

CYF NEWS

JULY 2008

MICHIGAN STATE UNIVERSITY EXTENSION



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QUOTE OF THE MONTH

"Leadership is communicating to people their worth and potential so clearly that they come to see it in themselves."

— "Stephen Covey"

CHOICES: MOVING FROM QUANTITY TO QUALITY & THE USDA FNS MIDWEST REGION CROSS PROGRAM COLLABORATION CONFERENCE, AUGUST 12-13, 2008 – If you haven't registered yet to be at the Dearborn Inn for these conferences – do it now.

Choices continues to be the conference that celebrates food and health. Michigan presenters will highlight nutrition education through school gardens; choice food pantries; opportunities presented by the new WIC food package; how to develop top quality curriculum; WIC's system for delivering nutrition education by the Internet; increasing access to food through digital media; connecting food service to local food; and John Partridge, MSU, and John Loomis, Zingerman's Creamery, will address Michigan milk. Presenters from other states will bring their knowledge on linking local food with farm to school; overcoming the barriers to cooking and eating healthy on a budget; and the cafeteria/classroom convergence. In addition you'll have the opportunity to hear keynotes by Michigan FFA's 2008 best speakers and MSU's Mike Hamm covering issues of access to local food. Wynne Wright, MSU, will spotlight her keynote planned for Choices 2009 on *Fighting Over Food: A Dinner Table Divided*; and Brahm Ahmadi, People's Grocery in California will talk about creating food equity and economic opportunity in the inner city.

Bridging the two days will be a local food dinner at The Henry Ford prepared by Chef Nick Seccia. Carriages will transport diners from the gates of Greenfield Village to the Pavilion for the evening's festivities. The carousel should be operating.

The 13th is also open to everyone. There will be four learning tracks. The first will provide a day-long training in Outcome Evaluation by two of MSU's most experienced evaluators – Bob Brown and Celeste Sturdevant Reed. The second track is a day-long training in motivational interviewing and stages of change. It is presented by Jodi Spicer. The third track deals with poverty. Robin Orr director of EFNEP and FNP in Illinois will lead a poverty simulation first. That will be followed by an introduction to poverty by Karen Hinshaw, FCS Educator in Indiana. The final track will start with a longer presentation on WIChealth.org by Bob Bensley, a presentation on the “Dialogue Approach” to teaching nutrition education by Ana Claudia Zubieta, director of Ohio FSNE, and ending with a session on innovative approaches to senior nutrition presented by Emily Brooks, BRIDGES Cooking School in Connecticut.

Rarely is there a chance to get this much great professional development so close to home. Go to <http://www.mnn.fcs.msue.msu.edu/> and click on Register Now.

R.E.L.A.X. – ALTERNATIVES TO ANGER TRAIN-THE-TRAINER SESSIONS – The Human Development AoE is happy to announce that their R.E.L.A.X. – Alternatives to Anger trainings have been **approved by the Department of Human Ecology for .5 CEUs** for anyone who attends. There is no additional charge to claim CEUs.

Here is a unique opportunity to help individuals and families struggling with anger. MSU Extension's Human Development Area of Expertise is offering a one-day Train-the-Trainer session in R.E.L.A.X. – Alternatives to Anger, an anger management program with proven impact. One training remaining:

When: Friday, August 8, 2008

Where: Option 1 Credit Union
2400 West Rd., East Lansing, MI 48823

Extension employees get a break on the \$85 charge, which includes hard copy materials, a CD, activities, plus lunch and snacks. **You may register by completing the attached form and mailing it to campus or by using the online registration located on the Portal at <http://web2.msue.msu.edu/inservice/coursetitle.cfm> (MSUE employees only).**

Many people are leery about teaching what could be an emotion-packed subject. The reality is that people who struggle with anger are hurting and don't know what to do. Having new knowledge and skills empowers them to lead more successful lives. If you are an educator who loves that moment when you see the light go on, the moment when someone owns an idea, when you know they can apply this new knowledge in their life, look at the attached [R.E.L.A.X. brochure](#).

When this training was offered in Lansing in January, 20 out of 20 participants responded positively to the question: “Do you feel that you gained enough knowledge about the curriculum to present this program to others?” Some answers to the question, “What might be your target audience?” included: children to teens to parents to child care providers to foster parents, grandparents raising grandchildren, divorcing parents, agencies like drug and substance abuse prevention, neighborhood, community, and city groups. Participants felt the notebook was well organized and will be helpful; they also learned ways to deal with their own anger.

Please share this with other service agencies in your counties. They are also invited.

For MSU Extension Educator discount please contact:
Terry Jones @ 734.222.3943

For questions about the trainings please contact:
Traci Osterman: 517.353.6674 or osterma7@msu.edu

SAVE THE DATE! CHILDREN'S TRUST FUND'S ANNUAL CONFERENCE
Supporting Families with Young Children: Building Relationships One Day at a Time
The 6th Biennial Statewide Conference on the Early Years

When: November 11-13, 2008

Where: Grand Traverse Resort and Spa, Acme, Michigan

Conference brochure and registration materials will be available August 2008.

To see potential conference tracks, please visit: <http://www.michigan.gov/ctf/0,1607,7-196-47080-137305--,00.html>

For additional information, e-mail Deborah Jensen at deborahjensen@childcrt.org or call 517.482.7533
Submitted by T. Osterman

BLUE RIBBON Q&A



- Q.** Does Member Query pull Members and Leaders who have Inactive Status?
- A.** Yes. To remove those with Inactive status from your sort, Filter by Status, requesting the categories you want to filter, i.e., New = N and Return = R. For a complete listing of codes used to filter in Member Query, go to Report|Print Data Files and select the Code Identification Report.
- Q.** How can I print business envelopes from Blue Ribbon?
- A.** Go to Special|Business Envelopes to make your printing selections. There are three envelope sizes to choose from and other Special Options that includes the One-Per-Family choice. The return address prints on the envelope as long as your address is entered on the County Information screen located at File|County Information.

Contact Gloria Ellerhorst, ellerg@msu.edu or 517.353.2922 or Laura Allen, lacourse@msu.edu or 517.432.7632 if you have questions about how to use the Blue Ribbon software. Work with your IT support person if you have technical questions like software installation, back-up procedures, using WinZip, or networking issues. Additional IT support is also available in the campus MSUE offices upon request.

Deadline for Next Edition of "CYF NEWS"

July 28, 2008, is the deadline to submit articles for the August 1, 2008, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu