



Building neighborhoods, community, ownership.

# Resident Services Newsletter

Summer 2011



## Inside

### Activities for Children

Find great summertime activities to do with your kids—from the Ithaca Children’s Garden to Ithaca Youth Bureau events!

2

### Summer project ideas!

Looking for a fun project for the summer? See page four for more...

4

## See what’s new!

### FYI: For Ithaca Youth Bureau Summer Camp Programs

DSS typically offers assistance toward summer programs, though a determination regarding funding availability for this year is pending. Details will be forthcoming during April. If you are eligible for financial assistance through the Department of Social Services (DSS), we request that you apply for that first before submitting an application for an Ithaca Youth Bureau / Recreation Partnership Scholarship.

You are eligible for Summer Camp Assistance through the Department of Social Services if:

- You are a working parent(s) and/or enrolled in a two-year degree program during the summer, need childcare, and your income falls within the income guidelines listed below. Please call Carrie Baylor @ 274-5221 for more information and an application.
- You are currently receiving Temporary Assistance or Foster Care/Preventative Assistance.
- Please call Carrie Baylor @ 274-5221 for more information and an application.



Follow me to page 3 for more on IYB



EXPLORE  
your  
neighborhood

## ithaca area children's activities

### THE ITHACA CHILDREN'S GARDEN

#### Summer Sprouts

**Wednesdays: 10 - 11 am**  
**June 15 – Sept. 14**

Experience the wonders of gardening through stories and hands-on gardening projects. **For preschoolers ages 2 to 5 and their caregivers.**

Meet at the Ithaca Children's Garden for stories about gardens and the creatures that live there. Help grow vegetables and flowers: plant seeds, pull weeds, dig in the soil, water, smell flowers, taste veggies, and more! This drop-in program meets in the Growing Gardens near the colorful shed. *Donations welcomed. No need to register.*

#### Art in the Garden

**Mondays: 10 - 11 am**  
**July 11 - August 29**

Find your muse in the Garden. We'll collect inspiration and materials to make beautiful art in and from the Garden. A new project every week. **For ages 4 and up with a caregiver. Cost is \$2 per child. No need to register.**

#### Music in the Garden

**Thursdays: 10 – 11 am**  
**July 21 and 28**

Find your rhythm in the Garden! Explore the new Music and Sound Garden, make music, sing songs, create musical instruments, and learn about the sounds of nature. **For children of all ages with a caregiver. Cost is \$2 per child/\$5 per family. No need to register.**



Continued from page 1



# Enjoy summer!

Find out about IYB Activities for you & your family.

## Ithaca Youth Bureau's Health and Wellness Tips

### Active Families

Engaging in physical activity as a family can be a fun way to get everyone moving. Kids who feel supported to become active, or surrounded by others interested in physical activity, are more likely to participate.

Children need 60 minutes of play with moderate to vigorous activity everyday, but it doesn't have to occur all at once. Here are a few activities and steps that you and your family can consider to get on a path to a healthier lifestyle:

- Encourage children to join a sports team or try a new physical activity – check out IYB summer sports lessons and fall sports in this issue.
- Take a walk on the Cayuga Waterfront Trail at Cass Park or the Youth Bureau.
- Spend time together doing a fun activity – IYB hosts summer roller-skating nights on Fridays at Cass Park for the whole family!
- Swim at Cass Park Pool – we offer morning lap swimming, swim lessons and public swim hours.
- Be sure that children get the sleep they need. Most children under age five need 11 hours or more per day, children age 5 to 10 need 10 hours or more per day, and children over age 10 need at least nine hours per day.

For more information, go to:  
[www.letsmove.gov](http://www.letsmove.gov)

## Ithaca Youth Bureau Events

### Friday Family Night Roller Fever at Cass Park!

- Fridays 7 – 9 pm
- June 17, July 22, July 29<sup>th</sup>, August 12<sup>th</sup>, & August 19<sup>th</sup>
- Cost: \$5 per person (includes skate rental), or \$4 without skate rental

### Places to cool off!

**1. CASS PARK POOL**, open daily June 20<sup>th</sup> – Aug, 21<sup>st</sup> Noon – 7pm  
Location: 701 Taughannock Blvd (Rte. 89)

Daily Admission Free	IYB Rec Unregistered Customer*	Customer
Infants (Birth – 12 mos.)	FREE	\$3.00
Child (1-12 yrs)	\$3.00	\$5.50
Student (13-17) or Senior (60+)	\$4.00	\$7.50
Adult (18 –59 yrs)	\$5.00	\$9.00

\* Become an IYB REC Customer FREE today! IYB Rec Customers are processed at the Ithaca Youth Bureau and Cass Park during regular business hours.

**2. ALEX HALEY POOL**, open daily June 1<sup>st</sup> – Sept. 5<sup>th</sup> Noon – 7pm  
Location: Corner of N. Albany & Court Sts.

