

# CYF NEWS

## MAY 2004

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **Quote of the Month**

“Our imagination is the only limit to what we can hope to have in the future.”

—Charles Kettering



### **Message from the Leadership Team**

Greetings Children Youth and Family staff members;

Spring has sprung! With the new season has come an array of good news and opportunities for Extension CYF programs.

- Dee Williams, Jennifer Berkey, Steph Bruno, Julie Moberg and Linda Rossberg have been working with Beth Moore and your state leaders to plan a Northern Michigan CYF Policy conference. They promise it will be informative, interactive, and a good use of your time. If you're able to join us May 21 in St. Ignace, please register through the MSUE on-line in-service system.
- We were proud to be a part of the Human Ecology graduate student symposium recently. Two Extension projects were highlighted during the poster session; Meagan Shedd's *Lullaby of Sounds* and *Caring for My Family* with Ron Cox were two of the best! Cheri had the honor of serving on a panel of distinguished speakers.
- “*Enhancing Family Resilience Through the Use of Internet Participation*” or “*Connecting Michigan Families*” as the Human Development AoE team calls it, has been approved for a full proposal by the University Outreach and Engagement grants process. Congratulations to Ruth Miller, Theresa Silm, Jodi Spicer and the rest of the team that has worked hard to make this exciting project come alive.
- CYF topics are well represented in the concurrent session and poster session proposals for fall conference, October 12-14 at Kellogg Center. If you've not yet gotten your topic in the mix, please act quickly. We have so much great work to showcase!

Sincerely,  
Cheri, Gayle, & Kathy

## Upcoming Conferences

*Michigan Healthy Mothers Healthy Babies Conference, June 10–11, 04.* Information is available from Conference Coordinator Sheryl Boyd at 313.745.5458 or [sboyd2@dnc.org](mailto:sboyd2@dnc.org)

*Prevention Convention*, put on by Building Strong Families 3-5 with Scholastic, a professional development opportunity for staff related to emergent literacy development. **Tuesday, June 15, 04** at Kellogg Center, East Lansing. The cost is \$49 and includes breakfast, lunch and great resources from Scholastic. Contact Meagan Shedd at 517-353-8594 or [sheddm@msue.msu.edu](mailto:sheddm@msue.msu.edu).

*Building the Financial Futures of Working Families: Challenges Facing the Free Tax Preparation Field* – Chicago, IL **June 22-23, 04.** Information at <http://www.tax-coalition.org/>.

*National Extension Association for Family and Consumer Sciences* – Nashville, TN - **October 4-8, 04.** Information at <http://www.neafcs.org/development.asp?P=246>.

*Association for Financial Counseling and Planning Education* – Denver, CO - **November 17-20, 04.** Information at <http://www.afcpe.org/>.

*California Childhood Obesity Conference* – San Diego, CA - **January 9-12, 05.** Information, and a listserv for information, at <http://nature.berkeley.edu/cwh/activities/conferences.shtml>.

## Free "ANYTIME DOUBLETIME" Materials from VERB!

VERB is more than just something that you do... it's a campaign to get children moving and enjoy activities that will make them fit now and throughout their lives. If you would like new ideas to do with youth, check out the new (or any other) materials from VERB that can support the youth programming MSU Extension staff plan for spring and summer programs.

To help promote physical activity for youth 9- to 13-years-old, VERB, the CDC-sponsored youth fitness campaign, has developed free materials named "Anytime Doubletime" to encourage increased physical activity for before, after, and out-of-school programs.

"Anytime Doubletime" is a ten-day program that provides teachers and students with new game ideas. Does "hula-hoop hoops" and "birdie ball" sound like it could be fun? With "Anytime Doubletime" two VERBs make one new game for any program, any time!

VERB has developed lots of fun ideas since it started! The new "Anytime Doubletime" program offers new twists on old games – and more physical activity than the old games required. Instructions for the games, certificates for completion, activity recording sheets, letters for parents and news releases are included. A fortune-telling game is also on-line, too, just for fun.

