

CYF NEWS

NOVEMBER 2004

MICHIGAN STATE UNIVERSITY EXTENSION

In This Issue

- Leadership Message
- It's Here! The Family Nutrition Bookbag
- NSF Scrub Club Web Site Launch
- Testing Pressure Canners
- The Role of Federal Government in ...
- Money Smart Week – April 2005
- Upcoming New Staff Trainings
- Upcoming Nutrition Conferences
- Blue Ribbon Q&A
- Tech Tip
- Deadline for December Articles

QUOTE OF THE MONTH

“Be on the alert to recognize your prime at whatever time of life it may occur.”

—Muriel Spark



LEADERSHIP MESSAGE

Greetings from the boomer generation,

I have always loved fall – what an awesome time of year! This fall was especially delightful, with many great Extension education opportunities. Mid-October brought our annual Extension conference and lots of professional development, networking and fun. Most participants rated keynoter Cam Marston on “The Four Generations in the Workplace” as the best part of the conference. If you didn’t hear him, you missed a special opportunity. I’ll be glad to share his slides for your own personal use, though. Send me an email to request them. That will also help you understand the salutation above.

It was good to meet with the membership of the Michigan Extension Association of Family and Consumer Sciences (MEAFCS) during the conference, also. Congratulations and best wishes to the newly elected officers: President-Elect, Linda Huyck; Treasurer, Pat Joyce; and Secretary, Joyce McGarry. I look forward to working with this team in the coming months. Congratulations also to the Michigan association award winners. The campus FCS team is especially proud to be displaying the plaque for the Joan Rajkovich McGarry Applied Research Award in our lobby. Thank you!

The UP planning conference was another great chance for me to learn about wonderful programming, meet and visit with staff, and share ideas. I want to extend special thanks to the Baraga County staff members who hosted us at the beautiful Ford Forestry Center.

With Thanksgiving right around the corner, I want each of you to know that this year, I am thankful for each of you and the great work you do for and with our Michigan families.

Sincerely,

Kathy Foerster

It's Here! The Family Nutrition Bookbag.

The *Eat Healthy. Play Hard. Read More.* Family Bookbag was created so that families can have fun reading together while learning about eating healthy and being physically active. The Bookbag can be used in K-2 classrooms, out-of-school-time programs, home-visiting programs or any other programs that serve children in grades K-2. The bookbag is given to families "on loan." Each family keeps the bookbag for 3-7 days then returns the books and the bag, and keeps a family-friendly recipe card set and a tip sheet that focuses on developing positive food and physical activity habits and improving literacy skills.

Each Family Bookbag sells for \$75, serves 30 families, and includes:

- ◆ **A washable zippered tote;**
- ◆ **An Educator's Guide** that explains how to set up and implement a take-home Family Bookbag program;
- ◆ **Five children's books with positive health messages:** *The Milk Makers, The Busy Body Book, I Will Not Never Eat A Tomato, Oh the Things You Can Do That Are Good for You!*, and *Yoko*;
- ◆ **A family tip sheet (30 copies).** The tip sheet includes information and tips for families on eating healthy, being active and reading with children;
- ◆ **A recipe card set (30 sets).** A set of eight family-friendly recipe cards;
- ◆ **A parent letter.** The parent letter explains to parents/caregivers how to use the bookbag and the other items.

Evaluation results on the Family Bookbag revealed that families spent an average of 92 minutes with the bookbag and, as a result of the bookbag being in their homes, increased family reading time by 33 percent!

Teaching children to choose and eat healthy foods, to have fun being active, and to enjoy reading in their leisure time is very important. When families take the time to enjoy learning about nutrition and physical activity through the fun of reading together they can learn to adopt positive food and physical activity habits that can last a lifetime. For more information, or to order a Family Bookbag contact Chris Flood, MSU Extension program leader at floodc@msu.edu or (269) 639-0002.

NSF SCRUB CLUB WEB SITE LAUNCH

Trent Wakenight, National Food Safety and Toxicology Center, and I participated in the launch of the NSF Scrub Club web site at the National Press Club in Washington, D.C. We were able to coordinate this event with other business in Washington.

The NSF Scrub Club uses creative Webisodes to promote handwashing to children 5-8 years old. It was created as a community relations project by NSF, an Ann Arbor non-profit organization that develops national product standards and provides third-party certification that products meet the accepted standards. If you haven't seen it yet, go to www.nsfscrubclub.org.

Handwashing is an easy-to-do activity that has a significant impact on keeping us healthy. Helping our children learn to do it is an important accomplishment. You can help increase awareness by promoting the NSF Scrub Club in your local communications activities. Direct people to the web site and encourage them to participate with their children.

Let me know what you think. I will be glad to share your input with NSF.

Paul McConaughy, 517-432-8740,
mcconaul@msu.edu

TESTING PRESSURE CANNERS

Some questions have come up regarding MSU Extension offices testing dial gauge home pressure canners for the consumer. The response from the Food Safety AOE is: "When testing a dial gauge pressure canner it is acceptable to use a reliable and accurate dial gauge pressure canner tester that has been tested according to the manufacturer's recommendation. If the consumer's gauge is off more than 1 pound at 5, 10 or 15 pounds of pressure, they should have it replaced." References: Complete Guide to Home Canning and Preserving 2nd edition USDA & So Easy to Preserve Cooperative Extension Service University of Georgia 4th edition 1999.