Daily Admission Fee:		Season Pass Rates:	
Child	\$2.00	Child	\$25
Student or Senior	\$2.50	Student or Senior	\$30
Adult	\$3.00	Adult	\$35
		Family (1-5 members)	\$70*
		*add \$20 for each additional member	



Continued from page 3

### Summer Tae Kwon Do

Tae Kwon Do is a martial art that dates back centuries. Tae Kwon Do means “the art of kicking and punching”. This martial art is a great way to stay fit or get into shape. This will be a combined beginner and intermediate class.

**Who:** Ages 8 and up      **Where:** IYB Gym      **When:** Mon & Wed  
 Beginners: 5:30 – 6:30 PM; Intermediates: 5:30 – 7:00 PM  
**Session 1:** 6/27 - 7/20 (no class 7/4)      **Session 2:** 7/25 - 8/17  
**Fee:** \$65

### Summer Band & Orchestra

This program is designed to encourage students to continue individual and ensemble skill development on their instruments during the summer months. The program will consist of four ensembles: a beginning band, a beginning orchestra, an advanced band, and an advanced orchestra. Students must have their own instruments and be able to read music. Students interested in beginning ensembles need 1 – 3 years experience or NYSSMA level one or two. Advanced students must have 3 years and up or NYSSMA level three and up. Call the Ithaca Youth Bureau for registration information at (607) 273- 8364.

### Soccer Camp

There will be an emphasis on skills development, but also on playing soccer and having fun. Some benchmark measurements of individual abilities to show progress and to allow campers to see how they have improved, and where they need to focus in their own development. Beginners and advanced players are welcome, we make an effort to cater to a wide range of skills. There will be scrimmages/games every day, all with a sense of fun and playfulness. Specific skills to be developed: kicking with both feet, penalty kicks, trapping, dribbling, moving without the ball, passing and more.

**Who:** Ages 10 – 15      **Where:** Cass Park      **When:** July 25th – July 29th, 9:00am – noon  
**Fee:** \$70

### Cass Park Day Camp (CPDC)

A half or full day camp filled with terrific activities! Campers will enjoy spending their days participating in swim lessons, art & crafts activities, drama and recreation as well as the camp special events– magic circle time, Wacky Wednesdays, talent shows special guests and more!!

**Who:** Ages 5-8 (5 years old by July 1st, no older than 8 by August 12th)  
**Where:** Cass Park Rink, pool, and surrounding fields.  
**When:** Monday – Friday  
**AM Session:** 9:00am - 12:30pm  
**PM Session:** 12:30pm - 4:00pm  
**Full Day Session:** 9:00am - 4:00pm  
**Session 1:** July 5 - July 15



## Summer Projects

### Sea Shell Night-Light



Substitute the usual plastic shade of a night-light with a shapely beach treasure. Look for shells with a flat surface that you can glue. Sea biscuits, scallops, and sand dollars all work well.

#### Step 1

Rinse shell clean or soak in a bucket of water containing a capful of bleach until shell just turns white.

#### Step 2

After letting shell dry completely, apply epoxy glue to night-light clip, and then press onto flat part of shell.

#### Step 3

When dry, attach to socket.

### 1 Potato-Stamp T-shirt

Slice a potato (we used large russets) in half lengthwise. Place a cookie cutter on the cut side of one half; set aside other potato half to use for another stamp.



### 2

Push cutter through potato, keeping potato steady on table; break away excess potato. Poke shape out of cutter; blot away any moisture with a paper towel. Using a craft stick, spread a thin layer of fabric paint on a paper plate. Dip potato shape, white side down, into paint a few times, moving it around for an even coat; wipe off any paint on sides of stamp with a paper towel.

### 3

Slip a piece of cardboard inside a cotton shirt, then stamp the shape onto shirt, pressing down firmly for five seconds. Let paint dry completely before adding any other stamps



**(Continued)****Session 2:** July 18- July 29**Session 3:** August 1 - August 12**Session 4:** August 15 – August 19**Fees:** Full Day: \$215/\$430 N.M.**Fees Session 4 or Half Day** \*\* of Sess.1-3: \$115/\$230 N.M.**Lunch:** Lunch is **NOT** provided. Campers **must** bring a snack, lunch and drink to camp EACH day.**Stewart Park Day Camp (SPDC)**

A half or full day camp with the SPDC favorites – canoeing, sailing, archery, crafts, dancing, field games, drama, nature, swimming at Cass Park, special guests and more! Campers ride T-CAT buses to Cass Park for swimming every other day. Come join the fun!!

