



2016 ANNUAL REPORT



Cornell University
Cooperative Extension
of Delaware County



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

Greetings from the President and Executive Director

Dear Friends of Extension,

During 2016, Cornell Cooperative Extension of Delaware County has focused our mission of education to bring research from Cornell and USDA to families, businesses and communities in the county and region to solve issues and open the door to new opportunities. This annual report highlights the work of staff to promote sustainable Agricultural businesses, foster economic development and locally grown foods, protect and enhance the environment, and to develop healthy youth, families and communities.

4-H through club and camp programs gives youth the opportunity to learn STEM life skills and attend the New York State STEM camp right at home at 4-H Camp Shankitunk. Youth also planned a Climate Change Youth Summit at Delaware Academy this year thanks to funding support from the Catskill Watershed Corporation and The Wild Center in the Adirondacks.

Our CCE nutrition programs have grown this year to include educational lessons at schools, afterschool venues, farmers' markets, food pantries, agencies, senior meal sites/housing, 4-H camp and community events in both Delaware and Otsego Counties through the ESNY and EFNEP programs. An exciting training for school cafeteria staff and managers was presented this year at Sidney and Oneonta Riverside School to share inexpensive Smarter Lunchroom Cornell Research on ways to increase healthy youth food choices in the lunch lines. School and community gardens are thriving thanks to nutrition and gardening lessons taught by Extension Nutrition Educators and new educators, Maegan Freeman and Michaela Depatie.

Through support and funding from the Watershed Agriculture Council and New York City Department of Environmental Protection we have been able to expand our whole farm planning and farmer education program to include Precision Feed Management program delivery to dairy farms. We successfully transitioned Delaware Bounty Local Foods Store to local farmers to manage and operate the business. We also hired a new horticulturist, Carla Crim to answer pest and garden questions with a goal to start a Master Gardener Program in the county.

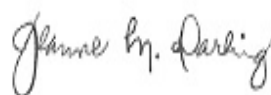
These programs and others featured in the following pages of this report would not be possible without the continued support of the County Board of Supervisors, community and funding partners as well as the tireless work of staff and volunteers. We hope you enjoy reading CCE's 2016 accomplishments in this annual report and the many ways Cornell Cooperative Extension positively impacts the lives of people in our county and region.

Sincerely,



Diane A. Meredith
Board President

Sincerely,



Jeanne M. Darling
Executive Director

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.





2016 STAFF

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4-H Animal Science Program Assistant
Donna Carlton

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Maegan Freeman, Michaela Depatie

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Cheryl Ceresna, Amy VanAlstyne

HE Administrative Assistants
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Ag Core Team Coordinator
Mariane Kiraly

PFM Community Educators
Shy Parenteau, April Wright-Lucas

Ag Program Educators
Carla Crim, Michael Morales

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Dale Dewing

WAP Nutrient Mgmt Sr Resource Educator
Paul Cerosaletti

WAP Dairy/Livestock Resource Educator
Richard Toebe

WAP Administrative Assistant
Kim Holden

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 Downsville; John Murdock,
 Harpersfield; Michael Steele,
 Colchester; Abby Wilson, Delhi

2016 Programs

AGRICULTURE

Annual Dairy Tour; Ag Plastic Recycling Program; Beef Production Schools; Catskill Regional Agriculture Conference; Clean Sweep; Conservation Innovation with Cover Crops; Crop Production School; Delaware Bounty Local Food Outlet; Farm Business Planning; Farm Business Summaries; Farmers' Tax School; Farm Transitions; Invasive Species Detection & Response; Milk Money Mondays; Organic Dairy Profit Group; Pasture Renovation; Precision Feed Management; Sheep & Goat Producer Discussion Group; Soil Health Field Day; Solar Workshop; Strawbale Gardening

HUMAN ECOLOGY

Delaware Rural Healthcare Alliance:

Healthcare Leadership Workforce Trainings; Delhi Fitness Trail Project; Get Out & Walk Program; Building More Active Communities; Disaster Preparedness; Senior Tai Chi program; Matter of Balance; Girls on the Run; CATCH; Breastfeeding Support Network; Warm Line; Sources of Strength; Safe Talk/ Assist Training

Eat Smart New York:

Eat Healthy Be Active; Eat Smart Live Strong; Senior Nutrition; Money for Food; CATCH Youth: Program; Farmers' Market Nutrition Education Program; Smarter Lunchroom Program; Family Matters Grocery Store Pop-Up-Tours

Expanded Food & Nutrition Education Program:

