

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.

16
E

Issue: #49

May/2018

In This Issue

[4-H & Green Teens](#)

[Maps for Conservation Planning](#)

[Spring happenings](#)

[Master Gardeners at work!](#)

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



Hello,

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

4

4-H Sewers Take Center Stage at the Fashion Revue!

On April 19th, 17 youth had their garments evaluated by volunteers. Youth arrived with their garments, evaluators looked through the careful stitches, then they put their garments on and practiced modeling with the help of older 4-H teens.

The following week, the youth took their garments to the runway in the Fashion Revue! Family and friends gathered as youth ages 6-16, rocketed across the stage in the this "Out of this World" themed fashion show. Garments consisted of everything from pajama pants to pant suits. Youth also have the opportunity to model purchased clothing, where consideration is given to the crafting of the garment but also the costs and intended use.

At the closing of the show, youth were presented with garment bags and roses, donated by long time 4-H Leader Joyce Sokolowski. Members ages 13 and up are eligible to move on to the Fashion Revue at the State Fair in August where they will work with youth from across the State in a similarly run show.

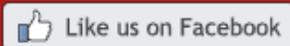


CCEDC Newsletters

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!



4-H and Veterinary Science - A Natural Fit

Calling 4-H teens with an interest in animals and science. The Dorr Foundation has awarded 4-H a grant to develop two 9-week modules to engage our youth in hands-on practice. The first program will start in fall 2018, with a second, follow-on program in spring/summer 2019. Watch the 4-H E-News for more details.

4-H Alumni and Friends - Save the Date

Wednesday 23rd May at 7:00pm at CCEDC will be the next meeting where those passionate about 4-H can come together to plan and work to support and grow the program. The more input we get, the better we can meet the needs of our youth. Please join us and spread the word. Contact Angela acs26@cornell.edu to RSVP.



Green Teens

Green Teens Spring into Action

Starting seeds, moving compost, setting up irrigation, and planting - the Green Teen Community Gardening Program are in full swing. In addition to the vocational work experience, youth are engaged in a variety of learning experiences. So far this spring (and it's only May!) the Teens have attended a "Why go to college" workshop with a follow-up session to learn about financial aid, visited the Beatrix Farrand garden and learned about landscape architects, Beatrix Farrand and garden design, conducted a spring clean-up at a local café in return for a baking lesson, attended workshops on subjects such as Food as a Right and Food Security in America, and participated in yoga classes!



Healthy bodies, healthy minds - Green Teens do yoga for physical fitness and stress relief



At last it is warm enough to plant the Green Teen garden!

CCEDC- Youth and the Community

Hudson Valley KidVenture Equals Collaboration

On April 28-29, kids of all ages had chance to "Explore. Discover. Imagine" at the Hudson Valley KidVenture in Poughkeepsie. CCEDC was invited to join other non-profits in supporting the County Executive's ThinkDIFFERENTLY initiative, working to create an inclusive culture for children with

special needs. As part of the Kid Empowerment Zone, 4-H Clubs, Green Teens and our No Child Left Inside (Environment and Energy) program worked together to provide visiting children with two days jam-packed with fun, educational, hands-on activities.

The Green Teens helped kids plant sunflower seeds to take home and nurture; the NCLI youth encouraged visitors to make their own jewelry by recycling and repurposing magazines, and 4-H Clubs Techno Titans intrigued kids with origami and other tech-related games.

Hudson Valley Fresh sponsored the 4-H table by providing 9 gallons of farm-fresh local milk (much of it chocolate!) for children to taste. Children were able to make the farm-to-table connection by milking our 'cutout cow' kindly loaned by Northern Dutchess dairy 4-H Club, and 'handled' by the very capable 4-H'ers and volunteers from Stissing Mountain 4-H Dairy Club. Over 600 children enjoyed their CCEDC experience!



Ready to Milk - Chocolate added later!



Community Energy Engagement Program (CEEP)

This new Cornell Cooperative Extension Dutchess County Program is a collaboration with Cornell Cooperative Extension Sullivan County and funded by the New York State Energy Research and Development Authority (NYSERDA). The program seeks to educate and assist individuals, families and small businesses about resources and funding available in your community for energy projects.

There is support available to help residents and businesses reduce their energy consumption and energy costs and make informed energy decisions. Community Energy Advisors can connect you to resources and networks that provide cost saving opportunities in your communities. Community Energy Advisors are available to:

- Enable you to make informed energy decisions
- Inform you of financing options for energy efficiency and renewable energy projects and products
- Guide you through the process of implementing a clean energy project
- Connect you with the right energy contractors who can implement clean energy projects.

For more information on CEEP go to nyserderda.ny.gov/ceep or contact Danielle Salisbury, Community Energy Advisor for the Mid Hudson Region, ds778@cornell.edu, 845-677-8223 x138.

New York State Energy Research and Development Authority NYSERDA offers objective information and analysis, innovative programs, technical expertise, and support to help New Yorkers increase energy efficiency, save money, use renewable energy, and reduce reliance on fossil fuels. A public benefit corporation, NYSERDA has been advancing energy solutions and working to protect the environment since 1975.

Source: <https://www.nyserderda.ny.gov/About>

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.



FCE will continue working on the Hudson River Fish Advisory with our CCE partners in Orange, Ulster and Columbia & Greene Counties.

[Click here for more information!](#)

May is Mental Health Awareness Month and we invited certified yoga instructor Cindy Chen to do a program on self-care and mindful breathing techniques for our RAPP group participants. Adults in Fishkill and Poughkeepsie were treated to a session on relaxation and gentle yoga moves. We learned the importance of self care and how breathing from the bottom of our lungs to the top and not keeping breaths shallow can promote relaxation.

This summer, FCE will be working with Youth One Stop to bring financial literacy training to youth enrolled in their programs.

We would also like you to save the date for our 2018 Picnic. It will be held at Bowdoin Park on Friday July 13th - more details to follow!

**Stay tuned for more info and contact us
anytime
at 845-677-8223 x137, jmc646@cornell.edu,
[@fcedutchess](https://www.facebook.com/fcedutchess).**



IPM Field Scouting and Research Updates

Cornell Cooperative Extension Dutchess County will be presenting an IPM Field Scouting and Research Updates Twilight Meeting on Tuesday, June 28, 2018 from 6:00 - 8:30pm. Registration will begin at 5:30pm at Murphy Crest Tree Farm 170 Depot Hill Road, Amenia, NY 12501.

Cornell IPM specialists Dr. Betsy Lamb and Brian Eshenaur will focus on current effective and economical methods of managing pests. Participants are welcome to bring their own samples and/or photos for identification, discussion and management. Miriam Boateng, CCE Todd Hill Educator will review the process to become a NYS Grown & Certified farm. This program is a valuable marketing tool for your farm!

[Click here to download the flier and registration form!](#)

For more information, or if you have any questions, please contact us! 845-677-8223

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.