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.
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Senior Resource Educator
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Kathleen Emmett
Robyn Littman
Janet Maruna
Rosa Perdomo
Louise Spangle
Theresa Whitehead (Jan-Sept)

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Vinnie Drzewucki
Bonnie Lynn Klein

Nutrition Programs
Senior Resource Educator
Jennifer Colletti

Program Staff
Mae Bennett
Eugenia Cuadra
Kathleen Emmett
Robyn Littman
Janet Maruna
Rosa Perdomo
Louise Spangle
Theresa Whitehead (Jan-Sept)

DOROTHY P. FLINT 4-H CAMP

Camp Director
Brian Morris

Administrator
Maria Devlin (Jan-May)

Administrative Assistant
Karen Bloom (Jan-Oct)
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Facilities Manager
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Dear Cornell Cooperative Extension Supporters, Colleagues and Friends,

On behalf of the Board of Directors, Staff and Volunteers of CCE-NC we would like to thank you for a very successful year. In 2014 we proudly celebrated our 100 year anniversary. Over the past century, with the relationship of dedicated volunteers working with professionals in horticulture, nutrition and youth development in partnership with Cornell University, we have evolved into the well-respected organization we are today.

During this past year we have had some exciting events to help recognize our centennial:

- In March, we hosted the kickoff at the East Meadow Farm. Presiding Officer of the Legislature Norma Gonsalves and other public officials spoke.

- In May, we held a Centennial Recognition Dinner at the Chesea Mansion in Muttontown. It was a wonderful evening in a beautiful setting. We recognized three individuals whose outstanding efforts have helped to made CCE a stronger organization. We honored Richard Weir, Nancy Youngfert and Karen Courts-Hicks. Peter Landre from CCE at Cornell and Brian Nugent from the County Parks Department helped congratulate the recipients.

- On Labor Day weekend we celebrated the 90th anniversary of the Dorothy P. Flint 4-H Camp, with 150 people in attendance. Camp Alumni renewed friendships and enjoyed a traditional chicken barbeque. This was also a time to recognize five individuals for their outstanding contributions to camp. The five people recognized were Marilyn Meyer, Trish Stanley, Pieter Vliek, Al Brecht and Larry Berger. Specially engraved bricks will be placed in the area in front of the lodge in accordance with a new landscaping plan that was displayed in the lodge for all to see.

- A two day Fall Festival was held at East Meadow Farm in September and it was a big success.

Other 2014 Highlights:

- We established a 2015 County budget for a line item in the Nassau County Parks Department for $200,000. This is up from $25,000 for this year. A big thanks goes to Presiding Officer Norma Gonsalves and all others who advocated for us.

- The establishment of a Community Farm Stand at EMF in partnership with FREE (Family Residences and Essential Enterprises) was very successful.

- On-going high quality programing in our Horticultural, Nutrition and Camp Programs (read about these throughout this report).

In closing, we would like to again say thanks to all of our CCE-NC Board Members, Staff and Volunteers for your on-going support, we are deeply grateful for all of your hard work.

We look forward to another successful year in 2015.

Sincerely,

Greg Sandor, Executive Director           Larry Berger, Board President
Demonstration Gardens — At the East Meadow Farm we have various demonstration gardens that are maintained by Master Gardeners. Admission is free and they are open every day from dawn to dusk. Our demonstration gardens include:

- Rose Trial Garden (Texas A&M)
- Dahlia Garden
- Butterfly Garden
- Herb Garden
- Compost demonstration area

Community Gardens — Community Gardens are a wonderful way to bring horticulture and gardening to a community that may have limited space. The Community Gardens at the East Meadow Farm consist of 55 beds and 7 School beds that are leased to schools, families, individuals and community groups. Most gardeners grow produce for their families, and school/youth groups utilize the space to learn about botany, plant and soil science.

