



Ulster County 4-H Youth Development

COUNTY OBSERVER

March 2011



A monthly publication of Cornell Cooperative Extension Ulster County's 4-H Youth Development Program

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10 Westbrook Lane
Kingston, NY 12401
845-340-3990
Mon.-Fri.
8:30am - 5:00pm

Mark Your Calendars! 2011 4-H Public Presentations

Saturday, March 26 - 9:00am to 12:00pm at the CCEUC Education Center located at 10 Westbrook Lane in Kingston.

Format: 4-H Member will "check-in" at the registration desk, be assigned to a room, give their presentation, receive immediate feedback and take their evaluation form to the registration desk to receive their award sticker.

Registration DEADLINE: March 21
Looking for more information about Public Presentations?



Click <http://www.cceulster.org/4-H/public%20presentation%20info.html>

If you need help with Public Presentations call the 4-H office at 340-3990.

4-H Food and Nutrition Workshop

Saturdays 9:45 am - 12:15 pm
March 12 & 19 & April 9 & 16



Come to this series of lessons and amaze your friends and family with your ability to make **yeast breads!** You'll also have the skills to make outstanding fair entries! We will do a few "kitchen chemistry" yeast experiments at our first meeting and then we'll make a simple flat bread. After that, we'll progress to a batter bread and then a conventional raised loaf. In the final meeting we'll learn to shape fancy rolls and create braided breads.

Mutt Masters Dog Obedience Orientation

Tuesday, March 8

Ulster County 4-H MuttMasters will be offering a ten week dog obedience training class on Tuesday evenings beginning March 8, 2011. Orientation will be held at CCE of Ulster County, 10 Westbrook Lane, Kingston beginning at 6:30pm. Training classes will be held at the Town of Ulster

Highway Complex, East Chester St Bypass, Kingston. Dogs must be at least 5 months old and have a current Rabies Certificate. Youth must be at least 9 years old as of January 1, 2011. Cost is \$20 per person.

For more information contact Jenny at 340-3990 ext. 331.

Visit Ulster County 4-H online at www.cceulster.org



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4-H Mission

The 4-H Youth Development Program is to “help young people become self directed, productive and contributing members of society”.

Participation in the 4-H Program is open to all interested youth, regardless of race, color, gender, creed, national origin, or handicap. Youth ages 5-19 are invited to be 4-H members.

This monthly publication for the 4-H Youth Development Program of Cornell Cooperative Extension of Ulster County connects the unique educational network linking Ulster County with resources from Cornell University and the USDA.

For more information
about Ulster County 4-H
call 845-340-3990.
Online visit
www.cceulster.org

2011 4-H Calendar

March

- 1 Capital Days
- 1 Deadline for application for 4-H Horse Program Scholarship
- 3,10,17,24,31 4-H Vet Science Series, Unit 2 – 6:30-8 pm, SUNY Ulster (Snow date the following Wednesday)
- 7 Sheep and Goat PDC, Kingston, 5 PM
- 7 4-H Auction Information Orientation, 6:30 Kingston
- 12 Nutrition series, 9:45-12:15, Kingston
- 12 March Dog Madness -- Cornell University
- 19 Nutrition series, 9:45-12:15, Kingston
- 16 & 23 New Leader Training, Kingston Office, 6-9 PM
- 22, 24, 29, 31 4-H Tractor Certification, 7 PM, Stone Ridge Firehouse
- 26 Public Presentations, CCEUC Office, Kingston, 9am-1 pm
Dairy Discovery Workshop -- Cornell University

April

- 5 4-H Tractor Certification, 7 PM, Stone Ridge Firehouse
- 6 Cornell Vet College Open House, Ithaca
- 9 Nutrition series, 9:45-12:15, Kingston
- 16 Nutrition series, 9:45-12:15, Kingston
- 16 NYS Horse Bowl -- Cornell University, Ithaca
- 15-17 STARR Retreat
- 23 Spring Fest/Bunny Basics, High Falls Firehouse
- 28, 29 Tractor Driving practice, Fair Grounds
- 30 District Public Presentations – Orange County
- 30 Tractor Driving test, Fair Grounds