Breastfeeding Your Baby; Eat Smart Be Active; Sisters in Health; After School & Summer Youth Programming; Cooking Up Fun; Choose Health/ School Gardening; Food Preservation; Garden-to-Table

Catskill Youth Climate Summit Conference; EMPOWER Energy Workshops; Indoor Air Quality; Water Quality

4-H—YOUTH DEVELOPMENT

4-H Camp Shankitunk; Tractor Safety; Community Service; Dairy Judging; Dairy Quiz Bowl; Dairy Challenge; Livestock Judging; Fashion Revue; 4-H Garden; Teen Council; Horse Shows & Clinics; Horse Quiz Bowl; Hippology; Vet Science Programs; International Night; Public Presentations; Science, Technology, Engineering & Mathematics, (STEM Programming); NYS STEM Camp; Livestock Skillathon; Pheasants; Meat Chicken Project; Meat Turkey Project; Genealogy; GPS; Sustainable Energy

Program Committees

Agriculture:

Chairperson.....Dominick Sinisalchi, Sidney Center
Vice Chairperson.....Mike Mattson, Downsville
Frank Albano, Stamford; Derek Johnson, Unadilla; Jordan Palmer, East Meredith and Art Reynolds, Walton; Micah Scobie, Delancey; Advisors: Robin Jerauld, Otego & Dr. Chris Camann, Unadilla.

Human Ecology:

Chairperson.....Kathy Sullivan, Delhi
Vice Chairperson.....Socorro Marin, Hancock
Secretary.....Christine Miller, Hobart
Terri Korba, Stamford; Candice Russell, Walton; Lori Taggart, Franklin; Tobias Whitaker, Sidney

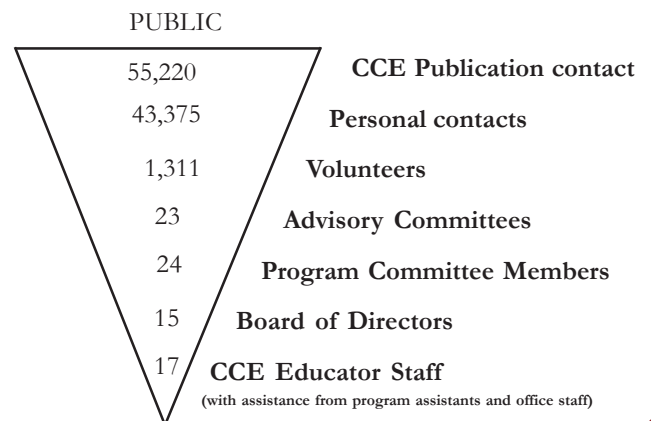
4-H Youth Development:

Chairperson.....Michael Steele, Roscoe
Vice Chairperson.....Jill Coleman, Delhi
Secretary... Joyce Curtin, Sidney Center
Christine Evans, Walton; Arlene Schubert, Davenport; Jill Lutz, So Kortright.. Teen Advisors: Jessica Coleman and Josiah Steele.

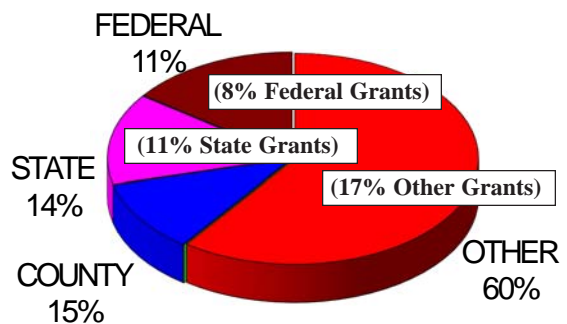
VOLUNTEER TIME CONTRIBUTION

The heart of Cooperative Extension is found in the vitality of its volunteers.

The dollar value of CCE of Delaware County's Volunteers: \$370,120



ESTIMATE OF SUPPORT RECEIVED



(2015 Yearend Figures)

Youth Development—4-H

4-H connects youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society. 4-H occurs in many places: after-school programs, camps, clubs, school enrichment activities, and community events. Delaware County's program centers around: Traditional Club programming; STEM (science, technology, engineering, and mathematics); Civic Engagement, Healthy Living, Animal Science, Public Presentations, Teen Council, and 4-H Camp Shankitunk.

LIFE SKILLS

4-H continues to be a strong program in Delaware County with 40 clubs, 556 members age 5 to 19, and 99 volunteer leaders from all walks of life. Volunteer leaders provide the opportunity for 4-H members to be independent and feel like they belong to an important and productive organization. It gives them the chance to contribute to the community and develop skills that last a lifetime.



