

# CYF NEWS

## NOVEMBER 2005

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“No man is wise enough by himself.”

— Titus Maccius Plautus



### LEADERSHIP MESSAGE

GREETINGS!

The November chill is in the air, but it has been an absolutely wonderful long, extended summer. All of you have been very busy with your work, getting up to speed in programming, workshops, attending trainings and meeting the needs of Michigan citizens. I think you will agree that Fall Extension Conference was jam-packed with good ideas and trainings and just enough time to network with colleagues.

We really appreciate your efforts in moving forward in a positive and professional way. Our educational focus, even in the shadow of tight budget times, continues to be superior. In all that you do you display great enthusiasm and visionary thinking, always looking for the next thing to come along and the next need to be tackled.

Continue those efforts as we head into a new season and always remember to leave ample time to spend doing something you enjoy. The soul is nurtured by those pleasant times with family and friends.

*Cheri*

### **IT'S TIME TO GET YOUR FLU VACCINE!**

October – March is flu (influenza) season. Influenza is a very contagious disease. The common symptoms include fever, cough, sore throat, headache, chills, muscle aches and fatigue, which last for a few days. However, some people get much sicker and can be laid up for five to ten days. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can also cause high fever and seizures in children.

There is plenty of vaccine available for anyone who wants to get a flu vaccine. MSU is holding several flu clinics around campus. You can get vaccinated for only \$20. The dates and locations are:

- 11/9/05 - 11:30 am-1:30 pm @ Agronomy Farm – Conference Rm (SE cor of Mt. Hope & Beaumont)
- 11/15/05 - 11:30 am–1:30 pm @ East Fee Hall – Rm A131
- 11/16/05 - 11:30 am – 1:30 pm @ Nisbet – Rm 250
- 11/22/05 - 11:30 am – 1:30 pm @ Main Library – W-450 Center Conference Rm
- 11/23/05 - 11:30 am – 1:30 pm @ DCPAH – Conference Rm 101 (Beaumont Rd. S of Forest Rd.)

You can also ask for flu vaccine at your doctor's office or the health department.

If you have further questions about the flu vaccine, please call Tammy Sullivan at 517.432.8204.

**MSUE AND THE DEPARTMENT OF COMMUNITY HEALTH – GRANT OPPORTUNITY**  
***SUPPORTING COMMUNITY COALITIONS TO PROMOTE HEALTHY LIFESTYLES THROUGH IMPROVED DIET QUALITY AND INCREASED PHYSICAL ACTIVITY, 2005-06.***

Over the last year, the Food Nutrition and Health Area of Expertise awarded mini-grants to staff who had attended a "Children and Weight: What Communities Can Do" training. The Michigan Department of Community Health "Michigan Steps Up" Campaign also has supported community coalitions working on healthy lifestyles. As we begin this new year, both organizations would like to continue to support the work of community coalitions through additional grant opportunities.

If you or someone in your coalition fits into one of the following categories, you are eligible to apply and should also have received a separate e-mail with the entire application and expected outcomes from Karen Swiatkowski at the Michigan Department of Community Health. For eligibility your coalition must have received funding from one of the following:

- Michigan Steps Up initiative (MISU) through MDCH
- MDCH funded Local Health Departments
- Sustainable Agriculture Research and Extension (SARE) funded project through the C.S. Mott Group at Michigan State University
- Watershed Initiative (WIN)

**OR**, someone from your coalition has attended one of the following:

- The Food Nutrition and Health Area of Expertise (MSUE) training "Children and Weight: What Communities Can Do"
- The MDCH regional training "Making it Easier to be Healthy in Michigan Communities"

Expected outcomes of grant recipients will include implementation strategies, including evaluation plans, to increase fruit and vegetable consumption by at least one serving per day, and to increase reported levels of physical activity by one day per week among food-stamp-eligible participants.

For more information about the application and eligibility contact Gretchen L. Hofing, [hofinggr@msu.edu](mailto:hofinggr@msu.edu) or 517.2645302.

**FORUMS ON INNOVATIONS IN UNIVERSITY-COMMUNITY RESEARCH COLLABORATIONS GRANT PROGRAM**

Two information forums explaining how MSU faculty and Extension staff and their community partners can apply for part of \$500,000 in research grants will be offered in mid-November. The grants are offered through the Innovations in University-Community Research Collaborations program, which is sponsored by the Community Vitality Program, the FACT (Families and Communities Together) Coalition, and University Outreach and Engagement and MSU Extension.

The information forums will be offered Wednesday, November 16, from 10 a.m. to noon, and Thursday, November 17, from 1 to 3 p.m. In addition to the information forums, a seminar called "Building a Better Proposal" will be held from 10 a.m. to noon on November 17. All three events will take place in 101 Kellogg Center. They are free and open to all potential applicants for "Innovations" funding.

An online portal meeting about the Innovations program for MSU Extension staff will be offered on Friday, November 18, from 3 to 4 p.m. Contact Scott Loveridge by phone at 517.432.9969 or by e-mail at [loverid2@msu.edu](mailto:loverid2@msu.edu) for more information about or to be added to the permission group for the portal meeting.

