Youth Develop Communication Skills in Fun with Public Speaking!

This year, 9 Rockland County youth, aged 9-12, actively participated in our first annual *Fun with Public Speaking!* Program, which took place from January 9 through February 27. Participants played games and learned how to effectively create and present a public presentation. During the sessions, the youth learned how to conquer fears, deliver a speech, organize information, conduct demonstrations, and create an illustrated presentation. Games included making commercials, impromptu talks, tongue-twisters, expressing emotions, partner teaching, and a variety of other activities.

To showcase their skills, the youth participated in the 4-H Public Presentation Event on March 2 where they each presented and discussed their performance with trained evaluators. Through this event, the youth were able to identify their strengths, learn from other presentations, and receive advice to improve their next presentation. Overall, *Fun with Public Speaking!* was a great learning experience for youth, and we are grateful to all of the parents and youth who made this program possible.

For more information, check out the public speaking resources on our website at http://rocklandcce.org/youth/public-presentations or contact Kristin Ruggiero at klf37@cornell.edu or (845) 429-7085 x 103.
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 15: $40

Book Early, Space is Limited!

Presentations include:
• Ticks in Our World
• Invasive Plants
• Ornamental Grasses
• Water in Your Backyard: Adding the Sights & Sounds of Water

Every Gardener’s Day ticket includes:
• Admission to keynote presentation
• Admission to two gardening lectures
• Continental Breakfast & Light Lunch
• Complimentary Composting workshop
• Floral Arrangement Demonstrations
• One ticket for Door Prize Raffle*
• Admission to Garden Market Vendor Expo
• Ask the Master Gardeners
• Horticulture Lab

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

(845) 429-7085 | jas946@cornell.edu

*See leaflet for more details.
Our Eat Smart New York nutrition educator Sonia McGowan taught Rose Memorial Library patrons how to prepare healthier meals and gave tips on how to incorporate physical activity into their day. The Eat Healthy Be Active Workshop covered maintaining a healthy weight and making healthy eating part of one's total lifestyle. The participants learned the health benefits of balancing their meals with their level of daily activity. They reviewed the nutrition food facts to help choose high fiber foods and they all made their own black bean quesadilla.

ESNY Brought Food into a Library!

Every Thursday after school from October 18 through February 14, the 4-H Program led active games with approximately 360 students in grades K-6 from Grandview, Eldorado, Elmwood, Margetts, and Lime Kiln Elementary Schools as part of the Empire Afterschool Program, coordinated by Wellcore. Using the Project WILD curriculum developed by the Association of Fish and Wildlife Agencies, youth investigated the world around them. They took part in fun, dynamic activities focused on ecosystems and niches, changes and adaptations, biodiversity, and wildlife issues. Participants were able to differentiate between domesticated, wild, and feral animals through a game of charades, explore bird movements and characteristics, practice observational skills, demonstrate muskox defense strategies, and determine needs versus wants.

For more information about Project WILD, go to https://fishwildlife.org/afwa-inspires/project-wild/project-wild or contact Kristin Ruggiero at klf37@cornell.edu or at ext. 103.
Upcoming Events

To find more information on these and future events, visit our Event Page (RocklandCCE.org/events).

Rooted in our Past, Growing our Future

### Designing a Garden for Beginners

**Monday, March 18, 7:00 PM - 8:30 PM**  
Clarkstown Continuing Education  
Congers Elementary School

In this class you will learn how to use the principles of design to plan a garden or to rejuvenate an existing property. The topics will include site evaluation and components of the design process such as the use of color, the role of structure, and characteristics of plants. The "why" and "how" will enable you to apply the principles as you plan a 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.

### Native Plants for Your Garden

**Thursday, March 21, 7:00 PM - 8:30 PM**  
South Orangetown Continuing Education  
Tappan Zee High School

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.

### Starting Seeds Indoors and Outside

**Thursday, March 14, 4:00 PM - 5:00 PM**  
Orangeburg Library

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 Orangeburg Library. Please call the office at 845-359-2244 for more information and to register.

### Backyard Chickens for Beginners

**Monday, March 25, 6:00 PM - 8:00 PM**  
CCE Office & Education Center

Are you interested in raising your own chickens for meat or egg production? Join us for a valuable class on starting out with chickens in the Hudson Valley.

Chickens can provide eggs, meat, and fun! This class will go over everything you need to know about raising your own chickens for fun or profit including housing and feeding needs, health management, and weather and predator concerns, using mobile chicken tractors and egg mobiles, and more.

