



## Agriculture / Horticulture / Commercial Fruit Programs



**Fields of wheat, barley** and rye coming to the Hudson Valley? A CCE Hudson Valley Grains Workshop in February drew 100 participants. A four year field trial looking at select experimental grain

varieties will begin in Spring. Experimental plots will be visible from multiple fields along Route 209 between Kingston and Stone Ridge.

**Provided Workshops and Classes in March:** Goat-raising for Beginners: 43 attendees; **Quick Books** & Record Keeping for Farmers: 12 attendees. **Backyard Chickens** for Beginners, 13 attendees; **Equine Nutrition**: 20 attendees. **Organic:** A Look Behind the Label, 19 attendees.

**Newsletters Launched:** 800 monthly **Organic News**; 250 **Livestock Weekly**. **Ag Focus**, monthly from Orange and Ulster Counties: 40 growers.

**Upcoming:** Pasture Management for Goats; Pasture Walk in New Paltz.

## Ashokan Watershed Stream Management Program (AWSMP)

**Hailed!** by attendees as an "excellent conference" and "most worthwhile event" the recent **Ashokan Watershed Conference** held in Olivebridge welcomed 92 residents. The stream expert panel answered questions that elicited a lively discussion about watershed issues amongst the audience.

**Contracted with** Woidt Engineering to begin an engineering and planning analysis to reduce flooding, **Flood Hazard Mitigation**, in **Boiceville and West Shokan**. The analysis will be led by the Town of Olive Flood Advisory Committee.

**Currently assisting the Town of Shandaken** with outreach and public meetings; gathering input from residents as the flood analysis is completed for **Phoenicia and Mt. Tremper**. Early modeling identified solutions to reduce flood elevations during frequent and large flood events in the hamlets. Costs and benefits of mitigation solutions are being evaluated.



*Residents identify riverine flooding issues in their community at a flood committee meeting.*

## Master Gardener Program

**\$500 Student Scholarship Offered** to a college or college bound student pursuing a degree in horticulture, agriculture, or environmental biology. **The 2015 Dominic Parise Master Gardener Scholarship**. Application Deadline May 1. Visit the website for a downloadable form.

**FREE Presentation** by Master Gardeners Cecily Frazier and Barbara Bravo, held at CCEUC Education Center. Learn the value of using native plants in the home garden and how to install a rain garden. **Tuesday, April 28, 6:30 - 8:30 pm.**



**Join Master Gardeners on May 16, 2015** in their award winning **Xeriscape Garden** at SUNY Ulster Campus in Stone Ridge, 10:00am-12:00pm. Learn how to fully divide ornamental grasses and

perennials, the go home with some great plants for your own garden! Pre-registration is required. Fee is \$10.00. Call Dona for more info, ext 335.

## 4-H Youth Development Program

**Participated: 16 Registrants**, at **Veterinary Science Program**, a 5 part program, in March and April at SUNY Ulster.

**Participated: 20 Registrants**, at **Tractor Safety**, a 5 part program, held at the Stone Ridge Firehouse.

**"Weaving the Rainbow": Book read to** 660 students in 4 school districts by 7 volunteers, during **Agriculture Literacy Week**, March 16-20. The charming book follows wool from sheep to loom, tracing the birth of a tapestry.



**Want to host** an exchange student from Japan? 4-H Program offers this enriching opportunity to 10 families throughout the state. Each family hosts one student between the ages of 12 and 16 for four weeks: July 21 through August 19, 2015.

**Presentations:** in March by 45 youth throughout UC to trained evaluators. Youth received valuable feedback for improving communication skills; 9 were selected to advance to the SE District Regional Public Presentations Event at SUNY Ulster, held on April 18.

## Healthy Communities Programs

### Creating Healthy Places to Live, Work and Play

**Winding down** a four year commitment, the **NAP SACC** program (*Nutrition and Physical Activity Self-Assessment in Child Care Centers*) CHP's partner, *Community Heart Health Coalition of the Health Alliance*, has achieved impressive goals. The **NAP SACC program reached**

**24** child care centers and **trained 335** child care staff members, who effected healthy improvements for **over 584 children**.

**Food Tastings:** Healthy food samplings in-store each month, with bi-lingual recipe cards distributed, at these *Healthy Neighborhood* stores: Sunshine Market & Quick Stop, Kingston; Peters Market in Napanoch.

**YMCA Mobile Farm Market:** Over **70 Volunteers** showed up for the **Spring Work Day** on April 11th at the **YMCA Farm Project Garden**, clearing the winter's debris, uncovering hearty spinach plants, and readying the space for the planting to begin! The Mobil Market will commence towards the end of May. Stay informed on Facebook: **Kingston YMCA Farm Project**



### Live Well Kingston

**Grant News!** **\$125,000** grant received from the American Planning Association (APA) through its **Plan4Health** program, to combat two determinants of chronic disease: lack of physical activity and lack of access to nutritious foods. The grant will fund several projects through four Focus Teams.

**Travel Well:** **Focusing** on Kingston's sidewalk policy and the Greenline rail trail, with Kingston CS Advisory Council, Bike-Friendly Kingston, and the Kingston Land Trust Rail Trail Committee.

**Eat Well:** **Working** on the City of Kingston's implementation of their adopted **Eat Well Policy** and focusing on increasing physical activity and healthy food in daycare settings.

**Play Well:** **Planning a spring event** to unite the organizations working on improving parks and play spaces in Kingston. With APA funding, an action plan will be created to implement elements of the Kingston Parks & Rec Master Plan.

**Age Well:** **Conducting a needs assessment** to determine barriers that may exist for Senior Citizens in Kingston to lead healthy, active lives. The assessment will include surveys and focus groups to be done in each Kingston Ward.

*Sharing unbiased and research based knowledge with residents of Ulster County since 1913, in Agriculture, Environment, Healthy Communities, Horticulture, and 4-H Youth Development.*

### Nutrition Education Programs

**Eat Smart New York (ESNY) Reached:** 643 people, Jan- March.  
**Upcoming:** 8 week series at the Boys and Girls Club in Kingston.

**Expanded Food and Nutrition Education Program (EFNEP)**

**Presented:** *Healthy Eating on a Budget* to 61 families in a class setting, as well as home visits.

**Ongoing:** Weekly classes: Family Inn Shelter and the Work Force Development Program. Twenty six have been graduated. After 6-8 meetings people have useable information to make healthier food choices.

**Upcoming:** Hosting two state Food Preservation Experts in June; they will facilitate a 3 day training to promote safe home food preservation.

**In the works:** An ESL group class at Everette Hodge Center.

**ServSafe Food Safety Certification Program:** May 11.

**Upcoming:** Capital District Physicians Health Plan (CDPHP) Members only classes: June 2, Sept 9.



### Relatives as Parents Program (RAPP)

**The Last Mile:** On April 18, RAPP youth **finish their last mile** as a group on the track at Dietz Stadium, crowning their achievement of running every Saturday since January at the YMCA. They will have covered a total of 25.2 miles, then run their last mile to the finish line at the **Kids Classic**. This is the 4th year for RAPP participants in the run. **Huge Thanks!** to the **Road Runners Club of America** for awarding RAPP a grant to continue the running program.

**Annual Seedling Planting:** Youth & caregivers joined forces to plant seeds for the **Sojourner Truth Memorial Community Garden**, located at Ulster Family Court. The garden, in its 4th year, is fully sustainable with its own rain barrel that collects water from the courthouse roof. Kids and caregivers help plant, maintain, and harvest the garden throughout the summer.

**Launched:** 350 Quarterly Newsletters.



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

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