

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Bonnie's Bits

Bonnie Krueger
FCE Council Chair



As I sit and write this, it is hard to believe summer is almost gone and fall is almost here. September 1st Labor Day, the founder remains unclear, but some of the credit to either

Peter McGuire Company founder of the American Federation of the holiday. Although Labor Day is meant as celebration of the labor movement and its achievements, it has



come to be celebration as the last, long summer weekend before Autumn.

My favorite saying is from Stanley Horowitz "Winter is an etching, Spring a water-color, Summer an oil painting and autumn a mosaic of them all.

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.

Achievement Night, Oct. 27

The 2008 FCE Achievement Night will be held at the Lancaster Extension Education Center on Monday, Oct. 27, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food Bank Campaign. Gloria Hall of Palmyra will present a program "Gramma's Aprons." Clubs and members will be recognized for years of membership. If you plan to attend, please call the extension office at 441-7180 and leave your name at the front desk.



by Lorene Bartos, UNL Extension Educator

Clean oven and BBQ mitts according to what they are made of:

Cloth mitts are usually made from several layers of fabric and insulation material, quilted together and treated with a flame-retardant finish. This type of mitt should be machine-washed frequently in hot water.

Neoprene mitts are made from the same material as wetsuits. They're machine-washable and can also be put in the dishwasher.

Silicone mitts are made by an injection mold process, using food-grade silicone. The easiest way to clean them is to put them in the dishwasher.

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.

Parenting Athletes to be Good Sports

As parents of athletes, we love to watch our children play in games and push them to achieve success in every play of each game. We sit on the edge of our seats waiting for the next moment in time when our child goes into the game and the team works together like a well oiled machine. At the same time, it's hard for us to walk the fine line between being supportive and becoming over-involved. However, through example and conscious teaching, we can help our children to have a positive experience in their activities and to become a good sport.

Ten Tips for Teaching Your Children About Sportsmanship

- 1) **Expect and reinforce good sportsmanship with your child.** Point out and reward good sportsmanship. Have a plan for dealing with poor sportsmanship.
- 2) **Model sportsmanship. Discuss how you personally show sportsmanship.** Describe how you can show respect to the opponent by shaking their parent's hands after the event. Describe the good feelings you get from being a good sport yourself.
- 3) **Help your child remember to play.** Discuss both the competi-



- 4) **Discuss the headlines.** When you watch TV or read the newspaper, point out actions related to sportsmanship. Ask your child what they think of competitors who "showboat" or about the cost to the team for a technical foul. Look for examples of positive behavior as well.
- 5) **Read books together with a sportsmanship theme.** Particularly younger children, you can use this time to discuss examples of good sportsmanship and poor sportsmanship behaviors.

6) **Reflect.** Use the language of sportsmanship (respect, integrity, responsibility, fairness) with your child when discussing practice and games. Ask them to think about why they had a bad or good game and what role sportsmanship played.

7) **Emphasize teamwork in team events.**

Help your child to think "we" instead of "me."

8) **Make sure you and your child know the rules of the event.**

When you know the rules of competition, you can help your child to follow the rules as well.

9) **Emphasize good sportsmanship at home.** Games or contests at home are great family activities. Keep sports-

manship in-line during these activities. Watch for teachable moments when your family is engaged in competition.

10) **Emphasize good character in daily life.**

The same behaviors that demonstrate good sportsmanship extend beyond the competitive arena. Promote respect, responsibility, trustworthiness, fairness, caring and citizenship in your daily lives.

Written by: Deb Weitzenkamp, UNL Extension Educator. Source: www.greatfansgreatsports.com

Great Fans. Great Sports.SM Sportsmanship Checklist

- I abide by the rules of the event.
- I try to avoid arguments.
- I share in the responsibilities of the team.
- I give everyone a chance to play according to the rules.
- I always play fair.
- I follow the directions of the coach/leader.
- I respect the other team's effort.
- I offer encouragement to my teammates.
- I accept the judgment calls of the officials or judges.
- I end the competition smoothly and graciously – win or lose.

Sportsmanship is the ability to:

- win without gloating (don't rub it in)
- lose without complaining (don't make excuses)
- treat your opponent, your teammates and the officials/judges with respect

FOR MORE INFORMATION

University of Nebraska-Lincoln Extension's Web site "Great Fans. Great Sports" at www.greatfansgreatsports.com has additional resources such as Action Plans, Educational Activities, Training Materials and more.