

Jean's Journal

Jean Wheelock
FCE Council Chair



Thanks to the many ladies who attended the March council meeting. The food and conversations were great. A very special "thank you" to Mary Carlson from the American Cancer Society. She presented a very important message to us about a monthly self-examination of our bodies for any changes that might occur. These examinations are equally

important for the men in our families, as well. So let's promise ourselves to take better care of our health.

A reminder to clubs that our June 22 FCE Council meeting will be a "white elephant" auction. Hope to see you all there. Bring a friend or two and have fun. I will be gone during May. Our youngest daughter is getting married and I am spending time with her before the BIG day.

To all the moms, hope you had a Happy Mother's Day. (JW)

The **June FCE Council meeting** will be held Monday, June 22, 7:00 p.m. Delegates to the state convention will give reports. A "White Elephant" silent auction will be held as a fund raiser. Everyone is encouraged to bring their white elephants and "cash"! Bring friends. The FCE scholarship will also be presented at this meeting. Mark your calendar! Join the fun and fellowship. (LB)

Create "I" Messages—share feelings without blaming:

• An "I" message usually takes the form: "When (describe what happens that is a problem), I feel (describe the feeling)."

• Examples: "When I see mud on the floor, I feel frustrated." "When you hit a classmate, I feel sad and angry."

• Practice "I" messages. (LJ)



Dollar watch: develop a family spending plan

LaDeane Jha
Extension Educator

Where does all the money go? House payment or rent? Utility bills? Clothes? Some money spent for snacks or videos may just seem to disappear from your wallet. Knowing how much you spend and what you spend money for is the first step towards developing a family spending plan.

A spending plan can give you more control of family living expenses, can help you

decide where you are financially and help you decide where you want to be. By working together, your family can develop a unique plan to improve your family financial well-being.

Set Goals

Together, decide what is important to your family now and two to five years from now. Then decide what is important five to twenty years from now—things like a down payment on a house or college for the children. Estimate the amount you need to start saving to achieve these

future goals.
Needs vs Wants

We all have to pay for certain things like food, rent or house payments, utilities and clothing. These are needs and are essential to your family's well-being. What do you wish you could spend your money on? These are wants and can become goals, however, most people rarely get all the things they want.

The following guidelines may help you to develop a spending plan.

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Family Living



by Lorene Bartos, Extension Educator

Cleaning electric blankets

Electric blankets should never be dry-cleaned, warns The Soap and Detergent Association. The dry-cleaning solvents can damage the blanket's wiring. When the blanket needs to be cleaned, read and follow the care label instructions.

To avoid damaging the blanket wiring, there are some general tips to keep in mind. Wash the blanket in lukewarm water for two minutes using a delicate or gentle cycle. Do not use bleach. Rinse in lukewarm water and spin dry. Do not twist or wring vigorously. Gently hand stretch the blanket to its original size.

Do not dry in a commercial or laundromat dryer. Preheat the home dryer on a low temperature setting for two minutes. Tumble-dry the blanket for 10 minutes. Remove while still damp, gently stretch to original size and air-dry over parallel lines or a shower rail. Never iron the blanket, and be sure it is completely dry before using it or turning it on. (LB)

CHARACTER COUNTS! Workshop



May 28, 1998

8:30 a.m.-12:00 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road

What is Character Counts?

Character Counts! is a curriculum designed to:

- emphasize the need for character
- teach the six pillars of character
- encourage accountability
- enhance ethical decision-making
- create an atmosphere that encourages good character
- support character development activities



Registration

Name _____
 Organization/Club _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Fax _____
 E-mail _____

Registration fee of \$5.00 per person must be enclosed with registration. Make check(s) payable to Cooperative Extension.

Registration deadline is **Friday, May 22.**

Return to: University of Nebraska Cooperative Extension in Lancaster County, LaDeane Jha, 444 Cherrycreek Road, Lincoln, NE 68528-1507

Sizzling Summer Sampler

sponsored by FCE Council

Thursday, July 9, 6 to 9 p.m.

Light supper
at 6:00 p.m.

Learnshops:

- Foods demonstration
- Preserving pictures
- Let's have another cup of tea

Plan to attend. Invite a friend.
Cost \$7.50.

Make checks payable to: FCE Council.

Send reservations to:

Joy Kruse, 850 Adams, Lincoln, NE 68521

Mark your calendar today!

Join the fun and fellowship. (LB)