You can find out more about the Innovations grant program at <http://www.fact.msu.edu/funding.html>.

*Submitted by Rebecca McKee, Communications Manager, FACT Coalition*

**4-H DEMONSTRATES HIGH CAPACITY TO RECRUIT POTENTIAL SPARTANS TO MSU**

A diverse pool of 86 eighth-grade MSU Pre-College Program Scholarship applications from 44 counties is being submitted to the MSU Admissions office by 4-H (77 from Exploration Days; 9 from Great Lakes & Natural Resources Camp). The caliber of these applications is exceptional. Selections will be made sometime during the winter. A total of 60 recipients, from all MSU pre-college programs, will receive a \$2,000 scholarship for when they enter college at MSU.

MSU Admissions also received approximately 100 applications from 4-H seniors for the MSU 4-H scholarship. Six recipients will receive one-quarter off tuition at MSU for four years of undergraduate study. These elections will also be made and announced during the winter.

County staff are encouraged to keep up the good work with helping young people know that MSU is “their” university! *Submitted by Judy Ratkos*

### **HEALTHY SCHOOL TOOLKIT RELEASE**

A new resource, the *Healthy School Toolkit. Your Guide To Action!*, will be debuted at the December 7, 2005, statewide meeting in East Lansing of the Michigan Action for Healthy Kids (MAFHK) Coalition. Current members of MAFHK will receive meeting registration information through the mail in the near future. If you are not a member of MAFHK and would like information about the December 7th meeting please e-mail Pat Hammerschmidt at [hammers2@msu.edu](mailto:hammers2@msu.edu). The entire *Toolkit* will be available on the Michigan Team Nutrition Web site in January 2006. *Submitted by Pat Hammerschmidt, Ann Guyer and Deb Grischke*

### **SPREAD THE WORD TO HELP SCHOOLS RECEIVE RECOGNITION**

Michigan's Surgeon General, Dr. Kimberly Dawn Wisdom, along with Michigan Action for Healthy Kids, has a new recognition program for schools that are improving their policies, programs and practices focusing on healthy eating, physical activity and tobacco-free lifestyles. Michigan has many schools that deserve this recognition. Please share this Web site with schools in your county and encourage them to apply before the December 31, 2005 deadline: <http://www.mihealthtools.org/greatschools/>. The Web site also has ready-to-use promotional articles for newsletters, newspapers, etc.

Additional opportunities for schools to be recognized for health-promoting environments are at the Michigan Team Nutrition Web site:

<http://www.tn.fcs.msue.msu.edu> select "Awards."  
*Submitted by Pat Hammerschmidt, Ann Guyer, Chris Flood, Deb Grischke*

### **AVIAN FLU AND FOOD SAFETY IMPLICATIONS**

The International Food Safety Authorities Network (INFOSAN), operated/managed by WHO, Geneva and currently includes 145 Member States, has provided an update on the highly pathogenic H5N1 Avian influenza outbreaks in poultry and in humans. Food safety measures effective in inactivating the virus, including proper cooking of poultry meat and eggs, observance of good hygienic practices, handling of frozen or thawed raw infected poultry meat prior to cooking and other food safety tips are discussed. For food safety considerations, updates and additional information and guidance notes in light of the poultry outbreak, please check out the link from WHO at <http://www.who.int/foodsafety/micro/avian/en/>.

A summary can also be found at <http://www.fooddomain.msu.edu/downloads/avianflu1.doc>. *Submitted by Evelyn De Nike, FDA*

### **NEW FOOD SAFETY TOOLKIT TARGETING MEXICANS/MEXICAN-AMERICANS**

A prototype food safety toolkit, “*Safe Food All Year Round*,” targeting Mexicans/Mexican-Americans was developed through a 2004 Multicultural Initiative mini-grant. The toolkit consists of a curriculum that comes with a Flipchart; a Mexican calendar which corresponds to the lessons in the flipchart; Mexican food recipes with food safety messages and a shopping list/coupon holder with food safety messages. Included for kids is a coloring book and puzzle on hand washing. The whole kit is contained in a totebag with the “*Safe Food All Year Round*” logo.

### **Volunteers Needed to Pilot-test**

We are looking for volunteer Extension Educators and Program Associates working with Mexicans/Mexican-American families in the counties, particularly in the area of food safety, to pilot-test this toolkit between the period January and December 2006.

If interested and/or willing to volunteer to evaluate, please contact Lillian Ocoña-Po via e-mail [occena@msu.edu](mailto:occena@msu.edu) or telephone 517.432.7022.

## FOOD SAFETY FOR MOMS-TO-BE

A new food safety education program has recently been released by the U.S. Food and Drug Administration (FDA) – “Food Safety for Moms-to-Be.” The multi-media program features a Web site <http://www.cfsan.fda.gov/pregnancy.html>, a food safety video and a fact-filled Educator’s Resource Guide – available in English and Spanish. For more information, click on link above and then on “Educator’s Tools.” Submitted by Lillian Occeña-Po.

