

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Transition

Alice Doane
FCE Council Chair 2007

As I write my last analysis, I think back over the past two years. First I want to say a big THANK YOU to Pam and Lorene for all the help they are to the FCE program in Lancaster County. We are very lucky to have the help from the extension office. Thank you to the former extension clubs for joining the FCE organization when the change was made a few years ago. You are still carrying on the work of the organization and I greatly appreciate it. Good luck, Bonnie, as the new president.



Bonnie Krueger
FCE Council Chair 2008

A special thank you to the past officers for all your planning and special programs. As your new FCE president I hope I can fill Alice's shoes. This won't be easy but with the help from all the officers and the FCE clubs we will have a successful year.

The new year for FCE starts out with new officers. Joy Kruse will serve as our secretary and Clarice Stefens will serve another term as treasurer. We are still in need of a vice president.

A little bit about myself. I am from Hickman



where I was born. In 1948, I married a farm boy, Richard Krueger from Roca, we have lived on the same farm for 60 years this May. We have three children, two son-in-laws and four living grand children and one deceased grandchild. I have been a member of Lancaster Extension FCE clubs 47 years. I am a member of Grace Lutheran Church, have served as President of the Hickman and Hallam American Legion Auxiliary Units and 8/40. My hobby is playing the organ. Music fills the Heart and Soul.

I look forward to having a fun and successful 2008 FCE year.

FCE News & Events

Upcoming Leader Training Lessons

The following FCE and community lesson leader trainings will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members should call Pam at 441-7180 to register.

"Banding Together for Strength," Jan. 3—Extension Educator Lorene Bartos will present "Banding

Together for Strength" on Thursday, Jan. 3, 1 p.m. Learn ways to use an elastic band to strengthen and maintain muscle as one grows older.

"What's New and Nutritious," Jan. 31—Extension Educators Alice Henneman and Lorene Bartos will present "What's New and Nutritious" on Thursday, Jan. 31, 1 p.m. Participants will learn about and taste new healthy foods available in the supermarket.

Council Meeting Jan. 28

The next FCE Council meeting will be Monday, Jan. 28, 1 p.m. at the Lancaster Extension Education Center. Installation of officers and planning for the new year will be the topic of the meeting. Each club should plan to have at least one representative attend. New club presidents are automatic council members.

FCE 2007 Achievement Night

The Family & Community Education Clubs 2007 Achievement Night was held in October. More than 40 members attended.

Guest speaker was Annette Wiechert who presented "Disasters Happen—How Prepared Are We." More than 125 pounds of canned food and paper products were donated for the annual FCE Food Bank Campaign.



Larisa Titov (left) received this year's FCE \$400 Scholarship. Sharon Brunker (right) is chair of the scholarship committee.

Membership Awards



Back, L-R: Carleen Schaepe (40); Carmalee Tuma (20); Jean Darr (35); Ann Smith (10). Seated, L-R: Ann Meier (55); Donna DeShon (30); Irene Colborn (50). Not pictured: Joyce Dolezal (40); Lorraine James (35); Lela Wagner (35) and Tausha Dybdal (5).

Club Incentive Awards Presented to Beltline, Helpful Homemakers and Salt Creek Circle



49'ers have been an organized club for 55 years.



Helpful Homemakers have been an organized club for 50 years.



by Lorene Bartos, UNL Extension Educator

Make a New Year's Resolution to:

- include all family members in doing household tasks.
- check the house for repairs – make a list and complete a task each month.
- keep the home orderly and organized by putting things back in their place after use.
- start recycling household items if you don't already.
- use energy saving techniques and purchase energy saving appliances.
- have a Happy and Safe New Year.

Teach Your Children Well

As the most influential teacher in a child's life, parents can help their children by:

- Teaching personal responsibility. Teach children (1) to "do it right" even when their friends/peers do not; (2) to know taking an unpopular position is OK; and (3) to take responsibility for their behavior rather than blaming others.
- Emphasizing the ripple effect/erosion principle. Help children to know what may be

inappropriate behavior. It is likely to be perpetuated.

- Spending time with them. Spend quality time with children. Turn off the TV! All parents are busy today. However, this does not give any parent the permission to overlook their most important task—parenting children. Children deserve more than the things parents can give them. They deserve their parents!

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 22, 5 p.m. to Saturday, Feb. 23, 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
 - 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 Carol

Joy Holling Center. Fee is \$100 per pair (4 people per room) or \$135 (2 people per room)—each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling.

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.