



Healthy Neighborhoods Program

Working with the Albany County Department of Health and the Rensselaer County Department of Health, Cornell Cooperative Extension Albany County has launched the Healthy Neighborhoods Program. This free health and safety program is available to residents in targeted zip codes in Albany (12202, 12206, 12208, 12209, 12210) and Rensselaer (12180, 12182, 12144) counties. Trained Healthy Neighborhoods Program educators schedule a home visit and identify environmental hazards by asking residents questions from a standardized assessment form. Residents are educated about these concerns and provided referrals and follow up resources. Free cleaning, safety, and health products are also distributed to improve the home living environment. For more information and to schedule a home visit call 518-765-3521 or register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

Childhood Lead Poisoning Prevention Program - Free Lead Inspections

Is Your Home Safe? Did you know that lead — a silent threat in older homes — can effect child development? Lead can poison you and your children. Children under six years of age are at the greatest risk for lead poisoning which complicates a child's growth, behavior, and ability to learn. 90% of the housing stock in 12180, 12182 & 12144 zip codes were built prior to 1970, putting these homes at a higher risk for containing lead. Do you reside in the 12180, 12182 or 12144 zip codes? Do you reside in a home built prior to 1978? Are you concerned about your child being exposed to lead? CCE offers FREE In Home Lead Inspections. If you answered yes to any of the above questions than you should call our partner, the Rensselaer County Health Department at 518-270-2640 to see if your home qualifies for a lead inspection.

Up Coming Program

Vermicomposting for Beginners - Learn how to compost kitchen food scraps using Red Wiggler worms! Composting with worms is easy, requires less space and less labor than other methods of home composting. This 90 minute class includes lecture, assembly, and hands-on demonstration for how to start and maintain your new worm bin. Composting worms and all materials will be provided. \$35 per person. Location: Sustainable Living Center 180 Ptl. Arthur Chaires Lane, Schenectady. Please register with payment by April 1. Contact Angelina Peone for more information ap2267@cornell.edu 518-372-1622 ext. 264

Cornell Cooperative Extension of the Capital Region - Helping New York's Capital Region Improving Lives and Communities

To get a complete list of all Cornell Cooperative Extension's programs and events in the Capital Region please go to: <http://ccecapitalregion.org/>
Find us on: Facebook - <https://www.facebook.com/CCECapitalRegion>

OR

Twitter - <https://twitter.com/CCECapitalReg>

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



CCE IN YOUR COMMUNITY

Albany, Columbia & Greene, Fulton & Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington Counties

CALENDAR OF EVENTS

MARCH 2018

3/1/2018	8:00 AM - 4:00 PM	Pesticide Recertification Day - General Classes for CORE credit, presented in the morning session, will include Wild & Honey Bee Biology & Health, Invasive Pests, Oh My! & DEC Update. Afternoon, participants have a choice of 3 breakout sessions: Ornamentals & Turf, Agriculture Plant & Structural & Rodent, where they may gain additional pesticide credits in these specific categories. \$100.00 per person to attend all day; morning or afternoon classes are \$85.00 per person. Payment for this event is required in advance, includes lunch. Register online at http://bit.ly/2B85gsV . Credits will not be awarded if a pesticide certification number is not provided in advance. It is also required that you present your pesticide license at the event. For more information contact Tove Ford at 518-765-3518.	The Century House 997 New Loudon Road Latham, NY 12110
3/1/2018	6:00 PM - 8:00 PM	Beginner Poultry Class - Are you thinking about getting chickens? Raising a small flock can be a rewarding experience, as well as a way to provide meat and eggs for your family. Topics to include: breed selection, caring for chicks, housing, feeding, nutrition, disease, predators. Please call Ellie at Cornell Cooperative Extension Saratoga to register 518-885-8995.	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa, NY 12020
3/02/2018	7:45 AM - NOON	EPA's Lead Renovation, Repair, & Painting (RRP) Refresher Training - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County's website at http://www.ccealbany.com/ & can be faxed or mailed. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Steinmetz Homes Community Room 120 Emmons Street Schenectady, NY 12304
3/4/2018	1:00 PM - 3:00 PM	4-H Basic Air Rifle will be offered to youth 9 years old & under the age of 19. Participants are required to join 4-H for insurance coverage within the program & the fee of \$15 includes the program fee & enrollment fee in 4-H until 9/31/2018. Youth will learn basic firearms safety, benchrest shooting, & use of basic target sights. Registrar will provide location. Contact John Bowe 518-623-3291.	Warren County Location
3/4/2018	3:00 PM - 5:00 PM	4-H Air Pistol will be offered immediately after the Basic Air Rifle. However, youth MUST be at least 10 years of age & younger than 19 years of age; have completed 4-H Basic Air Rifle/.22 Rifle as pre-requisites for this course. If youth enrolled in the Basic Air Rifle program from 1-3PM, there is no additional fee. Other current 4-H members will be \$5 for participation. Youth will build on basic firearms safety with specific air pistol safety skills, benchrest shooting, and use of basic target sights in pistols. Registrar will provide location. For more information contact John Bowe 518-623-3291.	Warren County Location
3/06/2018	7:45 AM - 4:30 PM	EPA's Lead Renovation, Repair, & Painting (RRP) Initial Training - The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing & child occupied facilities built before 1978 be trained & certified as a renovator. RRP Initial classes are 8 hours & include a light breakfast & lunch. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County's website at http://www.ccealbany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County's 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	CEO JLB Community Resource Center 2328 Fifth Avenue Floor 3 Troy, NY 12180

CAPITAL REGION CORNELL COOPERATIVE EXTENSION • CALENDAR OF EVENTS continued...

3/6/2018	1:00 PM - 2:30 PM	Gardens of Ireland - Join Master Gardener Diane Collins as she takes us through the most iconic and exciting gardens in Ireland. She will show Irish horticultural traditions from castle gardens to cottage gardens, adding history, humor and plenty of pictures! To register, contact the Glens Falls Senior Center at (518) 793-2189.	Glens Falls Seniors 380 Glen Street Glens Falls, NY 12801
3/6/2018	4:00 PM - 6:00 PM	Second Farmer's Market Community Meeting - We welcome anyone invested in Warren County Farmer's Markets to join us for our second community meeting. At our first meeting we discussed many issues and opportunities facing our county's markets, and at subsequent meetings we will focus on specific topics. This event is free and open to the public, but pre-registration is required by Friday, March 2nd. You can register by calling the office at 518-623-3291 or emailing Catherine Martini at cm648@cornell.edu.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
3/7/2018	6:00 PM - 7:30 PM	Fishing for Health - You must be a CDPHP member and register for this class directly through CDPHP at https://www.cdphp.com/members/classes-and-events/programlist .	Hannaford Supermarket 900 Central Ave. Albany, NY 12206
3/8/2018		ADK Explorers Program at Big Cross - During this program, participants will learn about the outdoors and have fun while doing it! For more information, please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Big Cross School 15 Big Cross Street Glens Falls, NY 12801
3/11/2018	10:00 AM - NOON	4-H Intermediate Air Pistol - Youth must be 10 years of age & completed both Basic Air Rifle/.22 Rifle AND Basic Air Pistol for this course. Participants will build on the benchrest shooting & sighting skills they learned in basic air pistol, by practicing the fundamentals & then moving to off-hand shooting of the air pistol. Registrar will provide location. For more information contact John Bowe 518-623-3291.	Warren County Location
3/13/2018	7:45 AM - 4:30 PM	EPA's Lead Renovation, Repair, & Painting (RRP) Initial Training - The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing & child occupied facilities built before 1978 be trained & certified as a renovator. RRP Initial classes are 8 hours & include a light breakfast & lunch. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County's website at http://www.ccealbany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County's 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Albany Community Development Agency 200 Henry Johnson Blvd. Albany, NY 12210
3/14 & 3/15 2018		Food, Fun, and Fitness - During this program, participants will learn about nutrition and health, make and try new recipes, and participate in fun, physical-activity-based games. For more information contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	North Warren Central School Route 8 Chestertown, NY 12817
3/14 - 3/16 2018		Agricultural Respiratory Protection Program - 2018 Fit Testing Clinics - The NY Center for Agricultural Medicine & Health (NYCAMH) is pleased to provide respirator fit testing clinics located in Eastern NY's 3 DEC regions. During the clinics NYCAMH will provide medical evaluations; respirator fit tests; & WPS compliant trainings on how to properly inspect, put on, take off, fit, seal check, use, clean, maintain, & store respirators. Clinic appointments are one hour long, groups of 4 workers can be seen at a time. Medical evaluations, fit tests, & trainings are available in both English & Spanish. To schedule an appointment please call the NYCAMH office at either 607-547-6023, or toll-free 800-343-7527, Monday-Friday, 8:00 AM-4:30 PM.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
3/14/2018	6:30 PM - 8:00 PM	Gardens of Ireland - Join Master Gardener Diane Collins as she takes us through the most iconic and exciting gardens in Ireland, just in time for St. Patrick's Day. She will show Irish horticultural traditions from castle gardens to cottage gardens, adding history, humor and plenty of pictures! For more information, contact Crandall Library at 518-792-6508.	Crandall Library 251 Glen Street Glens Falls, NY 12801
3/15/2018	10:00AM - NOON	Window Replacement Workshop - This class is designed to teach landlords, homeowners, tenants, & contractors how to replace old windows using lead safe work practices. Workshop topics related to window replacement will include lead poisoning prevention education, tools needed, cost benefits, & energy savings. Educational resources & free cleaning supplies will be provided to all participants. No charge for the class however pre-registration is required. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 OR by phone at 518-765-3529.	Capital South Campus Center 20 Warren Street Room 302 A Albany, NY 12202
3/16/2018	9:30 AM - 3:30 PM	Farm Disaster Preparation Course - This 6-hour training program focuses on pre-disaster education & preparedness, covering key topics such as: farm equipment safety on the road, barn fire & structure collapse prevention, minimizing storm damage, coping with power outages, & maintaining continuity of farm operations during community disasters, reducing criminal activity & stored chemical risks, enhancing livestock handling & biosecurity. The cost to participate in the course is \$35 per person. You may register online as well by going to: http://bit.ly/DisasterPrepMarch16 , or by calling Tove Ford at CCE of Albany County at 518-765-3518. The workshop is co-sponsored by the CCE Capital Area Agricultural and Horticultural Program and Farm Family Insurance.	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa, NY 12020
3/17/2018	9:00 AM - 4:00 PM	Beginning Farmer Workshop - A daylong workshop will help you better understand various aspects of starting a farm. From attending, you will gain: ideas on where to get financing to start a farm, an understanding of what to look for when assessing potential farm properties, information on how to successfully market and sell products, a better understanding of agricultural regulations. For more information, contact Steve Hadcock, seh11@cornell.edu.	Washington County Fairgrounds 394 Old Schuylerville Road Greenwich, NY 12834
3/20 & 3/21 2018		Food Smart - During this program, participants will learn about nutrition and health, make and try new recipes, learn basic kitchen skills, and participate in fun, physical-activity-based games. For more information, please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Big Cross School 15 Big Cross Street Glens Falls, NY 12801
3/20/2018	7:45 AM - NOON	EPA's Lead Renovation, Repair, & Painting (RRP) Refresher Training - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County's website at http://www.ccealbany.com/ & can be faxed or mailed. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Albany Community Development Agency 200 Henry Johnson Blvd. Albany, NY 12210
3/20/2018	10:00 AM	Prepping your Garden for the 2018 Season - Presented by Master Gardener (CCEFM) Cindy Close this talk will include information regarding the spring chores necessary to open your gardens & make preparations for a great season. If you have any questions our would like to RSVP please let us know at: fultonmontgomery@cornell.edu or by calling 518-853-2135.	Johnstown Senior Center 109 E Main Street Johnstown, NY 12095
3/20/2018	9:00 AM - 4:30 PM	Recipe for Success - Are you wondering if you're ready to bring your recipe to market? Do you have a special recipe everyone tells you should bottle and sell? If you are considering launching a specialty food business, this workshop is for you! Food manufacturers, small-scale processors of specialty foods, and farmers interested in value added processing or anyone interested in starting a small-scale food manufacturing business should attend these upcoming workshops. Cost: \$70 per person. Register online: http://bit.ly/2AX5x55 .	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
3/24/2018	10:00 AM - 12:30 PM	Freezing Foods for Preservation - Learn to safely prepare jams, jellies, and preserves. This is a hands-on class to freeze food for preservation. Learn which foods can be safely frozen. Participants will take home food products that are ready to freeze. Register by March 21 online: https://reg.cce.cornell.edu/foodfreeze_210 or call 518-622-9820 X 0.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
3/24/2018	10:00 AM - 2:00 PM	Maple Fest: Celebrating the Wonderful World of Maple Syrup - Experience a taste of the "sweet world of maple sugaring" as part of the New York Maple weekend at CCE's Agroforestry Resource Center. The event will provide an opportunity to learn about sugar mapping procedures, including demonstrations in our own sugar shack, fun "maple syrup" taste testing, and displays of antique maple sugaring equipment. There will be an opportunity to buy maple sugar products from several diligent local maple producers. Delicious pancakes with pure maple syrup will also be available for sale in case you get hungry. For further information: Call 518-622-9820 x0.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
3/27/2018	3:30 PM - 5:00 PM	Adapting Your Garden for Climate Change - No more arguments - It's here. Whether positive or negative, Climate Change will impact your garden. Join us for a thoughtful and informative program that discusses the pros (yes, there are some!) and cons of adapting to changes in weather, soil, insects, plant selection, and the manner in which we garden. Presented by CCE Master Gardener Diane O'Connor, you will take away practical tips on how to make sure your garden continues to thrive. This event is free, but pre-registration is required. To register, call Catherine Martini at 518-623-3291 or email cm648@cornell.edu.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
3/28/2018	7:45 AM - 4:30 PM	EPA's Lead Renovation, Repair, & Painting (RRP) Initial Training - The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing & child occupied facilities built before 1978 be trained & certified as a renovator. RRP Initial classes are 8 hours & include a light breakfast & lunch. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County's website at http://www.ccealbany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County's 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Steinmetz Homes Community Room 120 Emmons Street Schenectady, NY 12304
3/30, 4/2 & 4/3	9:00 AM - 4:00 PM	4-H Tractor Safety Certification & ATV Safety - National Safe Tractor & Machinery Operation Program & ATV Safety Workshop educates youth about: risks of farm related activities, how to act safely in different farm work settings, identifying & correcting farm hazards to prevent injuries & illnesses, how to obtain safety information about equipment that they may be operating. Youth 14 & 15 years old are required to have a Tractor & Machinery Operation Certificate when employed on farms & other agribusinesses that require operating equipment. Youth will receive a NSTMOP certificate once they pass the written & tractor operation tests. There is a fee of \$20.00 for enrolled 4-H members & \$25.00 for non-members. Youth participants must be 14 years & older. Farm tours in Rensselaer County on day 1; Washington County Fairgrounds day 2 & 3. Participants must attend an orientation meeting in one of the host counties. For more information, including a schedule, or to register, call CCE Washington County at 518-746-2560.	Rensselaer County & Washington County Fairgrounds