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Cornell Cooperative Extension Ulster County and Ulster County 4-H Announce Activities and Events Schedule for Ulster County Fair

Cornell Cooperative Extension Ulster County and Ulster County 4-H Youth Development have a great lineup of free fun hands-on activities, workshops and family entertainment scheduled in the Jane W. Barley Youth Building located in the center of the fair grounds at this years Ulster County Fair.

The Ulster County Fair opens Tuesday, July 28 and continues through Sunday August 2 and is located on Libertyville Road in New Paltz.

Tuesday, July 28

7:00pm 8:00pm: **Rich Hines and the Hillbilly Drifters:** Join us as we kickoff opening night at the fair. You'll hear a great mix of traditional bluegrass, blues and more! Guaranteed to bring a smile to your face and get your feet stomping. A great time for all!

Wednesday, July 29

12:30pm 1:00pm **Health Benefits of Hand Drumming:** Drumming has physiological effects. It increases heart rate and blood flow just like aerobic exercise, improves coordination, brain activity and relieves stress. Join CCEUC Nutrition Program Educator, Pablo Shine for this fun hands-on workshop for all ages.

1:30pm 2:30pm **The History of Rope and Rope Making:** Learn the interesting history of rope and then make your very own in this fun hands-on activity hosted by 4-H Educator, Kristen Wilson. All ages welcome. First come, first served.

3:00pm 3:30pm **Health Benefits of Hand Drumming:** Drumming has physiological effects. It increases heart rate and blood flow just like aerobic exercise, improves coordination, brain activity and relieves stress. Join CCEUC Nutrition Program Educator, Pablo Shine for this fun hands-on workshop for all ages.

4:00pm 4:30pm **GPS Scavenger Hunt:** Come with your own GPS unit or borrow a 4-H GPS unit (with a deposit of your drivers license or car keys) to join in this adventurous hunt. Before the hunt begins, you will be taught the basics of GPS technology and how to use the

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Garmin Etrex Legend. Participants will locate treasures around the Fairgrounds using the GPS unit. The fastest scavengers will be eligible for prizes! Ages 8 and up.

4:30pm 5:00pm **Ulster County Dairy Princess and Dairy Ambassador:** Meet our newly crowned princess and ambassador as they explain the many great health benefits of dairy products and the importance of the 3-a day plan.

5:30pm 6:00pm **Recession Proofing Your Budget:** Learn how to stretch your food dollars in a tough economy with useful tips from CCEUC Nutrition Program Educator, Danielle Garris.

Thursday, July 30

12:00pm 12:30pm **Home Energy Saving Tips:** Learn how to reduce your home heating, cooling and electricity expenses by implementing some easy energy saving techniques at no to little cost. Hosted by CCEUC Educator, Tom Heffernan.

12:00pm 1:00pm **Make an Herb Wreath:** Design a decorative and functional herb wreath that can hang in your kitchen and be used to season your meals. Fresh herbs, ribbon and a straw wreath will be used to create this beauty. Demonstration hosted by CCEUC Nutrition Program Educators, Deanna Young and Ronald Baatz. First come, first served. There is 10 person maximum for this activity.

1:30pm 2:00pm **Applying Appliqué** Ever wonder what to do with your favorite shirt now that it has a hole in it? Appliqué are a great way to decorate old clothes and accessories, to make them fashionable again. They can even be used to cover up small holes and stains. In this activity you will learn how to make and design your own appliqué using scrap fabrics. Hosted by Jaime Churchill.

2:30pm 3:30pm **4-H Youth Public Presentations**
Featuring our Ulster County 4-H Youth Members.

3:30pm 4:00pm **Control Your Credit Card Debt:** Learn how to avoid falling into credit card debt and great techniques on how to negotiate with creditors for lower interest rates and more! Hosted by CCEUC Educator, Tom Heffernan.