**WHO:** Ages 8-14 (ages as of July 1st)**WHERE:** Stewart Park – Large Pavilion**WHEN:** Monday - Friday**AM Session:** 9:00am - 12:30pm**PM Session:** 12:30pm - 4:00pm **Full Day Session:** 9:00am - 4:00pm**Session 1:** July 5 - July 15**Session 2:** July 18- July 29**Session 3:** August 1 - August 12**Session 4:** August 15 – August 19**Fees:** Full Day: \$215/\$430 N.M.**Fees Session 4 or Half Day** \*\* of Sess.1-3: \$115/\$230 N.M.**Lunch:** Lunch is **NOT** provided. Campers **must** bring a snack, lunch and drink to camp EACH day.

## Other Events and Activities

**Boiling Water Bath Canning-BROOKTONDALE****Thursday, July 21, 6:30-9:00 pm**

at Brooktondale Community Center, 524 Valley Road, Brooktondale 14817

This class covers how to safely use a boiling water bath canner to preserve tomatoes, fruits or pickles.

Participants will receive updated information on canning procedures and hands-on practice. However, no canned foods will be taken home. Fee: \$10/person, Contact Carole Fisher at Cornell Cooperative Extension of Tompkins County, (607) 272-2292 or [CRF11@cornell.edu](mailto:CRF11@cornell.edu) to reserve a space.

**Save Energy, Save Dollars****Thursday, July 28, 6:30-8:30pm**

at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY

Learn low-cost and no-cost ways to reduce home energy use and programs to help you afford home energy-efficiency improvements at this FREE workshop. Each participating household receives a free Energy-Savers kit worth \$15 that includes weather-stripping, shrink window cover, outlet and light switch insulators, and more. Pre-registration is required. Call or email to reserve a seat and an energy kit. Carole Fisher, (607) 272-2292 or [crf11@cornell.edu](mailto:crf11@cornell.edu).

**4-H Youth Fair****Thursday July 28 - Sunday, July 31**

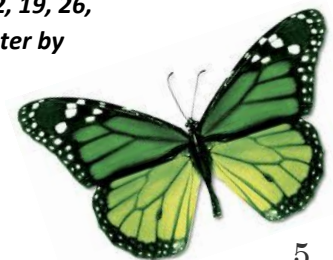
4-H Acres, 418 Lower Creek Rd, off Rte 13, Ithaca

Bring the family to see animal shows daily, and youth project work on display at this entirely 4-H youth-run fair. Youth Talent Show Friday evening. Saturday is "Family Fun Day" with games, hands-on activities, Chicken BBQ. Free admission and parking. For a schedule of activities, visit [www.ccetompmkins.org](http://www.ccetompmkins.org).

**Healthy Children, Healthy Families****Friday, August 5, 10:00 am-12:00pm**

at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY

Parents can meet, share tips, and learn ways to help their children eat healthier meals and snacks and be more active in this FREE 7 session class series (an 8th class is a graduation celebration)! A light meal is provided at each session, and free childcare is available. *Individuals who are eligible for WIC, Medicaid, Food Stamps or similar programs can attend this FREE workshop series.* Contact Tina or Heather at Cornell Cooperative Extension of Tompkins County (607) 272-2292 or email [TMF8@cornell.edu](mailto:TMF8@cornell.edu) to find out whether you can join this class. **Note: Class meets August 5, 12, 19, 26, September 9, 16, 23, 30. Please register by Friday July 27.**



**(Continued)****Parents Apart****Saturday, August 6, 9:00am-4:00pm***Confidential location; TBA before 1st session*

*Parents Apart* is a six-hour workshop for parents who want to learn how to help their child(ren) cope during their separation and divorce. The workshop is taught by therapists and attorneys and focuses on how children react emotionally to their parents' divorce and/or separation, and what parents can do to help them adjust. Registration is confidential and parents of the same child(ren) are placed in different workshops. Fee: \$50; reduced rates available.. For information, to pay by credit card, to request a reduced fee, or to discuss concerns about safety or other special circumstances, please call Anna Steinkraus at Cornell Cooperative Extension of Tompkins County (607) 272-2292 ext. 145 or email [ams69@cornell.edu](mailto:ams69@cornell.edu).

**Tenant/Landlord Rights & Responsibilities****Thursday August 11, 2011: 11:00 am - 1:00 pm***at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY*

In this Consumer Issues Program, a NY State Attorney General's Office representative will make a brief presentation, then consult with individuals on unresolved consumer problems until 1:00 pm. Free and open to the public. No appointment is needed. Presentations are taped and broadcast on Cable Access Channel 15 on Mondays at 7 am, 1 pm & 7 pm. For more information, contact Carole Fisher at Cornell Cooperative Extension of Tompkins County (607) 272-2292 or email [crf11@cornell.edu](mailto:crf11@cornell.edu).

**14th Annual Farm City Day****Saturday, August 13, 11:00AM-4:00PM***at Freebrook Farm, 39 Fall Creek Road, Freeville*

Spend the day on Tompkins County's newest dairy farm: learn about cows and crops and meet the people who care for them. Activities include a farm tour, a sheep & border collie demonstration, and a giant ice cream sundae made by the Tompkins County Dairy Princess and her court. Food concession and silent auction featuring goods and services donated by local businesses benefits the Tompkins County Ag-in-the-Classroom-Program in local schools. For more information: Debbie Teeter, Cornell Cooperative Extension of Tompkins County, (607) 272-2292 or [DLT22@cornell.edu](mailto:DLT22@cornell.edu).

**Breastfeeding for the Health of It!****Monday, August 15, 10:00 am-12:0 0pm OR 6:00-8:00 pm***at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY*

A FREE 6-class series for new or expectant moms who are eligible for WIC, Medicaid, Food Stamps or similar programs. You receive a FREE nutrient assessment, and will learn about mother's health, benefits of breastfeeding, how your body changes when pregnant, positioning your baby for proper latch, how to pump and store breast milk, and how to breastfeed in public. Participants receive FREE useful items. **Join any time - classes are ongoing** and topics are repeated in the next set of workshops! Call Tina or Stacy at Cornell Cooperative Extension of Tompkins County (607) 272-2292 or email [TMF8@cornell.edu](mailto:TMF8@cornell.edu) to sign up.

**Exploring Credit & Debt Management Issues****Tuesday, August 16, 10:00 am - 12:00pm***at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY*

This FREE workshop covers ways to establish good credit, strategies for prioritizing debt, understanding your credit report and common pitfalls to avoid. All participants receive a free assortment of money management tools. Advance registration required. Contact Helen Ranck at Cornell Cooperative Extension of Tompkins County (607) 272-2292 or email [hkr24@cornell.edu](mailto:hkr24@cornell.edu).

**Pressure Canning 101****Wednesday August 17, 6:30-9:00 pm***at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY*

Learn how to safely can low-acid foods, such as vegetables and meats, in a pressure canner. Get updated information on safe canning techniques and learn about the different types of pressure canners that can be used. This is a hands-on workshop, so space is limited. Fee: \$15 per person. Contact Carole Fisher at Cornell Cooperative Extension of Tompkins County (607) 272-2292 x186 or email: [CRF11@cornell.edu](mailto:CRF11@cornell.edu) with questions or to reserve a space.

**Identifying Summer Diseases  
of Garden Vegetables**

**(Continued)****Wednesday August 24, 6:30 -8:30 pm**

*at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY*

Diseases affecting home garden vegetables can be difficult to identify, especially for cucurbits, and also for tomato and potato when other issues like nutritional deficiencies and drought stresses occur. Fresh samples or color images will lead into a discussion of detection and identification, with possible control measures addressed. Dr. Tom Zitter of Cornell's Plant Pathology Department will teach this class for the home gardener. Please register in advance so we can prepare a sufficient number of handouts! Call Cornell Cooperative Extension of Tompkins County at (607) 272-2292.

**Compost with Confidence: "Is it Done?" & Compost Uses****Saturday, August 27, 10:00-11:00am**

*at the Compost Demonstration site, Ithaca Community Gardens at the entrance to the Ithaca Farmers' Market*  
Master Composter volunteers from Cornell Cooperative Extension of Tompkins County provide information & hands-on demonstrations on how to set-up and manage a successful composting system. Each class covers composting basics in addition to rotating topics. This session also addresses what could go wrong with your bin, and how to prevent / remedy the situation. Questions? Contact Liz Falk at [\(607\) 272-2292](tel:6072722292) or [erf59@cornell.edu](mailto:erf59@cornell.edu)

**Natural Leaders Initiative - Nominations Due****Friday, August 26, 5:00pm**

*at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY*

The Natural Leaders Initiative (NLI) supports community members (particularly those from communities of color and low- and moderate-income communities) to grow as leaders. NLI participants take part in an 8-session leadership development group, meet other leaders, and work on an action project they choose. Child care, dinner and (if needed) help with transportation are provided for each session. Contact Margo Hittleman at 272-2292 ext. 167 or [mjh17@cornell.edu](mailto:mjh17@cornell.edu) for information and nomination forms, or download them from <http://www.ccetompkins.org/nli>.



# Do you have an event to add?

Send us your event or community service announcement to post in upcoming newsletters. Your input and feedback makes our community better!

Questions and comments can be sent to:

Ithaca Neighborhood Housing Services  
Rental Department  
115 West Clinton Street  
Ithaca, New York 14850



**Ithaca Neighborhood Housing Services**

**Summer 2011**

**ITHACA  
NEIGHBORHOOD  
Housing Services**

**Resident Services  
Newsletter**

**INHS**  
**115 West Clinton Street**  
**Ithaca, New York**  
**14850**  
[www.ithacaNHS.org](http://www.ithacaNHS.org)

