

Cornell Cooperative Extension
Delaware County

2022 ANNUAL REPORT

Growing Healthy Families, Confident Youth,
Successful Farms, and Stronger Communities

Greetings from the Board President

Hello to all the friends of CCE Delaware County,

In the past year the Board of Directors have had the opportunity to participate in the challenges and opportunities associated with the multiple changes in leadership.

At the end of June, our very experienced Executive Director, Jeanne Darling moved into the position of Senior Advisor. The following day Jack Salo picked up the reins as Interim Director and has shared his expertise in leadership to provide guidance and support for the staff to allow them to continue with their goals and grow their programs.

In October, a committee was created to search for the best candidate to fill our vacancy for our Executive Director. This committee included community members, our Cornell Specialists, and representatives from the Board of Directors.

In November, the committee concluded the carefully crafted process of an open search. We brought the findings to the full board who then approved an offer to Dr. Mandeep Virk-Baker, inviting her to join our organization as Executive Director. She accepted with an enthusiasm that matched our excitement accompanying the offer.

Here we are in December. Our new Executive Director is with us now learning, listening, and getting to know our very capable staff and meeting our many partners. Jack will be available as needed to support this graceful transition.

Welcome Mandeep and Thank you to Jack.

As we conclude this eventful year, I begin my transition from Board President to Past President. I will continue to learn from this very special group of people who all play a role in continuing to build on a firm foundation and embrace new opportunities.

Thank you all for the opportunity to be a part of this living mission that celebrates individuality while providing a safe seat at the table where all voices can be heard and everyone belongs.

Sincerely,



Donna Dickson-Noonan
Board President



EXECUTIVE DIRECTOR RETIRES

After serving Delaware County for over 50 years with integrity and excellence, **Jeanne M. Darling** retired from Cornell Cooperative Extension of Delaware County as Executive Director on June 30, 2022. Ms. Darling has led Delaware CCE over 35 years supporting local, regional, and state programs in Agriculture, 4-H and Human Ecology and leaves a vibrant and engaged Extension Association.

Ms. Darling, a licensed Nutritionist and Dietician has participated in several Cornell research projects including one on Breast Cancer, a National School Garden Study, A Penn State Cancer Coalition project, a Resilience Innovation Grant from Cornell and a recent National Extension Vaccination study. She is looking forward to retirement and continuing to serve the needs of Delaware County families and communities.



INTERIM DIRECTOR BRIDGES THE GAP



John C. (Jack) Salo is a rural advocate and non-profit executive who has worked in South Central New York State for the past 35 years. Jack's experience includes leading health, human service, and youth development organizations. Most recently he served as Executive Director of The Rural Health Network of South Central New York from 2004-2021. Mr. Salo came on board July 1, 2022 to act as interim director for CCE Delaware for six months, providing leadership to the organization while the search committee recruited a new director.

We appreciate Mr. Salo's excellence of service and have enjoyed working with him to continue improving our operations and educational outreach.

NEW EXECUTIVE DIRECTOR JOINS CCE

Dr. Mandeep Virk-Baker brings with her extensive public health research and administration experience and has served high-level state and academic leadership positions. With more than two decades leading work in chronic disease prevention, community nutrition, health promotion, and as a public health scientist trained at the Johns Hopkins University and the National Institutes of Health (NIH)/ the National Cancer Institute (NCI), she is deeply passionate about improving public health and nutrition and making the world a better place.

Dr. Virk-Baker has an extensive background in health policy and public health research, has published in several high-impact peer-reviewed journals, and has received numerous awards for her research work. Previously, Dr. Virk-Baker served as the Area Extension Director for Baltimore, Carroll, and Harford Counties at University of Maryland Extension.

Dr. Virk-Baker is thrilled to join the CCE Delaware County team, and is looking forward to working with CCE colleagues, county, state, and federal level stakeholders, and Delaware County residents to continue to improve the lives of our local rural communities. Dr. Virk-Baker lives on a 24-acre family farm in West Oneonta. In her spare time, she likes to explore the beautiful local area, hiking trails, and lakes with her family.