## NEW FOOD SAFETY RESOURCE: GEORGIA'S SO EASY TO PRESERVE VIDEOS AVAILABLE

For those of you interested in home preservation or getting questions on home preservation, a new food safety resource is available. The University of Georgia Cooperative Extension has released the new *So Easy to Preserve* video series on DVD. This new series is comprised of eight shows that contain the most up-to-date recommendations for preserving foods by a variety of methods. Features include: home canning of tomatoes; canning vegetables; canning fruits; freezing fruits and vegetables; drying fruits and vegetables; pickling; making jams and jellies; and, a show devoted to the canned specialties of hot chile salsa, mango chutney and a spicy jicama relish.

The eight shows are distributed between two DVD disks; each disk also contains Home Canning Basics, a collection of 13 important illustrated concepts and procedures to review when canning or teaching canning. The package with two DVDs is selling for \$39.95, including shipping and handling. If you order 25 or more copies at one time, the cost is \$35 each. (If you are in Extension, this quantity discount has been added since the original announcement was made to state Extension leaders via e-mail.) Their Ag Business Office is handling sales. More details and the order form may be found at their Web site, <http://www.soeasytopreserve.com>

Submitted By Lillian G. Occeña-Po

## ELDER FRIENDLY COMMUNITIES STATE ASSEMBLY

On November 29th from 10:00am to 3:00pm the Michigan Vital Aging Think Tank will host an *Elder Friendly Communities State Assembly* at the Kellogg Center.

You can spend a day focused on how working together to improve our communities can improve the quality of life for Michigan's growing senior population

At the morning session you will learn more about work currently underway in several Michigan communities — some based on national models and some home-grown. **Confirmed speakers include: Nora Barkey, Grand Rapids Creating Community for a Lifetime; Larry Hermen, Battle Creek Aging in Place; Doug Luciani, Traverse City Chamber of Commerce Senior Sensitive Marketplace; and Kim Walsh, Detroit Radio Information Service Barrier Busters.** Lunch will offer opportunities for building relationships with others involved in similar work. You'll also have an opportunity to learn more about the "Certified Elder Friendly Community" project. **The afternoon session will feature Dr. Jackie Siepert, Faculty of Social Work, University of Calgary, talking about the City of Calgary Elder Friendly Community Project.** The Calgary project has been operating since 2001 and provides an excellent learning opportunity.

There is a \$15 charge for lunch and parking. To register please send your contact information and a check *payable to Michigan State University Extension, 240 Agriculture Hall, East Lansing, MI 48824*, to the attention of Paul McConaughy or e-mail your contact information and pay at the door.

The Michigan Vital Aging Think Tank is a project of the Human Development, Family Resource Management, and Community Development Area of Expertise Teams. Join us in learning more about meeting the needs of the growing number of seniors in Michigan. *Submitted by Paul McConaughy and Linda Cronk, Co-chairs, Michigan Vital Aging Think Tank*

## 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.

**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:

**EASTERN FAMILY ECONOMICS AND RESOURCE MANAGEMENT ASSOCIATION (EFERMA) CONF.**

**February 23-25, 2006**, Knoxville, TN. *Submitted by Erica Tobe*

**CHOICES: A FRESH FOCUS – THE CONFERENCE THAT CELEBRATES FOOD AND HEALTH**

**Wednesday, March 8, 2006**, Kellogg Hotel and Conference Center, East Lansing. The conference (<http://fcs.msue.msu.edu/Choicessavethedate.pdf>) will present interactive and challenging discussion and exhibits about what influences our food choices, new information on the value of fresh food to our health and well-being and how to use and adapt MyPyramid and other food and nutrition resources. **Come to the conference to network and enjoy great Michigan food!** Cost is \$95 and includes all conference materials, attendance at sessions, breakfast and lunch.

**Who should attend?** Health professionals, dietitians, MSUE staff, nutrition educators, nurses, food service administrators and staff, health educators, teachers, consumers. *Submitted by Barb Mutch*

#### 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.** Is there a way to add a project to an entire club instead of going to each Member/Leader file?
- A.** Yes, if everyone in a particular club is adding the same project go to Member Query or Member Query by Club and do a File|Filter and filter by Club number and then Select All, then Add, then Add Project. Once you enter the project specifics and hit OK, the project will be entered on each person's individual project list in their Member/Leader file.
- Q.** When I set up Blue Ribbon to print certificates, on the certificate it's showing the 4-H year as 2005 instead of 2006. I've changed the Activity/Award year in the preferences screen to 2006. Is there something else I need to re-set?
- A.** Yes, if you want the certificate to read award year 2006, you will need to change the date on your computer. This can be done through My Computer|Control Panel|Date/Time|2006|Apply. Remember once you finish your certificates to re-set the date back to the correct year.

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"

December 5, 2005, is the deadline for submitting articles for the December 9, 2005, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)