

Just a reminder that you're receiving this email because you have expressed an interest in Cornell Cooperative Extension Dutchess County. Don't forget to add dutchess@cornell.edu to your address book so we'll be sure to land in your inbox! If you are only interested in receiving information from certain program areas, please click on the "Update Profile/Email Address" link at the very bottom of the newsletter to change your preferences.

You may [unsubscribe](#) if you no longer wish to receive our emails.

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Issue: #45

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Cornell University
Cooperative Extension
Dutchess County

Cornell Cooperative Extension
Dutchess County
2715 Route 44, Suite 1
Millbrook, NY 12545
(845) 677-8223
(845) 677-6563 FAX
www.ccedutchess.org

About Us

CCEDC, a subordinate governmental agency associated with Cornell University and its land-grant mission since 1869, provides research-based resources, tools and education for the residents and officials of Dutchess County. Our four program areas "Help People Help Themselves" through education on:

Agriculture & Horticulture

Environment & Energy

Family & Consumer Education

4-H Youth Development

Our Mission

Through quality educational programs, Cornell Cooperative Extension Dutchess County builds strong, healthy youth, adults, families and communities while enhancing the economic, social, agricultural and natural resources of Dutchess County.

Click donate to show your support & become a Friend of Extension

Donate



Hello Friends,

The programs below are just a sample of offerings. Learn more about these and other CCEDC programs by contacting us at (845) 677-8223, visiting our website at www.ccedutchess.org, or checking out our [Facebook](#) and [Twitter!](#)

Environment & Energy

NCLI Youth Educators Teach Trash and Recycling at Clinton Elementary

The No Child Left Inside youth educators brought a little extra joy and learning to kids in the After School Program at Clinton Elementary School this past December. For three consecutive Thursdays, the NCLI youth educators taught environmental games and activities to approximately 20 children in 3rd-5th grade. The lessons, with the theme of how to manage garbage, recycling, and food waste, were carefully selected, prepared, and delivered by the NCLI youth educators.



In the first lesson, "Trash Pizza", the elementary school children learned about the different components of their trash (i.e. food waste, paper products, plastic, etc.) and made a pizza representing the percentage of each category thrown away in Dutchess County.



Since so much of what we throw away can be recycled, the second lesson focused on teaching the elementary kids what was recyclable and non-recyclable in Dutchess County via a "Recycling Relay Race". The final lesson taught the kids how to recycle food waste by using an art activity to show where their food comes from, as well as a freeze-tag like game to demonstrate the decomposition cycle.

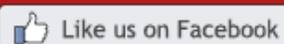


CCEDC Newsletters

Many of our four program areas have their own specialized newsletters, which are sent out regularly, as well. If you're interested in reading the latest issue of each newsletter, click on the links below:

- [Dutchess Dirt](#)
- [Dutchess County Agriculture...It's a Growing Thing](#)
- [Environment and Energy Newsletter](#)
- [4-H Newsletter](#)

CCEDC is on Social Media!



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NCLI Youth Educators teaching the decomposition cycle

This project is funded in part by a grant from the NYS Environmental Protection Fund through the Hudson River Estuary Program of the NYS DEC and by a Dutchess County Agency Partnership Grant.

Family & Consumer Education

The Family and Consumer Education Department is excited to ring in the new year and to share some recent updates!

Two of our RAPP, Relatives As Parents Program participants were featured on the front page of the Northern Dutchess News. We are so thankful to everyone involved for highlighting the need to support relative caregivers in our community.

FCE has an updated flier for our Relatives As Parents Program (RAPP). Along with the redesign, we will be hosting introductory information sessions beginning January 31st from 6:30 pm - 7:30 pm at the Poughkeepsie Galleria. These sessions are aimed to increase awareness of the resources that available to relative caregivers. They are open to the qualified public, so please spread the word to anyone you believe would be interested.



The new flier, 2018 meeting schedule and information session details can be found by clicking the link below.

[***2018 CCEDC RAPP Flier***](#)

If you have any questions, please don't hesitate to contact us anytime by calling 845-677-8223 ext. 137 or emailing Program Leader, Jessica; jmc646@cornell.edu

Agriculture & Horticulture 2018 Philadelphia Flower Show

CCEDC is now taking reservations for our annual bus trip to the Philadelphia Flower Show. The theme of the show is, "Wonders of Water" and will celebrate the beauty and life-sustaining interplay of horticulture and water.

Our trip is on Thursday, March 8th and the bus will be leaving the Farm & Home Center on Rt. 44 in Millbrook promptly at 8:00 AM. The cost is \$75 per person. Pre-registration and payment is required. Seating is limited, so act soon! Please call Nancy at 845-677-8223 x115 to register and for more information.

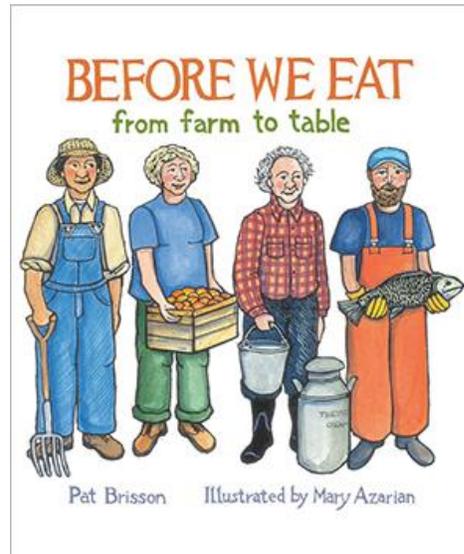
4-H Program

Before We Eat: From Farm to Table

2018 Agricultural Literacy Week - March 19-23, 2018

New York Agriculture in the Classroom is coordinating the 14th annual New York Agricultural Literacy Week to be held from March 19-23, 2018. Over 1,200 community members around the state will be volunteering to read to elementary classroom students from the book *Before We Eat: From Farm to Table* by Pat Brisson. The children, many in urban classrooms, will be taken on the journey from farm

Table by Pat Brisson. The children, many in urban classrooms, will be taken on the journey from farm to table to understand different aspects of agriculture and the many possible careers involved. This is a captivating glimpse on what it takes to bring the food we eat to us in order to nourish our bodies and spirits. The vivid illustrations show the depth of industries and diversity that agriculture includes.



Last year, approximately 45 volunteers read to over 2,300 students across Dutchess County

To register a classroom to participate, click the following link: https://reg.cce.cornell.edu/2018DCALW-2_213

To volunteer as a reader, email cmm473@cornell.edu

Registration closes 02/28/18

This program is funded through a grant with Dutchess County.

Green Teen Program

Healthy Bodies - Healthy Minds



December wraps up the end of our Fall Green Teen program. The teens participated in two yoga sessions at BeBhakti, a yoga studio in Beacon. This great opportunity is supported by a United Way grant. The youth were introduced to new breathing techniques that they can use to reduce stress in their daily lives. The instructor taught multiple different yoga poses and discussed how yoga connects to the biology of the body. By the end of the second yoga session several of the youth said they would use the breathing techniques they learned to aid with stress and some said they would attend yoga classes again, leaving with a yoga schedule in hand. The instructor gave each youth a meditation CD to take home with them, to assist them with practicing yoga at home. BeBhakti also has a special yoga class on Sunday's at 5:00 pm where the price is \$5. All the proceeds go to Green Teens, for which we are very appreciative!



Throughout the fall, the Green Teens have engaged in community-building circles led by Claudia from the Dutchess County Mediation center. The youth were asked to reflect on their passions, goals and accomplishments. The goal of the final circle was to remind the youth of all

they have accomplished in the past three months and to steer them in the direction of success upon leaving Green Teen. Some youth shared monetary goals with the group such as buying a car, while others shared short term goals such as getting their driver license. After everyone shared their goals, the youth were able to give feedback to one another to assist in obtaining the stated goals. This allowed for youth who already had their license or permit to act as mentors to those who did not. It was a very positive way to wrap up the year.

This program is funded through a grant with Dutchess County.

Sincerely,

Cornell Cooperative Extension Dutchess County

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. The programs provided by this agency are partially funded by monies received from the County of Dutchess. Please contact the CCEDC office if you have any special needs.