May

- 1 Deadline for application for 4-H Home Economics Scholarship
- 1 Deadline for application for 4-H Teen Council Scholarship
- 4 Clothing Construction Evaluation (teen projects only)
- 6 Clothing Evaluation and Revue
- 14 Animal Crackers Workshop -- Cornell University, Ithaca
- 15 **Last possible date for 2011 4-H enrollment**
Deadline for 4-H Project Horse registration
- 15 Ulster County Open Horse Show – Fair Grounds, New Paltz
- 19 4-H Golf Tournament - Apple Greens Golf Course, Highland

Health-H Challenge Tips



Find someone who can be a walking buddy. Choose someone who lives in your house or in your neighborhood so it will be easy for you to take a walk together.

Plan where you'd like to walk and when. Make a walking date with your buddy.

Make it fun! Chat with your buddy while you're walking along. If you can talk without huffing, you're probably walking at just the right speed. Take a new path around your neighborhood and walk a little farther every week. Long walks can turn into a hike - which is even more fun!

March Dog Madness

Saturday, March 19 at the Cornell Campus, Judd Falls Rd, Ithaca. Registration due March 12, 2011

Adult & Teen Leader Training, Morrison Hall, Cornell University.

Take the Lead (or leash) and Make a Difference in Your Community.

Cost is \$18 per person plus transportation fee, if applicable. Lunch will be provided.

March Dog Madness is an annual conference for adult and teenage 4-H volunteer leaders. Workshops engage participants in science based information training. Current animal health, animal behavior, industry trends, and youth development issues are addressed.

For more information, or to register go to http://www.ansci.cornell.edu/4H/dogs/MarchDogMadness/registration_w2.pdf or contact Jenny at 340-3990 ext. 331.

Looking for Solo Project Members

Are you a solo animal project member? Check out the list of requirements below.

You qualify for a solo animal project if:

1. You do 4-H animal projects and do not belong to a 4-H club that works with animals.
2. You do cattle, dog or horse projects and do not belong to a cattle, dog or horse 4-H club.

If you meet either category 1 or 2, then you are a solo animal project member and you need to do the following:

1. Call the 4-H Office and request a 4-H Learning Plan

for each solo animal project you plan to do this year (rabbit, poultry, etc.).

2. Fill out your Learning Plans and return them to the 4-H Office no later than April 1. The appropriate 4-H Educator or Program Development Committee will review your forms and make suggestions on educational content, events to attend, etc.
3. Your form will be returned with comments, so you can use it throughout the project year. At the end of the year, turn it back in with your project record no later than October 15.

Questions? Call Jenny at 340-3990 ext. 331

4-H Enrollments - WE NEED YOU!

Please send your 4-H enrollment forms to Jenny ASAP.
Questions? Call Jenny at the 4-H Office.

New York State Animal Science Events

March 5-6

Shearing School, Cornell T & R Center, Harford, NY

March 19

March Dog Madness – Adult and Teen 4-H Dog Leader Training at Cornell

March 20-25

NY Ag Literacy Week – focus on Poultry Industry

March 25-26

Dairy Discovery

April 9

Cornell Vet School Open House Cornell Block & Bridle Club Student Livestock 4-H Day & Show

April 16

State 4-H Horse Bowl at Cornell

April 16

Expanding Your Horizons (EYH) Conference for middle school girls

April 30

State 4-H Dairy Quiz Bowl at Cornell

Livestock Auction Orientation and Information Night

Monday, March 7 at 6:30pm at the Kingston 4-H office.

This is a MANDATORY meeting for anyone who wants to participate in the 2011 Auction. A parent or guardian

MUST attend this meeting with the youth.

Sign up by calling, mailing the registration at the back of the newsletter, or emailing your intent to attend on or BEFORE Tuesday, March 1.

Tractor Safety Certification

March 22, 24, 29 & 31 and April 5 at 7:00 pm at the Stone Ridge Firehouse.

This National Safe Tractor Training Program enables young workers (ages 14-19) to obtain a US Department of Labor Certificate of Training which is required to operate farm tractors and equipment. The course is open to anyone 13 years of age and older. However, only those 14 and older will be able to drive and become certified.

Participants learn important safety skills and gain an advantage when seeking employment at a lawn or landscaping business, golf course or farm.

