

# CYF NEWS

## DECEMBER 2004

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

—Ralph Waldo Emerson.



### LEADERSHIP MESSAGE

*Happy holidays to the wonderful CYF staff! It is a blessing to work with folks who work tirelessly and sometimes thanklessly for the well-being of the families and children of Michigan. We hope that each of you will take some time out of your work schedules this year to enjoy your own families and friends.*

*Season's greetings. We look forward to another great programming year!*

*Kathy and Cheri*

### **If My Child Is Overweight, What Should I Do?**

The University of California Division of Agriculture and Natural Resources announces the publication of a completely **revised and up-dated** version of the classic booklet, "If My Child is Overweight, What Should I Do About It?" by Joanne P. Ikeda, Cooperative Extension Nutrition Education Specialist in the Department of Nutritional Sciences and Toxicology at the University of California, Berkeley. This updated pamphlet is a colorful how-to guide for parents who have a child who is overweight. Topics covered include how to tell if your child is overweight, how to help a child from overeating, choosing healthy meals and snacks, increasing physical activity, dealing with self-esteem and stigmatization issues, and a guide to healthy food options.

Product Code: 21455

Language: English

Media: Publication

Date: Rev. 2004

Length: 32 pp.

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Price: \$ 5ea.

Volume Price: \$4 ea if ordering 10 or more.

Ordering instructions are at the following Web site:  
<http://anrcatalog.ucdavis.edu/index.ihtml>

## **GENERAL MILLS CHAMPIONS YOUTH NUTRITION AND FITNESS GRANTS —**

Deadline: Received by February 1, 2005.

Fifty grants of up to \$10,000 each will be awarded through a partnership of The American Dietetic Association Foundation, the President's Challenge and the General Mills Foundation to improve the nutrition and fitness of youth ages 2-20. Note that a Registered Dietitian must either be directly involved or be an advisor. Details including examples of previous grant-winning projects and recommended resources (including those from Team Nutrition) are at [www.generalmills.com/foundation](http://www.generalmills.com/foundation) and [www.adaf.org](http://www.adaf.org). Submitted by Pat Hammerschmidt

## **PHYSICAL ACTIVITY \$1,000 GRANTS FOR GRADES 4-8.**

Deadline January 13, 2005. *VERB* (a program of the Centers for Disease Control and Prevention) and Weekly Reader have teamed up to develop the "Play Without Borders" activity kit for middle schoolers. Schools that have used the kit are eligible to apply for a \$1,000 grant. Fifty schools will be awarded a grant. See [http://www.weeklyreader.com/teachers/verb\\_official\\_rules.asp](http://www.weeklyreader.com/teachers/verb_official_rules.asp) for grant information and a link to the "Play Without Borders" kit. To just order or download the "Play Without Borders" materials to use with tweens see [www.cdc.gov/verb](http://www.cdc.gov/verb). Submitted by Pat Hammerschmidt.

## **EARNED INCOME TAX CREDIT RESOURCES**

Did you know that you could help families in your community receive up to \$4,700 in their federal tax return? Information to help your county office promote the Earned Income Tax Credit for the 2005 tax season is now available on the Web. Check out information provided by the Michigan Statewide Earned Income Tax Credit Initiative on the Michigan EITC Web site at [www.michiganeic.org](http://www.michiganeic.org).

Just released – the Family Resource Management Area of Expertise Team funded the development of the Michigan Earned Income Tax Credit Toolkit. To check out this wonderful resource, click on [www.michiganeic.org](http://www.michiganeic.org) and click on organizations.

The Michigan League for Human Services each year provides "Money Back in Michigan," a comprehensive set of fact sheets on all of the federal and state tax credits available to individuals. These

fact sheets are great resources to assist individuals with learning about all the credits they may be eligible for. The 2005 Money Back in Michigan fact sheets will be available in early January 2005. To view the most current fact sheets, visit <http://www.milhs.org/>

To find out more about how you can become involved in the Earned Income Tax Credit Initiative in your community, contact Erica Tobe at [tobee@msu.edu](mailto:tobee@msu.edu) or Susan Cocciarelli at [cocciare@msu.edu](mailto:cocciare@msu.edu)

## **MONEY SMART WEEK – 2005**

Have you chosen your sessions to teach during Money Smart Week? April 17-26, 2005, is Money Smart Week in the state of Michigan and MSUE offices are taking part in this statewide effort. Money Smart Week, sponsored by the Federal Reserve Bank of Chicago – Detroit Branch, is a statewide effort in promoting financial literacy by offering and implementing sessions to such target populations as youth, the elderly, and the unbanked. All offices are encouraged to become involved in this statewide effort. Currently, Governor Granholm has proclaimed April 17<sup>th</sup> – 26<sup>th</sup> as Money Smart Week in the state of Michigan.

