Another Successful Year of Vet Sci

This year, 39 teens throughout Rockland County have been active in our 4-H Veterinary Science Career Exploration Program, through which they gained valuable insight into veterinary medicine. This annual program is a chance for high school students to learn from local veterinarians and wildlife professionals, experience animal health procedures, and discover opportunities for careers in animal science.

Dr. Robert J. Weiner from the County Animal Hospital in New City introduced the students to veterinary medicine, and described the variety of positions available in veterinary fields.

Dr. Susan Welsch from the Allendale Animal Hospital used diagrams, videos, and actual specimens to describe parasites and zoonotic diseases (diseases transferred from animals to humans).

Dr. Ian and Jan Wetherly from the Haverstraw Animal Hospital brought in their friendly Burnese Mountain dog and showed how to perform a health maintenance exam. Dr. Wetherly also examined a participant’s guinea pig, and shared amusing stories from his years in veterinary medicine.
Participants traveled to the Camp Venture Equestrian Center where they learned how to examine and care for horses from Dr. James French of the Suffern Animal Hospital.

Dr. Linda Atkins and Dr. Patricia Collins from the Valley Cottage Animal Hospital shared information about heart diseases and skeletal structures. Students viewed x-rays and models, and handled bone specimens to learn about anatomy, physiology, and animal disorders.

Dr. Kenneth Byman from the North Rockland Animal Hospital shared images of his animal patients and surgeries as he described case studies in veterinary medicine. Students learned that aggravation in the ‘ears and rears’ of dogs are often associated with allergic reactions, and that overweight, neutered, male cats are often prone to fecal blockages.

Dr. Michael Goldmann of the Nanuet Animal Hospital took the students through ‘a day in the life’ of a veterinarian and critical thinking skills. He shared some insights on the costs of veterinary school and methods to reduce debt.

Brian Robinson of Wildlife Lectures showed a falcon, a Eurasian eagle-owl, an American kestrel, a turkey vulture, a corn snake, and a baby alligator. Students were able to see the animals up close, witness their eating behaviors, and consider the animals’ unique features.

Overall, this program was an exceptional learning experience for the teens. A huge thank-you goes out to all of our presenters who volunteer their time and resources to help these youths explore careers and develop skills for the future.

If you have any questions about the 4-H Veterinary Science Career Exploration Program or other 4-H programs, contact Kristin Ruggiero at klf37@cornell.edu or by phone at ext. 103.
ESNY Presents at Holiday Feast

Sonia McGowan and Ethan Shafran, our Eat Smart New York Nutrition Educators, presented *Rethink Your Drink* at Spring Valley High School's December 16th Holiday Feast. Families learned how to calculate sugar in beverages and how to make healthier choices by reading nutrition facts labels. They played a guessing game in which they had to approximate how many teaspoons of sugar are in common beverages. They also had to answer questions about fruits and vegetables during a nutrition fact trivia game.

If interested in having the ESNY Nutrition program delivered at your site or if you would like to participate in these workshops, please call the Rockland ESNY office at (845) 429-7085, option 2. 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.

Water Quality & Stormwater Education Webpage

CCERC’s Water Quality and Stormwater Education webpage and interactive map, created by Environmental Educator Jennifer Zunino-Smith, has been receiving fantastic feedback. The webpage includes educational, preventative, and regulatory information on stormwater pollution.

The interactive map allows users to explore watersheds, subwatersheds, impaired waters, waterbody classifications, and facilities with permits to discharge to waters within the county. Further links allow the user to analyze these discharges, as well as EPA’s assessment report of each waterbody.

The interactive map has been presented to multiple entities, including the Environmental Committee of the County Legislature, and will be presented to the Rockland County Water Quality Committee in the future.

Visit the page: [www.RocklandCCE.org/WQSE](http://www.RocklandCCE.org/WQSE)
Join Horses R Us 4-H Club's Donation Drive for Hi-Tor Animal Shelter

January 20th, 2018 from 10am-2pm
Tractor Supply Co. Stony Point New York
158 South Liberty Dr, Stony Point NY, 10980

Hi-Tor Animal Shelter Donation Wish list:
• Canned Cat Food (Cat & Kitten)
• Newspapers
• Blankets, Sheets, Towels
• Clorox Wipes
• Garbage Cans (30-40 gallons)
  (heavy duty w/wheels)
• Trash Bags (13 & 30 gallons)

Any Items Are Much Appreciated!

Upcoming Events
For More Information: RocklandCCE.org/events

Bee Friendly Backyards: Promoting Landscape Practices that Support Pollinators and Other Beneficial Insects
• Wednesday, February 7, 1 - 2:30 PM
  Clarkstown Continuing Education at Congers Elementary School
Pollinators are facing numerous challenges these days, ranging from habitat reduction to mysterious illnesses such as colony collapse disorder. Come learn about common pollinators (not just bees!) and four, easy ways to make your backyards and gardens prime habitats for these essential creatures. Part of this hour-long class will be held outside in our demonstration gardens to discuss and show pollinator-friendly garden plants.

This program is being 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.

Dealing with Wildlife in Your Backyard
• Wednesday, February 28, 1 - 2:30 PM
  Clarkstown Continuing Education at Congers Elementary School
Deer and other wildlife are a constant threat to your plantings and home gardens. This talk will address the primary wildlife challenges in our area. It will discuss the behaviors and habits of the primary invaders such as deer, rabbits, groundhogs and chipmunks and suggest viable options for limiting their damage.

This program is being 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.

Container Gardening for Spring and Summer
• Wednesday, February 28, 1 - 2:30 PM
  Finkelstein Memorial Library
Decorate your patio, deck, and/or a hard-to-grow area of the garden with annuals, perennials, and bulbs in containers. This discussion explains the difference among the many materials used in planting containers; it also recommends the type of soil best used as well as techniques for watering and fertilizing for all containers. Plant selection, color coordination, and placement to solve garden problems are all part of Container Gardening.

Please call the library at (845) 352-3694 for more information and to register.
The Master Gardener Volunteers of Rockland County present:

**Gardener’s Day 2018**

Wednesday, March 21, 2018
8:30 AM – 2 PM

**Keynote Presentation by**
New York Times Bestseller &
American Horticultural Society Book Award-winner

**Marta McDowell**

*Early bird rate: $30
After March 1: $40
Book Early, Space is Limited!*

Visit www.RocklandCCE.org/GardenersDay for more information and to buy your tickets. (845) 429-7085 | jas946@cornell.edu

Presentations include:
- Native Plants Don’t Have to be Ugly
- Planting a Bouquet
- Can I Really Grow a Fig Tree in Rockland?
- First Steps in Creating a Sense of Place: Design your Unique Garden Space

**Complementary Breakfast, Raffle Entry, and Access to Vendor Expo Included!**
White House Style Compost
by Michael Wilson

A few weeks ago I was notified that the Ramapo College administration would like to build new compost bins for the school's vegetable garden, which I oversee with students. Several years ago, I asked a carpenter to build me compost bins similar to the ones I saw at a private estate in Newport, Rhode Island. He responded that as environmentalists, we really should build them out of recycled pallets. I had to agree, even though I liked the ones that I saw in Rhode Island. When the opportunity arose to replace them, I sent the pictures of those compost bins to the administration, with the selling point that Michelle Obama liked them so much that she wanted them built for the kitchen garden at the White House.

Perhaps the Obamas' most popular addition to the White House grounds is the kitchen garden which is the hallmark of Michelle Obama's Let's Move campaign. The Obama's are not the first presidential couple to garden or install gardens at the White House. George Washington was an avid gardener and farmed at Mt. Vernon. Most of us are familiar with Thomas Jefferson’s interest in horticulture and development of hybrids. The Kennedy's developed a rose garden which was dedicated in 1965 as the Jacqueline Kennedy Garden. I am sure the list continues and not sure if the Obama’s ever did build the compost bins. But, I do know who to ask.

On March 21, Cornell Cooperative Extension is hosting Gardeners Day and Marta McDowell, author of All the Presidents Gardens, will be our keynote speaker. She has done extensive research and provides a comprehensive discussion of the gardens during the history of the White House. Her book made the New York Times best seller list and this is a chance to get an autographed copy. In addition, there are several workshops to attend, along with vendors for those who like to shop. Space is limited and selling fast, so book early. I am looking forward to seeing you there.

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.

Winter in the Horticulture Lab:
- Winter Hours: 9AM – Noon (November – March)
- New Single Price Service Charge: All Lab Services will be $14
- Now accepting Credit & Debit Card Payments!
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

<table>
<thead>
<tr>
<th>8x8 Brick ● up to 6 lines of 18 characters per line</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4x8 Brick ● up to 3 lines of 18 characters per line</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Example of a 4x8 Brick

<table>
<thead>
<tr>
<th>E Z R A   C O R N E L L</th>
</tr>
</thead>
<tbody>
<tr>
<td>M A S T E R G A R D E N E R</td>
</tr>
<tr>
<td>S I N C E 1 9 8 8</td>
</tr>
</tbody>
</table>

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