

4-H Youth Development
Program Update
January-March 2009

- **4-H Veterinary Science**

Ulster County teens are introduced to the world of Veterinary Science at the annual 4-H Vet Science Series. Teens learn about the “Normal Animal” in Unit 1 and The “Diseased Animal” in Unit 2. Some of the hands on activities hosted at the SUNY Ulster Vet Technology Laboratory include: identifying animal behavior, taking vital signs, performing a mock intubation, preparing for surgery, dissecting and observing cells and tissues, using the microscope to identify disease and evaluating nutrition principles.

- **4-H Public Presentations**

Public Presentations is an event that challenges youth to begin using/learning skills that will serve them all their lives. Public Presentations encourages youth to develop life skills in the areas of: research, logical organization, written and verbal communication, confidence building, and expression in a clear and convincing manner.

- **Healthy Kids Healthy Communities Grant Proposal**

4-H Youth Development created a community partnership to apply for a \$360,000 4-year grant from the Robert Wood Johnson Foundation to combat childhood obesity in Kingston through policy and environmental change. The community partnership involves the City of Kingston Engineering and Parks and Recreation Departments, the Community Heart Health Coalition, the Ulster County Health Department, the Ulster County Transportation Council, Sustainable Hudson Valley, Kingston City Schools, and the Kingston Land Trust. We are invited to submit a full proposal!

- **4-H Winter TOPS After School Program**

The youth at JFK were introduced to Animal Science through the study of invertebrates and vertebrates. Live specimens came to visit and test the new knowledge of animal species. George Washington youth became a 4-H Club in their study of gardening. The youth studied seeds, pollination, beautification, food chain, and plant food choices. The Club is aptly named, “We Dig Plants!”

- **4-H Watershed Stewards in the Ashokan Basin**

4-H and the Ashokan Watershed Management staff have joined forces to develop and implement a pilot youth watershed stewards program at the Onteora High School. The participating youth are learning basic watershed concepts, map reading, GPS, and GIS skills, and they are developing a service project in the watershed.

- **New Leaders, New 4-H Clubs!**

15 new 4-H Leaders were trained this winter. These leaders will support on-going Clubs and created new Clubs, including a 4-H gardening club in Saugerties and a 4-H hiking club.



Ulster County 4-H Staff

Patti Zellmer, Team Coordinator; Kristen Wilson; Resource Educator; Mary Lou Giuliano, TOPS School Program Educator; Dona Crawford, Events and Volunteer Coordinator; Jenny Burkins, Program Secretary