Diagnostic Information Center — CCE Staff and trained Master Gardens have assisted with a total of 2,507 diagnostic visits. That includes 623 counter visits, 473 soil pH tests, and 1,411 phone calls. Some of the services provided are:

- Plants and lawn care
- Outdoor insects
- Growing fruits and vegetables

Master Gardener Program — This program is designed to both expand the educational level of volunteers with accurate, unbiased horticulture information and to provide the volunteers with an opportunity to share this information with others. We currently have over 800 Master Gardeners (134 active) that work and learn in our Demonstration Gardens and volunteer their horticultural expertise throughout Nassau County. Our Master Gardeners volunteered over 9500 hours this year. We also provided a new series of Master Gardener meetings, Master Gardener Professional Development for volunteers.
Community Outreach — We provided over 50 presentations to the community and approximately 750 people attended. Some of the presentations included:

- Historic Garden Restoration, Old Bethpage Restoration Project, L.I. Fair and 8 visits to work on Gardens
- Master Gardener Tree Committee education field trip to new Asian Longhorned Beetle infestation site in Farmingdale
- Coming of Age Project (3 Sisters Native American Garden)
- Clark Botanical Garden presentation on CCE-NC History.
- Community Outreach, Fairs & Exhibits — closet to 20 events and over 2,000 people attended.

- East Meadow Farm Fall Festival — Visitors were able to explore the demonstration and community gardens, as well as purchase many items including pumpkins, hay bales, apples and much more.

Urban Forestry Program — CCE-NC operated an Urban & Community Forestry Resource Information Center at East Meadow Farm. In addition we have a Mini Arboretum at the farm and we have expanded planting in this Arboretum. Some other CCE-NC Urban Forestry events/programs/accomplishments are:

- Installed and maintained educational tree demonstration area along front of East Meadow Farm property. Features trees recommended for use under utility lines, small properties and native tree species. Selected trees are also recommended alternatives for replacing Callery pear, currently identified as a moderately invasive species in New York. Final plans for Cornell University recommended weed-suppressive groundcovers. garden were made.

- Provide monthly education article on horticulture and urban forestry topics for New York Landscape Contractor Publication

- Continued mentoring partnership with Oceanside Elementary School - PROJECT EXTRA, SIEMANS CHALLENGE WE CAN CHANGE THE WORLD. Participated in (6) classroom visits and conducted a tree planting on school grounds. Participated in the school’s Organic Day event at the Oceanside Library.

- Created Asian Longhorned Beetle (ALB) Information Center. Conducted field trip to site of new ALB infestation area in North Babylon for ALB education and identification training. Prepared for new ALB planting project in 2015.

- Provided guidance and technical support to local municipalities seeking urban and community forestry project funding through the New York State Department of Environmental Conservation Grant process and municipalities seeking Arbor Day Foundation’s Tree City USA status programming and re-certification.
History, Tradition and New Growth — In 2014, we celebrated our 90th year as New York’s oldest continuing 4-H summer camp! On Sunday, August 31, over 150 alumni, current staff and current campers attended our 90th anniversary Celebration! It was a huge success and all who participated had a wonderful time!

DPF 4-H, located at 3186 Sound Avenue on the North Fork of Long Island in Riverhead, is situated on a spectacular 140-acre wooded site on the majestic shores of the Long Island Sound. DPF 4-H features a 42-acre working farm, woodlands and ample sandy beach access. We are committed to offering high-quality 4-H educational programs, on par with the excellence of Cornell University. We are accredited by the American Camp Association and licensed by the Suffolk County Health Department.

Camp Programs and Attendance — We offered eight full camping weeks in 2014, with 591 campers participating in overnight summer programs. Campers enjoyed exciting program activities including Zumba, Magic, Yoga, Outdoor Adventure programs in our High and Low Ropes area and Horseback Riding in our comprehensive Equine program, as well as our traditional favorites. Some of those program activities included: Archery, Athletics, Creative Arts, Drama, Environmental Science, Farming, Fishing, Kayaking, Outdoor Cooking, Outdoor Daily Living (ODL), Outdoor Survival Skills, Rocketry, Swimming on Long Island Sound and Woodworking. We provide the children abundant opportunities to connect with nature, participate in human-powered activities, and help build strong relationships that can last a lifetime.

Volunteer Leadership Weekends — During the off-season, 4-H alumni, counselors, campers, CITs (Counselors-In-Training) and friends came together for specific projects during our Volunteer Leadership Weekends in 2014. These weekends are developed to allow these individuals to help us to improve and preserve the DPF 4-H Camp for future generations. During the Fall of 2014, we completed the painting of the Boy’s side of camp; in the Spring of 2015 we will continue this project with the painting of girl’s side and other additional buildings on the property.

