2018 CCE Team

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About CCE Rockland

Mission
Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Vision
Cornell Cooperative Extension is a national leader in creating positive change on behalf of families and communities through rigorously-tested extension programs. We create measurable change by aligning local needs with the resources and priorities of the land grant system and its state and federal partners.
Dear Friends of Extension,

We are proud to report, that as we kick-off our second century of service, CCE is well-positioned to be a vital resource to Rockland County and its residents. For the first time in many years, all of our program areas are fully staffed and are making an impact on a daily basis. Our mission of “putting knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being” is well represented in this Annual Report and a credit to the staff that has worked diligently to offer programs and services to a broad range of constituencies.

Our three new educators have provided the impetus for us to review and reflect on several of our traditional programs. We’ve focused on these to understand how to present the material better and make them more engaging. Accordingly, this year in our Veterinary Science program, students were able to roll up their sleeves and actually dissect specimens, to help reinforce the presentations made by veterinarians; the Master Gardener Training was expanded to include more in-depth discussion about climate change and invasive plant species; utilizing our Eat Smart, 4-H and Master Gardeners programs, we have expanded from one elementary school to five in the East Ramapo district to provide after school programming. And of course we continue to play a major role in environmental planning by bringing together all 5 towns and 19 villages in Rockland County to address water quality concerns.

What has made us successful for the past one hundred years, and will keep us relevant for the next 100, is our focus on review and evaluation, a core principle of the Extension education process. This process involves YOU! We ask our program participants to tell us what was successful and meaningful and relay that information to Cornell for them to use in their program development. Locally, we ask members of the public to play a role in determining our priorities by serving on one of our several Program Advisory Committees. These committees assist CCE of Rockland in assessing community needs and determining the direction of our work to address those needs. So you can see, your input is critical to our work. If you’re interested, please let us hear from you!

We hope the programs on the following pages pique your interest and inspire you to learn with us in 2019.

Best,

John Fellas
Board President

Suzanne Barclay
Executive Director
Bringing it all together

Empire State Afterschool Program, East Ramapo Central School District

This Autumn, our team has been presented a unique opportunity: we’re all collaborating on one project! For this afterschool program, we’ve pulled from four out of five of our program areas. The program serves 5 East Ramapo schools, overall reaching 800-950 youth, grades K-6. Each day some of our team go to different schools and lead an activity. Our Eat Smart New York Nutrition Educators have led workshops on cooking and choosing healthier options in school and at home – like the ReThink Your Drink workshop. Our Environmental Educator led a session on Don’t Flush the Wipes and how our actions impact the local water supply. Our 4-H Youth Development Educator has delivered a number of fun, educational activities, including Nature Detectives and Project Wild.

Our Master Gardeners Volunteers are teaching seasonal horticulture-based activities. The MGVs running this program have vast experience working with young students and are excited to share their knowledge. Master Gardener Nancy Quinn has developed an engaging horticulture-based curriculum and is implementing it weekly along with 5 other MGVs. The hands-on classes cover a range of horticulture related topics such as seed exploration, leaf identification, spiders and their webs and more. Through these programs the students have a new sense of horticulture and a better understanding of the many elements that make up a garden.

Horticulture & Master Gardener Volunteers

This September we began our biennial Rockland County Master Gardener training. Twenty-one Rockland residents are partaking in the course. The training meets weekly, focusing on a vast array of relevant horticulture topics, ranging from botany to composting. Professors and field specialists from Cornell have participated in teaching several classes, as well as many of our currently active Master Gardeners teaching topics of their specialty.

Each trainee will develop their own horticulture presentation and will present them to the course prior to graduation. This training prepares the Master Gardeners for volunteering in Rockland County and sharing their horticultural knowledge.
This fall Kristen Ossmann, the CCE Horticulture Resource Educator, and five Master Gardeners, Judy Andersen, Robin Eifert, Mootsy Elliot, Ann Kinney and Joe Napoli began a Horticultural Therapy program with St. Dominic’s Family Services, providing weekly horticulture activities to 20-30 individuals with developmental disabilities. These activities offer measurable results and provide a sense of personal accomplishment and enjoyment for the participants.

The overall goals and desired outcomes of the program are to provide an opportunity for individuals to learn about the basics of horticulture; to provide interactive cause and effect skills to stimulate cognitive development, and to engage in horticulture activities that help alleviate stress and anxiety. Working alongside Master Gardeners, the individuals have grown lettuce, spinach and basil from seed, planted bulbs, pressed flowers, propagated plants through stem cuttings and explored the scents of several herbs.

Participants also visited the CCE Demo Gardens to explore what is growing, harvest herbs and vegetables and cut flowers and grasses to create seasonal bouquets. The Master Gardeners and CCE horticulture staff are also helping to develop a sustainable therapeutic garden that the participants will be able to plant, maintain and enjoy for many growing seasons.

