

## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View—Bonnie's Bits

**Bonnie Krueger**  
FCE Council Chair

Feb. 2 is time for the groundhog (wood chuck) to either not see his shadow and have spring on its way or see his shadow and have six more weeks of winter. Hope



he doesn't see his shadow. I'm ready for spring. Of course we can't forget Valentine's Day. Did you know there are 192 million cards exchanged annually making Valentine's Day the second most popular

greeting card giving occasion. Let us not forget our troops and veterans serving our country.

Feb. 16 will be a federal holiday to celebrate two famous presidents, George Washington and Abraham Lincoln. Happy Valentines Day!



## FCE News & Events

### FCE Council Meeting, Jan. 26

The first FCE Council meeting for 2009 will be Monday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. Debbie Way from Ropers will present a program on "Who Gets Grandma's Yellow Plate." An agenda has been sent to the 2009 club presidents. Club presidents are automatic council members. Each club should plan to have at least one representative attend, but everyone is welcome.

### Upcoming Leader Training Lessons

The FCE and community leader training lesson, "Fitting in the Fiber" will be Tuesday, Jan. 27 at 1 p.m. Extension Educators Alice Henneman and Lorene Bartos will teach the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber.

The FCE and Community leader training lesson "Bullying" will be

Tuesday, Feb. 24 at 1 p.m. Extension Educator Lorene Bartos will present the lesson. This lesson will help parents, teachers and others learn how to equip children with the skills and knowledge necessary to identify and deal with bullying.

Trainings will be at the at the Lancaster Extension Education Center. If you are not an FCE member and would like to attend, please call Pam at 441-7180 so packets can be prepared.

## Beltline FCE Club: 1931-2008

Beltline FCE, 77 years 10 months, conducted their last meeting Monday, Dec. 1, 2008. The group, then called Beltline Women's Club, was born on March 15, 1931 with a meeting at Beltline School and was attended by almost 20 women. On March 1, 1937, the Women's Club decided to join with the Lancaster County Extension Service and they officially became



Photo taken at the last meeting of the Beltline club. Sharlee Green, Elvina Lyman, Lois Reisel, Janet Broer and Mary Coulter. Not pictured is Lana Rinke.

an Extension Club. Early minutes included family names no longer familiar to any of us. During the 1940s, '50s, and '60s membership remained steady at 22-26 members. Attendance reports always included the number of homemakers (including the husband/father's name) and their children who came to these afternoon monthly meetings and were meticulously recorded in old world script. Programs consisted of ideas to make life easier and time more efficient in performing home-making skills, such as food processing and ironing a man's shirt.

In 1956, Beltline Extension Club sponsored a dance to raise money for polio research and netted \$804! Meetings often ended with an evening meal in the Beltline School basement. It seems the neighborhood enjoyed a lot of camaraderie with each other in picnics and social times together.

By the 1970s, yearly memberships averaged 14-18 women, children no longer came with mothers to evening meetings and programs were becoming a bit more focused on helpful "mix" cooking. By the 1980s, younger women joined the everyday

work force and not extension clubs.

In the 1990s, the name changed to Beltline FCE. We no longer needed Gateway Auditorium to put on our county fall Achievement Day, member deaths averaged about one every couple of years, and skills of sewing and cooking were directed more to elderly needs. We looked for answers to problems with combining families, drug use, packaged meals and exercises to live longer.

By 2008, Beltline FCE was down to six survivors; we range in age from 60 to 86 years. In the last year, death has claimed another member and a member's spouse. The memories comprise community service projects, guessing secret-pals, learning origami techniques, crafting Christmas plates, creating carpet flower wall hangings and flavoring popcorn. We are old and we are tired, but we will continue to cherish the precious friendships and provide comfort to each other in time of need. We have acquired strong family attributes; none of us have divorced. It has been a great life with extension club and FCE.

—Jan Broer, Beltline Member



by Lorene Bartos, UNL Extension Educator

### How to Keep Red Clothes from Turning Pink

Red is a popular color in Nebraska and also in the month of February. Laundering red garments, particularly new ones, can present some challenges. That's because, in order to produce a bright, rich color, red fabrics are often overdyed. When laundered, the color may fade or the red dye may transfer to other items. To prevent this from happening, The Soap and Detergent Association, has some hints.

**General Laundering:** Launder red items in cold water, either by themselves or with other bright colors. For color-blocked garments, such as a red shirt with a white collar, or multicolored items, such as a print on a red background, add a dye-trapping cloth to the wash. It's designed to absorb and trap loose dyes during laundering, locking them away so they can't redeposit onto other clothes. These may not always solve all problems with red dyes.

**If the dye bleeds:** Pre-treat the area and relaunder the garment in the warmest water that's safe for the fabric. Don't dry the garment until the bleeding is removed, as drying in a hot dryer may set the stain. Once the bleeding is removed, dry promptly. Dye transfer can also occur when damp items stay in contact with each other for a period of time.

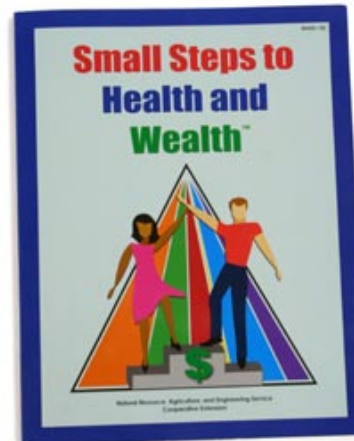


## Small Steps to Health and Wealth

*A program designed to motivate participants to improve both their health and their finances*

UNL Extension will present a series of online workshops  
**Thursdays**  
**Jan. 29–**  
**April 30**

**12:15–1:00 p.m.**  
(workshops will be recorded and can be viewed later)



<http://smallsteps.unl.edu>

"Small Steps to Health and Wealth" encourages participants to set health and/or wealth goals and take action to achieve their goals by identifying small progress steps.

All that is needed is a computer with Internet access and a phone. Workbook costs \$20 (available at the extension office) or lessons can be downloaded at <http://smallsteps.unl.edu>

You can participate via the computer or attend a small group which will meet on UNL City Campus, Mabel Lee Hall, room 270 at 12 noon–1 p.m. on the above dates. To register for either option, go to the above web site (for the small group, indicate "campus small group").

The program explores 25 behavior-change strategies that can be applied to improve your health, increase your wealth or both. The workbook includes action steps and worksheets. Participants are encouraged to share their successes.

For more information, contact Lorene Bartos at [lbartos1@unl.edu](mailto:lbartos1@unl.edu) or 441-7180.