



E-NEWS BULLETIN

for 4-H Members, Leaders and Parents



Cornell University
Cooperative Extension
Ulster County

A publication of Cornell Cooperative Extension of Ulster County

April 2015

4-H Calendar at a Glance

APRIL

- 9—Veterinary Science Unit 2 Graduation, 6:30pm-8:00pm, SUNY Ulster
- 10-12—**STARR, Syracuse**
- 11-12—Hunters Ed Course, Ulster County Fairgrounds
- 11—**Cornell Vet School Open House, 10:00am, Cornell University**
- 11—**Cornell Fashion Collective, 8:00pm Cornell University, Ithaca, NY**
- 13—Culinary Careers, 6:00pm-7:30pm
- 15-16—4-H Club Management Conference, 4-H Educators Out of Office
- 18—District Public Presentations, SUNY Ulster
- 22—May 3—Tractor Supply 4-H Paper Clover Fundraiser, Highland and Kingston
- 23, 24—Tractor Safety Practice, Time TBA, UC Fairgrounds
- 25—Tractor Safety Test, 8:00am, UC Fairgrounds
- 25—**Livestock Judging Clinic, 8:00am-3:30pm SUNY Cobleskill (Registration Closed)**
- 25—SUNY Ulster Open House, 9:00am-2:00pm, SUNY Ulster
- 27—Introduction to Veterinary Science, 9:30am-2:00pm, SUNY Ulster
- 27—Culinary Program, 6:00pm-7:30pm, CCEUC

MAY

- 1—Registration due for Forestry Weekend (Event Dates: May 8-10)
- 1—Registration due for Introduction to Animal Care (Event Date: May 4)
- 2—**Animal Crackers, 9:00am, Cornell University**
- 2-3—Regional Horse Judging Clinic, Orange County Park
- 3—Last day of Tractor Supply 4-H Paper Clover Fundraiser, Highland and Kingston
- 4—Introduction to Animal Care, 6:00pm-7:30pm, Plattekill Library, Modena
- 8-10—**Forestry Weekend, Camp Shankitunk**
- 11—Culinary Program, 6:00pm-7:30pm, Mohonk Mountain House
- 14—4-H Golf Tournament, Apple Greens Golf Course, Highland
- 15—**HORSE CERTIFICATES, HORSE PROJECT RECORDS, AND RIDING EVALUATIONS DUE!**
- 16—**NYS 4-H Public Presentations, Cornell University**
- 16—UCHC Horse Show, New Paltz, NY
- 18—Culinary Program, 6:00pm-7:30pm
- 22—Registration due for Dairy 101 or Equine 101, SUNY Morrisville (Event Dates: June 5 & 6)
- 25—Memorial Day! CCEUC Closed

Save the Dates! Ulster County 4-H Fair Preparation and Showcase: Saturday, July 25-Sunday, August 2, 2015!

Spring Paper Clover at Tractor Supply!

April 22-May 3

This year, the Spring Paper Clover at Tractor Supply Stores in Highland and Lake Katrine will run from **April 22—May 3**. Invite friends and family to support 4-H by donating \$1 (or more!) at check-out when they are done shopping. 100% of each dollar goes to the 4-H Program. 70% of all funds collected support local and state 4-H programs right where you live.

\$743 was collected for the Ulster County 4-H Program during the Fall 2014 Paper Clover Fundraiser (\$449 from the Lake Katrine Tractor Supply; \$294 from Highland). Thanks to all of the clubs who dedicated their time to this great 4-H promotional activity! Let's see if we can earn over \$1,000 for the County during the Spring Promotion!

Club Benefits:

Club members can record this event as a "Marketing Activity" in their Lifetime Portfolios, which will help qualify them for awards. If your club participates and submits your information on-line at http://www.tscand4h.com/4h_site/sweepstakes.html, your club will be eligible for a **\$100 gift card** to use for your club and **\$15 for each individual participating member**.

Sign Up!

Please let us know if your club can participate and desired days/times. The busiest store times are between 3pm and 6pm weeknights and all day during the weekends. To sign up, contact Melanie at maf357@cornell.edu or call the 4-H Office at (845) 340-3990 ext 341!

Some ideas to engage customers at Tractor Supply include:

- Greet people- "Hello, my name is _____ and I'm in _____ 4-H Club. Please buy a Paper Clover at check-out."
- Bag groceries- Wear 4-H clothing and ask the check-out teller if you can help bag supplies.
- Bring animals- Use this as an opportunity to show off well-behaved, vaccinated animals and educate the public about your animal.