Off-Season Rentals — Camp facilities are available for rental by non-profit organizations, schools, church groups and other various organizations during the off-season. In 2014, the following groups, as well as some additional groups, enjoyed off-season camp rentals: “All Fur Fun” Dog Agility, Cornell University, Nassau and Suffolk BOCES, Central Nassau Guidance and Counseling Center, National Junior ROTC, SUNY Cobleskill, YES of Islip, True Life Church of God, Stagecoach Elementary and the Long Island Coalition for the Homeless. Call us today at (516) 433 - 7970 Ext. 19 for information and reservations!
NY’S OLDEST 4-H CAMP

“Mini-Camp” First-Time Camper Program — We introduced new campers to the excitement of sleep-away camp without a full-week commitment. In 2014, “Mini-Camp” was available for 3-day / 2-night stays during the season’s first week. Due to overwhelming popularity, we have added a second “Mini – Camp” session for 2015. **Mini-Camp 1** will run from Monday, June 29 through Wednesday, July 1. **Mini-Camp 2** will run from Monday, July 27 through Wednesday, July 29.

Campership Donations — Camp benefits extend far beyond a memorable summer of fun and fitness: sleep-away camp broadens the horizons of hundreds of campers, inspires their imaginations and shapes new skills for future leaders.

The Homemaker’s Council of Nassau County, Inc., generously donates money towards “Camperships” for deserving kids to enjoy the lifetime memories of a camping experience. In addition, there are many other individuals who support our camp with generous donations.

Contact us at nassau@cornell.edu for a “Campership Application” or to make your tax-deductible donation to help our community’s kids realize their true potential.

High Ropes Climbing Adventure — Campers gain confidence overcoming our 5-station high ropes challenge course, with a 35-foot rock climbing and rappelling tower, zip line and platforms. The tower includes a moveable “vertical playpen” allowing climber pairs to work together and navigate obstacles to reach the top, increasing self-assurance.

**2014 EVENTS**

“The Survival Race” — For the third straight year, DPF 4-H hosted the “Long Island Survival Race” for approximately 4,000 competitors in 2014, and are hosting the popular family-fun event again in 2015, with races scheduled for May 9th and 10th and on August 29th and 30th.

“Country-Fest” sponsored by Native Events – For the second straight year, DPF 4-H hosted the “Country - Fest Long Island” on our property. Over 5,000 people attended the event in 2014 and DPF 4-H will once again be hosting the popular family-fun event in 2015, scheduled for Saturday, July 25 through Sunday, July 26, 2015.

Long Island Coalition for the Homeless – “Backpack Pirates” – on Tuesday, August 22, DPF 4-H also sponsored this annual event for the second straight year. Over 400 children and over 200 adults who attended this event participated in various activities and enjoyed lots of great food and entertainment. At the end of the day, all the children were given a free backpack that had school supplies, bathing suits and other items inside.
Our nutrition programs enhance the health of residents by helping them establish healthy eating habits and a physically active lifestyle. We work closely with various community partners to provide education to youth, families, adults and senior citizens. Our major programs are:

**Eat Smart New York! (SNAP-ED)**

**Expanded Food & Nutrition Education Program (EFNEP)**

Free nutrition classes for low-income families and youth. By participating in a series of 6-8 classes, adults and youth learn how to: plan and cook easy, tasty healthy meals, use the Nutrition Facts label on food packages to choose healthier foods, shop smart and save money on food, keep their food safe, and be more physically active.

Funding is provided by USDA’s Supplemental Nutrition Assistance Program (SNAP-Ed) and Expanded Food & Nutrition Education Program (EFNEP).

**Senior Nutrition Education Program**

Free nutrition presentations for senior citizens at designated senior sites. This program is funded by the Nassau County Office for the Aging.

**Community Nutrition Education Programs**

Nutrition workshops for youth and adults offered at various community locations. A fee is charged for these workshops.

Mae Bennett, Community Nutrition Educator
NUTRITION PROGRAMS

12,900 adults and youth participated in our nutrition programs

- 223 adults participated in our EFNEP workshop series, representing 1,000 family members. 97% of the adult graduates improved in one or more diet quality measures. 84% of the adult graduates improved in one or more food resource management practices.
- 88 youth participated in our EFNEP workshop series. 93% of the youth graduates improved their abilities to choose foods according to Federal Dietary Recommendations.
- 565 adults and youth participated in one or more SNAP-Ed nutrition workshops.
- 10,830 adults received nutrition information at one or more SNAP-Ed one-time education events.
- 798 senior citizens participated in one or more of 190 nutrition presentations offered at 25 senior sites.
- 159 adults and 237 youth participated in a community nutrition workshop, the majority of which were at a local library or school.

