

Hi, just a reminder that you're receiving this email because you have expressed an interest in Cornell Cooperative Extension Dutchess County. Don't forget to add [dutchess@cornell.edu](mailto:dutchess@cornell.edu) to your address book so we'll be sure to land in your inbox! If you are only interested in receiving information from certain program areas, please click on the "Update Profile/Email Address" link at the very bottom of the newsletter to change your preferences.

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# Cornell Cooperative Extension Dutchess County

## E - Newsletter

Issue: #31

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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

4-H Youth Development



Hello Friends,  
Happy Fall! Read about our Annual Meeting and Breakfast and how you can register to attend, as well as other events and programs we have coming up.

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.ccedutched.org](http://www.ccedutched.org), or checking out our [Facebook](#) and [Twitter](#) pages!

## RSVP Today!

### Annual Meeting and Breakfast!

CCEDC's Annual Meeting and Breakfast will be held on **Wednesday, October 19th** from 7:00 am to 9:15 am at the Farm and Home Center in Millbrook. Silent auction will begin at 7:00 am, with the breakfast served at 7:30 am. This year's guest speaker is Dr. Charles Canham, Forest Ecologist at the Cary Institute. Dr. Canham will be speaking about the "Status and Management of Hudson Valley Forests." The annual meeting will begin at 8:30 am. The breakfast is \$14 per person (\$10 for youth under 14). Please RSVP to Angela Sullivan at (845) 677-8223 ext.114 or [acs26@cornell.edu](mailto:acs26@cornell.edu). **Register early - breakfast seating is limited to 100.** Click [here](#) to view the flyer.

### Day in the Life of the Hudson River Environment & Energy Program

Every year, on one day in the fall, thousands of students throughout the Hudson River Estuary spend the day collecting scientific information using hands-on field techniques to capture a "snapshot" of the river's ecology at more than 80 sites (from NYC to Albany).

## CCEDC is on Social Media!

Like us on Facebook

Follow us on [twitter](#)

Donate

THE FAMILY AND CONSUMER EDUCATION PROGRAM PRESENTS...

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



Cookbook \$19.95  
Cookbook CD \$13.95  
E-Cookbook\* \$9.95  
\*Available by contacting [dutchess@cornell.edu](mailto:dutchess@cornell.edu)

The proceeds from the sale of this book are to support Cornell Cooperative Extension Dutchess County Family and Consumer Education Program in the state areas of food, family, finance and fitness. For more information visit [www.cornell.edu/ccedc](http://www.cornell.edu/ccedc).

"Helping Put Knowledge to Work"



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



Each year, the No Child Left Inside (NCLI) program and Environment and Energy staff participate in the event with our partner school, Krieger Elementary, at Quiet Cove Park in Poughkeepsie. Environment and Energy staff and the NCLI youth help run each of the stations, which are focused on catching and releasing many of the Hudson's 200+ species of fish, tracking the river's tides

and currents, examining water chemistry and quality, and more. The data collected by the students provides insights into an ecosystem spanning 160 miles of the Hudson River and New York Harbor and is posted online after the event. This year's event will take place on Thursday, October 20th. Now in its 14th year, "Day in the Life" is sponsored by DEC's Hudson River Estuary Program in partnership with the Hudson River National Estuarine Research Reserve, and the Lamont-Doherty Earth Observatory of Columbia University.

*This program is funded through a grant with Dutchess County.*

## September was Kinship Care Month

### Family & Consumer Education Program

Did you know that Governor Andrew Cuomo proclaimed September of 2016 Kinship Care Month? And did you also know that New York State has awarded 2.2 million dollars in funding for 23 kinship programs around the State to help provide caregivers, such as grandparents, with the tools to build a brighter future for thousands of New York children and place them on a path toward growth and success?



Cornell Cooperative Extension Dutchess County was fortunate to receive one of those Kinship Program awards, enabling us to revitalize our kinship care programming in Dutchess County.

If you or someone you know is seeking kinship caregiver services, please call us at 845-677-8223 for more information, or [visit our website](#) to learn more about our Relatives As Parents Program (RAPP) and to locate a RAPP support group near you.

## Let's Talk Trash!

### Agriculture & Horticulture Program



Friday, October 28, 2016 -  
3:00 PM - 5:00 PM

&

Saturday, October 29, 2016 -  
9:00 AM - 11:00 AM

This workshop will help you understand how to successfully separate, sort and dispose of household and garden waste, and provide training on home composting techniques and options. The same

workshop is offered at two different times.

Please register **before October 25, 2016** by contacting Nancy Halas at (845) 677-8223 ext. 115, or [nh26@cornell.edu](mailto:nh26@cornell.edu).

*This program is funded through a grant with Dutchess County.*

## 4-H "Ag in the Classroom" Programming!

### 4-H Youth Development Program

Agriculture in the Classroom is an after-school program being facilitated by Cornell Cooperative Extension Dutchess County 4-H Youth Development staff to connect students to agriculture. Today's youth are becoming further disconnected from farming and understanding of food production. Program activities are designed to cultivate interest in agriculture while creating the foundation for an informed consumer. A wide variety of topics are covered, including: culture, economy, geography, foods, health, lifestyle, plants, animals, energy, and "STEM" (science, technology, engineering, and math). Each lesson can be connected to what is being learned in the classroom and has Common Core connections. Lessons are available for pre-k through high school age students.

Join us on November 10th at the Beekman Library at 4:30 PM! Contact the Beekman Library by email at: [beeklib@beekmanlibrary.org](mailto:beeklib@beekmanlibrary.org) or at (845) 724-3414 to register.

For more information or to register your school or group for Ag in the Classroom programming, please contact Cassie Messina, 4-H Educator, at (845) 677-8223 ext. 108 or [cmm473@cornell.edu](mailto:cmm473@cornell.edu).

*This program is funded through a grant with Dutchess County.*



### *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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