



4-H Forestry Weekend
Date: May 11- 13
Location: Camp Shankitunk
Deadline: April 25th

Join youth from across the state for a weekend of forestry activities, games, and competition. This three day event is for youth aged 10 and up (and staff and volunteers) interested in learning more about forests, and to select the NYS team that will go to the 2018 National 4-H Forestry Invitational (must be 14-19 for the national event). Cost: \$43.00.

Register: <http://ccecolumbiagreene.org/nys4-hforestryweekend>.
Forestry weekend activities include:

- o Tree identification
- o Tree measurements
- o Compass usage
- o Map reading
- o Insects and diseases
- o Geocaching
- o Nature games
- o Night hikes and more

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.

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/>
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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

APRIL 2018

4/3/2018	8:45 AM - 4:00 PM	Safe Sitter Program for Adolescents - For youth ages 11-14. The Safe Sitter Program gives young adolescents the skills to provide safe, nurturing care for children & to respond appropriately to medical emergencies. It also teaches introductory employment skills & important life skills. Topics that are covered include Babysitting as a Business, Success on the Job, Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, Care of Choking Infant & Care of Choking Child. When the fee is received*, a registration form & student contract will be sent to the participant to complete & bring to the session. Participants should bring a bag lunch & snacks. Cost is \$60.00* Prepayment required. Register online & pay by credit card at https://reg.cce.cornell.edu/SitterApril2018_210 or send a check payable to CCE (or drop off cash) to the Extension Education Center, 479 Rt. 66, Hudson, NY 12534. Contact Emily at 518-828-3346 x209 or ew387@cornell.edu with questions.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
4/3/2018	11:00 AM - 4:00 PM	Spring has Sprung Talks!! - Schedule is as follows: 11am – 12 How to Show & Evaluate Horticulture Entries (to include a hands on review of the Danish system), 12-1pm Lunch (bring a lunch, roundtable with us & stay all day), 1-2pm Herbs – with recipes and taste testing, 2 - 3pm Attracting Butterflies to your Gardens, 3-4pm Growing & Preserving Seeds of Heirloom Plants. Drawings for prizes & surprises! Free will donations will be accepted to defray costs. More details will follow as the date nears. RSVP contact fultonmontgomery@cornell.edu or by calling 518-853-2135.	Cornell Cooperative Extension Fulton and Montgomery 20 Park Street Fonda, NY 12068
4/4/2018	9:00 AM - 10:30 PM	Fish Hatchery Tour - Come along with us and tour the Warren County Fish Hatchery, learning about the methods that are used to raise and release wild and domestic strains of brook and rainbow trout into local waterways. This no-cost program is open to all enrolled 4-H members and their families, and pre-registration is required. For more information, or to register for this program, please contact Marybeth Mitcham at mem456@cornell.edu or 518-623-3291.	Warren County Fish Hatchery 145 Echo Lake Road Warrensburg, NY 12885
4/5/2018	9:00 AM - 4:00 PM	Red Cross Babysitting Certification Course - This program will provide participants with important knowledge and skills in the areas of childcare and safety. This program, offered through a generous sponsorship by Fidelis Care, will provide all of the education and materials to participants through fully-funded scholarships. Registration is limited to the first 10 registrants, and will be filled on a first-come, first-served basis. For more information, or to register, please contact Marybeth Mitcham at: mem467@cornell.edu or call her at 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
4/10/2018	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 AI at ARK249@cornell.edu or call 518-765-3529. Registration available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Albany Community Development Agency 200 Henry Johnson Blvd. Floor 2 Albany, NY 12210

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

4/10/2018	9:00 AM - 3:30 PM	Legacy Planning: An Education and Training Opportunity - Presented by: Dr. Shorna Allred, Associate Professor, Cornell University. Few challenges faced by landowners are more important than the issue of passing the land and its responsibilities on to the next generation. Many landowners want to conserve their woods but don't know about conservation options for the future and how to involve family members in ownership and operation of their lands. Dr. Shorna Allred, Associate Professor, Cornell University, will help participants by connecting them with Legacy Outreach Resources to help landowners consider the future of their forest. You will leave with a lot of resources and tools for decision making and planning. There are a number of ways that you can help landowners. As foresters, loggers, and professionals, you may talk to your clients about the importance of planning the future of their land to ensure that their stewardship activities reach their full potential. As a conservation organization, you may be interested in hosting an outreach event that encourages landowners to learn about their conservation-based estate planning options. For more information, please visit: yourlegacyny.org . This has been approved for 1 Trained Logger Certification credit. SAF credit for foresters is pending. Cost is \$10.00 register by April 19 online: https://reg.cce.cornell.edu/Legacy2018_210 or call 518-622-9820 x 100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
4/11 & 4/12 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
4/12/2018		ADK Explorers Program at Big Cross - During this program, participants will learn about the outdoors and have fun while doing it! For more information contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Big Cross School 15 Big Cross Street Glens Falls, NY 12801
4/14/2018	9:00 AM - 1:30 PM	Spring Gardening Day - This year's offering include: Attracting Birds & Butterflies to your Garden with Native Plants, Backyard Chickens: Getting Started, Birding 101, Moving Beyond the Birdfeeder, Container Gardens, Creating a Cutting Garden, Garden Thugs: Dealing with Invasive Plants, Landscaping Design for the Conscientious Gardener using Permaculture Techniques, Micro Greens, Rain Gardens, Roses, Roses, & More Roses!, Starting Your Farm Dream, Summer Flowering Bulbs, The Versatile Herb, Vegetable Gardening 2018, What's the Buzz: Beginning Backyard Beekeeping, Worm Composting & Build-Your-Own Worm Bin (This class is limited to ten participants & requires an additional \$10 fee for material costs.) Cost is \$30 per person for 2 sessions & the keynote address, \$15.00 for one session & the keynote address, or \$15 for the keynote address only. Register online (& pay via PayPal) at https://reg.cce.cornell.edu/Garden2018event_210 or drop off/mail cash or check payable to CCE to 479 Route 66, Hudson, NY 12534, Attn: SGD.	Columbia-Greene Community College 4400 Route 23 Hudson, NY 12534
4/15/2018	1:00 PM - 2:00 PM	Instant Pot Class - Have you heard the hype about the instant pot, one of the newest trends in cooking? Have you wanted to learn more about it and possibly see what it can do before deciding to invest in one? If so, this class is for you! Come and join us for an interactive class, where participants will be able to learn about the different functions on an instant pot, and prepare and then sample a dish made with it. There is no cost for this class, but pre-registration is required. For more information, or to register for this program, please contact Marybeth Mitcham at: mem456@cornell.edu or 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
4/17/2018	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. 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 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Educational Opportunity Center (EOC) 431 River Street Troy, NY 12180
4/17 & 4/18 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
4/18/2018	6:30 AM - 8:00 PM	Garbage to Gadgets, Hands-on STEM Project Training for Leaders & Teachers - Are you a teacher or club leader looking for a great hands-on science activity for your youth this spring? If so, come explore the world of Garbage to Gadgets! In this 90-minute teacher/leader workshop, we will review some helpful, hands-on curriculum provided through 4-H that reflects the importance of the maker space movement. You will be given a sample of the activities and materials that 4-H can provide for your group of youth in grades 1-5. To register for this free program, contact Emily at 518-828-3346x0 or ew387@cornell.edu by April 11.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
4/19/2018	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 518-765-3529. Registration available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Montgomery County Public Health 20 Park Street Fonda, NY 12068
4/21/2018	9:00 AM - 2:00 PM	Adult Tractor Workshop - This workshop is for those who have recently purchased a tractor & would like to know more about how to operate it, or those who would like to brush up on operating a tractor. During the workshop, you will get some "hands on" practice about the maintenance of tractors & other implements & how to operate them safely. The cost of the workshop is \$5 in advance & \$10 the day of the workshop. Register online at https://reg.cce.cornell.edu/Adult_Tract_Oper_201 or call Tove Ford at 518-765-3518.	Hudson River Tractor 2173 New York 203 Chatham, NY 12037
4/21/2018	1:00 PM - 4:00 PM	Hemlock Woolly Adelgid: An Education and Training Opportunity - Hemlocks are one of the most important tree species in the northeast forest. The role they play is crucial to the regions they exist in. Hemlocks are also under attack by the hemlock woolly adelgid, an invasive insect that is now established in our region. Come & learn about the threat this forest pest poses for New York's forests. This training will focus on correctly identifying hemlock trees & hemlock woolly adelgid in the field, management techniques for landowners & land managers, biocontrol opportunities, & how to volunteer with us to conserve hemlocks in your area. Register online https://reg.cce.cornell.edu/hemlockWAdelgid_210 or call 518-622-9820 x 100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
4/26/2018	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 518-765-3529. Registration available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	YouthBuild Schenectady Social Enterprise & Training Center 131 State Street Schenectady, NY 12305
4/27/2018	7:45 AM - 12:00 PM	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. RRP Refresher classes are 4 hours and include a light breakfast. 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/ and can be faxed or mailed. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. 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
4/28/2018	10:00 AM - 12:30 PM	Growing Forest Fungi and other Mushroom Cultivation Options - Are you interested in exploring how to grow your own mushrooms or perhaps start a small scale mushroom operation? Participants in this workshop will learn various techniques for growing different species of mushrooms using a variety of materials. You will also participate in a hands-on experience inoculating bolts of wood with shiitake spawn and bring home your own inoculated log for personal enjoyment. In addition, there will be an opportunity to examine where we harvested small pole-size trees used for inoculating the shiitake mushrooms, and understand the rationale for harvesting those particular trees as part of forest improvement. If you are interested in learning how to grow a variety of mushrooms, you won't want to miss this program. This is a very popular program, so please register early as class size is limited! Cost: \$20.00 per person Register online https://reg.cce.cornell.edu/GrowFungi2018_210 or call 518-622-9820 x 100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
4/28/2018	1:00 PM - 4:00 PM	Beginner Maple Program & Backyard Reverse Osmosis - Do you want to learn how to tap your trees for syrup? Tapping maple trees & making maple syrup is one of the most time honored rural winter traditions, resulting in a delicious product. This program will cover a variety of areas relevant to anyone fairly new to maple production, either the small commercial producer or back yard producer. Topics include: why make maple syrup, tree identification, tapping, sap collection, boiling, finishing & storing maple syrup, regulations & other resources for maple producers. The first half of this program will focus on these basics of maple production. The second half of the program will focus on little reverse osmosis units for syrup production. Cost is \$10.00 per person. Register online: https://reg.cce.cornell.edu/Maple2018Osmosis_210 or call 518-622-9820 x100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405