MISSION OF CCE DELAWARE COUNTY

Cornell Cooperative Extension of Delaware County puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

2022 STAFF

Executive Director/Senior Advisor: Jeanne M. Darling
Interim Executive Director: Jack Salo
Office Manager/Ag & Alliance
Administrative Assistant: Karen Graves
Association Bookkeeper: Heather Cunningham, Christina Wilson
Assistant Bookkeeper: Christine Carpenter
Desktop Publisher: Valerie Dudley
Records Management: Linda Mott

4-H

4-H Team Leader: Emily Roach
4-H Resource Educator/4-H Camp Shankitunk
Administrator: Corrine Tompkins
4-H Subject Educator: Kaitlyn Conklin
4-H Administrative Assistant: Justine Bishop

Agriculture

Ag Senior Extension Resource Educator: Mariane Kiraly, Jessica Richard
Horticulture/Natural Resource Educator: Carla Crim
Nutrient Management Community Educator: Benjamin Hepler
WAP Sr Team Leader/Nutrient Management: Dale Dewing
PFM and Nutrient Mgmt Team Leader: Paul Cerosaletti
WAP/PFM Community Educators: April Wright-Lucas, James Romack
WAP Dairy/Livestock Sr Resource Educator: Richard Toebe
WAP Administrative Assistant: Kim Holden

Human Ecology

Human Ecology Team Leader and Alliance Coordinator: Jeanne M. Darling
EFNEP Nutrition Educators: Cheryl Starcher Ceresna, Amy VanAlstyne
SNAP Nutrition Educator: Maegan Freeman
HE Administrative Assistant: Valerie Dudley

Cornell Cooperative Extension
Delaware County

BOARD OF DIRECTORS

President : Donna Dickson-Noonan, Bovina Ctr
Vice President: Carolyn Scobie, DeLancey
Secretary: Betty Scott, Unadilla
Treasurer: Carol Ann Michalski, Walton
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Cornell Representative: Danielle Hautaniemi
Members: Andrea Balcom, Andes; Dean Darling, Stamford; Donna Dickson-Noonan, Bovina Center; Diane Frances, South Kortright; Erin Johnson, Unadilla; Donna Jones, Walton; Libby LePinnet Kelly, Delhi; Donna Machala, Oneonta; Carol Ann Michalski, Walton; Gary Orton, Franklin; Carolyn Scobie, DeLancey; Betty Scott, Unadilla; Brad Taggart, Sidney Center

PROGRAM COMMITTEES

Agriculture Program Committee:

Chairperson: Fred Kuhn, Grand Gorge; **Vice Chairperson:** Kirk Fletcher, Walton; **Secretary:** Carolyn Scobie, DeLancey; **Joyce Gray**, New Kingston; **Andrew P. Hinkley**, Sidney; **Vanessa Merrill**, Walton; **Jason Mondore**, DeLancey; **Brad Taggart**, Sidney Center; **Advisors:** Dr. Chris Camann, Unadilla; **Janet Beken Smith**, Stamford

Human Ecology Program Committee:

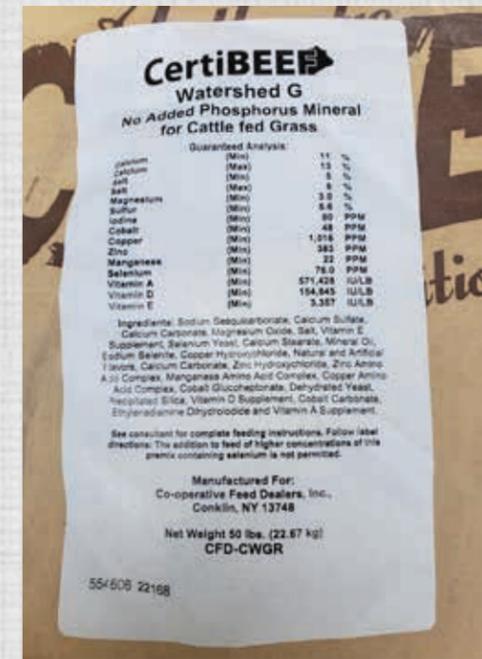
Chairperson: Donna Dickson-Noonan, Bovina Center; **Vice Chairperson:** Paul DeAndrea, Franklin; **Secretary:** Karen Ogborn, Hobart; **Paula Brown**, Downsville; **Joan Hale**, Sidney; **Carol Ann Michalski**, Walton; **Julia Wheeler**, Deposit

4-H Youth Development Program Committee:

Chairperson: Donna Machala, Oneonta; **Vice Chairperson:** Lisa Nichols, Walton; **Secretary:** Megan Eklund, Stamford; **Morgan George**, Sidney Center; **Libby LePinnet Kelly**, Delhi; **Amanda Madugno**, Deposit; **Stacy Palmatier**, Hobart; **Advisor:** Lindy Taggart; **Teen Advisors:** Jessica Coleman, Delhi; **George Machala**, Oneonta

4-H Camp Committee:

Walter Gladstone, Andes; **Carol LaTourette**, Sidney Center; **Cathy Scofield**, Walton; **Lindy Taggart**, Walton; **Doug Whittaker**, East Meredith



PFM PROGRAM LEADS DEVELOPMENT OF PHOSPHORUS FREE MINERAL

Identification of the Need: As part of the enrollment process for the newly created Beef PFM program, NYC Watershed beef producers were asked to complete a demographic survey. The results of that survey indicated that mineral supplementation was inadequate amongst our beef producers, and thus represented an opportunity to enhance their economic viability. Since then, it has been an ambition of the PFM team to create a mineral mix customized to match local feeds. University research suggests that the phosphorus requirements for beef cattle can be easily met by the dietary P provided through the forages they consume in temperate climates like ours. The PFM team has confirmed these findings at the local level through routine sampling of pastures and stored forages available to beef cattle on farms participating in the PFM program, as well as the routine analysis of their diets. Thus, we set out to develop a locally available mineral mix formulated specifically for our participating beef producers which met the nutritional needs of their cattle, and protected the water quality in the Cannonsville Watershed. Truly a Win-Win endeavor!

