

# CYF NEWS

## AUGUST 2005

# MICHIGAN STATE UNIVERSITY EXTENSION

### *In This Issue*

- Message from Leadership Team*
- 5 A Day Will Be Changed*
- Bee Wise... Immunize*
- Tri FCS Summer Conference*
- New Detroit Science Center – Free Field Trips*
- Buy Fresh, Buy Local, Select Michigan Day*
- Doris Wetters Travel Fellowship Program*
- REMINDER – HSAT Training*
- Upcoming Conferences*
- Blue Ribbon Q&A*
- Deadline for September Articles*

### **QUOTE OF THE MONTH**

“We don’t receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.”

— *Marcel Proust*



### MESSAGE FROM THE LEADERSHIP TEAM

GREETINGS!

The fun and fellowship was great at the first-ever Michigan Tri-FCS meeting last week. The Michigan Association of Family and Consumer Sciences (MAFCS), the Family and Consumer Sciences Educators of Michigan (FCSEM) and the Michigan Extension Association for Family and Consumer Sciences (MEAFCS) got together near Roscommon for two days to celebrate successes, learn together, and explore how to collaborate better for the families of Michigan.

A special highlight occurred before I even arrived, when Dr. Doris E. Wetters, former MSU Extension Assistant Director for Extension Home Economics (as we called it then) was honored for her 50 years of service to MAFCS and our profession. Even those of you who didn’t have the pleasure of working directly with Doris know her from the travel fellowship she so generously has given to MSU and whose recipients are selected by MEAFCS. Forty-seven Extension Educators have received professional development funds through this fund since 1987; dozens more benefited from Dr. Wetters’ generous sponsorship of the 2003 MEAFCS annual meeting.

I’m proud that MEAFCS decided to honor Doris for this milestone, as well, by raising funds to enhance her fellowship fund. I invite you to join your colleagues and me by sending a check to:

Doris E. Wetters Fellowship  
CANR Development  
MSU  
East Lansing, MI 48824-1039

Writing the allocation code “A10212” on your check’s memo line will help ensure that it gets deposited correctly and quickly. And shhhh... don’t tell Doris! It’s a surprise!

*Kathy*

## **5 A DAY WILL BE CHANGED**

The national slogan that encourages consumers to eat more fruits and vegetables (currently *5 A Day*) will be changed starting in January 2006 to reflect recommendations in the 2005 Dietary Guidelines. A national task force is working with a marketing firm to determine a new slogan and logo. Diane Golzynski from the Michigan Department of Community Health is a member of the task force and will inform MSUE when the change is final.

*Submitted by Pat Hammerschmidt*

## **BEE WISE...IMMUNIZE**

FCS is proud to announce *Bee Wise...Immunize*; a new immunization education curriculum that is specifically geared towards parents. This new curriculum has five lessons, each with interactive activities for the parents and the children.

The five lessons include:

1. *Why Immunize*: Parents will learn why it's important to immunize their children.
2. *Getting Wise*: Parents will learn the facts about each disease and the vaccine needed to protect their children.
3. *Wise Time*: Parents will learn the proper times to get their children vaccinated.
4. *Comforting Your Child*: Parents will learn helpful tips on comforting their child before, during and after an immunization.
5. *Vaccine Safety and Common Myths*: Parents will discuss questions they may have about vaccine safety.

Each curriculum comes with a curriculum CD and hard copy. The curriculum gives ideas of different activities that can be done with each of the lessons. For more information about *Bee Wise...Immunize* please contact Kendra Moyses at [kmoyses@msu.edu](mailto:kmoyses@msu.edu) or 517.432.7654.

## **TRI FCS SUMMER CONFERENCE**

The first ever Tri FCS Summer Conference was held July 28-29 at the MacMullan Conference Center at Higgins Lake. Over 90 professionals participated from these three Michigan FCS organizations: Family and Consumer Science Educators of Michigan, Michigan Association of Family and Consumer Sciences, and Michigan Extension Association of Family and Consumer Sciences.

