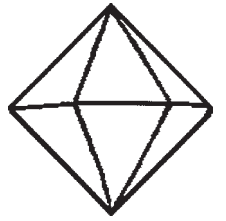


# PRISM



CORNELL COOPERATIVE EXTENSION OF NASSAU

NOVEMBER 2010

## Dear FRIENDS OF Cornell Cooperative Extension of Nassau County:

On behalf of the Board of Directors and staff, we are pleased to send you an invitation to our 96<sup>th</sup> Annual Meeting. Join us on December 8 at 6:30 pm and visit our new facility at 5 Old Jericho Turnpike in Jericho. We are housed in an historic building called the Malcolm House.

This year continues to be especially difficult with the state of the economy and the limited funding available from Nassau County. Included in this newsletter is a donation envelope, which we hope you will use! As you know, funding for our programs is a partnership with Nassau County, grant providers, NY State, the U.S. Department of Agriculture, and generous citizens, who have participated in our programs and support the citizen education our association provides to Nassau residents.

I look forward to meeting all of you on December 8 and thanking you in person for your help and support throughout the years!

Sincerely,

**NANCY YOUNGFERT, CCE Board President**

## 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 8, 2010. Each individual is being nominated for a 3-year term beginning January 2011.*

### FOR 3 YEAR TERM 2011-2013

#### **William McCabe, Floral Park**

William, a life-long resident of Floral Park, NY earned a Bachelors degree in Political Science from the University of Scranton and is finishing a Masters program at C. W. Post Long Island University in Secondary Education/ Social Studies. For recreation he enjoys camping, hiking, mountain climbing, fishing, and gardening along with his wife, Christiana, whom he met at 4-H Camp in 2001. He had a two-year internship for a United States Senator and has worked for local politicians in the Town of Hempstead. He has a keen understanding of politics—specifically local politics. Bill, as he prefers to be called, has attended the Dorothy P. Flint 4-H Camp as a camper, counselor and volunteer for over 12 years. Currently, Bill is an Operations/Facilities Manager for a large multi-state coin-operated vending machine company. Bill's leadership, procurement, and research skills, as well as his straightforward, realistic attitude, would compliment Cornell Cooperative Extension of Nassau County.

#### **Sean T. Rainey, East Norwich**

Sean is the Executive Director of the North Hempstead Housing Authority. He is responsible for running the day-to-day operations of the Authority, which consists of the management of two senior housing developments and four public housing facilities, and the administration of over 200 Section 8 vouchers. Prior to assuming his current position, Sean was the Deputy Director of Real Estate, Planning and Development for Nassau County for seven years where he was responsible for acquiring property for preservation under the County's 2004 & 2006 Environmental Bond Acts. Sean joined the County in October 2003 after leaving his position as Director of the Portfolio Management Department for Empire State Development Corporation, which he held for 10 years. His responsibilities with the Corporation included the management of a \$250M loan portfolio, which often required him to dispose of State owned property such as commercial buildings and psychiatric centers. Sean is a

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## ANNUAL MEETING AGENDA 2010

WED. DECEMBER 8, 2010, 6:30–8 pm  
*Malcolm House*  
*5 Old Jericho Turnpike, Jericho, NY 11753*

6:30 pm Exhibits, tour of new facility, refreshments

7 pm CALL TO ORDER

*Nancy Youngfert, Board President*  
Pledge of Allegiance and Welcome  
Introduction of Special Guests



### ■ President's Report:

✓2010 Highlights    ✓Financial Report    ✓New Constitution

### ■ Old Business

### ■ New Business

#### *Nomination Committee Recommendations*

Diane Weiner, Board Member

#### *Slate of nominees for 3-year Board Terms:*

JANUARY 2011-2013

SECOND 3-year Term

William McCabe

Kathleen Rathgeber

Sean Rainey

Harry Riker

## Nominees for CCE Board of Directors

*continued from cover* //

graduate of St. John's University. He lives in East Norwich with his wife, Diane, and their four sons, Brendan, Aidan, Colin, and Quinn.

### Kathleen Rathgeber, *Franklin Square*

Kathy joined her Franklin Square 4-H Club at age 12 and became an avid camper. She enjoyed her 4-H Camp Counselor career as she pursued a degree in Accounting at St. John's University. She joined Cornell Cooperative Extension after graduation in 1967 and continued until 1976. Kathy started her health care career in 1976 and worked in financial positions in hospitals, corporate offices and health insurance companies. As she prepared for retirement she sought to help her community and hoped CCE could benefit from her expertise. Kathy was appointed to the Cornell Cooperative Extension board in July 2007.

### Harry C. Riker, *Malverne*

Harry graduated class of '77 Dowling College with a Bachelor of Science in Aeronautics and Business Management. He is presently employed at Delta Airlines as a pilot. Some of the larger aircraft flown by him include the Boeing 727, 737, and 747. Harry and his wife, Angela, operate a small family farm of less than 350 acres in Fultonham, NY. The original 100 acres was purchased by Harry's grandfather, Harry Riker, not long after the family farmhouse and property were raised to create LaGuardia Airport. The farm's principle products include beef, lamp, pumpkins and squash. Harry and Angela reside in Malverne, NY.

