Cornell University
Cooperative Extension
Rockland County
One Great Idea at 100

1917 - 2017
Building Strong & Vibrant
New York Communities
for 100 Years and Counting
2016 Annual Report

10 Patriot Hills Drive
Stony Point, NY 10980
(845) 429-7085
www.RocklandCCE.org
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.

2016 BOARD OF DIRECTORS

Vivian England  Paul Larsen  John Fellas  Stephen Fromson
President  Vice President  Treasurer  Secretary

Miguelina Lopez  Stephen Botto  Nicole Laible  Charmaine Cigliano

Paul Pietropaolo  Richard Diaz  Robert Tompkins  Michelle McCarthy

Aney Paul  Robin Eifert  Charles Fausold
Rockland County Legislator  State Extension Specialist
Dear Friend of Extension,

It has been another exciting and productive year at Cornell Cooperative Extension of Rockland.

Some highlights from 2016 include:

- Sponsorship from Orange and Rockland Utilities which allowed the Institute for Non-profits to provide vital workshops on financial management, planned giving and human resources to the non-profit community.
- Expanded STEM youth mentoring program in the North Rockland School District through collaboration with the Rockland County Youth Bureau.
- Expansion of the School Garden Network to now reach 26 schools with the potential of more in 2017.
- Lower Hudson Partnership for Regional Invasive Species Management which allowed us to work on education and outreach regarding invasive species.
- Expanded composting program through collaboration with Rockland County Solid Waste Management which now includes local boy scouts in its outreach and is piloting programs at local schools to complement the existing school gardens.
- Over 65 Speakers Bureau programs which provided education for Rockland residents.

All of these accomplishments happened under the visionary leadership of our Interim Executive Director Ann Marie Palefsky and the amazing staff of CCE of Rockland.

We are also preparing to celebrate the 100th anniversary of Cornell Cooperative Extension while simultaneously conducting a search for a new executive director.

As my board presidency comes to a close I leave CCE grateful for the opportunity to make a small contribution to such a great organization.

With Gratitude,

Vivian England
## Members of Our 2016 Staff

**Ann Marie Palefsky**  
**INTERIM EXECUTIVE DIRECTOR**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annie Christian-Reuter</td>
<td>HORTICULTURE COMMUNITY EDUCATOR</td>
</tr>
<tr>
<td>Francisco García-Quezada</td>
<td>YOUTH DEVELOPMENT EDUCATOR</td>
</tr>
<tr>
<td>Ernesto Leon</td>
<td>CUSTODIAN</td>
</tr>
<tr>
<td>Christina Mandara</td>
<td>HORTICULTURE ASSISTANT</td>
</tr>
<tr>
<td>Sonia McGowan MS.</td>
<td>EAT SMART NEW YORK RESOURCE EDUCATOR</td>
</tr>
<tr>
<td>Charlie Pane</td>
<td>COMMUNICATIONS COORDINATOR</td>
</tr>
<tr>
<td>Betsy Rodman</td>
<td>YOUTH DEVELOPMENT EDUCATOR</td>
</tr>
<tr>
<td>Genine Rose</td>
<td>BOOKKEEPER</td>
</tr>
<tr>
<td>Jennifer Strianese</td>
<td>ADMINISTRATIVE ASSISTANT</td>
</tr>
<tr>
<td>Michael Wilson</td>
<td>HORTICULTURE LAB TECHNICIAN</td>
</tr>
<tr>
<td>Samantha Wood</td>
<td>PRODUCTION &amp; MARKETING ASSISTANT</td>
</tr>
<tr>
<td>Jennifer Zunino-Smith</td>
<td>ENVIRONMENTAL EDUCATOR</td>
</tr>
</tbody>
</table>
Dear Friend of Extension,

We are very excited as we plan for the future and historically look back over the past 100 years.

In the year 1917:

- Houdini performed his famous “Buried Alive” stunt
- Albert Einstein published his first paper on cosmology
- Ella Fitzgerald and John F. Kennedy were born
- A new American army was created with the passage of the Selective Service Act
- The Chicago White Sox beat the New York Giants four games to two in the 1917 World Series
- On April 21, 1917 the Home Defense Committee and other patriotic groups called a public meeting in the Suffern High School. That night a motion was unanimously passed to start a Rockland County Farm Bureau, and fifty-one people paid a dollar to become charter members. They then consulted with state authorities in the election of the first county agent H. M. Turner. He announced that H. E. Botaford, poultry expert from Cornell University, would be in Rockland County to address meetings in Pearl River and Haverstraw and the Cornell Cooperative Extension of Rockland was born.