CIVIC ENGAGEMENT

532 members in partnership with adults, selected, designed and implemented community service projects.

The 4-H Teen Council continued its efforts to help our community by donating non-perishables to both the Delaware County Food Bank and the Humane Society.



PUBLIC PRESENTATIONS

92 4-Hers gave public presentations at the county level, including practical demonstrations, illustrated talks, formal speeches, recitations, and dramatic interpretations. The presentations give these 4-H members greater poise, self-esteem and speaking skills that will help them succeed throughout life. 16 county

presenters were selected to compete at the District Level and 2 of these presenters were selected to compete at the NYS Presentation Event.

CAREER EXPLORATION

Through 4-H projects, youth develop skills that prepare them for future careers. Hundreds of youth participate in Environmental Education, (forestry, wildlife, recreation, and recycling); Consumer and Family Sciences (clothing and textiles and home environment); Healthy Lifestyle Education (foods and nutrition; and tractor certification) and, the most popular area, Plant and Animal Science. Science and Technology is a growing area of interest and growth in 4-H STEM (Science, Technology, Engineering & Mathematics) programs including: Spa & Relaxation Course and Genealogy, the very successful, 4th Annual NYS 4-H STEM Camp held at 4-H Camp Shankitunk; Public Presentation and Achievement Book Workshops; 4-H Fun Day and the 4-H Clover 5K Run/Walk and 5K Prep classes.



4-H Camp Shankitunk

4-H Camp Shankitunk had 694 youth attending this summer with over 50 employees. The goals of the camping program include: youth development, leadership, and environmental stewardship in a safe, fun, and educational environment. Day Camp, going strong in year four, continues to provide children age 6-8 with an opportunity to foster independence, learn life skills, make friends, and enjoy nature without spending the night. This year 102 day campers joined us for summer fun.

Human Ecology

Human Ecology Nutrition Programming in 2016 focused on fighting childhood obesity with nutrition education, food preparation, food safety and life skills lessons for kids, parents, and child care providers in the county. New farmers have been added to our farmer markets in Sidney, Walton and Deposit as part of the Farmer Market Nutrition Program and staff offer resources and workshops on food preservation to harvest and preserve food safely.

EFNEP/SNAP NUTRITION EDUCATION

Eat Smart New York and EFNEP nutrition educators have been engaging students in fun physical activity games, nutrition and food preparation lessons at 8 schools in Delaware and Otsego Counties this year. As part of the Eat Smart New York and EFNEP programs, staff teaching Cooking Up Fun Garden to Table and Catch lessons have reached out to Sidney, Hancock, Andes, Roxbury, Laurens, Charlotte Valley, Cherry Valley and Stamford Central Schools to deliver six lessons in each school for classroom and afterschool venues. 850 kids have enjoyed learning about growing, selecting and preparing healthy snacks and food at school and in parent/child CATCH classes. Adults have learned food preparation and safety skills as part of the parent/child cooking classes. Hancock Children's Center sponsored nutrition education lessons this spring for moms and their children. The Unadilla PTO supplied food for 20 junior chefs and 14 parents to prepare vegetables and international foods as part of Cooking Up Fun lessons. Over 100 adults have been engaged in EFNEP and ESNY lessons and Pop-up Grocery Store Tours to help them stretch their food dollars.



SCHOOL COMMUNITY GARDENS
Margaretville School fifth graders demonstrate their learning through hands-on “Dig It” garden lessons at the May School Health Fair. Gardening lessons were popular at Sidney, Hancock, Margaretville and Andes schools. Sidney after school lessons engaged youth in relay races and active games. Community and school partners, along with Cornell Cooperative Extension began planning to restore the school nature trail in Sidney this year.

SMARTER LUNCHROOM TRAINING
20 cafeteria staff received Smarter Lunchroom training at Sidney and Oneonta Riverside schools to increase the number of youth eating fruits, vegetables, whole grains and drinking milk at each school.



Housing and Environment

Environmental Stewardship/Energy: CCE provided leadership in organizing and delivering a Catskill Youth Climate Summit March 11 at Delaware Academy. 275 youth, teacher advisors, workshop presenters and exhibitors attended a one day successful youth summit planned by Jeanne Darling with local youth, teachers and volunteers. Youth from 16 schools created Climate Change Action Plans at the Youth Summit.

