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# Cornell Cooperative Extension Dutchess County

## E - Newsletter

Issue: #26

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### About Us

CCEDC, a subordinate governmental agency associated with Cornell University and its land-grant mission since 1869, provides research-based resources, tools and education for the residents and officials of Dutchess County. Our four program areas "Help People Help Themselves" through education on:

**Agriculture & Horticulture**

**Environment & Energy**

**Family & Consumer Education**



Hello Friends,

In this month's newsletter, we give you updates on our Green Teen program and the Taste NY at Todd Hill Market; talk about an upcoming forum on the Climate Smart Communities Certification Program; introduce one of the many Dutchess County 4-H clubs; and talk about Mental Health Awareness Month.

The programs below are just a sample of offerings for this month. Learn more about these and other CCEDC programs by contacting us at (845) 677-8223, visiting our website at [www.ccedutchess.org](http://www.ccedutchess.org), or checking out our [Facebook](#) and [Twitter](#) pages!

### **Climate Smart Communities Forum** Environment & Energy Program



Photo: NYSDEC

**The Climate Smart Communities Certification Program: *Supporting Municipal Efforts to Become Climate Resilient.*** Saturday, June 4, 2016 from 9:00am - 12:30pm (doors open at 8:30am) at the Villard Room at Vassar College (124 Raymond Ave., Poughkeepsie, NY). Certificates of attendance for municipal training credit will be provided.

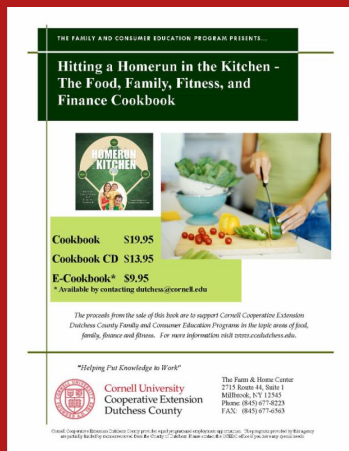
This forum will provide communities an overview of the NYS [Climate Smart Communities \(CSC\) Certification program](#), the benefits to participating in the program, and how to get started. Participants will learn about how completion of certain CSC certification actions increases the competitiveness of

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## Hitting a Homerun in the Kitchen: The Food, Family, Fitness and Finance Cookbook

applications for [CSC grants](#). Presentations will also include case studies from communities that are participating in the CSC certification program as part of their strategy to become more resilient to extreme weather.

The forum is free and open to the public. Light refreshments provided. *Sponsored by Cornell Cooperative Extension, the NYS Climate Smart Communities Program, NYS DEC Hudson River Estuary Program, NYS Water Resources Institute at Cornell University, the Hudson Valley Regional Council and the Environmental Cooperative at Vassar Barns. Part of the [Hudson Estuary Watershed Resiliency Project](#).*

More information and registration online at: <http://csc certification forum.eventbrite.com>

## Mental Health Awareness Month Family & Consumer Education Program



May is Mental Health Awareness Month and the Family and Consumer Education (FCE) Program aims to connect the families that are part of our educational groups to the vast and comprehensive mental health support that is available throughout Dutchess County. FCE is part of a vast network of programming that delivers community education regarding non-

violent parenting education and caregiver support and connects those families with services promoting successful, healthy families. Community connections include information regarding programs through Mental Health of America (MHA of Dutchess County), National Alliance on Mental Illness (NAMI of Mid-Hudson), and Astor's Children's Services among others. Mental health is considered to be increasingly important in overall wellness of the individual and on the community as a whole. Those who are interested in mental health resources in Dutchess County can contact the following agencies:

- [Mental Health America Dutchess County \(MHADC\)](#) is a not-for-profit organization dedicated to promoting mental wellness through comprehensive care management, education, programs, advocacy, and community supports.
- The [National Alliance on Mental Illness \(NAMI\)](#) is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness and their loved ones.
- Join MHADC and NAMI of Mid-Hudson on May 21st for "[Stomp out the Stigma](#)" event at the Walkway Over the Hudson starting at 10AM.
- This year's theme for Mental Health Month is - *Life with a Mental Illness* - and will call on individuals to share what life with a mental illness feels like for them in words, pictures and video by tagging their social media posts with #mentalillnessfeelslike (or submitting to MHA anonymously). Posts will be collected and displayed at: [mentalhealthamerica.net/feelslike](http://mentalhealthamerica.net/feelslike)



## Taste NY Market at Todd Hill Update! Agriculture & Horticulture Program

The Taste NY Market at Todd Hill has recently installed a new horizontal air

curtain refrigerator (see photo), which is the first major equipment purchase for the store since it opened in June, 2014. This will allow the store to better meet the demands of a growing business, all the while increasing wholesale purchasing to our local vendors who keep us supplied.

In other Todd Hill news - the Taste NY Outdoor Farmers' Market will officially be opening next month on Friday, June 3rd. The market will be open on Fridays and Sundays from 1:30 p.m. to 5:30 p.m. and will run through October 16, 2016. There will also be a food truck at the market. Come stop by and get some delicious fresh produce and other farm products!



### **Green Teen Update!** **4-H Youth Development Program**



Iris at the Beatrix Farrand Garden  
Photo by Heledy Pagan

Green Teen has been working hard this spring season. We're getting all three of our urban gardens prepared and planted, and have had two guest artists work with us to make zines and learn more about photographing gardens. We'd love to show off the fruits of our labor in a couple different ways. Please feel free to visit our gardens in the City of Beacon if you are in town. One is directly next to Tito Santana Taqueria (142 Main Street), another is at the Main Street Pop Up Park (on the corner of Main and Cross Streets), and our oldest garden is located at the Beacon Recreation Center (23 West Center Street). Our photographs and zines, accompanied by the Green Teens, will be on display during the [Bellefield Design Lectures](#) at the Henry A. Wallace Visitor Center in Hyde Park. We hope to see you around!

### **4-H Club Spotlight - The Spitters!** **4-H Youth Development Program**

The Spitters 4-H Club is one of Dutchess County's unique 4-H clubs. These 4-H'ers work with llamas and alpacas! During the Dutchess County Fair, you can see these youth and their animals compete in 3 classes: Showmanship, Obstacle, and Costume. In Showmanship, the pair is being evaluated on the turnout of both the handler and the animal and the control of the animal during maneuvers and the class overall. In the Obstacle Class, the youth must maneuver the animal through a



predetermined course that can include things, like a bridge, pool, or hula hoops while exhibiting at various speeds (see photo). The animal should comfortably follow the youth through the obstacles without refusing any obstacles. Come see these youth show their animals on Saturday, August 27th at the Dutchess County Fair!

***Our Mission:  
Through quality educational programs, Cornell Cooperative Extension Dutchess County builds strong, healthy youth, adults, families and communities while enhancing the economic, social, agricultural and natural resources of Dutchess County.***

Sincerely,

*Cornell Cooperative Extension Dutchess County*

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. The programs provided by this agency are partially funded by monies received from the County of Dutchess. Please contact the CCEDC office if you have any special needs.

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