

TAKING TIME

by Rebecca Wolf

Extension Home Economist



A MOTHER OF THE '90S
 "Mother." I wonder if Webster would ever considered defining the term as, "A woman who acts as chauffeur, counselor, teacher, manager, and accountant for her children while filling other roles like co-worker, wife, daughter, friend, and volunteer. A woman who, with limited time, energy, and finances, strives to satisfy an unlimited, unending set of demands."

Mothers. Tomorrow we set aside a day to celebrate your importance. With all the hoopla I can possibly create, I salute you!

Mothers have always faced challenges, but a mother of the '90s is confronted with a new set of issues and questions. Consider these changes affecting mothers:

In the 1960s, 29 percent of married women with children under 18 worked outside the home. In the 1990s, 65 percent of all married women with children under 18 work outside the home.

Twenty-five percent of families are single-parent families.

The population over age 65 in Pennsylvania is rapidly increasing and daughters and daughters-in-law are primary caregivers. Some 1.8 million women now care for parents and children simultaneously. One report estimates that on the average a woman will spend 17 years caring for children and 18 years caring for an aging parent.

Mothers may get overwhelmed. In support of all those moms who are trying to do their best, I'd like to suggest some ways for the rest of us to encourage them.

For Mother's Day:
 • Exercise your creativity and make a card for her to display on the refrigerator, car dash, or bulletin board that says, "If I don't do it, it won't be done exactly the way I want it. And that's okay!" Or "I heard the good news... Superwoman doesn't live here anymore."

Let her know it's okay (in fact, she's setting a realistic example for

her children) to not do everything.

- Bring her fresh cut garden or wildflowers and tell her, "My love is always with you. I trust you to ask for my support."

- Give her a much-deserved back rub or foot rub.

- Sit on the chair and rock together while you listen to soothing music.

- Iron a newly, laundered set of sheets and pillow cases and as a team effort with dad or other children, make up and turn down her bed as a special treat.

- Toddlers may invite mom to unwind with them in a hot bubble bath accented by warm candlelight at the end of the day.

- Surprise her with an unexplained break from your presence and the kids. "We're going out... enjoy your break!"

- Give her a note that outlines the ways you want to celebrate her efforts and support her in the weeks to come. These may include making dinner one night each week, agreeing to carry the dirty laundry hamper downstairs each time she needs it, promising to bathe the youngsters several evenings each week so she can have some quiet time to herself, regularly clearing off your own dishes after meals, volunteering to pump the gasoline when you're in the car, asking if she needs anything the next time you run an errand in town (and not resenting it when she says, "Yes, would you please..."), saying at least once every day, "I love you, and I appreciate what you do."

Most of these "acts of care" take little time. Ironically, most of them would also be a grand morale boost to the overworked mom. It's a matter of taking time.

If you're a mom, don't be embarrassed to drop a few of these suggestions as hints. Take advantage of the opportune moment — Mother's Day.

And remember, do take some time for yourself. You've earned it. Here's to you!



Lancaster Society 18

Lancaster Farm Women Society #18 met at the Farm & Home Center, 1383 Arcadia Road, with a luncheon. Members entertained Society #21 with a fashion show put on by "The Trunk" from Ephrata.

The next meeting will be held at the home of Betty Hess-program by Ann Becker.

York Society 26

York County Farm Women, Group 26 met recently at Valley Green Bonanza Restaurant to hear Joyce Keefer, R.N. from Woman-Care, Harrisburg Hospital, speak on "What Color is Your Personality?"

Some of the members will attend the Spring Rally in Reading on May 23.

Group 26 will celebrate their 25th anniversary on May 14 with a tour of "The Cloisters" at 10 a.m.

A bus trip is planned for May 30 to Crystal Cave between Allentown and Reading.

Lancaster Society 10

Lancaster Society Farm Women #10 entertained Society #13 on April 6, at Salem U.C.C. Twenty-four members attended.

Mrs. Larry Walsler entertained with a musical program.

Berks Society 3

The Society of Farm Women of Berks County, Group 3, held its April meeting at the home of Dora Pollock, Boyertown R.D. 3.

Susan Karabin, from the Junior League of Reading, spoke on "Wrapped Up in Berks". She gave a slide presentation on the League's fundraiser which is the sale of wrapping paper decorated with historic buildings of Berks County. Members were able to purchase the wrapping paper and cookbooks following the

presentation. Nine members plan to attend the Spring Rally on May 23 at the Berkshire Sheraton Inn, Reading. The state cookbooks will be available at \$15 each.

Several members will assist at the Berks Heim Festival on June 1.

The next meeting will be a Mother-Daughter Banquet on May 15 at St. Andrew's United Methodist Church, New Berlinville.

Lebanon Society 14

Lebanon County Farm Women #14 held their annual spring meeting on April 16 at the Campbelltown U.M. Church. Groups 4 and 19 were invited to attend. The entertainment was provided by Carol Soller, Camphill, who gave a program on vegetable creations.

She designed several centerpieces from carved vegetables.

The winner of the door prize was Joyce Blauch who received a vegetable creation. Refreshments were served followed by a business meeting.

Lancaster Society 20

The April meeting of Farm Women #20 was held at the Memorial United Methodist Church when Societies #23, #15, and the county officers were entertained at a covered dish dinner. Rev. James Price, pastor of the church, asked the blessing.

Devotions were by Vera Herr who read from John 1, followed by a poem "Life's Little Blessings." After praying the Lord's Prayer and Salute to the Flag the meeting was called to order by the president, Vera Herr. In response to the Roll Call each member named their favorite spring flower.

Valeria Ferguson, chairperson of the Ways and Means Committee, said the profit from the food

stand at the Andrews Bridge horse races was \$566.88. The Sunshine Committee reported gifts given and two cards sent. The state president, Arlene Witman, read a letter written in 1933 by Mrs. William Bucher, a resident of the southern end, regarding farm women's work and activities at that time. Votes were taken on four charities to be supported and "Make-A-Wish" received the most votes.

For the program, Sandy Hoover delightfully entertained the group by singing a number of songs. Her mother, Carol Huber, spoke on "Women of the Bible" and she mentioned there are 300 women mentioned in the Bible and about 150 are named, the first, of course, being Eve.

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