The FCS organizations combined resources to provide an outstanding professional development opportunity for members. "FCE Connections and Directions" was the theme with sessions on strong families, intergenerational families, managing resources, balancing work and family and healthy lifestyles. The rustic outdoor setting provided an informal atmosphere where the participants networked and engaged in fun activities.

We accomplished the goal of bringing the three organizations together to identify ways to support each other. Donna Hensey from United Dairy Industry of Michigan led us in an FCS jeopardy game where we had fun learning about the three organizations. Our keynote speaker, Virginia Vincente, Immediate Current Past President of the American Association of Family and Consumer Sciences, brought us up to date on what is happening around the nation with FCS and then facilitated a session where we brainstormed ways to support each other.

The Tri FCS conference was a success and we plan to continue building our structure of networking. Special thanks go out to Donna Hensey who donated her time, energy and expertise to chair the planning committee and to provide meeting space and resources from United Dairy Industry of Michigan.

## **THE NEW DETROIT SCIENCE CENTER**

The New Detroit Science Center would like to offer Michigan 4-H groups free field trips to the Science Center this summer. Visitors can experiment with more than 200 exhibits, including a new large-scale traveling exhibit collection, *Amazing Music Studio*. They can experience Eekstein's Science Symphony - a fun stage show with loads of audience participation. They may want to add some extra spark to their visit with a live electricity demonstration. Call today to reserve your free group visit. All reservations must be made by August 31, 2005. Call 313.577.8400, Option 5. The New Detroit Science Center is located at 5020 John R. Street in Detroit. For more information visit the Detroit Science Center Web site at <http://www.detroitsciencecenter.org>

*Submitted by Patty Adams*

## **BUY FRESH, BUY LOCAL, SELECT MICHIGAN DAY**

September 15th has been designated “Buy Fresh, Buy Local, Select Michigan Day.” Recently, the Michigan House unanimously passed a resolution encouraging citizens to “Buy Fresh and Buy Local, Select Michigan.” The proclamation is intended to support and preserve Michigan’s agricultural heritage. Michigan is second only to California in diversity of production growing over 125 different products. “Buy Fresh, Buy Local, Select Michigan Day” also recognizes the contribution agriculture makes to the growth of the state’s economy. Second only to the automotive industry in terms of economic contribution, agriculture adds over \$37 billion to the state’s economy each year.

Across the state; groups, organizations and individuals are planning events and activities that promote “Buy Fresh, Buy Local.” MSUE in Kent County is working with other local partners to arrange a special one-day Family Farmers’ Market Day at Burton Middle School in Grand Rapids. This one-day market for over 1,000 students, their families and community will include:

- Fresh, Michigan produce for local families to purchase.
- Cooking demonstrations with seasonal Michigan fruits and vegetables.
- “Buy Local, Buy Fresh” education.
- A *Nutrition Carnival* of hand-on games and activities.
- Seed and flower planting activities for families.

Here are some other ways you can help support “Buy Fresh, Buy Local, Select Michigan Day” on September 15th.

- Look for signs and/or labels that say “Select Michigan” in your grocery store’s produce section. If you don’t see any signs or labels, ask your produce manager to display them.
- When dining out, ask the chef for menu items that are prepared with locally produced foods. Suggest that Michigan-made items be highlighted on the menu. *Submitted by Viki Lorraine*

## **DORIS WETTERS TRAVEL FELLOWSHIP PROGRAM**

Attention all MEAFCS members! Are you thinking about traveling somewhere for professional development next year? Here is a way to help with your expenses!

This year the SE MEAFCS members serve as the Professional Development Committee. They will select the recipients of the Doris Wetters Travel Fellowships for fall 2005. If you hold current membership in MEAFCS and meet other requirements listed in the guidelines, please consider applying for this financial award to support educational travel study opportunities.