The Development Process: The mineral mix is the result of collaboration between the PFM team and the local feed industry. The mineral mixes were developed jointly by Dr. Tom Tylutki, independent nutritional consultant, and president of AMTS LLC, a firm which develops state of the art commercial nutritional software and also provides training, and Dr. Eric Reid, nutritionist with Cooperative Feed Dealers (CFD), a distributor of mineral and feed additive products to most of our local feed mills. Through their efforts, a prototype formula was developed through the winter and spring of 2021-2022, which ultimately provided us with three ration-specific formulas. By strategically partnering with CFD, these products were available at our local feed mills in June!

Programmatic Efforts to Date: PFM Planners have distributed 70 bags to their Beef PFM participants as part of a programmatic QMA (Quality Management Assistance) trial to assess the palatability and determine the physiological efficacy of our Watershed-G mineral blend. However, these mineral mixes are a 'work in progress' as our dataset of forage analyses is continually growing. As we get feedback from the Delaware County beef producers and our local feed mills, adjustments will be made to the formulas to incorporate that feedback along with information provided by the enlarged forage database.

SMART ENERGY CHOICES

NYSERDA's EmPower & Assisted Home Performance Weatherization Education Programs educated residents about energy efficiency grants, solar energy opportunities and renewable heat options. Approximately 700 people learned about NYSERDA programs through engagement with Smart Energy Choices outreach, including workshops on Lighting and Insulation and tabling at the Meredith Dairy Fest. At the Delaware County Fair there was an Energy Usage display with interactive bulb comparison and a fun Smoothie Bike where fairgoers generated their own electricity to blend smoothie drinks.



INTERNATIONAL DAY

Sunday, May 1st marked the 30th year of 4-H's Annual International Program. Over the past thirty years, thousands of Delaware County 4-Hers have 'traveled' the globe. They have learned about numerous different countries, cultures, and traditions.

Club and Independent members participate in International Day by gathering information about a country of their choosing. Then they create a trifold display, research and make a dish that is custom to the country, and then present information about the country, by performing a dance, singing a song, reading a story, or presenting something about that country to all of the participants of International Day.

In the past, International Day was actually International Night and occurred on a Friday evening in late March or early April. This year we changed things up to make the event more accommodating to our leaders and members.

We held International Day on a Sunday afternoon in May. The weather was fantastic, and everyone enjoyed participating in the great outdoors of 4-H Camp Shankitunk.

4-Hers presented information on Australia, Australian animals, Ireland, Mongolia, and India. Everyone had a great time sampling traditional cuisine and learning about all the different countries. This event is a great example of 4-H at work.



