Orange and Rockland Utilities Sponsors CCE STEM Day at Haverstraw Elementary School

On December 19, Cornell Cooperative Extension educators and volunteers collaborated with the Haverstraw Elementary School for a “CCE STEM Day,” sponsored by Orange and Rockland Utilities. During this event, educators traveled to Haverstraw Elementary and led three environmentally-focused activities for over 190 fourth grade students.

The sessions included: The Power of Wind: How Can We Design a Wind Powered Boat? which was facilitated by Kristin Ruggiero, 4-H Youth Development Educator.

For this activity, youth worked in pairs to design and build a sailboat that would travel in a straight line on a smooth surface using a fan as a source of wind. By continually testing and adjusting their designs to see how far and straight their boat could go, the youth developed valuable engineering skills and learned how to effectively utilize a renewable resource.
The Hudson River Fish Advisory & ‘Don’t Flush the Wipes’ session was facilitated by Jennifer Zunino, Environmental Educator.

The students learned that due to PCB contamination in the Hudson River, boys must wait until they are 15 to eat certain fish from the Hudson, but girls must wait until they are 50, which is when they will be out of child-bearing age. Since Haverstraw is a water-front community, this information is crucial to ensure the health and well-being of community members.

Additionally, the students learned that wipes, even ‘flushable’ ones, are not, in fact, flushable because they clog pipes and cause sewer back-ups. The tax payer must then pay hundreds of thousands of dollars each year for the municipalities to clean out the sewer lines. When you buy a box of wipes, the cost does not end there if you flush them!

Composting and Vermicomposting was facilitated by Janet Fenton, Master Gardener Volunteer.

During this session, the students were very engaged and eager to learn about the significance of composting for our gardens and our environment. Some highlights of the day included passing around the red wiggler composting worms, answering questions about what you can and can’t compost, and a special song and worm costume that had the students swaying back and forth singing about composting.

We are truly grateful for the support from Orange and Rockland Utilities, the staff and students at Haverstraw Elementary School, the Hudson Valley Fish Advisory, the Stormwater Consortium, the Rockland County Solid Waste Management Authority, and the community members who made this program possible. The Stormwater Consortium of Rockland County also extends their gratitude for allowing CCE to present on the many hazards of flushing wipes, even those that are ‘flushable’.

For more information about our composting programs and resources, go to our website at http://rocklandcce.org/ or call (845) 429-7085.
To find more information on these and future events, visit our Event Page (RocklandCCE.org/events).

Trash to Garden Treasure: The Recycled Garden

**Wednesday, January 23, 1:00 PM - 2:30 PM**
Clarkstown Continuing Education at Congers Elementary School

This presentation will emphasize using recyclable materials in the garden. Rather than sending plastic water bottles, metal cans, empty wine bottles, tires, and even construction items such as gutters and step ladders to the landfill, these discards can become creative and playful containers for indoor and outdoor plantings. This program also will offer a discussion of composting kitchen scraps and yard waste.

*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.*

Starting Seeds Indoors and Outside

**Wednesday, January 30, 1:00 PM - 2:30 PM**
Clarkstown Continuing Education at Congers Elementary School

Seeds are marvelous little packages of plants just waiting to grow up in your garden. This presentation will discuss how and when to start seeds indoors and how to nurture the seedlings until they are ready to plant outdoors. It will also cover how and when to sow seeds directly into your garden.

*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.*

Pruning

**Wednesday, February 6, 1:00 PM - 2:30 PM**
Clarkstown Continuing Education at Congers Elementary School

Pruning is essential to maintaining healthy and attractive trees and shrubs, yet many fear this simple and often pleasant task. This presentation will cover the proper use and selection of tools, common landscape trees and shrubs that need pruning, times of year to prune and the basics on how it is done. Participants will come away with confidence and knowledge on how to care for the woody plants in their landscape.

*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.*

Fertilizer Law Certificate Class

**Wednesday, February 6, 8:00 - 10:00 AM**
CCE Office & Education Center in Stony Point

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.

Fee: $35.00

Although payment can be made on the date of the class, registration in advance is required.

To register contact: Jennifer Strianese at jas946@cornell.edu or (845) 429-7085 x117

*March Session: Wednesday, March 6, 8:00 - 10:00 AM*
Eat Smart New York nutrition educator Sonia McGowan held a Lunch and Learn workshop at Chestnut Ridge Middle School where she provided healthy food tips for the holiday season. 18 teachers joined her on their lunch break to learn how to put together a creamy peanut dip for fruits and vegetables. This dip is a great alternative to the high fat and sugary foods that are usually served during the holidays. ESNY will continue their Lunch and Learn nutrition workshops throughout the remainder of the school year.

Creamy Peanut Dip

Ingredients:
- 1/4 cup creamy peanut butter
- 1/8 cup orange juice (2 Tablespoons)
- 1/2 cup yogurt, low-fat vanilla

Directions:
1. In a small bowl mix the peanut butter and orange juice until smooth.
2. Stir in vanilla yogurt.
3. Cover and put in fridge until chilled.
4. Serve with apples, pears, carrot sticks and celery sticks.
This year, 24 teens throughout Rockland County actively participated in our 4-H Veterinary Science Career Exploration Program. This annual program, which runs from October through December, is a chance for high school students to learn from local veterinarians and wildlife professionals, experience animal health procedures, and discover opportunities for careers in animal science.

On October 15, Dr. Robert J. Weiner from the County Animal Hospital in New City introduced the students to veterinary medicine, describing the variety of positions available in veterinary fields and explaining the revolutionary PennHip screening tool for canine hip dysplasia.

Brian Robinson of Wildlife Lectures led the session on October 22, where he showed a falcon, a Eurasian eagle-owl, a turkey vulture, an alligator, a lizard, and a Burmese python. Students were able to see the animals up close, witness their eating behaviors, and consider the animals’ unique features.

On October 29, Dr. Susan Welsch from the Allendale Animal Hospital used vivid diagrams and videos to describe zoonotic diseases (diseases transferred from animals to humans), and she led an impactful discussion about rabies in both animals and humans.

On November 5, Dr. Ian and Jan Wetherly from the Haverstraw Animal Hospital brought in their friendly Burnese Mountain dog, Neala, and showed how to perform a health maintenance exam. Dr. Wetherly also discussed participants’ animals including a leopard gecko, guinea pig, hedgehog, and bearded dragon, and demonstrated various surgical tools.

On November 19, participants traveled to the Ramapo Equestrian Center where they learned how to examine horses from Dr. James French of the Suffern Animal Hospital. Each participant also groomed a horse and learned about equine anatomy, breeds, and proper horse care from 4-H member, Marley Simpson, and Melissa Furnari of the Ramapo Equestrian Center.

On November 26, the participants dissected sheep hearts under the guidance of Dr. Linda Atkins and Dr. Patricia Collins from the Valley Cottage Animal Hospital. Youth were able to learn about the structure of the heart, along with blood circulation and common heart diseases. During the session, Dr.
Rooted in our Past, Growing our Future

The Master Gardener Volunteers of Rockland County present:

Gardener’s Day 2019

Wednesday, April 3, 2019
9:00 AM – 2 PM

Keynote Presentation by

Judy Glattstein

Author of Made for the Shade

Early bird rate: $30
After March 1: $40

Book Early, Space is Limited!

Visit www.RocklandCCE.org/GardenersDay for more information and to buy your tickets.

(845) 429-7085 | jas946@cornell.edu
Fertilizer Law Update
by Michael Wilson

The Fertilizer Law class is now bilingual, presented in both Spanish and English. It is still given every month on the first Wed. at 8AM. Eventually, if the demand is great enough, Cornell Cooperative may decide to have separate classes for each language. All landscapers who are applying fertilizer must be certified through a Fertilizer Law class. This includes contractors who may farm out landscape work. This class is also required to obtain a contractor’s license to work in Rockland County.

Rainfall that is not absorbed into the ground becomes "run-off." The main theme of the Fertilizer Law is prevention of non-point pollution due to stormwater run-off. This run-off will pick up anything that is left on the ground and carry it into a catch basin in the street. Every one of those catch basins is connected to a waterway. This may be a dry drainage ditch that only receives water during a storm event. But it also can be a tributary, a river, or lake/pond. If fertilizer is freshly applied, there is a percentage of the fertilizer that will run-off into the drainage system during a storm event and into the water supply. These extra nutrients will create eutrophic waters, which is a water body that is over burdened with algae and in the process of declining. Next month’s newsletter will explain the important points and regulations of the Fertilizer Law of Rockland County.

Linda Atkins also showcased various bone specimens to help youth understand the anatomy and physiology of domestic and wild animals.

On December 3, Dr. Kenneth Byman from the North Rockland Animal Hospital shared images of his animal patients and surgeries as he described case studies in veterinary medicine. After his presentation, youth were able to dissect rat specimens, focusing on the respiratory, digestive, and reproductive structures, with assistance from Dr. Byman, Julia (a physician’s assistant), and Deanna (an alumnus of the 4-H Veterinary Science Program and a veterinary nursing student).

The final session took place on December 10 with a presentation from Dr. Michael Goldmann of the Nanuet Animal Hospital. Dr. Goldmann took the students through 'a day in the life' of a veterinarian and shared insights into the costs of veterinary school, methods to reduce debt, and critical thinking skills.

Overall, our speakers provided an exceptional learning experience for the teens. A huge thank-you goes out to all of our presenters who volunteer their time and resources to help these youths explore careers and develop skills for the future.

If you have any questions about the 4-H Veterinary Science Career Exploration Program or other 4-H programs, contact Kristin Ruggiero at klf37@cornell.edu or by phone at ext. 103.