For more information about the Paper Clover Fundraiser, check out <http://www.4-h.org/paper-clover-toolkit/>. Please join us to raise money to enhance our 4-H Program!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Resume Help and Youth Job Fair, 10:00am-2:00pm Business Resource Center Regional Horse PDC Meeting, 6:30pm	2 Veterinary Science, Unit 2, 6:30pm-8:00pm, SUNY Ulster Tractor Safety, 7:00pm-9:00pm, Stone Ridge Firehouse	3	4 Goat Skill-A-Thon, CCE Orange, Middletown, 9:00am
5 Happy Easter!	6	7	8 4-H Tech Wizards Robot Training, Ellenville	9 Veterinary Science, Unit 2 Graduation, 6:30pm-8:00pm, SUNY Ulster	10 STARR, April 10-12, Syracuse	11 Hunters Ed Course, 9:00am-5:00pm UC Fairgrounds Cornell Fashion Collective, Cornell University, Ithaca, NY
12 Hunters Ed Course, 9:00am-5:00pm, UC Fairgrounds STARR →	13 Culinary Program, 6:00pm-7:30pm, CCEUC	14	15 4-H Club Management Conference. 4-H Educators Out of Office →	16	17	18 District Public Presentations, SUNY Ulster
19	20	21	22 Tractor Supply Paper Clover Fundraiser! Highland and Kingston April 22-May 3	23 Tractor Safety Practice, UC Fairgrounds	24 Tractor Safety Practice, UC Fairgrounds	25 Introduction to Vet Science, 9:30am-2:00pm, SUNY Ulster → SUNY Ulster Open House, 9:00am-2:00pm Tractor Safety Test, 8:00am, UC Fairgrounds 4th Annual Livestock Judging Clinic, SUNY Cobleskill (Registration Closed) HVDHA Spring Plow, 10:00am, Saunderskill Farms
26 Tractor Supply Paper Clover Continues	27 Culinary Program, 6:00pm-7:30pm, CCEUC	28	29	30	Notes:	

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Registration due for STEM Camp Paper Clover! →	2 Animal Crackers, 9:00am, Cornell University Regional Horse Judging Clinic, Orange County Park May 2-3 →
3 Last day of Tractor Supply Paper Clover! Regional Horse Judging Continues	4 Introduction to Animal Care, 6:00pm-7:30pm, Plattekill Library, Modena	5	6	7	8 Forestry Weekend, Camp Shankitunk, May 8-10	9
10	11 Culinary Program, 6:00pm-7:00pm, Mohonk Mountain House	12	13	14 4-H Golf Tournament	15 Horse Certificates, Project Records, and Riding Evaluations Due!	16 State Public Presentations, Cornell University UCHC Horse Show, UC Fairgrounds, New Paltz
17	18 Culinary Program, 6:00pm-7:00pm, CCEUC	19	20	21	22	23
24	25 Memorial Day! CCEUC Office is closed.	26	27	28	29	30
31	Notes:					

New York State Hunters Ed Course Gun and Bow Combination

When: Saturday April 11 & Sunday April 12
9:00 am – 5:00 pm both days

Where: Ulster County Fair Grounds
249 Libertyville Rd.
New Paltz NY 12561

Who: All enrolled 4-H members and families, 11 years and older

Cost: Free!

To register: Contact Karoline at (914) 456-6077 for registration link.



Join us for this educational event in the Youth Building! This is a two-day event held from 9:00am to 5:00pm on both days. There will be no shooting; the course will cover safety for both gun and bow. All equipment will be provided. Registration is a must. This is a New York State Hunters Ed Course so registration must be done through their website link. All who register will be required to take an online course (about 3 hours) between now and the first day of class. Please print your certificate after completing the online portion and bring it with you on April 11. Bring a bagged lunch on both days, no food or beverages will be provided.

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31ST ANNUAL CORNELL FASHION COLLECTIVE RUNWAY SHOW BARTON HALL, CORNELL UNIVERSITY, ITHACA, NY APRIL 11, 8:00PM!

The Cornell Fashion Collective, formerly the Cornell Design League, is a student-run organization that provides members of the Cornell community with an outlet to express creativity in fashion and fashion management. Each spring, the organization presents a professional runway show featuring the talent of students who both design apparel and manage the operations of the show. The organization gives students, both undergraduate and graduate, the opportunity to practice design, demonstrate their talents, and learn how to produce a large-scale fashion event.



Models showcase students' designs during the 30th Annual Cornell Fashion Collective in 2014

For tickets and information, check out: <http://www.cornellfashioncollective.com/#>

Cornell University College of Veterinary Medicine—Open House 2015

Date: Saturday, April 11, 2015
Time: 10:00am-4:00pm
Where: Cornell University, Ithaca, NY

Learn more at <http://www.vet.cornell.edu/openhouse/>

Veterinary students and members of the faculty and staff host

this annual event that provides a chance for those interested to get a closer look at veterinary medicine. Tour the college and learn more about veterinary facilities, equipment, and what students and professionals do everyday!

Events, Demos, and Tours

- Camelids (Alpacas and Camel)
- Virtual Hospital Tours and Admissions Presentations
- Ultrasound demos throughout the day
- Equine Treadmill
- Canine Agility
- Animal Pathology (Learn gross anatomy)
- Tour the Animal Health Diagnostic Center
- Tour the New Teaching Dairy Barn



Also check out the various exhibits, demonstrations, and more!



Cornell University
College of Veterinary Medicine

Join the 4-H Culinary Program!

Are you interested in creating meals, experimenting with flavors, designing cakes, baking confections, or performing other culinary arts? Join us for the first annual Ulster County 4-H Culinary Program, which is organized and partially financed by the Ulster County 4-H Mission Mandates Committee!

On March 30, the program began with a presentation by Cory Kassler, Sr. Public Health Sanitarian, with Food Services Environmental Health division of the Ulster County Department of Health. During this session, youth learned about proper sanitation practices, food safety, and potential foodborne illnesses. On April 13, the youth will practice basic knife skills and effective preparation techniques. We hope you can join us!

Who: 4-H members in grades 6th grade and above
Where: CCEUC and other locations
When: Monday evenings, 6:00pm-7:30pm
Cost: \$30 per participant

Tentative Schedule

April 13 – Food Preparation, CCEUC. Practice cutting techniques and develop skills to help you create meals efficiently!

April 27 – Food Preparation, CCEUC. Put your knowledge to use! Create a meal using pre-determined ingredients.

May 11—Field Trip! Meet the Head Chef of the Mohonk Mountain House and tour the culinary facility!

May 18—Culinary Showcase! Create your own recipe and prepare it for hungry guests!

Please note, the topics and locations are subject to change to accommodate speakers and activities.

To register: click on the link https://reg.cce.cornell.edu/4-HCulinaryProgram_251 and enter your Last Name, First Name, Age, E-mail, and Phone Number.

First-come, first-served. Please bring payment with you on the first day. Sorry, no refunds.

If you have any questions, please contact Kristin Frangione at the 4-H Office at klf37@cornell.edu or call (845) 340-3990 ext. 340.

Another Reason to Participate!

Next year, youth may even join a team to showcase their skills at the Annual 4-H Junior Iron Chef competition in Long Island!

For more information about this exciting program, check out the website at <http://ccesuffolk.org/4-h-youth/junior-iron-chef/>



Lorelei D. and Audrey D. present their drawing of correct food safety practices.

Regional 4-H STEM Camp!

When: June 19-21, 2015
Where: 4-H Camp Shankitunk, Delaware County
Cost: \$75 per participant. Includes accommodations, all meals, and materials fees!
Who: Youth ages 10 and up—families encouraged to come!



REGISTRATION DUE MAY 1, 2015 OR UNTIL SPACE IS FILLED!

Tracks available:

- Rocketry 1 & 2
- Sustainable Energy
- Geocaching
- Outdoor Adventure
- Robotics



Pool Time Included! Bring Your Swimsuit!

To register, click the link for the brochure! http://www.ccedelaware.org/Libraries/4-h_4/STEM_Camp_2015.sflb.ashx. Make checks payable to Cornell Cooperative Extension of Delaware County (34570 State Hwy 10, Suite #2 Hamden, NY 13782).

Please send a copy of the registration to Kristin at the Ulster County 4-H office klf37@cornell.edu!

Career Explorations!

Registration Information is Now Available!

<http://nys4h.cce.cornell.edu/events/Pages/CareerEx.aspx>

Register Now through June 1; First-come, First-served

Must pre-register with Cornell Cooperative Extension of Ulster County!

When: June 30—July 2, 2015

Where: Cornell University, Ithaca, NY

Who: Youth entering grades 8-12

Cost: \$300 registration, lodging, transport, chaperone fees

Join over 600 youth from throughout New York State for this exciting three-day event on the Cornell University Campus! The purpose of this program is to provide youth with exposure to academic fields and career exploration, develop leadership skills, provide hands-on experience in a college setting, and introduce youth to Cornell University. The event is made up of two grade-specific tracts: University U for youth entering grades 8-9 and Focus for Teens for youth entering grades 10-12.

Focus for Teens topics include:

Astronomy • Quality H2O • What's Up with Soil? • Spaces and Places • Embryonic Development • Environmental Engineering • From Code to Craft • Nanoparticles in my what? • Engineering to the Max! • "Crafting" the Human Body • Food Detectives • Where Life and Engineering Meet • Insects and Spiders • Women in Science • Natural Resources • Media Corps • Discovering Birds and Nature Exploration

For the latest updates and information, check out the Cornell University website at: <http://nys4h.cce.cornell.edu/events/Pages/CareerEx.aspx> and contact Kristin at rlf37@cornell.edu or call the 4-H Office at 340-3990 ext. 340.



4-H Participants design and create dresses from blazers during the Fashion Chop Shop Program during the 2014 Career Explorations.

NYS 4-H Forestry Weekend

May 8-10, 2015 at 4-H Camp Shankitunk, Delaware County

Join youth from across the state for a weekend of forestry activities, games, and competition. This three-day event is for youth aged 10 and up (and staff and volunteers) interested in learning more about forests, and to select the NYS team that will go to the 2015 National 4-H Forestry Invitational (must be 14-19 for the national event).

The Forestry Weekend activities include:

Tree Identification • Tree Measurements • Compass Usage • Map Reading • Insects and Diseases • Geocaching • Nature Games • Night Hikes and More!

Cost \$43 per person: includes food, materials, and cabin lodging. (A \$95 value!).

Space is limited, so register now!

For questions, go to <http://cceorangecounty.org/4-h-youth/4-h-forestry-weekend> or contact Ingrid Hill at 845-344-1234 or imh23@cornell.edu.

We are also looking for volunteers for the weekend!

For more information about the National Invitational July 26 – 30, 2015 (Sun. - Thurs.) in West Virginia go to: <http://www.4hforestryinvitational.org/>.

Funding Support provided by the New York State Forest Owners Association- Southern Finger Lakes Chapter. For more information about the 4-H Camp Shankitunk go to <http://campshankitunk.org/>



HORTICULTURE 4-H PROJECT—VEGGIE ART!

Use your imagination and enter your projects in the County and State Fairs!



Create wild or structured designs by using fruits, vegetables, flowers and other plant materials. The materials do not have to be edible, but should be in good condition.

Look online for fun pictures and ideas!

To enter in the Fair, exhibits must follow specific guidelines. For more information, contact Kristin at the 4-H Office at (845) 340-3990 ext. 340 or rlf37@cornell.edu!



Hudson Valley Draft Horse Association Spring Plow!

Saunderskill Farm, 5100 Route 209, Accord, NY 12404

Saturday, April 25, 2015

10:00am-4:00pm

Come out and see draft horses in action! The day will feature traditional demonstrations, food, music, kids games, vendors, and lots more!

If your club is interested in having a display there and leading activities, contact Kristin at k1f37@cornell.edu or call the 4-H Office at (845) 340-3990 ext. 340!



Cornell University

Animal Crackers!

Horses, Beef, and Sheep
REGISTRATION DUE NOW!



- When:** Saturday, May 2, 2015, 9:00am
Where: Cornell University, Ithaca, NY, Morrison Hall
Who: 4-H Animal Science Project Members, age 9 and up
What: Annual Saturday workshop for 4-H members interested in learning more about their favorite livestock, companion or pet animal species; emphasis on different species groupings and activities varies annually.
Why: Animal Crackers participants have the unique opportunity to experience hands-on activities in a university setting, explore career options in animal science, and expand their knowledge through scientific inquiry.
Cost: \$15 per person
Topics Include: Time for a Trim? What's Bugging You...and your ruminant? Pasture Props, Choosy is Good, Quality Counts, Feeding Time, Bits and Pieces, Monsters are Real, Leg Wrap, An Inside Look, Looking the Gift Horse in the Mouth, Let's Go For a Ride
For more information and the latest updates, check out <http://www.ansci.cornell.edu/4H/crackers/>
To register, contact Kristin Frangione at the 4-H Office at k1f37@cornell.edu or call (845) 340-3990 ext. 340!

Introduction to Animal Care

- When:** Monday, May 4, 2015, 6:00pm-7:30pm
Where: Plattekill Library (2047 NY-32, Modena, NY 12548)
Who: 4-H members, parents, volunteers, and guests!
Cost: FREE!



Pre-registration required!

To register, click the link: https://reg.cce.cornell.edu/Introtoanimalcare_251

Come learn how to care for an animal of your very own – how to feed, water, groom, and house your pet or 4-H project animal. Discover what different animals need to be happy and healthy and which animal is right for you!
For more information, contact Erin at 845-340-3990 ext. 327 or email at eac266@cornell.edu

Rabbit Decathlon!

Want to learn more about rabbits, test your knowledge, and meet other youth from around the state? Join the Rabbit Decathlon!

For this competition, participants are given 4 minutes at each of 10 stations to answer verbal questions including anatomy and physiology, nutrition, housing and equipment, and more! For more information and study guides, check out the NYS 4-H Website at <http://4h.ansci.cornell.edu/animal-programs/rabbits/>

In Ulster County, several animal science clubs are collaborating to create a county competition. Currently, members are meeting the second and fourth Tuesdays of the month at the Plattekill Public Library (2047 NY-32, Modena, NY 12548). To learn more or become involved, contact Dawn at mcfadden2763@optonline.net or call (845) 883-0324!



2015 DOMINIC PARISE MASTER GARDENER SCHOLARSHIP

\$500 Student Scholarship—Applications accepted until **May 1!**

Cornell Cooperative Extension of Ulster County's ([CCEUC](#)) Master Gardener Program is encouraging any college or college bound student in Ulster County pursuing a horticulture, agriculture or environmental biology degree to apply for the 2015 Dominic Parise Master Gardener Scholarship.

Students who wish to apply can [click here](#) to download an information sheet and application from our website, or to request a copy sent to you contact Dona at 845-340-3990 x335 or email dm282@cornell.edu.

Applications **must be** postmarked on or before Friday, May 1, 2015.

The Dominic Parise Master Gardener Scholarship was established in honor of former Horticultural Assistant, Dominic Parise, who played a critical role in revitalizing the Master Gardener Program in Ulster County. The Master Gardener Program consists of a group of trained volunteers who help educate and assist the community in a variety of horticulture projects. For more information on the Master Gardener Program go to <http://ulster.cce.cornell.edu/gardening/master-gardener-program>.



HUDSON VALLEY LGBTQ CENTER

\$500 Scholarship—Applications accepted until **April 13!**

The Hudson Valley LGBTQ Center Youth Scholarship was created to provide financial support for a high school graduate who displays leadership toward LGBTQ equality. Applicants must be a graduating high school student and identify as lesbian, gay, bisexual, transgender, queer or straight ally. They must also be accepted to a two-year or four-year accredited college, university, vocational or technical school and be a resident of Ulster, Dutchess, Orange, Sullivan or Rockland counties.

Applications can be downloaded at <http://lgbtqcenter.org/>. For more information, contact the Hudson Valley LGBTQ Center at (845) 331-5300.



PREPARING FOR COLLEGE OR CAREERS?

Check out these resources compiled by the NYS 4-H Website at <http://nys4h.cce.cornell.edu/events/Pages/Career-Resources.aspx>.