A form is available at [www.fm.fcs.msue.msu.edu](http://www.fm.fcs.msue.msu.edu) to submit your session and be a part of this initiative. Let's show the state how effective our network can be, and let's offer sessions during the week to promote financial education. If you aren't sure what to teach, here are some ideas... If you want to work with youth, teach your local 4-H youth about the importance of credit. What about sessions for the elderly, let them know about identity theft. What about the unbanked, teach them a session about basic budgeting. If you still have questions, please contact one of the Family Resource Management Area of Expertise Team Members, or Erica Tobe, program leader for Financial Literacy at [tobee@msu.edu](mailto:tobee@msu.edu) for more information.

## **Upcoming New Staff Trainings**

*The Learn Together Approach: Feb. 28, 2005* is appropriate for all FCS staff, educators and program associates. The "Learn Together Approach" is a method of teaching groups that encourages participants to share their knowledge and experiences. The session discusses the benefits of this method of teaching, provides information on

developing lesson plans and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

**March 23<sup>rd</sup> – Nutrition I:** Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, the Food Guide Pyramid, nutrition labeling and planning low-cost meals.

**April 26 – Nutrition II:** Nutrition II is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: nutrients and nutrition-related health issues, food safety, and working with youth audiences in food, nutrition and health.

**June 6 – Nutrition III:** Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler. A one-hour session is included at the end of the day on prevention of nutrition-related chronic diseases and the Dietary Guidelines for Americans. Parenting instructors may also attend this one-hour session or just register for part of the session.

## UPCOMING NUTRITION CONFERENCES

**January 9-12, 2005 – California Childhood Obesity Conference,** San Diego, CA. For more info visit [www.cce.csus.edu/conferences](http://www.cce.csus.edu/conferences) or call 800.858.7743.

**March 10, 2005 – Eat Healthy + Play Hard = Smart Students,** Grand Traverse Resort, Acme, MI. Space is limited, so hurry! **January 24, 2005 – EARLY REGISTRATION Deadline.**

Who should attend?

- School district officials, including administrators, superintendents, and school board members.

- School building personnel, including principals and teachers, especially health & physical education teachers, school nurses, psychologists & counselors
- School food service personnel, including dietitians
- PTA/PTO leaders
- Public health professionals
- Community partners in health & education
- Local & state government officials

Visit [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu) for further info as it becomes available. **Note:** A Michigan Action for Healthy Kids Coalition meeting follows on March 11.

**May 10-11, 2005 – Michigan WIC Conference,** Grand Traverse Resort, Acme, MI

**May 13-14, 2005 – Michigan Dietetic Association Annual Conference,** Grand Rapids, MI  
FNH AoE Healthy Youth Work Team

**June 23-26, 2005 – American Association of Family and Consumer Sciences (AAFCS) annual conference,** Minneapolis, MN Note the call for proposals deadline **Dec 3<sup>rd</sup>**. The conference has the theme "Sizing Up America: Obesity Causes, Effects and Solutions." Visit <http://www.aafcs.org> for more information.

## BLUE RIBBON Q&A

**Q.** I recently downloaded the mandatory update. Since the update, when I enter a new member and go to the parent screen, it is giving me a screen already filled in with someone else's parent information and I have to click on "add" to clear the screen then click on "get."

**A.** Go to Preferences | Default Parent Entry | check Automatic Entry and make sure there is a number in the parent box | OK. This corrects the parent issue.

If you have questions or need help contact Judy Lentz-Bishop, at [lentzbis@msu.edu](mailto:lentzbis@msu.edu), 517.353.2922 or Laura Allen, at [lacourse@msue.msu.edu](mailto:lacourse@msue.msu.edu), 517.432-7632.



## Deadline for Next Edition of "CYF NEWS"

January 10, 2005, is the deadline for submitting articles for the January 14, 2005, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)