

CCE IN YOUR COMMUNITY

March/April 2011

www.ccealbany.com

24 Martin Road, Voorheesville, NY 12186

PROGRAM HIGHLIGHTS

- The Third Annual Winter Green-Up Grass-Fed Beef Conference was held January 28 & 29 at the Century House in Latham NY. Two hundred agricultural producers attended this year's conference that addressed critical issues related to grass-fed feeding trials, silvopasturing, soil health and bale grazing. Featured speaker, Joel Salatin discussed the success of his farm using a plant-animal symbiosis that heals the landscape, and his local marketing program that reaches over three thousand northern Virginia families.
- The eight year review of the Albany County Agricultural District # 3, which encompasses the towns of Bethlehem, Colonie, Coeymans, Guilderland and New Scotland, was completed in January, 2011. As a result of the review, six hundred eleven acres of active farmland will be added to the district and eight hundred and ninety four acres of land that has been developed will be removed from the district. The three agricultural districts in Albany County offer protections needed to help sustain the agricultural industry in the County.
- Consumers are concerned about where their food comes from and how it is produced. As a result of this concern, many families are looking to buy their food locally. To help bring the buyer and seller together, the First Annual Greater Capital District Direct Marketing Conference was held in January, 2011. The conference was attended by over one hundred and twenty agricultural producers excited about learning better ways to sell directly to the public. Topics such as customer service, dynamic sales and advertising strategies were presented. As a result of attending this conference, many producers plan to change how they work with customers and when, where and how they advertise.
- Thirty-two professional Landscape Architects attended the Rain Garden Installation and Tree and Shrub Selection Workshop at the Cornell Cooperative Extension Center in Albany County on January 7, 2011. Participants learned to site, prepare and plant a rain garden for consumer and commercial applications. They also learned about new trees and shrubs for difficult sites. Two Landscape Architect continuing education credits were provided to all participants.
- Interlocking Concrete Pavement Institute (ICPI), Cornell Cooperative Extension and Tech-Bloc presented a two-day training course on January 24-25, 2011. Sixteen industry professionals learned the latest industry guidelines, practices and advances applicable to the construction and installation of interlocking concrete pavers. A record of completion was awarded to all individuals who successfully completed the two-day course and passed the written exam.
- On January 26, 2011, Cornell Cooperative Extension presented a one day workshop on organic lawn and landscape care entitled *Be Green Organic Yards NY*. Thirty-five participants successfully completed the seven-hour training course and exam. As a result, they are now able to enter into an agreement with the New York State Department of Environmental Conservation (NYSDEC) to use the Be Green Organic Yards NY service mark, and practice organic lawn and landscape care for their customers.

- More than several hundred Albany County residents took advantage of numerous opportunities to learn about radon during January, 2011. Cornell Cooperative Extension staff held workshops in public libraries and offered presentations at several events educating more than 300 individuals. In addition, 52 free radon test kits were distributed to homeowners helping them identify the radon level in their homes.
- Three different lead trainings—Lead Safe Work Practices, Renovation, Repair, & Painting Initial, and Renovation, Repair, & Painting Refresher, and an informational renovator class were offered several times at a variety of locations by Cornell Cooperative Extension Albany County educators in December and January. As a result of these classes, 144 contractors and trades people learned the proper work techniques to comply with the new Environmental Protection Agency (EPA) requirements.
- To decrease the incidence of lead poisoning and to help homeowners identify certified contractors and trades people, Cornell Cooperative Extension Albany County is assembling a list of EPA certified renovators that participated in our trainings. In addition to these individuals taking the required classes, they have also obtained a firm (business) certification from the EPA. These businesses, along with a summary of the EPA rule, will be available from Cornell Cooperative Extension by March,

2011. Approximately one third of the businesses in the Capital Region certified by EPA were trained by Cornell Cooperative Extension Albany County.