Practice Drive: April 28 & 29, 3:00 pm

Driving Test: April 30, 8:00 am

Class limit: 20 youth

Cost: \$20 enrolled 4-H members - \$30 general public

STARR - The State Teen Action Rep Retreat

STARR is a three-day fun-filled event where 4-H teens participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. Overall theme and ideas for workshops and activities come from input and efforts of teens and adults serving on the youth/adult STARR planning committee. "Youth Voice" is what keeps STARR contemporary, fresh and in tune with the youth of today. STARR is open to all NYS 4-H Teens.

Who? New York State 4-H Teens (13-19) and their Adult Chaperones

Where? New York State Fairgrounds--Syracuse, NY

When? April 15-17

Cost? \$75.00 per person-Registration fee covers lodging, meals, and workshop supplies. There will be an additional transportation fee.

Drivers/chaperones must be provided. Space is limited so registration will be on a first come first served basis.

For more information or to register call the 4-H office at 340-3990.

NY Agriculture in the Classroom Announces 2011 Ag Literacy

Which came first, the chicken or the egg? This is a question that many have asked, but how many students even understand that eggs come from chickens and not the grocery store? During National Agriculture Week (March 21st-25th), students throughout New York will be learning about the variety of products that the poultry industry provides during the sixth annual New York Agriculture Literacy Week, coordinated by New York Agriculture in the Classroom. Ag Literacy Week will be celebrated across the state in second grade classrooms with a visit from a community member involved in agriculture. This year's book is the *Chicks & Chickens* written by Gail Gibbons which will be read to the class and then donated to the school library. Teachers will also receive a resource packet including additional lessons and information on the poultry industry.

Another way for volunteers and teachers to help children

understand agriculture is involvement in the annual *Be Aware of New York Agriculture Contest*. For more information about Ag Literacy Day, *Be Aware*, and other Ag in the Classroom programs, visit the website www.nyaged.org/aitec.

New York Agriculture in the Classroom is a partnership of Cornell University, NYS Department of Agriculture & Markets, NYS Education Department, and NY Farm Bureau. The program works with cooperative extension educators, teachers, Farm Bureau members, and others throughout the state to foster an awareness, understanding, and appreciation of agriculture and the total food and fiber system.

Would you like to read *Chicks & Chickens* to a 2nd grade class? If so please contact Dona in the 4-H Office at 340-3990 ext. 335 or dm282@cornell.edu.

4-H Opportunities

Marion Hinkleman Scholarship

Applications are available for the Marion Hinkelman 4-H Horse Scholarship at the 4-H Office. The Scholarship is awarded to graduating High School seniors who are enrolled in the Ulster County 4-H Horse Program.

The application must be completed and sent to the Ulster County 4-H Office no later than April 5. An award will be given to as many qualifying Ulster County 4-H Horse members as there are available funds. The Ulster County 4-H Horse Program Development Committee makes the selection for the purpose of helping to finance education beyond high school.

Dominic Parise Master Gardener Scholarship

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 2011 Dominic Parise Master Gardener Scholarship. This year the scholarship amount has been increased from \$250 to \$500.

Students who wish to apply can download an information sheet and application at www.cceulster.org under the Event Registration section. Applications must be postmarked on or before April 15, 2011.

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.

4-H Teen Council Scholarship

To qualify for this scholarship you must have been a Teen Council member for at least two years. Four \$250 scholarships are available. To apply: Call Jenny at the 4-H Office Due Date: May 1, 2011.

Ulster County Agricultural Society Scholarship

Attention 4-H Seniors! The Annual New York State Association of Agricultural Fairs Scholarship applications are now available at <http://www.nyfairs.org/scholarship.htm>. Each year, a minimum of five \$1000 scholarships are awarded. New York State high school seniors or New York State residents already attending college who are planning on pursuing a degree in agricultural or fair management related fields are eligible.

The applications must be completed by the student, signed by a Parent/Guardian and submitted to the Ulster County Fair no later than the Friday, April 8.

Please mail to the following address:

Ulster County Fair
PO Box 71
New Paltz, NY 12561

These applications will be forwarded to the District 1 Director. The top three applications from District 1 will be selected and forwarded for final evaluation at the State level. Questions call Gary Newkirk at 845-255-1380.

