

CYF NEWS

MAY 2006

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“A wise man will make more opportunities than he finds.”

— **Francois Bacon**



LEADERSHIP MESSAGE

It's Time to Be Invigorated!

Spring has truly been an invigorating season this year. I believe that it has been the prettiest in a very long time. For those of you who were able to be on campus for any of the “park-like atmosphere” you can attest to the fact that our University was really showing off. The students got to enjoy seeing all of the beautiful flowering trees before they headed back to their homes, or off to find jobs. Those of us on campus had the pleasure of soaking it all in.

In that same light, I think that the work that is being done in Children, Youth and Families is some of the very best that we have produced. We are blessed with a very creative staff across this state and the personal commitment and passion for the work that helps families is incredible. Each of you is playing a huge role in helping Michigan's families through programming. Families are safer, more connected, taking part in learning opportunities, giving back to their communities and making Michigan a better place to live.

Keep these thoughts in mind as you work day to day. You have great information to share with others, you have colleagues who can assist you and you have quality information from Michigan State University and our links to other universities to keep on top of emerging and changing issues. This issue of CYF News will provide you with lots of news for consumers, ways to reach out to help our youth help others, more ways to stay on top of new ideas plus much more!

So, as we move from spring to summer, take time to refresh, stay active in the work within your county and keep connected to your colleagues. You are all terrific!

Cheri

Deadline for Next Edition of “CYF NEWS”

June 5, 2006, is the deadline for submitting articles for the June 9, 2006, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu

WELCOME ANNE CLARKE!

Anne Clarke joined our FCS team on April 24, 2006. Anne will work in the Expanded Food & Nutrition Education (EFNEP) and Food Stamp Nutrition Education Programs (FSNE) to manage and assist with budget development and forecasting, submission of the FSNE proposal, report preparation, match verification, desk audits, etc. She comes to us after many years on campus and most recently in the College of Nursing. Please join me in welcoming Anne to our workplace and helping her gain her bearings. Thank you. Submitted by Karen Martin

CONSUMER ALERTS: Several of the Michigan Public Service Commission's consumer alerts on various subjects are now available in Spanish. These alerts cover issues that are of great interest to many people, and making them available in Spanish will help more customers understand the utility matters that affect them. They are:

Registro de Michigan para la Protección del Niño (Describes the Protect MI Child Registry, which enables parents to guard children from unwanted electronic messages).

Lifeline y Link-up: Los Requisitos de Elegibilidad Se Han Expandido (http://www.michigan.gov/documents/spanishlifeline_154200_7.pdf). (Outlines eligibility requirements and benefits of programs to assist low-income customers with telephone expenses).

Ya llegó "Choice", la Elección del Gas Natural -- Lo que Deben Conocer los Clientes Acerca de Cambiar a un Proveedor Alternativo de Gas (http://www.michigan.gov/documents/naturalgaschoiceishere_154270_7.pdf). (Provides helpful information on what customers should know about switching to an Alternative Natural Gas Supplier).

Existe Ayuda Disponible con Algunos Problemas del Servicio Publico Llamando al Numero Gratuito de "Michigan Public Service Commission" (http://www.michigan.gov/documents/spanishmpscnumber_127860_7.pdf). (Identifies special Michigan Public Service Commission toll-free numbers that consumers can use to receive help with natural gas, electric and telephone service problems and inoperative payphones).

Los ciudadanos de Michigan pueden solicitar ayuda con sus facturas de calefacción (http://www.michigan.gov/documents/spanishhomeheatinghelp_130700_7.pdf). (Advises of programs that help customers avoid winter utility service shutoff).

Haga una Elección Informada -- Lo que Deben Conocer los Clientes Residenciales de Consumers Energy y DTE Energy/MichCon (http://www.michigan.gov/documents/spanishgaschoicecomparison_154194_7.pdf). (Provides information on the Natural Gas Customer Choice Program, including a comparison of a sample full-service customer bill and an Alternative Gas Supplier (AGS) customer bill).

