

# CYF NEWS

## FEBRUARY 2006

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“In the middle of difficulty lies opportunity.”

— **Albert Einstein**



### **LEADERSHIP MESSAGE**

This is a great month! It happens to be my birthday month, so February is extra special for me. It is also a time when I pause to reconsider things about me that might need a bit of fine tuning. This year, I think I'm going to take on attitude. There have been lots of issues poking away at all of us over the past year and sometimes you can become pretty down. So, my decision is to look it all straight in the face and see what kind of a change I can make in me.

The big thing I want to share with all of you is that you can't change the past and you can't change that everyone is going to have their own way to do things. We don't have control over many facets of our life, but we can take a look at our attitude. It is our choice when we wake up in the morning to embrace life with a positive attitude and follow through with it for the whole day. Life is 10 percent what happens to us and 90 percent how we react to it.

Thanks for indulging me in this special month and come along with me on my journey into a new attitude! I also want to share this quote I found that also fits for this month of renewal; I hope you enjoy it, too!

“Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without ENTHUSIASM.” - Ralph Waldo Emerson

*Cheri*

### **WELCOME!**

The BFI *Mother-to-Mother* Program has a new Associate Program Leader/Lactation Consultant. Please join me in welcoming Sheilah Hebert. As an alumnus of Michigan State, Sheilah is happy to be back in Spartan country, after a short stay in Chippewa territory for her master's work at CMU. Sheilah has been involved in breastfeeding for the last several years as a WIC breastfeeding coordinator in Lenawee County and more recently, the Central Michigan area. Her husband and sons Thomas, age 1 and Andrew, age 3 will be relocating to the Lansing area soon. Per Sheilah: I look forward to the exciting challenges of promoting breastfeeding and working with the talented BFI team. Sheilah can be reached at 517.432.3076 or [hebertsh@anr.msu.edu](mailto:hebertsh@anr.msu.edu).

## **BANKRUPTCY EDUCATION TRAININGS TO BE HELD**

Pending approval from the US Trustee's office, any MSUE office that is planning on teaching bankruptcy education in their communities will need to complete a training conducted by the Family Resource Management Area of Expertise Team. These trainings will consist of a 10 a.m. – 3 p.m. day and will be held in a variety of locations throughout the state. Trainings are scheduled as follows: February 27, 2006 (Washtenaw County MSUE Office, Ann Arbor, MI); March 13, 2006, Marquette, MI; March 21, 2006, Kalamazoo, MI; and March 22, 2006, Clare, MI. Please register with Erica Tobe at [tobee@msu.edu](mailto:tobee@msu.edu) as to which training you will be participating in via e-mail by February 20, 2006.

## **FOOD SAFETY WEB-BASED RESOURCES FOR CONSUMER FOOD SAFETY QUESTIONS**

### ***Got a food safety question? ....Ask Karen***

Consumers and educators can check out the Food Safety and Inspection Services' (FSIS) Virtual representative, Karen, at [www.fsis.usda.gov/food\\_safety\\_education/ask\\_karen/](http://www.fsis.usda.gov/food_safety_education/ask_karen/)

A Virtual Representative (vRep) is an automated information source designed to display answers to questions about a set of topics. The topics for "Ask Karen" include food safety, food inspection, food recalls and other topics related to meat, poultry and egg products. The responses contain specific answers along with optional Web sites and links for more detailed information. Once the consumer types in a question, the tool returns a response from the database. If the user isn't sure of the question, or simply wants to explore the database, the "Help" button leads to "Question Categories" which will display example questions.

The responses come from a database which resulted from more than 20 years of research, knowledge and training from the USDA Meat and Poultry Hotline. The system will be broadened in the future to assist visitors to the FSIS Web site who need more technical food safety information.

### ***The Food Domain Frequently Asked Questions (FAQs)***

Also check out the Food Domain's FAQ section ([http://www.fooddomain.msu.edu/consumer\\_faq.htm](http://www.fooddomain.msu.edu/consumer_faq.htm)) Answers to these questions have been reviewed by faculty and extension specialists. The FAQ section

will be updated to include questions from consumers over the last two years.

### ***Home Preservations Questions***

Refer to the National Center for Home Preservation (<http://www.uga.edu/nchfp/index.html>) for questions on canning, freezing, pickling and other home preservation methods.

### ***Got Urban Legend questions? Check out Snopes.com***

You might also find the Web site Snopes.com (<http://www.snopes.com/food/tainted/tainted.asp>) helpful when you come across what could be referred to as "moonlight" questions or statements. The site identifies a statement to be either true or false and provides a background. Ex. "Dropped food remains germ-free if picked up within five seconds – true or false?" Check out the answer at <http://www.snopes.com/food/tainted/dropped.asp>

## **MICHIGAN ACTION FOR HEALTHY KIDS (MAFHK) UPDATE**

The MAFHK-produced *Healthy School Toolkit-Your Guide To Action!* debuted at the December 7, 2005, MAFHK statewide coalition meeting. This valuable tool provides step-by-step information and the resources necessary for the development and implementation of a school district's federally required Local Wellness Policy.

The toolkit is downloadable from the Michigan Team Nutrition Web site ([www.tn.fcs.msu.edu](http://www.tn.fcs.msu.edu)) at the MI Action for Healthy Kids tab. MAFHK-sponsored region training meetings on how to use the toolkit are being provided in some areas of the state. Registration information is at the MAFHK tab. Additional region meeting dates will be added as they become available.