- [Occupational Outlook Handbook](#)- provides a wealth of knowledge about different careers. Sponsored by the US Bureau of Labor Statistics. Provides information on average salaries, future job demand, education needed, work locations, personal qualities, similar occupations, and contacts for more information.
- [New York Department of Labor](#)- provides valuable resources for youth who want to become employed in NY. Explains youth protection and labor laws in easy-to-understand terms.
- [New York State Career Zone](#)- provides interactive help in creating a resume, cover letter, and determining careers that best fit your skills.
- [Soft Skills to Pay the Bills](#)- provides information to youth on how to exhibit the soft skills employers are looking for. Sponsored by the US Department of Labor.
- [College Board](#)- interactive search for different colleges. Provides tips on applying, financing your education, choosing majors/careers, and taking standardized tests.
- [Education Pays](#)- The benefits of higher education for the individual and society.
- [New York Agriculture Youth Labor Laws](#)
- [Career One Stop](#)- provides search results for careers, salaries, education, and resumes/interviews. Sponsored by the US Department of Labor.
- [Youth Rules! Preparing the 21st Century Workforce](#) - US DOL website provides labor laws for your state, youth worker tool kit, summer jobs, and everything you would need to know in order to work as a young person.
- [Cornell Career Services Career Guide](#)—provides guidance for resume-building, interviews, letter-writing, and job preparation.



It's Coming!

THE ULSTER COUNTY FAIR!

Tuesday, July 28—Sunday August 2, 2015

STAY INFORMED!



4-H Horse Certificates, Project Records, and Riding Evaluations **DUE MAY 15!**

4-H Horse Certificates

All 4-H members planning to show a horse at the Ulster County Fair are required to turn in a 4-H Horse Certificate no later than **May 15!** Remember to include a copy of your current Coggin's test - test dated this year or last year. *Proof of rabies vaccination required - must be current, given more than 14 days prior to arrival at fairgrounds, and remain current for duration of the Fair.

For updated forms and information, go to the NYS 4-H Youth Development Horse Program Website at <http://ansci.cornell.edu/4H/horses/index.html> and look under 'Rules, References, Forms.'

4-H Project Records

Up-to-date 4-H Horse Project Records must be submitted with the 4-H Horse Certificates. Contact your 4-H Leader for the recommended Ulster County Project Record or contact Kristin at the 4-H Office at (845) 340-3990 ext. 340 or klf37@cornell.edu.

4-H Riding Evaluations

4-H Riding Evaluations must be performed for all 4-H youth who plan to show at the Ulster County Fair and other CCE/4-H Sponsored Events on the horse(s) they will be riding. A youth that has previously been evaluated to ride safely in Junior or Senior levels does not need to be re-evaluated to change of age from Jr. to Sr., unless there is a need for re-evaluation. Evaluation forms will be kept on file in the Ulster County 4-H Office. A youth that wishes to "move up" a level must be re-evaluated. Any Cloverbud youth must have been evaluated by the "Cloverbud – On the Ground Skills Evaluation" form, been involved in "riding experiences", and demonstrated their ability to ride safely before they are to be involved in "county sponsored" programs and events. All Cloverbud policies apply (see NYS 4-H Cloverbud Leader Handbook).

PLEASE NOTE: It is recommended that there be a riding level evaluation committee consisting of 3 individuals with suitable horse and riding experience to perform the evaluation. It is suggested that this committee consist of a 4-H leader, a parent of a 4-H youth and an instructor when possible; other possible combinations to be determined by the county Cornell Cooperative Extension Association or educator. A child may **NOT** be evaluated by their own parent or guardian.

To learn more about the 4-H Riding Evaluations, check out the NYS 4-H Horse Program website at <http://4h.ansci.cornell.edu/animal-programs/horses/> and contact Kristin at (845) 340-3990 ext. 340 or e-mail klf37@cornell.edu.

Looking for Animal Science Resources?

Check out the NYS 4-H Youth Development Animal Science Website!

Website Link: <https://ansci.cornell.edu/4H/index.html>

On this site, you will find:

Breed-specific resources, Calendar of events, Project Animal Forms, Curriculum Sources, Fact Sheets, Quiz Bowl Practices, and much more!





ULSTER COUNTY HORSE COUNCIL PRESENTS:
The 49th Annual OPEN HORSE SHOW
To Benefit 4-H



- **Take part in friendly competition**
- **Develop your riding skills**
- **Meet others from throughout the region**
- **Support the Ulster County 4-H Marian Hinkleman Scholarship Program*!**

When: Saturday, May 16, 2015, 9:00am, Rain or Shine!
Where: Ulster County Fairgrounds, Libertyville Road, New Paltz, NY
Judge: Heather Fitzhenry
Classes: English, Western, and Driving classes
Cost: Free Admission



Entry fees: \$10.00/class day of show. Pre-entry \$8.00/class (must be received by May 9, 2015). Mail pre-entries to UCHC, PO Box 23, Cottekill, NY 12419. Checks should be made payable to Ulster County Horse Council. For the Class List and Pre-Entry form, contact Kristin at the 4-H Office at (845) 340-3990 ext. 340 or e-mail: klf37@cornell.edu!

*The Marion Hinkelman 4-H Horse Scholarship is awarded to graduating High School Seniors who are enrolled members in the Ulster County 4-H Horse Program. Awards are given to as many qualifying 4-H Horse members as there are available funds. Members qualify after committee evaluation of their personal application, 4-H program participation, leader recommendation, and academic record. Funds are to be used strictly for the purpose of helping to finance education beyond high school. If you would like to make a donation to the scholarship program or if you have questions about the show, please contact Donna Putnam with the Ulster County Horse Council at uchcny@gmail.com.

