

# CYF NEWS

## SEPTEMBER 2007

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

“Happiness is when what you think, what you say, and what you do are in harmony”  
—“Mahatma Gandhi”



## MICHIGAN HEALTHIER MEALS TRAINING GUIDE FOR SCHOOL NUTRITION PROFESSIONALS



*Michigan Team Nutrition*, a partnership between Michigan State University Extension, Division of Family and Consumer Sciences and the Michigan Department of Education (MDE), received USDA's 2006-2007 Team Nutrition Training Grant. The goal of the grant is to improve children's lifelong eating and physical activity habits through a variety of elements. One of those elements is to offer training and technical assistance to school foodservice professionals. As part of that, an online resource guide titled *Michigan Healthier Meals Training Guide for School Nutrition Professionals* was developed to provide easy access to the School Nutrition Association of Michigan (SNAM) and MDE statewide training program for school nutrition professionals training courses, as well as to make a connection between the School Nutrition Association (SNA), and National Food Service Management Institute (NFSMI) classes with:

- Dietary Guidelines
- Healthier U.S. Challenges criteria
- Team Nutrition resources
- NSFMI Competencies, Knowledge, and Skills of the Effective School Nutrition Manager

This resource guide is posted on the Michigan Team Nutrition Web site at: [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu). Once you are on the home page, simply select "School Nutrition Professionals" on the left-hand side of the page and the guide will come up.

For more information, please contact Nick Drzal at MDE at 517.335.1730 or Gail Hebert at Michigan State University Extension at 517.432.7611. *Submitted by Deb Grischke.*

**READING MAKES CENTS** is a financial literacy and reading curriculum for children in grades 3-5. The goals of the curriculum are to 1) introduce children to basic money management concepts such as saving, sharing, spending, managing, earning, borrowing and lending; 2) use children's literature as a tool to attract youth to the topic of financial management; 3) improve children's attitudes toward reading; 4) support literacy and literacy-related activities in the home, and 5) provide opportunities for youth to practice important life and money skills.

Most of the activities are stand-alone and designed to be completed in one session. Some of the activities build on one another, but generally the adult helper can select activities within or among sections. This format makes the curriculum ideally suited for out-of-school time programs. There are seven financial themes or concepts that are introduced through a featured book that is read aloud to the youth. The seven money themes in Reading Makes Cents are:

1. History of Money
2. Managing Money
3. Earning Money
4. Spending Money
5. Saving Money
6. Sharing Money
7. Borrowing/Lending Money

Please e-mail Claudia Mincemoyer at [cxm324@psu.edu](mailto:cxm324@psu.edu) if you are interested in piloting this curriculum between October 2007 and January 2008. Please include your name, e-mail and potential sites where you may pilot the curriculum. Interested pilot sites will be sent the URL to access the curriculum in early October. Completion of an online survey by the adult helper to provide feedback on the curriculum is a requirement to pilot the curriculum. *Submitted by E. Tobe.*

### **AMERICA SAVES WEEK 2008**

Make plans now to be involved in the second annual *America Saves Week* (ASW) February 24 through March 2, 2008. The Week is designed to motivate low- to moderate-income households to take financial action. See [www.csrees.usda.gov/fsll](http://www.csrees.usda.gov/fsll) (go to Tools for Educators, then Program Toolkit, then America Saves) for easy guidelines and resources. You can reach the site directly at [http://www.csrees.usda.gov/nea/economics/fsll/edu\\_saves.html](http://www.csrees.usda.gov/nea/economics/fsll/edu_saves.html). The site contains an audio conference recording where your colleagues tell why involvement in *America Saves Week* is

mission central. You also will find planning tools, press releases, funding opportunities, evaluation guidelines and more. Additional tools, such as an *America Saves Week* 2008 logo, will be added to the site in early fall. For questions, please contact Connie Costner, Family and Consumer Sciences ([costner@msu.edu](mailto:costner@msu.edu)) or Erica Tobe, 4-H Youth Development ([tobee@msu.edu](mailto:tobee@msu.edu)).

### **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:**

**September 25, 2007** at Kent County MSUE  
775 Ball Ave, NE, Grand Rapids, MI 49503

**October 2, 2007** at Michigan Credit Union League  
15800 N. Haggerty, Plymouth, MI 48170

**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).

### **NATURAL HELPERS® LEADER TRAINING**

**September 28, 2007 - 9:30 a.m. to 4:30 p.m.**

**Quality Inn, 913 Blvd. Dr., St. Ignace, MI**

Learn to coordinate, conduct, manage, and evaluate the Michigan 4-H-sponsored **Natural Helpers®** peer-helping program designed for middle, junior high and high school communities. Developed by the Comprehensive Health Education Foundation in Seattle, Washington, **Natural Helpers®** is based on the premise that within every school an informal "helping network" of students and school personnel exists. **Natural Helpers®** uses this network to help young people help their friends with everyday problems, refer serious problems to trained professionals and take good care of themselves in the process.