Design the Fair Book Cover

We want to feature your artwork on the cover of the Fair Book! If possible, designs should be submitted via email in Word or Publisher Format. If not, designs should be easily photocopied on a digital copier (i.e. dark lines, easy to read, computer images) This year's theme is "Choose Health". Turn in your design no later than April 1. A committee of CCE staff and volunteers will review the designs and choose the winner.

Questions? Call Jenny at 340-3990 ext. 331 or email jl64@cornell.edu *Remember to include the Year!*

Home Economics Scholarship

The deadline to apply for the Home Economics scholarship is April 15. This scholarship provides financial assistance for 4-H members to apply toward post-high school education.

Who may apply? Graduating High School seniors
Criteria: Must currently be a 4-H member and currently be involved in the 3rd year or more of a 4-H Home Economics Project.

Scholarship Amount: \$200 per scholarship
This scholarship is sponsored by the Family and Consumer Science Program Development Committee.

Please call Jenny at the 4-H office to request a Home Economics Scholarship application. All applications can be mailed to the office before April 15 or faxed to 845-340-3993.

Please mark all applications and envelopes to the attention of 4-H.

Save the Date: April 9 for the Vet Science Open House

The Cornell University College of Veterinary Science has set April 9 for its "Open House." The open house is our opportunity to share the joys of our profession with the community. Veterinary students and members of the faculty and staff host this annual event to provide a chance for those interested to get a closer look at veterinary medicine. We invite you to tour our college and learn more about our facilities, our equipment, and what we do every day.

Students, faculty members, and staff will be on hand to answer your questions about a career as a veterinarian, a veterinary technician, or an animal care specialist. Careers in veterinary medicine have traditionally involved working with dogs, cats, cows, horses, sheep, and pigs. However, this rapidly growing field also provides opportunities to work in the animal health industry, government, armed forces and with many other species in zoos, wildlife refuges, developing countries, and even in everyday practice at your local veterinarian.

NYS 4-H Forestry Weekend

Join youth from across the state for a weekend of forestry activities, games, and competition From June 3 through June 5. 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 2011 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 \$35 per person: includes food, materials, and cabin lodging. (A \$95 value!). Space is limited, so register now!

For questions to go: <http://www.cce.cornell.edu/chenango> or contact Rebecca Hargrave at 607-334-5841 x 16 or jrh45@cornell.edu or Gary Goff at 607-255-2824 or grg3@cornell.edu. We are also looking for volunteers for the weekend!

For more information about the National Invitational July 24 – 28, 2011 (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 Owahta go to

Wind Program Culminates with Trip to Wind Farm



last month,

Students from the Environmental Club at the Miller Middle School in Kingston participated in the 4-H after-school program, titled "The Power of Wind". The program focused on the history of wind power, current applications and careers in renewable energy, and included practical exercises that demonstrate how wind can generate electricity. Club members visited the Wind Park Bear Creek in Wilkes-Barre, Pa.

and learned how wind turbines are constructed, maintained and generate electricity.

Once on top of Bald Mountain, the dozen students were awed by the 256-foot turbines, which together generate enough power for over 4,700 homes per year. From a climate/environmental perspective, the wind farm CO2 yearly offsets amounts to over 62,000 tons of coal, 59,000 tons of petroleum and 31,000 tons of natural gas, according to Bluarc Group, which operates the facility.

The students also learned that the skill requirements in this sector of the renewable energy field are deep, and include a working knowledge of mechanical, electrical and hydraulic engineering as well as proficiency in math and communications.

Have you started your sewing project? Show off your hard work!

2011 Ulster County Clothing and Textile Arts Revue
May 6, 6:30-8:30 p.m. Register your project by April 25.
The Revue is open to 4-H youth who are enrolled in sewing or other textile arts projects. You are eligible to participate in the Revue if you have completed a 4-H project in:

1. Sewing (clothing, quilts, etc.)
2. Purchased clothing

3. Have participated in textile arts such as: knitting, crochet, embroidery, or weaving.
4. Have made accessories to be displayed.