- In January, Cornell Cooperative Extension Albany County processed 238 Home Energy Assistance Program (HEAP) applications including 138 emergency applications for fuel assistance, furnace repairs, and furnace replacements.
- Eat Well Your Weigh, a new 6-week weight management series based on mindful eating, began in January. Bethlehem Senior Services hosted Savor the Season, featuring cooking with local foods. Winter Soups and Stews was offered at our Voorheesville office through CDPHP. Living Resources sponsored Downsizing your Menu, with healthy cooking and sampling, at one of their group homes. Weight Management for Life was presented for the New York State Teachers Retirement System. The Bethlehem Lutheran Church hosted an informational and healthy cooking series through the winter months, and Heart Smarts was offered at Guildcare. About 200 Albany County residents were reached through programming in community nutrition during January and February.
- Cornell Cooperative Extension staff participated in and helped plan the “Heating and Energy Efficiency” forum, as sponsored by CASH (Creating Assets Savings and Hope) of the Greater Capital

Region. This forum allowed consumers and front-line workers to obtain valuable information on energy-related programs that provide financial assistance and weatherization services. Three extension staff presented information on CCE programs offered in this arena, including Weatherization, the Home Energy Assistance Program (HEAP) and EmPower NY. Staff representing National Grid and NYSEDA were also present at the forum.

- Through a partnership with the Department of Social Services and the EmPower NY program, CCE is providing financial literacy programming to targeted families that are either homeless or in danger of becoming homeless. The programming helps families to identify critical financial needs and work towards developing a stable budget and financial independence.
- Over 20 youth and parents attended the second annual 4-H “On Target” Day. The youth participated in workshops ranging from taxidermy, heritage and horizons, and equipment maintenance and safety, to improving shooting skills and making leather archery armguards and finger tabs.
- The Choose Health Ambassador Program is a new initiative for the Albany County 4-H Program and features a peer education approach to teaching youth how to make healthy lifestyle choices. Six 4-H teens have completed the training series and will be piloting

the six-hour program with elementary-age youth at three after-school sites during the coming months.

- The 4-H Horse Program follows an active educational schedule during the winter months. More than forty youth participated in the county Horse Bowl event to test their knowledge of equine science topics. Several youth will be chosen to represent Albany County at the regional level as they attend practices for a chance to be seated on the Novice, Junior or Senior Horse Bowl team. In addition, fifty youth and their families attended a program on the Equine Digestive System and participated in a number of hands-on activities to learn how a horse digests its food. Youth will attend additional workshops in the upcoming months before entering into the spring and summer show season.
- The Albany County 4-H Program is gearing up to offer a number of educational opportunities for youth across the county to participate in, to sharpen their skills in science and technology. Throughout the coming year, youth will be able to increase their knowledge of animal science, nutrition and health, and environmental awareness and energy conservation.

March is National Nutrition Month...

Need some help using restaurant menu labels? You may know that last year, legislation was passed in Albany County which makes it mandatory that any chain restaurant with 10 or more units post calorie values on their menus or menu boards. Reading menu labels can really help people make healthier meal choices when dining out. But it can also be aggravating or confusing! Some people say that it can take the enjoyment away when you realize how many calories are in a favorite food. On the other hand, people say knowing the calories allows them to choose certain items less often, or to try lower calorie options which they may like just as well. Choice is a good thing!

How many calories are too many? That depends. If you look on a food label, it is based on 2000 calories a day as an average. You may need more or less depending on your size and activity level, but it is a good place to start. For instance, if a dinner choice alone contains 1600 calories, it would be easy to go way over 2000 calories when you take the whole day into account. Another thing to consider is how often you eat out. For someone who practically always eats at home, an occasional splurge on a meal out is much more manageable than for someone who eats out often.

A great tool: If you know you will be eating out, and would like to know where to go locally for healthy choices, try the Healthy Dining Finder at <http://healthydiningfinder.com/>

Just enter your zip code, select a price range, how far you want to travel, type of service, and see what options come up. It will list specific menu items with calories.

We're excited at Cornell Cooperative Extension to partner with the Albany County Department of Health to provide education and outreach for a Calorie Labeling Awareness Campaign. Continue to check our website at www.ccealbany.com for further information.

April is National Volunteer Month...

Volunteers are the backbone of a successful organization. April is National Volunteer Recognition month, and Cornell Cooperative Extension Albany County would like to recognize the many volunteers who help us fulfill our mission of providing outreach education to the residents of Albany County. From our Master Gardeners and 4-H Leaders, to our Board and Program Committee members, to our volunteer evaluators and those who help us educate our youth and families, we salute you all and thank you for a job well done. You should all feel a sense of accomplishment knowing that you've truly made a difference in the lives of so many people right here in our local communities. We could not possibly provide the amount and variety of programming that we do without your dedication and commitment. We appreciate you and thank you again for all that you continue to do for this organization, this county, this country, and this world.