Ulster County Horse Council Events for 2015:

2nd Tuesday of every month- UCHC Open Meetings; 7:30 at the College Diner, 500 Main St., New Paltz, NY; contact Donna Putnam [845-728-2229](tel:845-728-2229) or email uchcny@gmail.com

April 19- UCHC Obstacle Challenge (1st in Hudson Valley Series); 9 am, registration 8 am; Ulster County Fairgrounds, Libertyville Rd., New Paltz, NY; 6 divisions; contact Donna Putnam [845-728-2229](tel:845-728-2229) or email uchcny@gmail.com

May 3- UCHC Wine Dinner; 5:30 pm; Friends & Family Hillside Restaurant, Accord, NY; It is a fabulous gourmet meal, presented with carefully selected wines (by Stone Ridge Wine & Spirits) to complement each course. Proceeds will fund Technical Large Animal Emergency Rescue training of local UCHC members/firefighters. Limited seating is available and tickets are available for \$75.00 per person by reservation only by contacting Diane Schoonmaker [845-242-0251](tel:845-242-0251).



May 16- UCHC Open Horse Show to Benefit Ulster County 4-H Horse Program; 9 am, registration 8 am; Ulster County Fairgrounds, Libertyville Rd., New Paltz, NY; English, Western & Driving; contact Donna Putnam [845-728-2229](tel:845-728-2229) or email uchcny@gmail.com

May 16- Potluck/Square Dance, hosted together with the Hudson Valley Draft Horse Association and the Mid-Hudson Driving Association. Potluck starts at 6 pm, calling at 7. Contact Robin Jurechko [845-294-9016](tel:845-294-9016) or email dmjure@frontiernet.net, or Shannon Budnik for tickets (\$7.00 donation).

August 1 & 2- UCHC Round Pen Horsemanship Demonstrations; Ulster County Fair, Libertyville Rd., New Paltz, NY; contact Carol Fitzpatrick [845-626-2669](tel:845-626-2669)

September 27- UCHC Trail Ride to Benefit St. Jude Children's Research Hospital; 9 am; Town of Accord Veteran's Memorial Park, Accord, NY; contact Linda Leskody [845-430-6984](tel:845-430-6984)

24th Annual Saratoga Horse Symposium

Brought to you by CCE Equine—a division of CCE of Saratoga County

When: Saturday, May 16, 2015, 9:00am-5:00pm
Registration Opens at 8:00am—Walk-ins are Welcome!

Where: Saratoga County 4-H Training & Education Center
(556 Middle Line Road, Ballston Spa)

Who: Open to the public, all are welcome!

Pre-Registration Admission (Per Day): Adults - \$20; College Students with ID - \$10; 4-H Youth - \$5

Walk-In Admission (Per Day): Adults - \$25; College Students with ID - \$15; 4-H Youth - \$5

Description:

The 2015 Saratoga Horse Symposium will feature well known equine experts and veterinarians, along with live horse demonstrations, riding clinics, and educational presentations. Horse enthusiasts from across New York State and New England look forward to this popular annual event with over 200 attendees expected.

In addition to the Symposium's daily events, there will be a Silent Auction offering a great selection of goods and services donated by many local businesses. All proceeds from this annual fundraiser directly benefit educational CCE Equine Programming and the 4-H Training & Education Center.

Featured Topics and Speakers:

"A Second Career for NY Bred OTTB's," presented by The Western NY Polo Club

"An Overview of Holistic Horse Care" presented by Valarie Castora, DVM

"Equine Chiropractic Care" presented by Dr. Ryan Penno, DVM

"Saddle Fitting your Horse" presented by Kitt Hazelton, Panther Run Saddlery

"Disaster Training" presented by Steven Sedrish MS, DVM, Dipl ACVS



Contact Information:

Jennifer Stevens at jl264@cornell.edu or Cooperative Extension of Saratoga County at 518-885-8995.

See more at: <http://ccesaratoga.org/events/2015/04/11/saratoga-horse-symposium#sthash.2YECg3GX.dpuf>

A mazing
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EQUINE 101 OR DAIRY 101

**Morrisville State College
June 5 & 6, 2015**



For youth ages 13-19

Spend a weekend as a college student and learn about horses OR dairy cattle. You choose the tract!

Cost: \$100 for youth and \$75 for chaperones (chaperones not required).

For online registration go to: https://reg.cce.cornell.edu/2015EquineandDairy101_221

Registration Deadline: **May 22, 2014**

For more information contact Jennifer Collins at (315) 866-7920, jl34@cornell.edu, or April Winslow at (315) 684-3001, amh36@cornell.edu



Cornell Cooperative Extension in Oneida County provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension of Oneida County office if you have any special needs.

Ulster County 4-H Public Presentations Event

March 28, 2015, SUNY Ulster

On March 28, the Ulster County 4-H Program hosted the Annual 4-H Public Presentations Event, which is a nationally recognized element of the Cooperative Extension 4-H Youth Development Program. Through the Public Presentations Program, youth participate in a progressive series of communication activities to develop poise; gain self-confidence before a group; learn to express ideas clearly; learn how to respond spontaneously to questions; and gain subject matter knowledge. On March 28, 45 youth throughout Ulster County gave presentations to trained evaluators and received valuable feedback for improving their communication skills.

Congratulations to all of our participants! Also, a huge thank-you to SUNY Ulster and all of our volunteers, parents, and youth leaders who made this event possible!

