4-H Public Presentations Coming Soon!

This month, 4-H members throughout Rockland County are preparing for the annual 4-H Public Presentations Event taking place on Saturday, March 3. This program is one of 4-H’s most beneficial experiences, and it is the one most often credited by 4-H alumni as having given them an edge above peers in both college and professional careers.

For this event, youth choose a topic and present in the form of a Demonstration, Illustrated Talk, Speech, Recitation, Dramatic Interpretation, or Interview Process. After creating and practicing their presentations, they will present to trained evaluators who will help them decide how well they did. Through dialogue, youth will be able to identify their strengths and determine specific things they can work on to improve their next performance. This is a great opportunity to showcase their skills, share their interests, and receive valuable feedback to improve their presentation. After this county-wide event, selected individuals will be able to advance to the District 4-H Public Presentations in April and potentially participate in the State 4-H Public Presentation Event with youth throughout New York.

For more information, check out the public speaking resources on the NYS 4-H website at http://4hstaff.cce.cornell.edu/public-presentations/resources or contact Kristin Ruggiero at klf37@cornell.edu or (845) 429-7085 x 103.
Would you like to be part of an organization that has been integral to Rockland County for over a century? Are you curious about the resources associated with the Extension system? Become a Board member for CCE Rockland and contribute to a County-wide organization with a past and a future. Work with us to continue the Extension tradition that the land grant college system spawned. Help us reach new audiences and expand our programming. Our mission of providing research-based, data-driven information to Rockland residents has never been more essential or valuable.

Board members help us determine program areas and priorities, provide feedback and assist with fundraising events. Our Board consists of thirteen members plus a representative from the County of Rockland Legislature and our State Extension Specialist. A board member may serve a total of two three year terms. Currently we have two openings and we invite you to consider joining us.

Board meetings take place monthly here at CCE in Stony Point and are open to the public. In addition to the regular reporting of our activities, staff members may present a project they’re excited about. We try to keep our meetings informative, interesting and productive.

If you’d like to learn more about how our Board works, please give me a call or contact Robin Eifert, Board member and chair of our Nominating Committee.

Best,

Suzanne Barclay

On Saturday, January 20, the members of the Horses-R-Us 4-H Club held a donation drive for the Hi-Tor Animal Care Center at the Tractor Supply in Stony Point. The club collected a range of items including cat food, dog food, Clorox wipes, a trash can, and $91. Their service was greatly appreciated by the shelter, and was a wonderful way to support the animals in our county.

If you would like to support Hi-Tor, go to [https://www.hitor.org/get-involved](https://www.hitor.org/get-involved) to see how you can help!
ESNY Presents to Families at King's Daughters

Sonia McGowan, Eat Smart New York Nutrition Educator, presented *Rethink Your Drink* at King’s Daughters Library in Garnerville. Families learned how to calculate sugar in beverages and how to make healthier choices by reading nutrition facts labels. The families also participated in a fun activity as they learned about the importance of exercise.

These past two months, 30 Rockland County students have been actively developing leadership skills through our annual Teen Leadership Rockland Program, sponsored by Cornell Cooperative Extension and Leadership Rockland.

Students traveled to Dominican College to learn about presenting themselves in public from Dr. AnnMarie DiSiena. During this session, students considered what they notice when they see someone, how others might see them, and how they want to be perceived. Participants interviewed one another, and were then filmed as they described the other person. After watching their videos, students assessed what they did right, and what they could improve upon. They continued to develop their presentation skills at St. Thomas Aquinas College with a subsequent session titled ‘Public Speaking,’ facilitated by Bridget Clark of Rockland BOCES.

Francisco Garcia-Quezada presented information about CCE-RC, and encouraged the participants to reflect on their interests and ways they can make a difference in their communities, both local and global. Additionally, Ana Maria Garcia, a student at the University of the Arts in Philadelphia, shared her volunteer experiences in the Dominican Republic, Kenya, and India, and offered insight on how to create a lasting impact.

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.

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into fundraising and marketing for service initiatives.

The latest session, led by Melissa Grau from Dominican College, focused on media literacy. During this thought-provoking lesson, students reflected on their relationship with the media, and assessed the positive and negative aspects of constant communication. They were challenged to identify marketing strategies, biases, and image perceptions, and were introduced to predictions of the future. Overall, the session shed light on daily interactions with the media, and encouraged the youth to take a critical view of information and brand messaging.

This month, the Teen Leadership Rockland participants will further their leadership development as they explore the justice system at the Clarkstown Police Department and the Clarkstown Court. A huge thank-you goes to all of our presenters for devoting their time and resources to this exciting youth program!

upcoming events

for more information: rocklandcce.org/events

Come see us at the suburban home show 2018

- February 23rd to the 25th
  Rockland Community College
  Field House in Suffern

For most people, your home is your biggest investment and largest asset. Don't Move, Improve. The Suburban Home Show provides comparison shopping under one roof for everything related to your home. Meet professionals and see displays for all aspects of the home. CCE-RC's Master Gardener Volunteers will be there to answer your gardening questions and showcase our programs!

For more information, visit: http://showoffice.com/suburban-home-show.htm

Garden Design for Beginners
- Thursday, March 22, 7 - 8:30 PM
  South Orangetown Continuing Education at Tappan Zee High School

In this class you will learn how to use the principles of design to plan a garden or to rejuvenate an existing property. The topics will include site evaluation and components of the design process such as the use of color, the role of structure, and characteristics of plants. The “why” and “how” will enable you to apply the principles as you plan a garden.

This program is being presented through South Orangetown Continuing Education. Please call the office at (845) 379-1012 for more information and to register. You must register in advance and there is a fee for this program.

Edible Landscaping
- Tuesday, March 27, 7 - 8:30 PM
  Clarkstown Continuing Education at Congers Elementary School

The possibilities are endless and oh, so inviting! Edible Landscaping is a beautiful, sustainable, and tasty alternative to traditional landscaping. Many trees, shrubs, and herbaceous plants with edible parts can serve the same function as ornamentals and can look just as good. This program will explore ways of adding fruit, vegetables, and herbs to your existing beds, borders, and containers.

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.
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!
Winter Chores
by Michael Wilson

Since we are looking forward to spring in March, February can be a month that comes and goes before you know it. It also can be one of the colder and snowiest months of the winter. If you have not ordered your seed or taken the time to review your garden catalogs, this is a good time to cozy up to the fireplace to contemplate your garden plans. If you have ordered your seed, now is a good time to make sure you have all of your seed starting supplies and materials you need for spring. Make use of this time stuck inside to play with your designs and plans to find one that feels right.

If all of that is completed and there is a break in the weather, February is a good month to begin pruning most woody plants. Avoid pruning any shrubs and trees that are early bloomers in the spring because you will be removing the flower buds. Good examples are Forsythia, Syringa (Lilac), and Rhododendron. For the rest of your woody plants, late February into March is an opportunity to prune, if needed. Some trees, like Malus (Apple), Pyrus (Pear) and other fruits benefit from pruning and give a better yield at harvest time. The first to remove are any dead branches. Then remove water sprouts and suckers. And then finally the branches that you want to remove to shape the tree or shrub. While pruning, do not hesitate to step back from the specimen several times to check the shape and process. When completed, if the specimen does not look pruned, you have done an excellent job.

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.

Fertilizer Law Certificate Class

This course qualifies participants to obtain a landscaping license through Rockland County. Certificates of Completion required by the County are distributed at the conclusion of the class.

Wednesday, Mar. 7th
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. To register contact: Jennifer Strianese jas946@cornell.edu (845) 429-7085 x117

April Session
Wednesday, Apr. 4th
8:00 - 10:00 AM

Note from the Lab:

Selected List of Vegetable Varieties for Gardeners in NYS

This year's edition of Cornell's suggested vegetable varieties list has been released!

Click here to download your copy today!

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!
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:

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Address: 
City: State: Zip: 
Email Address: 
Amount Paid: 

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