YOUTH SUMMIT

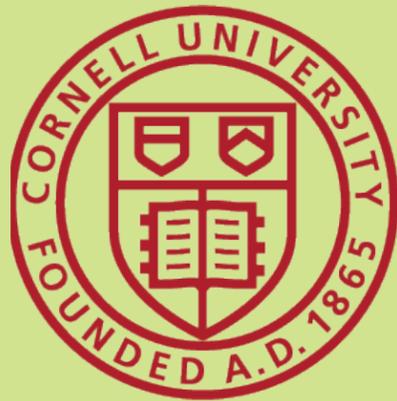
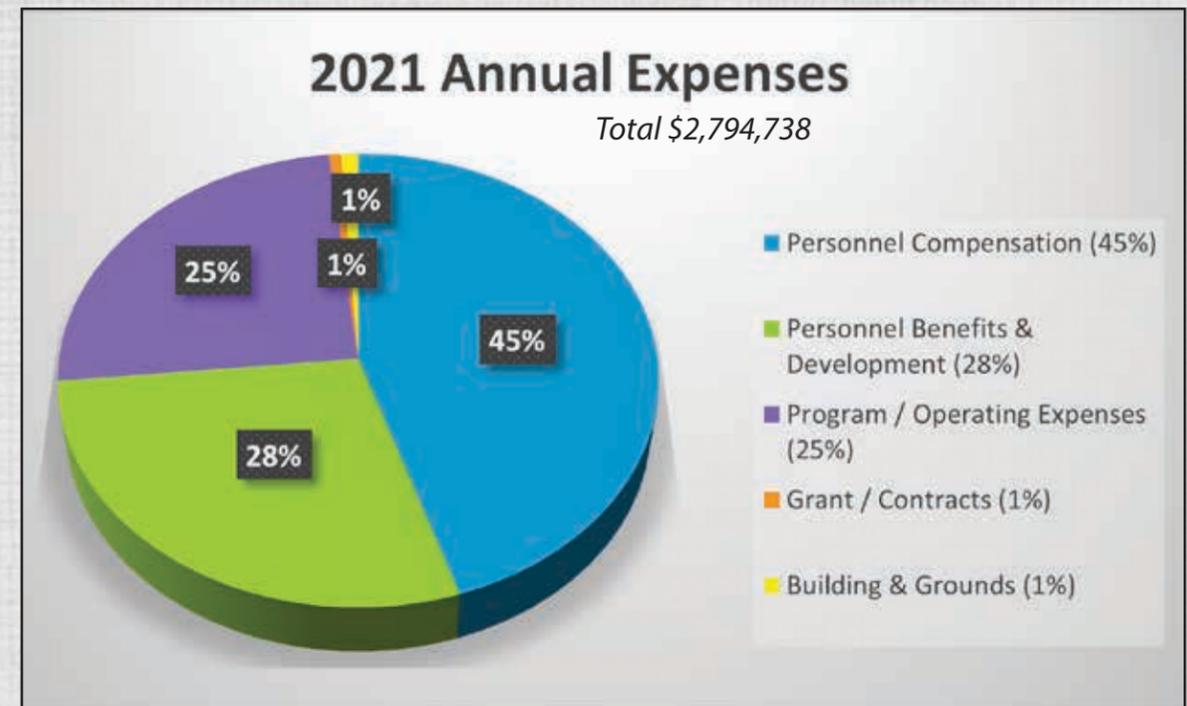
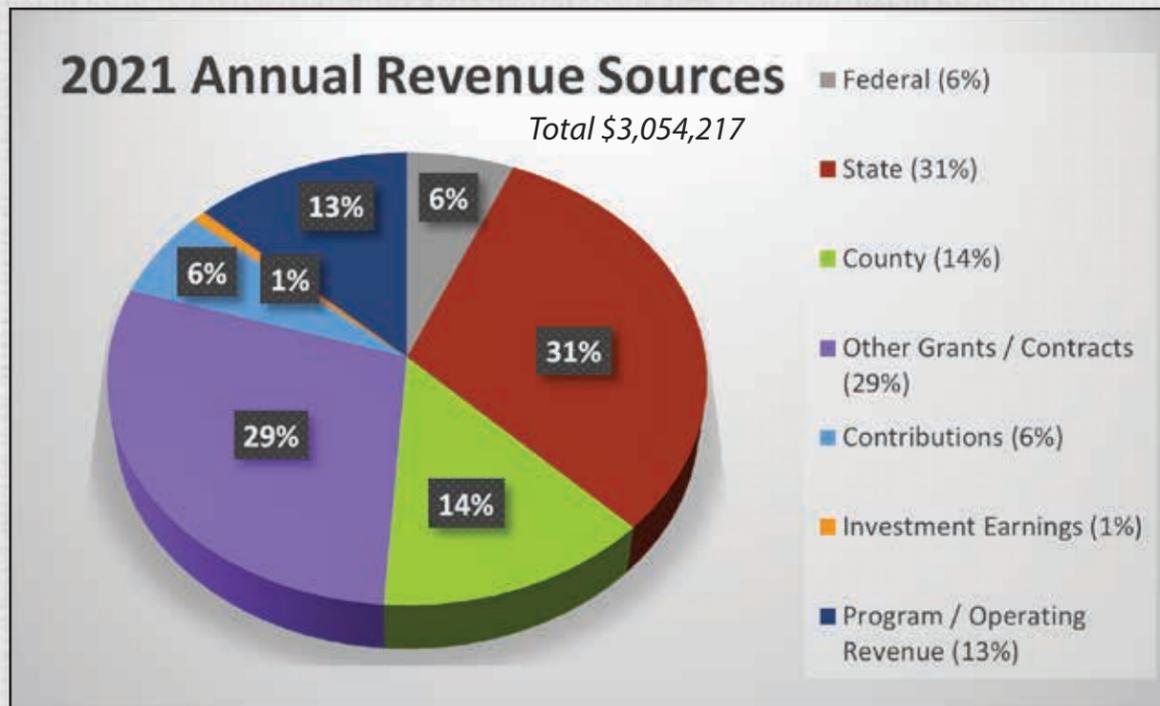


The Hybrid Catskills Youth Climate Summit engaged five school teams, grades 7-12, on April 1, 2022, where 53 youth, 6 teachers and 8 presenters enjoyed a full day of presentations and brainstorming at SUNY Oneonta.

The keynote presentation featured a student sharing her experience advocating for global climate action at COP26 (Conference of the Parties) in Scotland with The Wild Center youth delegation. Presenters from Cornell University and the Watershed Ag Council educated participants about the Complexity of Climate Policy and the NYC Watershed Forests. Each school team prepared a Climate Action Plan. The day ended with an inspiring presentation about a large-scale community composting program started by Lake Placid students. Each participant received a Certificate of Completion and a Youth Summit knit hat; teachers received 2 CTLE (Continuing Teacher & Leader Education) credits for attending. The Youth Summit was funded by the Catskill Watershed Corporation and the Delaware County Soil & Water Conservation District and was co-sponsored by SUNY Oneonta and The Wild Center.

The youth summit did a really great job of inspiring youth that they can make a difference!— Participating Teacher

Cornell Cooperative Extension of Delaware County Programming



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Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Agriculture Programs

Crop and Animal Production: Ag Monday Zoom Conversations, Beef Cow Nutritional Strategies During the Last Trimester, Creating a Winter Feeding Plan for Your Small Ruminants, CCE Flock Talks: Highly Pathogenic Avian Influenza, NYS Weed ID Meetings, Water Quality, Soil Health, And Forage Quality Impacts Through Soil Fertility Management, 2022 Spring Beef Meeting, 2022 Haymaking for Livestock Farmers, Pasture Walk - Plant ID, Delaware County Dairy Tour, Corn Dry Down Days, Pasture Walk - D&D Farms, Positive Pressure Tube Ventilation Design Workshop, Pasture Walk at Orinoco Farm, Pasture Walk at Eric McLaughlin Farm, Beef Quality Assurance (BQA) Training, Corn Scouting - Nel-Jean Farm, Milk Quality, Understanding that PPD, American Dairy Goat Association Conference - Forage Evaluation for Milk Production

Environmental: Precision Feed Management; Nutrient Management planning; Nutrient Management Credit Workshops; Catskill Regional Agriculture Conference; Dung Beetle Surveys, Cover Crop and N Sidedress Demonstration

4-H Youth Development Programs

Activities: Community Service; National 4-H Week/ Club Displays; Winter Photo Contest; Earth Day Photo Contest; Leaders' Day; Teen Trips/Awards; Teen Recognition Night; Virtual STARR Program, Virtual Career Explorations - Cornell; County Public Presentations; District Public Presentation Event; Delaware County Fair; Fundraising - Golf Tournament.

Animals: County - Hippology, Horse Quiz Bowl, and Dairy Quiz Bowl; Online NYS Virtual Dairy Discovery; District Hippology, Horse Quiz Bowl, and Dairy Quiz Bowl Events; Cooperstown Junior Livestock Show; Livestock Auction Registration & Tagging; Delaware County Fair, 4-H Livestock Auction; Meat Chicken Project; Pheasants.

STEM & Life Skills: Delaware County 4-H Hiking Challenge; Embryology Virtual and In-Classroom; NYS 4-H STEM Camp; Science, Technology, Engineering & Mathematics (STEM) Programming.

4-H Camp Shankitunk: Overnight Camp, Day Camp; Camp in a Box; Camp Get-A-Way Fall Weekend; Spring Volunteer Day; 4-C Camp for Adults.

Human Ecology Programs

Delaware Rural Healthcare Alliance: Healthcare Workforce; Fitness Trails; Senior Tai Chi program; Girls on the Run; Sources of Strength Youth Suicide Prevention Program; Recovery Coach; Healthcare Planning, Mental Health Video Production; ACEs Task Force; Age Friendly Communities; Long-Term Care Support; EXCITE Vaccination Education.

SNAP-Ed: Eat Healthy, Be Active; Eat Smart Live Strong/ Senior Nutrition; Cooking Matters; CATCH After School Programs; Farmers' Market Nutrition Education Program; Smarter Lunchroom Program; CATCH Me Cooking; Farmer Market Meetings; Agency Training; Fruit and Vegetable Prescription Program; Virtual Nutrition Education Programs.

Expanded Food & Nutrition Education Program: Breastfeeding Your Baby; Eat Smart Be Active; Sisters in Health; Cooking Up Fun; Teen Cuisine; Great Garden Detective Programs; Choose Health/School Gardening; Food Preservation; Garden-to-Table; Childcare Certification Training; Sidney Community Garden.

Environment and Energy: Catskill Youth Climate Summit; Clean Energy Community Program; CEEP (Consumer Energy Engagement Program); Smart Energy Choices.