For questions regarding the Revue contact Jenny at 340-3990 ext. 331 or email jl64@cornell.edu

Attention Poultry Exhibitors! SAVE THE DATE

Who: Birds 4 Months of age (16 wks) and OLDER (waterfowl and pigeons excluded)
What: Pullorum Testing
When: TBA, Time: TBA
Where: Ulster County Fair Grounds, Libertyville Rd., New Paltz, NY
Why: Required to exhibit at the County and State Fairs
How (Many): Up to 20 Birds

Call 518-457-5558 for a complete flock test
Plan ahead so you won't be left out of the fair.

The day will also include a Regional Poultry Workshop
There will be no testing at the fair!

Bunny Basics Joins Spring Fest

Spring Fest returns to the High Falls Firehouse on Saturday, April 23. Thinking about getting a bunny for a 4-H Project and/or Easter? 4-H rabbit project members will help you learn about selecting and caring for a rabbit.

The workshop will be held on Saturday at Spring Fest at 10:00am and 2:00pm. The workshop is free.

The Bunny Basic books will be available for \$2.00. See flyer on page 9.

Dates of Coming Cornell Animal Science Events

March 20 March Dog Madness Cornell University

March 26 & 27 Dairy Discovery Cornell University

April 10 Vet School Open House Cornell University

May 1 Animal Crackers (Horses & Poultry) Cornell University

June 5-6 Poultry Outing Syracuse, NYS Fairgrounds

Leased 4-H Animals in Ulster County

The 4-H Program supports a leased animal program for those youth who are interested in a 4-H Animal Project, but not able to have/house animals at their home. For exhibition purposes, youth are limited to **one** non-owned breeding class animal of the species type.

Currently the State 4-H Program supports the lease program/project with the following species:
Horse, Mule/Donkey, Dairy Cattle, Beef Cattle, Swine,

Sheep, Goats, Llamas, Rabbits and Poultry.

ALL leased animals MUST be registered/identified with the 4-H Office. Horse certificates are due May 15; all others, June 1. Animal Identification Certificates can be found on our website in the 4-H section.

Note: Lease details and terms are the responsibility of the agreed parties and NOT the 4-H Office.

Animal Crackers Program 2011

Horse & Goats – Best Friends Forever (BFF)

Cornell University Presents Animal Crackers 2011

By Janet Pfromm, Agriculture Educator, Cornell Cooperative Extension Chenango County

The Cornell University Department of Animal Science is pleased to announce Animal Crackers 2011 "Horses & Goats – BFF's" on Saturday, May 14, 2011 at Cornell University. The up-coming program will incorporate both horse and goat topics for youth ages 9-12 or those with a beginner/intermediate knowledge of the species. All youth, 4-H and non-4-H, are invited to participate. Adult chaperones are also invited to attend to make Best Friends Forever a family event!

Interesting, educational, hands-on activities are planned to make Best Friends Forever a memorable teaching event. Participants will have the opportunity to learn horse or goat care, biology, or management while having fun in two different learning tracks: beginners and intermediates. There will also be sessions on exploring animal science careers, animal demonstrations, and much, much more!

Beginner and Intermediate 4-H members in the horse project will learn:

Hay Now!! Find out what makes good horse hay, why horses like certain types of hay better than others, and how to pick good horse hay.

Like that Build. Identify correct horse conformation and how does it affect the soundness of your horse.

Healthy Hide, Hair, and Hooves. Learn the importance of good grooming to your horse's health.

Hold Your Horses. The right bridles and bits can improve horse performance. Learn what you need for your riding style.

Healthy Horses. Keep your horse healthy and disease-free in this horse health session.

Foot Loose & Fancy-Free. Hands-on farrier advice for healthy hooves, hoof care options, and when to have

your horse's "feet" trimmed.

Picking Up on Polo. Polo is a healthy sport for both you and your horse. Learn more about the game from the Cornell University Polo Team.

Tiptoeing Thru the Barnyard. Learn to read your horse's body language to keep both of you safe.

Those interested in goat projects will learn:

Digestion – Scope out these Threads. Here's your chance to feel a rumen in motion as you stick your arm into a fistulated cow! Learn more about how the most efficient "green machine" works.

Have Pack, Will Travel. Challenge yourself to learn how to pack your goat and compete in an obstacle course.

