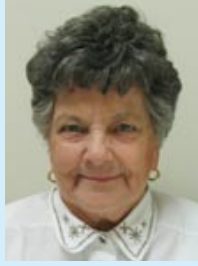


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



Planting season is in full swing. Spring is here. The lambs are doing well and it is fun to look out and see them running up and down the dirt piles in the lots. I think they are playing "king of the hill." Waverly's Hamlow first graders came to visit. Jill, the sheep dog, had to meet each bus. We decided the first graders have been coming to the farm for 24 years and now the second generation are coming. Matt Warner said

he remembered the trip and now he has a daughter in the group. The students enjoyed petting the bottle lambs and going to the hay loft.

I attended the Lancaster County

Speech Contest. I enjoy seeing how the 4-H'ers improve from year to year.

We attended the FFA Awards dinner. It was well presented and attended.

June 25 will be our next Council meeting. The time has been moved from evening to 1 p.m. and will be at North-

bridge Community Center. Jim Blue of Cedars will be our guest speaker. Bring your Heritage Skills entries.

The Sizzling Summer Sampler is July 10 at 6 p.m. Elizabeth Worley of dessArts will present one of our programs on Healthy

Elegance. Don Janssen, extension educator, will present the other program on Where is Tasmania?

During the evening, there will be a basket raffle to raise money for the scholarship fund. Hope your clubs have their baskets together!



FCE News & Events

Council Meeting, June 25

The next FCE Council meeting will be Monday, June 25, 1 p.m. (note time change from your yearbook) at Northbridge Community Center, 27th and Holdrege streets. 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. If your club hasn't already gotten a basket, call Lorene at 441-7180 or stop by and pick one up. Choose any theme. Use creativity in putting the baskets together—food, bath products, gardening, picnic or fun items.

Tickets will be sold at the Sizzling Summer Sampler 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



Pack Smart for Summer Vacation

Don't let the unexpected mishaps spoil your summer vacation! **PACK** these on-the-go cleaning supplies to help you stay clean and healthy.

Portability is key:

- Hand wipes for hand cleaning before road-side snacks or at the beach where sand and suntan lotion tend to stick around.
- Disinfectant spray and air sanitizers help to evict germs and odors from your hotel room.

Anticipate your needs:

- Stain removal wipes to stem the tide of summer stains, like ketchup and ice cream.
- Stain sticks to pretreat spots and stains, putting them on hold until the laundry brigade arrives.
- Gentle laundry detergent so bathing suits and other delicacies can come clean from the effects of surf and sun.

Clean your surfaces:

- Disinfectant wipes for commonly-touched surfaces in

your hotel room, such as doorknobs, telephones and remotes.

- Window and dusting wipes for those less-than-spotless vacation rentals.

Keep hands clean:

- Hand sanitizers to tag along on sightseeing trips and shopping excursions.
- Bar or liquid hand soap for camping trips and other expeditions where they might be in short supply.



by Lorene Bartos, UNL Extension Educator

To Clean a Sleeping Bag

Follow the care label directions on the sleeping bag. If the sleeping bag is washable, read the product label for recommended amount of detergent. Do not use bleach. Use a cool or cold water setting and a delicate or gentle cycle. For best results, run the bag through one or two extra rinse cycles without detergent. Carefully remove sleeping bag from washer. Dry in dryer at low heat or air setting (must be less than 125° F). Excessive heat could damage the fabric and insulation. Remove promptly and lay flat until cool. The sleeping bag may also be line dried after being sufficiently spin-dried to remove most of the water.

Grandparents Raising Grandchildren

If you are a grandparent, raising your grandchild in Nebraska, you aren't alone. A recent census indicates 3,796 children benefit from the 8,454 grandparents who are raising grandchildren in Nebraska. This includes approximately 946 Lancaster County grandparents. If you're a grandparent raising your grandchild, you have an important responsibility. The child you are raising faces unique challenges you need to think about.

UW-Extension Fact Sheets

University of Wisconsin-Extension has a series of nine fact sheets designed to help grandparents raising young children (birth to age 8) learn more about what to expect and where to turn for support. They are available free online at <http://www.uwex.edu/relationships/factsheets.html>



The Grandparents Raising Grandchildren fact sheet series was developed by Dr. Julie Poehleman and Dr. Mary Brintnall-Peterson at the University of Wisconsin-Madison with feedback from grandparents and experts in the field. The focus includes family relationships and child development. Topics include understanding children's behaviors, the importance of close relationships, open communication and maintaining contact with parents.

UNL Web Site Answers4Families

The Answers4Families project (Nebraska Network for Children and Families) provides information, dialogue, education, and support to Nebraskans with special



Information for grandparents as caregivers
Answers 4 Families

needs by providing Internet resources. The Web site, www.Answers4Families.org, is created and monitored by the University of Nebraska-Lincoln. The Web site is designed to assist:

- Grandparents raising grandchildren
- Families of children with disabilities
- Families with children with mental health issues
- Families with medically disabled children
- Families with adopted or foster children
- Families with an Alzheimer's patient
- Families caring for an elder

Families, caregivers, and professionals can subscribe to e-mail discussion groups, search the Nebraska Resource Referral System database, submit questions to a registered pharmacist through "AskRx", or to our "expert" of the month through the "Ask an Expert" program, and find links to numerous federal, state and local government agencies and organizations.

The Web site bears the seal of HON Code which means it complies with the eight principles of the HON (Health on the Net) Code conduct—a seal only given to Web sites of high standards.

Lincoln Area Agency on Aging

For additional information about Grandparenting Grandchildren, contact Donna Washburn, Lincoln Area Agency on Aging First Services at 441-7070 or 1-800-247-0938, online at www.lincoln.ne.gov, keyword: aging.