



Cornell University  
Cooperative Extension  
Rockland County  
10 Patriot Hills Drive  
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www.rocklandcce.org



Sharing Research Based Knowledge since 1917

## Important News & Announcements

### ROCKLAND COUNTY 2017 BUDGET FUNDING UPDATE

CCE Rockland is currently waiting on the County Executive, Ed Day, to find out if the Legislators' proposal will partially fund CCE and the other 224 agencies omitted from the 2017 County Budget. The Executive has until Thursday February 19th to officially veto the proposal. Until then, CCE must proceed with caution in planning our 2017 efforts, for if he enacts his executive power to veto the proposal, we **will remain without the entirety of the county funding** we count on to continue functioning as we do normally.

### CCE SERVICES CUT BACK & HIRING FREEZE

In light of this matter, CCE has decided that we will be reducing many of our services we provide to the county. We have indefinitely postponed hiring the vacant positions in the office, including our Executive Director and Horticulture Educator. The Horticulture Lab is running a reduced schedule, we have eliminated some staff hours, we have cancelled several of our centennial anniversary celebrations, and we will be announcing further decreases in service as they are decided. Please read all further communications from our office to stay abreast to the changes.

### A PROMISE FROM CCE

As our future is still uncertain, there isn't much we can say for sure. The only thing we can say with all confidence is that CCE Staff & Volunteers are beyond dedicated to keeping this institution in place and continuing to provide our deeply valued services to the citizens of Rockland County as best we can.

*Cornell Cooperative Extension of Rockland County is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.*

*CCE-RC is funded in part by Rockland County through the office of the County Executive and County Legislature.*

*Please contact CCE-RC office (845) 429-7085 if you have any special needs.*



Let's Connect!



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## ESNY Reaches County with Variety of Programs

On December 12th, a group of children in grades K-5, attended a workshop at the Finkelstein Memorial Library in Spring Valley N.Y.

They participated in various activities during this workshop. They learned to calculate how many teaspoons of sugar are in some popular drinks and cereals. They learned how to read the Nutrition Food Labels and they all said they will from now on read the nutrition food labels to help them make healthier choices. They also learned the importance of daily physical activity and had fun playing a BINGO game in which they all had a chance to pick a card and lead in an exercise routine. These exercises included squats, crunches, pushups, and jumping jacks. They all said they learned how important daily activity is for their growth and overall health. In addition, they learned the difference between moderate and vigorous activity which in turn helped them understand how to reach the recommended goal of physical activity for the day. The children also enjoyed healthy snacks. Handouts on tips on choosing low sugar beverages and how to stay active were sent to their parents.



These workshops are offered to all age groups. Scheduled upcoming workshops for January:

- For adults: 1/19th and 1/26 at Kings Daughters' Library at 1pm.
- For children K-5 a workshop is scheduled for January 24th at 4pm at the Nyack Library.
- For Spanish speaking adults: 1/17th at the Haverstraw Library at 1pm If interested, please call the libraries to register.

ESNY Hudson Valley provides nutrition education for eligible Supplemental Nutrition Assistance Program (SNAP) communities. These are FREE interactive workshops that are delivered at various locations throughout the community which include libraries, senior centers, after school sites, food pantries and community centers. These workshops include behaviorally focused, evidence-based nutrition education and obesity interventions

in which the participants enjoy preparing and sampling food and participating in fun games. How to buy and prepare healthy food while on a budget, tips on how to read food labels to help you decrease sugar intake and make healthier choices, how to increase physical activity to lose weight and keep it off are some of the many topics offered.

If interested in having the ESNY Nutrition program delivered at your site or if you would like to participate in these workshops, please call Sonia McGowan at (845) 429-7085 x141.

## Upcoming Events and Programs

### Fertilizer Law Certificate Class

When: February 1st  
Time: 8:00 -10:00 AM  
Where: Rockland CCE  
Fee: \$35.00

This course is qualified through Rockland County to obtain your landscaping license.

Registration in advance is required for this program.

To register contact:

Jennifer Strianese  
jas946@cornell.edu  
(845) 429-7085 x117



Although payment can be made on the date of the class, Registration in advanced is required!

Certificates of completion are prepared ahead of time and distributed at the conclusion of the class.

This Certificate is the document required by the County.



### March Session

When: March 1st  
Time: 8:00 -10:00 AM

## CCE Rockland Presents Programs at Boy Scout Sponsored STEM Fair



On Saturday, December 5th, the first annual STEM fair, hosted by the Boy Scouts of America, took place in Kirkbride Hall near Cornell Cooperative Extension's education center in Stony Point. CCE's Environmental Educator, Jennifer Zunino-Smith, 5 of our Master Gardener Volunteers, and volunteer Amarelle Richardson presented three STEM related programs to hundreds of attendees – mostly Scouts (both boy and girl) and families with children (estimated ages 4-18).

The Master Gardener Volunteers presented composting and seed starting. At one point, Kit Meenan handed out items that would normally be thrown-out to demonstrate what materials can be composted and what cannot. Some of the scouts were so fascinated by this, one observer noted, "I've never seen kids so excited to be handed a bag of trash before!"

Jennifer's Fish Advisory presentation attracted quite a few fair-goers too. Many scouts were unaware of the advisory, as were many families just getting licensed to fish. A map was distributed that shows Rockland County's

advisory waters. The back of the map detailed the specific fish on the advisory, and to whom they applied. The laminated fish were used for scouts to answer what fish they could eat, which they really enjoyed. With the presence of very young scouts, the Go Fish game would have been incredibly successful. Many of the Scout leaders came to compliment our display and to learn from it, and at the end of the day, one leader told us every body at the venue said we had the best display! The total attendees is estimated to be about 150-200.



The Fish Advisory materials were very well received. Upwards of 50 each of the map, the magnets and the advisory brochures were distributed. The NYS Department of Health survey was offered with a fish advisory vinyl bag as incentive, and a total of 22 surveys were completed.



## Winter is Here Now!

BY MICHAEL WILSON



Winter is upon us and hopefully you are finished giving your plants winter protection if warranted. If not, it is not too late and often just a few pine boughs is all that is needed. In most cases it is not the winter temperatures that are damaging, it is the winter wind and the spring time frost heaving that is critical. This is especially true with new fall transplants.

Hopefully, all of the fall chores and winter preparation has been completed, allowing the time to cozy up next to the fireplace and consult the garden catalogues for next season. There are several garden chores that can be accomplished in January and one of them involves garden planning. Now is the time to make plans for the season and decide what plants to grow both ornamentally and in the vegetable garden. The 2017 Select List of Vegetable Varieties for Gardeners in New York State was just released in November and comprises of a list of varieties well adapted for New York State community, school, and home gardens. It is available on the internet under the link [vegvariety.cce.cornell.edu](http://vegvariety.cce.cornell.edu).



January is also a good time to go out to the garden shed and evaluate the gardening equipment. Smaller tools can be taken inside and cleaned; giving them a fresh layer of oil to protect them. Rubbing the tools with a steel wool pad with an application of light oil, like linseed oil, will remove all but the most established rust. After a final cleaning, rub additional oil onto the tool to prevent further rusting. I used to take my pruners apart every winter and clean/oil all the individual components. It is also a good time to sharpen the pruners, loppers, and any other tool that has a sharp edge. Some equipment that is painted may acquire chips or scratches after a few years of use. It is a benefit to use the off season to prepare and paint those areas to prevent further rust deterioration.



For further information on gardening equipment, seed catalogues, or landscape planning, feel free to contact the Horticultural Lab at 845-429-7085, option 3 or e-mail Michael Wilson at [mw767@cornell.edu](mailto:mw767@cornell.edu).

## Upcoming Events and Programs

### Tabletop Gardens:

#### Bonsai & Terrariums

This program will demystify the ancient and widely practiced art of the Bonsai. Also, it will demonstrate the techniques used to create beautiful terrariums and indoor garden baskets for any room in the house.

**Tuesday, January 24,**

**1:00 - 2:00 PM**

at Valley Cottage Library

110 Route 303

Valley Cottage, NY 10989

This program is being presented through the Valley Cottage Library. Please call Joanne McNally at (845) 268-7700 ex 16 for more information or to register.

### Growing and Caring for Indoor Plants & Orchids

Extend your gardening season by growing orchids and tropical plants indoors all year round. Learn which plants grow best in your home environment, and when to fertilize, to divide and re-pot the plants

**Wednesday, January 25,**

**1:30 - 3:00 PM**

at Finkelstein Memorial Library

24 Chestnut Street

Spring Valley, NY 10977

Presented through the Finkelstein Memorial Library. Please call the office at (845) 352-5700 for more information and to register.

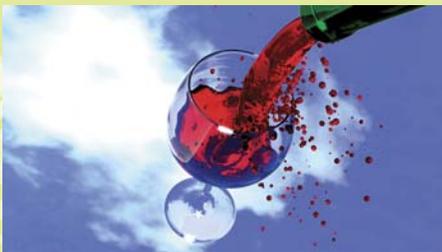
## Important Centennial Celebration News:



Our 100 Years Gala Celebration has been cancelled in light of the financial situation currently imposed upon our organization. We are planning alternate events and will share the details in the coming weeks.

In preparation for our 100 year anniversary in 2017, we invite you to share your stories and memories as we near this exciting milestone. Please send a short blurb on how CCE Rockland has impacted your life in the past 100 years. Include your name, e-mail address and telephone number to be entered in our 100th Anniversary Raffle. The winner will receive a free lifetime pass for services at our Diagnostic Lab!

To share your story or for more information please contact our Administrative Assistant, Jennifer Strianese, by e-mail at [jas946@cornell.edu](mailto:jas946@cornell.edu).



### Understanding Wine

**Wednesday, January 25, 7:00 - 8:30 PM**

at Congers Elementary School, 9 Lake Road Congers, NY 10920

This program will explore the history of wine as well as the growing of the grapes and the making of the final product. New York ranks third nationally in grape and wine production.

This program is presented through Clarkstown Continuing Education. Please call the office at 845-639-5628 for more information and to register. You *must register in advance* and there is a *fee* for this program.

### February Events and Programs

#### Trash to Garden Treasure

- Wednesday, February 1 at 1 PM
- Thursday, February 16 at 6:30 PM

#### Starting Seeds Indoors and Outdoors

- Wednesday, February 8 at 1 PM

#### Starting a Garden from Scratch

- Monday, February 13 at 7 PM

#### Understanding Wine

- Wednesday, February 15 at 1 PM

#### Tabletop Gardens: Bonsai & Terrariums

- Wednesday, February 15 at 1:30 PM
- Wednesday, February 22 at 7 PM

#### Using Stone and Pavers in Your Landscape

- Wednesday, February 15 at 7 PM

#### Growing and Caring for Houseplants and Orchids

- Friday, February 17 at 12:30 PM

#### Pruning

- Wednesday, February 22 at 7 PM

**For More Information:** [RocklandCCE.org/events](http://RocklandCCE.org/events)

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