



ULSTER CURRENT

A quarterly publication of Cornell Cooperative Extension Ulster County

CCEUC Announces Million Dollar Anti-Obesity Effort for Ulster County

CCEUC Executive Director, Lydia Reidy, Interim CHP Coordinator, Arthur Zaczekiewicz, Ulster County Executive Mike Hein and Ulster County Public Health Director Dr. LaMar Hasbrouck visited Ellenville on March 25 to outline details of the recent \$1.01 million grant award for the *Creating Healthy Places to Live, Work and Play (CHP)* initiative. The goal of the initiative is to fight obesity and type 2 diabetes in Ulster County, with an initial focus on the three locations, including the greater Ellenville community.



CCEUC Executive Director, Lydia M. Reidy and Ulster County Executive Mike Hein speak at a press conference held in Ellenville.

The CHP initiative is structured to effectuate policy, environmental and systems changes designed to improve the health and fitness of Ulster County residents. The underlying approach runs counter to traditional education methods which attempt to persuade individuals to adopt personal lifestyle changes. For many people, such changes can be difficult to achieve because of lack of access to healthy foods and recreational opportunities and thus have been less effective in slowing the rate of obesity. The CHP initiative will attempt to improve outcomes by enhancing access and implementing preventive health measures in local neighborhoods and communities, such as:

County Executive Hein said, "This partnership with Cooperative Extension is focused on improving overall public health in Ulster County. Obesity related diseases are often preventable and cost taxpayers an estimated \$8 billion dollars annually in New York. We can begin to contain those health care costs and take additional steps toward achieving our goal of making Ulster the healthiest county in the State by tackling this problem head on."

Dr. Hasbrouck pointed out some of the health consequences of the obesity epidemic saying, "Obesity is a leading cause of chronic disease and disability. Statistics indicate that over 60% of adults and over 40% of children and adolescents in New York are either overweight or obese and Ulster County is no exception. We must do better and this initiative is a positive step forward."

"The traditional approach of educating our populace has shown limited effectiveness,"

says Reidy. "The rates of obesity, in both children and adults, have continued to trend upward over the last four decades despite best efforts to teach individuals appropriate behaviors to keep themselves healthy. This project will allow us to more precisely target our education efforts while changing the parameters of the field in which residents live, work and play."

"The juxtaposition of CCEUC's Healthy Kingston for Kids project with this initiative will act synergistically, not only expanding and enhancing project reach and impact, but cross-fertilizing lessons learned to improve outcomes for both programs," explains Mary Marsters, Director of Programs with CCEUC. "Moreover, applying a measure of sharp-shooting education while clearly structuring the environment will result in behavioral changes toward more healthy living options."

Developing and launching community initiatives to get residents to walk and bike more within safe streetscape environments;

Supporting the proliferation of community gardens;

Making it easier for residents to use parks via improved signage and online resources;

Increasing healthy snacking and physical activity and decreasing screen time for youth in day and after school care centers;

Working with restaurants and eateries to step-up efforts in posting nutrition information;

Launching mobile farmers markets to reach communities with less access to fresh produce;

(Story continues on page 2)



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Anti-Obesity Effort for Ulster County *(Continued from cover)*

Launching a county-wide media campaign focused on healthier food choices and portion sizes on restaurant menus, including greater access to nutritional information;

Working with the media to educate residents about obesity and Type 2 diabetes prevention; and

Engaging county and community leadership to actively participate in and advocate for the project.

The initial target areas for this initiative are the communities of Ellenville, Phoenicia and the City of

Kingston and successful practices are expected to be rolled out to other municipalities throughout Ulster County in successive years.

The Co-lead agencies for this initiative are CCEUC and the Ulster County Department of Health. Key partners include the Community Heart Health Coalition of Ulster County, City of Kingston Parks and Recreation Department, Kingston Land Trust, Gilmour Planning and Healthy Kingston for Kids.

For further details, please

contact Arthur Zaczekiewicz, Interim CHP Coordinator at 845-340-3990 ext. 334 or email aaz25@cornell.edu.



