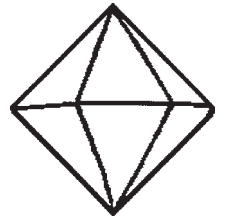


PRISM



CORNELL COOPERATIVE EXTENSION OF NASSAU

Vol.17 No.1

October 2009

Dear FRIENDS OF Cornell Cooperative Extension:

For 95 years, Cornell Cooperative Extension of Nassau County has provided educational programs that address the needs of its residents. As a participant in one of our many programs, you are receiving this issue of PRISM. We appreciate your support and invite you to learn more and become involved in our current programs under way.

2009 has been an especially challenging year with significant budget cuts and staffing changes. We have, however, been able to maintain our momentum due to a dedicated staff and numerous volunteers who help us extend our program efforts into local communities. A special thank you to each of you!

On Wednesday, December 9, our Annual CCE Association Meeting is being held at our West Hempstead Education Center. I invite you to join us, meet our staff and board members and participate as an active association member.

I hope to see you at our Annual Meeting.

TEBBIE CLIFT
Interim Executive Director

Nominees for CCE Board of Directors

As directed by the Association Constitution, the following names are being submitted in nomination for directors. These names will be submitted to all eligible voters present at the annual meeting of the Association on December 9, 2009. Each individual is being nominated for a 3 year term beginning January 2010.

FOR 3 YEAR TERM 2010-2012

Elaine Carr, Massapequa Park. With a degree in Economics, Elaine's professional experience lies in the Investor Relations function for publicly traded companies, notably as head of IR at National Bank of Canada and most recently as Senior Associate in the Corporate and Financial Practice at Burson-Marsteller, a NY communications firm. Wishing to have her corporate financial communications experience contribute to CCE and its related fields prompted her to join the CCE Board, filling another member's unexpired term. She and her husband are new parents to a baby daughter.

Joe Koczko, Franklin Square. Joe is a life-long resident of Franklin Square, interested in becoming involved with CCE so that he can make a real, tangible contribution to our LI community. He is an attorney with a specialty in litigation and has significant experience in the areas of employment, corporate finance and governance and environmental law. He and his wife have a son and daughter.

Marc Leno, Mineola. Marc holds degrees in Animal Science from SUNY Farmingdale and in Biological Science from SUNY Old Westbury. He was a 4-H member and 4-H camper (he met his wife MaryAlice Jahn at our DPF 4-H Camp) and has two children. Marc has been in the banking industry for 25 years and is Chief Lending Officer with Brooklyn Federal Savings Bank.

Robert L. Sympton, Lynbrook. Robert is a retired science/horticulture teacher. For the past 10 years he has promoted local history and the Grist Mill in East Rockaway, serving as a Director of the East Rockaway and Lynbrook Historical Society. In addition, Bob has promoted tree planting throughout Long Island as part of NY ReLeaf and the NYS Urban and Community Forestry Council. Bob currently serves as Vice President of the Cornell Cooperative Extension Board of Directors.

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CCE NASSAU CELEBRATES 95 YEARS OF SERVICE

YOU'RE INVITED TO ATTEND OUR
CCE ANNUAL MEETING OF THE ASSOCIATION

WEDNESDAY DECEMBER 9, 2009, 6:30-8 pm

West Hempstead Education Center
247 Woodlawn Road, West Hempstead

6:30 pm View exhibits, refreshments, networking

7 pm CCE ANNUAL BUSINESS MEETING

Pledge of Allegiance and Welcome –
Nancy Youngfert, Board President

- President's report:
 - Review of the year
 - Recognition of Advisory Committee members
 - Campership donor thanks
 - Financial report and 2010 budget



- New Business – Election of Board members
- Recognition of staff: Jennifer Colletti – 10 years
Theresa Whitehead – 10 years

Nominees for CCE Board of Directors

continued from cover //

Nancy Youngfert, Franklin Square. Nancy is a retired teacher of Family and Consumer Science, having taught and developed curriculum at North Shore High School and Middle School for 25 years, 6 years in Herricks, and 3 years in Bayport-Blue Point. She served as a union representative, vice president and grievance chairperson at North Shore and was the area coordinator for NYS Home Economics Teachers for 5 years. She served as the co-chair of the NYSUT Standards area committee for P.E. Health, and Family and Consumer Sciences.

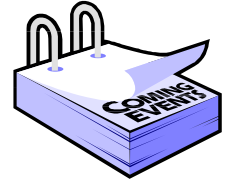
Pamela Yourish, New Hyde Park. Pamela is a highly experienced professional with a strong background leading critical business operation's projects. Over the past 15 years as a management consultant, she has worked with individuals and teams, leading program development and delivery in a variety of topics including strategy formation and operations. Pam was born and raised in Nassau County.