YOUTH SUMMIT



EMPLOYEE SAFETY FAIR/ENERGY BIKE
14 house owners adopted actions to reduce energy costs at EMPOWER/AMERICA SAVES workshops held at the Sidney Memorial Public Library and Hamden Town Hall. 190 Mallinckrodt Pharmaceuticals employees stopped by the Extension display and Energy Bike at the Annual Employee Safety Fair on June 8th. Participants learned about adopting energy savings actions in their homes.



Human Ecology/Delaware County Rural Health Alliance

BUILDING HEALTHY COMMUNITIES



Mark Fenton, a national public health, planning and transportation consultant provided three presentations on *Healthy Communities By Design: Economic, Environmental and Public Health and Building Healthy Communities* to over 220 attendees in October. During the month of May the Rural Healthcare Alliance collaborated with the Tri-County Senior Center group in Sidney and community volunteers to create two brochures that feature exercise resources available in and around the Sidney area. Information in the brochures is being added to business, school and local websites as well as the Delaware County Rural Healthcare Alliance website so the information can be updated and available to the public.

SUBSTANCE ABUSE/SOS TRAINING

The Rural Healthcare Alliance sponsored two Heroin and Substance Abuse Awareness Programs with a panel of professionals to educate and inform 88 health and human services, hospital, mental health, clergy and community members to be proactive in



this drug epidemic. Recovery Coach and the Warm Line helped over 1500 individuals connect with local self help and mental health services. Sources of Strength Youth Peer Leadership Programs have been active in preventing suicides in South Kortright and Roxbury schools.

MATTER OF BALANCE/TAI CHI FOR ARTHRITIS

With funding from the Rural Healthcare Alliance, Delaware County Office for the Aging has been able to offer Matter of Balance and Tai Chi for Arthritis classes to seniors. These programs help to reduce the fear of falling, improve strength, balance and increase activity levels among older adults. Over 100 seniors have completed the programs and a reported 100 more are on a waiting list to begin the Tai Chi program.

BREASTFEEDING TRAININGS

Health care providers, nurses, lactation consultants, health and human services, SUNY Delhi staff and nursing students were among the 97 participants that attended an Epigenetics and Breastfeeding program. CCE is a member of the Delaware County Breastfeeding Coalition providing education and support to women who choose to breastfeed their child/children.



GIRLS ON THE RUN

Eighteen teams from 10 Delaware County schools were represented at the 14th Annual 5K Girls on the Run/Walk Marathon. 204 Delaware County girls were among the 1,300 participants in Cooperstown this June. CCE's Rural Healthcare Alliance has funded the Girls on the Run program that trains local volunteers to offer the series of lessons in Andes, Hancock, Delaware Academy, Charlotte Valley, Sidney, South Kortright, Stamford, Walton, Margaretville and Roxbury Central Schools.



Agriculture and Natural Resources

A major focus in 2016 was farm business and transitional planning. Farmers developed business plans for the Southern Tier Ag Industry Enhancement Program and transition plans during the Annie's Project Managing for Today and Tomorrow. Conservation efforts continued with funding from New York State for pasture renovation using new conservation planting equipment. A study documenting the prevalence of crow damage and test a seed treatment was a needed initiative since crows can damage newly planted corn causing thousands of dollars of loss to local farmers. Precision feeding in the Susquehanna is a significant effort along with nutrient management in the NYC Watershed.

ANNIE'S PROJECT - MANAGING FOR TODAY AND TOMORROW

Transition planning is critical to keep agriculture strong. Women are responsible for a great deal of this kind of planning simply because they are either partners in a farm operation or they end up owning farms after a spouse passes away. A large percentage of farmers nationwide are over 55, a new curriculum called "Managing for Today and Tomorrow" was developed to help women farmers by offering a step-by-step planning process.

CROW PROJECT

Crows, ravens, black birds, starlings, grackles, Canada geese and wild turkeys have been pest problems annually for corn growers in Delaware County and the problem has increased over the last 15 years for unknown reasons. Damage to corn stands occur when birds pull the seedling corn out of the soil to eat the seed. This damage reduces the corn plant population dramatically, negatively impacting yield. Bird damage many times is most extreme where soils are stony, and planting depth is shallow as a result of soil conditions. Farmers have not had methods to prevent bird damage, as planting deeper had not worked universally, and shooting of birds (which is permissible) is not practical from a time and labor standpoint. In response, CCE conducted a field trial using Avipel Bird Repellant Seed Treatment on 5 farms that had significant bird damage and were given one bag of the Avipel treated seed, and one bag of untreated seed. At corn harvest yield data will be recorded.

