

# CYF NEWS

## SEPTEMBER 2005

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”

— *Marilyn vosSavant*



### MESSAGE FROM THE LEADERSHIP TEAM

GREETINGS!

Happy fall! With football weather in the air, it's a great time for Extension programming.

I look forward to lots of ways to connect with you and learn about your work in the coming weeks. Area of expertise co-chairs will retreat for two days to re-energize themselves for the coming year. The following week I look forward to participating in Facilitation Excellence training, then a quick trip to Philadelphia with members of MEAFCS for their national annual session. Again this year Michigan members will be featured in the awards ceremonies! We'll share their names and accomplishments next month.

October will begin with a couple of days in Milwaukee to meet with north central region state program leaders to plan opportunities for idea and resource sharing, then our MSUE annual conference the following week! Whew! Can't wait for all this excitement!

If you've not yet registered for annual conference, please hop on the portal and do so. It's easy! Just log on, click on "applications," then "MSUE staff resources, then "fall Extension conference page." Here you can print or browse through the information on the conference. Then proceed to the registration form by clicking on it under "Conference Registration Info."

I look forward to seeing each of you at the conference.

*Kathy*

## A LIFETIME EXPERIENCE FOR MICHIGAN YOUTH

**Japan** – Fifteen Michigan 4-H youth have just arrived home from an experience of a lifetime. The youth came from all over the state of Michigan (five from Allegan County). In the photo below (left to right): Tommy Brinn (Otsego), Tanner Mattern (Otsego), Gregory Kozma (Novi), Trevor Brinn (Otsego), Aaron Howe (Plainwell), Nick Garrity (Bath), Katie Miller (Hart), Shane Douglas (Ewart), Labo Intern Queenie from Australia, Karl Dusenbery (Saugatuck), Katelynn Wolf (Roscommon), Martin Taylor (Wallace), Anna Shaffer (E. Grand Rapids), Laura Hiles (Levering), Stephen Newkirk (Grand Rapids), Kyle Poli (East Lansing), and Jan Brinn (Otsego). The earthquake, typhoon, and other adventures made this a trip these youth and their chaperone, Jan Brinn, Allegan County MSU 4-H Extension Educator will never forget. The four-week Japanese Exchange Program ran from July 12 - August 11, 2005. This time period coincides with the Japanese school system's summer vacation. The American students lived with a Japanese host family and participated in normal daily activities. Students can request to stay with the family of a student they have hosted in the past through the Labo 4-H Inbound Japanese Exchange Program.

Besides experiencing everyday activities, some great sightseeing was experienced by some of the youth. Mount Fuji, Tokyo Disney Land, Castles, Shrines, Temples, Museums, Zoos, Aquariums, Dai Butsu (The Big Buda), and the list goes on. The education



of a Japanese Tea Ceremony, Kendo, Calligraphy, and even the eating of sushi can be added to the list. Jan Brinn was even televised as she attended the 60<sup>th</sup> anniversary of the Atomic Bombing Hiroshima Peace Memorial ceremony.

Her highlight was putting a gold origami paper crane under the Children's Peace Monument of Sadako – the story "Sadako and the Thousand Paper Cranes" by Eleanor Coerr is a project she has taught in the Allegan County schools.

It is exciting to know that 4-H has created an experience of a lifetime for the Japanese & American youth, host families, and others; plus the development of an international friendship. Living in Japan as part of the 4-H Exchange Program taught these youth more than you can imagine...but nothing was more important than the things they had learned about themselves. *Submitted by Jan Brinn, Allegan County MSU Extension - 4-H Extension Educator/ 269.673.0370*

## NATIONAL FOOD SAFETY MONTH

September is National Food Safety month. For various activities and resources on food safety, please visit <http://www.nraef.org/nfsem/default.asp>. *Submitted by Lillian Occeña-Po, Dept. of Food Science & Human Nutrition.*

## EIS Key Word Suggestions for School-Based Nutrition and Physical Activity Initiatives

Your EIS *Progress Reports* and *Success Stories* have been particularly helpful to the Michigan Team Nutrition team as we report to our partners and to USDA Team Nutrition on Michigan's school-based nutrition and physical activity efforts. Use of the following key words anywhere within your EIS reporting exactly as they appear in bold would help us make sure we are capturing all your great efforts. A brief explanation of the key word is in parentheses following each word. Please let us know if you have questions. Thank you.

