



Bureau of Health, Department of Human Services

## \*Weekly YAPPER\*

Weekly e-updates, networking & info sharing for  
YAP Coordinators who are making a healthy difference with Maine's youth!

*Welcome to the YAPPER, a fresh e-list for Healthy Maine Partnerships' YAP Coordinators!*

*The purpose of this once-a-week email will be to consolidate and distribute important and practical information, announce upcoming trainings and opportunities, and distribute statewide YAP updates all in one power packed, weekly email!*

Week of August 29th, 2003

\*\*\*\*\***MARK YOUR CALENDARS**\*\*\*\*\*

## Healthy Maine Partnerships' September Orientation Meeting

There is an HMP Orientation Meeting on September 9, 2003. The location is noted below. The purpose of the meeting is to orient new HMP staff on the goals, objectives, and procedures of the Healthy Maine Partnership grant. As well as to meet the various state level staff that you might access for assistance at the Maine Bureau of Health and Department of Education.

Target: anyone who has been hired within the past 6 months or those who have questions or need a refresher on HMP should attend.

Please register with Sue-ann Sanford, email Sue-ann at [ssanford@mcd.org](mailto:ssanford@mcd.org) to register or you may fax your registration to 622-8848. Please do not register by phone.

Note: Email is used for this registration only. Please do NOT use this email to register for other conferences. Thank you.

Location: Medical Care Development

11 Parkwood Drive  
Augusta, Maine 04330  
207.622.7566 x 232

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## Maine Asthma Walk

Date: Sept. 14, 2003

Registration (day of): 12 noon

Start Time: 1:00 P.M.

Location: Back Cove, Portland & The Samoset Resort, Rockland

Over 100,000 Mainers have asthma: 80,000 adults, and 20,000 children. The Asthma Walk is a step toward helping people with asthma improve their quality of life. Join the American Lung Assication of Maine's Asthma Walk and help Maine families fight asthma. For more information go to:  
[http://www.mainelung.org/asthma\\_walk/walk\\_home.htm](http://www.mainelung.org/asthma_walk/walk_home.htm)  
Please forward this email to others who may be interested.

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## Let's Get Growing

***A workshop about school gardens***

**October 18, 2003**

Eastern Maine Community College in Bangor, Maine.

For more info, see the bottom of this YAPPER.

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## Youth Explosion 2003 Conference

**Saturday, October 25, 2003**

Over 1000 youth and adults will participate in Youth Explosion 2003, the premiere youth leadership conference event for youth. Youth Explosion 2003 will train and empower participants to develop their attitudes, skills and knowledge to competently run and manage youth organizations (and/or boards, programs, etc.) and thus contribute to sustainable and developed participation of young people in democratic society.

Highlights include youth led workshops, thought-provoking discussions, product-oriented workshops led by industry experts, entertainment, and an interactive learning expo. Youth Explosion is the only event of its kind "free to the public" offering a unique opportunity to network with some of the most influential pioneers and professionals in the world of youth development.

Youth Explosion 2003 will be held at the Baltimore Convention Center in Baltimore, MD. For more information visit the website:

<http://www.youthexplosionconference.com>

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## REASONS FOR HOPE: Creating Connections Between Prevention & Positive Youth Development

NOVEMBER 19, 2003 8:30AM-4:30PM

SAVE THE DATE

Augusta Civic Center

They anticipate an extraordinary event with 350 to 500 participants.

Dr. Peter Benson, President of the Search Institute, is the keynote speaker. We are also planning significant workshops for youth.

Registration information will be mailed to HMPs in mid-September, so mark your calendars!