DUNG BEETLE STUDY

Dung Beetles are an important component of healthy pasture systems. They help recycle animal manures back into the soil. Some species create macro pores in the soil through tunneling that help with water infiltration. Dung beetles also have a role in reducing fly populations that pester livestock.

In 2022, CCE Delaware was selected as one of four sites in NY to participate in a season long study. Two farms were identified to participate. One farm would use a feed-through insecticide that works by killing fly maggots in the manure patty, while the second farm would not. Over 20 weeks, manure was collected weekly at each farm and placed in specially constructed cages that would allow the adult beetles to leave the manure and be collected in a funnel for counting and species identification. Both horn fly and face fly population counts were also collected weekly on five beef animals at each location. To date, over 1500 beetles representing 13 species have been found in the Delaware County samples.

Once all of the data is analyzed, we will be able to better provide recommendations to farmers for managing flies. One possible result will be to augment dung beetle populations on farms through controlled release of a specific species, if we can identify when and which species to use. The ultimate goal is to help farmers control flies, reduce the use of insecticides, and improve soil health.

SHOWCASING ALL-AMERICAN SELECTIONS

All-America Selections is an independent non-profit organization that tests new, never-before-sold varieties for the home gardener. After a full season of anonymous trialing by horticulture professionals, only the top garden performers are given the AAS Winner award designation for their superior performance. In 2022, Birdsong Farm Community Garden joined the network of nearly 200 dedicated AAS display gardens. Birdsong is unique in that it is run as a cooperative, meaning volunteers work together and share in the harvest.

In the early spring, CCE received a large box of seeds that included ornamentals, vegetables, and cut flower varieties. The seedlings were grown in the greenhouse at Birdsong, then put in the gardens alongside other tried-and-true varieties in May and June. The favorite ornamental proved to be Profusion Zinnia Bicolor, which is a compact variety that produces yellow flowers marked with brown. Over time, the flowers turn from yellow to orange to pink, giving a beautiful array of color.

There were many big hits in the vegetable department. Notably, Snack Hero has been a very popular and prolific variety of sugar snap pea, and Dragonfly is a beautiful deep purple bell pepper. Of the many tomato varieties on display, Purple Zebra has proven to be the best combination of size, color, flavor, and disease resistance.



HEALTHY FOOD & HEALTHY HABITS

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded nutrition education program for limited-resource youth and families. Nutrition Educators teach adults and youth about nutrition, exercise, food resource management, food safety, and food management through virtual and hands-on workshops. 103 families and 13 youth groups were reached in 2021-2022. EFNEP educators continue to work with daycare providers to earn training credits

SNAP-Ed educators spend time within the community encouraging healthy eating habits. Classes focused on cooking skills and nutrition are offered to numerous after-school programs, senior community sites, and summer feeding programs in Delaware and Otsego Counties throughout the year.

Through a collaboration with **CROP (Creating Rural Opportunities Partnership)**, EFNEP and SNAP-Ed educators offered virtual food preparation, nutrition, food safety classes at 12 schools. One series is presented to the youth and encourages healthy mini-meals and getting enough physical activity. The other series engages families to cook and eat healthy meals together.

Using lessons provided by the **Farmer's Market Nutrition Program**, educators encouraged the consumption of local fruits and vegetables at Farmer's Markets. **Produce Prescription Program** participants received the lessons in order to reduce the risk of certain diseases.

The **Walton Farmer's Market** was thrilled to partner with the William B. Ogden Library, Music on the Delaware and The Grant Rogers Project to bring the **Market Music Series**. For nine weeks, traditional music artists graced the market with singing, fiddle playing, Celtic tunes and more. Not only did the vendors enjoy having the entertainment, but the patrons of the market stayed longer. This fared well for the vendors who came stocked with local grown produce and handcrafts.

CCE partnered with William B. Ogden Library to present four **Seed to Supper** workshops in the fall. Five participants engaged in hands-on activities such as preserving parsley, preparing new recipes, such as green tomato frittata all while gaining the knowledge in harvesting/ storing & preserving vegetables & fruits.



4-H WELCOMES NEW STAFF & STAFF TRANSITIONS IN 2022

It has been a year of many changes at Cornell Cooperative Extension of Delaware County and the 4-H program is excited to announce some staff transitions and new staff hires.



Emily Roach
4-H Team Leader

Emily Roach has been promoted to the 4-H Team leader position. Emily has been involved with the Delaware County 4-H program for over 32 years. She is a third generation 4-Her who, in her youth, was a member of three clubs (Country Cousins, Buckram Dairy Goat, Teen Council),

specializing in raising and showing registered Alpine dairy goats and market hogs. Emily also attended 4-H Camp Shankitunk in her youth. After aging out of 4-H and attending college, Emily returned to CCE Delaware County and worked two summers as the 4-H Summer Assistant. Emily attained her BA degree in History/Social Studies Secondary Education from SUNY Cortland and her MS Degree in Educational Studies from Binghamton University. Once her children became of age to join 4-H, Emily continued her 4-H involvement and started a 4-H club, The Eye of the Clover.

