The Power Sprouts Pre-K Gardening Program

On Monday, March 26, twenty-two preschool educators from ten locations throughout Rockland County attended the launch of the Power Sprouts Pre-K Gardening Program, a collaboration between the Child Care Resources of Rockland and Cornell Cooperative Extension. For this 6-week gardening program, participating preschools will receive a grow light with a PVC pipe stand, seeds, soil, spray bottle, the books: *The Carrot Seed* and *Tops and Bottoms*, and educational supplies for extension activities. Each school will be matched with a Master Gardener volunteer who will lead a seed planting session and a harvesting session with the young students, and will serve as a resource for the school. In between the planting session and the harvesting session, the teachers will lead garden-related activities including a mystery box, observation journal, color chart, songs, puppets, and more.

Funded through the Judy Kesselman Memorial Fund for Early Childhood Programs, the purpose of this program is to help students develop an understanding, respect, and love of the natural world. It is designed to commemorate a dedicated teacher named Judy Kesselman, who inspired countless early childhood teachers and parents to explore the natural world with children.
Don't Miss these INP Seminars for Non-Profit Leaders

Getting Ready for Interns: Creating a Plan for Success

**Date:** Thursday, April 19, 5:30 PM - 7:30 PM

Hiring an intern offers benefits to both students and employers. Students get a chance to get their feet wet, develop their network, and see whether or not they like the field they are studying. Employers can make contacts, boost their profile, and potentially find long-term employees through internship programs. This workshop will discuss how to best utilize interns in the work we do in our organizations. We will explore how to approach the internship hiring process by providing background information including differences between interns and entry-level hires, rules/regulations to be aware of, and best practices of successful internship programs.

**Presenter:** Nicole Videla, Assistant Director, Career Development Center, Ramapo College

Creating a Powerful Presentation

**Date:** Tuesday, April 24, 5:30 PM - 7:30 PM

Most audiences would agree that PowerPoint is where many presentations go to die. PowerPoint can be a great tool to help you deliver your message but, used improperly, it robs your presentation of energy and actually turns your audience off. This workshop will help you change the way you approach your presentation and avoid the pitfalls most people fall into when creating theirs. It will also provide a commonsense framework for you to follow to ensure your audience stays focused, energized, and interested as well as some insights on how to best use PowerPoint to add drama and excitement when delivering your presentation.

**Presenter:** David Kane, Freelance Writer, Communications Consultant, and Coach

**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

*Check out this Upcoming Seminar from our Friends at Rockland Development Council

Get on the Road to Monthly Donor Success! Presented by Erica Waasdorp, President of A Direct Solution. Thursday, May 16, 2018 8:30 a.m 10:30 a.m.

**To register, contact:** (845) 429-7085 x117 or by email Jas946@cornell.edu
Getting Teens to Eat Smart

Sonia McGowan, Eat Smart New York Nutrition Educator, delivered a series of nutrition and physical activity lessons this month to teens in the County. The teens from Big Brothers, Big Sisters of Rockland County and the teens from Bricktown Gospel Fellowship in Haverstraw learned how to calculate the amount of fat that is in a typical fast food meal. They learned how to make healthier choices when eating out. During this workshop they made their own veggie wrap and saw they can prepare quick healthy low cost meals. They also had fun learning the importance of being active.

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.

Last Chance to Share Your Story!

100 Stories for 100 Years

In celebration of our 100 year anniversary in 2017, we invite you to share your stories and memories to commemorate 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! We will announce the winner in our May Newsletter.

To share your story or for more information please contact our Administrative Assistant, Jennifer Strianese, by email at jas946@cornell.edu.
Upcoming Events

Small Steps, Big Benefits
A Morning of Tips for Saving Money, Energy, & the World

Saturday, June 9th
9 am - 1:30 PM
Dominican College
Casey Hall*
Free to Attend

For more information & to register, visit:
www.RocklandCCE.org/SmallSteps
Registration requested by June 7th

Did you know that conserving resources can save you time and money all while helping the environment? Come discover some life hacks that your budget and the planet will love!

We’re presenting a variety of workshops on topics ranging from decluttering your house and upcycling to collecting rain water to keep your yards healthy and green.

* - Casey Hall parking lot is located on Orangeburg Road in Blauvelt, NY. Detailed directions available on event website.
First Day of Spring Brought NY Times Bestseller to CCE

Gardener’s Day 2018 was a rousing success! With almost 100 people in attendance, Rockland County garden lovers got riled up and ready to start the growing season. New York Times bestselling author Marta McDowell shared some of the great she learned while writing her book, *All the Presidents’ Gardens*. All of the attendees gave glowing reviews in our informal exit poll and are looking forward to repeating the event in the future.

The planning committee would like to give a special thank you to Annie Christian-Reuter, Joe Napoli, Chris Shankar, Donna DeSousa, Janet Fenton and Susan Kroll for sharing their expertise and passion with us!

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Repair Cafe Seeks Coaches

**Sunday May 6th | 10 AM - 1PM | The Nyack Center**

Repair Cafe is coming to Rockland and they need some handy fix-it volunteers (also known as Repair Coaches) for that event. The Cafe is looking for a few more people who can fix: Appliances, Electronics, Jewelry, Toys, Computers/Devices, Furniture, Clothing, & Writing!

For more information about the event or to volunteer as a coach, contact Kathy at rcsc@co.rockland.ny.us or 845-364-2932.

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Did Someone Say Fun Summer Internship with a Stipend?!

Rockland Conservation & Service Corps is Recruiting! RCSC is an opportunity for environmentally minded people 18+ to make an impact on the local community, get work experience, network, work hard and have fun at the same time! Whether you are interested in water quality, trail and land stewardship, GIS, community planning, environmental data point collection, parks, recycling and sustainability, agriculture, public health, education and outreach - this could be for you or someone you know! Great for people studying education, environment, engineering, marketing, communications, community planning, green infrastructure, sciences, agriculture and more!

Get an application by e-mailing rcsc@co.rockland.ny.us or by calling 845-364-2932

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Rooted in our Past Growing our Future
• **Crops in Pots: Growing Vegetables in Containers**  
  **Thursday, April 19, 7:00 PM - 8:30 PM**  
  South Orangetown Continuing Education at Tappan Zee High School  
  Even without a large garden, organically grown vegetables are possible on patios, balconies, and decks. By using the right container, rich soil, proper watering techniques, and maximum sunlight, lettuce, tomatoes, carrots and many more vegetables are steps away from the kitchen. With the addition of colorful annuals, crops in pots are attractive elements to the landscape.

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.

• **Native Plants for Your Garden**  
  **Monday, April 23, 1:00 PM - 2:30 PM**  
  Finkelstein Memorial Library  
  Discover a selection of native flowers, shrubs, and trees that will add beauty to your landscape, are easy to grow, and readily found in garden centers. Learn how native plants are defined and how by adding them to the garden, they will enhance the health of the local ecosystem.

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.

• **Dealing with Wildlife in Your Backyard**  
  **Monday, May 7, 1:00 PM - 2:30 PM**  
  Finkelstein Memorial Library  
  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 Finkelstein Memorial Library. Please call the office at (845) 352-3694 for more information and to register.

• **Container Gardens for Spring and Summer**  
  **Tuesday, May 8, 7:00 PM - 8:30 PM**  
  Clarkstown Continuing Education at Congers Elementary School  
  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.

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.
Tree Care
by Michael Wilson

Recently, on my drive to work and around my town, I have noticed a few wooded lots with houses that suddenly have had every tree on the lot cut down and removed. This seems to correlate with the recent snow storms that we have had this spring which incurred a considerable amount of tree damage. I witnessed the same thing after super storm Sandy and hurricane Irene. Some of this drastic tree removal may have been due to a disease or insect problem and for construction. But a percentage of the removal may be because of a concern about future storms and the possibility of trees falling; creating damage to the house and property. Some people are absolutely afraid of trees falling on them and there is a documented disease known as dendrophobia.

If you are concerned about the trees that are close to your house (or are dendrophobic), it would pay to have your trees evaluated periodically by an arborist. Unless there is a serious disease or insect problem, every 5 years is a good schedule. You may find that your trees may need some pruning, cabling, spraying or removal. It is also possible that your trees are healthy and safe. If you need information on help for storm damaged trees and shrubs, tree health, transplanting trees and shrubs, or a list of certified arborists, contact the horticultural lab.

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, May 2nd 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

June Session
Wednesday, June 6th
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!

Spring in the Horticulture Lab:
• Spring Hours: 9AM – 2PM
• New Single Price Service Charge: All Lab Services will be $14
• Now accepting Credit & Debit Card Payments!
Rooted in our Past Growing our Future

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

If you have any questions, please call Jennifer Striamese 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.

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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