**\*\*\*Submit your upcoming events, workshops and meetings which may be of interest to other YAP Coordinators. To submit, hit the 'reply' button.**

\*\*\*\*\***CELEBRATIONS!**\*\*\*\*\*

**\*\*\*Submit your YAP team's accomplishments to Celebrations! We want to celebrate your team's awesome work! To submit, hit the 'reply' button.**

\*\*\*\*\***RESOURCE ROOM**\*\*\*\*\*

## YAP Coordinator Sample Job Description Available!!

A compilation of the job performance expectations for the position of YAP coordinator is available from Diane Ricciotti, Partnership For A Tobacco-Free Maine. The sampling of various duties, responsibilities, skills and qualifications was compiled from a variety of YAP coordinator job descriptions. This information is available to assist partnerships in the development and maintenance of their YAP groups. Please contact her at [diane.ricciotti@Maine.gov](mailto:diane.ricciotti@Maine.gov) for a copy of the sampling.

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## PHYSICAL FITNESS ACTIVITIES FOR YOUTH!

The Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness has created four handouts recommending different physical activities including one for youth. These handouts are based on different levels of readiness for change and they are free and downloadable in PDF format for use with your programs to promote physical activity. You also have the option of pasting your logo to the handouts, but please leave the Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness logo on them in order to give

them credit for creating them. The handouts can be downloaded at <http://www.mainephysicalactivity.org> under "Recommendations for Physical Activity". The names of the informational sheets are as follows:

Thinking of Being More Active?  
Preparing to Be More Physically Active?  
Are You Maintaining Your Physical Activity Level?  
Hey Kids, Let's Play!

## \*\*\*\*\*COORDINATOR CORNER\*\*\*\*\*



***\*\*\*Any YAP Coordinator looking for ideas, advice and/or resources can post in the Coordinator Corner! To submit, hit the 'reply' button.***

\*\*\*\*\*NEWS, INTERESTING TIDBITS, \$\$\$, FEATURED WEBSITES\*\*\*\*\*

## CDC Launches Expanded

### VERB Web Site

Visit [www.cdc.gov/verb](http://www.cdc.gov/verb) to surf the "new" VERB campaign site for partners and professionals! The site now includes an advertising gallery to view the activity-inspiring ads that have been reaching tweens and their parents via television, radio, print, and other marketing channels since the campaign's launch. The site also features materials and tips for organizations to promote physical activity, the campaign's research plan and the reports that are available to date, and fact sheets/background information that organizations can draw upon to promote VERB and physical activity.

### VERB Contests and Promotions

The "What's Your VERB" Challenge made possible by VERB and Cartoon Network is underway. Children ages 6 to 14 have until September 8, 2003, to send in an original video between 30 seconds and three minutes in length that shows how they "play" or exercise - in other words, that shows them doing their VERB! For more details and official contest rules, visit

[http://www.cartoonnetwork.com/promos/200307\\_verb/index.html](http://www.cartoonnetwork.com/promos/200307_verb/index.html).

**Six winners will each receive a \$300 activity-related grant and an opportunity for their video to appear on Cartoon Network.**

The VERB campaign is sponsoring more exciting contests and promotions over the next several months in which schools and organizations that work with youth can participate,

including the "Extra Hour for Extra Action." The "Extra Hour" is a multi-week VERB initiative beginning October 26th - the day clocks turn back and kids have an extra hour to get active. Your organization can help get kids moving with this action-packed promotion that offers rewards and recognition for physical activity. Watch for more details soon about this activity and others in future VERB listserv updates and by periodically checking [www.cdc.gov/verb](http://www.cdc.gov/verb).

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## Let's Get Growing

### ***A workshop about school gardens***

**October 18, 2003**

Sponsored by the Maine School Garden Network, Bangor Region Partners for Health, Eastern Maine Community College, the Maine Organic Farmers and Gardeners Association, United Technology Center and the University of Maine College of Education, the workshop invites participants to share their successes and to learn from others about who makes these programs work, how they do it, and why.

**Four workshops** (two focusing on elementary school and two on middle and high school) plus a tour of the United Technology Center garden are planned. Lunch is included. The workshops are:

1. "Grow Your Curriculum with Kits for Classroom Learning" -- Mary Bird of the University of Maine College of Education & Human Development offers a hands-on workshop on development and use of resource kits that enhance learning in and about school and community gardens. Participants will examine examples of successful kits, then work together with a variety of free and easily obtainable resources to begin constructing their own kits that align with Maine's Learning Results in support of garden-based teaching.

