

ULSTER CURRENT

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Important Notice:

- ◆ ***Ulster County Legislature 2006 Budget Hearing,***
(see adjacent letter)
Thursday, Nov. 17, 2005, 6:30 pm, 6th Floor Legislative Chamber, Ulster County Office Building, 244 Fair St., Kingston
- ◆ ***For more information about our proposed 2006 allocation from the Ulster County Legislature please visit our website:***
www.cce.cornell.edu/ulster
- ◆ ***To contact a legislator or attend the hearing please call, Lydia Reidy, Executive Director, 340-3990***

Members, Friends & Colleagues:

As 2005 closes, I had hoped to have good news regarding the financial crisis we faced this year because of a \$34,000 cut in funding from the county. Unfortunately, many factors, (national, statewide and local), have conspired to force the Ulster County Legislature to make very difficult decisions. For 2006 they have proposed a further reduction in our budget from \$400,000 to \$380,000. This cut of \$20,000 from last year's appropriation represents a nearly 15% decrease in our funding from the county over the past two years. Indeed, the proposed \$380,000 is only \$5,000 more than our Association's allocation in 1995. Extension is part of an agreement between the government and its people dating back to the time of Abraham Lincoln when Congress created a system of land grant universities. From this innovative and particularly American institution, Extension was established as the tool to deliver practical, research-based instruction to help people lead better, more productive lives. We are designed by federal statute to be funded through a partnership between the federal, state and county governments. For more than ninety years Extension in Ulster County has played a key role in improving



agricultural production, preserving valuable open space, protecting the environment, and in helping, children, youth and families develop the skills and experiences they need to grow and prosper. Last year the cut in funding forced the Association to make hard choices between cutting our programming or losing staff positions. Rather than scale back programming, the Board was unfortunately forced to cut two full-time positions and change one full-time position to half time. Even with these obstacles we have made huge strides in attracting support through grants, reimbursable programs and fundraising efforts; however, our ability to meet these challenges is not limitless. Adequate core funding from governmental partners is essential for us to continue to fulfill our mission. Throughout my tenure we have been budget conscious and fiscally prudent holding down association costs whenever we can. Unfortunately, with this proposed budget we

may need to look at scaling back some of our programming in agriculture, 4-H youth development, nutrition, financial education and child and family development.

I know that you share my concerns. On behalf of our

Board of Directors, staff and extension members, I ask you to please attend the Ulster County Legislature's Budget Hearing on Thursday, November 17th at 6:30p.m. in the Legislative Chamber on the 6th Floor of the Ulster County office building or contact your legislative representatives directly. We need you to let our legislators know how critical our programs are to your life. We know simple, positive statements can make a difference to our future. If you are willing to speak at the budget hearing or to contact with a legislator directly, please call me. We have information that may be helpful to you. You may also contact any of our Board and Program Committee volunteers who are listed on the second page of this publication or visit our website at: www.cce.cornell.edu/ulster. Together we can make a difference in our future.

Sincerely,

Lydia M. Reidy
Executive Director

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Series Looks at Couple Relationships & Children

For those interested in examining the relationship between couple and marriage relationships and parenting the Human Development program is offering national satellite series—***The Impact of Couple and Marital Relationships on Parenting and Child Outcomes.*** The broadcasts will be held on Fri., Dec. 2 and Fri., Dec. 9, 2005 from 11:00 a.m. to 1:15 p.m. at our office located at 10 Westbrook Lane in Kingston. The series examines how healthy couples lead to healthy kids. Participants will learn how to support unmarried, new-parent cou-



ples in forming healthy marriages and stable families as well as ways to strengthen couple relationships so children of those relationships have a better life. The series features prominent national researchers and practitioners who specialize in family-centered approaches to helping families of all ages adapt to change, and strengthen their family relationships and parenting skills. On Fri., Dec. 2nd, Dr. William Doherty from the University of Minnesota will present, *The Relationship Between Marriage and Parenting,*

while William Allen will look at ways to support unmarried new parent couples who choose to form healthy marriages. The Dec. 9th program, *Healthy Couples, Healthy Kids: Programmatic Approaches to Strengthening Couple Relationships for Better Child Outcomes*, features Family and Human Development professors from Auburn University and Michigan State University. The series is designed for professionals who work with families, including teachers, child care providers, social workers, counselors, psychologists, ministers and faith leaders, 4-H leaders, faith leaders, 4-H leaders, physicians and nurses, judges and law enforcement professionals and extension staff. (continued on back page)