Sue Shenk at shenk@msu.edu

GAO RELEASES A REPORT – THE ROLE OF THE FEDERAL GOVERNMENT IN FINANCIAL LITERACY

Research has shown that many Americans lack the knowledge of basic personal economics they need to make informed financial judgments and manage their money effectively. Yet financial literacy is increasingly important in a world where consumers must choose from an array of complicated financial products and services, and employees must take on more responsibility for their retirement savings. The Government Accountability Office, an independent arm of the U.S. Congress, hosted a forum on July 28, 2004, on the role of the federal government in improving financial literacy. Jane Schuchardt, National Program Leader, Cooperative State Research, Education, and Extension Service, USDA, was among the 23 invited forum participants, which included experts in financial literacy and education from federal and state agencies, the financial industry, nonprofit organizations and academic institutions. The report "Highlights of a GAO Forum: The Federal Government's Role in Improving Financial Literacy" summarizes forum participants' views on the topics federal financial literacy efforts should cover, populations that should be targeted, methods of delivering information and the role of program evaluation. The report is on the Web at: <http://www.gao.gov/cgi-bin/getrpt?GAO-05-93SP>

MONEY SMART WEEK! APRIL 17-26,

2005 — Let's show the state how effective our statewide reach can be in promoting Money Smart Week sessions. Start planning your financial management and/or housing sessions today. If you are not sure what to teach, the Family Resource Management AoE team has ideas for you. Topics can focus on youth, the elderly, and/or the unbanked audiences. Statewide media attention and publicity will occur around the importance of financial education during this time period. Last year, mayoral proclamations and a proclamation from the Governor occurred to help raise awareness in the state. Let's help raise awareness throughout Michigan for this important topic. Money Smart Week is sponsored by the Federal Reserve Bank of Chicago – Detroit Branch. Plan your session and submit your description to Erica Tobe by February 1st. A Money Smart Week form will be sent to all offices via county mail. To find out more about how you can be

involved in this 2005's Money Smart Week, please contact Erica Tobe at tobee@msu.edu.

UPCOMING NEW STAFF TRAININGS

Nutrition 3: Dec. 1, 2004, 9:30 a.m. - 4:00 p.m., Anthony Hall, 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. 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.

Where can I find out more about each of the trainings?

Descriptions and detailed information (i.e. date, time, place, cost) about each session can be found at <http://web2.msue.msu.edu/in-service/>

How do I register? Visit

<http://web2.msue.msu.edu/in-service/>

Contact: Anna Lubert, Email:

lubertan@msu.edu

UPCOMING NUTRITION CONFERENCES

January 9-12, 2005 — *California Childhood Obesity Conference*, San Diego, CA. For more info visit www.cce.csus.edu/conferences or call 800.858.7743.

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
FNH AoE Healthy Youth Work Team,

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. When is the next Blue Ribbon training scheduled?

A. The next training sessions for Blue Ribbon will be on Tuesday, January 4, 2005, in 1210 Anthony Hall from 9 a.m. – 4 p.m. The morning session will be Blue Ribbon Fundamentals which covers essential data entry steps, the preferences screens, family linking, basic reports, mailing labels and an introduction to Member Query. The afternoon session, ES-237 & Enhanced Blue Ribbon Features will focus on reviewing data files for accuracy, Member/Leader, Club & Project Code files, group & training reporting and the ES-237 steps and year-end processing. If time permits advanced reports, more Member Query, Email, Achievement Certificates, Member ID cards and creating historical data files will also be included. All participants receive three step-by-step training materials.

The training session will be posted on the MSUE InService Registration System. There is no cost to attend.

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

KEEPING YOUR PC VIRUS-FREE AND SECURE RAGES

As the war for keeping your PC virus-free and secure rages, please don't underestimate the subtlety of spyware. Spyware is a relatively new kind of threat to your PC that common anti-virus applications do not yet affectively address. PC World magazine and the IT professionals, like myself, at Michigan State University recommend a program called *Spybot – Search & Destroy* to purge your machine of unwanted spyware. *Spybot - Search & Destroy* can detect and remove several different kinds of spyware from your computer including Web bugs, advertiser spyware, Trojans and many more. Listed below are some symptoms of spyware infection on a PC:

- new toolbars in your Internet Explorer or Web browser that you didn't intentionally install,
- your browser crashes, or
- your browser home page has changed without you knowing.

Does your PC have any of these symptoms? If so, you most likely have spyware. But even if you don't see anything, you may be infected because more and more spyware is emerging that is silently tracking your surfing behavior to create a profile of you that will be marketed and sold to advertisement companies. *Spybot-S&D* is free, so there is no harm in trying to see if something has invaded your PC and is tracking your Web habits.

If you have any questions or concerns, please contact Samone Jones at jonessam@msu.edu.

Deadline for Next Edition of "CYF NEWS"

December 13, 2004, is the deadline for submitting articles for the December 17, 2004, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msue.msu.edu