CCE ALBANY COUNTY • CALENDAR OF EVENTS • March 2011

3/1/11	6:00 pm - 7:30 pm	Secrets of Inner Resilience —This program demonstrates how inner resilience helps us cope, survive and even thrive with the challenges that life throws at all of us. Call Bill Sheehey @ 273-5922 to register.	Watervliet Elementary School 2557 10th Avenue Watervliet, NY
3/1/11	8:30 am - 4:30 pm	Lead Safe Work Practices (LSWP) training —This program teaches participants how to control lead based paint hazards using lead safe work practices. This training is a pre-requisite for RRP Refresher classes. Registration forms can be found on Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. Funding for this training is provided by the Albany County Health Department. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	CCE Albany County 24 Martin Road Voorheesville, NY
3/2, 3/3, 3/9, 3/10, & 3/25/11	9:00 am – 3:30 pm	Nursery and Landscape Worker Training & CNLP Review Session —Cornell Cooperative Extension of Albany County will present a 4-day review session for nursery and landscape workers. Topics including botany, soils, landscape installation and establishment, turfgrass, insect and disease pests and plant identification will be covered. This review session will also prepare students for the state CNLP exam. For more information, contact Chuck Schmitt at cgs34@cornell.edu and 518-765-3513.	CCE Albany County 24 Martin Road Voorheesville, NY
3/4/11	9:00 am - 3:00 pm	Career Day —Cornell Cooperative Extension will discuss various career opportunities in agriculture/horticulture with students. Contact Tom Gallagher 518-765-3500.	Albany High School 700 Washington Avenue Albany, NY
3/4/11	5:00 pm - 9:00 pm	4-H Super Science Night —Youth will participate in a variety of hands-on science activities related to fossils and pre-historic life, water science, energy conservation, chemistry, animals and nature, gardening, and wiggly worms and composting. The cost is \$10.00 for non 4-H members and \$5.00 for 4-H members. To register or for more information, please call the 4-H Office at 765-3500.	CCE Albany County 24 Martin Road Voorheesville, NY
3/8/11	8:00 am - noon OR 1:00 pm - 5:00 pm	RRP Refresher (RRP R) training —EPA's new lead 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. RRP Refresher trainings are 4 hours. Registration forms can be found on Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. Funding for this training is provided by the Albany County Health Department. There is no cost to attend; however pre-registration is required. For more information contact Nancy at NKL1@cornell.edu and 518-765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	CCE Albany County 24 Martin Road Voorheesville, NY
3/8/11	8:30 am - 3:30 pm	Pesticide Recertification Day —Private and commercial certified pesticide applicators will receive training in the safe use of pesticides. Six recertification credits will be offered. To register, contact Lisa Cox at 518-765-3512.	Century House Route 9 Latham, NY
3/10/11	1:00 pm - 3:00 pm	Save Energy, Save Dollars —This workshop provides low-cost and no-cost ways to save energy and reduce energy bills. It links consumers with programs that provide energy-efficiency improvements with subsidies, low-interest loans, or free services to qualifying households. Participants will receive a free energy kit, including weatherstripping, shrink window insulation, faucet aerator, outlet and light switch gaskets, and more. Advance registration is required at 765-3559.	CCE Albany County CHOICES Program Faith Plaza Ravena, NY
3/11/11	6:00 pm - 8:00 pm	Save Energy, Save Dollars —(See description above) Advance registration is required at 765-3559.	CCE Albany County 24 Martin Road Voorheesville, NY
3/11 & 3/12/11	5:00 pm - 9:00 pm & 9:00 am - 2:00 pm	4-H Public Presentations —4-H members will present to volunteer evaluators on a variety of topics. This event serves as an opportunity for youth to practice their public speaking skills in front of an audience. Selected youth will be chosen to represent Albany County at the regional contest in April.	CCE Albany County 24 Martin Road Voorheesville, NY
3/12/11	8:30 am - 4:30 pm	Lead Safe Work Practices (LSWP) Training —(See description above) Funding for this training is provided by the Albany County Health Department. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	Hanratta Apartments Community Room 500 16th Street Watervliet, NY
3/14/11	1:00 pm - 4:00 pm	Pesticide Certification Core Manual Training —Cornell Cooperative Extension agriculture staff will present a three hour review session for those currently qualified to take the DEC's Pesticide Applicators exam. The DEC's rules, regulations and core manual will be covered. Workshop Cost \$25.00. For more information, contact Chuck Schmitt or Tom Gallagher at 518-765-3500.	CCE Albany County 24 Martin Road Voorheesville, NY
3/15/11	8:00 am - noon OR 1:00 pm - 5:00 pm	RRP Refresher (RRP R) Training —(See description above) Funding for this training is provided by the Albany County Health Department. There is no cost to attend; however pre-registration is required. For more information contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	CCE Albany County 24 Martin Road Voorheesville, NY