100 years later we are still “helping you put knowledge to work.” There are probably two main reasons for this success. First we have Cornell University providing the expertise and knowledge that we share. Second the extension system in general has some of the most dedicated people I have ever met. In following our mission, we go above and beyond to get it done and it shows. In this past year with my increased duties I am grateful and proud to be part of such a family at CCE Rockland. The possibilities are endless as we approach the next 100 years.

We thank all the present and former staff members, volunteers and participants who have helped us reach this milestone. We thank our funders, stakeholders and collaborators –we would have never gotten here without you. We hope you will all join us in 2017 at our many events that will celebrate who we are and what we have accomplished. Just as when it started 100 years ago...to teach all of those things that are necessary for fuller and richer family living...in the home and in the community that is Extension.

Here’s to the next 100 years,

Ann Marie Palefsky
Interim Executive Director
In summary for the year 2016 from January to December 2016 Cornell Cooperative Extension – Rockland County (CCE-RC) estimates they will provide education to 22,148 residents. In addition through news articles, and various forms of indirect contacts we estimate another 5,000 are reached. We recently started sending out weekly educational blurbs through face book and in the month of September alone we reached 6,335 people. So indirect contacts are estimated at around 30,000 for the year.

Though Rockland is the smallest county in the state we are densely populated and the more we do, the more requests we receive to do more. A strong connection to the community allows us to see how we can use our resources to meet the changing needs of the county. With a talented staff and passionate volunteers we continue each year to increase the number of Rockland residents we reach.

Cornell Cooperative Extension Rockland County is extremely grateful to once again have sponsorship from Orange and Rockland Utilities in 2016. Because of O&R’s generous donation, CCE-RC provided low cost educational opportunities to help non-profit members sustain their organizations. Over 180 participants reviewed reduced course fees. This year these classes helped non-profits with educational programs on financial management, human development, social media platforms, various communication strategies, and fundraising which includes submission of grants and contracts.
ESNY Reaches Rockland County with Variety of Programming

Eat Smart NY (ESNY) provides workshops throughout Rockland County. This year summer camps focused on children learning about healthy eating. The young people at Camp Nyack were amazed as they measured how much sugar is in their favorite daily drinks. Many of the children said they will begin to decrease their choices of high sugary beverages; one even decided to never drink soda again as a result of this program. By playing a game called See Ya Later Alligator, campers had fun running and learning about how to identify moderate to vigorous types of exercise to learn the importance of daily exercise as they grow.

Continuing their work during the summer, at the health fair at JAWONIO in New City in August the ESNY nutrition table was well attended by fair-goers who received information on living healthy and staying active. As they danced to music and learned that physical activity can be fun, quite a crowd of participants gathered.

ESNY Hudson Valley provides nutrition education for eligible Supplemental Nutrition program (SNAP) communities. These are FREE interactive workshops that are delivered at various locations throughout the community which include libraries, senior centers, after school sites, food pantries and community centers. These workshops include behaviorally focused, evidence-based nutrition education and obesity interventions in which the participants enjoy preparing and sampling food and participating in fun games. How to buy and prepare healthy food while on a budget, tips on how to read food labels to help you decrease sugar intake and make healthy food choices, how to increase physical activity to lose weight and keep it off are some of the many topics offered.
Streams, Flooding & Watershed Management

In June when 40 individuals attended a Streams, Flooding and Watershed Management Seminar at Cornell Cooperative Extension – Rockland County (CCE-RC) they learned how streams work and ways they can minimize flood risk in their communities. This workshop which was presented by fellow CCE educators in Columbia, Greene and Dutchess counties is one example of the type of education that is provided through the Stormwater Consortium of Rockland County.

This partnership with CCE-RC has led to the development, implementation and evaluation of educational programs for Municipal Separate Storm Sewer Systems (MS4s) in Rockland County. Monthly meetings are attended by all 24 Rockland municipalities and the provided trainings help them meet Minimum Control Measures required by the Department of Environmental Conservation (DEC). Participants learn about stream dynamics, for example how streams respond to disturbance from floods or human-built infrastructure and are given opportunities to ask experts in the field questions about stormwater management.