To review and order free, ready-to-use Anytime Doubletime materials at [www.cdc.gov/youthcampaign/materials/AnytimeDoubletime.htm](http://www.cdc.gov/youthcampaign/materials/AnytimeDoubletime.htm). To see more free VERB campaign materials, activities or learn more about the VERB campaign background visit <http://www.cdc.gov/verb>.

Please determine if the VERB content aligns with your local standards as there is some advertising in some pieces. There are many different versions of the VERB 'get active' message for different audiences that you might like to review including parent pieces at the following Web addresses:

- VERB newsletter at [http://www.cdc.gov/youthcampaign/newsletter/pdf/July\\_03.pdf](http://www.cdc.gov/youthcampaign/newsletter/pdf/July_03.pdf)
- Teen site: <http://www.verbnow.com/>
- Activity Calendar: [http://www.verbparents.com/pdf/parent\\_calendar\\_may.pdf](http://www.verbparents.com/pdf/parent_calendar_may.pdf)
- Parents' Site: <http://www.verbparents.com/>

**NOTE:** The VERB national campaign comes from the Department of Health and Human Services' Centers for Disease Control & Prevention. Research shows that encouraging youth to increase their physical activity has been linked to decreased obesity and even diabetes.

Your county might consider incorporating nutrition education into the VERB campaign using the *Jump into Foods and Fitness (JIFF)* curriculum, the *Eat Healthy. Eat Breakfast* materials or a new curriculum from Team Nutrition, "*The Power of Choice.*" Contact Sue Henry at [henrys@msue.msu.edu](mailto:henrys@msue.msu.edu) for more information about *JIFF*; and Amy Malow at [malowa@msue.msu.edu](mailto:malowa@msue.msu.edu) for *Eat Healthy. Eat Breakfast*. See [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn) and click on Resources to download "*The Power of Choice.*"

## **MSU Video Game Designed to Improve Nutrition among Low-income Families**

Michigan State University recently announced in MSU Today that educators are using a video game to improve the eating and nutrition habits of adults. “*The Fantastic Food Challenge*,” developed through collaboration between MSU’s Communication Technology Laboratory (Comm Tech) and MSU Extension’s Family Nutrition Program, is a series of games modeled after traditional non-computer games, such as card and dice games, and television shows like “The Price is Right.” The games are designed to appeal to casual game players, particularly female young adults.

Players role-play as a contestant on a futuristic game show where the more they know about food groups, recipes, food cost and food-handling safety, the better their chances of winning.

The project was created in conjunction with the Michigan Family Nutrition Program (FNP), which helps low-income Michigan adults acquire the knowledge, skills and confidence to feed their families nutritious, cost-conscious meals.

The game was created for playback on standard desktop and portable computers running Windows or Macintosh operating systems. Games include:

- *Great Meal Deal* – players must learn the food groups through the process of play.
- *Store it Safe* – rich with audio, animation and interactivity, the game promotes sensory curiosity when players rapidly store food in their proper storage locations.
- *What Can You Make?* – Players are faced with increasing levels of challenge and face off against three increasingly difficult opponents as they match ingredients with recipes.
- *Price Makes Cents* – Players must learn the relationship between food cost and number of servings.

The game is available from MSU Extension, Family and Consumer Sciences and costs \$4. For more information call 517.353.9102 or [erib@msue.msu.edu](mailto:erib@msue.msu.edu).

Contact: Brian Winn, Communication Technology Lab, 517.353.5497; or Gayle Coleman, MSU Extension Family and Consumer Sciences at 517.432.7008 for more information.

## **Senior PROJECT FRESH is back!**

Michigan was recently awarded \$75,000 to implement Senior Project FRESH in 2004. Senior Project FRESH will provide 1,250 low income seniors (60+) with coupons to purchase fresh Michigan fruits and vegetables from farmers markets and farm stands. The program is a collaborative effort between the Michigan Department of Community Health (Women, Infants, and Children WIC Supplemental Nutrition Program), Elder Law of Michigan and MSUE/FNP. The program will be available in Berrien, Cass and Genesee counties.