4:30pm 5:00pm **Forsyth Nature Center's Turtle Talk:** Painted, wood, snapping and box, learning about turtles really rocks! Program compares aquatic and terrestrial turtles and tortoises; examination of anatomy, behaviors, adaptations and habitats of turtles. Live animals will be on hand. This program is great for everyone looking to learn more about native and exotic turtle species! Hosted by Environmental Educators, Steve and Julie Noble of the Forsyth Nature Center.

5:30pm 6:30pm **Birds of Prey in the Hudson Valley:** Learn about the natural history of these beautiful birds, wildlife rehab Dos and Don'ts and a question and answer session. Presentation will include several live birds of prey. Hosted by Ellen Kalish of Ravensbeard Wildlife Center. All ages welcome.

6:30pm 7:00pm **Watermelon Basket Carving Demonstration:** Watch David Burt has he masterfully carves a decorative fruit basket out of a watermelon.

Friday, July 31

12:30pm -1:00 **Children's Activity: TBA**

1:30pm 2:00pm **Paint the Mountain:** Paint your very own picture of the beautiful Mohonk Mountain Ridge with watercolors. Led by artist Robert Reidy. Ages 5 and up welcome. No experience needed. First come, first served.

2:30pm 3:00pm **The Greta Garbage Show:** Enjoy an entertaining look at the multifaceted topic of garbage. Using stories, puppets, magic & refuse humor, Greta pulls garbage & audience members onstage for a simple yet thought provoking examination of our own environment. All ages welcome.

3:30pm 4:00pm **Jeff Boyer Productions Presents Fun with Energy:** The science of energy is as fun as it gets! Jeff Boyer shows kids that energy is what makes our world work, through carefully laid out activities illustrating the laws and forces which govern the world around us. Jeff takes audiences on an exciting energy filled ride they'll always remember. He brings kids right up on stage for interactive demonstrations that entertain and amaze! All ages welcome.

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Saturday, August 1

12:00pm 1:00pm **Food Preservation Tips:** Learn how you can preserve your home grown vegetables and fruits. Demonstration hosted by Cornell Cooperative Extension Ulster County Educators, Eileen Polk and Teresa Rusinek.

1:30pm 2:00pm **Re-invent the Camera:** The first photograph was taken by a French physicist named Nicéphore Niepce using the camera obscura meaning dark chamber. Come learn how he did it! Using simple house hold items you will learn how to make a pinhole camera of your own and take it home with you. All ages welcome. First come, first served. Hosted by Jaime Churchill.

2:30pm 3:30pm **4-H Clothing & Textile Arts Revue:** Come one, come all to an exciting fashion and arts show and show your support of Ulster County's 4-H youth members! 4-H members will show off their efforts in sewing, knitting, weaving, and other textile art projects.

4:00pm 5:00pm **How to Behave at the Beehive:** An education based program for children which teaches the importance of the Honeybee in our environment. Hosted by Rich Hines and Susannah Satan.

5:30pm 6:30pm **Ratboy Jr.:** Known for their humorous banter onstage and catchy, insightful lyrics. They sing songs that get stuck in your head about emus, garbage men, and family road trips. This is music for kids who want to rock out and for parents who want to kick it old school on the dance floor.

Sunday, August 2

12:00pm - 12:30pm **The Mighty Esopus Creek:** Witness an interactive stream table that demonstrates how streams change form and transport sediment. Learn about protecting streams as well as property from flooding and erosion. Demonstration hosted by CCEUC, Ashokan Watershed Stream Management Program Educator, Michael Courtney. All ages welcome.

1:30pm 2:30pm **Enviro-Scape:** This demonstration shows run-off and the affects on the environment. Hosted by CCEUC, Ashokan Watershed Stream Management Program Educator, Michael Courtney. All ages welcome.

2:30pm 3:30pm **Cosmic Decoders:** It doesn't need to be dark to learn about the universe! Join 4-H Educator, Kristen Wilson, on a journey to decode messages from space. Through hands-on activities you'll understand how we use light and color to decode information about cosmic objects and become familiar with deep space objects: nebulae, star clusters, and galaxies. Ages 8 and up.