Stormwater PSAs

This year the Stormwater Consortium and CCE Rockland team put together a special Public Service Announcement in partnership about the “Leave the Leaves” campaign. The campaign advocates proper fall yard waste management to prevent flooding and harmful algae blooms from excess nutrients collecting in local waters. CCE-RC plans to make more of these video PSAs as an on-going series.
Now in its **second year**, all the kindergarten, and first and third grade students at Upper Nyack Elementary School participate in garden-based learning programming provided by Cornell Cooperative Extension through the efforts of its Master Gardener Volunteers. The lower grades learn about a “seed to salad” garden through reading a vegetable gardening-themed book, drawing and labeling the parts of a plant, sowing lettuce, radish and pea seeds and eventually harvesting and preparing these vegetables together for a fresh salad.

The third graders delve into the history, science and lore behind the Haudenosaunee (i.e. Iroquois) Three Sisters’ garden. The three sisters are symbolic of the plants corn, beans and squash, and a legend exists about their relationship and their importance to the Haudenosaunee. The students learn this legend and present a readers’ theatre version of it to their class. They also plant corn, beans and squash in their school garden and measure the rate of growth of the corn in order to estimate its height in the fall. Come September these third graders return as fourth graders to harvest their crops and enjoy a feast together. This year’s Conservation Corps members assisted with the Three Sisters program by adding three sisters’ tag. This collaboration between CCE and Upper Nyack Elementary School complements the children’s indoor classroom experience, providing enrichment, experimentation and creativity in nature’s classroom.

For three years all Grandview Elementary School students have been participating in our school garden network programs and their garden has become part of the everyday school life of these students. There are almost **30 school gardens** spread over Rockland County. We are continually working on increasing the number of school gardens and have partnered some of these gardens with our school composting program which is funded through the Rockland County Solid Waste Management Authority. It is a natural match to pair these programs together and the combined programming gives each student a complete gardening experience.
"...We want to commend Cornell Cooperative Extension, the Youth Bureau and ASPIRA for putting together such a wonderful program for our North Rockland High School and Haverstraw Elementary School students. It was great to see the confidence and pride they demonstrated as they shared their STEM projects and learning experiences with us...."

-Miguelina Lopez, Director of ESL and Bilingual Services, North Rockland School District

"...The students demonstrated what they learned to their parents and siblings and the ASPIRA teen facilitators shared some inspiring words for our kids. We are so proud of all they accomplished during this program...."

-Jennifer Luongo, Assistant Principal, Haverstraw Elementary School

In June our young STEM students and their teen STEM mentors wrapped up an incredible year by hosting a Final Presentation and Celebration for students, families and invited guests at Haverstraw Elementary School. In a series of on-going sessions from January – June, 14 teens were trained as STEM educators. Principals at Haverstraw Elementary School then identified young students in need of intervention services for English language, STEM knowledge, and social-emotional learning. These were native Spanish speakers and newcomers to this county. These fourth, fifth and sixth graders were also struggling with self-esteem and anxiety about assimilating into the mainstream. Teens from ASPIRA, a nationwide youth organization devoted to getting more Latino youth college bound have service to the community as a central component of their program. It was therefore a natural fit for these teens to work as mentors with the younger students. The teens delivered four hands-on bilingual curriculum aligned STEM modules.

100% of students completing the program showed improvement in STEM knowledge and English Language skills. Pre/Post assessments showed higher English language reading levels among all elementary students.
One of the teens commented… "thank you for this incredible experience, I really enjoyed these last three days. Going to Cornell was an experience I will never forget."

This program directly served 30 youth, ages 10-18, and there were a total of 30 contact hours over 21 sessions. Additionally, the teens put in many hours of work on their own time, preparing lessons and materials. Cornell Cooperative Extension hopes to expand this program in 2017 to reach students in the East Ramapo School District and provide a similar experience.
Regional Effort Works on Blockbuster Survey for Invasive Species

Cornell Cooperative Extension of Rockland County (CCE-RC) is a member of the Lower Hudson Partnership for Regional Invasive Species Management (LH-PRISM). This organization seeks to address invasive species issues through the partnerships in the region. As a LH-PRISM partner, CCE-RC and other CCE associations in the Lower Hudson Valley Region work on education and outreach regarding invasive species, particularly invasive terrestrial plants. This has been particularly useful for the LH-PRISM Blockbuster Survey, a citizen science project that asks volunteers to go out and survey for a list of focal species that the LH-PRISM is especially keen to track in the region. The survey area includes the Bronx, Westchester, Rockland, Putnam, Orange, Dutchess and parts of Ulster and Sullivan counties.

