



# LEGISLATIVE REPORT

*Reflecting Program Highlights*

August 2016

## *Agriculture/Horticulture*



Over the summer the Ag Program produced a YouTube video, with the help of Sam Meigs, Field Grain Technician. The video, [Beginning Beef Farming with Farmer Jason](#) of Diamond Hills Farm, is invaluable as an agricultural tool for novice farmers in Ulster County and beyond. In the video, you will see Jason using a soil probe to extract soil for testing.

Thanks to a grant from American Farmland Trust and the Duke Foundation, we now have soil probes available to lend out. Soil probes increase the accuracy of a soil test and provide an easy way to recover shallow soil samples into a slotted probe body. There is no fee but we require a deposit; a late fee will be incurred if the probe is not returned within the required time frame. Stop by the office to fill out a form. CCE Education Center, 232 Plaza Road, Kingston.

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## *Live Well Kingston (LWK)*

The [Eat Well Focus Team](#) of LWK recently welcomed Heidi Kirschner from the YMCA and Dylan Johanson, of Innate Movement Parkour to the team. Visit the website for info on all the teams: <http://livewellkingston.org/>

[The Age Well Focus Team](#), in its outreach efforts to Kingston's senior population, specifically those in senior residences, has learned that many seniors feel disconnected from goings on in the community. The *disconnect* affects their need to know about accessible transportation, available events, and the information highway in general. To date, two residences have agreed to install the necessary hardware and ether ware, to make this possible. Donations of two computers to each residence have been promised. Next steps: volunteers will be needed for training, and long term maintenance and troubleshooting will need to be resolved. *Coalition Coordinator: Melinda Herzog [mmh62@cornell.edu](mailto:mmh62@cornell.edu)*



## *Ashokan Watershed Stream Management Program (AWSMP)*

This year at the Ulster County Fair, AWSMP educators introduced The Floodplain and Stormwater Model, a device that shows the important role floodplains serve and how improper development can create flooding in downstream locations. The device illustrates the value of preserving natural wetlands, the importance of retention ponds, and how levees can sometimes be problematic solutions to flooding.

The ever popular Stream Table, a waist high display that simulates stream processes such as channel morphology and sediment transport, was also at the Fair. The Stream Table shows water interacting with the landscape, creating meanders and causing erosion. The table indicates how improper stream management can create unintended problems.

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**MISSION:** Improving the lives of New Yorkers through educational partnerships that put scholarship and local knowledge to work.

## 4-H Youth Development Program



For the Ulster County Fair 120 4-H youth exhibitors registered 1,100 exhibits to be displayed in the Youth Building and during animal shows. 4-H youth leaders plan and work for months to prepare for Fair week. The County Fair also provides the venue for ambitious youth to qualify to participate in the NYS Fair, giving them another opportunity to showcase their excellent work.

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## Relatives as Parents Program (RAPP)



Wow! RAPP youth displayed their creations at this year's Ulster County Fair. In addition to clothing entries, bathrobes, quilts, and doll clothes, several youth entered art pieces: photography, collages, and three dimensional pieces, as part of their 4-H club activities.

The youth also maintained the [Sojourner Truth Memorial Garden](#) outside Family Court in Kingston for the fifth year in a row. They sow seeds in the spring, transplant them into the garden as seedlings and take care of the garden all summer. This year they grew their favorites: tomatoes, basil, peppers, and of course, sunflowers. Some of the youth have worked on the garden project for all five years, becoming more and more adept with their gardening skills.

Program Coordinator: Jennifer Patterson [jmp394@cornell.edu](mailto:jmp394@cornell.edu).

## Nutrition Education & Preservation

Researchers confirm that sharing a family meal is good for the spirit, the brain and the health of all family members. Studies link family dinners with behaviors that parents strive for: lower rates of substance abuse, teen pregnancy and depression, higher grade-point averages and self-esteem. Studies indicate that dinner conversation is a more potent vocabulary-booster than reading, and the stories told around the kitchen table help children build resilience. Family meals also lower the rates of obesity and eating disorders in children and adolescents. In addition to healthy eating and physical activity, the CCE nutrition program addresses eating together as a family. CCE Nutrition Educators go into the community and share healthy lessons, recipes, and ways to economize on food budgets. With evidence like the findings stated above, the educators feel more confident that their lessons will have a positive impact on the families' state of health.

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ESNY Nutrition Educator: Katie Sheehan-Lopez [kms369@cornell.edu](mailto:kms369@cornell.edu)

## Master Gardener Program

Each day at the Ulster County Fair, the Master Gardeners welcomed folks into the [Horticulture Cottage](#), answered questions, solved gardening problems, and identified insects and pests. It is estimated that 1600 people visited over the six days; twenty five people attended a workshop on Pests and Tomato Plants. A volunteer Master Gardener, Dale Bohan from Hurley, won [Best in Show](#) for Table Centerpieces at the Fair, with her scented arrangement of herbs. The photo at right shows one of eleven entries submitted by the youth from the Maple Ridge Bruderhof, with a theme of *vegetable creatures*. The entries varied from whimsical to creepy and showed that the kids had great fun doing them.

Master Gardener Coordinator Dona Crawford [dm282@cornell.edu](mailto:dm282@cornell.edu).



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