



4-H Youth Development
Program Update
May-June 2008

- **4-H Golf Tournament**

May 15 was the date of the 10th Annual 4-H Golf Tournament. The rain held off at Apple Greens for the 10 teams that competed for the Hudson Valley Harvest baskets. All proceeds go to the Youth and Leadership fund. Thanks to Betty Burgher for organizing the day!

- **Career Explorations**

Seven youth and 2 adults spent three days attending workshops in career track areas of: "Veterinary Science", "Natural Resources", "Digital Storytelling", "Self-Awareness and Leadership", "Birds, Arts, and Technology" and "University U" on the Cornell campus. In the evenings, youth enjoyed bowling, swimming, dancing, and meeting new friends from around the state. Everyone who attended had a great time and starting thinking about their careers!

- **Sew Styling**

July 10 and 11, 4-H youth participated in a unique opportunity to learn from Nicole Castelli, Cornell student/intern in the Fabric Science and Apparel Design Department. Nicole facilitated two workshops developed to teach youth how to recycle and redesign clothing. The first workshop covered t-shirt appliqué for beginner sewers and the second workshop taught the youth how to redesign used clothing and included a trip to Goodwill. We look forward to connecting the sewing programs with Cornell initiatives on a more regular basis in the future.

- **4-H Summer TOPS Program**

Children in the summer TOPS program are hoping for a lot of sunny days in July. This summer they'll learn about energy, alternative sources of energy and in particular the energy from the Sun. The students will be encouraged to think of ways that their families can reduce energy use. They'll also build a solar cooker out of old bicycle tires and build another of their own design. With the help of the sun, they'll feast on solar pretzels before the program ends.

- **NEW 4-H Nutrition and Gardening Program Development Committee**

The 4-H Nutrition and Gardening Program Development Committee is off to a great start. Attendees included 4-H club leaders, school teachers, community leaders, and 3 youth! Emerging initiatives from the NGPDC include an Ulster County 4-H youth gardening website to connect and serve youth gardeners around the county, support for a new garden project at the George Washington Middle School, and a Kingston-based teen leadership 4-H gardening club that would support school garden projects.

- **Animal Science**

Youth with animal science projects are getting ready for the Ulster County Fair. Livestock Workshops for poultry, rabbits, goats, and Auction were held in May and June. Presenters taught and reviewed the topics of nutrition, husbandry and showmanship.

2008 Ulster County Fair- July 28-August 3 come and visit us!!!

Ulster County 4-H Staff

Patti Zellmer, Issue Leader – Kristen Wilson, Resource Educator - Mary Lou Giuliano, TOPS School Program Educator – Dona Crawford, Events and Volunteer Coordinator-Jenny Burkins,
Program Secretary