Here Come the "Kids". Hands-on kid delivery, tube feeding, and other activities to get ready for kidding on your farm.

Making it Mine. Get creative and make your very own label for marketing goat products.

Worm Watch. Grab a microscope, FAMACHA chart, and go on "worm watch".

Form & Function. See how milk, meat, or fiber production are influenced by conformation.

Unraveling Reproduction. Scientifically explore the goat's reproductive tract.

Web Food. Find out how to use the internet to create a balanced diet for your goat.

Cost of the program will be \$5 for youth and adult chaperones, and everyone is asked to bring their own lunch. Registration for the event will be done through Cornell Cooperative Extension of Ulster County and must be completed no later than April 15, 2011. All groups must have at least one chaperone per species track. More information can be found on the Animal Crackers website: <http://www.ansci.cornell.edu/4H/crackers/index.html>.

Classifieds

Two Gerbils FREE to good home

Sisters are brown and cream colored. They have been together since birth. Housing included.

For more information contact Lee at 845-340-3990 ext. 320.



The Feathered Friends 4-H Club of Ulster County invites families to celebrate the arrival of Spring at our 8th Annual



SPRING FUN FESTIVAL



Saturday, April 23rd



10 AM to 2 PM



Inside the High Falls Firehouse

High Falls, NY 12440

(one block south of Rt. 213), Rain or Shine

Tickets: \$2 per child, \$3 per adult, or \$6 per family

Donations of dog, cat, rabbit and bird food gratefully accepted for regional animal shelters. Bring a donation and you'll receive a free gift!

- * Live baby chicks, rabbits and other critters to pet
- * Learn bunny basics *before you buy a bunny (at 11 AM and 1 PM)*
- * Dye Easter Eggs
- * Find treasure in the chicken scratch
- * Get a temporary tattoo and a face painting
- * Plant some flower and veggie seeds for your home garden
- * Make marshmallow rabbits
- * Play egg-bean-bag toss
- * Eat some bake sale treats
- * Learn about backyard poultry
- * and Learn about 4-H clubs in Ulster County

For more information call Annie at 845-658-3467, or Jenny at Cornell Cooperative Extension of UC at 845-340-3990. All profits support Feathered Friends 4-H Club community service projects.



2011 4-H Career Explorations Conference

Get a head start on finding your future career today!

For over 70 years, Cornell Cooperative Extension's 4-H Youth Development program has conducted a three-day on-campus event for youth on the Cornell University campus. The purpose of this program is to provide youth with exposure to academic fields and career exploration, to develop leadership skills, to provide hands-on experience in a college setting and to introduce youth to Cornell University.

4-H Career Exploration programs allow youth to have fun while learning about science, technology, humanities and... themselves. 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.



Career Explorations helps connect kids to Cornell through hands-on experiences with Cornell staff and faculty.

Get a head start on finding your future career today!

CCE State 4-H Youth Development Office
340 Roberts Hall
Cornell University
Ithaca, NY 14853

Phone: 607-255-0896
E-mail: nys4h@cornell.edu

When: June 28 - 30

**Where: Cornell University
Ithaca, NY**

**Cost: \$200 registration and lodging
(other additional fees may apply see your
county Cornell Cooperative Extension
program for details)**

***Scholarships are competitive but available**

**ALL REGISTRATION FORMS MUST BE RECEIVED AT THE ULSTER COUNTY 4-H OFFICE
ON OR BEFORE APRIL 12.**

The registration packet can be found at

<http://nys4h.cce.cornell.edu/program/events/CareerEx.php>

Rabbit from Farm to Table

Considering participating in the auction at this year's Ulster County Fair? Well, there's a lot that goes into raising an animal for auction. The marketing of an animal from "farm to table" is complex, but reveals the business side of meat production. Let's look at rabbits for example.

Did you know that fresh or frozen, rabbit meat is sold all year round? It can be used in most of the ways in which chicken is used. Like other lean meat, poultry, and fish, rabbit meat is a good source of high quality protein. The meat is fine grained and mild flavored. Rabbits sold in the United States for food are commonly crosses between New Zealand and Belgian varieties, imported Chinese rabbits, or Scottish hares, according to the USDA.

The terms "fryer" or "young rabbit" refer to a rabbit weighing not less than 1 1/2 pounds and rarely more than 3 1/2 pounds, and less than 12 weeks of age, according to the USDA. The flesh is tender, fine grained, and a bright pearly pink color. These rabbits may be cooked in much the same way as young poultry.

The terms "roaster" or "mature rabbit" refer to a mature rabbit of any weight, but usually over 4 pounds and over 8 months of age, according to the USDA. The flesh is firm and coarse grained, and the muscle fiber is slightly darker in color and less tender. The fat may be more creamy in color than that of a fryer or young rabbit. The meat of larger rabbits may be tougher so the best methods of cooking are braising or stewing.

Giblets refer to the liver and heart of a rabbit. Under the Federal Meat Inspection Act (FMIA), the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) inspects swine, cattle, sheep, and goats. Under the Poultry Products Inspection Act (PPIA), the FSIS inspects "domesticated poultry" which is defined as chickens, turkeys, ducks, geese, guineas, ratites, and squab.

Congress has not mandated inspection of rabbits under either the FMIA or the PPIA; therefore, inspection of rabbit is voluntary. Voluntary inspection of animals, including buffalo, antelope, reindeer, elk, deer, migratory water fowl, game birds, and rabbit, is handled under the Agricultural Marketing Act. Under voluntary inspection, each rabbit and its internal organs are inspected for signs of disease. The "Inspected for Wholesomeness by USDA" mark of inspection ensures the rabbit is wholesome and free from disease. When a rabbit processor does not produce rabbit meat under FSIS voluntary inspection, they would be subject to the Food and Drug Administration (FDA) inspection under the Federal Food, Drug, and Cosmetic Act. Some States, however, permit the sale of rabbit only if it is inspected under their laws. The FDA has jurisdiction over the shipment of rabbit meat in interstate commerce.

Source: USDA

2011 Regional Horse Bowl



This year's regional horse bowl gathered over 50 youth in Middletown where they competed on their knowledge of horses and hippology.

1. Bailey Moskowitz shows off a blue ribbon. In front of the evaluators.
2. In front of the evaluators.
3. Alexandra Strauss, right, and Julia Robinson, left, present during the Horse Bowl.



Return Sheet

Use this form to register for any class/workshop offered in the County Observer

RETURN TO: Cornell Cooperative Extension of Ulster County, 10 Westbrook Lane, Kingston, NY 12401
OR: Email to: jlb64@cornell.edu

March 2011

Activity/Training	Date	Names of Attendees	Address	Phone #	Fee

Please use this form to make your payments using a credit card.

Name: _____

Address : _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Email: _____

Name of Program you are paying for: _____

Clip and mail or hand deliver this form to: CCE Ulster, 10 Westbrook Lane, Kingston, NY 12401

For Payment by Credit Card fill out top part and below.

Name as it appears on your card: _____

Type of card: ___ VISA ___ MasterCard

Card Number: _____ Exp. Date: _____

Amount to be charged: \$ _____

Signature: (Required) _____



Cornell University
Cooperative Extension
Ulster County

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Kingston, NY 12401

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Fax: 845-340-3993

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County Observer Articles & Photos Deadline

Would you like to submit an article/news to the County Observer? Copy deadline is the 20th of the month prior to publication. For example: Information for the March Observer must be submitted to the 4-H Office on or BEFORE February 20.

Our goal is to have the County Observer to you/the website the first week of the month.

Note: All photos must have written releases from all those in the photo that is signed by a parent or guardian to be considered.

Receiving The County Observer Newsletter

The 4-H newsletter, the County Observer is sent to 4-H families and friends on a monthly basis. It has come to our attention that MANY 4-H families are not receiving the County Observer.

We can suggest these options:

1. View the County Observer online at school, a friend's house, or the public library at www.cceulster.org
2. Have a friend download a copy for you.

3. For \$10/year, you can receive a hard copy of the County Observer. Please note, this will be a black and white "copy" of the electronic newsletter.

Leaders - Please make sure all your members are receiving the newsletter. There are scholarships available to cover the annual mailing fee.

Please contact the 4-H Office if you have any questions.

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