**Demo Gardens- Vegetable Variety Trials**

During the growing season the Master Gardeners participated in Cornell’s Vegetable Variety Trial Garden project. The trial highlighted vegetable and other edibles grown from organic, locally adapted seeds. Cornell provided the seeds, signage and guidance for growing the plants.

The Master Gardeners planted, maintained and harvested all from the CCE demo garden site. Data was entered for each variety into the Vegetable Varieties for Gardeners web forum. This is an excellent resource for gardeners through-out the state. The Master Gardeners are looking forward to participating in the program again for the 2019 growing season.
Eat Smart New York (ESNY) is a nutrition education and obesity prevention program that aims to prevent and reduce diet-related chronic diseases among low-income individuals by increasing the consumption of fruits and vegetables and decreasing sweet and sugary beverages intake, while increasing physical activities. This year, 2,453 individuals were engaged in direct education activities while 9,244 were reached via indirect program activities such as fairs.

School-based initiatives

- **School garden at James Farley elementary School** – We planted and maintained 4 beds of tomatoes, kale, carrots, corn, and squash during the school year and summer with the help of a Gardening Committee and Boy Scouts and Girl Scouts. Our partnership with Rockland BOCES resulted in the construction of a gazebo and picnic tables in the garden to serve as an outdoor classroom. Using produce from the garden we presented afterschool cooking and nutrition programs, attracting 400 students who taste-tested the harvest.

- **Smarter Lunchrooms Assessment** aims to improve students’ participation in the School Lunch program, increase consumption of healthy foods, and reduce food waste using low or no-cost strategies. We assessed 26 schools in East Ramapo Central and North Rockland Central School Districts, potentially affecting a combined 10,000 students. We helped the school districts secure $13,000 to purchase light kitchen equipment and signage to make selecting the healthier food options the easier and more appealing choice.

- **Professional development trainings** were provided for 60 teachers in collaboration with the County Health Department on topics such as Brain Breaks in the Classroom, Healthy Rewards and Celebrations in Schools, and Healthy fundraising.

Emergency Feeding Programs

- **Nudges** is an initiative to design food pantry environments to encourage customers to select healthier options with the added benefits of decreasing food waste and maintaining clients’ dignity. Five food pantries were assessed and provided with an action plan for improvement. On average, these pantries serve a combined 2,500 families or 10,000 individuals a month.

- **Nourish Your Neighbors** is a food drive initiative to foster the donation of healthier food items. 500 lbs. of healthy food items collected during two drives was donated to food pantries.
**4-H Youth Development**

4-H is America’s largest youth development organization—empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. The 4-H Program is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Kids in every county complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.

In Rockland County, the 4-H Program largely focuses on animal science, STEM, career exploration, and leadership development. In the past year, we have reached over 3,000 youth through various programs including:

**Events:**
- 4-H Public Presentations
- Leadership Workshop Sponsored by Legislator Aney Paul at the Legislature's Chambers
- 2018 Statewide Youth Development Project: “Celebrating Diversity Through Beans” at Camp Bullowa
- STEM Activities at Boy Scouts Community STEM Fair, Farm Alliance Spring Festival, Orangetown Highway Department Open House, Stony Point Fall Festival, and Suffern Day.

**Our Rockland County 4-H youth have also participated in state-sponsored programs and events including:**
- STARR (State Teen Action Representative Retreat)
- 4-H Communications Institute
- Cornell Career Explorations
- 4-H Booth and Competitions at The Great New York State Fair

**Clubs:**
- Ramapo Riders
- Horses-R-Us

**Afterschool Programs:**
- STEM Activities at the Rockland After School Program (RASP)
- Teen STEM Educators / STEM Enrichment at Haverstraw Elementary School
- Wildlife Education at five schools within the East Ramapo School District
- Project WILD at R.P. Connor Elementary School

**School Enrichment:**
- Agriculture Literacy Week at thirteen schools
- Power Sprouts Pre-K Program – Judy Kesselman Memorial Program
- Financial Literacy with BOCES Youth Connections

**Short-term Programs:**
- 4-H Junior Animal Science
- 4-H Veterinary Science
- Teen Leadership Rockland
This has been a very productive year for the Stormwater Consortium and the Environmental Education program! Over 25 public events were attended with over 5,000 participants and 4,300 educational materials distributed.

The Rockland County MS4 mapping Grant is in full-swing with the stormwater consortium to map and inspect stormwater assets, as required per State law. John Sarowski, Vice President of KC Engineering and Land Surveying, provided complimentary training to the Stormwater Consortium of Rockland County (SCRC) on their stormwater permit requirements - as did Michael Wilson, our Horticulture Lab Technician. Enhanced education and a web-page are being developed for Harmful Algae Blooms which are a common occurrence in Rockland County.

A ‘Wipes Clog Pipes' game was created to educate the public to not flush wipes and has been highly received and well understood with all ages. CCE hosted two public workshops sponsored by SUEZ on water-smart landscaping with topics covering stormwater, rain barrels, rain gardens, drip irrigation, water conservation and rebates.