Learning & Loving It! Workshops For Those With Small Children

The Rondout Valley Early Education Childhood Workgroup is presenting a series of workshops, ***Learning and Loving It***, for parents/caregivers and children beginning in March 2006. The workshops are grouped by age with one series focusing on infants and toddlers while the other series is designed specifically for parents with three to five year olds. A listing of workshop dates and topics follows:
Infant Acorns to Mighty Oaks (Infant & Toddler Series)
 Wed., March 22: *Infant Development and Play*
 Wed. April 19: *Growing & Learning in Child Care*

Wed., May 3: *Learning From My World*
 Wed., June 7: *See How I Grow*
Opening Doors Together (Three to Five Year Old Series)
 Sat., March 25: *Play with a Purpose*
 Sat. April 22: *Finding-Out Fun: Science for Children*
 Sat., May 6: *Open Books & Imaginations: Early Literacy*
 Sat., June 3: *Little Ones Celebrate!*
 All sessions will be held from 10 am to 12 noon at the Little Ones' Learning Center, 5142 Route 209 (across from the bus garage in the Rochester Reformed Church) in Accord.

Each workshop starts with children going to Storytime while parents/caregivers meet in a nearby room to talk about the day's topic. Children will then join parents/caregivers to enjoy activities together that are related to the featured topic. Facilitators are knowledgeable and experienced in early childhood education and represent several early childhood education and represent several early childhood programs throughout Ulster County. The fee is \$8 per family and includes admission to all 8 workshops. Pre-registration (continued on back page)



Nutrition & Family Resource Management



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The Nutrition and Family Resource Management program is delighted, after a six month search, to have a new Issue Leader. Jude-Marie Alexis Smalec brings to her position a wealth of knowledge and experience in nutrition education, health promotion and community outreach. Originally from the island of St. Lucia, she has more than twenty years of combined experience working with international and domestic non-profit agencies. Before joining Extension in Ulster County, Jude-Marie worked at the United Nations in New York City as Project Officer for a 15-country communication initiative, which made use of participatory, empowering approaches for

HIV prevention and related youth issues. She has also worked as a nutrition educator, lecturer and consultant on participatory communication. As Issue Leader, Jude-Marie is responsible for coordinating and implementing all educational programs in nutrition, health and food safety, and family resource management. She also provides leadership for new program development and expanded audience outreach in these areas. She holds a Doctorate in



Jude-Marie Alexis Smalec, Issue Leader

Public Health from Tulane University School of Public Health

and Tropical Medicine

where she majored in Nutrition and Health Communication. Her skills in using multiple channels of communication in education programs, her expertise in managing strategic partnerships and her experience working with various cultures will prove useful in her work with Extension in Ulster County. We are delighted to welcome her to our staff.

"We are delighted that Jude-Marie has brought her talents and skills to our association. With her leadership our Nutrition Education and Family Resource Management Programs will continue to play a vital role in the lives of residents throughout Ulster County."

Lydia M.C.Reidy
Executive Director

MASTER GARDENERS OFFER TWO HOLIDAY CLASSES

The Master Gardeners are hosting two workshops for the botanically inclined, holiday-season decorator. For those looking to add new flair to their traditional holiday decorating the **Holiday Boxwood Tree Workshop**, on Thurs., Dec. 1st, from 5:30 to 7:30 pm., will teach participants how to cut and shape boxwood into a unique tabletop decoration. Once created, miniature ornaments adorn them creating a fun, new alternative to the more traditional evergreen tabletop



trees. Next, deck the halls this holiday season with a charming Victorian decoration for your doorway at the **Victorian Kissing Ball Workshop**. Our Master Gardeners provide the evergreen boughs and know-how in two hands-on sessions on Thurs., Dec. 8th. Session I runs from 2 p.m. to 4 p.m. and Session II is from 5:30 p.m. to 7:30 pm. All classes take place in our office, located at 10 West-

brook Lane, in Kingston. Please bring pruning shears and wire clippers if you have them, all other supplies will be provided. The fee is \$35 for each class. Class size is limited; registration deadline for the **Holiday Boxwood Tree Workshop** is Wed., Nov. 23rd; registration deadline for the **Victorian Kissing Ball Workshop** is Thurs., Dec. 1st. Pre-registration is required. Call the Master Gardener Program, 340-3478 for registration information, or visit our website www.cce.cornell.edu/ulster to download a registration form.

Mission Statement

The Cornell Cooperative Extension system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.



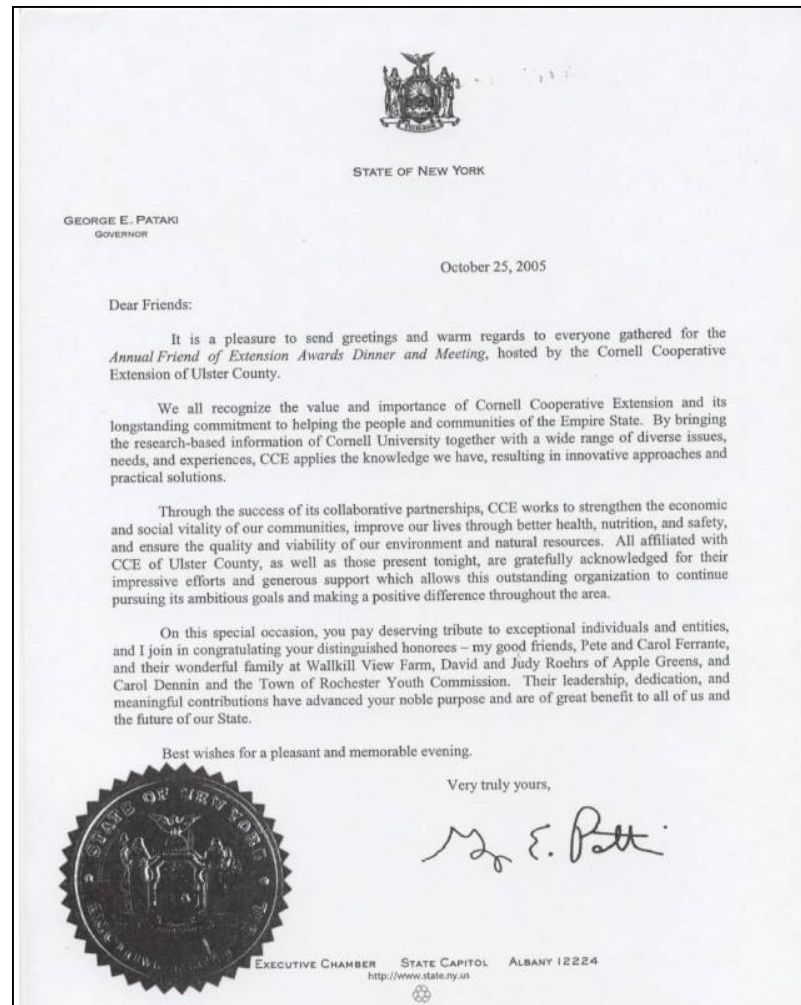
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"By bringing the research-based information of Cornell University together with a wide range of diverse issues, needs, and experiences, CCE applies the knowledge we have, resulting in innovative approaches and practical solutions"

Hon. Governor George Pataki
Oct. 25, 2005



Annual Dinner & Meeting 2005



*Letter from
Governor George Pataki
recognizing the work of
Cornell Cooperative
Extension of Ulster
County
and
congratulating the
2005 recipients of the
Friend of Extension
Award.*

New Board & Program Members Elected

The following individuals were elected at our Annual Dinner to serve on Board of Directors and Program Committee beginning in January 2006.

Board of Directors:

David Cobb, a 36 year resident of the region with an extensive ag background.

Lynne (Asha) Gollither a holistic health educator and yoga teacher from Accord.

JB Henderson works in purchasing and importing for a

seafood company, Mark Foods, in Manhattan. His family owns a small farm in Kerhonkson.

ALICESANDRA (SANDY) SNYDER is the corporate Compliance Officer for Ulster-Greene ARC.

HOLLY TUBBY is a current member of the Board of Directors who volunteers time to our 4-H youth development programs as a judge and by serving on the 4-H Strategy Committee. She is a retail banking officer with Ulster Saving

Bank.

Program Committee

KRISTA BARRINGER, is the Director of the Ulster County Youth Bureau, where she provides innovative programs and outreach to youth throughout Ulster County.

ROSE IRVINE is Professor Emeritus in the Communications Department at SUNY New Paltz and a member of the Governor's Advisory Council for Office for the Aging.

Honoring Friends of Extension 2005



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Each year *Friend of Extension Awards* are presented at our Annual Dinner in recognition of outstanding volunteer support of Cornell Cooperative Extension of Ulster County. On Tues. Oct. 26th more than 140 friends and neighbors arrived at Ivan's Restaurant in Accord to help recognize these individuals.

Agriculture Volunteers: The Ferrante Family, Walkkill View Farm, New Paltz

Established in 1960 by Carol and Peter, the Ferrante family produces a variety of vegetables and greenhouse ornamentals on the rich soils of their farm and is known to grow some of the best sweet corn in the Hudson Valley. The entire family plays an active role in promoting, preserving, and protecting agriculture. Pete and Carol's sons Peter, Robert, Sande, and Tim, work in various capacities on the farm, with each focusing their own particular talents and interest in a specific area of the farm operation. Their wives, Marybeth, Linda, and Lisa, can be found there, too, working in the greenhouse, bakery, or as those essential set of extra hands during busy seasons. Individual family members have served on Farm Bureau, Extension's ag program committee, the Ulster County Agricultural and Farmland Protection Board, the Cornell University Greenhouse Advisory Board, and the New York State Flower Industries Board. Their farm has been actively involved in research and variety trials and the development of integrated pest management techniques. They have been cordial and generous hosts of twilight meetings, supporters and advocates of numerous ag issues and dedicated to serving their community in numerous

other capacities outside of agriculture. Their commitment to their community, to farming and to each other is inspiring.

Human Development Volunteer: Carol Dennin, Director, Town of Rochester Youth Commission

Carol Dennin, is passionate about the development of children, youth and the community. She is a long-time partner in our Family and Consumer Sciences programming inviting Nutrition Teaching Assistants to work with groups of children in whatever setting was available...after school and summer programming in a school classroom, the local park, and community center. Carol works with our Human and Community Development program supporting parent education efforts and work for families with young children. A member of the *Rondout Valley Early Childhood Workgroup*, a group of volunteers sponsored by our Association, Carol graciously hosts meetings and engages youth in her programs in preparation for events such as *I Just Loved That Book*. In an area where one of the most effective ways of reaching families with children is the Rochester Youth Department Activities Schedule, Carol is generous with space to including Extension affiliated events and information. She is truly a valued friend of children and families and a Friend of Extension

4-H Youth Development: David & Judi Roehrs

David and Judi became involved in 4-H when their oldest daughter was nine years old and passionate about all things equestrian. Her avid

interest in horses and riding led her to participate in Horse Bowl and soon Judi found



herself driving groups of

2005 Friends of Extension listen to Ulster County Legislator, Glenn Noonan read a letter from Gov. Pataki saluting their accomplishments.

4-Hers to southeast regional competitions and to Cornell University for the New York State finals. With two children in 4-H, David and Judi were a consistent presence at all 4-H horse events. Whether asked to re-grade a horse arena, help haul other youngster's horses to a show or to help raise funds for the 4-H Program Committee, they were always there without needing to be asked twice. Often, a request wasn't even necessary, they saw what was needed and jumped right in to help out. Their golf course, Apple Greens, has served as the gracious host of our 4-H Golf Tournament since its inception seven years ago. Dave and Judi's support of that event has been crucial to the establishment of the Tournament as the major fundraising activity for Ulster County 4-H programs annually. Together, David and Judi embody the ideal in the line from the 4-H pledge; "My hands to larger service."

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Ulster County

*I Pledge my Head
to clearer thinking,*

my Heart to greater loyalty,

*my Hands to larger
service,*

*and my Health to
better living,*

*For my club, my community,
my country, and my world.*

4-H Pledge

4-H Recognizes Outstanding Work in '04-'05

Accolades and honors were the order of the day when the 4-H Youth Development Program held their annual **4-H**

Achievement Day on Sat., Oct. 15th, at the Rosendale Recreation Center. The event, recognizing outstanding project work throughout the year, was a fun-filled celebration

with the following members receiving these awards and recognition:

The **Specialist Award**, given to a youth who excels for 3 or more years in a specific project area while sharing their knowledge with others, was presented to Jaime Churchill of Saugerties for her work with poultry. She also earned **County Medals** for her mastery and outstanding project work in the Dog, Poultry, Sewing, Public Speaking and Demonstration categories.

Courtney Weis of Gardiner

received a **County Medal** in Dog Care & Training, and **Capital Days**, an award to

encourage youth to be good citizens.

The **Above and Beyond Award** was presented to Caitlin & Whitney Barringer, Kacie Giuliano, Alex & Samantha Nichols, of Olive

Bridge; Jordan

Gundberg of Accord, Joshua Holz of Phoenicia; Jaime Churchill and Courtney Weis. Kelsey Grimm of Saugerties was awarded **The Heart of 4-H**, and Jennifer Harp of Pine Bush received **Making the Best Better**.

Club Community Service Recognition went to 4-H *Cool Kids*, Accord; *A Little This, A Little That*, Kerhonkson; *Feathered Friends*, Rosendale; *Samsonville Barnyard*, Olivebridge; *Saugerties Harerisers*, Saugerties; *Shawangunk Ridge Equestrians*, Pine Bush;

Teen Council, Kingston/New Paltz; and *U.C. 4-H MuttMasters*, Town of Ulster.

David Fletcher, Woodstock and Cathy Magielnicki, Olive Bridge received the **Beacon Award** for being an inspiration to other 4-H members. **Secretarial Awards** were presented to Micaela Young of Saugerties and Caitlin Barringer.

The Family and Consumer Science program presented awards in these categories: **Career Explorations**, Amber & Jennifer Weeks, Milton, and Kacie Giuliano (*Alternate*); **Culinary Days**, a trip exploring the world of food and nutrition was awarded to Sarah Cohen, Milton; Amber & Jennifer Weeks; Alex Nichols and Courtney Weis. A fabric store gift certificate to encourage continued interest in sewing projects was presented to Amber & Jennifer Weeks; Sarah Cohen; Cindy Green, Montgomery; and Courtney Weis.

Congratulations to the 4-H members on their achievements.



Help 4-H Clubs Make Unique Holiday Gift Baskets

The Ulster County 4-H MuttMasters and Teen Council 4-H Clubs are undertaking an ambitious holiday project that could use a little help. They are looking to deliver 20 food baskets to Ulster County families in need overflowing with a turkey or a ham, canned goods and other essentials to make a holiday meal.

Making these baskets unique will be the **"Gift Jars"**

necessary to make holiday cookies, brownies, soup and snacks.

How can you help??

To make the Gift Jars, club members are seeking donations of ribbon, fabric (to cover the jars), flour, sugar, brown sugar, crisped rice cereal, cocoa, rolled oats and much more. Food goods for the baskets are needed as well.

Donations may be brought to the 4-H office, located in the

Extension Education Center, 10 Westbrook Lane in Kingston. Office hours are Monday through Friday from 8:30 am to 5 pm. For a complete list of ingredients or information on other ways in which you could help, please call Jenny Burkins at 845-340-3990 or visit the 4-H website:

www.cce.cornell.edu/ulster/4H/4Hhome.htm.





Satellite Office Focuses on Esopus

Are you one of the many curious passer-bys who has noticed that our Association has opened a satellite office at the Phoenicia Plaza in the Town of Shandaken? Or perhaps you've encountered one of the world-renowned stream scientists walking up or "floating" down the Esopus Creek while conducting a stream-stability assessment. What do these things have in common? They are part a process for developing a Stream Management Plan for the upper Esopus Creek. Cornell Cooperative Extension of Ulster County has been contracted by the New York City Department of Environmental Protection to coordinate the development of a stream management plan for the upper Esopus Creek (above the Ashokan Reservoir) in the towns of Olive and Shandaken. The project will facilitate public participation, education, and outreach on stream management issues. So, what is a Stream Management Plan?

According to Jeremy Magliaro, Extension's Project Coordinator for the Esopus Creek planning process, "it is combining ongoing scientific assessments of the stream with local knowledge, historical research, and community recommendations for how to most effectively live by and manage the stream." As part the community building process, Extension will facilitate a Project Advisory Council composed of Town officials, streamside landowners, representatives of the angling and whitewater recreation community, regional non-profits, County and State agencies and universities, and others to guide the development of the plan. According to Magliaro, local knowledge will be vital to



Esopus Creek

the Plan's effectiveness. "Information about previous stream bank work, where the stream channel used to be, or where the popular fishing or swimming holes were located - we want to know about it. It will help us to understand the nature of the stream system and anticipate and plan for changes that may cause stream bank erosion or flooding in the future." A public information meeting describing how to join the planning project's "working groups" to provide input to the process will be held at the Shandaken Town Hall on Tues., Nov. 14 at 7 pm. Coffee, tea, and light refreshments will be served. For more information please contact Jeremy Magliaro, at 845-340-3990.

EXTENSION EDUCATORS

- Lydia Reidy
- Susan B. Matson
- Jude-Marie Alexis Smalec
- Teresa Rusinek
- Michael J. Fargione
- Patti Zellmer
- Jeremy Magliaro
- Eileen Polk
- Dona Crawford
- Michael Courtney
- Ruth Hirsch
- Tom Heffernan
- Joan Baglio
- Deanna Young
- Pablo Shine
- Denise Reed
- Ronald Baatz
- Mary Lou Giuliano

OFFICE STAFF

- Candace Boderck
- Jennifer Burkins
- Roxanne Churchill
- Barbara Grumberg
- Lisa Berger

INTRODUCING THE PHOENICIA STAFF

The recently opened Phoenicia office, located at 5578 Route 28 (Phoenicia Plaza), serves as headquarters for the **Esopus Creek Stream Management Plan Project** and home base for Project Coordinator, Jeremy Magliaro and Community Educator, Michael Courtney. The phone number is 845-688-5496.

Both men are new to the region, but not to environmental work. Magliaro has a Master of Science in Ecological Economics, Values and Policy from Rensselaer Polytechnic Institute in Troy, New York. His experience developing and imple-

menting environmental education and outreach programs as well as his experience working with project advisory councils, citizen advisory bodies and municipal governments make him ideally suited for spearheading this three year project.

Michael Courtney is a native of Walton, NY who has spent the last several years in Colorado and New Mexico working on a variety of experiential education, community organizing, and in-



struction positions. He has a Masters of Social Work from New Mexico Highlands University. His extensive background in assessing and developing community support for environmental and social projects

will be useful in guiding education and outreach programs for stakeholders in the upper Esopus Creek region. To reach Jeremy or Michael call, 845-688-5496 or 845-340-3990.

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and Vibrant New York
Communities*

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Lydia Reidy
MANAGING EDITOR

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LEARNING & LOVING IT!

(Continued from page #)

s required. And for those adults who love to share their favorite books with Children, the Rondout Valley early Childhood Workgroup is proud to announce it will host it's 3rd Annual, ***I Just Loved That Book on Friday***, April 28, 2005 from 6:30 pm to 8 pm at the Town of Rochester Community Center. This evening is a time for adults to show children that books for young people have been important in their lives, to spend some time sharing those special books with children and for the children to enjoy a book-related activity. An array of free books will also be available for youngsters to choose from enabling them to bring

a favorite or two home to enjoy over and over again. For more information about ***Learning & Loving It or I Just Loved That Book***, please contact Susan Matson, 340-3990 or visit: www.cce.cornell.edu/ulster/humandevlopment.

RELATIONSHIPS SATELLITE

(Continued from page #)

opportunity to ask questions via live call-in sessions and to learn from and network with others who share similar interests or concerns about parenting," said Extension Educator Susan Matson. The cost is \$30 which includes both sessions, beverages, light snacks and program material. Pre-registration by November 28th is required. To receive a registration form, please call Barbara Grumberg, Family & Consumer Science Program Secretary, 845/340-3990 or go to www.cce.cornell.edu/ulster/satellite.htm. For questions about the downlink or to inquire about CEUs, contact Susan Matson, Extension Educator Human Development, 845/340-3990.