Class instructor, CCE Ulster County Livestock Educator, Jason Detzel, has many years of chicken-raising experience with both laying hens and meat breeds of all kinds. Whether you’re interested in raising a few chickens in your backyard or starting your own chicken-based enterprise, this class will cover it all.

$20 per person. Children 12 & under free with adult.

For more information, contact Kristin Ruggiero at klf37@cornell.edu or by phone at (845) 429-7085 x 103. Register online at https://reg.cce.cornell.edu/BCB19_239.
Teen Leadership Rockland
Participants Explore the Justice System

On February 5, Teen Leadership Rockland participants traveled to the Clarkstown Police Department where they explored careers in law enforcement. During this session, the students observed training exercises with the K-9 Unit, maneuvered a tactical robot, entered a SWAT vehicle and police cruiser, and toured the Communications Unit.

On February 26, the participants visited the Clarkstown Court where they took part in a mock trial. Presided by Judge Ascher, the trial involved a petit larceny case, for which participant volunteers took on the roles of the jury and the parties involved. Attorney Patrick Fischer from the District Attorney’s Office prosecuted the case, while Attorney Jonathan Ripps served as the defense lawyer. Throughout this mock trial, the judge and attorneys explained the actions that were taking place, along with the strategies that they were implementing.

Both of these sessions offered valuable insight into the justice system, and introduced youth to practical skills and career opportunities. A huge thank-you goes to Officers Christopher Bax and Jo Anne Fratianni for coordinating these events, along with everyone from the Clarkstown Police Department and the Clarkstown Court for devoting their time and resources to this exciting youth program!

For more information about Teen Leadership Rockland, contact Kristin Ruggiero at klf37@cornell.edu or (845) 429-7085 x 103.

Rockland Conservation & Service Corps is Recruiting Corps Members for this Summer

It's a full-time, 350-hour commitment from the end of May until mid August.

Conservation Corps Members dedicate their summer to outdoor, environmental service throughout the Rockland region. Their time is spent: beautifying parks and open spaces; making the region safer; improving water quality in rivers, streams and watersheds; modeling environmental stewardship; working on local hiking and walking trails; learning about regional planning and sustainability; teaching sustainability and environmental strategies to others.

If you or someone you know loves nature and is tough enough to work outside throughout the summer - apply! Contact rcsc@co.rockland.ny.us or 845-364-2930/2932 for more info or to request an application. College-aged, 18 and over

Work hard, learn a lot, have fun!
Upcoming INP Elective Seminars

The $10 course fee covers the one-session Elective Seminar. You do not have to attend all of the Elective Seminars to receive credit towards the Certificate in Nonprofit Sustainability.

Register with Jennifer Strianese at jas946@cornell.edu or (845) 429-7085 ext. 117.

Introduction to Finding Grants through the Foundation Center

**Wednesday, March 20, 8:30 AM - 10:30 AM**
CCE Rockland

For over 60 years, the Foundation Center has been supporting philanthropy by collecting data on foundations and other funders and helping non-profit organizations successfully apply to them for financial assistance. Learn from an expert how to navigate the foundation grant-making world.

Introduction to Finding Grants through the Foundation Center

presented by  

Swan Shiroma

of Foundation Center by Candid

The Mission is the Message: Getting Creative to Communicate Your Value

**Wednesday, March 20, 8:30 AM - 10:30 AM**
CCE Rockland

If we don’t have a Plan of Work or a Strategic Plan for our organizations, our donors, funders and the community would doubt our capacity to carry out our missions. Why should a Communications Strategy or Media Plan be any different when outreach efforts are an integral part of how most nonprofits accomplish their goals, reach their donors, and serve their constituents?

The Mission is the Message: Getting Creative to Communicate Your Value

presented by  

Charlie Pane

of Cornell Cooperative Extension  
Rockland County

Future INP Programs

• Talk Less, Smile More: A Guide to an Effective Stewardship - May 2
• NYCON on Fund Development - Date TBD

Contact the CCE Rockland office for more info: (845) 429-7085.
Spring Chores  
by Michael Wilson

Spring will be upon us shortly, and we'll have the joy of beginning another garden season. Early spring is the best time to get out and start cleaning up the gardens. It's also a good time to finalize any pruning that may be needed. Proper soils contribute to plant growth and there is a benefit to having your soil tested before the labs get too busy—a faster turnaround time. If you have not ordered seeds yet, do not fret as they can be purchased at the local hardware store, garden centers, and larger hardware chain stores.

As March comes to a close, it's time to start a spring crop of greens. Sowing the seeds inside and growing them under lights or in a greenhouse is a good way to get a jump on the growing season. As you make your seed selections, remember that Cornell has released their Suggested Vegetable Varieties for NY State for 2019. The list is not limited to spring crops and includes recommendations for summer, fall, and winter. For detailed descriptions, seed sources, and reviews of suggested varieties you can visit the Vegetables Varieties for Gardeners in New York State website at vegvariety.cce.cornell.edu. If you'd like to receive a copy of the list, contact the Horticultural Lab to have a PDF e-mailed or come into the lab to request a hard copy.

As we assess the landscape, it's time to think about spring care and the growing season. Mulching is easier before the perennials emerge in the spring and it's best to use organic based mulch that is free of dye or coloring. As mulch breaks down there is a renewal of microorganisms for humus development. The recommended time for lawn treatment either organically or synthetically is when the Forsythia blooms. It is also a good time to prepare the vegetable garden and begin a spring crop. Consider incorporating manure or compost into the vegetable garden. If neither of these are available, incorporating of a processed organic fertilizer is beneficial. A soil test can indicate what nutrients are needed, and speaking of fertilizer, remember that Rockland County has a fertilizer law (Local Law No. 7 of 2009, County of Rockland) and commercial landscapers must comply with certification to legally apply fertilizer for clients. According to the law the time period for using fertilizer is after April 1 until December 1 and it must not contain phosphorus.

For further information about gardening information, 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.
Community Based Climate Solutions

Sunday, March 10th, 2019, 10 AM—1PM
Dominican College, the Lawrence Room, Western Highway, Orangeburg, NY

We have less than 12 years to make major changes to our power generation, greenhouse gas emissions and more. Join us for a program about new, next-step, holistic climate solutions for our area. We can achieve ambitious and necessary goals. Our local actions matter. We can help bring about a sustainable, healthy, thriving future.

Program is Free! Register via e-mail to: RocklandGoesGreen@aol.com
Registrants receive detailed parking and building location directions.

Topics include:
- Exponential Climate Action Roadmap
- Municipal Resiliency Zones
- RoofTop Farms
- Retrofitting Existing Buildings For Low Carbon HVAC
- Electric Vehicles for Municipalities and Public Charging Stations
- Regulatory Roadblocks To Large Local Solar Projects and How To Solve Them

Speakers include:
- Melissa Everett, PhD, Ex. Dir. Sustainable Hudson Valley
- Donovan Gordon, NYSERDA, Director Renewable Heating and Cooling
- Amanda LaVallé, Coordinator, Ulster County Dept of the Environment
- Annie Novak, Rooftop Farmer, Greenpoint, Brooklyn
- Kim Fraczek, SANE Energy Project, New York Energy Democracy Alliance

Presented by Rockland Goes Green
Co-sponsored by:
Hudson River Sloop Clearwater, Sierra Club: Lower Hudson Group and Rockland, Rockland Citizens Action Network, Cornell Cooperative Extension Rockland, 350NJ/Rockland, Grassroots Environmental Education
Call for Participants: Building a Community Legacy Together (BCLT) Program

Sponsored by the Cornell Institute for Translational Research on Aging (CITRA)

Program Dates:
• Tues., April 23, 9:00am-4:00pm
• Wed., April 24, 9:00pm-4:00pm
• Thurs., April 25, 5:30pm-7:00pm

Location:
Cornell Cooperative Extension of Rockland County in Stony Point

About: The BCLT Program provides a structured opportunity for high school students to interview elders in the community about their advice for living a happy and successful life. It allows youth to learn about older people and aging, and helps to create respect for the wisdom of age and combat ageism. In addition, the program offers youth the opportunity to develop skill sets that will be useful to them in the future such as interviewing, research, and presentation skills.

Structure: The BCLT Program includes a two-day training for youth, broken up into four sessions before and after the interviews with elders. After the interviews, the youth review and organize their lessons learned. As a group, the youth then give a community presentation on the advice they learned from all the elders.

Research Component: This program is being sponsored by CITRA as part of a pilot study to determine its impact on participants’ self-esteem, communication skills, and feelings toward the other age group. To contribute to this valuable research, we are hoping to recruit 24 youth and 24 elders – half of whom would participate in the BCLT Program and half of whom would serve as the control group for the study (the study includes pre- and post-tests).

Interested? Please contact Kristin Ruggiero at klf37@cornell.edu or by phone at (845) 429-7085 x 103. To register online, go to: https://reg.cce.cornell.edu/BCLT19_239.