

CYF NEWS

JANUARY 2005

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“In the middle of difficulty lies opportunity.”
—Albert Einstein



LEADERSHIP MESSAGE

Connectivity has become a real 21st century buzz word. Like many buzz words, it has multiple meanings. Even within MSU Extension it has lots of meanings. We are concerned with electronic communication connectivity, connectivity across program areas, connectivity between projects and campus-field connectivity.

It's the connections between campus and field that occupy a good deal of my thinking in the state leader role. When I accepted this position I saw improving communication between campus and field was a top priority. Our best programming will emerge from strong teamwork. We know a great deal about teamwork from recent literature and from the work of MSUE's own LeadNet team. We know that trust is imperative to team success. We further know that it's easiest to trust those with whom we have shared experiences.

I am excited about three efforts to improve connectivity between campus and field staff. The FCS educators in the north region have been working with some campus colleagues toward joint need and asset identification and joint planning efforts. Even though their latest session was snowed out, they remain undaunted! At the same time, the MEAFCS leadership asked Kathy Hale, Mona Ellard and me to work toward a strategic planning effort for FCS. Some of you have accepted an invitation to be a part of a think tank toward that end. I look forward to the outcome and impact of that effort. The southwest region FCS staff has undertaken a related effort under the leadership of Pat Thurston and others. Their goal is to examine new models of FCS program delivery. Another exciting effort!

I'm grateful for your invitations to join you in your communities as you continue to bring knowledge to life for Michigan families.

Kathy

Nutrition.Gov Web Site Launched

This new Web site <http://www.nutrition.gov/> is a comprehensive source of information on nutrition and dietary guidance from multiple government agencies.

Nutrition.gov is a Web-based resource that includes databases, recipes, interactive tools and specialized information for infants and children, adult women

and men and seniors. The Web site supports Presidents *Healthier US* Initiative and expands on the nutrition information available on the healthierus.gov Web site, which also includes information on physical fitness, prevention and making healthy choices.

The nutrition.gov Web site is maintained by a team of registered dietitians and nutrition information specialists at the Food and Nutrition Information Center of USDA's National Agricultural Library (NAL). The team works in cooperation with scientists and professionals at USDA's Agricultural Research Service, USDA Food and Nutrition Service, the U.S. Department of Health and Human Services, and other Federal partners.

The Web site also links to information on the Food Guide Pyramid, the Dietary Guidelines for Americans, dietary supplements, fitness and how to keep food safe.

The NAL (www.nal.usda.gov) is part of the Agricultural Research Service, a USDA scientific research agency.

BOOK KETTUNEN CENTER FOR YOUR NEXT CONFERENCE!

Kettunen Center offers discounted rates for MSU Extension groups to use this full-service conference and retreat facility near Tustin, Michigan, just 20 minutes south of Cadillac. Groups such as youth camps and workshops, training programs for adults, retreats for church, school staff and others find Kettunen Center's environment the perfect fit for learning. For more information, visit www.kettunencenter.org or call Dave Dickinson at (231) 829-3421 for details.

MSU EXTENSION FAMILY WEEKEND FEB. 18-20

All MSU Extension staff members and their families are invited to Kettunen Center Feb. 18-20 for a fun-filled winter retreat. Three get-away packages are available including lodging and meals for \$25 and up/person. Day care services, massages, skis and snowshoes are available at an additional cost. Registration forms are available online at <http://www.kettunencenter.org/downloads/05MSUEWeekendGetaway.pdf> or by calling Kettunen Center at (231) 829-3421.

PARTNERS: MICHIGAN 4-H FOUNDATION NEWS FOR MICHIGAN 4-H STAFF MEMBERS

The first issue of *Partners: Michigan 4-H Foundation news for Michigan 4-H staff members* is now available online at <http://www.mi4hfdtn.org/county/news>. The purpose of this new Michigan 4-H Foundation newsletter is to keep county and state 4-H staff members aware of Michigan 4-H Foundation and *Campaign for 4-H* opportunities. *Partners* will be published in the spring and fall of each year. Persons with 4-H responsibilities will receive e-mail notification that the new issue has been published online. Staff members may submit questions for the Foundation FAQs section and comments/suggestions about *Partners* to Abbey Miller at abmiller@msu.edu.

