

# CYF NEWS

## JULY 2005

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“The wisest mind has something yet to learn.”

— *George Santayana*



### **MESSAGE FROM THE LEADERSHIP TEAM**

GREETINGS!

Whatever happened to the “lazy, hazy, crazy days of summer?” It’s clear from the e-mail, reports, news articles and personal contact that your days may be “crazy,” maybe even “hazy,” but certainly not lazy! What a privilege it is to work with such an amazing bunch of folks on behalf of the people of Michigan!

By the time you read this, many of you will have spent some time at Ag Expo with the FCS, 4-H and food safety exhibits within the CANR tent. Your extra efforts to make this event successful are much appreciated. We all know the importance of being in the public eye and with your willingness to jump in and make this a special opportunity, what they saw was very positive as we continue to work to meet the needs of Michigan’s families.

I (Kathy) look forward to spending time with FCS staff members at the Tri-FCS meeting later this month. My thanks and congratulations to the MEAFCS leaders who worked to make this special opportunity happen.

I (Cheri) continue to be amazed at the amount of activity that happens throughout this state during the summer. I’m having a great time as I visit counties, observing programming, talking with constituents and watching the fascination with learning on the faces of our young people. Great work happens because you all make it happen!

Our wish for each of you is that you find time to enjoy the remaining days of our beautiful Michigan summer.

*Kathy and Cheri*

### **STATE STAFF PROGRAMMING RESPONSIBILITIES IN TRANSITION**

As of July 1, 2005, we have begun to make some changes in State 4-H staff programmatic responsibilities. A few more changes may be made in the near future, but, for right now, please note the following:

- **Health and Well-Being:** Janet Olsen is providing leadership for the Health and Well-Being program area (formerly provided by Cyndi Mark). Due to increased grant funding and identified needs and trends, this area will

move into a priority area status within the State 4-H Office. This area includes focuses on the nutrition and fitness, the Highway Safety Belt project, youth tobacco use prevention, violence prevention and other areas related to the safety and well-being of young people. Janet will continue to serve as the co-chair of the Youth Development Area of Expertise Team and provide general youth development support. Kate Patton will also be working with Janet on health-related programming.

- **Citizenship, Leadership and Service:** Cyndi Mark will continue to devote more of her time and energy to the ever-expanding Citizenship, Leadership and Service priority area. This area includes the new Statewide Civic Education Youth Advisory Council, along with 4-H Capitol Experience, 4-H Natural Helpers, and civic, leadership and community service forums and institutes. Cyndi will continue to serve in the 4-H linker role with the Upper Peninsula.
- **4-H Curriculum Development Leadership:** Responsibility for this area has been shifted from Janet Olsen to Karen Pace. This area includes work with the 4-H Curriculum Development Support Team and overall leadership and guidance for 4-H print, video and Web curricula. Karen will continue to work with social justice education, character education and anti-bullying education, and multicultural education.
- **Operation Military Kids:** Sheila Smith will take on Project Coordinator role, along with Tina Fleming, Macomb County, who will be the 4-H Military Liaison. This project is an outgrowth of the good work by Tina Fleming in Macomb County related to working with military families. The program is expanding and will include other staff and partners.
- **Editing Area:** Becky McKee is now working 50 percent with FACT, providing leadership to the communications area, newsletter, program report and publicity. She is not in the 4-H Youth Development Office on Wednesday or Thursday, but you can reach her on Monday, Tuesday and Friday. She will continue to provide us her excellent editing and communication eye and we thank her for her willingness to lend support to the FACT Coalition.
- **Science and Technology Program Priority Team:** With the departure of Rob Keith from the State 4-H Office, leadership for the Science and Technology team is being provided by Dr. Norm

Lownds. Norm has been working with the team from the beginning and has continued to bring new ideas and energy to this important area. Questions you have may be addressed to him.

#### **NEW PARENT/CAREGIVER HEALTHY WEIGHT WEB SITE**

*We Can!*, Ways to Enhance Children's Activity & Nutrition, is a new national education program from the National Institutes of Health (NIH) to help prevent overweight among youth ages 8-13. *We Can!* provides tips and resources for parents and caregivers that focus on behaviors to encourage healthy eating, increase physical activity, and reduce sedentary time.

More information on *We Can!* is available at <http://wecan.nhlbi.nih.gov>. To request a free *We Can!* parent handbook in English or Spanish (Spanish available soon), visit the Web site or call toll-free 866.35.WE CAN (866.359.3226).

In addition, an MSUE staff handout has been prepared that lists numerous resources and ideas for reaching parents/caregivers with nutrition education and physical activity promotion through their children. If you would like to be e-mailed a copy of this handout please send your request to Pat Hammerschmidt at [hammers2@msu.edu](mailto:hammers2@msu.edu). Submitted by Pat Hammerschmidt and Meagan Shedd.