Plant A Row Campaign Aims to Feed Hungry



Your fresh produce can be dropped off at the following designated locations:

CCEUC Education Center

10 Westbrook Lane, Kingston from 8:30am to 5:00pm, Monday - Friday. Contact: Vicki Campbell 845-340-3990 ext. 321

Family of New Paltz

51 North Chestnut Street, New Paltz from 10:00am to 5:00pm, Monday - Thursday. Contact: Kathy Cartegena 845-255-8801.

Caring Hands Soup Kitchen

Clinton Avenue, Kingston at the Methodist Church from 9:00am and 2:00pm, Monday - Thursday. Contact: Rev. Darlene Kelley 845-331-7188.

We ask that all donations are washed prior to delivery.

If you're ready to help the hungry,

Calling all Vegetable Gardeners! What's more rewarding than growing your own vegetables? How about sharing your extra produce to help feed the hungry right here in Ulster County!

The vegetable growing season is in full swing, and Cornell Cooperative Extension of Ulster County's Master Gardener program is looking for gardeners like you to help feed people who are hungry in our community by joining our Plant-A-Row for the Hungry (PAR) campaign. Each year we ask vegetable gardeners to grow a little extra or share their extras.

call Master Gardener Coordinator, Dona Crawford at 845-340-3990 ext. 335 to receive your free soil test, information packet, free "Plant A Row" veggie markers for your garden and registration form.

Or visit our website: www.cceulster.org under the Master Gardener section. Click on Plant A Row.

Nutrition program educators at CCEUC will use and distribute the produce collected when they go out to teach their hands-on nutrition education programs that work with low to moderate income families, children, and seniors residing in Ulster County.

This season's co-sponsors include The Garden Writers Association, The Expanded Food and Nutrition Education Program, and Eat Smart New York.

Don't Forget to Pick up Your Seedling Sale Orders

The pick up dates for all orders are: Wednesday, April 20, and Thursday, April 21, from 10:00am to 4:00pm at the Ulster County Fair Grounds in New Paltz, and Friday, April 22, from 10:00am to 4:00pm, and Saturday, April 23, from 9:00am to 12:00pm at the Ulster County Highway Garage, 66 Hurley Ave, in Kingston.

Cornell Cooperative Extension of Ulster County will not be responsible for seedlings after pick-up dates or after they are removed from designated pick-up stations. The seedlings are "bare root", not balled stock, of stated sizes.

Thank you to all who participated in this year's Seedling Sale and Happy Planting!

Ulster Extension Leads Statewide Stink Bug Project

Help us track the distribution of the Brown Marmorated Stink Bug in Eastern NY!

The Brown Marmorated Stink Bug is an invasive species that made its way from Asia to North America and was first officially documented in Allentown, PA in 2001 (it probably arrived several years earlier). The insect has spread across a number of Eastern US States, and its presence has now been documented in Oregon and California, as well. The species was first documented in NY in the Hudson Valley Region in 2008. We currently do not know the size or distribution of this pest in NY, but reports of sightings increased during 2010.

Brown Marmorated Stink Bugs (BMSB) can be a nuisance outside the growing season as they congregate on and inside buildings looking for winter shelter. More significantly, they are now known to be aggressive pests of agricultural crops, and have caused significant damage to commercial fruit plantings in the Mid-Atlantic States during the 2010 growing season. Loss of more than 80% of the crop was reported in some West Virginia apple and peach orchards during that year. We have yet to



document crop losses from this pest in our area.

The Eastern NY-Brown Marmorated Stink Bug Project began in 2010 to address the potential impact this invasive species could have on NYS commercial agricultural commodities while documenting its pest status in the urban environment. The Hudson Valley Region, along with Metropolitan NY and Long Island may currently be the leading edge of the population expansion. By monitoring several agricultural commodities in the region, collecting, verifying and documenting the population spread along the agricultural-urban interface, we hope to assist resi-

dents and agricultural producers alike in understanding this pest and mediating its impact.

Help us track the distribution of the Brown Marmorated Stink Bug in Eastern NY!