2. "Figuring Out Our Food System"--Nutritionist Elizabeth Patten will lead the group through implementing this lesson plan from her recent book, *Healthy Foods from Healthy Soils*. Learn what's involved in food production and delivery to understand the connection between healthy soils and healthful foods. You'll learn about materials, get suggestions and adaptations for different age groups, and find out how the lesson aligns with the Maine Learning Results.

3. "Medomak Valley Heirloom Seed Project"--Jon Thurston, co-director of this successful project run by the second-year horticulture students at Medomak Valley High School, will discuss goals, responsibilities, funding and student enthusiasm for the program. Over 500 offerings are available through the project's catalog and Web site. The students are responsible for planting, harvesting, ordering heirlooms and sending seed to collectors around the world.

4. "School Gardens and MDI Tomorrow"--A panel with Heather Albert-Knopp, community coordinator for Healthy Acadia, Dustin Eirdosh, College of the Atlantic senior, and a representative from Union 98. Panelists will share the basics of developing a successful plan for MDI High School gardens, including goals, time table, who was involved, funding and restraints.

Lunch, appropriately, will focus on eating locally grown foods. Much of the menu will be supplied by the horticulture program at United Technology; the Black Bear Food Guild, a student-run University of Maine Sustainable Agriculture program; and "Students Baking a Living" from Fort Fairfield High School.

Finally, Claire Ackroyd, Environmental Horticulture Instructor at United Technology Center, will lead a tour and discussion of the Center's gardens. Participants will learn about the program's goals, its place in the curriculum, administration and community support.

This workshop provides 0.5 continuing education units. **Please call 990-0467** for a registration form. The cost is \$20 (+ \$10 for Continuing Education Units).

**\*\*\*Submit your news, interesting tidbits you've discovered, grant opportunities available or great websites! To submit, hit 'reply'!**

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## **SUBMISSIONS FOR NEXT WEEK'S YAPPER DUE THURSDAY, SEPTEMBER 11TH AT NOON**

### **WHY AN E-LIST?**

One thing we have heard consistently from YAP Coordinators is excitement about getting in touch and sharing ideas with other coordinators around the state. We believe this e-list can be a valuable tool for all coordinators. We welcome any feedback, positive or critical, you may have about it. Just send it on to the keeper of the list, Sage Hayes at [rhayes@usm.maine.edu](mailto:rhayes@usm.maine.edu).

### **CAN YAP COORDINATORS POST ON THE YAPPER?**

You sure can! Feel free to send me upcoming events, your victories & challenges, resources & information, and requests for information, support or ideas from other YAP Coordinators. Please keep it brief, clear and concise. Include your contact info. Submissions for any YAPPER will be due on Thursdays by noon.

### **WHO SENDS THE YAPPER OUT? WHO WILL RECEIVE IT?**

Sage Hayes created and sends out the **YAPPER**. Sage, based at the Muskie Institute in Portland, works with the Maine Youth Action Network (MYAN) as the training and advocacy specialist to support Healthy Maine Partnerships' Youth Advocacy Programs build capacity across the state. All YAP Coordinators who have registered their email addresses with Sage or the Bureau of Health Healthy Maine Partnerships are on this list. If you received this email, you're on the list! The Maine Youth Action Network staff and HMP related Bureau of Health staff will also be on the **YAPPER** list. If you would like to add a name to the list or be taken off the list, please email me at [rhayes@usm.maine](mailto:rhayes@usm.maine).

### **WHY IS IT CALLED 'YAPPER'?**

It's cute. Actually, if you don't like the name, feel free to suggest a new one!

# Maine Youth Action Network

For more info please contact Sage Hayes: (207) 780-5814 or  
[rhayes@usm.maine.edu](mailto:rhayes@usm.maine.edu)