



ULSTER CURRENT

A quarterly publication of Cornell Cooperative Extension Ulster County

In this Issue

- Healthy Habits Program offered in Spanish
- FREE Budgeting Workshops are back!
- 4-H Offers Wind Energy Program
- FREE Presentation on Agriculture & Climate Change
- RAPP Respite Holiday in December
- New Nutrition Groups Announced for 2010
- Winter Lecture Series Returns

CCEUC Annual Dinner & Silent Auction a Huge Success!

The Twin Lakes Resort located in Hurley was the setting for CCEUC's Annual Dinner and Silent Auction on Friday, November 13, 2009. CCEUC teamed up with the Ulster County Farm Bureau once again for a combined annual event.

Each year, CCEUC recognizes individuals for their immeasurable hours of volunteering and honors them with the Friends of Extension Award.

This year's Friends of Extension honorees were Phillies Bridge Farm in Gardiner, Peggy Lapp of Accord, Chester Karwatowski of West Shokan,

Lucky C Stables, Inc. in New Paltz and SUNY Ulster in Stone

Ridge. The dinner and auction is a fund raiser to help CCEUC continue to bring free community programming to Ulster County. The silent auction featured services and products showcasing over 50 businesses throughout Ulster County and raised \$2,310 for the association.

Live entertainment was provided by Rich Hines and the Hillbilly Drifters.



CCEUC Executive Director, Lydia Reidy, Chester Karwatowski, and CCEUC President of the Board, Raymond Haberski



Members of Phillies Bridge Farm, "Farm to Families Program" with Raymond Haberski and CCEUC Nutrition Program Coordinator, Eileen Polk



Gary & Susan Clark of Lucky C Stables, Inc. with Raymond Haberski and CCEUC Equine Educator, Audrey Reith



SUNY Ulster Vice President, Ann Marrott with Raymond Haberski, accepts the Friends of Extension Award on behalf of SUNY Ulster



4-H Youth Development Issue Leader, Patti Zellmer and long-time 4-H volunteer, Peggy Lapp

People on the Move at CCEUC

Danielle Garris of Kingston, NY has been employed with CCEUC as a Nutrition Educator since December 2008. Danielle coordinated the "Healthy Nutrition Habits" group as well as educated individuals in their homes. She has been in the Human Service field for over ten years and graduated from SUNY Ulster in May 2009. Recently, she received a promotion to the "Relatives as Parents Program" as the RAPP Coordinator. RAPP provides support, education and



referrals to relative caregivers residing in Ulster County.

Don Doyle of West Hurley, NY has joined CCEUC as a home energy and financial counseling



educator. Don continues to work in the local banking community where his 35 years of experience in retail banking, commercial and residential lending affords him the experience and tools to work with clients through personal and family financial counseling seminars as well as home energy seminars open to all Ulster County residents.

Become a fan of CCEUC on



and also sign up to our free e-list.

See back cover for details!

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Healthy Eating Habits & Food Budgeting Program Now Offered in Spanish



Our Eat Smart New York Program is offering the program “Healthy Nutrition Habits”, a free six part series that runs continuously every Monday, from 1:00pm to 2:00pm at the CCEUC Extension Education Center located at 10 Westbrook

Lane in Kingston. This program is also available in Spanish. For more information or to attend please call Barbara Grumberg at 845-340-3990.

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, Pablo Shine. One on one session’s in the home can be arranged for those without transportation.

All participants who complete six sessions of the program will receive a Certificate of Completion from the CCEUC’s Eat Smart New York Program.

CCEUC’s Eat Smart New York Program is funded through the Department of Social Services of Ulster County from the NYS Office of Temporary and Disability Assistance and USDA.

Free Budgeting & Credit Card Management Workshops are Back!

There is no better time to start learning how to manage your hard earned money and taking control of credit card debt than right now. CCEUC has the solution for gaining useful money management skills and controlling credit card debt.



Making Ends Meet, Free Budget and Credit Card Management workshops are the answer. Upcoming workshops will be Tuesday, January 12 from 6:00pm to 8:00pm at the CCEUC Education Center located at 10 Westbrook Lane in Kingston and Wednesday, January 20 from 6:00pm to 7:30pm at the Plattekill

Head Start, located at 51 Ardonia Road in Plattekill.

The sessions are free and open to the public. A FREE Money Management Starter Kit will be available to participants, one per household.

Participants will learn how to develop a spending plan, budgeting and saving skills, identify opportunities to reduce expenses, how to manage credit card debt and how to establish and reach their financial goals.

Pre-registration is required to attend. Please call Barbara Grumberg at 845-340-3990 to reserve a seat.

Exploring Credit & Debt Management Issues Workshop is also scheduled for Thursday, February 11 from 6:00pm to 8:00pm at our Kingston office. More details to be announced.

New 4-H Wind Energy Program Beginning in January

A 6-week series of classes about the science and careers of wind energy begins January 21. This series is for 6th to 8th graders and will feature great hands-on learning and visits by professionals in the wind industry, and will culminate with a field trip to a wind energy site (at the end of the course).

County Community College) room HAS-201. The cost will be \$30 per student (\$20 if you are an enrolled 4-H member). Registration and payment is required no later than Thursday, January 14. Registration forms can be found at www.cceulster.org

Classes will be held Thursday evenings, from 6:00pm to 8:00pm, beginning January 21 and running through February 25, with a field trip planned, date TBA. The location is SUNY Ulster (Ulster

The class will be taught by Todd Olinsky-Paul, an energy policy analyst and wind energy specialist with Pace Energy and Climate Center. This program is made possible by a grant



received from the New York State 4-H Foundation. For more information or to register contact Jenny Burkins at 845-340-3990.