#### **FREE COMMUNITY DEVELOPMENT TRAINING OPPORTUNITY - "SAFE ROUTES TO SCHOOL"**

**Safe Routes to School** is a national movement to make it safe, convenient and fun for children to bicycle and walk to school. When routes are safe, walking or biking to and from school is an easy way to get the regular physical activity children need for good health. **Safe Routes to School** initiatives also help ease traffic jams and air pollution, unite neighborhoods and contribute to students' readiness to learn in school. In Michigan, officials from transportation, public health and education have joined with parents, students, teachers, school administrators, city engineers, law enforcement and other community leaders to support

*"We are coordinating resources from three different state level departments behind this initiative because we believe very strongly in this concept,"* said **Michigan Governor Jennifer Granholm**. *"This initiative combines the*

*best aspects of safety, health, and education into one program that we all agree can positively impact the lives of thousands of Michigan's children."*

#### **The Safe Routes to School Initiative:**

- Utilizes a state coalition to support schools
- Develops school teams of stakeholders
- Identifies safety hazards around schools
- Assesses parent and student opinions
- Makes recommendations to improve safety
- Works with policy and policy makers
- Educates students on biking and walking safely
- Promotes physical activity and nutrition
- Builds community awareness
- Provides schools with easy-to-use toolkit

*"I've witnessed the difference this project can have on a neighborhood and community. It is so much more than a program to improve physical activity and nutrition among youth. It is a community development project. It builds relationships inside and outside schools. It really makes neighborhoods believe in themselves."* **Paul McConaughy, MSUE Coalition Representative**

**Now you have the opportunity to attend a one-day training to become a "Safe Routes to School Coordinator."**

**When:** September 20, 2005, 10:00am – 3:00pm

**Where:** Lansing, Location To Be Determined

**Take Away:**

- Skills needed to coordinate Safe Routes to School projects in your county
- Safe Routes to School Toolkit (\$50 value) with resources to support SR2S projects

**Cost:** **Free** — lunch provided

Mileage scholarships are available, first come first served until the available funds are gone.

**Space is limited. Sign up now by sending an e-mail to Paul McConaughy ([mcconau1@msu.edu](mailto:mcconau1@msu.edu)). Please indicate if you would like the mileage scholarship (miles to/from Lansing at 40 cents/mile) and how many miles you expect to submit.**

#### **MAFHK HEALTHY SCHOOL ACTION TOOL TRAINER OPPORTUNITY**

The Michigan Action for Healthy Kids (MAFHK) Coalition is looking for motivated individuals to become Healthy School Action Tool (HSAT) Trainers (up to six) who will hold regional trainings and provide technical assistance for school and community leaders to become HSAT facilitators. Applications of interested individuals must be received by MAFHK by August 22, 2005. The application includes additional information about this opportunity including compensation for this position which would involve a few hours a week. See [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu) and select "Grants" for the application. *Submitted by Pat Hammerschmidt, Deb Grischke and Ann Guyer.*

#### **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.*

#### **AUGUST IS BREASTFEEDING AWARENESS MONTH — *Breastfeeding is Good for Michigan***

Governor Jennifer Granholm signed a proclamation naming August Michigan Breastfeeding Awareness Month. Both Governor Granholm and our state's surgeon general, Dr. Kimberlydawn Wisdom have acknowledged breastfeeding is an important health behavior.

This year's breastfeeding celebration focuses on breastmilk providing complete nutrition for an infant's first six months and emphasizes the benefits of continued breastfeeding after the introduction of solid foods. This year's theme also aims to help children make the transition from fully breastfeeding to breastfeeding and eating with the rest of the family in a loving and caring way.

It is clear that exclusive breastfeeding for the first six months of life and continued breastfeeding with appropriate foods make a significant contribution to the health, development and emotional well-being of the young child.

Remember, support of breastfeeding friendly practices benefit families everywhere. Do your part in celebrating World Breastfeeding Week 2005. *Source:* [www.waba.org.my/wbw/](http://www.waba.org.my/wbw/). For more information contact Pat Benton at [bentonpa@msu.edu](mailto:bentonpa@msu.edu)

#### **MICHIGAN FOOD POLICY COUNCIL**

Governor Jennifer M. Granholm has announced the creation of the Michigan Food Policy Council. The council will offer recommendations on ways to increase economic development opportunities in Michigan's food sector while improving agricultural production, community well-being and public health across the state.

#### **What is a food policy council?**

Food policy councils, often established by state or local governments, bring together a broad array of food-related public and private stakeholders to investigate every stage of the food process from seed to table. Consumers, producers and public officials are becoming more aware of the economic and health impacts of supporting fresh and local foods resulting in greater attention to many food-related issues. Food policy councils are tapping into this increasing interest to explore policy options that improve the food system.

**What is the Michigan Food Policy Council (MFPC)?** [Created by Executive Order 2005-13](#) and funded in partnership with the W.K. Kellogg Foundation, the Michigan Food Policy Council (MFPC) brings diverse food-related stakeholders together to recommend programs and policies to the Governor that improve Michigan's food future. The MFPC has a mission to cultivate a safe, healthy and available food supply for all of Michigan's residents

while building on the state's agricultural diversity to enhance economic growth.

The MFPC is unique in that it focuses on the food system as an economic development strategy while explicitly linking to the state's agricultural production, public health and community well-being. The MFPC gives food-related stakeholders the forum to identify policies that harness the potential of the food system to aid in communities' economic development, provide children and those in need greater access to fresh and nutritious foods, and support stewardship of our finite land and water resources.

For more information visit the MFPC Web site at <http://www.mda.state.mi.us/mfpc/>. *Submitted by Barb Mutch.*

#### **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.seniorssummit.net](http://www.seniorssummit.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.*

**Deadline for Next Edition of “CYF NEWS”**

August 8, 2005, is the deadline for submitting articles for the August 12, 2005, edition of “CYF News.” Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)

**BLUE RIBBON Q&A**

- Q.** When will the Blue Ribbon software update be distributed?
  
- A.** The Blue Ribbon software update Version 2.5 will be distributed in early August along with the New Member & Volunteer Information Form and revised Project Codes.

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.

