

**4-H Youth Development**  
Program Update  
**June 2005**

- **Health Information Project**

Three 4-H teens were selected to participate in the Health Information Project at the Kingston City Library this summer. During their employment, teens will have the responsibility of reviewing health related videos, websites, and books and providing evaluative feedback. Materials that receive a positive review will be purchased and added to the library's health collection for community members and health educators to borrow.

- **2005 4-H Career Explorations Conference**

Sixteen 4-H youth from Ulster County recently attended the 2005 4-H Career Explorations Conference at Cornell University. Teens had the opportunity to experience what college life is like, explore a wide variety of possible careers, and meet teens from across New York State.

- **4-H After School**

During Spring TOPS at the John F. Kennedy and George Washington Schools the children explored making healthy choices regarding foods and nutrition. Children took on the roles of grocery shopper and meal planner. Then, for the real fun-they took on the roles of chef and diner as they prepared healthy snacks and ate them!

Summer time TOPS will give students hands-on education learning about rabbits and cavy. The students will be taught by experienced 4-H teens. Objectives include: proficiency in naming the body parts, choosing a proper diet, housing, and how to successfully show a rabbit/cavy.

- **Auction Livestock Workshop**

June 11, 2005 12 youth, parents, and 4-H Auction animals attended the annual Auction Workshop. Special guest for the workshop from Cornell University was Extension specialist, Dr. Tro Bui. Youth weighed in their animals and learned about good finishing management. This year's auction will include: hogs, goats, rabbits, ducks, chickens, and turkeys.

- **Agriculture Awareness**

The 4-H Office teamed up with the Ulster County Agricultural Society to distribute the *Agriculture is Everywhere* activity book to 466 second graders in the Kingston City School District. Second graders were encouraged to complete the Activity Book during the summer months and bring it to the Ulster County Fair to receive a prize. The objective is to help educate young people about agriculture while having fun at the County Fair.

- **Professional Development**

Ulster County is represented at the District and State levels of leadership. Currently Patti is the Chairperson of the Southeast District of 4-H Educators and member of the (State level) Professional Development Committee. Debbie is coordinating the District Teen Retreat.



**Ulster County 4-H Staff**

Patti Zellmer, Team Coordinator - Debra Cascio, Educator – Mary Lou Giuliano, School Program  
Educator - Jenny Burkins, Program Secretary