In 2009, Emily began full time employment at CCE Delaware County as the 4-H Community Educator, throughout the ensuing years Emily was promoted to 4-H Resource Educator, 4-H Program Supervisor and now 4-H Team Leader. In her new position, she looks forward to welcoming and working with the new 4-H team to offer valuable programming that will engage our youth to reach their fullest potential.



Corrine Tompkins
4-H Resource Educator

Corrine Tompkins was promoted in January 2022 to a 4-H Resource Educator and oversees the administration of 4-H Camp Shankitunk. Corrine holds a BA in Elementary Education and an MS in Educational Technology obtained through SUNY Oneonta. She

previously served as a teacher for the Walton Nursery school until 2015 when she transitioned to Cornell Cooperative Extension as an administrative and marketing assistant.

Corrine grew up participating in Delaware County 4-H as a member of the Country Bumpkins 4-H Club and 4-H Teen Council. As a youth, Corrine actively participated for many years in sewing, the fashion revue, community service, public presentations, dairy quiz bowl, showing dairy cattle, attending the State Fair as a teen leader, and more! Corrine attended and worked at 4-H Camp Shankitunk where she held several positions over the years including Counselor in Training, Camp Counselor, Program Assistant, Program Director, and Camp Director. She is involved in the NYS 4-H Camps Network, attends the Tri-State Camp Conference, and is a member of the American Camp Association, obtaining ACA Accreditation for 4-H Camp Shankitunk in 2019. Corrine is always looking to make the best better and help youth explore new activities and opportunities while challenging themselves to grow into young leaders! She looks forward to getting to know more of the 4-H youth here in Delaware County through programming and working groups outside the camp program.

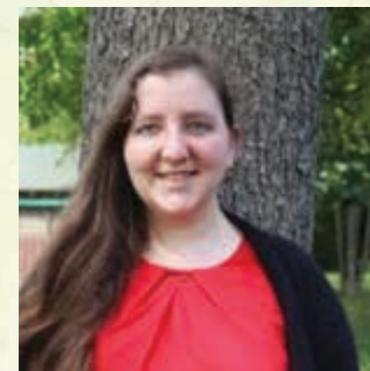


Kaitlyn Conklin
4-H Subject Educator

Kaitlyn Conklin has been hired in a new position to Delaware County 4-H, 4-H Subject Educator.

Kaitlyn is originally from Sullivan County, where she spent 14 years in the 4-H program until aging out. She also worked for many years as a counselor at 4-H

Camp Shankitunk, after attending as a camper for 10 years. Kaitlyn has many years of experience with rabbits, dogs, beef & dairy cattle, horses, sheep, goats, and many other small and exotic animals. She also has experience in horticulture, floriculture, shooting sports, hunting + environmental education, fine arts, STEM, and outdoor skills. She looks forward to meeting everyone over the next few months.



Justine Bishop
4-H Administrative Asst.

Justine Bishop was hired as our new 4-H Administrative Assistant in 2021.

Justine grew up in Delaware County 4-H, with a particular affinity for public presentations and volunteering in the Youth Building at the Delaware County Fair. She was also involved

with showing dairy cows, the fashion revue, stream clean up, Teen Council, and 4-H Camp Shankitunk. Justine was excited to join the Delaware County 4-H team in May 2021 as the 4-H Administrative Assistant.



Jon Conklin, 4-H Camp
Shankitunk Director

4-H CAMP SHANKITUNK

The sounds of campfire songs and laughter filled the air this summer at **4-H Camp Shankitunk** in Delhi where newly hired Camp Director, Jon Conklin, took the helm. Five, one-week sessions were offered beginning July 3 and ending August 5th. 154 youth ages 6+ attended Day Camp and 531 youth ages 8+ attended overnight camp where they enjoyed participating in programming including woodworking, archery, rocketry, swimming, crafts, and more. Many new and established scholarship opportunities were available to help families in need, access camp. Registration for summer 2023 is expected to open January 1, 2023. (Photo: Walton Reporter)

WORKING TOGETHER TO IMPROVE HEALTH

The **Delaware County Rural Healthcare Alliance** convenes health care and community organizations to share information, conduct health related assessments, develop plans and fund projects to support wellness, health education and collaboration. The Alliance works to improve access to essential healthcare and wellness services for all residents of Delaware County, NY.