During the summer the NYSDEC did an assessment of the 600+ native plants and trees CCE planted throughout the county in 2017 with a favorable survival-rate outcome. Much positive feedback has been received from the Stormwater Consortium and from the public at large on the Stormwater and Water Quality Education web-page, and on our program’s overall forward-moving direction.
Horticulture Laboratory

The Horticultural Lab has recently purchased a new microscope to aid with diagnosis and identification of insects and fungi. The microscope is a Dino-lite digital microscope that has the capability to photograph samples. This is an aid to identification because if we are unable to ID a specimen, we can photograph it and send it to other labs or put it onto the horticultural blog that most labs partake in.

It can record a picture in TIF, JPG and many other formats. It has the capability to annotate and measure. It is a hand-held digital microscope but ours came with a stand to attach the microscope to make adjustments easier. The Dino-lite is capable of magnification with a range of 20 – 220x depending of working distance by simply zooming in or out with just a rotating dial.

With state of the art lens design, the Dino-lite delivers matchless image quality with stunning sharpness. The Horticultural Lab is anticipating a laptop computer to hook up the microscope. The arrival of this microscope not only provides the lab with the ability to send pictures but also the opportunity to photograph insects, fungi, and diseases for educational programing and training.

Institute for Non-Profits

Our role in the Institute of Non-profits has evolved over the years but we continue our educational function. This fall, we offered our four core courses in nonprofit management: Non-Profit Fundamentals; Financial Management in a Non-Profit Business; Strategies for Fundraising; and Human Resources in a Non-Profit Business. Next year, six electives will be presented. Participants who attend the four core courses and six electives earn a Certificate in Non-Profit Management.

A monthly newsletter we produce reaches over 280 local non-profit organizations keeping them up to date on fund raising events, job openings, training opportunities, new initiatives and other newsworthy items.
Cornell Cooperative Extension of Rockland has provided educational and organizational support to more than 1,000 non profits agencies, organizations and businesses during the past year, including:

- CANDLE
- Clarkstown Community Learning Center
- CCE of Dutchess County
- CCE of Orange County
- CCE of Putnam County
- CCE of Sullivan County
- CCE of Ulster County
- CCE of Westchester County
- Dominican College
- Garden Club of Nyack
- Headstart
- Meals on Wheels
- Keep Rockland Beautiful
- New York State Department of Environmental Conservation
- New York New Jersey Trail Conference
- PRISM
- Ramapo Valley Garden Club
- Riverkeeper
- Rockland Audubon
- Rockland County Division of Environmental Resources
- Rockland County Environmental Management Council
- Rockland County School Districts: Clarkstown, Nanuet, North Rockland, Pearl River, South Orangetown, Suffern,
- Rockland County Health Department
- Rockland Farm Alliance
- Rockland Sierra Club
- Rockland Teachers Center
- Rockland Libraries: Blauvelt, Finkelstein, Kings Daughter, Nanuet, New City, Nyack, Orangeburg, Palisades, Pearl River, Sloatsburg, Suffern
- Rockland Veterinaries:
- Sparkill Creek Watershed Alliance
- The Learning Collaborative
- United Way
- Haverstraw, Nyack Youth, Spring Valley and Western Ramapo Collaboratives
- Town of Clarkstown
- Town of Haverstraw
- Town of Orangetown
- Town of Ramapo
- Town of Stony Point
- Villages of Airmont, Chestnut Ridge, Grandview-on-the-Hudson, Haverstraw, Hillburn, Kaser, Montebello, New Hempstead, New Square, Nyack, Piemont, Pomona, Sloatsburg, South Nyack, Spring Valley, Suffern, Upper Nyack, West Haverstraw and Wesley Hills
The County of Rockland, through the offices of County Executive Edwin J. Day and the County Legislature, provides substantial funding for Cornell Cooperative Extension of Rockland’s programs and operations which allows us to leverage state and federal funding.

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.
Helping CCE Rockland reach 200 years and beyond.

This organization would never have reached our 100 year anniversary without the dedication, support, and sheer grit of the thousands of volunteers whom have participated in our many programs throughout the last century. We need the wide breadth of contributions they make to do the critical work that we do. We know wholeheartedly that the next century will be built upon the volunteerism of our constituents. How will you take part in shaping another ten decades of CCE Rockland?

- Be a Speaker, share your expertise
- Be an Advocate, spread the word
- Be an Advisor, help shape our programs in advisory committees
- Be an Intern, gain experience and help us reach the community
- Be a 4-H Leader, shape the next generation
- Be a Master Gardener Volunteer, keep Rockland growing
- Be an Environmental Steward, keep Rockland healthy
- Be a guide for Youth, educate & enrich Rockland’s youngsters
- Be a Participant, attend our programs & utilize our services
- Be a member of the Board of Directors, help guide CCE

To find out more about volunteering or to express your interest, please email rockland@cornell.edu or call the office at (845) 429-7085.