Fun, Food, and Learning at Rose Memorial

Over a dozen children aged 5-11 joined in the fun at Rose Memorial Library last week. Sonia McGowan, Eat Smart New York Nutrition Educator, led the kids in a variety of activities designed to get them active and interested in their own nutrition and health. They played a physical activity version of BINGO which helped them learn to balance what they eat with their activity levels each day. The children also enjoyed learning about the food groups, eating healthy, and discovering the amount of sugar in various beverages. They also each made their own healthy snack: season-appropriate Red, White, & Blue Rocket Fruit Kabobs to celebrate the library’s summer reading theme “A universe of stories”.

Giving kids a fun name for fruit and vegetable dishes can help interest them in foods they otherwise would ignore. Mix their favorite red, white, and blue fruits on a skewer to make Independence Day-ready healthy summer treats.
From June 25-27, two Rockland County 4-H members, Harrison Gerson and Alisha Tejada, joined over 400 NYS youth at the action-packed Cornell Career Explorations. During this three-day event, youth were able to explore future education and career opportunities, and experience Cornell University and campus life. In University U (for those entering 8th and 9th grade), participants were introduced to Cornell’s campus through campus tours and were exposed to a wide variety of topics through six different departmental workshops. In the Focus for Teens program (for youth entering 10th-12th grade), 4-H members chose a particular track to learn in-depth knowledge about a topic of interest. Harrison Gerson from Pomona participated in Discover Astronomy where he was able to experiment with liquid nitrogen, launch a rocket, and learn about stars and alien worlds. Alisha Tejada from West Haverstraw explored Women in Science where she examined toys designed for girls, visited the Cornell Brain Exhibit, and learned about psychology and human development research. The youth enjoyed the hands-on activities, career insights, and social programs, and developed great friendships with young people across the state.

To learn more about Cornell Career Explorations, go to https://nys4-h.org/career-explorations or contact Kristin Ruggiero at klf37@cornell.edu or by phone at (845) 429-7085 ext. 103.
Multiple Harmful Algae Blooms (HABs) have been confirmed in Rockland since 2012. HABs occur most often in waters with high levels of nutrients nitrogen and phosphorus. Many of our outdoor activities send excess nutrients to local waterways.

- Car-wash soap contains phosphorus so please wash your car on the grass! The lawn will filter out the phosphorus.
- Fertilizer is high in nutrients, and must remain on the lawn. Fertilizer is a significant contributor to algal blooms. Do not direct fertilizer to storm drains, over-apply it, apply it prior to rain, or counter to Rockland law. (Learn more by reading our Water Quality Brochure available at Bit.ly/FertLawBrochure)
- Leaves & grass clippings, pet waste and sediment will clog storm drains and send nutrients to local waterways.

For more information on see CCE’s Nutrient Pollution webpage: RocklandCCE.org/NPHAB
Upcoming Events

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

Edible Landscapes

**Thursday, July 11, 2019, 7:00 PM - 8:30 PM**
Clarkstown Community Learning Center at Congers Elementary School.

The possibilities are endless and oh, so inviting! Edible Landscaping is a beautiful, sustainable, and tasty alternative to traditional landscaping. Many trees, shrubs, and herbaceous plants with edible parts can serve the same function as ornamentals and can look just as good. This program will explore ways of adding fruit, vegetables, and herbs to your existing beds, borders, and containers.

*These programs are being presented through the Clarkstown Community Learning Center. Please call (845) 639-5628 to register or send an email to marbuco@csd.edu. You must register in advance and there is a fee for this program.*

**Cacti and Succulents**

**Thursday, July 11, 2019, 7:00 PM - 8:30 PM**
Finkelstein Memorial 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 Finkelstein Memorial Library. Please call the office at (845) 352-5700 for more information and to register for the program.*

**Bonsai and Kokedama**

**Thursday, July 18, 2019, 6:30 PM - 8:00 PM**
Sloatsburg Public Library

Outdoor gardeners who long to keep their thumbs “green” during the long, icy winter months will enjoy turning their attention to gardening indoors. This program will demystify the ancient and widely practiced art of the Bonsai. Also, it will demonstrate the techniques used to create beautiful indoor garden baskets for any room in the house.

*This program is presented by the Sloatsburg Library. Please call 845-753-2001 for more information or to register.*

**Lavender: An Ancient Herb**

**Tuesday, July 30, 2019, 6:30 PM - 8:00 PM**
Sloatsburg Public Library

Lavender has been cultivated for thousands of years; it brings with it a rich and curious tale of medicinal, cosmetic, and horticultural usages. This presentation will delve into its history, uses, and properties. It will also provide information on the plant’s preferred growing conditions, the proper cultivars for this area, and the propagating techniques for this lovely and ancient herb.

*This program is presented by the Sloatsburg Library. Please call 845-753-2001 for more information or to register.*
Master Gardener Volunteer Ann Barry and her husband, Jerry, have been educating students at Viola Elementary School in the Suffern Central School District about invasive plants and the harm the invasives can cause to the environment, the economy and even human health. The initiatives began on May 15 with an extensive walk with a teacher and an interested 5th grade student around the Viola School yard and the identification and a discussion of the abundant invasive plants that were found in the perimeter of the school yard. The provided information and materials also formed the basis of a slide presentation on invasives that was developed by the 5th grade student.

On June 5, Ann and Jerry, participated in the Viola School program entitled “Be a Scientist for a Day”, a field trip at Kakiat County Park, a park that borders on Harriman State Park. Seventy-four (74) fifth grade students were divided into groups and each group rotated through separate outdoor learning sessions that included topics like water quality. Throughout the day, Ann led walks on Invasive Plants, a that focused on identification of invasive plants that are plentiful in the park. The students could readily see the invasive plants and some of the negative impact the invasives are having on the park and its native plants. The kids were attentive, responsive and asked good questions.

On Tuesday, June 11, Ann and Jerry participated in the “Viola School Beautification Project”, a project whose primary focus was to remove invasive plants from the school yard. For that evening initiative, about 16 Cub Scouts in 5th grade came to help. The teacher who organized the event worked with about half of the Cub Scouts in the back of the school and Ann and Jerry led the initiatives in the front of the school. The main objectives were to teach the scouts about the invasive plants that were to be removed, how they would be removed as well as highlighting concerns such as interspersed poison ivy etc. The scouts then enthusiastically went to work and filled many, many bags with pulled invasive plants.

Now that the students are more aware of invasive plants, the hope is that they can help to address the threat posed by these prolific invaders.
Teen Leadership Rockland - Applications Now Being Accepted!

Teen Leadership Rockland is an opportunity for Rockland County high school sophomores to develop leadership skills and connect with peers and community leaders through interactive seminars. Coordinated by Leadership Rockland, Inc. and Cornell Cooperative Extension of Rockland County, the program consists of eleven workshops facilitated by various organizations and leaders within Rockland County. This year, there are three application deadlines: July 1, August 5, and September 5, 2019. Each deadline has a corresponding interview date. For program information and application details, please go to: www.RocklandCCE.org/TLR

Meet the Board, Meet the Board, Step Right Up and Greet the Board!

Paul Pietropaolo, CCE-RC Board President

Paul Pietropaolo is half-way through his first year serving as CCE-RC's Board president! Born and raised in Rockland, he is a proud graduate of Nanuet High School. Paul was inducted in the Rockland Sports Hall of Fame in 2008 for his outstanding career in wrestling.

Paul graduated with his Bachelor of Science in Landscape Architecture from Cornell University, received his MBA in marketing from Iona College and then became a licensed Landscape Architect and a Certified Planner. A seasoned veteran of the design, construction and transportation industry, Paul spent 30 years at the Port Authority of New York & New Jersey. At the Port Authority, Paul held various senior positions such as Program Director for the Port Authority Bus Terminal Improvement Program, Corporate Information Security Officer, and Senior Manager of Programs for World Trade Center Construction. He was awarded the Port Authority of New York & New Jersey Civilian Commendation Award for Bravery for actions taken on September 11, 2001 for evacuating staff. Paul now focuses on transportation planning at Lea + Elliott, Inc. Paul and his wife Susan, make their home in New City.

Both of Paul's grandfathers were involved in gardening. He initially learned about Cornell Cooperative Extension because his family used Extension services. Upon retirement, Paul researched volunteer opportunities and discovered CCE Rockland.

The CCE-RC Board will begin a strategic planning process shortly to determine future program directions that Paul will lead.
2019 Summer Children’s Reading Program

Mysteries of the Garden at Night

The Night Garden! What’s going on out there?

We will investigate the mysteries of being outdoors and in the garden after dark. Why are we sometimes so frightened of the dark night?

But...It is a much busier place than you would expect. There is so much creepy, crawly, jumping activity going on. Why are these crawlies so attracted to white moonflowers?

We will explore the kinds of animals awake at night and how they hunt for their food.

Ever wonder why fireflies (lightning bugs) glow only at night? We will investigate why fireflies glow at night and then do our own firefly lighting experiment.

For children in entering kindergarten through third grade.

- **Wednesday, July 10**, **2:30 PM**  Sloatsburg Library
- **Thursday, July 18**, **4:30 PM**  Blauvelt Library
- **Wednesday, July 24**, **4:30 PM**  Nyack Library
- **Wednesday, July 31**, **4:30 PM**  Palisades Library
- **Wednesday, August 7**, **4:30 PM**  Piermont Library

You should contact the library early to register as space is very limited in this program.

Senior Citizens’ Day at the Lab!

Visit the Horticulture Diagnostic Laboratory on any Wednesday in July 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 July’s code **Spotted Lanternfly** to get the coupon price on your service.

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

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, July 10**th
  - 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 at jas946@cornell.edu or (845) 429-7085 x117**

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