Califica para el "Home Heating Credit" del 2005. (http://www.michigan.gov/documents/spanishhhc2005_151837_7.pdf). (Describes eligibility requirements and how to apply for the Home Heating Credit).

The Spanish consumer alerts are available on the MPSC's Web site: Michigan.gov/mpsc, or by calling the Commission's toll-free phone number: 1.800.292.9555.

The Commission's Web site also contains a link to the Federal Communications Commission's and the Federal Trade Commission's Spanish Web pages. Submitted by Erica Tobe.

2006 SCHOOL WELLNESS GRANTS

Michigan Action for Healthy Kids (MAFHK) announces the 2006 School Wellness Grant. This grant is for all Michigan public, private, and charter middle and high schools. The purpose of the School Wellness Grant is to implement and evaluate the nutrition, physical education, and physical activity interventions recommended by MAFHK. A maximum of eighty (80) grants will be awarded. Grant recipients will receive a refrigerated snack vending machine (\$5,000 value), \$500 reimbursement for Coordinated School Health Teams to complete the Healthy School Action Tool, and more! For more information on the grant, visit the Team Nutrition Web site www.tn.fcs.msue.msu.edu and click on grants. For questions contact Ann Guyer at guyera@msu.edu.

FOOD SAFETY UPDATE: SINGLE MINIMUM INTERNAL TEMPERATURE ESTABLISHED FOR COOKED POULTRY

The Food Safety and Inspection Service (FSIS) has advised consumers that cooking raw poultry to a minimum internal temperature of 165°F will eliminate pathogens and viruses. Please view details in [http://www.fsis.usda.gov/ News & Events/ NR_040506_01/index.asp](http://www.fsis.usda.gov/News%20&%20Events/NR_040506_01/index.asp). Submitted by Lillian Occena

UPDATED WEB-BASED NUTRITION BULLETINS

The Web-based nutrition bulletins have recently been updated. In addition, the bulletin for infants 0-12 months has been replaced with two bulletins: 0-6 months and 6-12 months. The bulletin for children 2-6 years, to accompany the old Children's Food Guide Pyramid has not been changed. You can download these bulletins in color or black & white from: The on-line bulletin system: <http://web2.msue.msu.edu/bulletins/mainsearch.cfm>. You can search by keywords, or in the inventory search, enter "w" and hit "search inventory" for all Web-based bulletins.

The Food Domain:

http://www.fooddomain.msu.edu/edu_bulletin_nutrition.htm In addition, the Food Domain contains Web links to other resources, and these have recently been updated. There is also information on food safety.

In the future, the bulletins will no longer be available on the Family and Consumer Sciences Web site. Please contact Beth Olson, Nutrition Specialist, if you have any questions: olsonbe@msu.edu.

NEW STAFF TRAININGS:

Nutrition III – May 25, 2006, 9:30 a.m.
Location: 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/>

UPCOMING CONFERENCES:

The annual Georgia Financial Counseling Seminar will be held July 25-27, 2006, in Columbus, GA. The Financial Counseling Seminar, which began in 1989, is designed for both beginning and experienced counselors. Previous attendees and those new to the seminar will benefit from the hands-on, realistic approach to resource and skills sharing. As military, business and industry continue to restructure, counselors and educators need to keep their skills updated to be able to help individuals, families, businesses, agencies and creditors in an uncertain environment. Additional information including the full program, local arrangements, and online registration are available at <http://www.caes.uga.edu/campus/tifton/conferences/events.html>. Hope to see you there! Submitted by Erica Tobe

BLUE RIBBON Q&A

Important Information for All Blue Ribbon Users:

Thanks to Renee Bainbridge, Kent County, for catching a Blue Ribbon software glitch that will be corrected in the next update. If the Duplicate feature is used in the Youth Group Enrollment file, the Delivery mode resets itself to 4-H Community Club (it's because that field defaults to what is set in the Preferences screen and it's overriding the Duplicate feature). We recommend that you review your Group Enrollment Files to make sure the Delivery Mode is correct for each.

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