This past spring, CCE-RC partnered with Cornell Cooperative offices in Dutchess, Putnam and Ulster counties to create the training for the Blockbuster Survey. This involved developing a brief, introductory presentation about the survey project, an in-depth training for committed volunteers and a quick field guide covering the species of concern. All attendees learned to identify a list of 28 terrestrial invasive species and were trained in the survey protocol, safety and use of GPS receivers or an app meant to track their route and GPS coordinates. The CCE offices involved in the project devoted a good deal of time promoting the Blockbuster Survey just in time for Invasive Species Awareness week July 10 – July 16. Over 90 people took part in the training across the Hudson Valley. Many of the blockbuster survey volunteers are Master Gardener Volunteers, further connecting our work at CCE-RC to regional projects.
Statement Activities
As of 10/31/2016

Revenues

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<th>Source</th>
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<td>Federal</td>
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<td>New York State</td>
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<td>Rockland County Government</td>
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<td>Grants &amp; Contracts</td>
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<td>Other Programs and Operating Revenues</td>
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Expenses

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<td>Program/Operating Expenses</td>
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<td>Building &amp; Grounds/Utilities</td>
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<td><strong>$468,394</strong></td>
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*In-kind Benefits from Cornell University $231,715

Statement of Financial Position
As of 10/31/2016

Assets

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<td>Prepaid Expenditures</td>
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<td>Non-Current Assets</td>
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<td>Total Fixed Assets</td>
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<td>Less Accumulated Depreciation</td>
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Liabilities & Fund Balances

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<td>Total Non-Current Liabilities</td>
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<td><strong>Total Liabilities</strong></td>
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<td>Current Fund Balances:</td>
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<tr>
<td>Designated</td>
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<tr>
<td>General</td>
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<td><strong>Total Fund Balance</strong></td>
<td><strong>$327,239</strong></td>
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<tr>
<td><strong>Total Liabilities &amp; Fund Balances</strong></td>
<td><strong>$380,352</strong></td>
</tr>
</tbody>
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Public Funding Partners

**County**

County of Rockland
Honorable Edwin J. Day
County Executive
Honorable Alden H. Wolfe
Rockland County Legislative Chair

**State**

State of New York
Cornell University
Dr. Christopher Watkins, Director,
Cornell University Cooperative Extension

**Federal**

United States Department of Agriculture

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.

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.
Our 2016 Community Network

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:

**Environmental**
- Environmental Protection Agency
- NYS DEC
- Keep Rockland Beautiful
- Riverkeeper
- Sierra Club
- Hudsonia
- Hudson River Sloop Clearwater
- Scenic Hudson
- PRISM (Program for Regional Invasive Species Management)

**Youth**
- Aspira of Rockland County
- School Key Clubs
- Teen Leadership Rockland
- Candle
- Rockland County Girl Scouts & Boy Scouts
- PTAs at local schools

**Educational**
- All School Districts in Rockland County
- Rockland Community College
- St. Thomas Aquinas College
- Dominican College
- Long Island University
- Rockland Teachers Center
- Libraries in Rockland County
- Community Centers in Rockland County
- Radio: WRCR
- All local newspapers

**Governmental**
- Rockland County Health Department
- Rockland County Planning Department
- Rockland County Municipal Planning Federation
- Rockland County Buildings and Grounds Department
- Rockland County Highway Department
- Rockland County Solid Waste Management Authority
- Rockland County Youth Bureau
- Rockland County Conservation and Service Corps
- **Towns of:** Clarkstown, Haverstraw, Orangeburg, Ramapo and Stony Point
- **Villages of:** Airmont, Chestnut Ridge, Grandview on the Hudson, Haverstraw, Hillburn, Kaser, Montebello, New Hempstead, New Square, Nyack, Piermont, Pomona, Sloatsburg, South Nyack, Spring Valley, Suffern, Upper Nyack, West Haverstraw, Wesley Hills

**Economic/Business**
- Rockland County Farm Bureau
- Rockland Farm Alliance
- Rockland County Landscape Association
- Rockland County Professional Pesticide Applicators
- Rockland County Board of Realtors
- Rotary Clubs of Rockland
- Westchester/Rockland Veterinary Medical Association
- Orange and Rockland Utilities
- Suez
- Horticulture and pest control businesses
2017 Calendar of Events

We’re in the process of scheduling 100 Events for our 100th year!
Here is the growing list of events:

