



Cornell University
Cooperative Extension

JOIN | THE REVOLUTION OF RESPONSIBILITY



Turning ideas into action, 4-H youth are becoming everyday heroes who persevere through challenges to leave lasting, positive impacts on their communities. Through the work of caring mentors, 4-H - a positive youth development organization - is cultivating a growing number of America's youth to lead us in a Revolution of Responsibility. Their commitment challenges us all to join the movement toward meaningful change.

For more information contact your local
Cornell Cooperative Extension
or visit
<http://www.4-h.org/about/revolution/>

Cornell Cooperative Extension of the Capital Region
*Helping New York's Capital Region
Improving Lives and Communities*



To get a complete list of all Cornell Cooperative Extension's programs and events in the Capital Region please go to: <http://ccecapiatregion.org/home.aspx>

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Cornell Cooperative Extension offers equal program opportunity and is an equal opportunity employer.



Cornell University
Cooperative Extension

CCE IN YOUR COMMUNITY

Albany, Columbia & Greene, Fulton & Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington Counties

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| 8/2/2013 | 1:00 PM | Seed Youth Lesson - In this Seed Detectives lesson youth will read the book "What Kinds of Seeds are These?", and participate in a seed germination activity and traveling seeds relay, and examine seeds found in common fruits and vegetables. | Frothingham Free Library 28 West Main Street Fonda, NY 12068 |
| 8/2/2013 | 6:30 PM - 8:30 PM | Flood Seminar Series – When the Bowery Behaves Badly - Presenter: Ron Frisbee and Liz LoGiudice, Extension Educators This program is offered as part of a series of seminars hosted as part of the Hudson Estuary Watershed Resiliency Project. The Bowery Creek is a tributary to the Catskill Creek that flows off the northern escarpment of the Catskill Mountains. The Bowery Creek has many good qualities that make it an asset to our area, but sections of the stream are plagued by flood-related problems. On this field visit to the Bowery Creek, we will investigate elements of stream dynamics, flooding, erosion and other issues that are common to many streams in our region. Participants are invited to attend this program to learn basic issues related to streams, and to ask questions about streams near their own property or in their municipality. This is a field-based program, so dress for the outdoors. Advance registration is required. Registration deadline is Wednesday, July 31 contact Cornell Cooperative Extension's Agroforestry Resource Center at 518 622 9820 x 0. This program is offered in partnership with the NYS Water Resources Institute and the NYS Department of Environmental Conservation Hudson River Estuary Program, with support from the NYS Environmental Protection Fund. | Cornell Cooperative Extension Agroforestry Resource Center 6055 Route 23 Acra, NY 12405 |
| 8/6/2013 | 6:30 PM - 8:30 PM | From Garden to Table - Join a Master Gardener and a nutritionist in our own demonstration vegetable garden to learn tips on growing both popular and lesser used vegetables, and delicious ways to prepare them. Includes sampling recipes made with vegetables from our garden. Sponsored by Bethlehem Lutheran Church. Pre-registration is required by August 2 contact Dorothy Schultz at 458-7231. Class fee is \$3, payable at the door. | Cornell Cooperative Extension Albany County 24 Martin Rd Voorheesville, NY 12186 |
| 8/7/2013 | 10:00 AM | Seed Youth Lesson - In this Seed Detectives lesson youth will read the book "What Kinds of Seeds are These?", and participate in a seed germination activity and traveling seeds relay, and examine seeds found in common fruits and vegetables. | St. Johnsville Rec Program Parkside Drive-In off of Route 5 St. Johnsville, NY |
| 8/7/2013 | 9:00 AM - 4:00 PM | You Be the Nature Detective: Youth Fun Day! - Join Cooperative Extension 4-H educators and volunteers for a fun day learning about birds, their habitat and much more! Youth will: go on a nature scavenger hunt, play outdoor games, create a bird, create a bird feeder, go on a bird walk, and much more! YOUTH: 8 – 13 year olds, COST: 4-H Member - \$6.00 Non-4-H Member - \$8.00, LUNCH: Bring your own lunch - REGISTRATION DEADLINE: On or before August 1st Please send registration form and check for \$6.00 or \$8.00 made payable to Cornell Cooperative Extension (Send to CCEFM, 50 East Main Street, Canajoharie, NY 13317) CLOTHES: Come dressed for outside hands-on activities along the trail, out in the field and under the pavilion. Wear comfortable shoes and bring sunscreen, hat and insect repellent as appropriate. For more information contact CCEFM at 518-673-5525 | Pine Tree Rifle Club 419 Johnson Avenue Gloversville, NY 12078 |
| 8/9/2013 | 1:00 PM - 3:00 PM | Field Meeting - Soybean Integrated Pest Management —Learn to identify and manage late-season soybean insects, weeds, and disease. Led by Ken Wise, CCE IPM Specialist & Aaron Gabriel, CCE Agronomist. 2 pesticide re-certification credits. No charge, but please call for a head count, Aaron Gabriel, 518-380-1496, adg12@cornell.edu. | Langdonhurst Farms 1601 Route 7A Copake, NY 12516 |

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CAPITAL REGION CORNELL COOPERATIVE EXTENSION • CALENDAR OF EVENTS continued...

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| 8/10/2013 | 9:00 AM - 5:00 PM | <p>Rural Heritage Festival & Youth Fair - In collaboration with Cornell Cooperative Extension and their annual Youth Fair and 4-H Horse Show, Warren County Historical Society invites you to explore, celebrate and help preserve and pass on our rural history and traditions. The event will highlight regional artisans using traditional skills and techniques, and feature local entrepreneurs who use and preserve traditional methods to build economic self-sufficiency. Demonstrations and displays of traditional skills and crafts, Country auction with Martin Seelye, Hoddy Oviatt & the Warren County Ramblers, Chicken BBQ & food vendors, Warren County Board of Supervisors, Croquet Challenge II, Displays of old farm tools & machinery, Square dance, horseshoes, 19th century games, Celebration of Warren County's 200th Birthday with displays and programs by local historical societies & museums, & military re-enactors, Youth Talent Competition, Youth Horse Show, Youth Exhibits, Pie Eating Contest & other youth contests, Adult & Youth Quilt Competition & Exhibition, Draft Mule Wagon Rides. For more information, check out our website at: www.warrencountyhistoricalsociety.org or call us at: 518-743-0734</p> | <p style="text-align: center;">Warren County Fairgrounds Schroon River Road Warrensburg, NY 12885</p> |
| 8/13/2013 | 7:45 AM Registration 8:00 AM - 5:00 PM | <p>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training—The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing and child occupied facilities built before 1978 be trained and certified as a renovator. RRP Initial classes are 8 hours and include a light breakfast and lunch. There is no cost to attend but pre-registration is required. Registration forms can be found on Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. New York State code officials successfully completing Cornell Cooperative Extension Albany County's 8 hour EPA RRP Initial training course will receive 8 CEUs. For more information, contact Nancy at NKL1@cornell.edu and 518-765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512. Registration is also available online at http://pub.cce.cornell.edu/event_registration/main/events.cfm</p> | <p style="text-align: center;">Comfort Inn 981 New Loudon Road Cohoes, NY 12047</p> |
| 8/13/2013 | 7:00 PM - 9:00 PM | <p>The Affordable Care Act and Your Business - Cornell Cooperative Extension is providing educational assistance to farms, small businesses and individuals regarding the federal health reform law, known as the Affordable Care Act (ACA). CCE is one of 34 organizations working in partnership with the Community Service Society of New York (CSS) http://www.cssny.org/ through a one million dollar grant to help small businesses fully understand the new healthcare requirements.</p> <p>The new federal health care law called the Affordable Care Act (ACA) will soon change the way that businesses and/or employees will obtain their health insurance. Some employers will be mandated to provide health insurance for their employees. Others may want to offer insurance to assist in employee retention since there will be a tax penalty for any non-insured individuals.</p> <p>Often sole proprietorships look for ways to find affordable health insurance for themselves and employees. ACA offers a 3-legged approach to resolve this problem: increased protection for the insured, cost containment, and increased access to coverage and benefits through the exchange. Enrollment begins in October 2013. Additionally, there are Tax Credits which some businesses may be eligible to receive.