

Dear Friends and Supporters,

On behalf of the Board of Directors and staff, we are pleased to present our 2011 Annual Report. 2011 marked 97 years of service to Nassau County residents, enabling them to improve their lives and communities through partnerships that put experience and research knowledge to work.

The annual report highlights many of our accomplishments, but we must also acknowledge our challenges. Due to Nassau County's challenging fiscal year, our 2011 county appropriation was drastically reduced resulting in program reductions and organizational changes. We experienced layoffs. We had to reassess our priorities to meet the needs of our community. With careful planning our dedicated and skilled Educators, along with volunteers, continued to provide programs in the areas of:

- Environmental Horticulture
- Nutrition, Health, and Wellness
- 4-H Youth Development year-round camping program

Volunteers strengthened our ability to bring educational programs to all Nassau communities. They included:

- Board of Directors who provided the leadership for our overall program and governance.
- Master Gardeners who assisted residents with questions at our Eisenhower Park office, taught community programs, and planned/maintained demonstration gardens.
- Advisory Committee members who helped set program direction.
- 4-H Camp Alumni who helped maintain our camp facilities, conduct tours, and assisted with camp programs.
- Community-based volunteers.

Funding for our programs is a partnership with Nassau County, New York State, the U.S. Department of Agriculture, grant providers, fees for service, and donations. The design of the National Extension System builds upon the strength that each of our partners bring. Together they help us deliver high-quality programs to Nassau residents.

We extend a special thanks to our partners, volunteers, donors, association enrollees, and staff for your ongoing support and involvement with Cornell Cooperative Extension of Nassau County. Together

Marc Leno
Board President

Deborah Colfer
Interim Executive Director



www.cce.cornell.edu/nassau
www.dpf4hcamp.org
[www.ccenassau.org\(horticulture\)](http://www.ccenassau.org(horticulture))

The programs of Cornell Cooperative Extension were delivered under the leadership of these staff:

Deborah Colfer
Interim Executive Director

Extension Educators

- *Nutrition Programs*
Jennifer Colletti
- *Environmental Horticulture*
Julie Seghrouchni

Program Staff

- *Eat Smart New York*
Mae Bennett
Janet Maruna
Grace Moyano
Theresa Whitehead
- *Environmental Horticulture*
Bonnie Lynn Klein
- *Summer 4-H Camp*
93 counselors, nurses, directors and program staff

Administrative Staff

- *Camp Adm. Assistant*
Karen Bloom
- *Printing/ Operations*
Hayden Cust
- *4-H Camp Administrator*
Maria Devlin
- *Fiscal Operations*
Deborah Farr
- *Executive Assistant*
Dionne Marshak
- *4-H Farm Assistant*
Robert Peterson
- *4-H Camp Director*
Ed Safrey
- *4-H Camp Facilities Manager*
Brian Skelton

Part time Staff

- Ann Bender
- George Distler
- Linda Dunphy



Cornell University
Cooperative Extension
Nassau County

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension in Nassau County provides equal program and employment opportunities.

To be placed on the CCE-NC "Friends of CCE" email list to receive program updates, send an email message to nassau@cornell.edu

Dorothy P. Flint Nassau County 4-H Camp Summer Program

*Maria Devlin, 4-H Camp Administrator
Ed Safrey, 4-H Camp Director*

Started in 1924 and located on 140 acres, the D.P. Flint 4-H Camp had 1,275 campers during July and August. Camp features a 42-acre working farm, comprehensive equine program, beach waterfront and a ropes course with high and low elements. Activities included environmental sciences, archery, sports, kayaking, fishing, woodworking and rocketry. Twenty-six eleventh graders participated in our counselor-in-training program.

