



ULSTER CURRENT

A quarterly publication of Cornell Cooperative Extension Ulster County

It's Time to Kick Off the Ulster County Fair!

Join us Tuesday, August 2 through Sunday August 7, at the Ulster County Fair located on Libertyville Road in New Paltz.

Our 4-H youth will be displaying a variety of projects showcasing their many talents in the Jane W. Barley Youth Building located at the center of the fair grounds. You'll see our 4-H'ers artwork, photography, woodworking, gardening and items selected to represent Ulster County at the NYS Fair in Syracuse.

There will be family entertainment taking place throughout the week in the Youth Building and our staff will be hosting FREE interactive workshops daily.

Visit the 4-H Snack Bar, "Home of the \$5 Meal". Pick up an all beef hot dog, fresh local corn on the cob, dessert and a drink, for just



4-H'ers Kristin Nerone and Elissa Mardiney at last years Ulster County Fair.

\$5! Other healthy snacks like fresh fruit and veggies will also be available.

Don't forget to visit the cows, rabbits, pigs,

sheep, the horse ring and the poultry barn to see the many species of farm animals raised by our 4-H youth members.

Take a break from the summer sun with a stop at our 4-H Milkshake Booth to enjoy a refreshing treat made by our 4-H Teen Council members. This year we will once again feature a "flavor of the day" in addition to fair favorites, chocolate, vanilla and strawberry.

On Tuesday from 4:00pm to 9:00pm and Wednesday at 10:00am (until gone) come to our 4-H Baked Food Sale. Proceeds from the bake sale benefit the 4-H Family and Consumer Science Program.

We'll see you there!

Required Lead Removal Training Classes Being Offered



Workers removing lead paint.

schools built before 1978 must follow specific work practices to prevent lead contamination and must be certified. This new federal EPA Renovation, Repair, and Painting (RRP) rule applies to painters, plumbers, carpenters, electricians, window replacers, roofers, property owners, and landlords.

The Lead Safe Work Practices (LSWP) trainings are based on EPA's and HUD's previous model courses in lead-safe work practices. This course satisfies HUD requirements for interim controls in federally assisted housing. Individuals must have a certificate from a

Effective April 22, 2010, EPA requires that workers performing renovation, repair, and painting projects that disturb lead-based paint in home, child care facilities, and

prior EPA or HUD lead trainings (e.g. Lead Safe Work Practices or certified lead abatement worker) to attend a RRP Refresher course. The RRP Refresher trainings are taught by an EPA certified training provider. Upon successful completion of the RRP Refresher course including passing an exam at the end of the class, participants are RRP certified by the EPA for 5 years.

Failure to comply with EPA's RRP Program requirements could result in penalties of up to \$37,500 per day per violation for any contractor or landlord not certified performing work on a pre-1978 building.

Trainings to become certified are being offered by Cornell Cooperative Extension Ulster County located at 10 Westbrook Lane in Kingston. Twelve hours of coursework is required, and can be achieved by taking one LSWP workshop and one RRP Refresher workshop. These courses are offered on the following dates and times:

- July 12—LSWP
- July 20—LSWP
- July 27—RRP Refresher – AM or PM
- August 18—LSWP
- August 31—RRP Refresher – AM or PM
- September 8—LSWP
- September 20—LSWP
- September 28—RRP Refresher – AM or PM

ALL LSWP (full-day) trainings are: 8:15am registration/breakfast, 8:30 - 4:30 pm training. All RRP Refresher (half-day) trainings are: 7:45am registration/breakfast, 8:00am - noon training; or 12:45pm registration/ refreshments, 1:00 - 5:00pm training.

Continental breakfast and lunch will be provided for full day programs. Refreshments and course materials will be provided for all trainings. Participants must pre-register by calling Fern Suess at 845-340-3990 x 328 or email kcs94@cornell.edu.



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Phoenicia Resident Receives Dominic Parise Scholarship

This year's recipient of the 2011 Dominic Parise Master Gardener Scholarship is Carolyn Kucher of Phoenicia.

Kucher has been involved in several extra-curricular activities involving horticulture, including volunteering to help maintain the property at the United Methodist Church in Phoenicia and helping to clear trails and create new ones on Tan Bark Trail. She has also assisted in creating a community garden with youth at the Phoenicia Elementary School.

In 1993, Carolyn received her Associates Degree in Horticulture. She has owned and operated her own landscaping business and is a member of the National Arbor Day Foundation and the Home Gardening Club.



L-R: Aline Dickstein, Carolyn Kucher, Barbara Bravo and CCEUC Executive Director, Lydia Reidy

Carolyn is currently enrolled at SUNY Ulster working towards an Associate's Degree in Environmental Science. "I would love to make more people aware and involved in what we can do to protect our environment. If each of us did our part in lessening our footprint on this earth, the world would be a better place to live", says Kucher. Carolyn plans to work for the

Department of Environmental Conservation or the Department of Environmental Protection after graduating.