</p> <p>To answer concerns regarding how the ACA will directly impact you, Cornell Cooperative Extension in partnership with Community Health Advocates is providing free information to help answer some of the following questions: What does ACA mean for individuals and businesses? How do I know what I am supposed to do for my business? Who can I talk to if I have issues with finding a plan or purchasing insurance? What is the Individual Exchange for sole proprietors and individuals? What is the Small Business Health Options (SHOP) Exchange, how does it work and where can I find it? Cornell Cooperative Extension will have staff available to answer these questions and discuss any others you may have. Please RSVP to guarantee materials. Contact Kirk Shoen kjs264@cornell.edu, Ashley Pierce arp253@cornell.edu, Sandy Buxton sab22@cornell.edu or (518) 272-4210 with any questions.</p> | <p style="text-align: center;">Cornell Cooperative Extension of Rensselaer County 61 State Street Troy, NY 12180</p> |
| 8/14/2013 | 3:00 PM | <p>Fossil Youth Lesson- In the Great Fossil Find lesson youth will read the book "Fossils Tell of Long Ago", and become paleontologists for a day, examine real and simulated fossils, and learn about prehistoric life. Individuals need to contact the Amsterdam Recreation Department at 518-841-4369 or rcushing@amsterdamny.gov to register.</p> | <p style="text-align: center;">Creative Connections Arts Center 303 East Main Street Amsterdam, NY 12010</p> |
| 8/14/2013 | 1:00 PM - 3:00 PM | <p>2013 Dairy Tour Farms - How Do You Manage Risk? Dutch Hollow Farm is owned and operated by Paul Chittenden and family. This herd of registered jerseys is one of the highest ranking in the nation. They have been known for years for their great genetics and cow families. In 2012 Dutch Hollow Farm received an award of great accomplishment, The Master Breeder Award. Since 1952, they have using polled genetics, starting with Paul's father Stanley. Since then, they have contributed greatly to polled genetics within the jersey breed. Throughout the past few years Dutch Hollow has found different ways to market their milk, getting involved with Hudson Valley Fresh and Beecher's Handmade Cheese. This year Dutch Hollow Farm will be one of the virtual dairy tours at World Dairy Expo. Along with great cows, Dutch Hollow has an extensive cropping program including corn, alfalfa, and soybeans. And with a large family taking part in the farm, managing labor is critical and contributes to their success. Program is free please RSVP so we have a tour packet & refreshments for you contact Aaron Gabriel 518-380-1496.</p> | <p style="text-align: center;">Dutch Hollow Jerseys - Chittenden Family 101 Running Creek Road Kinderhook, NY 12156-9603</p> |
| 8/14/2013 – 8/15/2013 | 6:00 PM - 9:00 PM | <p>Parents Apart - A parenting program designed for parents who are separating, divorcing or parenting apart from the other parent. The main focus is on helping parents understand what their children are experiencing and how they can help them through this transition. Contact Cathy Sweet CCE Washington County 518-746-2560</p> | <p style="text-align: center;">TBA</p> |
| 8/18/13 | 1:00 PM - 5:00 PM | <p>Food Preservation Demo - Ongoing demonstrations showing safe techniques for canning with both boiling water bath and pressure canner, at the Blue Ribbon Kitchen.</p> | <p style="text-align: center;">Altamont Fairgrounds Altamont</p> |
| 8/22/2013 | 7:45 AM Registration 8:00 AM - 5:00 PM | <p>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training—The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing and child occupied facilities built before 1978 be trained and certified as a renovator. RRP Initial classes are 8 hours and include a light breakfast and lunch. There is no cost to attend but pre-registration is required. Registration forms can be found on Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. New York State code officials successfully completing Cornell Cooperative Extension Albany County's 8 hour EPA RRP Initial training course will receive 8 CEUs. For more information, contact Nancy at NKL1@cornell.edu and 518-765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512. Registration is also available online at http://pub.cce.cornell.edu/event_registration/main/events.cfm</p> | <p style="text-align: center;">TRIP (Troy Rehabilitation & Improvement Program) 415 River Street Troy, NY 12180</p> |
| 8/22/13 | 6:30 PM - 8:30 PM | <p>Preserving the Bounty: Tomatoes 101 - Participants will learn how to can tomatoes using a boiling water bath canner, make a delicious salsa, and take a jar home. Pre-registration is required by August 20. To Pre-register, call 765-3554 or email swv2@cornell.edu. Class fee is \$15, payable at the door.</p> | <p style="text-align: center;">CCE Albany County 24 Martin Rd Voorheesville</p> |
| 8/24/2013 | 9:15 AM - 4:00 PM | <p>4th Annual Golf Tournament and Silent Auction - All proceeds from this benefit will be used to help financially support Cornell Cooperative Extension's educational programs. A donation of \$85 per person includes: green fees, cart, chicken barbecue, goodie bag, awards and prizes. The tournament will begin with registration at 9:15 a.m., followed by a shotgun start at 10 a.m. The tournament format is a 4-person scramble. Individual players are welcome and will be placed within a team. New this year we will be offering a \$1000.00 putting contest and a \$500.00 Price Chopper Hole-in-One contest. Pre-registration for tournament and barbecue is required by contacting Amy Sabattis at 518-623-3291 or 668-4881.</p> | <p style="text-align: center;">Cronin's Golf Resort Golf Course Road Warrensburg, NY 12885</p> |
| 8/24/2013 | 10:00 AM - 11:00 AM | <p>Beautiful Butterflies - Families will learn about butterflies and what plants will attract them. Tour our butterfly garden in the park and create your own butterfly container plant to take home! Cost \$5.00 per child</p> | <p style="text-align: center;">Sustainable Living Center 180 Ptl. Arthur Chaires Lane, Schenectady, , NY 12309</p> |
| 8/27/2013 | 7:00 PM - 9 PM | <p>The Affordable Care Act and Your Business - Cornell Cooperative Extension is providing educational assistance to farms, small businesses and individuals regarding the federal health reform law, known as the Affordable Care Act (ACA). CCE is one of 34 organizations working in partnership with the Community Service Society of New York (CSS) http://www.cssny.org/ through a one million dollar grant to help small businesses fully understand the new healthcare requirements.</p> <p>The new federal health care law called the Affordable Care Act (ACA) will soon change the way that businesses and/or employees will obtain their health insurance. Some employers will be mandated to provide health insurance for their employees. Others may want to offer insurance to assist in employee retention since there will be a tax penalty for any non-insured individuals.</p> <p>Often sole proprietorships look for ways to find affordable health insurance for themselves and employees. ACA offers a 3-legged approach to resolve this problem: increased protection for the insured, cost containment, and increased access to coverage and benefits through the exchange. Enrollment begins in October 2013. Additionally, there are Tax Credits which some businesses may be eligible to receive.</p> <p>To answer concerns regarding how the ACA will directly impact you, Cornell Cooperative Extension in partnership with Community Health Advocates is providing free information to help answer some of the following questions: What does ACA mean for individuals and businesses? How do I know what I am supposed to do for my business? Who can I talk to if I have issues with finding a plan or purchasing insurance? What is the Individual Exchange for sole proprietors and individuals? What is the Small Business Health Options (SHOP) Exchange, how does it work and where can I find it? Cornell Cooperative Extension will have staff available to answer these questions and discuss any others you may have. Please RSVP to guarantee materials. Contact Kirk Shoen kjs264@cornell.edu, Ashley Pierce arp253@cornell.edu, Sandy Buxton sab22@cornell.edu or (518) 272-4210 with any questions.</p> | <p style="text-align: center;">Cornell Cooperative Extension of Washington County Annex 2 411 Lower Main Street, Hudson Falls, NY 12839</p> |
| 8/27/2013 - 9/2/2013 | TBA | <p>172nd Fonda Fair - for full schedule go to http://www.fondafair.com/</p> | <p style="text-align: center;">Fonda Fairgrounds 21 South Bridge Street Fonda, NY 12068</p> |