

## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### Presidents' Notes—Bonnie's Bits

**Bonnie Krueger**  
FCE Council Chair



This is my favorite time of the year. Easter came early and brings us new beginnings. Spring comes and winter takes retreat. New seed catalogues arrive and we can't wait to look through them and order all the new garden variety for 2008. We watch the shrubs and trees bud, dormant seeds beneath earths

floor leap from darkness. Fertile fields become green and lush. We all know the old saying *APRIL showers bring MAY flowers*. But then again, we only hope we don't

get APRIL FOOLED before it arrives.

Reminder the FCE Council meeting will be Monday, March 24 at 1 p.m. We will meet at the Olive Garden, 6100 "O" Street, for lunch followed by

our business meeting. Bring your items to the council meeting for the soldiers' boxes (see your president's letter for ideas).

Mark your calendar for Thursday, July 10 for our Sizzling Summer Sampler. Our program will be "Back to the Beach" Victorian through the '60s styles. Watch for more details coming in May.

Plant kindness and gather love.



## FCE News & Events

### Leader Training March 27

The next FCE and community leader training is scheduled for Thursday, March 27, 1 p.m. at the Lancaster Extension Education Center. This leader training lesson gives you the tools to present this topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

Extension Educator Lorene Bartos will present the lesson "Developing Cultural Understanding and Cultural Competence." This lesson focuses on how individuals can be more responsive to cultural differences and diversity in backgrounds and be global citizens in today's changing world.

Non-FCE members, please call Pam at 441-7180, to preregister so packets can be prepared.

### Southeast District Meeting, April 23

Lancaster County is hosting the Southeast District FCE meeting on Wednesday, April 23, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Janet Broer, Southeast District Director and a member of the Beltline FCE in our county, is organizing the event: **WOMEN EXTRA ORDINARE**.

The program and brunch, "Crackin' Up — Easy Egg and Turkey Dishes," will be presented by Mary Torell, Public Information Officer Poultry & Egg Division, Nebraska Department of Agriculture. The afternoon program "Fun with Quilts" will be presented by Twyla Lidolph, Salt Creek Circle FCE member.

Registration fee is \$10 (make checks payable to FCE District Meeting) and

includes the brunch. Mail to Janet Broer, SE District Director, 2201 Cardwell Road, Lincoln, NE 68523. Preregistrations are due April 18.

### FCE Scholarship Applications Due May 1

A \$400 Scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2008 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.



by Lorene Bartos, UNL Extension Educator

Most housecleaning work is done in the kitchen and the bathroom. Working from the cleanest to the dirtiest areas is the best way to clean these rooms. In the bathroom clean the mirror first, then the sink, toilet, tub/show and finally the floor. In the kitchen, clean the sink and countertops, range and stove top and then the floor. Also, if you have two or more levels to clean, keep cleaning supplies on each level so they are handy, it saves hauling them from floor to floor.

## Get Your Life/Home in Order

Organizing doesn't have to be an over whelming task. A good filing system is a place to start.

A filing system only works if it works for you and you can work with it. The following steps may be of help in developing a filing system—for you.

- Gather all materials to be filed in one location.
- Have available a wastebasket, file folders, labels and a pen.
- Pick up the item on the TOP of the pile and decide if this item has value for you. If it doesn't, **THROW IT AWAY!**
- If the item is of value, ask yourself the question, "What is this about, for me?" and choose a folder heading.
- Label the file folder and file the piece of paper you are holding; continue through the pile, one item at a time, consolidating as much as possible.

• When your mind begins to blur, **STOP FILING** for the day.

• Once your files are established, each time you consult a file folder, flip through it quickly to pick out and throw away the "dead wood." Help yourself feel more in control of your own life—**get those stacks of paper organized!**

A computer filing system works well for those who are electronically inclined. It is still important to have a filing system to handle the other important papers around the home.

Once the paper parade is in order you can start organizing the other parts of the home such as store rooms and closets. Well labeled tub and boxes will help organize these areas.

## More Fun in Your Family Life

There's hardly a family expert who would not agree with the message family fun is vitally important for healthy living. If you merely teach children how to cope with problems you haven't taught them how to experience joy. We're finding in our research just because a person isn't down doesn't mean he or she's up. Here's how to teach this important life skill:

**Make ordinary things fun.** One great thing about fun is it doesn't have to cost anything, and it doesn't have to take extra time. Psychologists say happiness is actually just a way of looking at your life, being willing to use any opportunity to laugh at anything that might come your way.

**Teach your children the magic of anticipation.** Kids learn from their parents how to look forward to things. It's important to sit down with your children daily and talk about upcoming happy events—to show them how to anticipate good times. It doesn't have to be a major event, like



a trip to Disney World or a holiday with tons of presents. Something simple, like talking about next weekend, will do just fine.

**Help your children be realistic about what's going to happen.** You get your kids in the mood for anticipating the wonderful things about to take place, and suddenly their imagination knows no bounds. You don't want to be a spoiler, but you also don't want to let your child's version of things swing wildly away from what's practical.

**Get in the habit of savoring the moment.** Children tend to be absorbed in the experience, while adults may step back and reflect on it.

Parents should be careful not to push their child in to adopting their analytic style. It's okay to let your child simply experience the wonderment of something, like rolling in a pile of leaves. Don't make her think she has to put a label on what she's feeling.

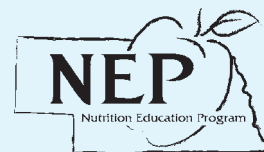
**Take plenty of strolls down memory lane.** It's OK to reminisce about old times, to savor things that happened in the past and keep them alive in your child's memory. Taking photographs and gathering souvenirs are very good ways. Also, tell stories about things the child has done.

**Encourage your children's playful side.** You can show your kids how to be light, how to take pleasure from life, how to be pleased with themselves. When you laugh at a child's jokes—even the early, rudimentary ones like putting his shoes on his ears—you're helping him develop what the world will later call his marvelous sense of humor.

Source: Debra Schroeder, UNL Extension Educator

## ABC's for Good Health, April 15 & 22

A 2-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 Tuesdays, April 15 and 22, 6-8:30 p.m.

**Learn that good health is as easy as:**

- A) Aim for fitness — Increase your physical activity with a personalized walking program.
- B) Build a healthy base — Use MyPyramid to guide your food choices.
- C) 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 April 8. Call NEP at 441-7180 for more information or to register.