**Team Nutrition** (use whenever your efforts are with enrolled Team Nutrition schools as part of Team Nutrition projects)

**healthy school environment** (use whenever your efforts with a school are intended to improve opportunities for students to eat healthfully and be physically active)

**HSAT** (use if the Healthy School Action Tool is part of your efforts)

**school wellness policy** (use if you are involved in a school district's federally required local wellness policy development or implementation)

**healthy reading and/or**

**linking nutrition education with literacy** (use if your efforts use children's books about nutrition and/or physical activity)

**Pyramids Between the Pages** (use anytime this curriculum is part of your efforts)

**Family Bookbag** (use anytime the *Eat Healthy. Play Hard. Read More Family Bookbag* is part of your efforts)

**MAFHK** (use if you are involved with state or local Michigan Action for Healthy Kids initiatives).

Submitted by Pat Hammerschmidt ([hammers2@msu.edu](mailto:hammers2@msu.edu)), Ann Guyer ([guyera@msu.edu](mailto:guyera@msu.edu)), Chris Flood ([floodc@msu.edu](mailto:floodc@msu.edu))

## NEW STAFF TRAINING SESSIONS

### NEW FCS STAFF AND THEIR SUPERVISORS

The fall series of new staff training is scheduled. Please register your new staff now for the complete series. All sessions are necessary for staff working in FSNE, EFNEP and BFI. Home Visiting, Learn Together Approach, and Nutrition III are recommended for parenting instructors.

**Home Visiting:** Friday, October 7, 2005 - 9 – 4 p.m.  
The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participant's homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition, this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

**Learn Together Approach:** Thursday, October 20, 2005 9 – 4 p.m.

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:** Thursday, November 3, 2005 - 9 – 4 p.m.  
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, exploration of MyPyramid Web site and use of MyPyramid with clients, reading and understanding nutrition labeling, and planning low-cost meals. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

**Nutrition II:** Thursday, November 17, 2005 - 9:30 – 3:30 p.m.

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: teaching the 2005 Dietary Guidelines for Americans and recommendations for special populations for prevention of nutrition related chronic disease, nutrients and nutrition related health issues, the role of nutrition and physical activity in weight management. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as MyTracker and nutrition and physical activity assessments within the MyPyramid Web site.

**Nutrition III:** Thursday, December 1, 2005 - 9:30 – 3:30 p.m.

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.

Find session descriptions, detailed information, and on-line registration at

<http://web2.canr.msu.edu/inservice>

Contact person: Jane Love, S. Anthony Hall 517/432-2635 - Email: [lovejan@msu.edu](mailto:lovejan@msu.edu)

## UPCOMING CONFERENCES:

**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.*

### BLUE RIBBON Q&A

- Q.** How do I document Mentoring Program numbers in Blue Ribbon?
- A.** We have been receiving a number of questions about how to document youth and volunteers who have been part of the "Explore Experience Achieve Through 4-H Mentoring" AmeriCorps program or any other 4-H mentoring program in Blue Ribbon. Mentoring is a Delivery Mode and would be covered under the Personal Development project code of FH. There are two options for entering information into the Blue Ribbon system.

#### **Option 1:**

If you want to do individual enrollments for youth and volunteers who are participating in planned mentoring programs in the county, you will need to create a "club" for them. Create a club code for the group. The Delivery Mode will be "Individual Study/Mentoring/Family Programs." The project code to use is: FH Personal Development. Counties are encouraged to use this option so that you can include mentoring program participants in newsletter mailing lists and informational mailings about other 4-H opportunities like Exploration Days.

#### **Option 2:**

If you do not need or want individual contact information for participants in your mentoring program, it is recommended that you report numbers as a Youth Group Enrollment. Use Volunteer Group Enrollments for entering the mentors. Using the delivery mode of "Individual Study/Mentoring/Family Programs" you will indicate units as 1 and then list the male and female youth and volunteers involved in this program within your county. The project code that should be used is: FH.

The adult mentors should be entered as either club or group enrollment volunteers using the same project code of FH. If using Option 1, these adults should all be listed as direct volunteers.

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.



### Deadline for Next Edition of "CYF NEWS"

October 10, 2005, is the deadline for submitting articles for the October 14, 2005, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)