

# CYF NEWS

## NOVEMBER 2007

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“Success usually comes to those who are too busy to be looking for it”

—“Henry David Thoreau”



### **Project Fresh Completes Most Successful Season Ever!**

Thanks to the generosity of local foundations, businesses and organizations, and the dedication of MSU Extension-Clare County's nutrition programming staff, area residents have received a record number of Project Fresh coupons. This year, 982 books of coupons have been distributed to WIC moms, persons completing a series of nutrition classes, and seniors. Each book has a value to \$20, and enables recipients to buy fresh, Michigan-grown fruits and vegetables from area markets. Participants are required to attend an informational session discussing the value of fruits and vegetables in the diet before receiving coupons. MSU Extension staff have provided the class and distributed the coupons.

This year, Senior Project Fresh was added, enabling those aged 62 or older living on reduced income to be eligible for coupons. All 175 books of coupons received for that program were dispersed. WIC participants who are pregnant, breastfeeding, or have children under 5 years of age received 770 books of coupons. The remaining coupons went to clients who completed a series of nutrition classes.

Many people have been instrumental to the success of these programs. Ingrid Anderson, MSU Extension Program Associate, has conducted numerous group sessions and made many home visits to hand out the coupons. Sharrol Dundas, MSU Extension Breastfeeding Peer Counselor, and worked to make sure pregnant and breastfeeding moms received coupons, and Pauline Beltz, MSU Extension Clerical Support staff has maintained records and ordered related supplies. In addition, Marybeth Denton, MSU Extension office manager has handled the financial transactions. Michelle Neff, MSU Extension-Clare County Director, and Sharon Jeffery, Extension Educator have worked to obtain funding for the project. Central Michigan District Health Department staff have scheduled many classes and made many referrals to assist in the program.

The program was made possible by contributions from many. They include Clare County Community Foundation, Allen Foundation of Midland, Pamida Foundation, Office of Services to the Aging, the Eagles and Moose ladies auxiliaries and USDA.

Coupon recipients have until October 31<sup>st</sup> to spend their coupons. Redemption rates from this season will help determine the amount of funding received next year. In addition to the physical benefits coupons recipients gain from increased consumption of fresh fruits and vegetables, area farmers who participate in the program profit economically, as well. An additional \$19,640 was realized by their involvement in Project Fresh.

**IT'S HERE...THE NEWLY REVISED AND FREE 2007 NEFE HIGH SCHOOL FINANCIAL PLANNING PROGRAM CURRICULUM** has been released. The Michigan Credit Union League and Michigan State University Extension invite you to attend a FREE training for this new and improved curriculum.

**A Call to Action.** Teens today spend over \$170 billion per year, yet many don't know how to manage their money wisely. Most Michigan high school students graduate with few of the personal financial skills they need to support themselves, according to a 2001 survey conducted with graduating high school seniors. The workshop will provide you with the tools to educate students in the fundamentals of sound money management and the basic concepts of financial planning and personal responsibility.

**What is HSFPP?** HSFPP a seven-unit newly revised program that provides teens with a greater understanding of and ability to manage their personal finances in the areas of goal-setting, budgeting, and saving. The program—offered free of charge from the National Endowment for Financial Education—uses unique games, simulations, case studies and interactive exercises to provide hands-on experience for students to test and apply the financial principles and concepts being taught. The new 2007 version includes easy-to-use teacher lesson plans and an interactive Web presence for teachers, parents and students.

**Who Uses HSFPP?** High School Teachers, with the occasional assistance of select professionals, employ this curriculum in the classrooms to teach young adults about the financial planning process. This can also be taught in after-school or club settings.

**Is HSFPP worth my and my students' time?** A recently released, national evaluation of a teen financial education program shows that young people who studied the NEFE High School Financial

Planning Program curriculum for as little as 10 hours not only significantly increased their understanding of money management, but also improved their financial behavior in the ensuing. For more information about the HSFPP program, visit [hsfpp.nefe.org](http://hsfpp.nefe.org).

HSFPP Training Session attendees will receive:

- The HSFPP Curriculum (includes an instructor's manual and sample student workbook with a portfolio)
- A hands-on training on how to teach the program by people who've used the program extensively
- A review of the program's purpose, content and teaching techniques

**Training Opportunities:**

**November 8, 2007** at St. Clair County MSUE  
200 Grand River; STE 102, Port Huron, MI 48060

**November 16, 2007** at Nu Union Credit Union  
12750 Escanaba Dr., DeWitt, MI 48820

Trainings are scheduled from 9:00 am – 3:00 pm

Please fax the following information to 517.355.6748; Michigan State University Extension, Attn: Priscilla Martin, or e-mail to [pjmartin@anr.msu.edu](mailto:pjmartin@anr.msu.edu) no later than one week prior to the training date.

**Name:**

**School:**

**Address:**

**City, State, Zip:**

**Phone:**

**E-mail:**

**Are you familiar with the curriculum?**

**Yes**       **No**

**Specify the Training Location you will attend.**

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A confirmation will be sent to you one week prior to the event. If you have questions, contact Erica Tobe at 517.355.9655 or email at [tobee@anr.msu.edu](mailto:tobee@anr.msu.edu).

## **2007 FCS NEW STAFF TRAINING SERIES DESCRIPTION**

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. Click here for registration <http://web2.msue.msu.edu/inservice/coursetitle.cfm>.

### **Learn Together Approach – December 5, 2007:**

The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups through small group facilitation that encourages participants to share their knowledge and experiences. The session discusses 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.

### **ART SUPPLIES FOR SALE**

We've been contacted by a business that is interested in selling art supplies to 4-H leaders in south central Michigan. If interested, contact:

Rae's Country Corner

P.O. Box 534

Brooklyn, MI 49320

Phone: 517.392.7477

Fax: 517.592.5530

Web: [www.raescountrycorner.com](http://www.raescountrycorner.com)

Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Submitted by Patty Adams, 4-H Youth Development

## **BLUE RIBBON Q&A**

- Q.** If I do a member query with a filter with results of over 100 records, I sometimes get a message indicating there is not enough memory to complete the action.
- A.** Depending on the specs of each individual computer, often there is not enough memory to handle all transactions, especially when your query requires another link to be open, such as having the Club Link file open in order to change the primary club. The solution would be to do your query selection in smaller groups. One hundred in a group is usually manageable. Memory refers to free memory in the computer to complete an activity, not available memory on the hard drive. Queries refer to the actual memory in the computer.

Contact Gloria Ellerhorst [ellerg@msu.edu](mailto:ellerg@msu.edu) or 517.353.2922 or Laura Allen, [lacourse@msu.edu](mailto:lacourse@msu.edu) or 517.432-7632 if you have questions about how to use the software. Work with your IT support person if you have technical questions like software installation, back-up procedures, using WinZip, or networking issues.



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

December 3, 2007, is the deadline to submit articles for the December 7, 2007, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)