January
Fertilizer Law Class – 1/4
Teen Leadership Rockland Media Literacy Class – 1/10
Stormwater Consortium Radio Show on WRCR AM 1700 – 1/12
Teen Leadership Rockland Environmental Sustainability Class – 1/24
Tabletop Gardens: Bonsai and Terrariums – 1/24 – Valley Cottage Library
Understanding Wine – 1/25 – Clarkstown Continuing Ed. Center
Growing and Caring for Indoor Plants and Orchids – 1/25 – Finkelstein Library

February
Trash to Garden Treasures – 2/1 – Clarkstown Continuing Ed Center
Fertilizer Law Class – 2/3
Teen Leadership Rockland Understanding the Justice System Part 1 – 2/7
Starting Seeds Indoors and Out – 2/8 – Clarkstown Continuing Ed Center
Stormwater Consortium Radio Show on WRCR AM 1700 – 2/9
Starting a Garden from Scratch – 2/13 – New City Library
Teen Leadership Rockland Understanding the Justice System Part 2 – 2/14
Understanding Wine – 2/15 – Jewish Community Center, West Nyack
Using Stone & Pavers in Landscape – 2/15 – Clarkstown Cont. Ed Center
Trash to Treasure – 2/16 – Haverstraw Library
MG Graduation of New Interns – 2/16
Tabletop Gardens: Bonsai and Terrariums – 2/22 – West Nyack Library
Pruning – 2/22 – Clarkstown Continuing Education Center
Suburban Home and Living Show – 2/24-26 – RCC
4-H Regional Horse Bowl and Hippology – 2/25

March
Fertilizer Law Class – 3/1
Teen Leadership Rockland Leadership in County Government – 3/2
4-H Public Presentation Day – 3/4
Stormwater Consortium Radio Show on WRCR AM 1700 – 3/9
Teen Leadership Rockland Cultural Sensitivity – 3/14
Cornell Alumni – presentation by Joan Gussow, world renowned as a nutritionist – 3/15
Improving an Existing Lawn – 3/20 – cs for Pearl River Continuing Ed
Using Annuals and Perennials in Garden – 3/22 – West Nyack Library
Garden Design for Beginners – 3/27 – South Orangetown Continuing Ed. Center
Garden Design for Beginners – 3/27 – cs for Pearl River Continuing Ed
Teen Leadership Rockland College Prep – 3/28

April
4-H Regional Horse Communications – 4/1
Edible Landscapes – 4/3 – Community Services for Pearl River Continuing Ed
Teen Leadership Rockland Introduction to Leadership Part 2 – 4/4
Fertilizer Law Class – 4/5
Stormwater Consortium Radio Show on WRCR AM 1700 – 4/13
Raised Beds for Vegetable Gardens – 4/19 – South Orangetown Continuing Ed

April continued
100th Anniversary Gala Celebration at Nyack Seaport – 4/21
Earth Day Celebration at RCC – 4/25
Growing Roses in Rockland County – 4/26 – Haverstraw Library
4-H District Public Presentations – 4/29
Planting of Trees for Tribs – ongoing during the month of April

May
Teen Leadership Rockland graduation – 5/2
Fertilizer Law Class – 5/3
Stormwater Consortium Radio Show on WRCR AM 1700 – 5/11
Container Gardens for Spring & Fall – 5/18 – South Orangetown Continuing Ed

June
Fertilizer Law Class – 6/7
Stormwater Consortium Radio Show on WRCR AM 1700 – 6/8
4-H Career Exploration Days at Cornell – 6/27-29

July
Fertilizer Law Class – 7/5
Stormwater Consortium Radio Show on WRCR AM 1700 – 7/13

August
Fertilizer Law Class – 8/2
Stormwater Consortium Radio Show on WRCR AM 1700 – 8/10

September
Fertilizer Law Class – 9/6
Stormwater Consortium Radio Show on WRCR AM 1700 – 9/14

October
Fertilizer Law Class – 10/4
Stormwater Consortium Radio Show on WRCR AM 1700 – 10/12
100th Anniversary Barn Dance – 10/14
Teen Leadership Rockland Recruitment Outreach
4-H Veterinary Science Career Exploration Program starts this month and runs for 8 weeks

November
Fertilizer Law Class – 11/1
Stormwater Consortium Radio Show on WRCR AM 1700 – 11/9
New Orientation for Teen Leadership Rockland

December
Fertilizer Law Class – 12/6
Cornell Cooperative Extension of Rockland Annual Meeting – 12/13
Stormwater Consortium Radio Show on WRCR AM 1700 – 12/14

We expect to see your smiling faces at these great programs next year!
Let’s Keep Building Strong & Vibrant Rockland Communities for another 100 years!

- CCE-RC Staff & Board