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 available at www.generalmills.com/foundation and www.adaf.org. Submitted by Pat Hammerschmidt

MONEY SMART WEEK – 2005

The deadline for the April 17 – 26 Money Smart Week Sign-up is Approaching Fast!

Have you thought about what financial education and/or housing sessions you are going to implement in your community?

Sessions can focus on youth, the elderly or the unbanked audience.

Statewide, MSUE is participating in this endeavor (in collaboration with several statewide agencies, non-profits and the Federal Reserve Bank of Chicago – Detroit Branch), so don't miss out on getting your county office involved. ***All you need to do:***

Step One: Plan a program reaching one of the three target audiences that you will teach (or coordinate) during the week of April 17–26.

Step Two: Complete the Money Smart Submission Form by February 1, 2005, and e-mail or fax it to Erica Tobe.

(Fax – 517.353.4846; email –tobee@msu.edu.) The submission form can be found at <http://www.fm.fcs.msue.msu.edu/moneysmart.html>.

Step Three: Market and implement your session for Money Smart Week.

If you would like to learn more about Money Smart Week, check out <http://www.fm.fcs.msue.msu.edu/moneysmart.html>.

Need program ideas? Check out last year’s program descriptions on the Federal Reserve Bank’s Web site at http://www.chicagofed.org/news_and_conferences/conferences_and_events/files/detroit_moneysmart_agenda.pdf

If you have any questions, please contact Erica Tobe at tobee@msu.edu or 517.355.9655.

Attention FCS Staff! – Money 2000 Brochures are available free to any county office (please note: limited supply available). If you are still offering this program, and need to replenish your supply of brochures, please contact Gail Hebert at 517.432.7611 or hebertg@msu.edu, by Feb 11, 2005.

SEVENTH ANNUAL NATIONAL CONSUMER PROTECTION WEEK TO FEATURE INFORMATION ABOUT IDENTITY THEFT

The seventh annual National Consumer Protection Week (NCPW) is February 6-12, 2005. The theme for this year’s NCPW is “Identity Theft: When Fact Becomes Fiction,” focusing on minimizing every consumer’s risk of identity theft and how to take fast action to contain any harm should an identity thief strike.

Routine transactions reveal bits of information about you – your bank and credit card account numbers; your income; your Social Security number; or your name, address and phone numbers. If someone steals that information – and uses it to commit fraud – it’s called identity theft. And that’s a crime that can wreak havoc on your finances, your credit and your reputation.

Knowing how to safeguard information can help minimize the risk of becoming a victim of identity theft. Whether you’re a consumer advocate, adult consumer, parent, student or teacher, you can use the resources on the NCPW site to see what you can do to minimize your risk of identity theft and what to do if you become a victim. The site has information from federal, state and local governments, as well as national advocacy organizations. Visit www.consumer.gov/ncpw to get the Outreach Toolkit, which can help you promote NCPW in your community. Look for the Proclamation, a downloadable NCPW poster and banner ads and buttons. For more information, visit www.consumer.gov/ncpw.

Upcoming New Staff Trainings

Feb. 1, 2005 – Home Visiting Training

This 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. Training will be held at 1310 Anthony Hall. To register contact Lucy Oster at oster@msu.edu.

Feb. 28, 2005 – 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.

March 23rd – 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.

May 16 – 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

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 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

June 23-26, 2005 – American Association of Family and Consumer Sciences (AAFCS) annual conference, Minneapolis, MN Note the call for proposals deadline **Dec 3rd**. 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.** We've gathered e-mail addresses in our county and would like to start using them in the Blue Ribbon program. How are other counties using the e-mail feature?
- A.** It varies from county to county. Many are using the feature to send workshop announcements to youth and volunteers. Some newsletter files are very large and then it's better to send an e-mail announcement with the link to the newsletter. Others have created e-mail lists for clubs and share them with leaders. The main thing we hear about e-mail is how it's cut back on postage expenses.
- Q.** How does the system handle members and leaders without e-mail addresses?
- A.** Let's say you're e-mailing all members and leaders. The system first sends the message to everyone with an e-mail address and then asks if you want mailing labels for everyone else. Those individuals get the information sent to them through U.S. mail. If you have additional questions or need help using the e-mail feature, please let us know.

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



Deadline for Next Edition of "CYF NEWS"

February 7, 2005, is the deadline for submitting articles for the February 11, 2005, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu