



Cornell University
Cooperative Extension
Ulster County

ULSTER CURRENT

A quarterly publication of Cornell Cooperative Extension Ulster County

In this Issue

- Introducing our new Healthy Habits Program
- Take a FREE guided tour in our Xeriscape Garden
- Bio-Control for Commercial Greenhouse Growers
- Honoring our Friends of Extension
- 4-H Youth Members to Represent NYS in National Competition
- World Renowned Hydrologist Comes to Phoenicia
- Holiday Kissing Ball Workshop
- CCEUC Annual Meeting

Become a fan of
CCEUC on

facebook

and also
sign up to our
free e-list.

See back cover for details!

4-H Announces 2009 Master Showmanship Recipient

Katherine DeWitt, 15 years old of Accord, NY was awarded the 2009 4-H Master Showmanship title for this year's Ulster County Fair. DeWitt qualified for the contest by excelling in Senior Master Showmanship in the areas of Dairy Cattle and Dogs which enabled her to advance to the final competition which included showmanship for Dairy Cattle, Goats, Sheep, Poultry, Dogs, and Rabbits. Katherine has been a member of Ulster County 4-H since the age of 8. She is the daughter of Janet and Meade DeWitt of Accord.

DeWitt attends Rondout Valley High School and is a member of the National Honor Society.



Upon graduation she plans to pursue an education in Animal Science at Cornell University, and plans to attend veterinary school to become a large animal veterinarian.

Katherine is very active at her family's farm, Domino Farm in Accord, where she owns 15 registered Jersey cows.

4-H Master Showmanship encourages mastery with a variety of animals and recognizes excellence in showmanship. Judges score each 4-H Member on their showmanship skills which includes handling and their knowledge of the species. The highest composite score earns the title of Master Showman.

RAPP Kidz Club Set to Begin in October

Our Relatives as Parents Program (RAPP) will again host the RAPP Kidz Club and Support Group which is set to begin on Saturday, October 3 from 11:00am to 1:00pm at the CCEUC Education Center located at 10 Westbrook Lane in Kingston. The club is FREE and meetings will be held every first Saturday of each month from 11:00am to 1:00pm. Refreshments are served at each meeting.

The RAPP Kidz Club is for children ages five and up who are being raised by a relative and reside in Ulster County. Participants are given the opportunity to get together for a



RAPP participant Phillip Marshall 7, of Lake Katrine takes a break from playing kick ball at the annual RAPP picnic.

variety of fun activities such as arts and crafts, cooking and science projects, and other enrichment activities. While the children are engaged, adult participants will be able to take advantage of great guest speakers and discussion topics important to relative caregivers.

Caregivers are asked to pre-register their children as space is limited. For more information or to pre-register call RAPP Coordinator, Erica Smith at 845-340-3990 or email els235@cornell.edu.

BOARD OF DIRECTORS

Raymond Haberski

President

Sandy Snyder

Vice President

Carla Picayo, *Secretary*

Todd McNutt, *Treasurer*

Len Cane

Bradley Clarke

Dave Cobb

Denise Dourdeville

Asha Gollither

Nola Gutmann

Arnaldo Schwerert

Jodie Stevens

Kristen Vale

Gene Vidal

Kim Wagner

Wayne Harris

Ulster County Legislative Representative

Kathy Scholl,

State Extension Specialist

PROGRAM COMMITTEE

Carol Carboni

Denise Dourdeville

Asha Gollither

Nola Gutmann

Marijane Knudsen

Amanda LaValle

Maria Oakley

Kay Peischel

Carla Picayo

Kathy Puglisi

Carolyn Short

Sandy Snyder

Barbara Vermeulen

Free Program Teaches Healthy Eating Habits & Food Budgeting

CCEUC's Eat Smart New York Program is pleased to announce a new program "Healthy Nutrition Habits", a free six part series that will run continuously every Monday, from 1:00pm to 2:00pm. Sessions take place at the our Extension Education Center located at 10 Westbrook Lane in Kingston.

This program is open to all food stamp participants and low to moderate income families and individuals residing in Ulster County. Sessions will include various topics including food budgeting, serving sizes, learning about food groups, eating healthier by making better

food choices, food safety and more! Participants will gain valuable kitchen skills through hands-on food demonstrations with CCEUC Nutrition Program Educator, Danielle J. Garris. One on one sessions in the home can be arranged for those without transportation.

All participants who complete six sessions receive a Certificate of Completion from the Eat Smart New York Program.



For more information or to attend please call Barbara Grumberg at 845-340-3990.

Master Gardeners Now Hosting Free Tours of Award Winning Garden



Come learn more about our magnificent Xeriscape garden and how you can start your very own! Our Master Gardener's are now offering free tours of their award winning Xeriscape Garden

located in front of the Jacob A. Hasbrouck Building on the SUNY Ulster Campus in Stone Ridge. This garden was established in 2000 and includes several impressive varieties of plantings. Tours will be guided by trained Master Gardener's and are available evenings and weekends for groups or one-on-one. Take in the sights of our

spectacularly lush and colorful garden that features flourishing perennial herbs, robust shrubs and captivating flowers.

The Xeriscape Garden is an inter-

active teaching tool in the selection of heat tolerant, water-wise plants, integrated pest management and alternative landscaping techniques. Master Gardeners will explain the principles and eco-benefits of this drought resistant garden design and planting techniques which help to create this incredible gardening spectacle. All participants will receive a comprehensive list of water-wise plants.

For more information or to schedule a tour please call Master Gardener Coordinator, Dona Crawford at 845-340-3990 or email dm282@cornell.edu.

Bio-Control Workshop Offered to Commercial Greenhouse Growers

CCE along with NYS Integrated Pest Management and the NYS Flower Industry, Inc. will be offering an informative bio-control workshop where participants will learn how "good bugs" can be used to control "bad bugs", application techniques, and how to make sure these insects are working to their advantage. Bio-controls for thrips, fungus gnats, aphids, and whitefly will help growers to begin using bio-control methods in their own greenhouse. The workshop will take place on Friday, October, 23 from 9:30am



Ladybugs are friendly predators which will help control pests such as aphids.

to 12:00pm at Silverleaf Greenhouses located at 2736 State Route 208 in Walden, NY. There is a \$15

fee per person to attend this workshop. Pre-registration is encouraged no later than Wednesday, October 21. For more information or to pre-register contact Teresa Rusinek at CCEUC at 845-340-3990 or email tr28@cornell.edu.

DEC pesticide recertification credits have been applied for. This workshop is partially funded by a grant received from the New York Farm Viability Institute.

CCEUC to Host Their Annual Dinner in November



Join CCEUC and the Ulster County Farm Bureau as they host their annual dinner at Twin Lakes Resort located at 198 Heritage

Drive in Hurley on Friday, November 13, at 6:00pm.

Each year CCEUC recognizes individuals for their countless hours of volunteering and dedication to select programs. This year's Friends of Extension honorees are the Phillies Bridge Farms, Peggy Lapp, Chester Karwatowski, and Lucky C Stables Inc. This year's business and organization honorees for philanthropic support are SUNY Ulster.

The event is \$35 per person and will include appetizers, buffet dinner, dessert, coffee and tea. A cash bar will be available with live entertainment provided by Rich Hines & the Hillbilly Drifters playing a fusion of Bluegrass, Folk Americana music! The evening will also include a silent auction featuring an array of items from several local businesses. To make reservations call CCEUC at 845-340-3990 before Friday, November 3.

4-H Youth Members Set to Represent NY State at National Competition

4-H members Kristin Nerone, 15 of High Falls, and Brandi Shultis, 16 of West Hurley have been selected to represent Ulster County at the National 4-H Poultry and Egg Conference at the North American International Livestock Expo in Louisville, KY this November. This national conference allows 4-H'ers from all over the country to compete in educational events that help them learn to make and defend decisions, speak publicly, and gain skills in poultry-related subject matter. State representatives for national contests are selected based on their level of skill and performance at state level competitions, many of which are held annually at Cornell University in Ithaca or at



4-H'ers Brandi Shultis & Kristin Nerone

the New York State Fair.

Both young ladies tested their poultry knowledge at the NYS Fair at the annual Avian Bowl competition. The Avian Bowl is a competition for poultry knowledge in

which participants from various counties in New York are asked a series of poultry related questions. Nerone took first place and Shultis took second place which qualified them both to participate in this national event.

Kristin, a student at Rondout Valley High School is a member of two 4-H Clubs, Mutt Masters and Feathered Friends, and Brandi, a student at Oteora High School is a member of the Feathered Friends 4-H Club.