3/15/11	6:30 pm - 8:30 pm	Garden Basics 101 —So you want to have a garden but don't know where to start? Join us to learn all the planning basics such as site selection, judging soil characteristics and testing for pH, keeping a journal, and crop rotation. This is the place to start your garden planning wheels turning in the right direction. To register or for more information, please call 765-3500.	CCE Albany County 24 Martin Road Voorheesville, NY
3/19/11	9:00 am	4-H Regional Horse Bowl —Several Albany County 4-H members will test their knowledge of equine science against youth from across the capital region.	Ballston Spa High School
3/21-3/25/11	Times vary	Ag Literacy Week —Volunteer readers throughout Albany County will read to 2nd grade students in several elementary schools to promote the importance of agriculture in New York State.	Various schools throughout Albany County
3/23/11	4:00 pm - 5:00 pm	Radon Workshop - Topics to be covered include an overview of radon, how it enters your home, health risks, testing, and mitigation. Free radon test kits and educational materials will be available. To sign up and for more information, email Steffen at sms25@cornell.edu or call 765-3529.	Green Island Senior Citizens 5 George Street Green Island, NY
3/23/11	9:00 am - 4:30 pm	Parenting after Separation or Divorce; Helping Children Adjust —This program is designed to educate divorcing or separating parents about the impact of their breakup on their children. The primary goal of the program is to teach parents ways they can reduce the stress of family changes and protect their children from the negative effects of ongoing parental conflict. It is a project of the Supreme and Family Courts of New York State's Judicial Districts. Call Tarasha Darden McKoy to register or for information @ 272-4210, Ext. 108, or go to the website at www.ccealbany.com .	Downtown Troy
3/24/11	10:00 am - 3:30 pm	Communications Workshop —This workshop is for farmers and agricultural professionals to learn more about how to share their story about agriculture to the media, decision makers and the public. Call Susan Lewis at 518-765-7923.	CCE Albany County 24 Martin Road Voorheesville, NY
3/25/11	10:00 am - 3:30 pm	Farmer's Market Federation Training —This training will help farmers learn about selling at a Farmers Market including how to set up an attractive display and work with the public. Information on managing a farmers market will also be presented. Call Diane Eggert at 315-637-4690.	CCE Albany County 24 Martin Road Voorheesville, NY
3/25-3/27/11		Capital Region Flower and Garden Show —Stop by the CCE booth on Sunday, March 27th from 10:00 am to 5:00 pm to speak with a Albany County Master Gardener or to drop off a soil sample for pH testing.	HVCC Troy, NY
3/26/11	8:30 am - 4:30 pm	Lead Safe Work Practices (LSWP) Training —(See description above) Funding for this training is provided by the Albany County Health Department. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	CCE Albany County 24 Martin Road Voorheesville, NY
3/29/11	8:00 am - 5:00 pm	Be Green Organic Yards NY —Cornell Cooperative Extension staff will present a one day workshop on organic lawn and landscape care. Successful completion of the seven-hour training course and exam will allow participants to be licensed to use the Be Green Organic Yards NY service mark. Workshop cost \$100. For more information, contact Chuck Schmitt at cds34@cornell.edu and 518-765-3513.	CCE Albany County 24 Martin Road Voorheesville, NY
3/30/11	6:00 pm - 8:00 pm	Control Credit, Manage Debt —This workshop provides strategies for selecting and using credit wisely, as well as strategies for paying down debt, obtaining and reviewing a credit report, and understanding a credit score. Participants receive free credit management tools. Advance registration is required at 765-3559.	Schenectady County Public Library 99 Clinton Street Schenectady, NY
3/30/11	9:00 am - 4:30 pm	Parenting After Separation or Divorce—Helping Children Adjust —(See description above) Call Ellen Cooper @ 765-3552 to register or for information. Web-site to download flyer & registration form: www.ccealbany.com .	Downtown Amsterdam
3/30/11	8:30 am - 4:30 pm	Lead Safe Work Practices (LSWP) Training —(See description above) Funding for this training is provided by the Albany County Health Department. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	Albany Community Development Agency Community Room-2nd floor 200 Henry Johnson Blvd. Albany, NY

