

CYF NEWS

MARCH 2004

MICHIGAN STATE UNIVERSITY EXTENSION

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Quote of the Month

“Adventure is not outside a man; it is within.”

—David Grayson



Message from the Leadership Team

Spring is finally here (well, almost...) and programing is in full swing. We hope you'll take a break from your program development, management, evaluation and assessment to enjoy this great time of year.

We've very much enjoyed and learned from recent visits to regional meetings and especially visiting with you about the program initiatives developed last fall. CYF staff will be especially interested in the concept papers around Youth Mentoring, Prenatal to Age Three Early Education for Parents, and Increasing Income Support for Working Households through the Earned Income Tax Credit efforts. If you're not familiar with the concept papers for these critical issues, they're available on the MSUE internal Web page.

http://ceenet.msue.msu.edu/home/criticalissues/Michigan%27sCritical_Issues.html

Many of you have asked for research documentation on Building Strong Families (BSF) in support of our Prenatal to Age Three Early Education for Parents efforts. Both a research brief and a Power Point presentation are now available on the BSF Web page <http://www.fcs.msue.msu.edu/bsf/>.

Increased connectivity between campus and field staff is a goal we continually strive for. Campus-based FCS staff members have begun discussions and have invited members of MEAFCS to join them in this effort. Please feel free to share input with any member of the leadership team.

Another of our efforts is to begin the discussions related to affiliate status, part of the MSU Extension Blue Print. The 4-H Youth Development staff recently had the opportunity to meet with Dr. Scott Witter, Interim Chair for the Community, Agricultural, Research and Resource Studies Department (CARRS) to discuss ways of being connected with the work they are doing. Thinking about partnerships and creating dialogue will certainly bring all of us good benefits for the future.

Congratulations to Pat Hammerschmidt for receiving the Joanne Heppes Excellence in Nutrition Education Award from the American Dietetic Association and Society for Nutrition Education. The award will be presented at the American Dietetic Association annual conference in Anaheim, California on October 4, 2004.

Please join us in thanking Gail Hebert for her work on upgrading CYF News. Gail has been working hard to address suggestions for CYF News from staff attending the 2003 Extension conference and from other sources. She takes great pride in her work – we're happy to have her on our team!

Happy Spring!

Cheri Booth, Gayle Coleman, Kathryn Foerster

CYF Award Winners

Congratulations to all the staff associated with these award winning programs!

John Hannah Award for Excellence in Extension Programming — The Family Nutrition Program

For a decade, the Michigan Family Nutrition Program (FNP) has provided educational services to food stamp-eligible families in every Michigan county. The program helps adults and youths learn to adopt healthy food choices, practice good food safety and gain access to nutritious food to improve nutrition and health.

Trained FNP program associates meet families and individuals for one-on-one or group educational sessions. Each year the FNP reaches more than 55,000 households and provides about 71,000 direct contacts with adults and 95,000 direct contacts with youth. The program educates families on using food label information, planning meals and making healthy food choices. The FNP is a cornerstone of Extension's efforts to reach limited-resource families with educational assistance that makes a difference.

John Hannah Award for Excellence in Extension Programming The — Michigan 4-H Youth Conservation Council

Michigan young people have a voice in environmental policy thanks to the Michigan 4-H Youth Conservation Council. For the past six years, 13- to 19-year-olds have been honing their research skills, developing communication strategies and joining forces to highlight environmental issues. The youth gather data through interviews and research. Each Earth Day, they present testimony to a Senate or House committee on a select issue.

Participating youth have presented testimony on issues related to golf course development, the Clean Michigan initiative, watershed management, bovine tuberculosis, invasive species in the Great Lakes, the

Michigan Heritage Water Trail Program and petroleum spills. Senate and House committees have taken action by introducing bills or by seeking more information from the departments of Natural Resources and Environmental Quality. The Michigan 4-H Youth Conservation Council is an example of how 4-H prepares young people for active civic responsibilities.

Eat Healthy. Eat Breakfast. Grant Winners Announced!