## DOROTHY P. FLINT 4-H CAMP ANNOUNCING... 2011 CAMP DATES

SESSION 1	June 27 – July 3	Going home on Sunday, July 3 at 9 am
SESSION 2	July 3 – July 9	Coming to camp on Sunday, July 3 at 2 pm Stayover session– July 9 to 11
SESSION 3	July 11 – July 16	Stayover session– July 16 to 18
SESSION 4	July 18 – July 23	NO Stayover
SESSION 5	July 25 – July 30	Stayover session– July 30 to 31
SESSION 6	August 1 – August 6	Stayover session– August 6 to 8
SESSION 7	August 8 – August 13	Stayover session– August 13 to 15
SESSION 8	August 14 – August 20	NO stayover – End of camp

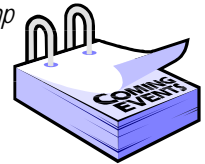
**CIT WEEKS** July 3 to 23 AND July 25 to August 13

### OPEN HOUSE DATES

March 26	1-4 pm	<i>(at Camp)</i>
April 2	1-4 pm	
May 14	1-4 pm	

### FAMILY CAMP WEEKENDS

May 27-30	Memorial Day Weekend
September 23-25	Family Camp



## DPF 4-H CAMP FACILITIES AVAILABLE TO RENT

For a brochure or  
for information, call  
516 433-7970 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

For events and activities sponsored by Cornell Cooperative Extension of Nassau County, accommodations for persons with disabilities may be requested by calling the main office – 516 433-7970 ext. 17.



Cornell University  
Cooperative Extension  
Nassau County

Nassau County  
Malcolm House  
5 Old Jericho Turnpike  
Jericho, NY 11753

Phone: 516 433-7970  
Fax: 516 433-7971  
Email: [nassau@cornell.edu](mailto:nassau@cornell.edu)  
[www.cce.cornell.edu/nassau](http://www.cce.cornell.edu/nassau)

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

*Jennifer Colletti*

**JENNIFER COLLETTI**  
Extension Educator

**ANN BENDER**  
Layout and Design

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 2010 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
- ◆ Carle Place Evening
- ◆ Hicksville Day
- ◆ Levittown Day
- ◆ Lynbrook-Hewlett-Woodmere Evening
- ◆ Massapequa Park Day
- ◆ Merrick-South Shore Day
- ◆ New Hyde Park Day
- ◆ Plainedge Day
- ◆ Rockville Centre Day
- ◆ Stewart Manor Evening
- ◆ Syosset Day
- ◆ Uniondale Day
- ◆ Wantagh Day
- ◆ HCNC Council & Alumni



### Campership funding is welcome year-round.

Please send donations to CCE 4-H Campership Fund, 5 Old Jericho Turnpike, Jericho, NY 11753. 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; rwt3@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
- ✓ On-site assessments and recommendations at your residence
- ✓ And...school programs, curriculum, 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 – 6 weeks of training for landscape contractors, turf professionals, growers, nurseries, park manager, groundskeepers and garden centers
- ✓ Managing Sports Fields for Safety and Performance – 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
- ✓ On-site assessments and recommendations for commercial and residential properties

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 low income families with young children and for seniors and others receiving food stamps
- ◆ 7 to 8 session series of classes for small groups
- ◆ Practical information based on MyPyramid and the Dietary Guidelines for Americans
- ◆ Funded by the USDA's Food Stamp Program and Expanded Food & Nutrition Education Program



### PARTICIPANTS LEARN TO:

- ◆ Shop smart and save money on food
- ◆ Plan and cook good tasting, healthy low-cost meals for their families
- ◆ Get their kids to eat more vegetables and love them
- ◆ Keep their food safe
- ◆ Be more physically active and have fun as a family



### TO FIND OUT MORE:

Contact Louise Spangle at 516 485-9203 ext. 15 or e-mail [jlj27@cornell.edu](mailto:jlj27@cornell.edu)

For more information about food stamps, contact Nassau County Department of Social Services at 516 227-8523 or check the myBenefits website:

[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

# Community Nutrition Presentations for a HealthY Nassau

Contact Jennifer Colletti, MS, RD, Extension Educator, at 516 433-7970 ext. 22 or jac99@cornell.edu for fee information and scheduling. Additional topics for youth audiences are also available.

## GENERAL NUTRITION TOPICS FOR ADULT GROUPS

### HELPFUL TIPS FOR HEALTHY EATING

Are you interested in eating healthier and learning how to choose/prepare healthier foods? This presentation will provide suggestions for simple changes you can make at the store, when eating out, and in your kitchen to help you achieve your goal of being healthier.



### SAVING MONEY ON GROCERIES

This presentation teaches strategies to help participants save money on groceries. Participants will learn how to prepare for their trip to the food store, useful tips while at the store, and what to do when they get home from the store to be a smart food shopper during these tough economic times.

### HEALTHIER FAST FOOD

During this presentation, participants will explore how to make healthier fast food choices from typical fast food restaurants. They will also identify money-saving strategies for making quick, healthy meals at home.

## TARGETING CHILDHOOD OBESITY TOPICS FOR PARENTS AND CHILD CARE PROVIDERS



### EATING SMART FROM THE START

This presentation teaches parents/child care providers how to choose/prepare

healthier foods and beverages to meet the key nutritional needs of children. Participants will also learn strategies for encouraging the development of healthy eating habits.

### PLAY ACTIVELY EVERY DAY

Learn how to make physical activity fun for the whole family. Developmentally appropriate activities for a variety of age groups will be discussed. In addition, participants will explore ways to reduce family screen time.

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Cornell University  
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Jericho, NY 11753