FREE Presentation about Climate Change and Agriculture comes to SUNY

"The Role of Agriculture in Curbing Climate Change: Win-Win Scenarios", will be presented at our Annual Meeting to be held on Monday, December 14, 2009 at 6:30pm in the Student Lounge located in Vanderlyn Hall at the SUNY Ulster campus in Stone Ridge. The meeting and presentation is free and open to the general public. Please pre-register by calling 845-340-3990.

The keynote speaker, Jennifer G. Phillips, Assistant Professor at the Bard Center for Environmental Policy, will look at agriculture as both a source and a sink for greenhouse gases that are likely to be regulated in the future. Fortunately, many of the practices that will curb greenhouse gas production or lead to increased

carbon storage are also ones that can increase farm productivity, lower costs, and lead to resilient, sustainable agro-systems. Although in the early stages of research, many of these practices are both familiar and proven. Phillips will include a brief review of the role of greenhouse gases in climate regulation and the expected changes in store for the Northeast that focus on recent science and field research.

The evening's agenda begins with the election of new CCEUC Board and Program Committee members, Treasurer's report, a review of CCEUC programs of 2009, a vote on the proposed changes to the CCEUC Constitution (view changes at our



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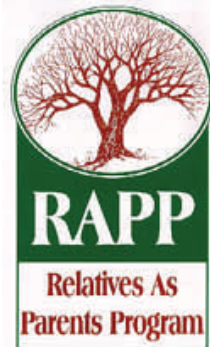
website at www.cceulster.org) and CCEUC Staff and current Board and Program Committee member recognition followed by fall themed desserts, coffee, cider and tea. The evening closes with the featured presentation by Jennifer G. Phillips.

First Annual Respite Holiday for Relative Caregivers in December

CCEUC's Relatives as Parents Program (RAPP) is proud to announce the first annual Respite Holiday on Sunday, December 20, from 12:00pm to 4:00pm at the CCEUC Education Center located at 10 Westbrook Lane in Kingston.

We are offering this FREE event to any person who is raising a relative's child in Ulster County. Go shopping or go home and take a well deserved nap knowing your child will be in good hands.

RAPP staff will be conducting therapeutic play activities, games, and arts & crafts throughout the day. We will also be introducing theatre arts to the children in preparation for a play called



"What's Your Story?" that we are organizing for the children to perform for their relative caregivers next year. Lunch and a healthy snack will be provided to the children. Relatives are welcome to join but are not required. Pre-registration is required no later than Wednesday December, 15 and

limited to the first 15 children. Please call Barbara Grumberg at 845-340-3990 to pre-register.

For more information on "Living and Re-learning" (formerly known as the RAPP Support Group for caregivers and the RAPP Kidz Club) please call Danielle Garris, RAPP Program Coordinator, at 845-340-3990. These groups meet in New Paltz on the first Monday of every month or in Kingston on the first Saturday of every month.

RAPP is funded by CCE Orange County through a grant from the NYS Office of Children and Family Services, The Brookdale Foundation, and The Dyson Foundation.

"Good Eating on a Budget" Groups Forming Now for 2010

Our Nutrition Education Program is currently forming two new nutrition groups specifically for limited income families, senior citizens, and individuals that are living in Ulster County. These groups

entitled, "Good Eating on a Budget" will begin in January.

The Ellenville Community Action Program located at 85 Center Street in Ellenville on Tuesdays and Wednesdays at 10:30am & 1:30pm. This group is also available in Spanish. Call 845-647-6061 for details. The other group will be offered in Highland by the Community Action Program at the

Methodist Church of Highland located at 57 Vineyard Avenue in Highland on Tuesdays at 10:00am and other times to be announced. Call 845-691-8722 for locations and registration details.

For more information call CCEUC Nutrition Education Program Coordinator, Eileen Polk at 845-340-3990.



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Winter Workshop Series For Home Gardeners Returns in 2010

The Master Gardener Program will once again offer a series of workshops during February and March to help the avid home gardener get prepared for spring. All classes are from 7:00pm to 9:00pm at Ulster County BOCES located at 175 Rt. 32 in New Paltz. Participants may choose the class or classes they are most interested in or sign up for the entire series. The fee for individual classes is \$15 or \$50 for all four. Class sizes are limited. Pre-registration is required five days prior to each class. For more information call Dona Crawford at 845-340-3990. Complete class information and registration forms can be

downloaded on the CCEUC website under the Master Gardener Program section at www.cceulster.org

**Thursday, February 11
Your Site's a Fright – Let's Plan It Right!** Speaker: Barbara Darbin - Description: This class takes the do-it-yourself gardener on a step-by-step journey through the basics of developing a successful garden design.

**Thursday, February 25
Get Compliments on Your Complementary Garden:** Speaker: Kris Perry - Description: Discover a garden of delights when planning your next garden.

**Wednesday, March 10
Dirt Cheap: Tricks for the Thrifty Gardener:** Speaker: Cecily Frazier - If you carry a shovel and some buckets in the car, just in case, this class is for you.

Thursday, March 25 - Let It Rain: Speakers: Dona Crawford and Barbara Bravo

Part 1: Learn to manage storm water run-off before it runs off with your soil and other pollutants.

Part 2: Choosing the right plants for your rain garden is your key to success.

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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.



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