What Our Participants Say:

“I have cut back on using too much salt.”

“I eat more fruits and vegetables.”

“I am now using MyPlate to make sure I have balanced meals.”

“I am eating less and starting to take walks.”

“I drink less sugary drinks and more water.”

“I am reading the food labels more often.”

“I exercise more, ride my bike more.”
Historical and Affordable Performance — Nassau County began its Cooperative Extension program in 1914, pursuant to the Smith-Lever Act and NYS County Law 224, under the auspices of community leaders who formed the first board of directors. For almost a century, Cornell Cooperative Extension of Nassau County has been a trusted steward and accessible resource for university research-based information and education with deep local connections to multiple stakeholder constituencies — adept at creating and working in partnerships while making Cornell knowledge, resources and programs useful and readily available, addressing an array of issues of interest and/or concern, typically at little or no direct cost to Nassau County residents. Recent fiscal developments resulted in changes and challenges for our continuing public service, including substantial cutbacks and layoffs, as well as reduced services and program cuts. Our task is to locate sustainable sources of financial support during an era of increasing austerity. We urge our constituents to make a generous tax-deductible donation to CCE-NC today so we can continue to service this great community for a second century with all the attentiveness and quality it so genuinely deserves.

**CCE-NC FUNDING**

2014 Cornell Cooperative Extension of Nassau County programs were made possible via funding from:

- Nassau County Department of Health
- Nassau County Department of Senior Citizen Affairs
- Nassau County Department of Social Services
- New York State Department of Environmental Conservation
- New York State Office of Children and Family Services
- New York State Office of Temporary Disability and Assistance
- United States Department of Agriculture
- USDA Forest Service

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**PUBLIC FUNDING PARTNERS**

Nassau County, County Executive — Edward P. Mangano
County Legislators by District #

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<tr>
<td>#1</td>
<td>Kevan Abrahams</td>
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<td>Dennis Dunne, Sr.</td>
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<td>Judith Jacobs</td>
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<td>Donald MacKenzie</td>
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<td>Steve Rhoads</td>
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THANK YOU TO SOME OF OUR COMMUNITY PARTNERS

Brickman Group
Cornell University
Farmingdale State College
Friends of the Hempstead Plains
Herb Society of America
Hofstra University
LINLA
Mid Island Dahlia Society
Nassau County
Nassau County Department of Parks
Nassau County Legislators
Nassau County Soil and Water Conservation District
Nassau Land Trust
New York Extension Disaster Education Network
NYS Department of Conservation
Old Bethpage Village and Restoration
Planting Fields Arboretum
SOS For Your Soil

THANK YOU TO OUR GENEROUS DONORS

Alberto Bengolea
Alice O'Shaughnessy/Lauren Hanley
Alice Sullivan
Alice Sullivan on behalf of Ann Sullivan
Allen Trustman & Ellen Schafer
B. Schmidt - Glen Garden Club of Glen Head
Barbara Weiner - Levittown Day Homemakers
Beth Timmerman - Massapequa Park Day Homemakers
Bridgid & James O'Brien
Clem Bianco - Syosset Day Homemakers
Connie Amalfitano - Lynbrook Hewlett Woodmere Evening Homemakers
Daniel Crocchiola
David Schafer
Dorothea Bruno
Dorothy Browe - Merrick South Shore Day Homemakers
Dorothy M. & William F. Carr
Edward Zaik
Eileen Kublo - Stewart Manor Evening Homemakers
Elinka Boyle-Rosenbaum
Ellen B. Simon
Ellen Koeppel
Emil Kreye & Son, Inc.
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Kate Russack - Uniondale Day Homemakers
Katie Sobey
Kevin Scanlon
Lauren Seaman - Rockville Centre Day Homemakers
Lisa Monteforte - Hicksville Day Homemakers
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Mario Filagrossi
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Pieter Vliek - Tool Rentals of Long Island
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Stephanie Sosnow
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Suzanne M. Hanlon Walsh
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Three Village Garden Club, Inc.
Trudy Hetzel - Baldwin Homemakers
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William & Catherine McCabe
Cornell University
Cooperative Extension
Nassau County
1914 - 2014

Celebrating 100 years of empowering our community for the future