

## *Dear Friends of Cornell Cooperative Extension Nassau County*

On behalf of the Board of Directors and staff, we are pleased to present our 2008 Annual Report, highlighting key accomplishments during this past year. 2008 marked 94 years of service to Nassau County residents, enabling people to improve their lives and communities through partnerships that put experience and research knowledge to work.

In Nassau County we accomplish this with interdisciplinary teams of Extension Educators working with volunteers. Our dedicated and skilled staff provided programs in these areas:

- Nutrition, Health & Wellness
- Environmental Horticulture
- Parenting Education
- 4-H Youth Development/ 4-H Camping

Volunteers strengthen our ability to bring educational programs to all Nassau communities. They include:

- Board of Directors who provide the leadership for our overall program and governance.
- Master Gardeners who assist residents with questions at our Eisenhower Park office, teach community programs, and plan/maintain demonstration gardens.
- Advisory Committee members who help set program direction.
- 4-H Camp Alumni and Equine volunteers who help maintain our camp facilities, conduct tours, and assist with programs.
- Community-based volunteers, including members of the Homemakers Council of Nassau County, who help extend Extension educational programs.

Funding for our Cornell Cooperative Extension programs is a partnership with Nassau County, New York State, U.S. Department of Agriculture, grant providers, fees for service, and donations. The design of the National Extension System builds upon the strength that each of the partners bring. Together they help us bring high-quality programs to Nassau residents.

We extend a special thanks to all of our partners, volunteers, donors, Association enrollees, and staff for your ongoing support and involvement with Cornell Cooperative Extension of Nassau County. Together we are able to provide educational programs that meet the changing demands and needs of residents throughout Nassau County.

**Tebbie Cliff**  
Interim Executive Director



*The programs of Cornell Cooperative Extension were delivered under the leadership of these staff:*

### **Tebbie Cliff, Interim Executive Director**

#### **Extension Educators:**

- Jennifer Colletti – *Nutrition Programs*
- Alicia Martinez – *Parent Education*
- Julie Seghrouchni – *Environmental Horticulture*
- Louise Spangle – *Nutrition Programs*
- Wayne Torgersen – *4-H Youth Development*
- Ralph Tuthill – *Environmental Horticulture*

#### **Program Staff:**

- Wanda Adorno, Mae Bennett, Janet Maruna, Alba Rodriguez, Theresa Whitehead – *Eat Smart New York*
- Adrienne Comito – *4-H Youth Development*
- Bonnie Klein – *Environmental Horticulture*
- Jennifer Coe, Don O'Callaghan, Denise Ottavio, Bernard Sulzer – *4-H Camp*
- Susan Young – *Talking with Kids about HIV/AIDS*
- 9 counselors, nurses, directors and program staff – *Summer 4-H Camp*
- 9 program/intern staff – *4-H Community Summer Programs*

#### **Administrative Staff:**

- Jane Caban – *Bookkeeping*
- Hayden Cust – *Printing/Operations*
- Maria Devlin – *4-H Camp Administrator*
- Dolores Gelish – *Fiscal Manager*
- Donna Hahl – *Camp Registrations*
- Dionne Marshak – *Executive Assistant*

#### **Part time staff:**

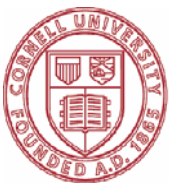
- Ann Bender ● Linda Dunphy

#### **Volunteers:**

Volunteer leadership is a key strength of Cornell Cooperative Extension. The loyalty and hard work of volunteers greatly expands programming. Volunteers donated 13,325 hours in 2008. 441 Nassau County residents were involved as volunteers including Board Members, Program Advisory Committee members, Master Gardeners and community trainers who bring the educational programs of CCE into local communities.

### ON THE WEB...

[www.cce.cornell.edu\\_nassau](http://www.cce.cornell.edu_nassau)  
[www.dpf4hcamp.org](http://www.dpf4hcamp.org)



**Cornell University**  
Cooperative Extension  
Nassau County

*Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension in Nassau County provides equal program and employment opportunities.

### CCE LOCATIONS

**Main Office/Programs/4-H Camp Office**  
40 Main Street, Lower Level  
Hempstead, NY 11550  
516 292-7990 (automated switchboard)

**Horticulture Program**  
Eisenhower Park – Greenhouse  
East Meadow, NY 11554  
516 228-0426 (automated switchboard)

**Dorothy P. Flint Nassau County 4-H Camp**  
3186 Sound Avenue  
Riverhead, NY 11901

# 2008 PROGRAM HIGHLIGHTS

## NUTRITION, HEALTH AND WELLNESS

Smart Choices – A Diabetes Prevention Workshop  
Diabetes is the leading cause of adult blindness, kidney failure, amputation, heart disease, and stroke. It affects men, women, and children of all races and all ethnic groups. Bringing awareness of these factors to adult audiences is the first step in preventing this disease. 628 adults from 22 adult organizations participated in “Smart Choices – A Diabetes Prevention Workshop,” which was designed to help prevent and/or reverse the effects of Type 2 diabetes by motivating residents to take control of their weight, make healthy food choices, control meal portions, increase daily physical activity, and receive regular medical check-ups. Participants learned to identify the two main types of diabetes, risk factors, and symptoms, and to understand the importance of making healthy food choices, increasing physical activity, and having regular check ups. 48% of the participants recognized they were in a high-risk category for having diabetes by participating in a diabetes risk test assessment.

### Healthy Foods, Healthy Eating

Over the past 30 years, the prevalence of obesity has nearly tripled for children ages 2-5 years and youth ages 12-19 years, and quadrupled for children ages 6-11 years. Approximately nine million children over six years of age are obese. Teaching young children to make healthier food choices is an important step in trying to reverse this trend. Two hands-on presentations were developed to meet the special needs of 78 students within five Uniondale School District developmental kindergarten classes who required additional support in behavior and language skills compared to their mainstreamed peers. Students learned the difference between healthy foods and treats by using their sense of sight, touch, smell, and taste. They also had the opportunity to practice basic food preparation skills by preparing a healthy snack. They discovered that eating healthy involves eating a variety of differently colored foods.

### Teaching Teen Mothers to Properly and Safely Feed Their Toddlers

Homeless pregnant/parenting teens have many critical needs that are difficult to address. These young mothers and their children are at increased risk of inadequate nutritional intake and becoming overweight. Many have very limited knowledge about the nutritional needs of their children and are unaware that young children are at risk of choking on certain types of foods. A group of four mothers, participating in a six-lesson series of EFNEP nutrition education classes, learned how to use MyPyramid to provide meals and snacks with the different types of foods their children need each day. Through hands-on small group activities and discussions the mothers learned about the division of responsibility in feeding toddlers. Through their participation, the mothers had changed how they interacted with their children at meals and what they served them. One parent said that she now added more fruits and vegetables to her child's diet. Another parent said that she now cuts up hazard-prone foods to make them safer before serving them to her toddler.

## PARENTING EDUCATION

### Teaching Parents the Educational Value of Play

Parents often put pressure on young children, and on early childhood programs their children attend, by discouraging play and encouraging the learning of disembodied facts. To demonstrate how play and learning are interrelated, CCE partnered with the South Shore Parent Resource Network to offer five “Play is Learning & Learning is Playing” events to parents of young children at south shore sites that included six public libraries, A JCC Community Center, and a community park in Baldwin. Parents and children from more than 200 families participated in hands-on activities that emphasized what children learn as they explore and experiment, trying to make sense of their world. The provided activity stations were designed to demonstrate how simple, everyday materials can be used to develop important skills needed for school success through play. The skills-specific information provided to parents helped many to understand the correlation between play and academic success. Families were also given direct access to a variety of agencies that address the needs of the early childhood community.

