

ULSTER CURRENT

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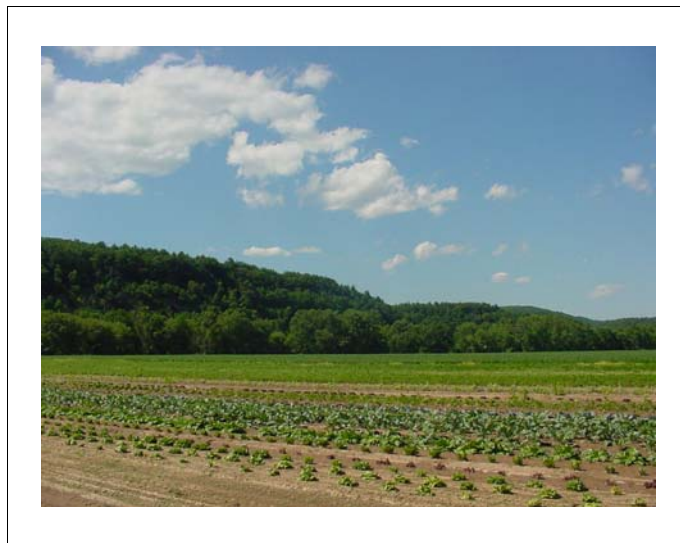
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Please Note:

- ◆ *The Master Gardener bus trip to the Philadelphia Flower Show is March 10th. Registration forms are available on our website: www.cce.cornell.edu/ulster or call the office.*
- ◆ *Our annual Seedling & Berry Sale is taking place now. Order forms are inside.*
- ◆ *4-H Tractor Safety registration is taking place. For more information call the 4-H office.*

GET INTO AN AG DISTRICT

Do you own farmland you would like included in a certified Ag District? If so, an important deadline is approaching. Ulster County will accept requests from landowners to have their predominately viable agricultural lands to be included within a certified ag district from March 1-30, 2004. Those seeking inclusion must submit an Agricultural District Review Worksheet along with their tax map within this 30 day period to: Lydia Reidy, Chair, UC Ag & Farmland Protection Board, 10 Westbrook Lane, Kingston, NY 12401. The worksheet is available in pdf format on our website: www.cce.cornell.edu/ulster or by contacting Extension Educator, Teresa Rusinek at 340-3990. This process is a result of amendments adopted in



September 2003 to the NYS Ag & Markets Law establishing a new **Section 303-b**. Now, all counties containing *certified agricultural districts* must designate an annual 30-day review period for landowners to request inclusion. In the past landowners had to wait until an Ag District "opened up" for review to have their land

included within the district. Typically this occurred every eight years from date when the district was first created. Ag districts were created by an act of the New York State Legislature in 1971 to protect and promote the availability of land for farming purposes; they are intended to counteract the impact that non-farm development

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SEMINAR ON REVITALIZING MAIN STREET

On Wednesday, March 10, 2004 from 9:30 to 10:45 am, Tim Cullenen of Cornell's Community and Rural Development Institute (CaRDI) will lead an interactive distance-learning semi-

nar addressing Main Street revitalization. The program asks: Why are *Main Streets* important, and why should community leaders be actively supporting revitalization programs? Sound *Main*

Street concepts will be discussed along with how efforts can be effective in restoring balance, economic growth, environmental health, quality of life and a sense of place to a commu-

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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.

Please, Plant A Row For the Hungry

This growing season, the Master Gardener program is looking for gardeners like you to help with a new project to help feed the hungry.

Plant a Row For the Hungry (PAR) is a people-helping-people program designed to assist in feeding the hungry in our own community.

Launched in 1995, this national program developed by the Garden Writer's Association of America, encourages gardeners to grow a little extra and donate the produce to local nutrition programs, soup kitchens and food banks serving the homeless and hungry.

The need is great and continues to grow. In 2002, USDA reported that 33 million people, including 13 million children, lived in

households experiencing hunger or the risk of hunger. Groups assisting them struggle to meet the growing demand.

PAR's mission is to provide an avenue through which home gardeners can assist our most vulnerable citizens and the food agencies serving them. Over the years PAR volunteers have contributed more than one million pounds of nutritious produce to the hungry annually. Now you can help those right here in Ulster County by planting a little extra, or sharing the extra you have. When harvesting, bag up the extra and drop it off at our office.



Our nutrition education programs, which provide education to low-income individuals, families and youth, will use and distribute

the food as they go out to teach, and it will also be given to food pantries in Kingston, Ellenville and New Paltz. Home gardeners participating in the program will even be able to receive special advice from Master Gardeners about what to grow and how to plant.

If you're ready to help the hungry call our Master Gardener Program to receive a information packet, registration form and a free "Plant a Row" veggie marker, 340-3478 (DIRT) .

4-H Vet Science Series is a Sell-Out!

"The demand for this program is just overwhelming," exclaims, 4-H Team Coordinator Patti Zellmer with a smile and shake of her head as if in amazement.

The program she is referring to is the **2004 4-H Youth**

Veterinary Science Series; a new program that is giving young people a chance to explore the broad scope of veterinary medicine and animal health. The five-part series being held at SUNY Ulster for youth ages 13-19

is a hands-on learning experience taught by area



veterinarians. Some topics covered include: animal attitude and behavior; skin, membranes, body temp, pulse and respiration;

and health, cleaning, and disinfections. According to Patti, "It's a brand new program for us so we didn't know what kind of response to expect." One thing not expected was for the pro-

gram, which was announced in newspapers the week between Christmas and New Years, to be in such demand that people called the 4-H Program Secretary, Jenny Burkins at home trying to secure a spot. With a nominal \$10 fee and space limited to the first 20 paid registrants, there is already a waiting list for the next time the series will be offered. Youngsters need not be in 4-H to participate. For information regarding the next session, please call Jenny Burkins, 340-3990.

How Many Cherubs are in the House?

This is what Nutrition Teaching Assistant, Joan Baglio asks when going to visit the kids at Family of Woodstock's Family House.

A few years ago Joan learned about the wonderful work Family of Woodstock does helping at-risk teens. She wondered how they could house a group of teens, sometimes as young as twelve, and still keep order and harmony. Intrigued, she thought they might be a good bunch for the Eat Smart New York Program to work with. Eat Smart New York is a federally funded program teaching limited income individuals and families to manage food resources more effectively and make healthier food choices. Educators work with groups, or one-on-one in people's homes, teaching them to plan and cook nutritious meals on a budget. She made an appointment to

visit, but before going Joan says, "I thought about who shops and cooks for the kids. I figured everyone, including boys, should know how to shop and cook. My goal was to explain our Eat Smart New York program to the director and hope that he would allow the teens to participate." After explaining the program, the director agreed to a trial period. Four years later Joan is still visiting the home for teens as well as two others! Family of Woodstock has many homes, including domestic violence shelters, safe houses for teens, for adult women, and for mothers with children. The residents of Family House are 12 - 18 yrs. old. It's a temporary haven for a few days, or for a few months, usually until permanent housing is found or there is a resolution to their current living condi-

tion. Some residents are involved in court procedures and are placed in the home. When working Family House, Joan usually chooses what they will prepare. Her number one goal is to get the residents into the kitchen. For some, especially the boys, the kitchen is a foreign room. According to Joan, "Prior to cooking, as we wash our hands and clean, the subject is food safety. While preparing food we talk about how to measure, cooking terms, and most importantly, how to follow a recipe and instructions. Before you know it, the task is complete and the first step is taken toward feeling comfortable working in the kitchen. With a smile on my face, I tell the Cherubs they have just completed what they told me could not be done."



Cooperative Extension
ULSTER COUNTY

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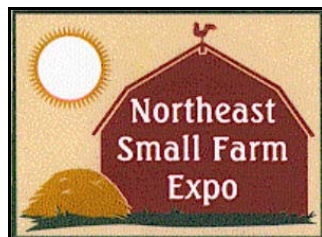
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ULSTER COUNTY HOSTS 2004 NORTHEAST SMALL FARMS & RURAL LIVING EXPO

The ***Northeast Small Farm and Rural Living Expo*** is coming to Ulster County in 2004! Cornell Cooperative Extension of the Hudson Valley, along with Penn State Cooperative Extension and Rutgers Cooperative Extension, host this event September 18 & 19 at the Ulster County Fairgrounds on Libertyville Rd. in New Paltz. This tri-state event is expected to attract more than 11,000 attendees interested in learning about small farm enterprises and improving rural life. Educational workshops, lectures and dem-

onstrations; a Farm Market featuring local goods; organic and traditional small



farm workshops; and small farm equipment demonstrations are just some of the things that will be offered. For those not involved in a farm enterprise there will be equine exhibits and demonstrations;

sheep shearing and wool spinning; dog-herding demonstrations, and horse drawn carriage rides. To receive more information about participating as a vendor or to assist with programming and planning, please contact Teresa Rusinek: 340-3990 or via email at tr28@cornell.edu. Planning meetings take place the second Thursday of each month from 10 - 12 noon at the Ulster County Fairgrounds in New Paltz, and participation is welcome.



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*Building Strong and Vibrant
New York Communities*

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Lisa Berger

Don't Miss Getting Into An Ag District
(Deadline for Inclusion is March 30, 2004)

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has upon the continuation of farm businesses by providing a framework limiting unreasonable local regulation on farm practices. The Ag Districts Law also limits a public agencies' ability to acquire farmland through eminent domain, as well as the ability to advance public funds to construct facilities that encourage non-farm development. Additionally, land used in agricultural production and within an agricultural district is not subject to spe-

cial assessments, *ad valorem* levies, or other rates and fees for the financing of improvements such as water, sewer or non-farm drainage. Ulster County has four certified agricultural districts containing over 72,000 acres of farmland. For more information about whether or not your land is in an ag district or about the benefits of having your land included, please contact Teresa Rusinek, Horticulture/Ag Issue Educator, 845-340-3990.

**MAIN STREET
SEMINAR**

(Continued from page 1)

nity. This program is of interest to elected officials, economic development and chamber of commerce professionals, and small business owners. A partnership with SUNY Ulster allows us to be one of five sites throughout the entire state offering this unique professional development opportunity. The fee is \$5 payable at the door. Pre-registration is required. To receive a registration form call, 340-3990.

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