On April 18, the Southeast District will be hosting the Regional Public Presentations Event at SUNY Ulster. From Ulster County, nine youth will advance to this event, where youth throughout Westchester, Dutchess, Ulster, Orange, Long Island, Putnam, and Rockland Counties will gather together to give their presentations in front of others.

Here is a list of youth who qualified for the Regional Event, along with their presentation titles:

- Paige B: Arctic Wolf
- Karley B: Pitbull Fighting
- Zhou C: Lego Robotics
- Jordan F: Horse Vision
- Veronica K: The Tools of Sewing
- Elizabeth M: Dreams
- Josie Q: Animal Adaptations
- Milo W: Making and Using Emergency Paracord Bracelets
- Forrest T: Beekeeping: Getting Ready for Winter



Come and learn about these exciting topics and more! This year, we are encouraging all 4-H members, volunteers, parents, and guests to attend the Regional Public Presentations Event to learn about various topics and ways to improve presentations in the future. Contact Melanie Forstrom, (845) 340-3990 ext. 341 or e-mail maf357@cornell.edu.

For more information about the NYS 4-H Public Presentations Program, check out the website at <http://nys4h.cce.cornell.edu/events/Pages/PublicPresentations.aspx>.

WE HOPE YOU CAN JOIN US AT SUNY ULSTER ON APRIL 18!

Agriculture Literacy Week

March 16-20, 2015

A huge thank-you goes to all of our volunteers for reading to elementary students during our annual Agriculture Literacy Week from March 16-20! Thank you Nick Maouris, MaryLou Giuliano, Erin Campbell-Craven, Katie Sheehan-Lopez, Susannah Satten, Emily Cook, and Rich Hines for fostering awareness, understanding, and appreciation of agriculture and the food and fiber system!

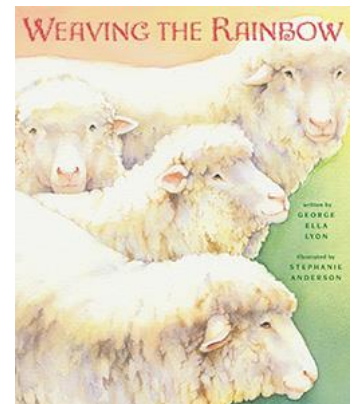
This year, our Ulster County volunteers read to students from Plattekill, Cahill, Mount Marion, Phoenicia, JFK, George Washington, and Ellenville Central Schools. In total, 660 students participated in the program in four different school districts!

The Book:

Weaving the Rainbow by George Ella Lyon and Illustrated by Stephanie Anderson

The signature book for 2015 is *Weaving the Rainbow* by George Ella Lyon and illustrated by Stephanie Anderson. In this beautiful story a young girl leads the reader through the process of raising and caring for animals, with the end result of using their well-cared for fleece as the medium for her weaved artwork. Students see the steps of shearing, carding, spinning, dying before she can to make a beautiful tapestry.

All lesson, activities, learning extensions, and companion resources are aligned to New York State and Common Core Learning Standards. To learn more about Agriculture Literacy Week and New York Agriculture in the Classroom, visit the website at <http://www.agclassroom.org/ny/programs/literacy.htm>



4-H Secretary Report

March 27, 2015

By Secretary, Zhou C.

In January we did bird activities from the Cornell Lab of Ornithology. One was learning about bird beak adaptations. Another was a game to learn about bird survival. In another activity we shared our ideas about birds with each other.

In February we went to Peoples Place

which is a food pantry, and also a thrift shop. We helped sort clothes and organized the shop. The photos above show our club working there.

In March we met twice to practice our 4-H public presentations. We thought that was very helpful because we could give each other feedback. This year half of our club members are doing the public presentation at the county level.

Notes from the 4-H Office:

To learn more about the Cornell Lab of Ornithology resources, check out www.allaboutbirds.org!

To learn more about People's Place Thrift Store and Food Pantry, visit the website at www.peoplesplacekingston.org!



The Cornell Lab of Ornithology
All About Birds

PEOPLE'S PLACE
Thrift Store & Food Pantry

Equestrians Unlimited 4-H Club

Minutes Submitted by Secretary, Abby H., approved by President, Lia M.

On March 4, 2015, fourteen members of the Equestrians Unlimited 4-H Club came together for a meeting at Lucky C Stables. During this meeting, seniors were reminded to submit their 4-H Portfolios and scholarship applications. Also, club members were informed that Lucky C Stables has a new veterinarian who will be giving shots to the horses on March 26; club members were invited to come watch or help out. Lucky C is also registered with a new tack shop called Green Valley Tack in Warwick where their next 4-H meeting will be held.

This month, two members gave presentations at the club level to share information and practice their public speaking skills. Katie B. gave a presentation on the History of the Horses, and Molly K. presented on Horses' emotions. Anna M. provided refreshments to conclude the meeting.

Interested in learning more about the NYS 4-H Horse Program?

Check out the website at <http://4h.ansci.cornell.edu/animal-programs/horses/>

Tractor Safety

On March 19, sixteen youth throughout Ulster and Dutchess Counties attended the first session of the 2015 Ulster County Tractor Safety Program. For the first class, instructors Grant DeWitt and John Roosa introduced the program with real-life scenarios and safety precautions. On March 26, Megan Wieboldt, a Tractor Safety Educator with the New York Center for Agricultural Medicine and Health, led demonstrations for the participants and discussed proper safety attire and consequences of inappropriate behavior.

What is the Tractor Safety Program?

