

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View—Bonnie's Bits

Bonnie Krueger
FCE Council Chair



"Happy New Year"
A New Year 2009
A New President

Time for changes. Did you make your resolution for 2009? My resolution was for:

neighboring countries.
Hope to return

Hope—
Peace—
Love

Hope we can make
Peace around
the world.
Love to all our



our military back to there families; shelter and feed the less fortunate.

Time for change.
Also time for our year of new lessons and meetings. Our first FCE Council meeting will be Jan. 26. Hope to see you there.

FCE News & Events

2008 FCE Scholarship Winner

Josiah Unger of Sprague received this year's \$400 FCE scholarship. He is working toward a Bachelor of Science in Nursing at BryanLGH College of Health Sciences. Josiah says "With the rising cost of education and living expenses, I am so thankful for this scholarship. It is because of generous organizations such as the Lancaster County Family and Community Education Clubs that I am able to continue my education. Your contribution to my academic career is one in which I will be forever grateful." Sharon Brunk and Mary Coulter are co-chairs of this year's FCE Education and Scholarship Committee.



Upcoming Leader Training Lessons

The FCE and Community leader training lesson, "Housing Options for Today and Tomorrow" will be Tuesday, Jan. 6, 1 p.m. at the Lancaster Extension Education Center, Lincoln. Extension Educator Lorene Bartos will provide leaders with an understanding of housing and related service options for older persons in making housing choices today and planning for the future. The design, layout, features, maintenance, cost, services available and location of the home can help or hinder the person's ability to continue to live "on their own."

The FCE and Community leader training lesson, "Fitting in

the Fiber" will be Tuesday, Jan. 27, 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.

If you are not an FCE member and would like to attend either training, please call Pam at 441-7180 so informational packets can be prepared.

FCE Council Meeting, Jan. 26

The first FCE Council meeting for 2009 will be Monday, Jan. 26. Time and more details will be sent to the 2009 club presidents. Club presidents are automatic council members. Each club should plan to have at least one representative attend.

FCE 2008 Achievement Night

The Family & Community Education Clubs 2008 Achievement Night was held in October. More than 45 members attended. Guest speaker was Gloria Hall who presented "Grandma's Aprons." Many FCE members brought aprons to share. Members donated 141 pounds of canned food and paper products, as well as cash, for the annual FCE Food Bank Campaign.



Above: Gloria Hall brought dozens of handmade aprons to show. At right: Twyla Lidolph showed an apron which can be buttoned into a bonnet.



Club Incentive Awards

Presented to Beltline, 49'ers, Helpful Homemakers and Salt Creek Circle

Membership Awards

(years of membership indicated in parentheses)



Back, L-R: Lorena Maxson (50), Janice Ruliffson (50), LaVonne Millwood (50), Marian Storm (45); Front, L-R: Alice Urbach (50), Darleen Isley (55), Margaret Blacketer (50)



Back, L-R: Mary Coulter (30), Kaye Eggers (30), Kay Madsen (30), Ilene Sieck (30); Front, L-R: Judy Schutz (30), Elvina Lyman (25), Elsa Amen (40)

Not pictured: Jeanette Priess (50), Sondra Block (40), Janie Schrader (40), Sharon Brunke (25)

30-Year Club Live and Learn



by Lorene Bartos, UNL Extension Educator

How to Keep Your Favorite Sweaters in Tip-Top Shape

When choosing a sweater, price is just one consideration.

Read and follow the care label instructions:

Machine washing—When in doubt about water temperature, choose a cold water wash. Use a detergent formulated for delicates.

Hand washing—Gently swish the sweater around in the wash. Do not rub or wring. Rinse thoroughly, then roll the sweater in a towel and press gently to remove excess moisture. Some washers, though, do have hand wash cycles.

Drying—Hand wash-only sweaters should be dried flat. Machine-washable sweaters can sometimes be dried in the dryer on low heat. Check the care label to be sure.

Blocking—Soft, hand wash-only sweaters may lose their shape during washing. To restore them, trace the outline of the sweater onto a piece of brown or craft paper before cleaning. Use it as a pattern to block the sweater to its original size and shape.

Dry cleaning—In-dryer cleaning kits can be used to remove odors and light soil. For stains and heavy soil, take dry clean-only sweaters to a professional dry cleaner.

Daily Care—Sweaters should be folded for storage. Hanging a sweater can stretch it out of shape. Be careful what jewelry you wear with your sweater as some knits are delicate and easily snagged.



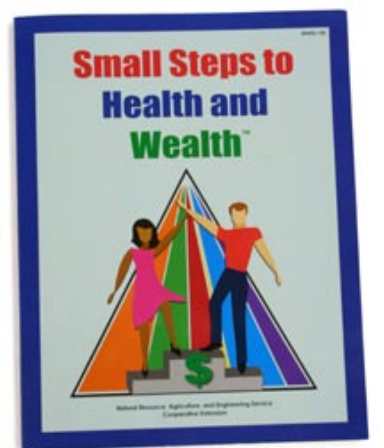
Small Steps to Health and Wealth

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 free at <http://smallsteps.unl.edu>

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.

Small Steps to Health and Wealth is part of a national program being adopted across the United States. For more information, contact Lorene Bartos at lbartos1@unl.edu or 441-7180.