Mark your calendar for Wednesday, April 26<sup>th</sup> in the Lansing area for the next statewide MAFHK Coalition meeting. Registration information will be sent to members of MAFHK (join at the [www.actionforhealthykids.org](http://www.actionforhealthykids.org) Web site at the bottom of the Michigan page) as well as posted on the Michigan Team Nutrition Web site under the *Events* tab. Submitted by Pat Hammerschmidt, Ann Guyer, Deb Grischke

## **WORKSHOP ANNOUNCEMENT: “PROGRAMMING FOR YOUTH AROUND FINANCIAL LITERACY”**

A one-day workshop will take place on March 29, 2006, from 10 a.m. to 3:00 p.m. The session will be held at the MSU Pavilion in Classroom A on campus, in East Lansing, MI. The session will highlight for MSUE staff members resources and curriculum that can be used with youth aged pre-school through high school around financial literacy education. Staff will be introduced to several key concepts of youth financial education; participate in an experiential overview of curriculum available to MSU Extension staff; and learn implementation strategies for application of youth financial education in your communities. The day will conclude with a presentation by Dan Erhmann, Money Smart Ambassador 2005, who will highlight "Why Youth Financial Education is Important! — from a youth perspective."

Register on-line through the MSUE Workshop Registration System at [http://web2.msue.msu.edu/inservice/Register\\_add\\_form.cfm?course=6389](http://web2.msue.msu.edu/inservice/Register_add_form.cfm?course=6389). The registration deadline is Monday, March 20. Send a copy of your registration form and a \$25 check payable to MSU to Jane Love, 2100 Anthony Hall, East Lansing, MI 48824. The registration fee will cover morning snacks, lunch and curriculum resources.

For more information, please contact Erica Tobe at [tobee@msu.edu](mailto:tobee@msu.edu) or Sheila Urban Smith at [smiths20@msu.edu](mailto:smiths20@msu.edu)

## **NEW IRB GUIDELINES FOR PROGRAM EVALUATION**

The new guidelines for program evaluation and human subjects “Michigan State University Institutional Review Board and Michigan State University Extension Program Evaluation Guidelines for Michigan State University Extension Faculty and Staff” at <http://www.fcs.msue.msu.edu/IRB-Board-Approval-Process.pdf> were developed to help MSUE staff who are implementing program evaluations decide when they need to apply to the MSU’s Institutional Review Board for the protection of human subjects. Since the guidelines were implemented, a few program leaders have found that even though they are not required to apply for IRB approval because the evaluation they are doing falls within the realm of program implementation, the Office of Contracts and Grants needs verification of this before releasing funds.

For these instances, the attached format has been developed to communicate with Dr. Vasilenko, the IRB chair, and expedite the process of getting approval from the Office of Contracts and Grants. Visit: <http://www.fcs.msue.msu.edu/IRBForm.pdf> to access the form.

## **NEW STAFF TRAININGS:**

### **Home Visit – March 16, 2006**

The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participants’ homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

### **Learn Together Approach – March 30, 2006**

The Learn Together Approach 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.

### **Nutrition I – April 13, 2006**

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.

### **Nutrition II – April 27, 2006**

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, prevention of nutrition-related chronic diseases, the Dietary Guidelines for Americans and Food Safety.

### **Nutrition III – End of May – Date TBA**

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. Parenting instructors may also attend.

Descriptions and detailed information (i.e., date, time, place, and cost) about each session can be found at

<http://web2.msue.msu.edu/inservice/>

How do I register?

Register at: <http://web2.msue.msu.edu/inservice/>

Contact: NAME AND EMAIL

### **UPCOMING CONFERENCES:**

#### **EASTERN FAMILY ECONOMICS AND RESOURCE MANAGEMENT ASSOCIATION (EFERMA) CONF.**

**February 23-25, 2006**, Knoxville, TN. *Submitted by Erica Tobe*

#### **CHOICES: A FRESH FOCUS – THE CONFERENCE THAT CELEBRATES FOOD AND HEALTH**

**Wednesday, March 8, 2006**, Kellogg Hotel and Conference Center, East Lansing. The conference will present interactive and challenging discussion and exhibits about what influences our food choices, new information on the value of fresh food to our health and well-being and how to use and adapt MyPyramid and other food and nutrition resources. **Come to the conference to network and enjoy great Michigan food!** Cost is \$95 and includes all conference materials, attendance at sessions, breakfast and lunch. *Who should attend?* Health professionals, dietitians, MSUE staff, nutrition educators, nurses, food service administrators and staff, health educators, teachers, consumers. *Submitted by Barb Mutch*

### **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, 2006**. *Submitted by Paul McConaughy.*

### **BLUE RIBBON Q&A**

**Q.** We are getting back Member media and photo release forms from parents. Most of the parents say yes, but some say no. How do we “code” the no’s in Blue Ribbon?

**A.** Each Member/Leader screen has a Photo Release checkbox. A check in the box indicates they have a signed Photo Release form on file. To view or print a report on the status of the responses, go to Report|Special Report|Fee/Photo/Behavior Report. Note the options for looking at the data, all members versus by club or club range and sorting is available by Member ID or alphabetical order. Grouping options include All responses (both yes and no), True Only (checked box) or False Only (unchecked box).

**Q.** How can I delete all Members' Social Security numbers in Blue Ribbon?

**A.** An SQL (Structured Query Language) command will delete all the Social Security numbers in the Member/Leader file. Be sure to **back up your data** before doing this task since there is **no Undo**. The SQL must be typed exactly, using both upper and lower case and spaces and quote marks where indicated. Go to Help|Troubleshooting|SQL and type the following in the box: Update “Youth2a.db”

Set SocSec = Null

Then click on File|Execute. An information box appears informing you that the SQL has been executed. Select OK and close out of the Execute SQL Utility box.

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”**

March 6, 2006, is the deadline for submitting articles for the March 10, 2006, edition of “CYF News.” Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)