The Michigan Nutrition Network (MNN) at Michigan State University Extension (MSUE) developed a grant to help schools and communities build awareness around the importance of eating breakfast. The primary focus of the grant interventions is to increase breakfast consumption among kids in grades K-12 so they can start their day well nourished and ready to learn. Grant winners will use the MSUE-developed *Eat Healthy. Eat Breakfast. Behavior Change Campaign Kit* as part of their efforts.

The winners are:

- Hillman Elementary; Carol Klein (MSUE)
- Mancelona Elementary; Julie Wonnacott (First Grade Teacher)
- L'Anse Middle School; Marie Harju (MSUE)
- Mt. Morris Junior High; Rene Parks (School Nurse)

All grant recipients are enrolled Team Nutrition schools and have at least 50 percent of their students eligible for free and reduced price school meals. *Eat Healthy. Eat Breakfast.* (EHEB) materials were developed as part of the Clinton, Eaton, and Ingham County EHEB Campaign that was lead by MSUE county extension staff and MNN, and supported by more than 200 diverse partners from public and private sectors. For more information, please contact Deb Grischke at grischkd@msue.msu.edu or 517.655.5696.

Free Posters from Team Nutrition

Are you looking for new ways to show your clients just how big an actual serving size is or how to read a Nutrition Facts label? Two colorful, full-size posters are now available and FREE from national Team Nutrition. Go to www.fns.usda.gov/tn, click

on *Resources*, then scroll down until you find the following posters:

1. **Read it Before You Eat It!** Developed in cooperation with the Food and Drug Administration, this easy-to-read, large print poster provides a quick lesson on how to read a Nutrition Facts label. Appropriate for use with students (upper elementary – high school) and families.
2. **What Size is Your Serving?** Developed to accompany USDA’s Nibbles for Health, a downloadable resource for child care center staff and parents of young children, this poster visually demonstrates how big an actual serving of food is (e.g. 6 oz of juice, 10 French fries, 1 cup of cereal) by comparing the recommended serving size with common household objects such as a baseball, a deck of cards, or a computer mouse.

Important: This poster does not depict or describe the serving size you might feed a 2- to 3-year-old. The serving sizes you would feed a 2- to 3-year-old, for all of the food groups, EXCEPT FOR MILK (which stays the same at 8 oz per serving) would be smaller, or about 2/3 the size of a regular-size serving. For more information on serving size download and read pages 27-30, (Sharing Session #3) in *Nibbles for Health*.

Up to 20 copies of each poster may be ordered, FREE. *Questions about the posters or other Team Nutrition resources?* Contact Chris Flood at floodc@msue.msu.edu

New Tool for Osteoporosis Education

FNP educators will soon have a new education tool for their use, *Better Bones, Brighter Futures: A Practical Guide to Bone Health*.

Better and Brighter will be *Newer and Improved!* FNP educators have been working with the Michigan Public Health Institute (MPHI) to create this guide based upon the successful *Better Bones, Brighter Futures* osteoporosis education program. Pilot-testing, now underway, will put the final touches on a field-friendly format that is well-suited for FNP clients. Training will be made available to FNP educators in late spring, 2004.

“Educators participating in the pilot-testing are very positive about the *Practical Guide*,” said Rachel McLaury of MPHI. The guide features an adaptable flip chart for individual and group education. (PowerPoint will also be available). Topics emphasize the importance of diet and physical activity on bone health. Additional features include practical meal planning and other client-centered activities and handouts to help the educator make the case for osteoporosis prevention.

This project is funded by the Michigan Nutrition Network’s Enhancement Grant Program. For more information, please contact Amy Malow at 517.432.7615 or malowa@msue.msu.edu.