The **ACEs (Adverse Childhood Experiences) Task Force** began the year sponsoring a five-part *Building Community Resilience Workshop* series attended by 236 people. Workshops included *Growing Resilient Communities* and *The Value and Impact of Resilience Enhancing Approaches to The Empower Action Model*. The workshop series focused on strategies that promote resilience and how to avoid common pitfalls that can undermine the development of resilience in childhood. In a collaboration with Cornell Cooperative Extension of Orange County, the ACEs Task Force hosted the Summer Series: *Understanding Wellness, a Growing Resilience*. The ACEs Task Force also developed a Facebook page to share more information on Trauma Informed Care:

[@ACEs Taskforce of Delaware County.](#)

Sources of Strength (SOS) and **Above the Influence** programs continue to be offered at Delaware County schools. The mission of Sources of Strength is to prevent youth suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. SOS is a best practice, youth suicide prevention intervention designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately with the goal of preventing suicide, bullying, and substance abuse. Programming includes health promotion and suicide prevention campaigns in schools, with ongoing mentoring and facilitation by trained Adult Advisors.



The **Workforce and Health Career Committee** shared information on health care job fairs and the Scrub Club curriculum currently taught at Delaware Academy.

The **Girls on the Run** event was held in 2022. One hundred and ninety family members of girls involved in the program participated in the Five Kilometer race/walk. Human Papilloma Virus (HPV) vaccinations continue to be promoted to all patients enrolled in the Bassett Hospital School Based Health Clinics, with special efforts being made to discuss the importance of the vaccine with parents of 9–11-year-old children. Using a technique recommended by the American Cancer Society, the practitioner offers the Tdap (Diphtheria, Tetanus, and Pertussis), HPV (Human Papillomavirus) and Menactra vaccines as a bundle. The data reveals three of the five School Based Health Clinics realized an increase in their HPV series completion rate.

Age Friendly Communities: Two community projects received funding to support age friendly initiatives in Sidney and Bloomville. Other trail projects are under review. Tai Chi for Arthritis classes were held in Franklin, Sidney, Arkville, Harpersfield, Walton and Delhi. Support was provided to The Walton Farmers' Market.



EXPANDING NATIVE PLANTINGS

Homeowners everywhere, especially in beautiful Delaware County, can turn their yards into conservation corridors that provide wildlife habitats. When one thinks about a “national park” what comes to mind is a huge area of wild land with no one living on it. Nature abounds, but the park is separate from civilization. BUT nature is everywhere! By providing the elements of a rich environment, individuals can help wildlife like monarchs and woodpeckers thrive. Founded by entomologist Douglas Tallamy, **Homegrown National Park®** is a grassroots call-to-action to regenerate biodiversity and ecosystem function by planting native plants and creating new ecological networks.

In late Spring 2021, a group of community members from the Town of Delhi were awarded a Climate Action Leadership Grant from Delaware-Otsego Audubon Society (DOAS). The original mission of the project was to provide Delhi residents with public education about the importance of planting and protecting native plant species. A project steering committee spearheaded by DOAS Member, Kathy Mario consisted of 9 people – community members who work in the field of environmental sciences or sustainability in their region. By the time they began implementing their project, they had members of the village board, Delhi college professors, a retired science educator, and other stakeholders from the local community. CCE supported this initiative using funds from Catskills Regional Invasive Species Project. The group worked together to create displays and informational handouts, start a Facebook and web page, and register new “parks” in the database. Native plants were purchased from the Fernery in Hartwick, NY. The varieties were selected based on hardiness, visual appeal, and ability to support a wide-range of pollinators. In the first year over 500 native plants were distributed to 230 participants.

In 2022 the project was expanded to serve even more Delaware County residents. Plants were distributed at the Meredith Dairy Festival, Kidstock 2022 at West Kortright Center, Delhi Fair on the Square, Walton Farmers' Market, and at the Delaware County Fair. Volunteers established and/or maintained native plantings at sites around the county including Delhi Town Hall, Delhi Village Hall, South Kortright School, Heart of the Catskills Humane Society, and Birdsong Farm Community Garden. In addition to information about pollinator friendly practices, a “Do Not Plant List” of invasive species was developed and provided at distribution events.

“We’re having the kids more involved in the kitchen in food and menu preparation. We realized our children would eat foods they wouldn’t normally eat if they helped prepare them.”

– CROP parent



“We’re happy to be able to provide a phosphorus-free mineral that is able to meet cattle requirements and reduce environmental impact.”

– Stamford Farmer’s Coop



“It was my child's first sleep away camp and he had a great time – he didn’t stop talking on the way home. He really enjoyed fishing, swimming, floor hockey and other activities.”

– 4-H Camp Shankitunk parent



“Camp has really helped me grow more as a person.”

– 4-H Camp Shankitunk camper



“I am excited to be participating in the transition to Clean Energy, and grateful for New York State investment in rural communities.”

– Delaware County EmPower consumer



“We love Family Farm Day! Everyone at the farms were friendly, informative and welcoming.”

– Family Farm Day participant

