



Free Seminars on

Gardening for Youth & Adults • Floral Arranging • Vegetarian Cooking • Choosing Healthy Water • Managing Your Stress • Fun with Geo-caching Scavenger Hunts

Cornell Day in Rockland

Saturday, December 5, 2009

at Cornell Cooperative Extension
10 Patriot Hills Drive, Stony Point, NY

Discover Cornell Cooperative Extension
Your Link to Cornell University

Cornell Club members and all Rockland residents are invited to this free open house featuring many of the fun and interesting programs offered by Cornell Cooperative Extension. The schedule will include:

- 1:00 PM – Welcome by Paul Trader, Extension Executive Director, and Larry Luxenberg, President of the Cornell Club of Rockland
- 1:30 PM – Workshops: Choose one of three being offered. (please pre-register below)
- 2:45 PM – Annual Meeting of Cornell Cooperative Extension, including an election of Board members and vote on the revised Constitution (available for review at CCE). Refreshments will be served and youth are also invited to join in a fun geo-caching scavenger hunt outdoors (weather permitting).
- 3:30 PM – Workshops: Choose one of three being offered
- 4:30 PM – Adjourn

REGISTRATION

Cornell Day is free but pre-registration is **required** by November 30, 2009.
Contact Caryn Singer at 845-429-7085 ext. 117 or email her at cs356@cornell.edu
or fax this completed form to 845-429-8667. Please provide:

Name of participant(s): _____ Ages of any participating youth: _____
 Address: _____
 Phone: _____ Email: _____

Workshop Selections: (please mark your 1st and 2nd choice for each period)

1:30 WORKSHOPS

3:30 WORKSHOPS

- **Eco-friendly Gardening:** Learn to use sustainable “best practices” in your yard to keep your garden, family and home environment as healthy as possible. – *with Elaine Brown, Ph.D., Horticulture Lab Technician*
- **Water – To Bottle, Buy, or Turn on the Tap:** Learn about tap water purity, nutrients and sugar added to bottled water, dangers of plastic bottles, water testing, water filters, costs of buying water, and more. – *with Chuck Stead, Environmental Educator*
- **Junior Master Gardener:** In this fun workshop for youth and adults, you’ll get your hands dirty in exploring ways to use art, literature and the environment to teach garden-based learning at home and in school. – *with Patricia Hubbard, 4-H Youth Development Program Director*

- **Vegetarian Cooking:** Discover the delicious world of vegetarian cooking! Join in preparing and tasting simple, delicious recipes that youngsters and adults can make at home. – *with Katherine Schwarz, MS, MPH, Coordinator of Eat Smart New York!*
- **Got Stress?** Stress is an unavoidable human reaction to both good and bad situations in ones life. Learning to effectively manage stress is essential to your health and well being. Join us in this interactive session to learn how to recognize and reduce your stress levels. – *with Dianne Takeuchi and Dana Treacy, Rockland Community Capacity Building Initiative*
- **The Floral Arranger’s Garden:** Learn how to design a cutting garden, and how to grow and harvest beautiful flowers & plants from your own yard. You’ll create a fresh floral arrangement to take home, too! (For youth and adults ages 12+). – *with Donna Alese Cooke, Community Horticulture Educator*