The Dominic Parise Master Gardener Scholarship is a \$500.00 scholarship and is open to any college or college bound student in Ulster County pursuing a horticulture, agriculture or environmental biology degree. It was established in honor of former Horticultural Assistant, Dominic Parise, who played a critical role in revitalizing the MG program in Ulster County.

The Ulster County Master Gardener Program consists of a group of trained volunteers who help educate and assist the community in a variety of horticulture projects.

Plant A Row Campaign Aims to Feed Hungry



ers to grow a little extra or share their extras.

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: Dona Crawford
845-340-3990 ext. 335

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, 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 Gardner 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.

Rain Doesn't Stop Volunteers from Planting Project

On June 11, a group of volunteers, including a delegation from the Catskill Mountain Chapter of Trout Unlimited, and three Ashokan Watershed Stream Management Program staff members from CCEUC and Ulster County Soil and Water Conservation District (UCSWCD) braved the rain to restore a streamside forest in the Town of Olive. Under the supervision of Adam Doan, of the UCSWCD, the volunteers planted a diverse variety of native Catskill vegetation including red maples, red oaks, and white pines. In two hours over 350 plants and trees were installed to create a stable riparian buffer.



Faye Higgins, 10, of Kingston plants a streamside tree.

Streamside vegetation is essential to the health of streams as they filter runoff, maintain the stability of streambanks, slow flood flows, and provide essential habitat. The landowners of this parcel worked with UCSWCD to create a riparian buffer management plan that provides prescriptive measures to increase the stability of their section of stream and to provide a visually appealing area.

Landowners who complete a riparian corridor management plan can apply to the Catskill Stream Buffer Initiative for plant materials to restore their riparian buffer. Landowners must provide in-kind support for the project and learn skills needed to keep their riparian buffer in an optimally functioning condition. The Catskill Streams Buffer Initiative is sponsored locally by

UCSWCD and New York City DEP.

To learn about future volunteer opportunities and for more information about Cornell Cooperative Extension of Ulster County's community programs in the Ashokan Watershed call 845-688-3047 or visit us online at www.ashokanstreams.org.

FREE Nutrition Classes Offered at CCEUC

Cornell Cooperative Extension of Ulster County's Nutrition Education Program will offer a FREE six part series entitled, "Eat Smart and Live Well". This fun and educational program is designed to help individuals and families who reside in Ulster County make healthier food choices while stretching their food dollars in this tough economy. Participants will gain valuable kitchen skills through hands-on food demonstrations, nutritious low cost recipes and meal ideas and lots of fun conversation! The sessions will be taught by CCEUC Nutrition Program Educator, Janie Greenwald.

The sessions will be happening Mondays from 1:00pm to 2:00pm at Cornell Cooperative Extension of Ulster County's Education Center located at 10 West-



brook Lane in Kingston. Participants must income-qualify. For

more information or to pre-register contact Janie Greenwald at 845-340-3990 ext. 326 or email jhg238@cornell.edu.

As an added bonus all participants will plant their very own fresh basil plant and be able to take their sprouted plant home after the final session. We will supply the pots, soil, and seeds!

This program is open to all low income families and individuals who reside in Ulster County.

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.

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Ashokan Watershed Stream Management Program

Elizabeth Higgins

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4-H Youth Development

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Mary Lou Giuliano

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Jaime Churchill

Healthy Kingston for Kids

Kristen Wilson

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**CCEUC Main Office
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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

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EDITOR

Lydia M. Reidy

MANAGING EDITOR

Jude DeFalco

DESIGN & LAYOUT

Jude DeFalco

FREE “Learning in the Garden” Workshop Series Underway



Our Master Gardener Program is very pleased to announce the return of this great workshop series for gardeners.

In its second year the “Learning in the Garden” workshop series is a hands-on approach to explain the principles of gardening. It will take place on the third Saturday of each month, at the Xeriscape Garden at SUNY Ulster located in Stone Ridge. Each month there will be a specific topic discussed and demonstrated by Master Gardener volunteers as the garden moves through the seasons. Master Gardeners will be on hand from 9:00am to 12:00pm working in the garden and available for general questions. A short lecture and demonstration will

take place at each workshop at 10:00am. No pre-registration is needed and all sessions are FREE and will take place rain or shine.

2011 Learning in the Garden Schedule

July 16: Weeding and Edging – How to weed (what to worry about with various types of weeds) and edge your beds.

August 20: Deer Damage – Taking stock of what damage the deer have done and what methods were undertaken to limit the destruction.

September 17: Extending the Season – How to extend the beauty of your garden, removing and adding plants to extend the season, what to clean up now.

October 15: Putting your Garden to Bed - What to prune and pull out now before the cold sets in.

The Xeriscape Garden is an interactive teaching tool in the selection of heat tolerant, water-wise plants, integrated pest management and alternative landscaping techniques.



Please Recycle

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