CCE ALBANY COUNTY • CALENDAR OF EVENTS • April 2011

4/5/11	1:30 pm - 2:30 pm	Senior Nutrition —As we age we need more of certain nutrients and less of others. Discover what these are, and learn easy ways to plan meals to include the foods need for good health. Advance registration is required by calling Judy Petrosillo at 872-1549.	Berne Library 1656 Helderberg Trail Berne, NY
4/7/11	8:30 am - 4:30 pm	Lead Safe Work Practices (LSWP) Training —This program teaches participants how to control lead based paint hazards using lead safe work practices. This training is a pre-requisite for RRP Refresher classes. Registration forms can be found on Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. Funding for this training is provided by the Albany County Health Department. There is no cost to attend however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	Price Chopper Community Room 1639 Eastern Parkway Schenectady, NY

CCE ALBANY COUNTY • CALENDAR OF EVENTS • April 2011 *continued...*

4/9/11	9:00 am - 2:00 pm	4-H District Public Presentations —Youth from eleven upstate counties will present to a team of volunteer evaluators on a variety of topics. Youth are chosen based on their evaluation results at the county level.	Voorheesville High School Voorheesville, NY
4/12/11	9:00 am - 4:30 pm	Parenting After Separation or Divorce—Helping Children Adjust —This program is designed to educate divorcing or separating parents about the impact of their breakup on their children. The primary goal of the program is to teach parents ways they can reduce the stress of family changes and protect their children from the negative effects of ongoing parental conflict. It is a project of the Supreme and Family Courts of New York State's Judicial Districts. Call Ellen Cooper @ 765-3552 to register or for information. Website to download flyer & registration form: www.ccealbany.com	Downtown Albany
4/12/11	8:00 am - noon OR 1:00 pm - 5:00 pm	RRP Refresher (RRP R) Training —(See description above) Funding for this training is provided by the Rensselaer County Health Department. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	Rensselaer Boys & Girls Club 544 Broadway Rensselaer, NY
4/14/11	1:00 pm - 3:00 pm	Save Energy, Save Dollars —This workshop provides low-cost and no-cost ways to save energy and reduce energy bills. It links consumers with programs that provide energy-efficiency improvements with subsidies, low-interest loans, or free services to qualifying households. Participants will receive a free energy kit, including weatherstripping, shrink window insulation, faucet aerator, outlet and light switch gaskets, and more. Advanced registration is required at 765-3559.	CCE Albany County CHOICES Program Faith Plaza, Ravena, NY
4/16/11	6:30 pm - 8:30 pm	Thinking Outside the Bed, the Garden Bed That is! —This class will take us a bit off the beaten garden path to learn about square foot gardening, raised beds, lasagna gardening, Topsy Turvey pots, and vegetable varieties for container growing. While any gardener will enjoy this class, it will be very helpful to space challenged gardeners. To register or for more information, please call 765-3500.	CCE Albany County 24 Martin Road Voorheesville, NY
4/16/11	9:00 am - 3:00 pm	Regional Poultry School —Youth and their families are invited to learn about poultry care and health, incubation and embryology, and techniques for showing poultry at the Fair. To register or for more information, please contact the 4-H office at 765-3500.	CCE Albany County 24 Martin Road Voorheesville, NY
4/20/11	12:30 pm - 3:30 pm	4-H Dog Agility Program —Youth and their dogs are invited to participate in a number of hands-on agility exercises throughout the afternoon. Volunteers from the Albany Obedience Club will be on hand to work with program participants. The cost will be \$10.00 per youth. To register or for more information, please call the 4-H Office at 765-3500.	Albany Obedience Club Wemple Road Glenmont, NY
4/20/11	8:30 am - 4:30 pm	Lead Safe Work Practices (LSWP) Training —(See description above) Funding for this training is provided by the Schenectady County Public Health Services. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	Price Chopper Community Room 1639 Eastern Parkway Schenectady, NY
4/21/11	6:00 pm - 8:00 pm	Making Ends Meet —This workshop provides an overview of the process for developing and using a household spending plan, as well as ways to maximize personal and community resources. Participants will receive a free money management kit. Advance registration is required at 765-3559.	CCE Albany County 24 Martin Road Voorheesville, NY
4/26/11	8:00 am - 5:00 pm	RRP Initial (RPR I) training-Renovation, Repair, and Painting (RRP) Initial Training —EPA's new lead 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. RRP Initial trainings are 8 hours. Registration forms can be found on Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. The cost is \$195.00 and pre-payment and pre-registration are required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	CCE Albany County 24 Martin Road Voorheesville, NY
4/27/11	9:00 am - 4:30 pm	Parenting After Separation or Divorce—Helping Children Adjust —(See description above) Call Ellen Cooper @ 765-3552 to register or for information. Website to download flyer & registration form: www.ccealbany.com .	Downtown Amsterdam
4/28/11	6:00 pm - 8:00 pm	Control Credit, Manage Debt —This workshop provides strategies for selecting and using credit wisely, as well as strategies for paying down debt, obtaining and reviewing a credit report, and understanding a credit score. Participants receive free credit management tools. Advance registration is required at 765-3559.	CCE Albany County 24 Martin Road Voorheesville, NY
4/28/11	8:00 am - noon OR 1:00 pm - 5:00 pm	RRP Refresher (RRP R) Training —(See description above) Funding for this training is provided by the Rensselaer County Health Department. There is no cost to attend; however pre-registration is required. For more information, contact Nancy at NKL1@cornell.edu and 518- 765-3521 or Lisa at LKC29@cornell.edu and 518-765-3512.	Rensselaer Boys & Girls Club 544 Broadway Rensselaer, NY
4/30/11	11:00 am - 3:00 pm	"Go Green Day" Recycling Program —This event will feature a host of activities geared toward environmental education and "going green." Topics will include recycling, backyard composting, Rain gardens and barrels, and a Kid Zone for the younger environmentalists! Document shredding will also be available. This event is sponsored by the Capital Region Recycling Consortium. To register or for more information, please call 765-3500.	CCE Albany County 24 Martin Road Voorheesville, NY

