



Cornell University
Cooperative Extension
Ulster County



County Observer

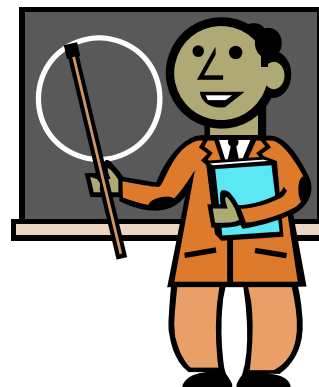
January 2009

Public Presentations Workshop Friday, February 6

Join us for the 2009 Public Presentation Workshop, Friday, February 6, 6:30-8:30 pm, Hasbrouck building, Room 208 at SUNY Ulster, Stone Ridge! This workshop is especially helpful for new 4-H Members and is a good review for experienced 4-H members. Topics for the workshop include:

- An overview of the Public Presentation categories
- How to format your presentation
- Tips on making effective visuals
- What is a "good" presentation?

Registrations for this workshop are a MUST! Call or email your reservation on or BEFORE February 2, 2009.



Ulster County 4-H Public Presentations Saturday, March 7

This year county Public Presentations will be held at SUNY Ulster on Saturday, March 7. Watch for the February Observer for more details! Organizational Leaders will be receiving a Public Presentation Packet with information and registration forms.



Cornell University
Cooperative Extension
Ulster County

10 Westbrook Lane
 Kingston, NY 12401

4-H CLUB ORGANIZATIONAL LEADERS

- Ellen Hausmann & Jenny Burkins & Joy Weis
 4-H Animals and Company
- Cynthia Listort & Dawn Takacs.....
 4-H Animals Around the World
- Lisa Marx 4-H Cool Kids
- Patti Zellmer 4-H Super Sassy Thimblinas
- Jenny Burkins, Joy Weis & Ellen Hausmann.....
 ABC 4-H Club
- MaryLou Giuliano.....Coleman Cares 4-H Club
- Annie MardineyFeathered Friends
- Jen Holz Homesteaders Club
- Keith VanRoy
 Kingston High School Outdoors 4-H Club
- Sue & Tim Bruck The Musketeers 4-H Club
- Denise VanAken and Carol Fitzpatrick & John Fitzpatrick
 Rondout Valley Country Kids
- Donna & Wayne Grimm and Allyson Nichols
 Saugerties Hareraisers
- Greg Walters Sharp Shooters
- Debra McCullough and JoAnne Ewald
 Shawangunk Ridge Equestrians
- Jenny Burkins, Carol Carboni, & Lori Halwick
 U.C. 4-H MuttMasters
- Jenny Burkins & Ben CampbellU.C. 4-H Teen Council
- Roberta Jackson & Carla Picayo
 Ulster Equistars & Pony People

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

The mission of 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, sex, creed, national origin, or handicap. Youth ages 5-19 are invited to be 4-H members.

**For more information please contact the
 4-H Staff
 845-340-3990**

4-H Youth Development Staff Team

- Patricia Zellmer, Issue Leader
- Kristen Wilson, Resource Educator
- MaryLou Giuliano, After School Program Educator
- Dona Crawford, Event & Volunteer Coordinator
- Jennifer Burkins, Administrative Assistant

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Cornell Cooperative Extension of Ulster County 4-H Program



2009 4-H Dates and Events

January

13	New 4-H Leader Training, 6:00-9:00pm, CCE Education Center
14	Bodywoks, Ellenville, For more information contact Kristen
15	4-H Leader Share Fair, 6:30pm
19	OFFICE CLOSED—Martin Luther King Day
20	New 4-H Leader Training, 6:00-9:00pm, CCE Education Center
22	Snow Date—Share Fair
26	Horse PDC, 7:30pm, Plaza Diner
27	Nutrition & Gardening PDC, 5:30-7:00pm Location TBA, Contact Kristen at 340-3990 or kew67@cornell.edu
29	4-H Vet Science Series, 6:30-8:00 pm, SUNY Ulster

February

5, 12, 19, 26	4-H Vet Science Series, 6:30-8:00pm, SUNY Ulster (Snow date is the following Wednesday)
6	Public Presentation Workshop, 6:00-8:00pm SUNY Ulster
16	OFFICE CLOSED—President's Day
24	Family & Consumer Science PDC, 5:00pm, CCE Education Center
28	Regional Horsebowl/Hippology

March

1	Deadline for application for 4-H Horse Program Scholarship
2 & 3	Capital Days
3 & 10	New Leader Training, Kingston Office, 6:00-9:00pm
5, 12, 19, 26	4-H Vet Science Series, 6:30-8:00pm, SUNY Ulster (Snow date is the following Wednesday)
5	Cattle PDC, 7:30 SUNY Ulster, Rm 102 Algonquin Bldg.
7	4-H Public Presentations, SUNY Ulster
9	4-H Auction Information Orientation, 6:30 Fairgrounds
10	Nutrition & Gardening PDC, 5:30pm, CCE Education Center
13	New Leader Reception
14	March Dog Madness, Cornell University
17, 19, 24, 26, 31	4-H Tractor Certification, Stone Ridge Firehouse
28-29	Dairy Discovery workshop, Cornell University

April

2	Vet Science Graduation, SUNY Ulster, Burroughs Hall
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Club Chatter

We have had a busy fall. In October we talked about county & state fair and started planning for the new year. We held a food drive for Family of Woodstock at the Woodstock Riding Club Horse Show and helped out with the Show. We did pony rides at the Forsyth Nature Center Fall Festival in Kingston. On October 15 we met and learned about the differences between ponies, light horses and draft horses and where they all come from. We went apple picking at the Hurd Family Farm. There were many things to do besides picking apples and we had a lot of fun in the corn maze and on the sand hill.



In November we made chopped apple cakes with the apples from Hurd's. Everyone helped with peeling and chopping, measuring and mixing. The cakes were donated to Family of Woodstock for Thanksgiving. On the 16th most of our club and some parents went on the bus trip to Equine Affaire. On the 19th we elected officers. President, McKinley; Vice President, Kevin Seche; Secretary, Rebecca Jackson; Treasurer, Aliya Hardwick.

Ulster Equistars

The votes are in and the following are the results for our officers for 2008-09: President; Chris VanAken; Vice President, Kathryn DeWitt; Secretary, Cheyenne Faerber; Treasurer, David Bogart. Several members attended the annual ballet "A Christmas Carol", held at UPAC. As always, we all left feeling the Christmas Spirit, and full of the wonderful cookies that were for sale.

Rondout Valley Country Kids

We met on December 1. Kelsey, Sofia, Abby and Emily did presentations on Colic, Safety around Horses, Horse Show Apparel, and different types of English horses. Our club will be volunteering at the Toy Drive on the 6th. We are planning a holiday party for Dec 12.

Equestrians Unlimited—Cecilia Campala

This month was spent collecting gifts for our giving tree and canned food for our holiday drive contest.

Coleman Cares4-H Club—Katelyn Davis



ABC 4-H met and went over old business. We then began our new project of creating three different types of ornaments. Our first ornament is a hand sewing project. We also created rice jars to include in the Teen Council baskets for the hungry.

ABC 4-H Club—Lori Potter

Animals and Company met on December 17 to make cookies and have a cookie exchange. Each member brought a recipe with them and then made the recipe. After everything was baked we each got to take a few of all the different types of cookies. There were chocolate chips, oatmeal breakfast cookies, candy cane cookies, peanut butter cookies, and peanut butter fudge. We listened to Music and had fun while the cookies were baking.

Animals & Company—Michelle Campbell



Community Service

Pancake Breakfast

The 4-H Cool Kids helped serve breakfast at the annual Republican pancake breakfast. We helped seat the people as they came in, served the juice, took their orders and got their food from the kitchen. We got anything else they asked for. After breakfast we cleaned up. We enjoyed serving our community. It was a lot of fun making people happy.

Katie Kortright—4-H Cool Kids

We helped Ellenville's local community by contributing to the local food pantry. The funding for the donations came from the club's general fund, which is raised through various fund raisers. Canned Items, Boxed/jarred items, Fresh Fruit, Toiletries and 10 bags of clothing were donated.

Rondout Valley Country Kids 4-H Group



4-H New Leader Training

New 4-H Leader Training/Refresher for 4-H Organizational Leaders will be held at the Kingston Office on:

Tuesday, January 13, 6:00-9:00 pm, Part 1
Tuesday, January 20, 6:00-9:00 pm, Part 2

New leader training is a 6 hour commitment. Leaders must attend both sessions. There is a \$10 fee for NEW leaders.

Leader Share Fair 2009 Thursday, January 15, 6:30 pm

Start off the New Year with some GREAT new 4-H Projects!!! The Leader Share Fair 2009 edition will feature: Horseless Horse Project, Pets, Entomology, Citizen Science and Gardening. Each leader will choose two projects. This Leader Share Fair is appropriate for ALL 4-H leaders, especially those that are looking for new, exciting, ready-to-go projects for their 4-H Club. There will be a general session with information about Awards & Records. Please RSVP to Jenny at jl64@cornell.edu or call 340-3990.

Project Bios:

Horseless Horse - Grades 3-12

A beginning level project in which the 4-H member only needs access to a horse. The project requirements include: history, safety, breeds, colors, care, nutrition, gaits, and activities in education and riding.

Pets - Grades 3-12

From Gerbils to snakes, frogs to ferrets, youth will find these action packed activity guides make learning about pets fun and exciting.

Entomology - Grades K-6

Insectaganza of Excitement—Youth explore the amazing world of insects and their arthropod relatives. Use hands on activities with these Creepy Crawlies!

Citizen Science - Grades 3-12

What do lady bugs, melting glaciers, Pluto, geotresures and flying creatures have in common?! Come to this session and find out!

Junior Master Gardeners - Grades K-12

This will be an overview of hands-on garden projects you can do with your 4-H members!

**Mark your Calendars Now
STARR Retreat: April 17-19, 2009
Statewide Teen Retreat
Details to follow**

**Career Explorations and University U
June 30 - July 2, 2009
Cornell University**

Four Hundred and Fifty + teens from across NY State attend this three day adventure on the Cornell Campus. Reservations will be in April.

**Cabin Fever!
New Leader Reception
Friday, March 13
6:30 pm**

All 4-H Leaders with 5 years or less are invited to join us for a New Leader Reception! This will be a time to network with each other and hear the “secrets” from a few seasoned 4-H Leaders. Bring those questions and ideas. RSVP on or BEFORE Friday, March 6. Coffee, tea and a SPECIAL dessert will be served.

Make-It, Take-It 2008

It was a great night creating hats, jitterbugs, centerpieces, hand puppets and paper crafts. Next year's date: Friday, December 4, 2009.



4-H Veterinary Science 2009 Units 1 & 2

The 2009 4-H Vet Science Series is Scheduled!

All classes will be held on the SUNY Ulster Campus in Stone Ridge, Thursday evenings, 6:30-8:00pm.

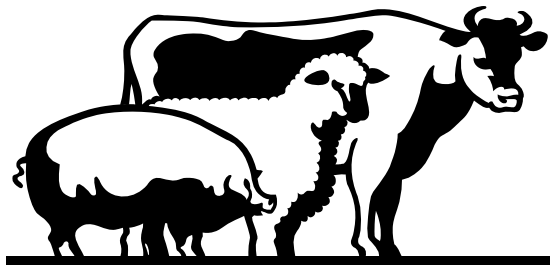
Unit 1: The Normal Animal
January 29, first night, starts at 6:00pm
February 5, 12, 19 & 26

Unit 2, The Abnormal Animal
March 5, first night, starts at 6:00pm
March 12, 19, 26, & April 2

This is a VERY popular series. Spaces are limited, first come, first served WITH payment to CCE of Ulster County. Currently enrolled 4-H members cost: \$20/person. Non-enrolled 4-H members, \$30/person. This program will be open and advertised to the public in early January.

2009 4-H Auction

2009 4-H Livestock Auction orientation and information meeting will be held on Monday, March 9, 2009, 6:30 pm in the Fair Board Conference Room (the big white house as you enter the fairgrounds); This is a MANDATORY meeting for anyone that wants to participate in the 2009 Auction. A parent or guardian MUST attend this meeting with the youth. Sign up by calling, mailing or emailing your intent to attend on or BEFORE Monday, March 2.



Marion Hinkleman Scholarship

Applications are available for the Marion Hinkleman 4-H Horse Scholarship. The Scholarship is awarded to graduating High School seniors that 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 4. 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 Development Committee makes the selection for the purpose of helping to finance education beyond high school.

2009 Holstein Calf Scholarship Program

The NY Holstein Assoc., Inc. is sponsoring the 2009 Calf Scholarship program. The purpose for the Calf Scholarship Award Program is to select a youth who is worthy of the award - affine pedigreed calf with the potential to develop into a future brood cow. Applicants for this award must meet the following specifications:

1. Age 12-15 (as of January 1, 2009)
2. Proper housing facilities
3. Must be willing to join NY Junior Holstein Association
4. Must welcome farm visits
5. Must show the calf

Complete information and the application are available from the 4-H Office.



Save the Date 4-H Tractor Certification 2009

March 17, 19, 24, 26 & 31
7:00 pm at the Stone Ridge Firehouse
Practice Drive: April 16 & 17, 3:00 pm
Driving Test: April 18, 8:00 am

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

Newsletter Subscription

Attention 4-H leaders, parents, members. Are you receiving your monthly publication of the County Observer? Leaders, is everyone in your club receiving the County Observer? The monthly 4-H newsletter, County Observer, is sent electronically to all enrolled 4-H families. If you wish to receive a hard copy, (which is literally a copy of the electronic publication) you must tell Jenny and send us an annual mailing fee of \$10. There are scholarships available for the annual mailing fee. Please contact the 4-H Office if you have any questions.

4-H Horse Bowl/Hippology Fridays, January & February

Ulster County Horse Bowl/Hippology will meet on Fridays in January at CCE of Ulster County. ALL interested 4-Her's are invited to attend. County competition will be held January 24. District competition is in Orange County on Saturday, February 28. For information contact Hannah Moskowitz, Hbbanana1@aol.com or call 657-3306.


Ulster County Fair 2009

Tuesday, July 28 - Sunday August 2
Monday, July 27 - Static Exhibits

2009 Ulster County Fair Entry Deadline

Entries will be accepted only by
USPS or in person. NO FAXES

DUE: July 15, 2009



Would your club like an
"Introduction to Fair"

Patti will visit your club. Make an
appointment with Jenny at
jlb64@cornell.edu or call 340-3990

4-H Club Membership Policy

- Any person, regardless of race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation or disability may enroll as a 4-H member.
- The New York State 4-H Club year runs from October 1 to September 30.
- Youth who are five through eight years of age on or before January 1 of the club year and enrolled in kindergarten through second grade should enroll as a 4-H Cloverbud member. (Note that not all county associations offer the Cloverbud program.)
- Youth who are at least eight years of age by January 1st of the current club year and in the third grade or higher should enroll as a 4-H member.
- Youth who have reached their nineteenth birthday before January 1 of the 4-H club year may not enroll as a 4-H member.
- Persons considered to be mentally challenged may participate fully in 4-H programs as long as their mental age is determined to fall between five and nineteen years of age.

Mark Your Calendars Now!

State Fair Orientation

Wednesday, August 19, 6:30 pm

ALL participants must attend. Fair passes will be distributed

NOT mailed!

NEW Animal Science Resources

THANK YOU to Dana Palmer and the NY state 4-H Foundation Willman Fund resource grant that purchased these resources for Ulster County.

Dairy Goat Helpers Guide – Goat leaders don't miss this one! Youth will enjoy playing goat-related games, conducting skillathons, giving demonstrations, participation in showmanship contests and experiencing many other fun and educational group activities.

Exploring Farm Animals- Grades K-3 Horses, goats, rabbits, pets, beef cattle, pigs, poultry, and dairy cattle are explored. Youth learn the care and feeding of farm animals, animal safety, products, terms and animal body parts.

Meat Goat – Grades 3-12 A four part series that engages youth in activities related to breeds, health care, grooming, production, reproduction, management, showmanship, marketing and careers.

Pets – Grades 3-12 From Gerbils to snakes, frogs to ferrets, youth will find these action packed activity guides make learning about pets fun and exciting. **See me at the Leader Share Fair on January 15!!!**

Sheep – Grades 3-12 Both youth and volunteers will enjoy these experientially-based project materials as they explore the world of sheep.

Embryology in the Classroom – Grades 2-8 Youth explore the science of embryology from egg to chicken. This school-based curriculum is designed in two levels and correlated to the National Science Standards.

Chick Development Poster – A 16" x 22" poster that shows in vivid color the development of the embryo from Day 3 through Day 19.

Horseless Horse Project – Grades 3-12 A beginning level project in which the 4-H member only needs access a horse. The project requirements includes: history, safety, breeds, colors, care, nutrition, gaits, and activities in education and riding. **See me at the Leader Share Fair on January 15!!!**

ALL of these resources are available for viewing and or purchase at the 4-H Office. Pets and Horseless Horse Project will be highlighted at the Leader Share Fair on January 15!!! (Snow Date: January 22, 2009)



Big Brothers Big Sisters

Big Brothers Big Sisters, as well as many other non-profit agencies across the state and country, are feeling an increase in the need for our services. Now more than ever we need volunteers. For only 8 hours a month, a child's life can be changed and...I promise your life will be changed for having had this experience. We have children all over Ulster County requesting a mentor. They are between 4 and 18 years old, almost all come from a single parent household or are being raised by a relative; a significant number of them are living at or below the poverty level and more than half of our children have a parent incarcerated in state or federal prison. These children are the most vulnerable in our communities.

Why Big Brothers Big Sisters? We have a history that is 104 years old as the nation's leading youth mentoring program. It works! Kids lives are changed. And it all happens thru simple, no-cost/low cost activities...things you yourself like to do. And our trained staff are there to support you through the whole process, including after you meet your Little Brother/Sister.

Want more information??? Call Big Brothers Big Sisters today...don't put it off, children are waiting for your call. **Call Colleen Mountford, President 338-0431 ext 238 or cell 594-8901 OR Kim Mapes Match Enrollment Specialist 338-0431 ext 240.**

Feel free to pass this information on to a spouse, relative, co-worker or friend. High School students living in the Kingston area are eligible to mentor in our site based program. It is one day a week for 90 minutes in a structured and supervised program. What a great experience for a young adult...looks great on college applications and resumes too.

["To the world you may just be somebody but to somebody you just may be the world". Join us in our "100 Men in 100 Days" campaign and sign up to be a mentor today. Make a difference in the life of a child.](#)

4-H Sew-A-Jam 2009

When: January 24, 2009, 9:30 am – 3:30 pm

Where: Old Dutch Church, 272 Wall St., Kingston, NY

Who: Ages 4th grade and up. Limited to 8 participants.

Snow Date: January 31, 2009.

Learn to sew! The 4-H Program is offering this workshop for new sewers. In one day, participants will complete a pair of pajama bottoms from start to finish. The project is suitable for both boys and girls! The workshop costs **\$5** for 4-H members and **\$10** for non-4-H youth. Participants will need to provide their own thread, fabric, notions, and lunch. Instructions will be provided when you register. If you have your own sewing machine, please let us know and bring it with you. Registration deadline is January 16, 2009.

Types of Public Presentations Offered in Ulster County 4-H

Cloverbud Presentation: (grades K-3, ages 5-8) CBs begin by preparing a simple “Show & Tell” to help relieve the “jitters” and get them used to talking in front of a small audience. Can practice by reciting the 4-H Pledge in front of their club. Evaluation is done for motivation & encouragement. No Teams. (1-5 minutes in length)

Team Presentation: Presenters are expected to equally share in the preparation, presentation and in overall final rating. Evaluators score both presenters individually & then their scores are averaged together for an overall score. Different presentation types may or may not allow teams. (Must be 10-18 minutes in length and have a maximum of only 2 presenters per team.)

General Presentations

1) Demonstrations (Show how): (5-18 minutes except CBs & Teams)

- The presenter **shows**, one step at a time, how to do, make or prepare something based on a topic or subject from a 4-H project or from general interests and activities. First year members & Cloverbuds are encouraged to choose this type of presentation.
- Models/Illustrations used as needed to explain information, show steps in the process being demonstrated, show a larger scale replica of something too small for the audience to see, reveal a finished product, etc.
- Examples: Showing how to lay out a pattern; how to juggle; how to use the Internet; etc. Topic should be appropriate for experience level. Presenters usually have a finished example to show at end of the summary.
- **Important reminder about Food Demonstrations:** Presenters must wear aprons; have hair pulled back, wash hands before beginning (or indicate that they just washed their hands if sink is not in the room). Due to food safety guidelines presenters ***can not*** serve samples however, Evaluators may request a sample if they choose.

Team Demonstrations are allowed if the presentation requires 2 people to make efficient use of the time & it helps with the effectiveness relative to the presentation. (10-18 minutes)

2) Illustrated Talk: (5-18 minutes except CBs)

- The presenter uses visual aids to **tell** about a topic or inform the audience about something.
- The effective use of charts, pictures, posters, slides, overheads, power point, graphs, examples, models etc. play a major role in communicating the presenter’s message.
- Examples: Telling about good nutrition, fishing, an activity, a trip, an event etc.
Unlike a demonstration, it is not necessary to show a finished example at the end of summary.
- Team Illustrated Talks are NOT allowed.

******Please make sure that you understand the difference between a Demonstration and an Illustrated Talk. If you have any questions, contact the 4-H Office.***

Creative Communications –Bridges the gap between message-delivery & the performing arts.

(Please review separate CC evaluation form with definitions on back. For example, the CC types require the presenter bring the talk to a “conclusion” as opposed to the Demonstration or Illustrated Talks, which calls for a “summary” of the materials presented.) This information is being sent to Organizational Leaders.

1) **Recitation:** (5-18 mins)

- The presenter, with the use of vocal inflection, mood, tone & body language as communication tools, delivers a piece of pre-written material (No original pieces).
- Props may not be used, but appropriate dress to subtly represent the character or mood of the written piece is acceptable. Dress should not overwhelm the oral presentation.
- Memorization is expected; but notes are permitted. **No Teams** are allowed in Recitations.

2) **Dramatic Interpretation:** (5-18 mins except teams)

- The presenter or team delivers a re-enactment of a piece of scripted material taken from plays, movies, sketches, and monologues-dramatic or comedic. (Original pieces are acceptable with prior approval from 4-H Educators).
- Props/costumes should be used. Props need to be simple & minimal, not detracting from the strength of the presenter(s).

Horse Communications (Subject must pertain to the Horse Industry, if not, presentation may be disqualified at the discretion of the evaluator.) **(Varied Time Lengths - Last minute counted after presenter’s conclusion and before citing references & question time.)**

1) **Individual Demonstration:**

- May be a Demonstration or Illustrated presentation. Individual only – no teams. No live animals may be used.
- **9-12 minutes** in length. Evaluator will deduct 3 points from the total score for every min under 9 or over 12 minutes.

2) **Team Demonstration:**

- May be a Demonstration or Illustrated presentation. No live animals may be used.
- **10-15 minutes** in length. Evaluator will deduct 3 points from the total score for every min under 10 or over 15 mins.
- A team consists of 2 members (2 Juniors or 2 Seniors – no mixed ages)

3) **Public Speaking:**

- No visual aids, charts or other equipment may be used. Individuals only – no teams. No live animals may be used.
- **7-10 minutes** in length. Evaluator will deduct 3 points from the total score for every min under 7 or over 10 minutes.

If you have any questions please email Patti at psz2@cornell.edu or call her at 340-3990.

Tips for a Successful Public Presentation

- Practice, Practice, and More Practice! Do not wait until the day before the event to start preparing.
- Perform your entire presentation in front of the mirror and in front of everyone that will listen, including your club and even your family dog.
- Get help from your leaders and parents. Ask for constructive criticism to help make your presentation even better.
- Pick a topic that interests you. When you are talking about something that interests you, it really comes across in your presentation.
- Time yourself! Make sure that your presentation is within the specified time limit.
- Understand the type of presentation you are doing and pay attention to the criteria. Any Questions? Call the 4-H Office
- Come to the Public Presentation Workshop and learn from experienced presenters.
- Practice so much that you can do your presentation in your sleep. Practice the full presentation each time with all of your visual aids.
- Be confident in yourself. You are doing a wonderful thing that will help you grow, learn new skills, and enable you to speak in front of audiences for the rest of your life.
- Get a good night's rest on the Friday night before Public Presentations. Make sure that you don't have to cram practicing time in... take this night to relax.
- Eat a good breakfast the morning of Public Presentations.
- Make sure that you arrive on time so that you can become accustomed to the surroundings. Talk to people when you arrive and make friends with other presenters. It is easier to present something when you have friends in the audience.
- Remember to listen to the judge and learn from this experience.



The last tip is the most important tip and can be applied to everything that you do in life, not just Public Presentations....

DO YOUR BEST! No one can ask you to do more than your best and as long as you do your best you can be very proud of yourself.

The 4-H Staff are proud of you too! Speaking in front of an audience is often people's worst fear. And you can do it! That is certainly something to be very proud of!



4-H Purchased Clothing Workshop

When: January 26, 2009, 5:00 pm – 7:00 pm

Where: Meet at the Food Court in the Hudson Valley Mall. Look for the 4-H Clover, and be on time because the group will quickly move to different stores.

Who: Ages 10 and up. Limited to 10 youth. Youth must come with a chaperone as the instructor will not be able to chaperone and teach.

Snow Date: *February 2, same time, same place.*

This workshop is especially suited for 4-H youth who do not sew, but would like to be involved in the 4-H Clothing and Textile Arts Revue in May 2009. Sewers are welcome too. The workshop will wet your appetite for the 4-H Purchased Clothing Project. (See the November 2008 Observer for more information about this project.) Participants will learn about how to complete the project, and then get some hands-on training in fashion and clothing purchase from the instructor, Venona Berglund. You'll go shopping with an eye for quality, fabrics, color, mixing and matching, and creating a complete outfit. No purchase is necessary, but you'll have fun creating some wardrobe ideas, and the workshop is free.

RETURN SHEET

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

RETURN TO: Cornell Cooperative Extension of Ulster County, 10 Westbrook Lane, Kingston, NY 12401

OR: Email to: jl64@cornell.edu

January 2009

Activity/Training	Date	Names of Attendees	Address	Phone #	Fee



Cornell University
Cooperative Extension
Ulster County

10 Westbrook Lane
Kingston, NY 12401

Real Food Is YouTube Video Contest

Win \$1,000 to tell it like it is.

What is real food? And do they serve it in your school cafeteria? Tell us your story. Sing it, write it, mime it, or shout it. We want to know what you think [Real Food Is...](#)

Open to K-12 and college students, this video contest runs until February 8, 2009. To enter, create a short video that completes the phrase "Real Food is..." and you can win \$1,000 for your school food project and an all expense paid trip for the winner and chaperone to the 4th National Farm to Cafeteria **Conference in Portland, Oregon. Go here for more details on contest rules and recommendations:** <http://farmtocafeteriaconference.com/real-food-is-video-contest/>

<http://www.youtube.com/farmtoschool>