

CYF NEWS

MARCH 2006

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“It is our choices... that show what we truly are, far more than our abilities.”

- **J.K. Rowling, *Harry Potter and The Chamber of Secrets***



LEADERSHIP MESSAGE

March and April is a wonderful time of year for each of us. It is a time of new beginnings. As a child I remember being told that "April showers bring May flowers." The rain that begins in March and continues through April encourages seeds that have hidden through the winter and they begin to rise above the ground, showing the tremendous work that has gone unseen until now! We are always amazed at the vibrant colors that begin to be evidenced during this time of year. The rain can be uncomfortable because of its intensity. Some rains are cold and hard to the touch, making us want to flee quickly, while other rain comes in sweet warm showers. Yet the end is always the same, great beauty rising from the soil.

Arriving at MSUE in January of this year, I was excited about meeting each staff member and to begin to experience the wide variety of great CYF programs offered. I feel proud to have been invited to become part of such a dedicated and talented team of campus and county staff devoted to enriching the lives of Michigan families. We are each raindrops that fall into the lives of others, with the potential to nourish and strengthen. Let us continue to nourish the lives of children, youth and families.

"We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends" (Mary McLeod Bethune).

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MICHIGAN WILL CELEBRATE NATIONAL PUBLIC HEALTH WEEK APRIL 3-9

Planning is underway for Michigan's observance of National Public Health Week by statewide public health partners, including MALPH, Michigan Department of Community Health, The School of Public Health at the University of Michigan, Michigan Public Health Association, Michigan Public Health Institute, and the Governor's Council on Physical Fitness, Health, and Sports.

This year's theme is "Designing Healthy Communities: Raising Healthy Kids." Local Health Departments, community coalitions, health care providers, schools, and other groups are encouraged to incorporate this theme into their own local Public Health Week activities. As always, Public Health Week will also provide an opportunity to highlight

public health in Michigan and emphasize the need for continued funding of essential public health services.

Within this overarching theme, five daily themes will be highlighted through media outreach, events, and more. Those themes are:

Monday, April 3 – Healthy Community Design (including the launch of the Michigan Steps Up “Healthy Communities” initiative and recognition of an exemplary Michigan community)

Tuesday, April 4 – Access to Healthy Foods

Wednesday, April 5 – Physical Activity through Community Design

Thursday, April 6 – Safety on the Go

Friday, April 7 – Clean Air

State and local health officials and representatives from partner organizations will kick off Public Health Week 2006 during the week of March 27, since the legislature is not in session from April 3-9. Additional information on this and other events will be provided in the next edition of the Local Liaison Report.

Michigan’s Planning Committee invites you to help make Public Health Week 2006 the most successful Public Health Week in history!

For more information about National Public Health Week, visit the American Public Health Association Web site: www.apha.org/nphw/2006. For questions related to Michigan’s planning efforts, contact Alison D’Amico at 517.485.0660 or adamico@malph.org.

4-H GLOBAL FESTIVAL WORKSHOP APRIL 1-2, 2006 AT KETTUNEN CENTER

Highlights of the workshop include:

1) Training on the new curriculum called *Que Rico! La Cultura: Latino Cultural Arts Bilingual Group Activities for Youth K-8*.

This is an excellent way to reach out to the Latino community in your county by offering a curriculum in Spanish. Performing arts, visual arts, textile arts and celebrations are covered. There is a section on "Working with Latino Volunteers" and on "Building Cultural Awareness." This is an excellent outreach curriculum. Use with both Spanish and English speaking audiences.

2) Learn how to plan (with youth and adults working together) a local 4-H global or cultural festival with

a community group, neighborhood or entire town. This is a great community service project and can be around any topic. Use as a fund raiser and/or as a way to celebrate a community's rich cultural diversity.

3) Experience a real festival in the "Opening 4-H Global Festival" with eight international activity areas; a global market with fair-trade handcrafts from around the world (all profits going to Heifer International); and six 4-H Global and Cultural Education Program information areas.

4) Plus Ojibwe storytelling, crafts and dancing, village life in Kenya, festivals in India, nomadic life in Mongolia, Croatian Easter traditions, life-changing opportunities with the Michigan 4-H International Exchange Program, and guiding youth in talking about and making a difference around major global issues. Plus, Muckwa the Native Hospice healing dog will be present.

A complete workshop announcement with details is at <http://web1.msue.msu.edu/msue/cyf/youth/index.html> Once at the 4-H Web site, go to the 'Select a Program' (left column) and scroll to 'Cultural and Global Education.' Then go to 'Trainings and Events' and click on *4-H Global Festival Workshop*. For more information, contact Betsy Knox at knox@msu.edu.

FDIC CONSUMER NEWS FEATURES A GUIDE TO PREPARING FINANCIALLY FOR FIRES, FLOODS AND OTHER MISFORTUNES – *Other topics include online fraud prevention and a coming increase in FDIC insurance for IRAs*

The Winter 2005/2006 *FDIC Consumer News*, published by the Federal Deposit Insurance Corporation, features a guide to preparing financially for fires, floods and other disasters that includes practical tips on:

- Essential financial items and documents to have readily available in an emergency evacuation bag that is waterproof, easy to carry and kept in a secure place at home;
- Important items and documents to store away from home, perhaps in a safe deposit box or with loved ones far away (i.e., not in the same neighborhood or across town); and
- Why and how to be on guard against disaster-related financial scams, such as fraudulent charities that pocket donations intended to go to victims.

