

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

January

- 2 All 4-H Career Portfolios, Scholarships and Award Applications Due to Extension
- 6 Family & Community Education (FCE) Council & Community Leader Training, "Housing Options for Today and Tomorrow" 1 p.m.
- 6 4-H Council Meeting 7 p.m.
- 8 4-H/FFA Livestock Superintendent Meeting (beef, dairy, swine, sheep and goats), Lancaster Event Center, 4-H Office . 6:30 p.m.
- 8 4-H Rabbit VIPs Committee Meeting, Lancaster Event Center, 4-H Office 7 p.m.
- 9 Extension Board Meeting 8 a.m.
- 11 4-H Teen Council Meeting 3 p.m.
- 13 Guardian/Conservator Training 1:30-4:30 p.m.
- 15 Parents Forever/Kids Talk About Divorce 5:30-9:30 p.m.
- 20 4th & 5th Grade 4-H Lock-In Registrations Due to Extension
- 23-24 4th & 5th Grade 4-H Lock-In 8 p.m.-8 a.m.
- 26 Family & Community Education (FCE) Council Meeting, TBA.... TBA
- 27 Family & Community Education (FCE) Council & Community Leader Training, "Fitting in the Fiber" 1 p.m.
- 29 Private Pesticide Applicator Training 8:30-11:30 a.m. and 6:30-9:30 p.m.
- 29 Small Steps to Health and Wealth, online workshop 12:15-1 p.m.
- 30 4-H Horse Stampede entries Due to Extension

Horsin' Around, Feb. 14-15

The 16th Annual Horsin' Around will be held Feb. 14-15 in the RB Warren Arena, Animal Science building on UNL East Campus. Pre-registration will begin Jan. 5. Clinicians this year include Nancy Cahill, who is one of the countries most respected and sought after instructors and clinicians.

- Saturday's schedule is 9 a.m.-5 p.m. and includes:
- Finding the versatile athlete
 - Accessing your horses abilities and making the most of what you have
 - Gaining control for maximum performance
 - Getting all pluses from your supplements!
 - Western Horsemanship: Developing the horse and rider team
 - The Trail Class horse - Getting Started

Sunday's schedule is 9 a.m.-4:30 p.m. and includes:

- Fine tuning for Showmanship at Halter
- More on Trail!
- Dealing with "Unwanted" Horses in Nebraska
- Training for Western Riding

Pre-registration cost for adults is \$30 for both days or \$20/day; youth is \$20 for both days or \$15/day. Cost at the door for adults is \$40 both days or \$25/day; youth is \$30 for both days or \$20/day. For more information and registration forms contact Kathy Anderson at 472-6414 or go to <http://www.animalscience.unl.edu/extension/equine.html>

More Plastic Can Be Recycled in Lincoln/Lancaster County

The City of Lincoln recently announced plastic containers with the numbers 3, 4 and 5 can now be recycled at the drop-off sites in Lincoln and Lancaster County. The city had previously collected only plastic with the numbers 1 and 2.

"By expanding the types of plastic we recycle, we can keep even more trash out of our landfill," said Greg MacLean, Director of the City Public Works and Utilities Department.

Residents can place all plastic containers numbers 1 through 5 in the same compartment at the recycling sites. The numbers are usually inside the recycling logo on the bottom of containers.

The city operates a network of 33 recycling drop-off sites in the city and county. A map of the recycling drop-off site locations was published in the Nov./Dec. 2008 Nebline and is online at <http://www.lincoln.ne.gov> (keyword "recycle").

National Youth Horse Symposium in Lincoln, March 27-29

The University of Nebraska-Lincoln Extension will host the American Youth Horse Council's 2009 National Horse Leaders Symposium in Lincoln on March 27-29. This will be a tremendous opportunity for anyone involved with youth and horses!

This symposium brings together industry professionals, educational leaders and veterinarians to present topics and expand knowledge of leaders or youth horse programs all across the U.S. not only are there sessions for adult leaders, but the youth track has

been tremendously popular and worthwhile.

The Nebraska 4-H Horse Advisory Committee is providing grants to assist 4-H Horse Leaders and Youth to attend this symposium. Grants will be awarded to 10 leaders (\$200 each) and 10 Youth (\$150 each).

Applications and additional brochures can be found at <http://www.animalscience.unl.edu/extension/equine.html>. More information on the symposium can be found at <http://www.ayhc.com/symposium.htm>

Families

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Successful Management of Stress and Crisis

Strong families are not immune to stress and crisis, but they are not as crisis-prone as troubled families tend to be. Rather, they possess the ability to manage both daily stressors and difficult life crises creatively and effectively. They know how to prevent trouble before it happens and how to work together to meet challenges when they inevitably occur in life. Families who manage

stress and crisis well have these qualities:

- Adaptability
- Seeing crises as challenges and opportunities
- Growing through crisis together
- Openness to change
- Resilience

Where Does Love Fit in the Family Strengths Model?

In earlier models of family strengths, all of the family strengths were seen in a circular fashion—intertwined, highly related, and essentially inseparable—and the concept of love was placed in the center. This model works well for cultures

where love is a central concept. In fact, when a researcher asks many Americans about the strengths of their families, love is likely to be cited many times.

Love can be both a feeling one has for others, and a loving action that human beings demonstrate regularly toward each other. Loving actions toward each other lead to warm and loving feelings, and these feelings lead to loving actions in a reciprocal process. Though an abusive spouse may say, "I love you," words without loving actions are meaningless.

Source: UNL Extension NebGuide G1885 "Creating a Strong Family: What is a Strong Family?"



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension in Lancaster County

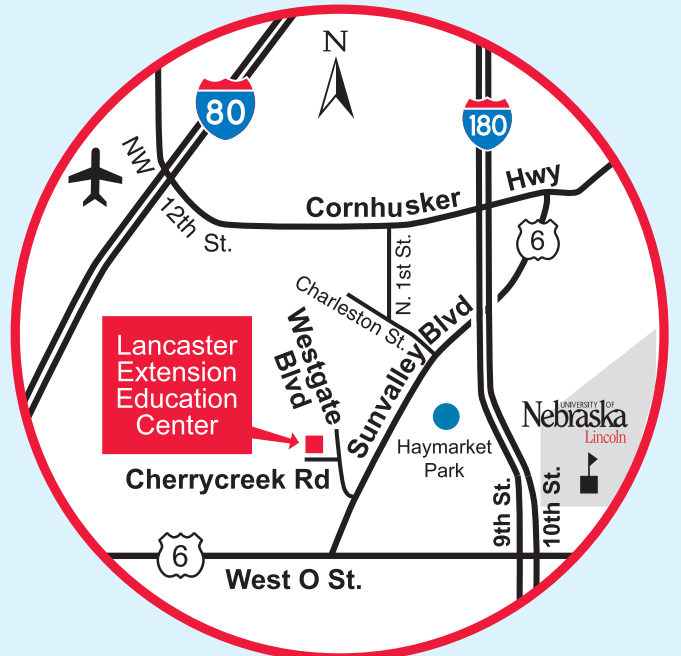
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