

## CONTENTS

### -ANNOUNCING

Posters Shared at NAE4-HA National Conference

### -ENGAGING YOUTH

Hands-on Activities at the NYS Fair 2009!  
4-H Science Toolkit FLIGHT Soars  
FSAD Freebies

### -CONCERNING CONSUMER

Second Chance Clothes and Careers

### -BROWING WEBSITES

Sept. is National Sewing Month

## ANNOUNCING

by CHARLOTTE COFFMAN

### Posters Shared at NAE4-HA National Conference

Congratulations to the Northeast 4-H educators who sponsored a very successful NAE4-HA National Conference in Rochester, NY, October 25-29. FSAD was involved in two of the numerous posters on display.



*Recycle by Design* was based on the work of Nicole Castelli, FSAD '10. This project merged youth interests in sustainability, conservation, clothing, fashion, and design. Youth learned to apply the Life Cycle Assessment model to analyze the impact on the environment of apparel design, production, distribution, and end-of-life. Youth also experimented with ways to salvage used clothing through redesign.

The *Experience 4-H Science Toolkit* featured activities developed by the 4-H Science Engineering & Technology Program Work Team. The curriculum engages youth in experiential activities, ensures that those activities are grounded in science education standards, fosters adoption of scientific abilities, supports the National 4-H SET initiative and our state 4-H SET plan, and encourages leaders to offer SET activities.

The activities are kid friendly, easy to lead, organized to deliver at least 6 contact hours, and posted online for quick access. They are ideal for use in 4-H clubs, after school programs, school enrichment, and camps. The subject areas are expected to grow, but currently include animal science, astronomy, entomology, flight, and GPS. Each unit contains six 1-hour activities, offering the option of a focused study within one discipline or a sampling of a variety of topics. Explore the program at <http://nys4h.cce.cornell.edu>



## ENGAGING YOUTH

**Hands-on Activities at the NYS Fair 2009!**  
by CHARLOTTE COFFMAN



The 2009 New York State Fair drew approximately 928,000 visitors. A good portion of those passed through the UPromise Youth Building/4-H to view exhibits and try hands-on activities. Many thanks to the 4Hers and 4-H volunteer leaders who led these four FSAD-based programs:

FSAD Program	Counties
Fabric/Flight Connection	Essex, Niagara, Saratoga, Schenectady and Tompkins
In-Touch Science	Jefferson, Otsego and Seneca
Plants & Textiles	Sullivan and Washington
Simple Gifts	Cortland, Erie and Herkimer

## 4-H Science Toolkit FLIGHT Soars by CHARLOTTE COFFMAN



Boomerang activities were included in The Fabric/Flight Connection manual published several years ago. One of those activities was revised for inclusion in the Flight series of the 4-H Science Toolkit. Kelly Radzik explains how 4-H members from Columbia County progressed from boomerang throwing to their own exploration of how boomerangs work.

*The mission: to invent his or her own boomerang. They were given oak tag, scissors, markers, and colored tape. After some nervous chatter (I'll never be able to do this, could a scientist even do this?), the crew got down to work. As a science educator, I heard some really exciting things. Kids were asking each other: "what do you think the tape will do?" "Do you think if I make this part longer, it will fly better?" "It's too light. How can I make it heavier?" One student even formulated a hypothesis. She said, "I am pretty sure that my boomerang needs weight at the center and at the tip of each blade. That is going to be my first test."*

*Remember this is all outside of a classroom. During summer. When they could be watching television. They were laughing and learning. I didn't hear one single "I'm bored."*

— Excerpted from the Joy of Science, Really  
By KELLY RADZIK, Extension Educator, CCE- Columbia County

Kelly recommends building on the youths' questions to design other boomerang experiments. One idea is to divide the club members into groups and ask each group to select a different style of boomerang and try to figure out its secrets. Youth could change the lengths of various parts, change the angles, the number of blades, the symmetry etc. in an all out effort to identify their boomerang's key features and to understand what makes it return.