—Viki Lorraine

## **Your Input Needed on Organization-Wide Multicultural Assessment**

MSU Extension will launch a statewide assessment this spring to gather input from all staff members about the impacts of diversity and multicultural educational efforts. The design team of Bruce Haas, Karen Pace, Dionardo Pizaña and Susan Smalley have been working with researchers from Rainbow Research, Inc., a Minneapolis-based consulting group, to create an on-line survey tool and other processes to assess the multicultural work that MSUE has been engaged in over the past several years. Your input will provide valuable insight into the impact and outcomes of those efforts, the application of learnings into staff members' work, will assist in gauging the multicultural climate in MSUE and will give staff members the opportunity to share input for next steps and future directions. The data gathering will begin in mid-June and all staff (regardless of appointment) will be encouraged to complete the anonymous, confidential on-line survey. **Don't miss this opportunity to share outcomes, impacts and feedback on how multicultural education and change efforts can benefit CYF staff members and programs that impact Michigan's children and families.** For more information on Rainbow Research, Inc. visit their Web site at [www.rainbowresearch.org](http://www.rainbowresearch.org). For more information on the MSUE assessment, contact Dionardo Pizaña at 517.432.2666 or at [pizanad@msue.msu.edu](mailto:pizanad@msue.msu.edu).

## **Kettunen Center: The “Natural Place” for Your Next Meeting**

Looking for a great location within two hours of campus to hold your next meeting? Kettunen Center, the full service conference center that serves as the focal point for 4-H volunteer leader training in Michigan, is available for groups other than 4-H.

Situated on Center Lake just south of Cadillac, Kettunen Center is nestled in a peaceful, natural setting, providing 160 acres of rolling, forested hills with a half-mile of private lake frontage. Yet it boasts state-of-the-art technology with a 12-station high-speed internet computer lab, data ports in all the premium rooms, and the latest A/V equipment. Kettunen Center has professional staff, excellent food service, ten meeting rooms and nicely appointed accommodations. The Center also offers a fitness room, canoes, kayaks, a pontoon boat, and over three miles of groomed trails.

Extension groups who wish to use Kettunen Center can receive a discount on standard rates. In a special offer, anyone who has not been to Kettunen Center and is considering holding an overnight meeting there, is eligible for a free lodging and breakfast certificate to check out the Center.

For more information, visit the Web site at [www.kettunencenter.org](http://www.kettunencenter.org) or call David or Laura at 800-379-4556.

#### **New Online Conference: Building Community through Service - June 8-10, 2004**

Building Community Through Service is MSU Extension and 4-H Youth Development's first online conference! Log on and access keynote, session leader and youth panel presentations focusing on youth and adult partnerships, youth leadership and community youth development as they relate to service-learning, civic and political engagement and community-building — all that a traditional conference offers, but from the convenience of your office or home! For more information, contact Beth Cheng, Conference Coordinator, at 517.432.7641 or [chengb@msue.msu.edu](mailto:chengb@msue.msu.edu).

#### **New List Serv Established to Support People Seeking Grants for Michigan Children, Youth and Family Programs**

**Purpose** – The Michigan Children, Youth and Families Grantseeker Listserv provides a resource for information sharing about grant opportunities, about lessons learned and best practices for seeking grants, and for seeking information and assistance in grant preparation from other Michigan grantseekers. —The list name is “grantseekers.”

**Subscribing** – Information on subscribing to the listserv is available at <http://www.anrecs.msu.edu/technology/majordomo/subscribers.htm>.

Subscribing is simple. Just send an e-mail to: [majordomo@listserv.msue.msu.edu](mailto:majordomo@listserv.msue.msu.edu)

In the body of the message type: Subscribe grant-seekers.

Send the message and you will be subscribed automatically.

**Sending Messages** – Once you are subscribed then you can send one message that will go to everyone else on the mailing list.

Simply send your message to this address: [grantseekers@listserv.msue.msu.edu](mailto:grantseekers@listserv.msue.msu.edu).

**Questions** – If you have questions, please contact Paul McConaughy, MSU Extension, at [mcconaup@msue.msu.edu](mailto:mcconaup@msue.msu.edu).

#### **4-H Treasurer's Record Book Revision Complete**

The revised 4-H Treasurer's Record Book (4H 1203) was completed, reprinted and is available for order from the MSU Bulletin Office. You can also download a PDF version of this publication from the 4-H Web site at <http://www.msue.msu.edu/cyf/youth/downloads/4H1203Web.pdf>. An announcement was sent to counties in late January 2004, but I have become aware that some counties missed this announcement and are still waiting for this publication! Please download the PDF document and make copies as needed, or order hard copies from the MSU Bulletin Office for all of your clubs and committees.

This is an excellent resource for all 4-H groups (clubs, councils, and committees) that handle funds on behalf of MSUE and 4-H. Please take time to review it and share it with your groups. If you have questions on the content of this publication, please call Julie Chapin 517.432.7608 or email her at "chapin@msue.msu.edu."

#### **Resources from the Volunteerism Area of Expertise Team**

Did you know the Volunteerism Area of Expertise Team maintains a loan library of resources staff can borrow? Please visit our Web site at <http://www.msue.msu.edu/aoe/volunteerism/> and click on Resources for a full listing of materials and information on how to order them. Each month, we hope to highlight one of the books in the library. If it is something that sparks your interest, please

consider borrowing it! It is our goal to assist all MSUE staff in building knowledge and skills related to volunteer development and management, and the effective administration of volunteer-driven programs.

This month, we are highlighting the book *Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others*. This book was reviewed by Wanda Repke, 4-H Youth Agent, Grand Traverse County.

Excerpt from *Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others* *Encouraging the Heart* is ultimately about keeping hope alive. Leaders keep hope alive when they set high standards and genuinely express optimism about an individual's capacity to achieve them. They keep hope alive when they give feedback and publicly recognize a job well done. They keep hope alive when they give their constituents the internal support that all human beings need to feel that they and their work are important and have meaning. They keep hope alive when they train and coach people to exceed their current capacities. Most important, leaders keep hope alive when they set an example. There is really nothing more encouraging than to see our leaders practice what they preach.

This book is a very worthwhile read if you are sincerely interested in becoming a better leader and helping others reach their full potential as employees, volunteers and human beings.

### **Announcing... Michigan Team Nutrition: Nutrition and Literacy Partner Grants**

#### **Coming...Fall 2004**

This Team Nutrition grant focuses on linking nutrition education with reading in the classroom (K-3), at home and throughout the school. Up to ten grants will be awarded to MSUE county staff members who link with a local elementary school or child care/out-of-school time site. MSU county staff and school/site staff will work together to...

- Use children's books (provided by the grant) with positive food and physical activity messages to support and promote integration of nutrition education into English/Language Arts;
- Provide the *Pyramids Between the Pages* curriculum to all participating classrooms;
- Implement the take home, Family Nutrition Bookbag program which promotes nutrition education and family literacy;

- Create a school-wide presence via bulletin boards and hallway displays that promotes linking nutrition education with literacy.

For more information about these grants visit the Michigan Team Nutrition Web site: [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu), or contact Chris Flood, MSUE Program Leader at (269) 639-0002 or [floodc@msue.msu.edu](mailto:floodc@msue.msu.edu).

### **Blue Ribbon Q&A**

- Q.** It would be helpful to have the option to "Select All" in the Category and Status boxes on the Reports and Mailing Label Parameters screens – is it possible to ask MarTech to make this change?
- A.** Yes, each year, generally in the spring, we send MarTech a list of suggested software changes for the next update. We send an email out on the Blue Ribbon listserv asking for suggestions from users and also include the feedback we've compiled from staff during training sessions.
- Q.** Do the check boxes on the Member/Leader screen for Health Form (new User Defined check box), Photo Release, Fee Paid and Behavior Form clear each year when doing year-end processing?
- A.** No, they do not clear from year to year, but we can ask MarTech to make that an option during year-end processing, or to add it as a Utility feature.
- Q.** Can we report teen moms who participate in our breastfeeding initiative program under CE, Parenting?
- A.** Yes, it is appropriate to report their participation.