Have you seen this pest? Send us a sample for identification so we can document its distribution. Place captured specimens in a *small plastic container* such as a plastic medicine bottle or film canister. Provide the complete information listed so we can document the distribution of this insect AND let you know if your sample contained any BMSB. Live specimens will be added to the research colony being established for the project (we cannot return any samples).

For more information about the Brown Marmorated Stink Bug and a submission form to include with your sample visit <http://hudsonvf.cce.cornell.edu/bmsb1.html>.

Mail samples to:
Attn: Peter Jentsch,
BMSB Project
Cornell Hudson Valley Lab
P.O. Box 727
Highland, NY 12528

Mohonk Gardens Tour & Luncheon Returns to Mountain House

Enjoy the beauty of Mohonk's gardens while gaining insight into how they are created and maintained as CCEUC's Master Gardener Program hosts its annual Mohonk Garden Walk and Luncheon on Thursday, June 30 at the Mohonk Mountain House located at 1000 Mountain Rest Road in New Paltz. Garden enthusiasts will embark in groups of approximately 25 people on a two-hour walking tour of Mohonk's formal flower gardens, annual and perennial beds, and greenhouse. The tours are guided by an Ulster County Master Gardener or a member of Mohonk's Landscape and Garden staff.

Tours begin between 10:00am and 10:30am followed by a buffet style lunch served at 12:00 noon in the

West Dining Room, featuring guest speaker, Ken Greene. Greene operates the Hudson Valley Seed Library.

The fee is \$60.00 per person, which includes the luncheon. Pre-registration is required no later than Friday, June 24. No refunds. If you cannot make it, please send someone in your place. Participants should plan on arriving early as traffic can back up at the gate. Valet parking is available at the Mountain House.



For a printable registration form visit www.cceulster.org and click on Event Registration Forms. For more information, contact Master Gardener Coordinator, Dona Crawford at 845-340-3990 ext 335.

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Executive Director

Ashokan Watershed Stream

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Healthy Kingston for Kids

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**CCEUC Main Office
& Education Center**
10 Westbrook Lane
Kingston, NY 12401

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

***Building Strong
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**Cornell Cooperative
Extension Ulster County**
10 Westbrook Lane
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845-340-3990

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EDITOR

Lydia M. Reidy

MANAGING EDITOR

Jude DeFalco

DESIGN & LAYOUT

Jude DeFalco



Please Recycle

13th Annual Great Plant Swap & Sale Coming in June

As you get your garden ready for spring this year, don't forget to put aside some plants for the 13th Annual Cornell Cooperative Extension of Ulster County's Master Gardeners Great Plant Swap and Sale taking place Saturday, June 4 in the pavilion near the Forsyth Nature Center at Forsyth Park located on Lucas Avenue in Kingston. Plants to swap can be



dropped off that Saturday morning between 9:00am and 10:00am. Swappers will receive vouchers for the number of plants they drop off and then return at 11:00am to swap vouchers for plants! At 11:30 the swap will open to the public for sale. Plants must be labeled by name and color of flower, in pots, well

cared for, healthy and not on the New York State list of Invasive plants. Master Gardeners will refuse any plants not meeting these criteria.

Master Gardener volunteers will also be answering gardening questions and have lots of gardening information available. So, pot up your divisions or extra plants a few weeks before the swap date, label them, and bring them

to exchange for vouchers.

For more information please call Dona Crawford at 845-340-3990 ext. 335 or visit our website at www.cceulster.org. No early birds please.

Horticulture Hotline Now Open for the Season



Experts at our Horticulture Hotline are available to answer your questions on Mondays, Wednesdays and Fridays from 9:00am to 12:00pm through October. The phone number is 845-340-DIRT (3478).

The Hotline offers free, unbiased, research-based information and free gardening advice to more than 1,000 home gardeners annually. Other services offered are pH soil testing and Insect/Disease Identification. The cost is \$5 for plant and insect identification and \$3 for soil testing and a full soil analysis can be ordered for \$15.

Visit CCEUC online at www.cceulster.org and follow us on