To try building your own boomerang, check out the Flight series on the 4-H Science Toolkit, <<http://nys4h.cce.cornell.edu>>

### **FSAD Freebies - Offer good while supplies last.**

Call quickly to get your hands on these giveaways:

- CD *futurefleece*, produced and donated by the Australian Wool Innovation Limited, includes videos, documents, animations, and games that explain how wool is grown, processed, and made into garments. This CD can enhance 4-H Clothing & Textile projects as well as the felt making activity in *In-Touch Science: Fibers & Animals*. Limit 1 CD per county.
- Raw wool good for felting. Needs to be washed and carded. Limit 1 pound per county.
- Cleaned and carded wool good for spinning. Limit ½ pound per county.

To order, contact Karen Steffy, [ks247@cornell.edu](mailto:ks247@cornell.edu) or 607-255-8605.

# CONCERNING CONSUMERS

## Second Chance Clothes and Careers

MARLEY LUBIN\*



Thoughtful recycling of clothing and community engagement have been recurring themes for 2009. One such successful central New York project is the work of the Women’s Opportunity Center (WOC) in Ithaca, NY. This non-profit organization began 13 years ago with a few women coming together to help displaced homemakers get back on their feet. Their initial Dressing Room gave the WOC a unique niche in the community, providing both men and women appropriate clothing for upcoming job interviews. The reason for their continued growth, however, has been the WOC creative mindset. Their goal to prepare community members for employment, However, part of the WOC’s growth and success is a creative mindset. This inventive approach is key to finding new ways to serve a variety of needs, such as computer classes, job search assistance, even educational counseling that helps women find

financial aid and even provides a scholarship fund.

One of the true gifts of the WOC is their large host of dedicated volunteers, from people donating their clothes to even sororities looking for more philanthropy hours. The WOC notes that having two large schools in the area is very helpful. Students make up the largest group of volunteers, from both Cornell University and Ithaca College. Different clubs will provide workshops for clients and help fundraise money for the local organization. However, many stores in the area, from Talbots to CJ Banks, donate clothes that don’t get sold, which are great for both the Dressing Room and the Mary Durham house “Seconds on Court.”

One of the newest expansions is the Mary Durham house, donated in 2002. Currently called “Seconds on Court,” the Mary Durham house is conveniently located on 110 West Court St., only about 3 blocks from the WOC building on Tioga. Seconds on Court is in many ways an expansion of the Dressing Room, however also serves the public. Seconds on Court operates as a boutique thrift store, where both staff and clients work together. Many of the displaced homemakers need to get a certain amount of hours in order to receive government support. Here, the WOC has found a way to help their clients both achieve necessary volunteering while preparing a new career in retail. It is a great way for many women to get some job experience before entering the workforce. These women are responsible for the layout of the boutique. They choose how the clothes are separated and which outfits are on display. The boutique is centered towards professional clothes but also includes casual fashions and assorted jewelry. What’s great is the affordable prices on very well maintained second-hand clothes—something everyone can enjoy. To learn more about Seconds on Court, head to their website at [www.secondsoncourt.com](http://www.secondsoncourt.com), or just stop by—they’re open.

*\*Marley Lubin is working this summer as a student assistant in FSAD. She is a rising junior studying International Agriculture and Rural Development at Cornell University, a Student Ambassador for the College of Agriculture and Life Sciences, and a member of the Cornell Global Development Club.*

## BROWSING WEBSITES

September is National Sewing Month

<http://www.nationalsewingmonth.org/>



In 1982 President Ronald Reagan declared September as National Sewing Month “In recognition of the importance of home sewing to our Nation.” Since then, National Sewing Month has become a great time to indulge your passion for sewing or to explore something new if you do not know how to sew. Suggested ways to learn and share sewing:

- take your youth group to a nursing home and help them repair residents’ clothing (sew on missing buttons, repairs hems, etc.)
- check out the American Sewing guild website <<http://www.sewing.org>> for ASG chapters, instructors, and community sewing projects.
- organize a group to make items to sell for charity
- purchase (or borrow) a beginners sewing book and try a simple project on your own
- join a quilters group and start your first quilt

Although September is a wonderful time to start a new project, sewing is a fun, creative, money-saving activity that we can enjoy throughout the entire year.

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