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



### **Tech Tip Is Your Computer Slow?**

Are you experiencing incredibly slow performance on your PC? It could be that it is in dire need to be defragged. Some people don't realize how important it is to defrag your computer on a regular basis and they wait until it's unbearably sluggish before they take action.

### **In this article you'll discover:**

1. What is defragging
2. The importance of regularly defragging your computer.
3. How defragging works.
4. How to successfully defrag your computer. (For Mac users too)
5. Important tips for successfully defragging your PC.

### **What is defragging?**

Defragging simply is the compacting and reorganizing of files on your hard drive in order to optimize your PC's ability to quickly locate files.

### **The importance of regularly defragging your computer:**

Just as regularly scheduled oil changes improve the performance of a used car, regularly scheduled "defragging" of your hard drive improves the performance of your PC. You'll go from waiting long periods of time to open programs and files to opening them in a zip (with respect to your PC's capability). This is simply due to the fact that your computer will have to do less seeking and searching for files since defragging neatly reorganizes and rearranges them in a succinct manner.

### **How defragging works:**

To quickly write files to the hard drive when you create them, or even when you install programs that write to your hard drive, your PC kind of takes a leave-it here-for-now-and-clean-it-up-later approach. It does not initially write files in a sequential manner or in one location. Based on the size of the file, your PC will break up files and save pieces of them in different places on your hard drive. Once your hard drive becomes filled with pieces of fragmented files, it takes much longer for your PC to search and locate files you request, therefore decreasing the performance of your computer.

When you first get a new computer this method of saving files doesn't affect the performance of your PC practically at all, but once your PC gets older and you save more and more files – this method begins to cause significantly slower performance.

This is where your defragging software comes in. Plain and simple, defragging software assembles files in one location and compacts the contents of your hard drive so that file fragments are saved in a concurrent manner.

As a result your PC, performs the retrieving of files more efficiently and therefore more quickly than when the files were fragmented.

### **How to successfully defrag your computer**

If you have a windows operating system like Windows 98, 2000, NT, or XP, the program that reorganizes and rearranges the files on your hard drive is called Disk Defragmenter. If you don't have defragging software, there are many disk defraggers available on the web. A popular one is: Diskkeeper 8.0. You can download it from Download.com, for a 30-day trial.

If you already have disk defragmenter installed on your computer, it's usually located in Start->Programs->Accessories->System Tools->Disk defragmenter. It's a very simple program to run. Follow the links below for instructions on how to run disk defragmenter based on the operating system you have.

### **Instructions from Microsoft's website:**

#### **Windows 98:**

<http://www.microsoft.com/windows98/usingwindow/maintaining/tips/beginner/diskdefrag.asp>

#### **Windows 2000:**

<http://support.microsoft.com/default.aspx?scid=kb;en-us;318759&Product=win2000>

#### **Windows XP:**

<http://support.microsoft.com/default.aspx?scid=kb;en-us;314848&Product=winxp>

### **Important tips for successfully defragging your PC (before you run disk defragmenter and while it's running):**

**Note: No programs should be running while disk defragmenter is running.**

1. Temporarily disable your screen saver.
2. Temporarily disable your antivirus software.
3. Temporarily disable any other programs that could be changing the contents of the hard drive.
4. Do not use your computer (create files, delete files, or edit files).

### **Mac Users**

The word out on the internet is to NOT defrag any Macs that have OS X or higher, because a defragger is built-in and manages the defragging on it's own. Apple even suggests on their support pages to not

use a defragger: <http://docs.info.apple.com/article.html?artnum=25668>

If you have an operating system older than OS X, [Drive 10](#), [Disk Warrior](#), and [Norton Disk Utility](#) (soon to be discontinued) for Mac seem to be popular disk defraggers.

If you have any questions or concerns, please email [joness@msue.msu.edu](mailto:joness@msue.msu.edu).

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

June 11, 2004, is the deadline for submitting articles for the June 14, 2004, edition of “CYF News.” Please submit articles to Gail Hebert at [hebertg@msue.msu.edu](mailto:hebertg@msue.msu.edu)