HEAP (Home Energy Assistance Program)

HEAP assists Albany County residents in applying for the Home Energy Assistance Program and refers clients to additional community resources. Please join us at one of the many outreach dates provided below.

For more information about applying for HEAP, please call Tom Dolan at 756-8650.

- 03/03/11 Cornell Cooperative Extension, Voorheesville, 3:00-6:00 pm
- 03/10/11 Rensselaerville Town Hall, 12:30-3:30 pm
- 03/11/11 Colonie Senior Resources Dept, 1:30-3:30 pm
- 03/16/11 Bethlehem Town Hall, 4:30-6:30 pm
- 04/04/11 Hilltown Resource Center, Westerlo, 12:30-3:30 pm
- 04/07/11 Cornell Cooperative Extension, Voorheesville, 3:00-6:00 pm

Capital Region Flower and Garden Show

March 25 - 27, 2011

Hudson Valley Community College, Troy

Stop by the Cornell Cooperative Extension booth on Sunday, March 27th from 10:00 am to 5:00 pm to speak with an Albany County Master Gardener volunteer or to drop off a soil sample for pH testing.

www.gardenandflowershow.com

Go Green Day Recycling Program

April 30, 2011
11:00 am - 3:00 pm



This event will feature a host of activities geared toward environmental education and "going green."

Topics will include-

- Recycling
- Backyard composting
- Rain gardens and barrels
- Kid zone for the younger environmentalists
- Document shredding will also be available

This event is sponsored by the Capital Region Recycling Consortium.

For more information, please call 518-765-3500.

Nutritional Concerns Conference



Tuesday, March 15, 2011 ♦ Albany Marriott ♦ 189 Wolf Road ♦ Albany, New York

Join your peers from across New York State and New England for a full day of exciting educational exhibits and workshops.

Sponsored by: Cornell Cooperative Extension of Albany, Rensselaer, Saratoga and Schenectady Counties

Five credits Continuing Education Accreditation from:

American Dietetic Association ■ Certifying Board of Dietary Managers ■ School Nutrition Association
American Association of Family and Consumer Sciences ■

Please visit our website for more information: www.ccealbany.com



Cornell University
Cooperative Extension
Albany County

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