County New Hires and Terminations

New Hires as of Jan. 1, 04

Anderson, Ellen	Clare – FNP/EFNEP
Blattman, Julie	Lenawee – FNP
Brail, Lois	Montcalm – FNP
Flores, Ann	Wayne – MIHAS
Gentle, Karen	Bay – FNP/BKC/Co. grant
Gonzales, Martha	Kalamazoo – FNP/EFNEP
McQueen-Thomas, Vanitra	Washtenaw – BFI/BSF & ERIB & Immunization
Taylor, Angela	Washtenaw – FNP
Wall, Cindy	Osceola – FNP

Terminations as of Jan. 1, 04

Bailes, Leslie	Wayne – WIC/BFI
Hartmann, Lisa	Washtenaw – BFI/BSF/ERIB & Immunization
Hasper Suellen	St. Clair – MIHAS/Co. grant
Neel, Carlotta	Berrien – EFNEP
Reeves, Ruby	Wayne – FNP
Terrazas, Michelle	Washtenaw – FNP

Welcome Viki – In late February, Viki Lorraine joined Extension as Associate Program Leader, Community Food Systems. A native of Flint, Viki recently returned to Michigan after spending the past 20 years developing, coordinating, and implementing health and community outreach programs throughout Maryland and Virginia. She has conducted community outreach for a medical school, taught and managed programs in gerontology at a community college, assisted with refugee

resettlement, and secured grant funding for a variety of educational projects. She also has extensive marketing experience.

Viki is housed with the C.S. Mott Group for Sustainable Food Systems in Natural Resources where she will also work on developing farm-to-school initiatives. Viki is a life-long vegetarian, an avid organic gardener, a passionate sailor (she lived on a sailboat for 10 years) and a committed believer in Ghandi's quote – "You must be the change that you wish to see in the world."

Think About Adding a Dash of Health to Summer Youth Programming!

As summer nears with its promise of soft breezes and sunshine, many MSUE staff start planning summer programs for the youth in their community. Early elementary children, teens or in-between, enjoy health activities that introduce or reinforce healthy lifestyle choices with experiential activities. Health activities can be added to any theme or program design.

If community youth statistics indicate early tobacco use, try tobacco prevention activities from the *Life is a Kick* curriculum like the team building "Galaxy Twist," the Pink T-Shirt lesson or "Stress Less" at www.msue.msu.edu/cyf/youth/dst/Lifes-a-Kick.pdf

Kids also enjoy making the "Don't Start" frog key chain or other activities from the 4-H Health Web site at www.msue.msu.edu/cyf/youth/dst/

The *Healthy Habit* curriculum has tobacco prevention activities such as "Going with the (Air) Flow" at <http://www.msue.msu.edu/cyf/youth/downloads/HealthyHabits.pdf>

If childhood overweight or physical fitness is a youth concern, plan lots of sports, skill-a-thons, and no-lose activities to encourage kids to be active like "Moving to Action" from the *Healthy Habits* curriculum at <http://www.msue.msu.edu/cyf/youth/downloads/HealthyHabits.pdf> or "Streamers Galore" from the *Jump into Foods and Fitness* curriculum!

Food Group Superstars activities from *Healthy Habits* or *Jump into Foods and Fitness* nutrition activities are also a tasty way for kids to eat a

pyramid or nibble their way to "5-a-day" or "3-a-day of dairy"!

Please note, the *Healthy Habits* curriculum has a valuable lesson on ultra-violet ray protection for cancer prevention, but the UV cards are no longer available at the suggested address. UV beads from teachersource.com can be substituted.

Healthy fun in the sun is something well worth planning that can affect lifestyle choices for children for the long term as well as fun programming ideas. Please contact Sue Henry for more information at (517) 432-7683 or henrys@msue.msu.edu.

4-H NEWS

\$68,000 in MSU Pre-College Program Scholarships Awarded to 2003 4-H Conference Participants

Participants of MSU pre-college programs that are entering the 8th grade are eligible to apply for an annual competitive \$2000 MSU pre-college program scholarship. The scholarship is applied toward the student's first year at MSU as a degree-seeking student. The 2003-'04 selections have just been made and 34 of the 60 scholarship recipients were participants in a 4-H pre-college program!

