CCE-RC Welcomes Additional ESNY Educator

Eat Smart New York Nutrition Educator Ethan Shafran recently joined the CCE-RC team, to provide ESNY nutrition education programs to the County. Ethan received a BS in Dietetics from The University of Vermont. Ethan is excited to work with kids and provide an educational component to the School Garden Network in Rockland. His focus is to teach the value of good food and the importance of understanding in our food system at a young age.

The most important principles are to make healthy eating and exercise part of your lifestyle and avoid diets. He will be holding workshops teaching County residents how to prepare healthy meals that are cost effective.

Before joining the CCE-RC team Ethan spent two years working in kitchens throughout New York to learn the basic principles of cooking. On the side, he operates a small catering business, Conscious Catering, providing healthy delicious food to the community. His primary interests are nutrition, cooking, and fitness. When not teaching, he is likely to be enjoying the outdoors or going to see live music. If you are interested in setting up workshops in Nutrition Education, please contact Ethan by email es948@cornell.edu or by phone (845) 429-7085 ext. 122.
Our team of interns helped spread knowledge throughout the county this summer. One of their favorite experiences was teaching elementary school and younger children about our local pollinators in our Master Gardener Volunteer’s Summer Children’s Reading Program entitled Builder Bees & Friends. The interns helped teach the kids about how bees pollinate flowers by dressing up as flowers and bees to illustrate the process. They also collaborated on an educational game to use as a tool to help the public understand how their daily actions impact our environment. A modified corn-hole style tossing game makes the player evaluate the type of waste (the balls) and dispose (toss) of it into the proper waste stream to protect the watershed. The player learns which waste materials are organic and compostable, recyclable, non-recyclable, and of course what wastes should and should not be flushed into the sewer system. The interns love to remind the players that ‘toilets are not trashcans!’

Jake Brenner, now a sophomore at Cornell University studying Biology and concentrating in Ecology and Evolutionary Biology with a minor in Environmental and Resource Economics, was our third Rockland Conservation & Service Corps (RCSC) member this summer: “Working at Cornell Cooperative Extension this summer gave me valuable insight into the interconnectedness of environmental science, policy, and public health. Working on improving the environment for my community definitely prepared me for my future career, and I met some great people along the way!”

Cliff West, majoring in Community Health with a minor in Nutrition at SUNY Potsdam, volunteered with us this summer: “I have been interning at Cornell Cooperative Extension, working with the Hudson River Fish Advisory and Stormwater Consortium. This has been a wonderful experience that taught me a lot about environmental health and health education. Once I graduate I hope to get a job working in nutrition education and pursue a Master’s degree in Nutrition.”
ESNY at Hope Fest

Sonia McGowan, one of our Eat Smart New York (ESNY) Nutrition Educators, presented to dozens of families at Iglesia La Mision’s Hope Fest in Nyack. Hope Fest is a fair the church coordinates to help families of school aged children who are in need by introducing them to the various services available in Rockland County. Sonia presented her ESNY programs and taught the families about eating healthy and getting physical activity together as a family.

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.

The Eat Smart New York (ESNY) program of the Hudson Valley Region provides community-based nutrition education and obesity prevention activities targeted to SNAP and SNAP eligible populations. ESNY utilizes a variety of hands-on education strategies with an assortment of group settings in the community and partnering agencies. The ESNY program collaborates with many to create systematic change through policy, practice and environmental approaches.
Veterinary Science career exploration program is a 4-H youth development program of Cornell Cooperative Extension of Rockland County, offered to high school students, grades 9-12, interested in a career working with animals. This 8 session program offers an insight to the veterinary science field.

**Registration Due:**
October 6, 2017

**Program Runs:**
Mondays from 6:30-8:00 PM,
October 16 - December 11, 2017

For more information and to register, visit:
[www.RocklandCCE.org/VSCE](http://www.RocklandCCE.org/VSCE)

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4-H Career Development Programs Upcoming

**Teen Leadership Rockland**
Teen Leadership Rockland is a leadership development program for sophomore level high school students. The program connects students interested in leadership with peers and community leaders through interactive seminars.

Open to high school sophomores only.

**Applications Due:**
October 13, 2017

**Program Runs:**
Tuesdays* from 6:00 pm - 8:15 pm,
EXCEPT Leadership in County Government/Jail:
THURSDAY March 28, 2018, will meet from 3:45 pm -7: 45 pm with dinner.
Graduation will be on Monday, April 30th, 2018.
Designated snow days are 4/17 and 4/24.

*A full list of dates can be found in the program brochure on our page linked below.

For more information and to apply, visit:
[www.RocklandCCE.org/TLR](http://www.RocklandCCE.org/TLR)

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**Don’t Miss Out on the Fun!**

**barn dance**

Sunday September 24th, 2017, from 2 - 6 PM,
Krucker’s Catering & Picnic Grove in Pomona, NY. Live music from The Almost Original Synthetic Swampgrass Jug-Band.com, Square Dancing, Catered Dinner, Beer & Wine Included.

- **Adults:** $75
- **Children:** $25

**Tickets on sale until September 15th!**

More information & tickets available at: [www.RocklandCCE.org/BarnDance](http://www.RocklandCCE.org/BarnDance)
The Fall Garden
by Michael Wilson

It has been overall a cool and pleasant summer with frequent rainfall. This was perfect weather for dividing and transplanting shrubs and perennials. The fall provides cool weather for continued transplants, but do not transplant perennials too late in the season past mid-October to allow for some root establishment. This prevents frost-heaving in the spring and the loss of transplants. It is also a good time to visit the garden centers to purchase new plants. You may get lucky and discover there is a sale at the nursery giving you the opportunity to purchase a few extra plants. September is the perfect month to accomplish these chores in the garden and the weather is still pleasant.

September is also a good month to plant the fall vegetable garden. If you did not start transplants in August, you may be able to direct sow some greens or purchase transplants at a garden center. Some of these greens are the perfect complement to crops that can continue late into the season if the weather remains warm, like zucchini, cucumbers and eggplant. All of the spring greens, like mustard, lettuces, and kale, perform equally as well in the fall garden. Plus, their season can be extended with the use of a cold frame.

Use Cold Frames to Extend Your Growing Season

Click here for our Fact Sheet on Starting a Fall Vegetable Garden. For further information about gardening, diagnostic services or insect ID, contact the Horticultural Lab (845) 429-7085, option 3 or Mike Wilson at ext. 110 or email mw767@cornell.edu.

Lab hours are Monday through Thursday:
• April – October: 9AM – 2PM
• November – March 9AM – Noon

Fertilizer Law Certificate Class
This course qualifies participants to obtain a landscaping license through Rockland County. Certificate of Completion required by the county are distributed at the conclusion of the class.

Wednesday, Oct. 4th, 8:00 - 10:00 AM at CCE's Education Center 10 Patriot Hills Drive Stony Point, NY 10980 Fee: $35.00

Although payment can be made on the date of the class, registration in advance is required for this program. To register contact:
Jennifer Strianese
jas946@cornell.edu
(845) 429-7085 x117

November Session
Wednesday, Nov. 1st 8:00 - 10:00 AM

Free Guided Demo
Garden Tours
Come learn about the demonstration gardens our Master Gardener Volunteers maintain to showcase gardening fundamentals. This month's mini-class is on spring bulbs.

Sunday, September 30 1:00 - 2:30 PM
Outside CCE's Education Center 10 Patriot Hills Drive Stony Point, NY 10980
Managing Weeds & Common Invasive Species in Home Gardens
• Saturday, September 16 1:00 - 2:30 PM
  Tappan Free Library
Armed with a little knowledge, there are ways to prevent invasive species from taking over a home garden or yard. This presentation will focus on mechanical ways and least toxic methods of managing and possibly eradicating a list of 12 common yet pesky invasive terrestrial plants.

Children’s Reading Program: To Market, To Market...
• Tuesday, September 26 4:30 PM - 5:30 PM
  Valley Cottage Library
Children will investigate the workings and lure of seasonal farmers’ markets. The program includes an inventive game with authentic organic produce and the USDA’s My Plate healthy food choices, a creation of a model farmers’ market and construction of a “growable” and edible take home project. This is for grade levels Kindergarten to 4th Grade.

Putting the Garden to Bed
• Wednesday, September 27 7:00 - 8:30 PM
  Clarkstown Continuing Education
  Congers Elementary School
What should you do in the fall to ready your garden for spring? Discover best methods to use in the fall to create the best garden in the spring! Learn what to do in the fall to improve soil quality, to protect perennials, tender plants, trees, and shrubs from winter conditions. Bring in the house plants, how to winterize tools, and how to prepare water sources for the winter season.

Flowering Bulbs from Spring to Fall
• Thursday, September 28 7:00 - 8:30 PM
  South Orangetown Continuing Education
  Tappan Zee High School
Having flowering bulbs in your garden does not just mean daffodils in the spring. Learn how to grow a wide variety of annual and perennial bulbs that bring a succession of bloom from early spring through the fall. Also covered are strategies to keep your bulbs from becoming a furry critter buffet.

To Register, Visit: RocklandCCE.org/events
Snug as a Hug on a Rug introduces the basic concepts of adaption (stay), hibernation (sleep), and migration (leave) of six local woodland animals; as well as, why the arrival of autumn causes such special changes for both young children and local woodland animals. Visit with Forest Ranger Karen to meet our six woodland animal friends, and an interactive "blubber glove" experiment to illustrate how hibernation works. Fun, hands-on storyboards, games, sing-along, crafts, and even a 'skunk hunt.'

All participants receive take-home goodie bags. Space is limited to 15 children per session. You must contact the venue in advance to register for the event.

- **Monday, October 2** 9:15 AM - 10:15 AM
  JCC Rockland
- **Tuesday, October 3** 10:15 AM - 11:15 AM
  JCC Rockland
- **Thursday, November 2** 4:30 PM - 5:30 PM
  Palisades Free Library
- **Thursday, November 16** 4:00 PM - 5:00 PM
  Dennis P. McHugh Piermont Public Library
- **Monday, November 20** 2:00 PM - 3:00 PM
  Rose Memorial Library

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**Upcoming October Events**

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

### Pruning
- **Wednesday, October 4** 6:30 PM - 8:00 PM
  Clarkstown Continuing Education at Congers Elementary School

Pruning is essential to maintaining healthy and attractive trees and shrubs, yet many fear this simple and often pleasant task. This presentation will cover the proper use and selection of tools, common landscape trees and shrubs that need pruning, times of year to prune and the basics on how it is done. Participants will come away with confidence and knowledge on how to care for the woody plants in their landscape.

*Please call the office at 845.620.3935 for more information and to register. You must register in advance and there is a fee for this program.*

### Improving an Existing Lawn
- **Saturday, October 7**, 1:00 PM - 2:30 PM
  Tappan Free Library

This important presentation will help homeowners improve their lawns themselves by following several simple practices. It will discuss organic verses synthetic products, will recommend fertilizing procedures, will explain soil pH testing, and will demonstrate methods of weed and crabgrass control.

*Please call the office at 845-359-3877 for more information and to register.*

### Tabletop Gardens: Bonsai & Terrariums
- **Wednesday, October 11**, 6:30 PM - 8:00 PM
  Pearl River School District Adult Enrichment at Pearl River High School

Outdoor gardeners who long to keep their thumbs “green” during the long, icy winter months will enjoy turning their attention to gardening indoors. 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.

*Please contact 845.620.3935 for more information or to reserve your space in the program. There is a fee for this program and you must register in advance.*
In celebration of 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, email 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 email at jas946@cornell.edu.

In Institute for Non-Profits
Seminars for Non-Profit Leaders

The Institute for Non-Profits is pleased to announce the 2017 Seminars for Non-Profit Leaders. You may sign up for individual classes or for the Certificate in Non-Profit Sustainability.

**Major Gift Breakthrough Training**

- **Wednesday, September 27** 8:30 - 10:30 AM
  Cornell Cooperative Extension of Rockland County Education Center
- **Presented by Peter Heller, Principal Consultant Heller Fundraising Group**
- **Coordinated by the Rockland Development Council**

Regardless of a nonprofit’s mission or fundraising diversification, if there is no plan in place to identify, cultivate and solicit Major Gifts from individuals, you are leaving vital funds untapped. Learn how your organization can transition to include Major Gifts as a primary source of revenue. This can be done by implementing “The Three Easy Steps” developed by Heller Fundraising Group. This is a hands-on training using concepts that are then practiced and discussed. No matter the size of your organization, you will benefit from this training! Learn from a fundraising professional who, for over 25 years, has raised millions of dollars while also strengthening nonprofits strategic and financial assets.

*No cost to RDC and Institute for Non-Profits (INP) members. $10.00 for Non Members*

**Upcoming Elective Seminars:**

“**The Room Where It Happens**: What you need to know about grant research and proposal writing
**Date:** Tuesday, October 24, 5:30 PM - 8:00 PM
**Instructor:** Maddy Schiering, Principal of Sheer Strategy LLC
Visit our webpage for a full description: [http://rocklandcce.org/INP_RoomWhereItHappens](http://rocklandcce.org/INP_RoomWhereItHappens)

**Social and Digital Media Strategy Basics for 2018**

**Date:** Tuesday, November 14, 8:00 AM - 10:00 AM
**Instructor:** Howard Greenstein, Associate Executive Director of the Manny Cantor Center at Educational Alliance

**Place:** Cornell Cooperative Extension, 10 Patriot Hills Drive, Stony Point, NY 10980
**Price:** $10.00 per person. (unless otherwise noted)

**To register:** Contact Jennifer Strianese by phone at (845) 429-7085 x117 or by email Jas946@cornell.edu
Cornell Cooperative Extension Rockland County

“The Pathway to 200”

Help us pave the way for our next 100 years! The bricks will replace the gravel pathway from the street to the front steps and make our walkway friendlier as well as honor those who’ve helped us get to 100 years.

Yes, we’d like to reserve a permanent brick. Please engrave our brick as follows:
- Any Symbol Is Considered One Space (Period, Comma, Dash)
- All Text Is Centered Unless Otherwise Noted

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Example of a 4x8 Brick

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Please return this form and your check payable to:

Cornell Cooperative Extension of Rockland
10 Patriot Hills Dr.
Stony Point, NY 10980

If you have any questions, please call Jennifer Strianese at (845) 429-7085 ext. 117.

Corporate Logo Engraving Available
Place your company logo on a brick paver. Contact the office to get further details at (845) 429-7085.

4"x8" Engraved Paver – $100
8"x8" Engraved Paver – $250
Logo Engraved Paver – $400

Make checks payable to: Rockland CCE
10 Patriot Hills Dr., Stony Point, NY 10980

*For more info or to pay by credit card, please call (845) 429-7085