Congratulations to both of you!

CCEUC to Host World Renowned Hydrologist



CCEUC and the NYC DEP will be hosting a five day training course on October 5 through 9 in Applied Fluvial Geomorphology at the Emerson Resort in Phoenicia. Applied fluvial geomorphology, or the

study of the processes that shape river systems, provides a practical framework for managing river corridors for multiple needs – mitigating erosion and flooding, enhancing fisheries habitat, and addressing water quality. Public works projects that potentially affect natural stream processes, such as roads, bridges and other infrastructure, can benefit by integrating the principles of fluvial geomorphology. The course instructor will be Dr. David Rosgen, hydrologist with Wildland Hydrology in Fort Collins, Colorado and an interna-

tionally recognized expert in this subject. Participation in the training is by invitation, and includes staff from stream management agencies; town, county and state highway departments; public works staff, consulting engineering firms and other natural resource managers and regulators. The course will include a field tour of the watershed. For more information, contact Elizabeth Higgins, Ashokan Watershed Stream Management Program Coordinator at 845-688-3047 or email emh56@cornell.edu.

EXTENSION EDUCATORS

Lydia M.C. Reidy
Executive Director

Ashokan Watershed Stream Management Program

Elizabeth Higgins
Michael Courtney

Agriculture

Teresa Rusinek
Michael J. Fargione

Audrey Reith

Dona Crawford

José Colon

Family & Consumer Science

Mary Marsters

Ronald Baatz

Danielle J. Garris

Eileen Polk

Pablo Shine

Erica Smith

Deanna Young

4-H Youth

Development

Patti Zellmer

Kristen Wilson

Mary Lou Giuliano

OFFICE STAFF

Roxanne Churchill
Administrative Manager

Candace Boderck

Jennifer Burkins

Jude DeFalco

Colleen Griffith

Barbara Grumberg

Marie Raymond

Kathy Ugolino



Cornell University
Cooperative Extension
Ulster County

ULSTER CURRENT

Non-Profit
Organization
Bulk Postage
PAID
Permit No. 1
Kingston, NY
12401

10 Westbrook Lane
Kingston, NY 12401

Phone: 845-340-3990
Fax: 845-340-3993
Email: ulster@cornell.edu

***Building Strong
and Vibrant
Ulster County
Communities***



ULSTER CURRENT
PUBLISHED QUARTERLY BY

Cornell Cooperative
Extension Ulster County
10 Westbrook Lane
Kingston, NY 12401
845-340-3990

Free to all residents by request. The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by CCE is implied. CCE provides equal employment and program opportunities.

EDITOR

Lydia M.C. Reidy

MANAGING EDITOR

Jude DeFalco

DESIGN & LAYOUT

Jude DeFalco

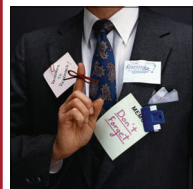
“Make a Holiday Kissing Ball” Workshop Coming in December

The holiday season will be here before you know it so why not start thinking about decorating your home with a charming hand-made Victorian decoration for your doorway. Our Master Gardener Program will provide all the evergreen boughs and expert know-how at this hands-on workshop to be held on Wednesday, December 2, from 5:30pm to 7:30pm at the Extension Education Center, located at 10 West-

brook Lane in Kingston. Learn the secrets to making an old fashioned kissing ball. They're fragrant, beautiful and not as hard to create as they look. Please bring pruning shears and wire clippers if you have them, all other supplies will be provided. The fee is \$25 per person.

Class size is limited; registration deadline is Tuesday, November 24, pre-registration is required.

Call the CCEUC Master Gardener Program at 845-340-3990 for registration information, or visit our website to download a registration form under the Master Gardener section.



SAVE THE DATE!

**Cornell Cooperative Extension Ulster County's Annual Meeting
Wednesday, December 9
Student Lounge at SUNY Ulster in Stone Ridge**

Subscribe to the CCEUC e-list online at <http://counties.cce.cornell.edu/ulster>

You'll receive your next issue of the Ulster Current and up to the minute information about our upcoming programs via email. If you would like just an e-copy of the Ulster Current please email Jude DeFalco at jad355@cornell.edu with Ulster Current in the subject. Please include your mailing address so we can remove it from our newsletter mailing list.



Please Recycle

CCEUC is now on



search: Cornell Cooperative Extension Ulster County