Youth Develop Life Skills through Teen Leadership Rockland

These past two months, 30 Rockland County students have been actively developing leadership skills through our annual Teen Leadership Rockland Program, sponsored by Cornell Cooperative Extension and Leadership Rockland.

On November 12, Annie Scott and Michele Hughes from CANDLE facilitated a leadership workshop in which students discovered their leadership style and brainstormed the strengths and weaknesses associated with it. The participants also learned about the necessity of communication and teamwork by building a tower with toothpicks, marshmallows, gumdrops, spaghetti, and the skills of their randomly assigned team members.

On November 19, Melissa Grau from Dominican College led a session on media literacy. During this thought-provoking lesson, students reflected on their relationship with the media, and assessed the positive and negative aspects of constant communication. They were challenged to identify marketing strategies, biases, and image perceptions, and were introduced to predictions of the future. Overall, the session shed light on daily interactions with the media, and encouraged them to take a critical view of information and brand messaging.

On December 3 at Dominican College, the students learned about communication skills for interviewing from Dr. AnnMarie DiSiena. During this session, students considered what they notice when they see someone, Don’t miss Margaret Roach, this year’s keynote speaker!

Available Now
Have you purchased your Gardener’s Day tickets yet? Get them now to save with the Early Bird rate!

MARGARET ROACH
A Way to Garden
a hands-on primer for every season
Don’t miss Margaret Roach, this year’s keynote speaker!

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Let’s Connect!
how others might see them, and how they want to be perceived. Participants each practiced a college interview and were filmed giving a short presentation. After practicing the interviews and watching their videos, students assessed what they did right, and what they could improve upon.

The session on December 10 was held at St. Ann’s Food Cupboard in Nyack, NY, and focused on reducing food waste and environmental stewardship. Michelle Kleinman, Public Health Nutritionist for the Rockland County Department of Health, discussed food pantries and food reclamation, and led an interactive activity conveying the importance of client choice. A volunteer from St. Ann’s also led a tour of the food pantry where she discussed its organization and how students can be involved. Following the tour, Jennifer Sheridan from the Rockland County Solid Waste Management Authority shared information regarding recycling in Rockland County and ways youth can protect the environment.

Later this month, the Teen Leadership Rockland participants will further their leadership development as they explore the Board of Elections, Clarkstown Police Department and the Clarkstown Court. A huge thank-you goes to all of our presenters for devoting their time and resources to this exciting youth program!

For more information about Teen Leadership Rockland and other Cornell Cooperative Extension youth programs and resources, go to our website at RocklandCCE.org/Youth or contact Kristin Ruggiero at klf37@cornell.edu or (845) 429-7085 x 103.

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**Upcoming 4-H Events**

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

### 4-H Project Sampler Day!

**Tuesday, February 18, 9:00 AM - 4:00 PM**

CCE Education Center

Develop new skills and express your creativity in Rockland County’s first 4-H Project Sampler Day! In this full-day program, participants will create four unique projects, learn from experienced professionals, explore 4-H opportunities, and meet new people!

**Projects:** Handcrafted Watercolor Cards, Floral Design, Mason Jar Lamps, and Cake Decorating

For youth ages 11+ (youth under 11 can participate with a parent)

Fee: $50, [Includes materials](#).

For more information, contact Kristin Ruggiero at (845) 429-7085 ext 103 or klf37@cornell.edu.

Register Now! : [www.RocklandCCE.org/4HProjectDay](http://www.RocklandCCE.org/4HProjectDay)
Ready to Dig in and Learn about Gardening?

During these cold months of winter we start thinking about the upcoming spring. Are you interested in starting a garden, learning more about native plants or growing plants from seed? The Master Gardeners of CCE can help you learn more about this and more. Speakers Bureau Master Gardeners present interesting topics focused on gardening and the environment that are presented at libraries and learning centers throughout Rockland county. To learn more about the Speakers’ Bureau program, visit this website: www.RocklandCCE.org/SpeakersBureau

Be sure to check out our events page on our website for a list of all upcoming programs: www.RocklandCCE.org/events

Upcoming Gardening Events

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

Trash to Garden Treasure

Thursday, February 20, 2020, 6:30 PM - 8:00 PM
Haverstraw King’s Daughters Public Library

Learn about 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.

Master Gardener Vivienne Dieckmann is presenting this program through Haverstraw King’s Daughters Public Library. Please call the office at (845) 786-3800 for more information and to reserve your place in the program.

Dealing with Wildlife in the Backyard

Tuesday, February 25, 1:00 - 2:30 PM
New City Library

Deer and other wildlife are a constant threat to plantings and home gardens. This discussion will address the primary wildlife challenges in our area. It will explain the behaviors and habits of the local invaders such as deer, rabbits, groundhogs, and chipmunks as well as options for limiting their damage.

This program is presented by Master Gardener Ann Barry in collaboration with the Nyack Garden Club and held at New City Library. Please call the office at (845) 634-4997 for more information and to reserve your place in the program.
Last month, we recognized Master Gardener Vivienne for all her hard work as the Speakers Bureau Program Coordinator. Thank you, Vivienne! We’re so glad you’re still part of the CCE family!

If you’re interested in learning more about our the Master Gardener’s Speakers Bureau, contact Horticulture Educator Kristen Ossmann at kno7@cornell.edu or visit this website: www.RocklandCCE.org/SpeakersBureau

CCE Rocks! Recognizing our Outstanding Team

Upcoming Institute for Nonprofits Events

Volunteer NY! presents Nonprofit Board Boot Camp

Wednesday, March 11, 8:30 - 11:00 AM
Wednesday, March 25, 5:30 - 8:30 PM
Dominican College in Orangeburg, NY

What is the Rockland Nonprofit Board Boot Camp? A unique program developed by Volunteer New York! to help aspiring business executives and community leaders to learn what it takes to become the next generation of leaders, and achieve a career goal to work with local nonprofits of their choice. For more information on the program and how to participate visit the event website at www.VolunteerNewYork.org/RBBC.

Volunteer NY! presents Board Speed Dating

Wednesday, April 22, 5:30 - 8:30 PM
Dominican College in Orangeburg, NY

This event is a part of the Rockland Nonprofit Board Boot Camp. It’s an opportunity for local nonprofits to be introduced and matched to professionals of various backgrounds seeking new board service opportunities. For more information on how to participate as an agency or attend as an individual, visit the Rockland Nonprofit Board Boot Camp event website at www.VolunteerNewYork.org/RBBC.

Future INP Programs

Have you noticed a knowledge or skills gap in your team? Make a suggestion for a future INP Leadership Seminar. Email Suzanne at sb2475@cornell.edu
Youth Prepare for 4-H Public Presentations

This month, 4-H members throughout Rockland County are preparing for the annual 4-H Public Presentations Event, which will take place on Saturday, February 29. This program, which occurs in counties throughout the nation, is one of 4-H’s most beneficial experiences, and it is the one most often credited by 4-H alumni as having given them an edge above peers in both college and professional careers.

For this event, youth will choose a topic and the type of their presentation – Demonstration, Illustrated Talk, Speech, Recitation, Dramatic Interpretation, or Interview Process. After creating and practicing their presentations, they will present to trained evaluators who will view their presentation and help them decide how well they did. Through dialogue, youth will be able to identify their strengths and determine specific things they can work on to improve their next performance. This is a great opportunity to showcase their skills, share their interests, and receive valuable suggestions to improve their presentation.

After this countywide event, selected individuals will be able to advance to the District 4-H Public Presentations at the Dutchess Community College in April. The top ten presenters from the district will then be able to compete in the new District Showcase Event, where they will present in an auditorium and receive feedback from evaluators and their peers.

For more information, visit our website at www.RocklandCCE.org/4HPresentations or contact Kristin Ruggiero at klf37@cornell.edu or (845) 429-7085 x 103.

SUEZ Residential Customers can get a $75 Rain Barrel for $25!

If you are a residential SUEZ customer you can buy a rain barrel for $75 at Cornell Cooperative Extension of Rockland County. You can then submit a rebate form to SUEZ who will reimburse you $50. Each residential SUEZ account in Rockland County can apply for a rebate for one rain barrel.

The rebate form can be downloaded from the My SUEZ Water website (www.MySUEZWater.com/...ResidentialRebateApplication2.pdf.)

SUEZ provides rebates on additional water-saving devices.
Andromeda or Lily of the Valley Bush
By Michael Wilson

Is *Pieris* commonly called Andromeda or Lily of the Valley Bush? Some caution should be used when referring to plants by their common name. *Andromeda polifolia* is the Latin name for Bog Rosemary, which is a circumpolar plant that prefers northern climates with a range in North America from Newfoundland and Labrador to Manitoba, south to New Jersey, Indiana, and Minnesota. It is in the Ericaceous family like *Pieris*, Kalmia, and *Rhododendron* but is difficult to grow with our hot humid summers and probably is not deer resistant.

The Andromeda that is deer resistant and not difficult to grow is *Pieris*. There are several species and the most common one grown is *Pieris japonica*. This plant is a broad leaf evergreen shrub whose size is dependent upon the selected cultivar. The same is true with flower and leaf color. *Pieris* prefers soil with plenty of peat moss or organic matter, but is not as fastidious as other ericaceous plants for acidic soil. Lace bug and leaf spots (*Phytophthora*) are the most common disease and insect problems. There is a plethora of different cultivars to choose from with a wide variety of flower color and size. *Pieris* usually flowers in Rockland County in March through mid-April.

Not as common, but easier to grow and also deer resistant is *Pieris floribunda*. It is commonly called Mountain *Pieris* and is native from Virginia to Georgia. Because it can occur at higher elevations, it is hardy from zone 4 to 6. It is not afflicted with lace bug like *P. japonica* and can tolerate higher pH soils. It flowers in April with white, fragrant flowers that are shown on upright panicles that are 2 to 4 inches long, while *P. japonica* has dropping panicles.

*Pieris floribunda* can be difficult to find in nurseries. There is a cultivar that is easier to locate and can be found in garden centers. It is a hybrid that was developed by crossing *Pieris japonica* with *P. floribunda* and has resulted in a cultivar called Brouwer’s Beauty. It has shiny, dark green leaves and the flower panicles are horizontal but slightly arched. The flower buds are deep purplish red and it blooms the same time as the other *Pieris*. This plant roots easier than other species of *Pieris* and that is why it is more available than *P. floribunda*. And just like all the other species of *Pieris*, it is deer resistant. So give these shrubs a try in your garden.

For questions and information about selection and care of *Pieris* species, feel free to contact the Horticultural Lab by calling 845-429-7085 ext. 110 or email mw767@cornell.edu.
Cornell Cooperative Extension of Rockland County present:

Gardener's Day 2020

Wednesday, April 1, 2020
8:30 AM – 2 PM

Keynote Speaker

Margaret Roach
Author/Podcaster of A Way to Garden
former Garden Editor of Martha Stewart Living

"Nonstop Plants: a Garden for 365 Days"

Other presentations include:
- Right Plant, Right Place: Harmonizing Garden Design & Ecology
- (un)Paving the Way: the How & Why of Pollinator Pathways
- Minimizing the Waste-stream: Home & Garden Edition
- IPM: Managing Garden Pests the Smart Way

Early bird rate: $40 | After March 13: $50
Book Early, Space is Limited!
Visit www.RocklandCCE.org/GardenersDay for more information and to buy your tickets.
(845) 429-7085 | jas946@cornell.edu

New location this year!
120 Kings Highway, Tappan, NY (OLSH)
Halt that Salt!

Winter is here, which means tons of salt will be used to make our roads and sidewalks safe. However, when the ice and snow melt, can make its way into our creeks, lakes, and drinking water supplies.

Though we can’t stop using salt for safety reasons, here are some tips to reduce the amount of salt used:

1. Spread a small amount prior to a storm to help prevent ice build-up.
2. Wet your salt before applying, it will then stick where you want it.
3. Use a commercial mix of Sodium and Calcium Chloride; it’s more environmentally friendly.
4. For more information see Cornell Cooperative Extension’s Halt the Salt video on our YouTube channel: www.YouTube.be/crU7teu8jnY

Teaming up to Take on Composting Education

CCE does outreach and education on composting and waste reduction at farmers markets, elementary schools, libraries, and public events. This program is made possible through joint collaboration and funding provided by the Rockland County Solid Waste Management Authority (RocklandRecycles.com).

For more information contact CCE’s Horticulture Resource Educator Kristen Ossmann at kno7@cornell.edu.

Senior Citizens’ Day at the Lab!

Visit the Horticulture Diagnostic Laboratory on any Wednesday in February 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 mentioning this ad instead. When you come to the Lab, say you saw this ad in the newsletter to get the coupon price on your service.

This coupon is good for the month of February 2020. Keep an eye out for the March 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, March 4th
8:00 - 10:00 AM
at CCE’s Education Center 10 Patriot Hills Drive
Stony Point, NY 10980

Fee: $50.00

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

April Session
Wednesday, April 1st
8:00 - 10:00 AM