**Facilitators:** **Joyce Belonga**, *Natural Helpers State Coordinator and Mackinac County Extension Educator, 4-H.*

**Monica Borgman**, *Natural Helpers State Coordinator and Isabella County 4-H Program Assistant.*

### **Registration and Cost Information:**

- On line Registration Opens: July 2, 2007. Registration Deadline: September 21, 2007
- Registration is limited to 25.
- Registration Fee: \$75 (Includes materials, continental breakfast, lunch and refreshments.)
- To Register: Register for workshop #500 through the MSUE 4-H Workshop Registration
- System <[web2.canr.msu.edu/4hwkreg/](http://web2.canr.msu.edu/4hwkreg/)>.
- The on-site check-in will begin at 9 a.m., with the training to start promptly at 9:30 a.m. and ending at 4:30 p.m.

### **Cancellation Policy:**

- Cancellation deadline: September 26, 2007.
- Cancellations received after September 26, 2007 will be charged a \$15 cancellation fee.
- If a registration payment has not been received by September 21, 2007, and the registration is cancelled, you will be billed the \$15 cancellation fee.

### **Questions:**

If you have questions regarding the content of this workshop or about the **Natural Helpers®** program, please contact Monica Borgman at the Isabella County Extension Office by phone at 989-772-0911-x302 or by e-mail at [borgman5@msu.edu](mailto:borgman5@msu.edu) or Joyce Belonga at the Mackinac County Extension Office by

phone at 906-643-7307 or by e-mail at [belonga@msu.edu](mailto:belonga@msu.edu).

If you have questions regarding registration or payment information, please contact your county Extension office.

If you currently have a Natural Helpers Program in your school or community and have resources that you have developed, please bring them to share.

### **NEERS/CRS5 EVALUATION AND REPORTING SYSTEM –QUESTIONS RELATED TO SRS5**

#### **Q. What is the timeline for the release of SRS5?**

A. SRS5 is scheduled to be released to Beta-testers mid to late December. The Beta-testers will thoroughly review the software and provide feedback. After several phases of testing, the software will be finalized and SRS5 released to the states. The release date will be announced once a timeline is developed.

#### **Q. What is the SRS5 Program and how is it related to the county-based CRS5?**

A. SRS5 is the State Reporting System under the umbrella series of NEERS5. It is used to combine the county-level reports, CRS5, into one report for a total unit such as the state. All 83 Michigan counties can be brought into one report to review overall results.

Contact Margaret LaShore at 989.895.4026 or at [lashore@msu.edu](mailto:lashore@msu.edu) with questions.

### **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>.

#### **Nutrition II – September 12, 2007:**

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 MyPyramid, and recommendations for special

populations for prevention of nutrition-related chronic diseases, nutrients and nutrition-related health issues, and 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 My Tracker and nutrition and physical activity assessments within the MyPyramid Web site.

#### **Nutrition III – October 24, 2007:**

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, special nutrition considerations for teens and the senior population. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

#### **Home Visiting – November 7, 2007:**

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 – 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.

## BLUE RIBBON Q&A

- Q.** I just replaced a computer that was running Blue Ribbon Youth Enrollment(2.5) with a new computer. I installed the newer version of the Youth Enrollment Program downloaded from your Web site (Youth Enrollment Ver 2.60.0720 New Install Only.exe) and am having trouble with the e-mail feature. When I go to Special|Labels|Mailing Labels and check the box that says "e-mail all who have an e-mail address" I receive an error message that says "\Access violation at address 00913CAB in module '\\WyExt1.dll\\'. Read of address 0000001C. Also, just to let you know, under Utility|Preferences I checked the default box to use Outlook for E-mail. Would you please advise me on how to fix this error so that I can send out e-mails?
- A.** Here is the response from Judy Martens of MarTech: "The new compiler we have used for version 2.6 (need it so we can compile for the Vista Operating System) has tighter security and basically stops outgoing e-mail as it hits the firewalls now in place in most office networks. This is a sign of our times. Firewalls are set up to protect your computer systems against virus, junk mail, etc. They want e-mail sent directly from Outlook or other e-mail programs, so it can be checked for security.

For this reason, we have added the option to create an e-mail list from all of our queries. You can take this list and copy and paste it into Outlook and successfully send your e-mail. With the messages you are getting, your e-mail is being stopped and there is nothing we can do in our program to force it through. Your network IT personnel would not be very happy with us if we did. Try using the e-mail list. It has worked very successfully for others."

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"

October 1, 2007, is the deadline to submit articles for the October 5, 2007, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)