

## **4-H Youth Development**

Program Update

March 2005

### **4-H Officer Training**

In November, more than 20 4-H members came to Officer's Training to learn more about parliamentary procedure and being a club leader. Members of the community, including Bob Perry, Chairperson of the 4-H Strategy Committee; Paul Brooks, editor at the Times Herald Record; Amy Watters, experienced 4-H club secretary; and Don Doyle, Loan Originator at Ulster Savings Bank were the presenters for the training.

### **4-H Workshops: Make-It-Take-It Day & Holiday Workshop**

In November, to encourage 4-H project work in the area of Family and Consumer Sciences, youth and adults learned how to make cornhusk dolls, the perfect pie crust, felt, and scrapbooks. Elements of floral design, the business aspects of owning a flower shop, and how to make a centerpiece were the highlights of the December Holiday Workshop.

### **4-H Veterinary Science**

Animal Disease was the topic for the 4-H Vet. Science Series Unit 2. Five local Veterinarians presented hands-on information in the areas of Bacteria, Viruses and Viral Diseases; Parasites; Nutrition; Poisons; Stress; Heredity; and Alternative Medicine. SUNY Ulster hosted this Program in the new Veterinary Technology Laboratory. Twenty-two teens registered for the series, nineteen completed the five week program in February.

### **Public Presentation Workshop**

30 4-H members learned more about the art of public speaking from club leaders Virginia and Julie Legg. The workshop was designed to help 4-H members prepare a demonstration, illustrated talk, recitation, or dramatic interpretation, for the County Public Presentation Day in March.

### **Record Book "Reveal"**

New and revised Lifetime Portfolios, Awards, Award Application, and Summary Record have been presented to 4-H Leaders and Parents. The new ½ page yellow 4-H Summary Record will serve the purpose of fair entry and year completion. The goal of these revisions is to increase participation in recognizing 4-H accomplishments.

### **TOPS**

This unit has involved TOPS children in making healthy decisions regarding their food choices. Children created a healthy fruit parfait. They made pudding with skim milk, layered it with fruit and topped it with granola. Two surveys discovered: 1) why people skip breakfast and 2) found out their favorite breakfast choices. In considering alternatives, children found out they **like** black beans and chick peas!



### **Ulster County 4-H Staff**

Patti Zellmer, Team Coordinator - Debra Cascio, Educator - Jenny Burkins, Program Secretary