This National Safe Tractor Program enables young workers (ages 14-19) to obtain a US Department of Labor Certificate of Training Certification which is required to operate farm tractors and equipment. Participants learn important safety skills and gain an advantage when seeking employment at a lawn or landscaping business, golf course or farm. The instructor, Grant DeWitt, is an Ulster County 4-H alumnus who holds a degree in Agricultural Engineering from SUNY Cobleskill and is a former qualifier at the National level in the 4-H Tractor Operation Contest.

For more information about the National Safe Tractor and Machinery Operation Program, check out the website at <http://www.extension.org/pages/67883/nstmop:-program-overview#.VRxSafnF9ic>



Megan Wieboldt demonstrates protection levels of various headgear.



April is Take a Hike Month!



The Health-H Challenge

Take a hike—a walk for an hour or more—twice before our next meeting!

Choose Health Officers highlight the **Health-H** in their club by instituting **roll calls** tied to an activity, issuing an **activity challenge** for members with tips on how to reach a **healthy activity goal** by the next meeting, helping the recreation leader with **active games** and **promoting healthy snacks** at club meetings. The **4-H Choose Health Officer Handbook** is available online at <http://nys4h.cce.cornell.edu/about%20us/Pages/4-HClubChooseHealthOfficers.aspx> Here are some suggested activities from the manual!



Roll Call for Health:

Before the meeting, give your Secretary this active roll call idea: **Everyone balances on one foot while saying one fun thing you did outside last month.**

Plan a Club Hike!

What will you do to get ready? Where will you go? What could you take to eat and drink along the trail? How will you be sure you are safe and not get lost?

During Old Business, lead the:

Health-H Challenge Check

- Stand up if you took a walk with a buddy at least once last month. Yea! Sit down.
- Stand up if you took a walk with a buddy at least twice last month. Yea! Sit down.
- Stand up if you took a walk with a buddy at least three times last month. Yea! Sit down.
- Stand up if you took a walk four or more times last month!
- Great work everyone! Now let's hear about this month's Health-H Challenge!

Extra Ideas!

- Plan a day-long hike for your club members and their families! Where will you hike? What will you need to take with you? How will each of you prepare?
- Get your club members to make a list of great places to take a hike in or near your community!
- Explore and find out how you can incorporate geocaching into your club's hikes!
- Set up an orienteering course for your club to navigate!
- Explore hiking groups in your area and participate in one of their youth events!

Health-H Challenge Tips

Long walks can turn into a hike – which is even more fun! On a hike we might want to carry water and snacks. We might find ourselves climbing hills and walking long distances. That means we need to be strong. If we walk for an hour at a time, two to three times a week, we'll build our endurance. When that's comfortable, we can add a small pack with snacks and water. The extra weight will help build our leg and back muscles. We can also practice hopping and balancing so we can cross streams and be sure-footed on uneven paths. Hiking can take us into the woods and mountains where we'll see things we'd never notice from a car!

Here's a Let's Move Activity for April! BALANCE TAG!

- Get Ready** Tagging balls
- Get Started** Ask a volunteer to be "It", give him/her a tagging ball.
- Play Rules** If you get tagged, you have to stand on one foot until another player taps you on the shoulder to let you back in the game. If you lose your balance, you have to do 10 jumping jacks – and then, you get the tagging ball because you're "It!"
- Ready? Go!** Give a start signal and play Balance Tag!



4-H PROGRAM STAFF

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Livestock Educator

eac266@cornell.edu, ext. 327

To contact the 4-H Office, call 845-340-3990 or click <http://ulster.cce.cornell.edu/> "Like" Ulster County 4-H on Facebook!

The Ulster County 4-H Youth Development Program is the youth component of CCE Ulster County

Melanie Forstrom
Program Leader

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Kristin Frangione
Community Educator

k1f37@cornell.edu, ext. 340



Cornell University
Cooperative Extension
Ulster County



STATES' 4-H International Exchange

*Global Citizenship & Cultural Immersion
Programming for 4-H Age Youth*

Ready for an International Experience?



Open your home to an exchange delegate and open your lives to the world! Through States' 4-H International, families will have an opportunity to experience Japan by hosting an exchange delegate between the age of 12 and 16 for four weeks from **July 21 through August 19, 2015**. One Japanese student will be matched per family based on the host sibling's gender, age, and interests. There are also opportunities to host adult chaperones for 2 or 4 weeks. Families who host chaperones are not required to have children in the home.

Expectations for Families Hosting Young People:

- Have youth the same age and gender as the exchange student (aged 12-16)
- Have enthusiasm for learning about other cultures
- Attend one host family orientation session before the student arrives

Plus...

- There is no need to plan special activities for the student
- You do not need to be involved in 4-H to be a host family

Last year, eight New York families from Columbia, Ulster, and Westchester Counties hosted delegates and greatly enjoyed the cultural exchange opportunity. As one host mother said, "I think it sparked interest for the kids to see new places and cultures. It will remind us to look outside the box we live in."

For more information, contact:

Kristin Frangione
4-H Community Educator
Cornell Cooperative Extension of Ulster
County
Phone: (845) 340-3990 ext 340
E-mail: klf37@cornell.edu

Check out <http://labo-exchange.com/>
to learn more about the Labo International
Exchange Program.

Check out [http://
www.states4hexchange.org/](http://www.states4hexchange.org/) to learn more
about the States' 4-H International Exchange
Program