### Improving the Parenting and Communication Skills of Formerly Incarcerated Women

CCE partnered with the Women's Opportunity Resource Center (WORC) to offer a series of parenting workshops to 26 women exiting the Nassau County Correctional Center. “The Mothers' Group at WORC” was the result of efforts to promote positive parenting as a foundation for supporting risk reduction behavior. These workshops were offered as part of a comprehensive educational package provided by WORC, which includes work skills, GED classes, and support in overcoming the challenges of starting over in life. The parenting education effort was delivered as part of CCE's Talking with Kids about HIV/AIDS (TWKAHA) program designed to encourage parents to share accurate information about HIV/AIDS with youth in age-appropriate ways. The program had been recently enhanced to include parenting and other supportive modules to the materials. The mothers who attended the workshops reported remembering and using the acquired skills to successfully achieve positive results with their children and avoid conflict.

## DOROTHY P. FLINT NASSAU COUNTY 4-H CAMP

### Engaging Teens in Leadership Experiences to Foster Healthy 4-H Camp Lifestyles

Counselors-In-Training (CITs) developed an understanding of the lifestyle changes necessary in making healthy choices that encompassed themselves, their families, and their fellow campers through their involvement in “Choose Health.” Through this initiative of the CCE 4-H Youth Development Program, CITs were challenged to conduct surveys about eating habits with their fellow campers and camp staff. They then made a presentation to camp administrators recommending appropriate changes including replacing canteen items, such as soda, candy, and other high sugar products, with “healthy choice” items. In the dining hall, the juice machine was no longer available between meal times, with water as the only available beverage. Fruit was served more often during meals and as an afternoon snack. Fun activities not overtly appearing to be exercise, including dance contests, nature walks, and classes that incorporate physical activity not dependent on athletic ability, were encouraged.

### Using an Equine Model to Develop Youth Leadership Skills

The Dorothy P. Flint Nassau County 4-H Camp horse program offered experiential training in teamwork and leadership while youth and teen campers were having fun working with horses. 231 campers were involved during seven resident camp and six day camp sessions. They learned a variety of skills including how to send non-verbal commands to a horse, and solve problems involving the horses by planning their horse's daily grooming and equipment use. By working with the horses daily, campers learned how to trust and respect each other in order to accomplish their daily goals. They all learned the value of teamwork and that leadership was based on guidance. At the end of each session, all of the program participants were challenged to work together as a team in a competition that was designed for them to have fun while demonstrating their new skills.

# 2008 PROGRAM HIGHLIGHTS

## 4-H YOUTH DEVELOPMENT

### Developing Life and Leadership Skills through a 4-H Middle School Gardening Experience

In today's culture, children are growing up with most of their experiences indoors in the two-dimensional world of computers and videos. As a result, they are becoming separated from daily experiences in the three-dimensional natural world. Through the collaboration of CCE, the Uniondale School District, and S.T.R.O.N.G. (a gang intervention organization), 33 youth gained valuable outdoor experiences while beautifying their school via a 4-H Gardening Adventure project. Of the two groups of students, one was comprised of those who chose to participate because of their personal interest or a need to fulfill a community service credit. The other consisted of a group of boys who were particularly at risk for joining a gang or dropping out of school. Both groups, meeting for six 90-minute sessions, learned about horticulture as they weeded, and planted new perennials and annuals in their school's existing courtyard garden. They also learned to plant seeds and care for seedlings, recognize what a plant needs to flourish, propagate plants from leaves, transplant a houseplant, and identify weeds.

### A Microcosmic Approach to Measuring Impact in the 4-H Community Summer Program

CCE's 4-H Youth Development program provided a six-week summer program that offered youth in low income communities four different series of classes in the content areas of nutrition, art, and woodworking. Instructors, comprised of college nutritional sciences and education majors, were asked to identify one child that by their own assessment appeared to have been significantly impacted through class experiences. Each of the nine instructors wrote a brief narrative describing their observations as a means of measuring the personal impact that class activities and instructors, as role models, have on youth participants. Nine youth participants were identified as having been significantly impacted by their experiences. In one example, a girl was so impressed by her nutrition class experiences that she wrote out all her nutrition-related activities for the entire week to illustrate how she was using her newly acquired information. In another, a boy who lacked confidence eagerly shared a newly acquired skill with classmates who had difficulty with a particular activity.

## ENVIRONMENTAL HORTICULTURE

### Community-Based Lawn Care Education Emphasizing IPM Practices

Landscapers and homeowners alike do not usually get the opportunity to attend practical horticulture sessions in their own community. An opportunity existed for local landscapers and homeowners to develop an educated communication with each other, and for it to carry over into the retail and nursery ends of the industry. An informative and practical PowerPoint presentation on Integrated Pest Management (IPM) lawn care and water quality was developed. Lawn care topics, with an emphasis on cultural practices to improve water quality, included proper watering and fertilization, disease, insect and weed control, and thatch and core aeration. Local environmental issues related to pesticides and their controlled applications were presented. With a better understanding of lawn care and related environmental impacts, homeowners and their landscapers will become more aware of their mutual roles in environmental protection. As a result, homeowners will have options to beautify their property while improving water quality.

### Increasing Elementary Students' Agricultural Literacy through Literature

Although more than 20% of our nation's workforce is in some way involved in the processing, marketing, distribution, and sales of food and fiber products, many students do not have any significant comprehension of the connection of the food they eat or other products they use to agriculture. To provide students with a better appreciation for agriculture in our society, more than 2,000 second graders were given the opportunity to participate in Agricultural Literacy Day by engaging them in a literature-based classroom lesson. After receiving training in implementing the lesson, CCE Master Gardener volunteers read the book, "Sugarbush Spring," which teaches the process of producing maple syrup. Following the reading, students had the opportunity to taste maple syrup and examine its color, texture, aroma, and flavor. This experience enabled them to connect a store-bought product to the agricultural industry.

### Updating Environmentally-Sound Gardening Community Presentations Using Computer Presentation Technology

One of the main goals of CCE's environmental horticulture program is to educate industry members and home gardeners about Integrated Pest Management (IPM) practices through proper plant selection, planting and aftercare, reduced pesticide use, appropriate watering methods, and other cultural controls. Much of this education is provided through community presentations on a variety of horticultural topics. This past year, 74 presentations reached 1,496 residents. In an effort to improve their format and overall quality, seven topics were updated using computer presentation technology. This resulted in presentations that were much improved in material, content, pictures and overall viewing. Slides were scanned where possible and applicable, new pictures were researched and integrated, and new scripts were written. Volunteer Master Gardener presenters were educated to not only use the new presentations but also the computer presentation-related equipment. These Master Gardeners were enthusiastic and took great pride in this highly professional, "high tech" approach to public speaking.

## PROGRAM IMPACTS 2008

73,701 people were directly involved in Cornell Cooperative Extension programs; an estimated ½ million people benefited from our media program outreach.

■ 11,765 people were reached via our Nutrition, Health, and Wellness programs.

■ 2,359 parents, caregivers, and children benefited from our Parenting Education Programs.

■ 12,206 youngsters and adults participated in 4-H Youth Development activities in schools, communities, and at our Dorothy P. Flint Nassau County 4-H Camp.

■ 44,533 homeowners, gardeners, and horticulture professionals benefited from our Home Gardening/IPM (Integrated Pest Management) and Landscaping programs.

## BOARD OF DIRECTORS

Nancy Youngfert, *President*  
Robert Sympson, *Vice-Pres.*  
Pauline Gould, *Secretary*  
Harold Hecken, *Treasurer*

TEBBIE CLIFT,  
*INTERIM EXEC. DIRECTOR*

Charles Allen  
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Joseph Koczko  
Marc Leno  
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Kathleen Rathgeber  
Susan Rich  
William Teleisha  
Diane Weiner  
Zane Williams  
Pamela Yourish

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**ABOUT CORNELL  
COOPERATIVE EXTENSION  
OF NASSAU COUNTY**

Cornell Cooperative Extension of Nassau County is an educational not-for-profit association that provides research-generated information and educational programs designed to build strong and vibrant communities. With funding and resources from Nassau County, New York State through Cornell University, U.S. Dept. of Agriculture and grant partnerships, CCE in Nassau County has been disseminating information since 1914.