DOROTHY P. FLINT 4-H CAMP

ANNOUNCING... 2010 CAMP DATES

We will possibly hold a "FIRST TIME CAMPER" WEEKEND June 12 to June 13

SESSION 1	June 28 – July 3	No stayover
SESSION 2	July 5 – July 10	Stayover July 10-11
SESSION 3	July 12 – July 17	Stayover July 17-18
SESSION 4	July 19 – July 24	No stayover
SESSION 5	July 26 – July 31	Stayover July 31-August 1
SESSION 6	August 2 – August 7	Stayover August 7-8
SESSION 7	August 9 – August 14	Stayover August 14-15
SESSION 8	August 16 – August 21	



CIT WEEKS July 12 – 24 and August 9 – 21

OPEN HOUSE DATES (AT CAMP)

March 27	1-4 pm
April 24	1-4 pm
May 22	1-4 pm

FAMILY CAMP WEEKENDS

May 28-31	Memorial Day Weekend
September 24-26	Family Camp
September 25	Fall Harvest Feast at Camp

DPF 4-H CAMP FACILITIES AVAILABLE TO RENT

For a brochure or for information, call 516 292-7990 ext. 19

Whether for a school field trip, overnight, or conference weekend, youth and adult groups, businesses and community organizations are invited to visit the beautiful woodlands and beachfront facilities. The camp is located on 140 acres adjacent to the L.I. Sound, north of Riverhead.



- ◆ Accommodations for up to 200
- ◆ Heated cabins available for winter months
- ◆ Cabins for 10 to 20 persons
- ◆ Kitchen and dining hall available
- ◆ Customize the rental to suit your needs

Good handwashing



takes
20 SECONDS!

PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF NASSAU COUNTY OFFICE IF YOU HAVE ANY SPECIAL NEEDS



Cornell University
Cooperative Extension
Nassau County

Nassau County
40 Main Street, Lower Level
Hempstead, NY 11550

Telephone/Fax: 516 292-7990
Email: nassau@cornell.edu
www.cce.cornell.edu/nassau

Tebbie Clift

TEBBIE CLIFT
Interim Executive Director

ANN BENDER
Layout and Design

THE CORNELL COOPERATIVE EXTENSION EDUCATIONAL SYSTEM ENABLES PEOPLE TO IMPROVE THEIR LIVES AND COMMUNITIES THROUGH PARTNERSHIPS THAT PUT EXPERIENCE AND RESEARCH KNOWLEDGE TO WORK.

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 provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and U.S. Department of Agriculture, cooperating.

Thank You for 2009 4-H Camperships

Many people and organizations helped make 4-H Camp possible for Nassau boys and girls this summer. Thank you to the *Homemaker's Council of Nassau County, Inc.* for donations from the following chapters:

DONATIONS WERE RECEIVED FROM THE FOLLOWING HCNC CHAPTERS

- ◆ Baldwin Evening
- ◆ Bellerose Day
- ◆ Hicksville Day
- ◆ Levittown Day
- ◆ Lynbrook Day
- ◆ Massapequa Evening
- ◆ Merrick
- ◆ Rockville Centre Day
- ◆ Stewart Manor Evening
- ◆ Syosset Day
- ◆ Wantagh Day
- ◆ HCNC Council

We also thank the Zonta Club of Long Island, Kathy Rau and Jeanne Sadlow for support to our 4-H campership fund.



Campership funding is welcome year-round.

Please send donations to CCE 4-H Campership Fund, 40 Main Street-Lower Level, Hempstead, NY 11550. Donations can be made "in memory of" or "in recognition /thanks to"; a note will be sent to the individual being recognized (be sure to include their name and address).

HORTICULTURE PROGRAMS PROMOTE A HEALTHY NASSAU

The goal of CCE horticulture programs in Nassau County is to provide sound 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.