Through a residential camp setting, youth had the opportunity to build social skills, lifelong relationships, self-esteem, and a sense of community. Based on the 4-H "Learn by Doing" youth development model, camp experiences helped develop a sense of respect and an appreciation for the natural environment, which instilled a sense of stewardship. 471 youth participated in our "Farm to Table" program. Youth gained hands-on experience about growing and harvesting vegetables that were utilized in our camp kitchen for all campers to enjoy. Our program encouraged youth to take personal responsibility for their wellness and the environment to promote healthful eating and active living. Eating healthy means learning more about where your food comes from and how it gets to your plate. This year we received an energy grant. Utilizing the money from the grant, 506 youth participated in our environmental science program which included learning how to make delicious smoothies using solar energy. The relationships, natural environments and carefully planned programs at camp can be life changing for a young person.

Nutrition and Healthy Lifestyles

*Jennifer Colletti,
Educator*

The United States Census Bureau estimates 5.5% of the residents in Nassau County are living below the poverty level, currently \$22,350 per year for a family of four. Low income is associated with numerous health problems, including obesity, chronic disease and poor pregnancy outcomes. These health problems are costly, both in immediate terms, as well as in their long-term negative effects on both health and productivity. Nutrition has a primary role in many of these health disparities. Many low-income families have nutritionally inadequate diets, low in the food groups providing key nutrients and high in added fats, sugars and salt.

178 low-income adults, representing 421 family members, participated in the *Eat Smart New York* (SNAP-Ed) nutrition program in Nassau County. A series of six to eight lessons were offered to 28 small groups of low-income parents, seniors and other adults receiving food stamps or other means-tested assistance. These lessons, delivered over time, allowed participants the opportunity to develop skills, increase knowledge and incorporate changes into their daily lives. The classes featured small group discussions and hands-on activities which allowed participants to develop skills related to making healthier food choices, saving money on groceries, healthier food preparation, increasing food safety and being more physically active.

Collaborators: ***The following community organizations hosted Eat Smart New York (SNAP-Ed) nutrition education classes:***

- ◆ Adult Learning Center of Long Beach
- ◆ BOCES TAP Program
- ◆ EAC
- ◆ Edna Moran Shelter
- ◆ E-Joy Senior Program
- ◆ Even Start
- ◆ Family and Children's Association
- ◆ Family Residence
- ◆ Freeport Senior Center
- ◆ Good Beginnings for Babies
- ◆ Greenwich Senior Housing
- ◆ Health & Welfare Council
- ◆ Hempstead Hispanic Civic Association
- ◆ Mammias House
- ◆ Port Washington School District
- ◆ Roads to Recovery
- ◆ Roosevelt-Freeport Church of Christ
- ◆ Rosa Parks Shelter
- ◆ Urban League

Environmental Horticulture

*Educators: Julie Seghrouchni
Bonnie Lynn Klein*

The goal of the program is to educate horticulture industry members and homeowners concerning Integrated Pest Management (IPM). IPM uses a blend of pest management tactics to protect the home and landscape against diseases, insects, mites and weeds.

Practicing IPM involves proper identification of the problem, monitoring and using cultural, biological, mechanical and chemical techniques to suppress pests. The least toxic chemical controls are only used as a last resort after other cultural methods have failed. This results in reduced use of chemical pesticides which in turn minimizes the adverse impacts on the environment and its inhabitants. Pesticides have the potential to decrease water quality, air quality, and other environmental concerns and pose a risk to human health especially if incorrectly used or over-used. Sound gardening using IPM also involves proper plant selection, planting and aftercare and appropriate watering practices. In addition to reducing the need for pesticides, these practices result in the conservation of water used for supplemental irrigation.

Nassau County Master Gardeners

This year 37 volunteers participated in our in-depth Master Gardener training program. Congratulations to the Nassau County Master Gardener Class of 2011! We now have over 170 active Master Gardeners in Nassau County.

The Master Gardener program is a volunteer program developed by the Cooperative Extension System and coordinated by county units of the system. It is a program designed to both expand the educational level of volunteers with accurate, unbiased horticultural information and to provide the volunteers with an opportunity to share this information with others. The term "Master Gardener" has become synonymous with a knowledgeable individual, provided with in-depth horticultural training, working to enhance the community and share knowledge with others. The goals included educating home gardeners in practical, environmentally friendly horticulture methods and related topics; and training class members to be multipliers of information to the public through our Horticulture Information Center by staffing the phones, giving lectures, answering questions at plant clinics, etc.

Street Tree Inventory

Partnering Nassau High School Students with Cornell Students

Cornell University horticulture students partnered with local Nassau County high school students to conduct a tree inventory of the Village of East Rockaway.

Issues/Needs and Audiences:

Community trees are an essential natural resource that must be managed for the health of the community. In order for communities to properly manage their urban forests, they must have accurate data to make sustainable environmental decisions. Additionally, communities need to impact students to become the future stewards of their environment.

Extension Responses:

High School students from Long Island were recruited by Nassau CCE to partner with Cornell students trained in tree identification. Cornell students trained the high school students in the methodology for taking the inventory, and formed eight groups, each with one university student, and proceeded to inventory the Village of East Rockaway trees.

Accomplishments and Impacts:

When the students completed the tree inventory it was learned there is need for more diversity. No one tree species should be more than 10%, and no one genus more than 20% of the total, yet London Planes, Callery Pears, and Norway Maple exceeds the 10% rule and Pyrus and Acer each are over 20%. High priority trees which could be hazardous were identified for arboriculture consult. Annual benefits of trees inventoried were calculated at \$302,518 including energy conservation, CO2 reduction, air quality improvement, storm water control, and increase in property value. The inventory helped determine the number of trees to be planted annually to compensate for tree mortality. There is a long term positive impact on the students' authentic education from this project and their environmental choices throughout their lives.

Collaborator: ♦ Cornell University

LOOKING FORWARD... East Meadow Farm

On October 25, 2011 Cornell Cooperative Extension Horticulture Center and Demonstration Gardens held a ribbon-cutting ceremony, celebrating our new venture – the East Meadow Farm.

At this farm, horticulture experts will share research-based information on limiting pesticide use, drip irrigation and water conservation as well as tips on sustainable gardening. Community vegetable plots will also be available in spring 2012.

Demonstration gardens will be planted by master gardeners who will teach residents how to plant without pesticides and make the most of a small space. Similar to the gardens at Eisenhower Park, display gardens will include vegetable, butterfly, herb and rose garden. Additionally, school gardens will be planted and will serve as a living lab, a hands-on experience for students and teachers.

Our horticulture program will include "Cornell Garden based Learning" for students in Nassau County. The program will include a section on environmental awareness of the importance of trees in reducing air pollution, saving energy and other important environmental benefits.

WHEN YOU SUPPORT CORNELL COOPERATIVE EXTENSION OF NASSAU COUNTY, EVERYONE BENEFITS

- Our 4-H Camp Program ensures that our youth have positive opportunities for growth and development. Our communities benefit because our future is tied to our youth.
- In our Nutrition Program, participants learn to choose and prepare nutritious foods, leading to the improved health of children and families. Everyone benefits from reduced community health care costs.
- Our Horticulture Program participants learn to make informed choices concerning lawns and landscapes, resulting in safe and healthy communities for all. Everyone benefits from a safe environment.

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Jane Jackson

CCE LOCATIONS

Main Office/ Programs/ 4-H Camp Office
5 Old Jericho Turnpike
Jericho, NY 11753
516 433-7970 (automated switchboard)

Horticulture Program
Eisenhower Park – Greenhouse
East Meadow, NY 11554
516 228-0426 (automated switchboard)

Dorothy P. Flint Nassau County 4-H Camp
3186 Sound Avenue
Riverhead, NY 11901

ABOUT CORNELL
COOPERATIVE EXTENSION
OF NASSAU COUNTY