

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Bonnie's Bits

Bonnie Krueger
FCE Council Chair



June is busting out all over, so the song goes. Be sure you get your flag out to celebrate and show your respect for our independence on June 14, Flag Day. Our flag has a proud history, it was at the lead of every battle fought in America. It stands proudly on the surface of the moon

today. As American's we have every right to be proud of our country, our Nation and our Flag.

In 1909 in Spokane Washington, Sonora Dodd was in church

listening to a Mother's Day sermon and thought we should also honor our Fathers. In 1924 President Calvin

Coolidge proclaimed the third Sunday in June as Father's Day.

Happy Father's Day to all fathers. Remember your father with a red rose if he is living and a white rose if he is not.

The good old summertime will arrive June 20. We will all be looking for a cool spot.

Bring a friend to Sizzling Summer Sampler, July 10.



FCE News & Events

June Council Meeting

The June Council meeting will be Monday, June 23, 7 p.m. at the Lancaster Extension Education Center. Tonya Bernadt will present a program, "Going Green." The business meeting will follow. Entries for the Heritage Skills Contest should be brought to this meeting. Categories are hand stitchery, visual arts, creative writing (no poetry) and holiday articles. 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 (SSS). Baskets are available at the extension office. Choose any theme. Tickets will be sold at the SSS for \$1 each or 6 for \$5.

Southeast District FCE Meeting—Women Extra Ordinaire

Southeast District FCE members enjoyed a fun and educational meeting on April 23 at the Lancaster Extension Education Center. Janet Broer, Southeast District Director planned the hands-on omelet making brunch and program. Everyone went away with new ideas from networking with other members.



Dixie Albery, State FCE President speaks to Southeast District FCE members.



FCE members prepare their own omelets for lunch.



Mary Torell, Public Information Officer Poultry & Egg Division, Nebraska Department of Agriculture demonstrates making omelets.



Twyla Lidolph, Lancaster County FCE member tells about her many quilting projects.



by Lorene Bartos, UNL Extension Educator

Go Green—Clean with Vinegar

- Spray a mix of half white vinegar and half water onto soap scum in showers and bathtubs, leave sit then wipe or rinse off.
- Use as a fabric softener by adding half the amount of vinegar as you would your usual fabric softener.
- Use full strength to polish chrome and stainless steel.
- Use a mixture of half vinegar and half water to clean your iron. Add the mixture to your iron and allow it to steam itself clean.
- Use as a glass cleaner either full strength or mixed with water.
- Use white vinegar on urine mishaps on carpets, to prevent staining and remove odor.

June is Home Safety Month—Tips for creating a safer home

Home-related injuries result in nearly 20,000 deaths and 21 million medical visits on average each year. Families can take steps to create a safer home environment and prevent such leading hazards as falls, fires, burns and poisonings. Here are a few suggestions

- Keep stairs and pathways clear of clutter.
- Promptly wipe up spills and splashed bath water.
- Test the temperature of your hot water. If it is higher than 120°F, turn down the water heater dial.
- Keep all household products in their original packages. Packaging includes useful first aid information in the event of accidental exposure or ingestion.
- Keep all medicines, including vitamins, in their original, childproof containers and store them high up out of children's reach. Discard all medications and prescriptions that have expired.

- Install child-safe locks on cabinets where you keep cleaning supplies and medicines. Never assume a cabinet is too high for a curious, climbing toddler.
- Check all smoke alarms to make sure they are in working order.
- Don't leave cleaning buckets unattended. Even those with a small amount of liquid pose a danger to "top heavy" toddlers. If the child falls into a bucket, it may not tip over and he or she could drown. Even the water in the toilet can be a hazard to toddlers, so make sure all family members remember to close the lid.
- Place throw rugs over a rug-liner or choose rugs with non-skid backs to reduce your chance of falling.
- Post the Poison Control Center phone number (1-800-222-1222) by every land phone in your home and save it on your cell phone.

Youth Can Explore Career Options at Big Red Camps



The 2008 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Camps are June 15–20, except Unicameral Youth Conference is June 8–11. The following camps still had openings when Neblin went to press: Child Development, Dance, Food Molecular Biology, Golf, Movie Making, Quilt Design, Spiders, Theatre, Unicameral Youth Conference, and Web Design & Animation. Big Red Summer Academic Camps features eight career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska—Lincoln campus. Housing and food are provided. Brochures and registration forms are available at the extension office or online at <http://bigredcamps.unl.edu>. For more information, call 472-2805.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Thursday, 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 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Program

YESTERDAY'S LADY
"Back to the Beach"

Victorian through the '60s styles
presented by Susan McLain



1858 Women's bathing suit



1922 women's bathing suits

SHOW N TELL – Bring vintage clothing, swim wear, etc.

