

Club Baskets

Help support the Lancaster County FCE Scholarship by providing a basket for the raffle on July 10 at the

Sizzling Summer Sampler. Baskets are provided this year. Call Lorene at 441-7180 or stop by and pick one up if your club hasn't already gotten them. Choose any theme. Use creativity in putting the baskets together—food, bath products, gardening, picnic or fun items.

Tickets will be sold the evening of July 10 for \$1 each or six for \$5.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Tuesday, July 10 • 6 to 9 p.m.
Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln

Cost \$10. Make checks payable to FCE Council. Send reservation and check by July 5 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430



Programs

"HEALTHY ELEGANCE"
Elizabeth Worley, of *dessArts*

"WHERE IS TASMANIA?"
Don Janssen,
UNL Extension Educator



by Lorene Bartos, UNL Extension Educator

Pack the following items when you go on vacation

- Plastic bags—assorted sizes
- Flashlight—helpful in emergencies
- Small sewing kit—thread, needle, buttons, scissor, safety pins
- Individually wrapped moist towelettes or a container of wet wipes
- Cups—paper, plastic or water bottles
- Umbrella

4th of July Safety Tips

The National Council on Fireworks Safety recommends the following:

- Adults should supervise all fireworks activities.
- Never give fireworks to young children.
- Always purchase fireworks for reliable sources.
- Use legal fireworks.
- Follow label directions carefully.
- Never point or throw fireworks at another person.
- Use fireworks outdoors in a clear area away from buildings and vehicles.
- Never carry fireworks in your pocket or shoot them in metal or glass containers.
- Light them one at a time then move back quickly.
- Don't experiment with homemade fireworks.
- Observe local laws and use common sense.

Have a safe and happy 4th of July.

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers (grandmothers, guardians or other adult females)



EASTERN 4-H CENTER, GRETNA

Friday, Oct. 5, 5 p.m. to Saturday, Oct. 6, 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 the teen years approach, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of

individual family values

Cost includes meals, snacks, lodging (modern cabins with restrooms and twin beds) and program materials. Early bird registration by Aug. 15 is \$120 per pair. *Two full scholarships based on need are available to Lancaster County 4-H families.*

For more information or a registration form, go to <http://lancaster.unl.edu/familiv/GUF.shtml> or call Maureen Burson at 441-7180.

Save Energy and Money by Using Compact Fluorescent Light Bulbs

Energy savings of up to 75 percent can be realized by changing regular light bulbs to compact fluorescent light bulbs (CFLs). By using less energy there is less pollution created. Since the wattage of a CFL bulb is lower than the incandescent a higher wattage CFL can be used which will give the same equivalent of

light. Suggested equivalent:	Standard Bulb	CFL Bulb
	60w	13-15w
	75w	20w
	100w	26-29w
	150w	38-42w

When using a compact fluorescent bulb on a dimmer switch, use a bulb made for use with dimmers. Check the package for details.