TRANSITION OF DELAWARE BOUNTY TO LOCAL FARMERS

Delaware Bounty, a local food store located in the Business Incubator at 5 1/2 Main Street, Delhi, was started with a grant from USDA to bring local food to the people of the area year-round. After 18 months, it was turned over to the farmers in order that it may become a farmer-owned entity. Offerings include all kinds of meat, poultry, cheese, eggs, vegetables, fruits, jam, maple products, flours, baked goods, honey and more.

SOUTHERN TIER AGRICULTURAL INDUSTRY ENHANCEMENT PROGRAM (STAIEP)

When the Southern Tier Agricultural Industry Enhancement Program was announced, farmers flocked to a Business Planning workshop offered by Mariane Kiraly and Rich Toebe since the grant application required a detailed business plan! An intensive 1-day workshop was followed up with one-on-one assistance to help



farmers apply for this limited pool of funding. Farmers also needed an AEM environmental plan to be eligible for funding. NYC Watershed farmers worked with Paul Cerosaletti or Dale Dewing to modify their current plans. Mariane Kiraly and other financial partners approved of the business plans prior to submission. The STAIEP is managed through the Delaware County Soil and Water Conservation District. The STAIEP process solidified the good working relationship that the County agencies have with each other and this team effort led to 30 grant applications that exceeded the allocated funding. All applications were complete and impressive. The projects consist of improvements to cow comfort, new buildings for calves or heifers, silos, fencing, value-added milk processing equipment and more.



PASTURE RENOVATION GRANT PROJECT

CCE is contracted to work with 8 Susquehanna farmers to improve pastures using an inter-seeding method that does not disturb the soil structure and increases plant diversity and productivity. This is a cost/share program to improve pasture soil health. Due to dry weather, inter-seedings will be planted in 2017.

Agriculture and the Environment

Agriculture is a foundation of the economy in Delaware County. High quality water resources are also abundant here. The Delaware River, on the eastern side of the county, is the site of drinking water reservoirs for New York City, and the western part of the country lies within the upper Susquehanna River region. Our farms not only grow products for national markets, they also produce high quality water that is used downstate and into the Chesapeake Bay. Cornell Cooperative Extension, together with our agency partners Delaware County Soil and Water Conservation District, the Watershed Agricultural Council, New York City DEP, USDA NRCS, and USDA FSA, assist farms to balance profitable, productive farming practices with water quality protection.



WATERSHED AGRICULTURAL PROGRAM

CCE collaborated with the Watershed Agricultural Council, the USDA Natural Resources Conservation Service, and the Delaware County Soil and Water Conservation District to implement 306 Best Management Practices (BMPs) totaling over \$3.8 million during 2015. WAP farmer participants actively followed 335 Whole Farm Plans (WFPs) and 248 Nutrient Management Plans (NMPs). CCE staff, leveraging the research based expertise of Cornell University, provided support for the implementation of 248 NMPs, 3 calf housing structures, and the distribution of \$435,891 in nutrient management incentives. Through the efforts of CCE, Precision Feed Management was added as an eligible BMP within the WAP. CCE added two new staff and started implementing Feed Management Plans on 20 farms. In the next few years participation will expand to 60 farms.

FARMER EDUCATION PROGRAMS

The Farmer Education Program supports the water quality protection and farm viability mission of the Watershed Agricultural Council by providing educational programs that enhance farmers' abilities to manage their operations more profitably and in a way that nurtures their natural resources. Since October 2015 over 750 attendees were served in a total of 25 educational programs. Our education efforts focus on hands-on training and practical tools for profitable production. We held both classroom workshops and on-farm tours for audiences with varied interests and levels of expertise, addressing new technology, crops, and markets. Discussion groups for sheep, goat and beef producers provided a forum for farmers to learn from each other's experiences as well as benefit from the guidance of our educators and guest speakers. WAP Farmer Education team monitored crop maturity in May to predict the optimum hay harvest, and in September for corn harvest. Timely reports allowed dairy farmers to adapt to challenging weather conditions, pest infestations, and harvest excellent forages.



PRECISION DAIRY FEED MANAGEMENT

The Precision Feed Management program in the Susquehanna Watershed area of Delaware County has partnered with the Delaware Soil and Water Conservation District to manage several Precision Feed Management grant projects. Two grants were concluded this year resulting in 7 farms completing certified feed management plans, an additional project is on-going assisting 10 farms. Precision Feed Management helps dairy producers manage nutrients on their farm, and increase their economic efficiency in milk production. Implementation of PFM plans have resulted in significant reductions in our region's contribution to the nutrient loads to Chesapeake Bay.





Live well, grow well... be well.



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of Delaware County

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