

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Bonnie's Bits

Bonnie Krueger
FCE Council Chair

Looks like August has made its arrival. Pray our storms are over for the year and we get beautiful rain showers and rainbows the rest of the summer.



Time to relax and enjoy family and friends. Enjoy your children and grandchildren, almost time for school to begin. Vacations are sort of out

of the picture because of gas prices, but we have lots of things to do right in our own backyards. County fair, beautiful parks, lakes and lots of historical places to enjoy. Have a wonderful summer.



FCE News & Events

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2009 after Aug. 22. 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. 22

The next FCE Council meeting will be Monday, Sept. 22, 7 p.m. at the Lancaster Extension Education Center. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training, Sept. 25

The FCE and community leader training lesson "Long Term Care: What Is It, Where Do You Pay For It?" will be Thursday, Sept. 25, 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson which will provide leaders with knowledge of care methods, cost of care, how services are financed, as well as who provides care to our nation's elderly and disabled adult citizens. If you are not an FCE member and would like to attend call Pam at 441-7180 so informational packets can be prepared.

Sizzling Summer Sampler a Success

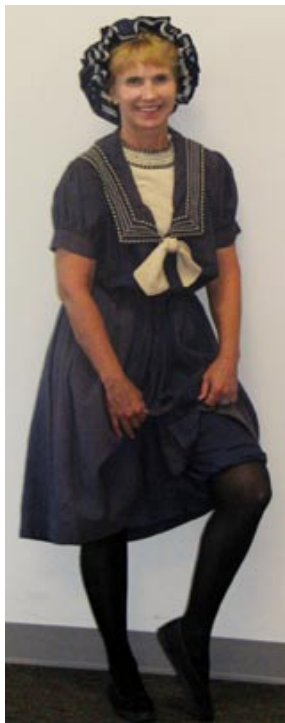
The Family & Community Education (FCE) Sizzling Summer Sampler held on July 10 was a success with 115 FCE members and friends in attendance.



The evening started with a light supper.



Fifteen baskets were raffled off, raising \$391 for the FCE Scholarship Fund.



Susan McLain presented "Yesterday's Lady: Back to the Beach" Victorian through the '60s styles.



by Lorene Bartos, UNL Extension Educator

Fabric Softener vs. Fabric Conditioner

Fabric softener is designed to make the items you wash feel soft and fluffy. It also reduces static cling and helps permanent-press fabrics to dry faster and wrinkle less. Fabric conditioner is designed to do all this, plus it makes clothes easier to iron.

A word of caution: In liquid forms, softeners and conditioners should be added to the wash during the final stages of the rinse cycle. Pouring either product directly onto sheets, towels, clothing, etc. may cause blue-gray, greasy-looking stains to appear.

So no matter which one you choose, read and follow the manufacturer's directions on the product's label.

Food Entrepreneur Workshop, Aug. 8

The University of Nebraska-Lincoln Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The "From Recipe to Reality" seminar will be offered Friday, Aug. 8. Pre-registration is required and space is limited. Registration deadline is July 28. There is a fee. Contact Jill Gifford at 472-2819 or jgifford1@unl.edu for an information packet.

Driver Safety Course, Sept. 23 & 24

The 55 ALIVE Driver Safety Program the nation's first and largest classroom driver refresher course designed for motorists age 50 and older. The 55 ALIVE course will be presented in Lincoln as two, four-hour sessions on Tuesday, Sept. 23 and Wednesday, Sept. 24 from 12:30 to 4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. AARP certified instructor Dwaine Alcorn will teach the sessions. Cost is \$10 payable at the door. To register for the class call 441-7180.

The course is designed to help you:

- Understand the effects of aging on driving.
- Learn driving strategies that take into account the changes we experience as we age.
- Identify the most common crash situations we face and reduce the changes of having a crash.
- Update your knowledge and understanding of today's roads, vehicles and other road users.
- Think about how you drive and identify when driving may no longer be safe.

STRENGTHENING FAMILY TREASURES

Daughter/Mother Camp

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

Friday, Oct. 10, 5 p.m. to Saturday, Oct. 11, 5 p.m.

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 and lodging at Eastern 4-H Center near Gretna. Fee is \$125 per pair.

Presented by UNL Extension. For more information or a registration form, call Maureen Burson at 441-7180 or go to <http://lancaster.unl.edu/family/guf.shtml> or



Boost Your Child's Brain Power

Family relationships are important. Interacting with children can increase brain power and results in better family communications. Here are 10 things that can boost your child's brain power (your child will love every one of them!).

1. Interaction. Your consistent, long-term attention actually increases your child's capacity to learn.

2. Loving Touch. Holding and cuddling does more than just comfort your baby—it aids brain growth.

3. Stability. Stable

relationships with parents and other caregivers decrease harmful stress.

4. Safety. Safe, healthy environments are free of lead, loud noises, sharp objects and other hazards.

5. Self-Esteem. Respect, encouragement and positive role models grow self-esteem from the beginning.

6. Quality Child Care. Trained teachers and family child care providers can make a positive difference.

7. Play. It helps your

child explore the senses and discover how the world works.

8. Communication. Talking with your baby builds verbal skills needed to succeed in school and later life.

9. Music. It expands your child's world, teaches new skills and offers a fun way to be with you.

10. Reading to your child. Show how important reading is and create a lifelong love of books by reading to your child from the beginning.