Don’t Miss This:

**AVID:**
Assessing Vegetation for Impacts from Deer
Volunteer Training

AVID is a method to collect data on deer impacts. Participants will learn how to ID important spring wildflowers and local trees and recognize evidence of deer impacts.

More info on page 5!

Let’s Connect!

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Youth Present at District 4-H Public Presentations

Four Rockland County 4-H members were among 61 youth ages 5-18 from the Southeast District (Rockland, Orange, Dutchess, Sullivan, Ulster, Westchester, Putnam, and Suffolk Counties) to present at the annual District 4-H Public Presentations Event on April 27 at the Dutchess Community College. Riya Balachandran, age 16, from West Nyack presented Sonder; her brother, Aadi Balachandran, age 11, presented The Greatest Invention; Sara De Los Santos, age 16, from New City presented The Vast Variety of Malus Domesticus, and Dana Osgood, age 17, from Pearl River presented All About Snow. These presenters were selected to advance to the District Event after the County Public Presentations in March, and they performed exceptionally well, expressing enthusiasm, poise, and dedication. Thank you to all of our Rockland presenters, families, and volunteers for taking part in this valuable program!
The field of behavioral economics offers useful strategies applicable to nutrition education. One set of strategies, known as “nudges,” are designed to leverage cues in the environment that can influence the decisions individuals make about their food, including encouraging consumers to make healthy food choices. ESNY is currently working with various food pantries with this initiative. These are some before and after pictures from the Food Pantry at Catholic Charities in Haverstraw.

Seniors Ask How Much Sugar Is in That?

Eat Smart New York Nutrition Educator Sonia McGowan lead a nutrition workshop for seniors, and had them ask themselves "How much sugar is in that?" The seniors reviewed the nutrition facts to help calculate how many teaspoons of sugar are in various beverages and food.

The participants prepared their own fruit cup with a low sugar low fat yogurt dip. In addition, they enjoyed participating in chair exercises as they learned the importance of staying active.

Nudging Their Way to Better Nutrition

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smart soils save water
workshop

LEARN HOW TO:

- Compost and conserve water
- Fertilize the smart way
- Apply for rebates on water-saving devices from SUEZ

Thursday, May 9
11:00 am – 1:30 pm

Cornell Cooperative Extension
10 Patriot Hills Drive
Stony Point, NY

RSVP TODAY! ADMISSION IS FREE.
Lunch and giveaways will be provided to all attendees.
(845) 429-7085 | jas946@cornell.edu

Arrive early and be entered to WIN a free rain barrel!

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Cornell Cooperative Extension
Rockland 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. Please contact the office with any special considerations in advance. (845) 429-7085 | rockland@cornell.edu
Are you ready to clean-up Rockland and Keep it Beautiful?

It’s that time of year- help make our communities cleaner, healthier & more beautiful! Join up with Keep Rockland Beautiful and thousands of Rockland County residents to remove tons of litter from our streets, parks & waterways. Join forces with your school, company, religious or civic group & take part in a Community Cleanup scheduled in your area. Earn community service hours! All supplies provided for a safe & effective cleanup experience.

Sign-up today at KeepRocklandBeautiful.Org/Cleanup-Campaigns

NY Agriculture Literacy Brings Students from Farm to Market

The Master Gardeners of Rockland CCE participated in this years NY Agriculture Literacy program (https://www.agclassroom.org/ny/programs/literacy.cfm).

The Master Gardeners read to hundreds of children and several elementary schools throughout Rockland county. This years’ book was On the Farm, At the Market by G. Brian Karas. The book explores the unique aspects to New York’s farms and markets. After listening to the story, the students engaged in a fun activity with the Master Gardener’s that demonstrated the interactions between farmers and consumers at the market. Great fun and learning were had by all. Special thanks to MG Gail Roshong for organizing and coordinating this special program. The students even wrote thank you notes to the MGVs:

Second Grade Student at Liberty

Thank you for visiting our class. It was so much fun meeting you.
Now this spring I want to plant stuff like flowers & tomatoes.

Second Grade Student at Liberty

Thank you for visiting our class. I liked your story and I thank you for teaching us new things.

Rooted in our Past, Growing our Future
Graduation came early for thirty sophomore students who completed the six-month Teen Leadership Rockland program. A ceremony was held on April 30 at the Casa Mia Manor House in Blauvelt, where youth were recognized for their accomplishments, and families were celebrated for their support.

The Teen Leadership Rockland program (TLR) is a collaboration between Leadership Rockland and Cornell Cooperative Extension that is designed to help high school students develop leadership skills they can use to make contributions to their communities and prepare for future careers. During this year’s program, students analyzed their leadership styles, practiced public speaking and college interviews, evaluated media information and brand messaging, and explored the Clarkstown Police Department, Court, County Legislature, and the Jail. Additionally, the youth were able to take part in three new sessions including Emerging Careers in Rockland County, Environmental Stewardship, and Social Justice and Cultural Inclusivity. A highlight of the program also included interviews with Leadership Rockland alumni, who offered a wealth of information about leadership, choosing careers, and living well.

Congratulations to all of our participants, and thank you to all of our presenters for devoting their time and resources to this exciting youth program! For a list of the 2018-2019 facilitating organizations and topics, please go to RocklandCCE.Org/TLR.

For more information about Teen Leadership Rockland, please contact Kristin Ruggiero, the 4-H Resource Educator with Cornell Cooperative Extension, at klf37@cornell.edu or by phone at (845) 429-7085 x 103.
Upcoming Events

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

**AVID: Assessing Vegetation for Impacts from Deer Volunteer Training**

**Saturday, May 11, 9:00 AM - 12:30 PM**
Pearl River Adult Enrichment Program
Pearl River High School

AVID is a method to collect data on deer impacts. Participants will learn how to ID important spring wildflowers and local trees and recognize evidence of deer impacts. Participants are asked to re-visit their study plots annually to collect ongoing data. Study plots can be on private or public land. The workshop will include a one hour indoor segment and two hours outdoors and will be held rain or shine.

**For more information and to register, visit:** RocklandCCE.org/AVID19

**Cacti and Succulents**

**Monday, May 20, 7:00 PM - 8:30 PM**
Pearl River Public Library

This program is designed to introduce growing cacti and succulents to gardeners in Rockland County. The presentation will include the proper techniques of watering and fertilizing, the soil requirements needed for indoor and outdoor plants and the propagation methods to produce different varieties. Also included in this program is a discussion of containers and pots needed for healthy growth.

*This program is being presented through Pearl River Public Library. Please call the office at (845) 735-4084 for more information and to register.*

**Guided Demonstration Garden Tour**

**Sunday, May 26, 1:00 PM - 2:30 PM**
CCE Office & Education Center

Join Cornell Cooperative Extension Rockland County’s Master Gardener Volunteers for a tour of the Demonstration Gardens and a brief lecture on seasonally-relevant topics. Tours are the last Sunday of every month from April through October and include information about the ever-changing display of plants native to our region: perennials, ornamental grasses, annuals, herbs, ferns and more. Also come explore our fenced vegetable and perennial gardens.

The combined tour and mini-lecture on the last Sunday of the month is approximately 1.5 hours long and starts at 1PM rain or shine. May's mini-lecture is on Composting.

*For more information, contact (845) 429-7085.*

**Managing Weeds & Common Invasive Plants in the Home Garden**

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

Armed with a little knowledge, there are ways to prevent invasive species from taking over a home garden or yard. This presentation will focus on mechanical ways and least toxic methods of managing and possibly eradicating a list of 12 common yet pesky invasive terrestrial plants.

*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.*
On April 23-25, 22 youth and 18 seniors participated in the Building a Community Legacy Together Program (BCLT) as part of a research project to shed new light on the impacts of intergenerational programs. Sponsored by the Cornell Institute for the Translational Research on Aging (CITRA), the BCLT Program was designed to create meaningful interactions between youth and older adults, allowing youth to learn from older adults and older adults to share their wisdom with younger generations.

To determine the program’s impact on participants’ communication skills and perspectives, the registrants were randomly divided into two groups – Group A, the treatment group (program participants), and Group B, the control group. After members from both groups completed a pre-survey, the youth participants in Group A attended a seven-hour training where they reflected on ageism and stereotypes, created interview questions for seniors, and developed listening and interviewing skills. On April 24, the youth interviewed seniors about their lessons for living well, asking questions about careers, relationships, avoiding regrets, overcoming hardships, adapting to change, finding happiness, and more. After the interviews, the youth then reviewed and organized their lessons learned, compiling the information into a presentation. On Thursday, April 25, the youth presented the seniors’ advice to the community and shared inspiring quotes such as “Don’t have regrets. Mistakes shape your life and you grow from them,” and “There is one life to live. Money comes and goes, but time doesn’t.”

After the program, all of the registrants completed a post-survey, and their responses will be compared with those of other research participants throughout New York State. The results of the study, which will help determine the effectiveness of this intergenerational program, will be shared after the research is completed.

Overall, the Building a Community Legacy Together Program proved to be a positive experience for the Rockland County youth and seniors, and we want to thank all of the participants, families, and volunteers who made this event possible.

For more information about the BCLT Program, go to http://citra-bclt.human.cornell.edu/ or contact Kristin Ruggiero at klf37@cornell.edu or (845) 429-7085 x 103.
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.

The Role of Staff in Strengthening Board Leadership Succession

Wednesday, May 15, 8:30 AM - 10:30 AM
CCE Rockland

The foundation for board leadership succession is the existence of a bench of Board members who are committed to the mission and actively engaged in working towards its achievement. The creation of such a group does not happen by itself. Staff can play a very important role in guiding and encouraging this engagement. This workshop will address practical steps that staff leadership can take to motivate and engage future board leadership.

This event is FREE for RDC and Institute for Non-Profits (INP) members $10.00 for Non Members.
Please bring cash or a check made out to the Rockland Development Council the day of the program. Register with Jennifer Strianese at jas946@cornell.edu or (845) 429-7085 ext. 117.

*This program counts as an Elective Course for the INP's Certificate in Nonprofit Sustainability.

Fund Development Infrastructure and Implementation

Tuesday, May 21, 2019, 8:30 - 10:30 AM
CCE Rockland

Should you put your energy into donor cultivation or fundraising events? What amount should Board members be expected to contribute – if any? Which local organizations might you ask for donations? Everything fundraising is covered in this overview presented by NYCON. Whether you are a seasoned fund raiser or are just figuring out where your organization should start, you’ll learn something valuable from this presentation by Andrew Marietta, Vice President of the New York Council on Nonprofits.

This event is FREE for RDC and Institute for Non-Profits (INP) members $10.00 for Non Members.
Please bring cash or a check made out to the Rockland Development Council the day of the program. Register with Jennifer Strianese at jas946@cornell.edu or (845) 429-7085 ext. 117.

FASB Old and New: What You Need to Know

Postponed: Date TBD
CCE Rockland

FASB, the Financial Accounting Standards Board, is an independent, private not-for-profit organization that establishes financial reporting standards for private for-profit and not-for-profit organizations that follow GAAP (generally accepted accounting principles). This session will help you understand some new standards that are applicable to nonprofits, including, for example, the revenue recognition standard.

Have you noticed a knowledge or skills gap in your team? Make a suggestion for a future INP Leadership Seminar. Email Suzanne at sb4575@cornell.edu

Contact the CCE Rockland office for more info: (845) 429-7085.
May is Tick Awareness Month!

While many people welcome May as the time for peonies and graduations, here at CCE-RC we celebrate May as Tick Awareness Month! Ticks are active year-round in the lower Hudson Valley, even in winter, but they become more so in the spring. Since people spend more time outdoors in the warmer months, May is devoted to making people aware of how to stay tick-free.

There are three species of tick that are common to Rockland County and each of them can present different tick borne diseases. The most notorious is the Deer Tick or Blacklegged Tick (*Ixodes scapularis*) which can transmit Lyme Disease, Babesiosis, Anaplasmosis, and others. Another common tick is the American Dog Tick or Wood Tick (*Dermacentor variabilis*) and this tick shares a list of diseases with the Lone Star (*Amblyomma americanum*), which is not as common. The diseases transmitted by these two include Ehrlichiosis, Canine ehrlichiosis, and Rocky Mountain Spotted Fever; amongst others.

In 2017 a new tick was found in Hunterdon County, New Jersey. It is the Asian Longhorned Tick (*Haemaphysalis longicornis*) which normally affects livestock, particularly sheep and cattle, and is common to China, Australia, and New Zealand. But they can bite humans, also. In Asia they carry serious diseases that affect both livestock and humans. So far the ones in the US have not transmitted any harmful germs.

One of the primary reasons people visit our Horticultural Lab is for tick identification. Using a high-powered digitized microscope we’re able to identify any tick and display a magnified view of it. While we can tell if the tick is engorged with a host’s blood, we cannot determine whether the tick is a carrier of Lyme or any other disease. That requires that the tick be analyzed by an outside lab. When someone tells us that he or she has been bitten by a tick, we recommend that they see their doctor. The Center for Disease Control does not recommend testing the tick due to inaccurate results.

If you visit our lab, you can pick up a tick purse, gratis New York State’s Don’t Get Ticked! Program. These handy kits can be attached to a backpack or purse. They contain everything you need to safely remove a tick while you’re hiking in the woods: a magnifying glass, a small mirror, tweezers and alcohol wipes. A handy card allows you to identify your tick. Don’t let fear of ticks keep you from enjoying our many beautiful parks in Rockland; just be prepared.

For more information about ticks, how to prevent ticks, and the protocol if you receive a tick bite, contact the Horticultural Lab. Get Ticked Off!!!!

Remember: If you do happen to get ticked, we will identify tick species for you at the Lab. Contact us at 845-429-7085 option 3 or e-mail Michael Wilson at mw767@cornell.edu.
**Last Chance to Apply to the Rockland Conservation & Service Corps**

*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; improving water quality in rivers, streams and watersheds; modeling environmental stewardship; working on local hiking and walking trails; learning about regional planning and sustainability; and 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. Must be 18 and over.

**Work hard, learn a lot, have fun!**

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**Senior Citizens’ Day at the Lab!**

Visit the Horticulture Diagnostic Laboratory on any Wednesday in May and present this coupon to pay just $5 for your first diagnostic service ($10 per sample for each additional sample)

You can save the paper and be environmentally conscious by using the coupon word instead. When you come to the Lab, mention April’s code *Patches the Cat* to get the coupon price on your service.

This coupon is good for the month of May 2019. Keep an eye out for the June coupon in our next Newsletter.

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**Upcoming Events**

**Fertilizer Law Certificate Class**

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.

**Wednesday, June 5th 8:00 - 10:00 AM** at CCE's Education Center 10 Patriot Hills Drive Stony Point, NY 10980

**Fee: $35.00**

Although payment can be made on the date of the class, registration in advance is required. To register contact: Jennifer Strianese jas946@cornell.edu (845) 429-7085 x117

**July Session**

Wednesday, July 10th 8:00 - 10:00 AM

**August Session**

Wednesday, August 7th 8:00 - 10:00 AM