October 30, 2005, is the deadline to apply for travel between January 1 and June 30, 2006. The application form and guidelines are at: <http://www.msue.msu.edu/meafcs>. The application may be faxed or sent postmarked by October 30, 2005 to the following address:

Joan Miller, SE MEAFCS Regional Coordinator  
Washtenaw County MSU Extension  
705 N. Zeeb Rd. P.O. Box 8645  
Ann Arbor, MI 48103  
734.222.3956 / FAX: 734.222.3990

## **RE M I N D E R HEALTHY SCHOOL ACTION TOOL (HSAT) SEPTEMBER 8 FACILITATOR TRAINING**

A one-day Michigan Team Nutrition training to prepare individuals to facilitate coordinated school health school teams in implementing the Healthy School Action Tool (HSAT) assessment and action planning process will be held on September 8, 2005, in Okemos (near Lansing). The purpose of the HSAT is to help schools improve their nutrition and physical activity environment. If facilitating school health teams fits with your position responsibilities and you are interested in attending this training please contact Ann Guyer, MSUE FCS at [guyera@msu.edu](mailto:guyera@msu.edu) or 517.432.5252. There is no cost to attend this training other than your travel. There will be an opportunity for trained facilitators to apply for small grants to assist schools in the HSAT process. Visit the Michigan Team Nutrition Web site "Grants" button at [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu) for details about these facilitator grants in August. For information on HSAT see [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools). *Submitted by Ann Guyer and Pat Hammerschmidt.*

## UPCOMING CONFERENCES:

### CONFERENCE ON AGING 2005

You're invited to participate in the 2005 Conference on Aging being held **August 25th** at the Grand Traverse Resort & Spa in Acme, Michigan. This is a one-day professional development conference for business leaders and aging service providers across Michigan. The theme is *The Future of Aging*, and the content is filled with fresh ideas and cutting-edge solutions for successful aging today. See June 2005 issue of CYF News for details or visit [www.seniorsummit.net](http://www.seniorsummit.net) for further information or to register.

**MICHIGAN ACTION FOR HEALTHY KIDS (MAFHK)** statewide coalition meeting **September 21, 2005** focusing on helping school districts develop their federally-mandated school wellness policy. Presenter is Dayle Hayes, an award-winning speaker. Visit <http://www.actionforhealthykids.org/> and select "State-by-State Action" for details and a registration form. Deadline to register is September 9th. There is no registration cost for this meeting to be held in East Lansing. The day will also provide an opportunity for MAFHK members to meet as regional groups.

MAFHK statewide coalition meeting with release of a "toolkit" to help schools improve opportunities for students to eat healthy and be physically active will be held on **December 7, 2005** in East Lansing. Details will be provided in CYF News as they become available. *Submitted by Pat Hammerschmidt.*

### ANNUAL MICHIGAN WIC CONFERENCE

Mark your calendar for the 2006 Annual Michigan WIC Conference scheduled for the New Novi Expo/Conference Center in Novi, Michigan on **May 11-12<sup>th</sup>, 2006**. *Submitted by Paul McConaughy.*

## BLUE RIBBON Q&A

- Q.** When will the Blue Ribbon software update be distributed?
- A.** The Blue Ribbon software update Version 2.5 was mailed from campus on Friday, August 5. The 2005-2006 Project Codes and New Member/Leader Information form will be mailed the week of August 8.
- Q.** When is the next Blue Ribbon training?
- A.** Campus training is set for August 23 (Fundamentals) and August 24 (ES-237 and Enhanced Features) from 9:30 a.m. – 3:00 p.m. in 1210 Anthony Hall. Register online at <http://web2.canr.msu.edu/in-service/coursetitle.cfm>. Training will take place in the Upper Peninsula on September 13-14 in Marquette at the Peter White Public Library.
- Q.** When is the ES-237 Report due?
- A.** The ES-237 is due in the State 4-H office on Tuesday, September 6. Use the ES-237 and Year-end Processing handout posted on the Web at <http://web1.msue.msu.edu/msue/cyf/youth/blueribbon/index.html> to complete the steps necessary to compile the report.

For more information contact Judy Bishop at [lentzbis@msu.edu](mailto:lentzbis@msu.edu) or Laura Allen at [lacourse@msu.edu](mailto:lacourse@msu.edu). Please note our new e-mail addresses.



### Deadline for Next Edition of "CYF NEWS"

September 6, 2005, is the deadline for submitting articles for the September 12, 2005, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)