Also in this issue:

- A collection of the FDIC's latest guidance about how to avoid identity theft and other fraud that originates online, including a new audio-visual presentation on the FDIC's Web site about how to protect against identity theft online.
- A note about legislation to raise the federal insurance limit for certain retirement accounts from \$100,000 to \$250,000. After *FDIC Consumer News* went to print, Congress passed the legislation and President Bush signed it into law on February 8, 2006. The current insurance coverage remains the same until the FDIC adopts the necessary rule changes later in 2006.

The Winter 2005/2006 issue is available at: www.fdic.gov/consumers/consumer/news/cnwin0506

NEW DATE SET FOR NATURAL HELPERS LEADER TRAINING *since our February 16 training was cancelled due to the ice storm.*

The Natural Helpers® leader training is being offered April 7, 2006, at the Isabella County MSU Extension Office in Mt. Pleasant, MI. Registration will be handled through the MSUE 4-H Workshop Registration System. The on-site check-in will begin at 9 a.m. with the training to start promptly at 9:30 a.m. and ending at 4:30 p.m.

This training is for adults who are interested in learning to coordinate, conduct, manage and evaluate Natural Helpers® in their schools and communities. It is designed to build participants' confidence, motivation and enthusiasm as Natural Helpers® trainers and leaders.

Michigan 4-H-sponsored Natural Helpers® is a peer-helping program for middle, junior high and high school communities. It was developed by the Comprehensive Health Education Foundation (CHEF) in Seattle, Washington, and is based on the premise that within every school an informal "helping network" of students and school personnel exists. Natural Helpers® uses this network to help young people help their friends with everyday problems, refer serious problems to trained professionals and take good care of themselves in the process.

The Natural Helpers® program consists of a unique survey process to identify this existing helping

network. Those people selected as Natural Helpers are asked to participate in a training to improve their helping skills. After the initial training, students participate in ongoing training in their schools. Ongoing training provides Natural Helpers with more skills and topical information. Students involved in ongoing training also have opportunities to discuss specific situations with adult leaders and to make positive contributions to their schools and communities.

Registration Deadline is April 3, 2006 and is limited to 40. Registration Fee is \$50 (includes materials, continental breakfast, lunch and refreshments). Register for workshop #321 through the MSUE 4-H Workshop Registration System at <http://web2.canr.msu.edu/4hwkreg/>

Cancellation deadline is April 5, 2006. Any cancellations received after April 5 will be charged a \$15 cancellation fee.

If a registration payment has not been received by April 5 and the registration is canceled, you will be billed the \$15 cancellation fee.

If you have questions regarding the content of this workshop or about the Natural Helpers® program, please contact Monica Borgman at the Isabella County Extension Office by phone at 989.772.0911 ext. 302 or by e-mail at borgman5@msu.edu OR Joyce Belonga at the Mackinac City Extension Office at 906-643-7314 or e-mail at belonga@msu.edu.

If you have questions regarding registration or payment information, please contact your local county Extension office.

APPLY NOW FOR THE DORIS WETTERS TRAVEL FELLOWSHIP!

The Doris Wetters Travel Fellowship was established by Dr. Doris Wetters, former Assistant Director of Extension for Home Economics, through the MSU Development fund. The purpose is to support educational travel study opportunities for Extension Educators (county- and campus-based) to study, observe, or participate in Family and Consumer Sciences in other national, state or county programs.

To qualify applicants must have at least three years of experience with MSU Extension and a minimum of a Bachelor's degree. Applicants must hold current membership in MEAFCS. Applications are due April

30th and the fellowship funds must be used and reimbursed between July 1 and December 30, 2006.

The application and guidelines are located on the MEAFCS Web site at <http://msue.msu.edu/meafcs/>. Application should be submitted by April 30th via mail, to Kendra Hughson at the MSU Van Buren County Extension office, 801 Hazen St., Ste. A, Paw Paw, MI 49079 or Fax: 269.657.6678 or e-mail: hughson@msu.edu.

NEW STAFF TRAININGS:

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 – May 25, 2006

9:30 a.m. - Campus

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, and working with youth audiences in food, nutrition, and health. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as Jump into Food and Fitness, Power of Choice and Pyramids Between the Pages. Parenting instructors may also register to attend all or a portion of this session.

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:

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're running out of storage space – how long are we required to keep 4-H enrollment forms?
- A.** For Civil Rights reporting and auditing purposes the CANR Human Resources office says the records should be kept for four years since your last Civil Rights Compliance Review. For example, if your most recent review was July 1, 2002, a members ends participation on July 1, 2004, the member's records are maintained through June 30, 2006.

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



Deadline for Next Edition of "CYF NEWS"

April 3, 2006, is the deadline for submitting articles for the April 7, 2006, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu