



November 2020

106TH ANNUAL MEETING ANNOUNCEMENT

Dear FRIENDS of Cornell Cooperative Extension of Nassau County (CCE Nassau):

On behalf of the CCE Nassau Board of Directors and Staff we are pleased to announce our **106th Annual Meeting**. Please join us on Monday, December 7, 2020 at 6:30 PM via Zoom. For over a century CCE Nassau has proudly served Nassau County residents not only recently at our East Meadow Farm (EMF) but with our on-going Environmental Education, Food & Nutrition, 4-H Youth Development and Agricultural/Food Systems high quality programming. At the heart of our mission is to bring the world class Cornell University educational research and programming directly to Nassau County residents by putting this “knowledge to work” in practical and tangible fashion. One of our most dynamic learning facilities is EMF, a 2.5 acre educational farm licensed to us by Nassau County. EMF is an educational resource center, with many “hands-on” demonstration gardens, a plant diagnostic lab, and over 60 community garden beds. Additionally we operate the DPF 4-H Camp, which is a living laboratory where we teach kids about nature, farming, the environment and provide youth development and leadership opportunities that only a sleep-away environment can offer. Although due to COVID-19, we were unable to serve the residents in Nassau County the usual way, we still were able to provide educational webinars to youth, adults and seniors. In closing, I hope that you will consider making a [donation](#) to support the on-going educational efforts of CCE Nassau in 2020. Also, please don’t hesitate to contact me directly to learn more about our exciting plans for this upcoming year and how you may become further involved.

On behalf of all of us at CCE Nassau I say thank you for your on-going support! Happy Holidays!

Gregory M. Sandor, Executive Director

ANNUAL MEETING AGENDA 2020

Monday, December 7, 2020

6:30 PM - 8:00 PM

Online Via Zoom

- **Call to Order – David Rolnick, Board President**
 - Pledge of Allegiance and Welcome
 - Introduction of Guests, Board Members and Staff
- **President’s / Executive Director Report**
 - 2020 Highlights - Financial Report
- **Keynote Speaker**

“Sustainable Agriculture / Food Systems in Nassau County”
Caroline Fanning & Dan Holmes, Restoration Farm
Other Speakers TBD
- **Old Business**
 - Approve 2019 Annual Meeting Minutes
- **New Business**
 - Slate of Nominees for 3-year Board Terms 2021-2023
- **Adjourn**

Accommodations for persons with disabilities may be requested by calling Erika Hulver at 516-832-2591 Ext. 17.

4-H YOUTH DEVELOPMENT

Nassau County 4-H Youth Development is pleased to be offering a wide variety of programs. 4-H Afterschool Programs are offered in six-week rotations and allow youth to explore a variety of topics throughout the school year. Current afterschool offerings are: 4-H Sampler, Local Grown, Intro to Livestock, Jr. Coding, Blogging / Vlogging, Entrepreneurship, Illustration, Pet Projects, Game Changers, Teen Citizens.

For youth who can not commit to a longer program or want to enhance their educational opportunities we offer School Enrichment Programs. The 4-H School Enrichment program is a series of 2-hour programs that are designed to supplement children's school-day with hands-on, experiential learning opportunities direct from our 4-H project curricula. Our School-Enrichment programs are categorized into 8 major themes: Environmental Science, Creative Arts, Computer Science, Animal Science, Natural Resources, Healthy Living and Stem Life Skills.

For our youngest youth starting at 3 years old we offer many early childhood programs including: Seasonal Exploration, Crawlers and Fliers, Nature Crafts, Pet Project, Silly Science, Kids Cook, Cloverbuddies Pre-School, Forest School. With our ever changing COVID world almost all our programs can be brought virtual but some are designed to be offered all the time virtually. These are Wildlife in your Backyard, Pet Project, Blogging / Vlogging, Local Grown, Silly Science, Container Gardening. Interested in volunteering with 4-H youth development? Contact us at nassaucounty4h@cornell.edu

DPF NASSAU COUNTY 4-H CAMP FACILITIES AVAILABLE TO RENT

Offering a variety of outdoor educational and team building opportunities for schools, youth and adult groups, and community organizations.

- ◆ Overnight accommodations available
- ◆ Lodge with kitchen and dining hall, cabins and Cliff House available
- ◆ Life science, farm education and environmental programs
- ◆ Leadership training
- ◆ Adventure ropes challenge
- ◆ Team building activities
- ◆ Hiking, kayaking, archery, sports field
- ◆ Meals are available



Due to COVID-19 info has changed. Call for updated accommodation numbers.

For events and activities sponsored by Cornell Cooperative Extension of Nassau County, accommodations for persons with disabilities may be requested by calling the main office – 516-832-2591 ext. 17.



Cornell University
Cooperative Extension
Nassau County

The Cornell Cooperative Extension Educational System enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

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Special Activities Center, Field 8
PO Box 148
East Meadow, NY 11554

Phone: 516-832-2591
Fax: 516-832-2597
Email: Nassau@cornell.edu
www.cce.cornell.edu/nassau

GREGORY M. SANDOR
Executive Director

ANDREA SAVORETTI
Layout and Design

WHENEVER TRADE NAMES ARE USED, IT IS WITH THE UNDERSTANDING THAT NO DISCRIMINATION IS INTENDED AND NO ENDORSEMENT IS IMPLIED.

Building Strong and Vibrant New York Communities

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.

ENVIRONMENTAL CENTER, DEMONSTRATION AND COMMUNITY GARDENS AT EAST MEADOW FARM

The goal of CCE environmental education programs in Nassau County is to provide sound natural resources, environmental horticultural education to residents and the commercial "green industry", striving for sustainable landscapes, while protecting the environment. We work to keep our county "green" by reducing the use of pesticides and other chemicals, thus, a healthier environment, and *A Healthy Nassau*.



HOME GARDENING AND LANDSCAPE – Services At A Glance

ENVIRONMENTAL EDUCATION, HORTICULTURE DIAGNOSTIC CENTER AND DEMONSTRATION GARDENS

- ✓ **Horticulture Helpline, 516-565-5265 ext. 11.** Master Gardeners and staff answer questions on plant disease, insects, soil, trees, flowers, landscape, composting, fertilizing and more
- ✓ **In-Person Diagnostics, Soil pH and Questions.** Horticulture Educators and volunteer Master Gardeners conduct soil pH tests and provide recommendations, evaluate and identify samples
- ✓ **Community Vegetable Gardens.** Sixty 5' x 20' garden beds for Community Gardeners
- ✓ **Demonstration Gardens.** Roses, herbs, pollinator, dahlias, small space gardening, vegetables, arboretum, compost, native plants, and chickens and ducks
- ✓ **Website - <http://www.ccenassau.org>.** Access to horticulture and related fact sheets and links to numerous horticulture sites
- ✓ **Horticulture Fact Sheets.** Information fact sheets available at the Center and online
- ✓ **Garden Presentations.** Available at our facility in East Meadow or at yours, for your community group, at libraries and at Continuing Education Centers
- ✓ **Urban and Community Forestry** is the management of the trees in a community to establish and maintain healthy trees for air and water quality benefits, energy savings, environmental health and to enhance quality of life
- ✓ **4-H Preschool Program**
- ✓ **Master Gardener intensive training - Fall 2021**
- ✓ **Long Island Gardening Newsletter**

2021 HOURS

Due to COVID-19 please contact us for current hours of operations.

MUNICIPALITY AND GREEN INDUSTRY HORTICULTURE PROGRAM

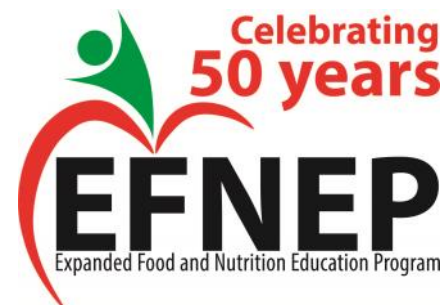
Municipalities landscaping, arborists, and Green Industry professionals, are provided Cornell University researched arboriculture, landscape and natural turf best management practices.

- ✓ At our CCE office we provide plant, shrub, tree and insect diagnostics, plus cultural strategies to help the plant thrive
- ✓ Education is provided through horticulture newsletters, timely email alerts, monthly ReLeaf committee meetings and annual ReLeaf workshops.
- ✓ Lectures are provided that teach proper horticulture practices that will sustain a healthy environment and ecology for now and the future.

NUTRITION AND FAMILY HEALTH

Expanded Food and Nutrition Education Program (EFNEP)

Helping Families Eat Better for Less



The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program for limited-resource youth and families. Cornell Cooperative Extension provides this program to small groups of participants at community sites throughout Nassau County.

EFNEP is delivered in a series of 6 to 8 interactive workshops offered in English and Spanish.

EFNEP PARTICIPANTS LEARN HOW TO:

- ◆ Eat more fruits and vegetables
- ◆ Drink fewer sweetened beverages
- ◆ Buy healthy food with their money and SNAP or WIC benefits
- ◆ Make recipes their families will love
- ◆ Plan nutritious meals that save time and money
- ◆ Prepare delicious dishes with less salt, sugar, and fat
- ◆ Use food labels to make healthy choices
- ◆ Be more physically active

TASTE NY MARKETPLACE AT THE LONG ISLAND WELCOME CENTER



Cornell Cooperative Extension of Nassau County proudly operates the Taste NY LI Marketplace at the Long Island Welcome Center. The Welcome Center is located on the LI Expressway, between exit 51 and exit 52 eastbound).

The Welcome Center is open 24 hours, and the Taste NY LI Marketplace is open 7 days a week, 7:00am to 9:00pm. The Taste NY Marketplace highlights agricultural and value added products from Long Island and around New York State. Please stop by and learn about Long Island and get a Taste of NY.



NUTRITION, FAMILY HEALTH AND WELLNESS



CCE Nassau is committed to offering health and wellness programs throughout Nassau County through our partnership with the Nassau County Office of the Aging and our community nutrition education programs. Through education, social marketing/media, and environmental changes, we help families, youth, and seniors increase consumption of fruits and vegetables, decrease consumption of sugar-sweetened beverages, and increase physical activity.

By partnering with CCE Nassau, you will help enable your participants to make informed choices and decisions about food and nutrition for their families. Choose a one-time lesson or a series of lessons led by a trained nutrition educator at your civic or community association, library, school, adult education program, child care center, or fraternal organization. Every program can be tailored to the needs and interests of your community.

Our programs are based on increasing positive health behaviors. Key messages of the programs include:

- Eat fruits and vegetables, whole grains, and non-fat or low-fat milk or milk products every day.
- Be physically active every day as part of a healthy lifestyle.
- Balance calories eaten from foods and beverages with calories used when being physically active.

If your participants are not income eligible, these programs can be provided for a fee. For more information, contact nassaunutrition@cornell.edu.

THANK YOU FOR YOUR 2020 4-H CAMPERSHIPS

Many people and organizations helped make 4-H Camp possible for Nassau County boys and girls this summer.

Thank you to the following Homemaker's Council of Nassau County, Inc. chapters and individuals.

HCNC CHAPTERS' DONATIONS

- Baldwin Evening
- Rockville Centre Day
- HCNC Council



Campership donations are welcome year-round.

PRIVATE DONORS TO 4-H CAMPERSHIPS

- Brecht, Susan
- Sullivan, Alice K.



Please send your tax-deductible donation to Cornell Cooperative Extension of Nassau County, PO Box 148, East Meadow, NY 11554. Donations can be made "in memory of" or "in recognition of/thanks to." A note will be sent to the individual being recognized (include their name and address).