Cornell Cooperative Extension  
of Nassau County

**HISTORICAL ROOTS**

The Land Grant Act, signed into law on July 2, 1862 by President Abraham Lincoln, provided grants of federal lands to states and territories to help establish colleges that would offer practical education for all citizens. The Smith-Lever Act of 1914 recognized the value of this early work in New York and other states as it established the formal relationship among federal, state and local governments to support Extension work that continues today. Cornell University provides overall leadership as New York's land grant institution and, by statute, as agent for the state in this three-way partnership. In 1914 through NYS County Law 224, Nassau County began its Cooperative Extension program under the leadership of community citizens who formed the first board of directors.

**ESTIMATE OF SUPPORT 2008**

	FROM ASSN. LEDGER REVENUES	OTHER SUPPORT	TOTAL	
<b>1. COUNTY</b>				
Appropriation	540,000			
Other County Support (building space utilities)		209,356		
Other County Support	214,077			
<b>TOTAL COUNTY SUPPORT</b>	<b>754,077</b>	<b>209,356</b>	<b>\$963,433</b>	<b>35%</b>
<b>2. STATE</b>				
County Law 224	53,090			
State Grants & Contracts funded through Cornell	41,003			
State Grants & Contracts direct to Assn.	2,500			
University resources		326,279		
<b>TOTAL STATE SUPPORT</b>	<b>96,593</b>	<b>326,279</b>	<b>\$422,872</b>	<b>15%</b>
<b>3. FEDERAL</b>				
Smith Lever	14,731			
EFNEP	88,542			
State Grants & Contracts funded through Cornell	1,850			
State Grants & Contracts direct to Assn.	2,137			
University resources		214,963		
Fringe Benefits paid by Cornell		18,496		
<b>TOTAL FEDERAL SUPPORT</b>	<b>107,260</b>	<b>233,459</b>	<b>\$340,719</b>	<b>12%</b>
<b>4. OTHER SOURCES OF SUPPORT</b>				
Enrollment fees, program participation fees	969,245			
Sale of Equipment, news income, dividend	22,523			
Contributions – restricted and unrestricted	27,196			
Other Grants and Contracts direct to Assn.	34,836			
<b>TOTAL OTHER SOURCES SUPPORT</b>	<b>1,053,800</b>	<b>0.00</b>	<b>\$1,053,800</b>	<b>38%</b>
<b>TOTAL REVENUES</b>	<b>1,803,044</b>	<b>559,738</b>	<b>2,780,824</b>	<b>100%</b>
Value of volunteer support	\$259,971			

**2008 Cornell Cooperative Extension Nassau County programs were made possible via funding from:**

- ✓ "Friends" of Cornell Cooperative Extension
- ✓ "Friends" of Long Island Horticulture
- ✓ Keyspan Foundation
- ✓ Nassau County Department of Health
- ✓ Nassau County Department of Senior Citizen Affairs
- ✓ Nassau County Department of Social Services
- ✓ New York State Department of Health
- ✓ New York State Department of Health AIDS Institute
- ✓ New York State Office of Children and Family Services
- ✓ New York State Office of Temporary Disability and Assistance
- ✓ Target
- ✓ Town of Hempstead
- ✓ United States Department of Agriculture

**PUBLIC FUNDING PARTNERS**

*Nassau County, County Executive – Thomas R. Suozzi*  
County Legislators by District #

- |                        |                       |
|------------------------|-----------------------|
| #1 Kevan Abrahams      | #11 Wayne Wink        |
| #2 Roger Corbin        | #12 Peter Schmitt     |
| #3 John Ciotti         | #13 Norma Gonsalves   |
| #4 Denise Ford         | #14 David Mejias      |
| #5 Joseph Scannell     | #15 Dennis Dunne, Sr. |
| #6 Francis Becker, Jr. | #16 Judith Jacobs     |
| #7 Jeffrey Toback      | #17 Edward Mangano    |
| #8 Vincent Muscarella  | #18 Diane Yatauro     |
| #9 Richard Nicoletto   | #19 David Denenberg   |
| #10 Judi Bosworth      |                       |

<b>Cornell University</b>	<b>United States Dept. of Agriculture</b>
Helene Dillard, Director	Colien Hefferan, Administrator
Cornell Cooperative Extension	Extension Service

To be placed on the CCE-NC "Friends of CCE" email list to receive program updates, send an email message to [nassau@cornell.edu](mailto:nassau@cornell.edu)