RESIDENTIAL HORTICULTURE – Services At A Glance

Contact: Ralph Tuthill, 228-0426 ext 11; tw3@cornell.edu



CCE HORTICULTURE INFORMATION CENTER – EISENHOWER PARK

- ✓ Telephone Helpline, 516-228-0426 ext. 7; Mon–Thurs, 10am-12:30pm. Master Gardeners answer questions on plant disease, insects, soil, trees, flowers, landscape, composting, fertilizing and more
- ✓ Walk-in Counter Assistance On The Spot, Mon–Thurs, 10am-4pm. Master Gardeners and staff conduct soil pH tests and provide recommendations, evaluate, and identify samples
- ✓ Web Site, <http://www.ccenassau.org/> access to horticulture and related fact sheets and links to numerous horticulture sites
- ✓ Home Grounds Fact Sheets – over 200 fact sheets, from 'annuals to zoysia,' available at the Center and online 365 days a year
- ✓ Community presentations available at most local libraries
- ✓ Q and A booths at many garden centers, botanic gardens, arboretums and universities, provide information on safe and effective environmental horticulture practices
- ✓ Master Gardener intensive training every other year
- ✓ And...school programs, curriculum, garden tours, specialty classes, *Long Island Gardening* magazine, Master Gardener in-service training

COMMERCIAL HORTICULTURE – Serving the Green Industry

Contact: Julie Seghrouchni, 228-0426 ext 15; js565@cornell.edu



CCE–Nassau brings the resources of Cornell research to educate Green Industry professionals to manage land for sustainability, improve water and air quality, conserve water, and practice horticulture to enhance our ecosystem.

- ✓ Landscape Management Short Course – 8 weeks of training for landscape contractors, turf professionals, growers, nurseries, park manager, groundskeepers and garden centers
- ✓ Managing Sports Fields for Safety and Performance – taught best management practices for maintaining and renovating high use sports turf
- ✓ Special presentations to the green industry on plant diagnostics, soil, pests, and pesticide safety
- ✓ Field scouting to diagnose problems such as diseases, insects and weed infestation
- ✓ Communication to professionals via newsletters and email on "hot topics" – invasive plants and pests, new research and current information on landscape plants and turf
- ✓ Diagnostic and inquiry services for professionals

Eat Smart New York!



ESNY

Eat Smart New York

Eat Smart New York is a free nutrition education program offered by Cornell Cooperative Extension to Nassau community organizations at their sites.

ABOUT OUR PROGRAM:

- ◆ For individuals and families receiving food stamps and other low income families with young children
- ◆ 7 to 8 session series of classes for small groups
- ◆ Practical information based on MyPyramid and the Dietary Guidelines for Americans
- ◆ Classes include the preparation and tasting of quick, inexpensive recipes
- ◆ Funded by the USDA's Food Stamp Program and Expanded Food & Nutrition Education Program



PARTICIPANTS LEARN TO:

- ◆ Plan and cook easy, tasty, healthy meals their whole family will love
- ◆ Get their kids to eat more fruits and vegetables and like them
- ◆ Use the Nutrition Facts food labels to choose healthier foods
- ◆ Shop smart and save money on food
- ◆ Keep their food safe
- ◆ Be more physically active and have fun as a family



TO FIND OUT MORE:

Contact Louise Spangle at 516 292-7990 ext. 12 or e-mail js27@cornell.edu

Website Help for Holiday Foods



▲ *The Partnership for Food Safety Education* has a website with "everything you'll need to have a festive, delicious, food-safe celebration." It tells how to purchase, prepare and store holiday food plus menus, recipes and shopping checklists.
<http://www.holidayfoodsafety.org/>

▲ *Need to know how long a food can be safely kept?* Check this webpage of the Food Marketing Institute:
<http://fmi.org/consumer/foodkeeper/>

▲ *For more help, try the following federal government websites:*
www.nutrition.gov
www.foodsafety.gov

EAT BETTER - FEEL BETTER

COMMUNITY NUTRITION PROGRAMS FOR A HEALTHY NASSAU

Contact *Jennifer Colletti, MS, RD, Extension Educator*, at 516-292-7990 ext. 22 or jac99@cornell.edu for fee information and scheduling. Additional programs available upon request.

HELPFUL TIPS FOR HEALTHY EATING

Are you interested in eating healthier and learning how to choose and prepare healthier foods and beverages? This workshop will provide helpful tips to make your goal of eating healthier easy to achieve.

HELPFUL TIPS FOR HEALTHY EATING FOR CHILDREN

This presentation teaches parents and child care providers how to choose/prepare healthier foods, snacks, and beverages for children, as well as learning strategies for encouraging the development of healthy eating habits.

SAVING MONEY ON GROCERIES

Become a smart food shopper during these tough economic times. This presentation teaches strategies for saving money on groceries. Learn to prepare for your trip to the food store, useful tips while at the store, and what to do when you get home.



WELLNESS AT WORK...IT'S EASIER THAN YOU THINK

Healthy employees can save thousands of dollars by reducing health care costs and absenteeism. Learn about simple changes that will benefit both the employee and employer. Low-cost ideas that do not require a lot of employee time will be presented.

Non Profit
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Garden City, NY

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Hempstead, NY 11550

