

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: #53

September/2018

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Cornell Cooperative Extension Dutchess County

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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 &
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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](#)!

Don't forget to mark your calendars - CCEDC's 2018 Annual Meeting is just around the corner!

[Click here to download the 2018 invitation](#)



Cornell Cooperative Extension Dutchess County
Annual Meeting/Breakfast

October 17, 2018

CCEDC is now on AmazonSmile!

If you would like to support us while you shop, use this link to sign in!

smile.amazon.com/ch/14-6036882

amazon smile

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!

Like us on Facebook

Follow us on twitter

October 17, 2018
7:00—9:15am
Farm and Home Center, 2715 Route 44, Millbrook NY, 12545

Cost per person for breakfast \$15.00 in advance by October 12th
\$10 for youth under 14

Please RSVP by October 12, 2018
For information and reservations, please contact: Angela Sullivan
845-677-8223 ext.114 or acs26@cornell.edu

Register early - breakfast seating limited to 100
Interested in the FREE Meeting only?
You do not have to attend the breakfast to come to the Meeting!

4

4-H Farm to Table

The 4-H Livestock Sale, which took place at 4pm on Saturday August 25 at the Dutchess County Fair is the culmination of a year of hard work for many 4-H youth. As their project for that year, youth purchase young animals and raise them humanely using best farming practices. The youth keep a detailed account of everything related to their project animal, such as financial, health, feed and breed records. Money raised from the sale of the animal goes directly to the youth. Before receiving their checks, the youth submit their completed record books showing their profit (or loss!) margin. This is an exciting project and provides 4-H'ers with real world farming experience.



Grand Champions fetched top prices at the 2018 4-H Livestock Sale (credit: Brad Paris)

Dutchess County Fair - Something for Everyone

Ask the average member of the public what 4-H does at the Dutchess County Fair and the two top answers are "animals" and "milkshakes". Well actually, the milkshakes are NOT 4-H-made! Located at the foot of 4-H Hill, the famous milkshake booth is run by the Dutchess County Dairy Committee; funds raised are used to support our agricultural industry in many ways. The DCDC very generously supports 4-H'ers through the 300 free milkshake passes they award to youth who compete in showmanship classes to improve their animal handling skills. They also award significant scholarships to Dutchess youth studying agriculture at college.

4-H fundraising efforts at the fair center around the sale of water and, new this year, an Activity Zone offering hands-on games and crafts to fairgoers. Over 500 kids participated in activities including

braiding friendship bracelets, painting and decorating real horseshoes and planting sunflower seeds. The money raised helps cover costs for the approximately 320 4-H youth who attend and/or exhibit at the fair.

Those 4-H'ers with a creative side can showcase their talents by entering items in the 4-H Exhibit Hall. The standard this year was impressive with many items going on to win at the NYS Fair. In addition to exhibits, youth provided in-person demonstrations including public presentations and fashion modelling of their creations.

4-H Serves Our Youth

As the 2017-18 year draws to a close, it is exciting to see 4-H numbers holding steady in what has become a very competitive world. Here are some statistics:

- 35 active clubs
- 439 enrolled members
- 89 Club Leaders, Co-leaders or Project Leaders
- 112 volunteers who helped in roles such as evaluators
- 331 youth completing public presentations
- 259 exhibiting at the Fair
- Over 4000 hours of community service by 4-H clubs
- Over 5000 volunteer hours donated to the program

The New 4-H Year - Head, Heart, Hands and Health

When the 2018-19 4-H year begins on October 1, we will welcome 4 new clubs to the program, with approximately 35 new members. The year begins with a Leader Forum in October followed by the Fall Food festival in November. December offers many opportunities for the clubs to fundraise and engage in community service. New volunteers are always welcome!

Green Teens Community Gardening

A Real World Green Teen Success Story

Samantha Brittain has worked with the Green Teen Program since 2009, when she was just a 16-year-old participant. She feels that Green Teen has changed her life. As a teen Samantha's home life was not ideal. Her mother had to work three jobs to pay the bills and be the sole provider for her three children. This left Samantha unsupervised for most of her youth. She fell into a bad crowd and often found herself at the police department, detained for mischievous behavior. Once she began working for Green Teen her life took a more positive turn. Green teen provided adult role models who helped her make better decisions and her understanding of the world around her was transformed through the workshops given to her in Green Teen. For the past 7 years she has worked as a part time staff member for Green Teen.

Now, Sam has a BA in Sociology from SUNY New Paltz and is moving to a full time position as assistant to the recreation Director at Hedgewood Assisted Living in Beacon, where she can apply her skills and education to helping people in her community. Her passion for the Green Teen program illustrates what an important part it has played in her life. Everyone at CCEDC wishes Sam well as she pursues her career!





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Climate Conscious

September is an interesting month, climate wise. It is still warm enough outside where we can ride our bikes to work, but it's also cooling down to where we might start thinking about turning on the heat at home. It is the perfect time to sit down and make that action plan of activities that you will do to reduce your carbon footprint! We aren't the only ones who think so. New York City is hosting **Climate Week 2018** this year from September 24th through September 30th. The purpose of Climate Week is to show off amazing climate achievements from across the globe, and bring people together to discuss what still needs to be done.



If you can't make it down to NYC to take advantage of the amazing events they have prepared, there are still several ways you can participate at home:

- **Carpool, bike, or use public transportation** - Even one or two trips a week makes a difference!
- **Replace old light bulbs with LED light bulbs** - Switching out your old incandescents can save you up to 6x's the energy and approximate \$8 per bulb per year
- **Get an energy audit for you home** - Most New Yorkers can get a free energy audit for their home. Contact your local Community Energy Advisor to find out how: Collin Adkins 845-677-8223 x.113 or cda37@cornell.edu
- **Eat local food** - Not only are you supporting your local farmers, but your food has less of a carbon footprint because it doesn't have to travel so far to get to you
- **Unplug** - Small appliances like toasters and coffee pots use energy, even when you are not using them! Unplug these appliances when you are done, or hook them up to a power strip that you turn off before leaving the house

Curious about how much carbon you use on a daily/weekly/monthly basis? Check out The Nature Conservancy's [Carbon Footprint Estimator](#). For more ideas on energy conservation tips check out CCEDC's [Energy Conservation page](#).

This project is funded by the New York State Energy Research and Development Authority - NYSERDA (<https://www.nyserda.ny.gov/About>)

F

The Family and Consumer Education team completed Financial Literacy Training for students in the Summer



Youth Employment Program funded by the Dutchess County Workforce Investment Board.

We did FLY programming for ten different local groups and a Jeopardy themed financial literacy training at a closing ceremony that had more than 110 students attendance.



In partnership with the NYS Office of Alcoholism and Substance Abuse, we will be hosting a Naloxone training on Thursday October 4th, 2018 from 2:00-3:30pm at the Farm & Home Center, 2715 Route 44, Millbrook, NY. You can [download the details here](#), and please call or email with any questions or for more information!

Our RAPP families are back in school and getting ready for another fun and educational year with the Relatives As Parents Program support group. This month, FCE staff also attended the Department of Children and Family Services open meeting to learn more about foster family services in Dutchess County.

A

Fall in Love with Gardening

Our Community Horticulture Resource Educator will be teaching a series of classes in October with Arlington High School - **"Fall" in Love with Gardening All Year**

- Tuesday, October 2, 2018, 6:30 PM - 9:00 PM
- Thursday, October 11, 2018, 6:30 PM - 9:00 PM
- Thursday, October 18, 2018, 6:30 PM - 9:00 PM
- Thursday, October 25, 2018, 6:30 PM - 9:00 PM

[You can find more details on the series here!](#)

Lunch and Learn Webinars

The Fall Lunch and Learn Zoom webinars have started. Please join us every Wednesday at lunch time from 12:00pm to 1:00pm. Topics will include:

- Using Social Media Platforms to Advertise your Small Business
- Blogging your way to Customers
- Farm to institution Marketing
- Farm to School Marketing
- Sales Tax for Small Business

Save The Date! In- Person GAPs TRAINING

CCEDC will be offering Produce Safety Alliance Grower Training for Fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety.

If you are interested in any of these Lunch and Learns Zoom Webinars or the In-Person Training you can contact:

Miriam Anima Boateng
mb2377@cornell.edu
(845)677-8223 x116

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.