4-H Youth Development's pre-college programs -- like Great Lakes & Natural Resources Camp and Exploration Days -- have much to offer Michigan's young people. Participants are exposed to MSU resources (including hands-on experiential learning from MSU faculty, staff and volunteers) and content knowledge, gain awareness of academic program offerings and explore career opportunities. Later, they apply their learning through education projects that they can do in their own communities.

4-H Club Development Training Planned

4-H clubs and groups are one of the primary delivery vehicles for Michigan 4-H Youth Development. They are an important approach for reaching the goals of the Michigan 4-H Guiding Principles for positive youth development. If expanding and/or strengthening the club program in your county is one of your priorities for the coming year, please keep reading. This information is for you!

The 4-H Club Development Committee is pleased to announce a series of workshops designed to help staff develop a comprehensive plan for starting and supporting 4-H clubs in the county. These workshops are designed for teams of staff and volunteers. We encourage staff to consider recruiting a group of volunteers to attend this training with you, so they have a trained team, ready to tackle the job, when they return back home. Teams of two to seven individuals are recommended.

At the conclusion of the workshop, county teams will have the tools and basic skills they need to expand their club development efforts and more effectively support existing clubs, so that counties can ensure that the youth and volunteers who participate in 4-H in this way, have an experience that reflects the goals of the 4-H Guiding Principles.

Three workshops have been planned for the coming months. Staff can register for any one of the workshops through the 4-H Workshop Registrations System at <http://web2.canr.msu.edu/4hwkreg/>.

Register for either Workshop #121, #122, or #126. Workshops are planned for the following dates and locations:

April 22, 04

Kellogg Biological Station – 5 p.m. to 9 p.m.

May 6, 04 - Flint, MI

Genesee Co. Ext. Office – 9:30 a.m. to 3:30 p.m.

May 22, 04 – Gaylord, MI

Best Western Alpine Lodge – 9:30 a.m. to 3:30 p.m.

An email was sent to all staff on March 5, 04, with a copy of the workshop outline also.

Michigan 4-H Global and Cultural Education ...A Program for 4-H, FNP and BSF

One of six new program priority areas for Michigan 4-H Youth Development is **4-H Global and Cultural Education**. This priority area brings together the 4-H International Exchange Program, Global and Cultural Education and FOLKPATTERNS under one exciting new umbrella. Our long-term vision for kids is to create an understanding of self; a sense of connectedness with, respect for and responsibility to the world; and an ability to serve others with wisdom, caring and humility.

The Global and Cultural Education Workshop at

Kettunen Center on March 27-28 will launch this new 4-H effort. County global and cultural education leadership teams, including key volunteer leaders and staff, will attend. A handbook for county volunteer coordinators and staff will be distributed along with a county resource kit with world games, food, music, map and much more. The workshop themes are (1) confronting and acting on global hunger; (2) celebrating culture through food; and (3) empowering youth to make a difference locally and globally.

FCS staff, 4-H Global and Cultural Education has programming options for you. For example, FNP can use the “Celebrating Culture through Food” session presented at the Kettunen workshop as a model for creating an awareness, appreciation and respect for an ethnic group via that group’s food culture. BSF can use the FOLKPATTERNS Family Folklore materials for strengthening families through embracing family heritage, traditions and culture.

Blue Ribbon Q&A

- Q.** Is there a way for me to track members/leaders who have submitted health forms?
- A.** Yes, in the *Preferences Screen* there is an option called “*User Defined Box.*” If you type Health Form in there it will appear on the member/leader screen and you can “T” all the health forms that have been submitted. Reports for this field can be generated by going to Report | Special Reports | Fee /Photo/Behavioral Report.

- Q.** If a volunteer for our Health Start Program is teaching zero to 3-years-olds, do the volunteers count on Group Volunteer Forms?
- A.** No, they do not count because they are not directly impacting youth ages 5 to 19.

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.

Deadline for Next Edition of “CYF NEWS”

April 12, 2004, is the deadline for submitting articles for the April 16, 2004, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msue.msu.edu