

2017 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

As you open the pages of Cornell Cooperative Extension of Delaware County's annual report you will find highlights of program accomplishments for 2017. Success stories of Extension programs share the impact of our educational mission to engage families, businesses and communities in the county and region with the research based information and knowledge of Cornell, USDA, staff and volunteers. We are proud of the new and continuing program partnerships this year that open doors to new program opportunities to foster economic development, promote local foods and sustainable farming, protect and enhance the environment and develop healthy youth and communities.

We value the responsibility to prepare the next generation of youth through 4-H to "Make the Best Better". Through our club, camp and school programs we are training youth and parents important life skills. Our New York STEM Camp program attracted 21 counties this year to a weekend of workshops and fun at 4-H Camp. The five week 4-H Camp program was full with more campers attending each week than previous years. Youth were involved in planning and presenting the first two day Catskill Leadership Climate Summit at Frost Valley with 85 participants from 14 schools.

Nutrition education programs keep expanding to new schools and communities involving after school, in school, daycare, 4-H Camp, food pantries, workforce training, summer feeding programs, doctor offices, home and community sites through EFNEP and the Eat Smart New York programs. Funding from BOCES through a five year CROP grant will feature nutrition programs in 10 schools for parents and children in Delaware and Otsego Counties. Bassett has asked staff to teach a new Eating Smart Being Active family program for parents and their children in a pilot community this year. School and Community gardens are growing in eight communities thanks to our staff and school partnerships. Staff are working to make healthy food choices in schools and food pantries the first preferred choice. New to our staff is Tara Donadio who is working on a Clean Energy Communities Program targeting municipalities in Delaware and Chenango Counties.

Dairy Farms are reaping the benefits of Precision Feed Management and our timely agriculture programs as we welcome new educator, Melinda Gaida to Cornell Cooperative Extension. Thanks to a new Cornell on-line and regional training program, we have started a Master Gardener program and added new master gardeners to our volunteer roster. Beef and livestock farming increases in number each year, along with programming for livestock producers. Many producers have been able to receive grant funds to improve farm structures and business operations this year with Extension educator assistance in the grant application process.

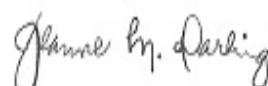
The innovative work of staff, volunteers and supporters is highly valued and an asset to our county and region. Our program outreach would not be possible without the support of the County Board of Supervisors, community and funding partners and you, our "Friends of Extension". We thank you, our funding and program partners for helping us make a difference in the lives of individuals, families and communities in Delaware County and beyond.

Sincerely,



Timothy Kelso
Board President

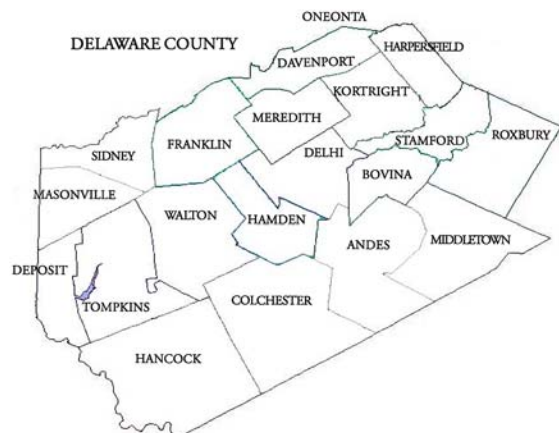
Sincerely,



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.





2017 STAFF

Executive Director
Jeanne M. Darling

Office Manager/
Ag Administrative Assistant
Judy Morse

Association Bookkeeper
Linda Mott

Desk Top Publisher & Asst. Bookkeeper
Kathy Shelton

4-H Team Leader
John Hannum

4-H Resource Educator
Emily Roach

4-H Administrative Assistant
Pam Conklin

4-H Camp Administrative Assistant
Cathy Scofield

4-H Camp Director
Corrine Tompkins

HE Clean Energy Resource Educator
Tara Donadio

HE Nutrition Educators
Maegan Freeman, Michaela Depatie

HE Program Educators
Cheryl Ceresna, Amy VanAlstyne

HE Administrative Assistants
Nanette Cazzolla, Valerie Dudley

Ag Sr Extension Resource Educator
Mariane Kiraly

WAP/PFM Community Educators
Melinda Gaida, April Wright-Lucas

Horticulture/Natural Resource Educator
Carla Crim

WAP Sr Team Leader/Nutrient Management
Dale Dewing

WAP Nutrient Mgmt Team Leader
Paul Cerosaletti

WAP Dairy/Livestock Sr Resource Educator
Richard Toebe

WAP Administrative Assistant
Kim Holden

Board of Directors

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Dean Darling, Stamford; Craig Dumond, Sidney Center; Jennifer Finkle, Andes; Derek Johnson, Unadilla; Mark Lee, Sidney; Mike Mattson, Downsville; Angie Pieper, Walton; Michael Steele, Roscoe; Lori Taggart, Franklin

2017 Programs

AGRICULTURE

Annual Dairy Tour; Ag Plastic Recycling Program; Baskets to Pallets; Beef Production Schools; Bugs & Blights; Catskill Regional Agriculture Conference; Clean Sweep; Conservation Innovation with Cover Crops; Crop Production School; Edible Landscapes; Farm Business Planning; Farm Business Summaries; Farmers' Tax School; Farm Succession; High Tunnels Season Extension; Invasive Species Detection & Response; Leaf Casting; Meredith Dairy Fest; Organic Dairy Profit Group; Pasture Renovation; Precision Feed Management; Sheep & Goat Producer Discussion Group; Strawbale Gardening

HUMAN ECOLOGY

Delaware Rural Healthcare Alliance:
 Healthcare Leadership Workforce Trainings;
 Delhi Fitness Trail Project; Get Out & Walk and Prescription Trails Program; Building More Active Communities; Disaster Preparedness; Senior Tai Chi program; Alzheimer Conference; Girls on the Run; Breastfeeding Support Network; Warm Line; Sources of Strength; Recovery Coach

Eat Smart New York:
 Eat Healthy Be Active; Eat Smart Live Strong/Senior Nutrition; Family Mealtimes Matter; CATCH Youth; 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; Cooking Up Fun; Teen Cuisine; Great Garden Detective Programs; Choose Health/School Gardening; Food Preservation; Garden-to-Table

Catskill Youth Leadership Climate Summit; Clean Energy Community Program; 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; NestWatch, Bird Quest; GPS; Sustainable Energy

Program Committees

Agriculture:

Chairperson.....Jordan Palmer, East Meredith
 Vice Chairperson.....Dominick Siniscalchi, Sidney Center
 Derek Johnson, Unadilla; Fred Kuhn, Grand Gorge; Mike Mattson, Downsville; Art Reynolds, Walton; and Micah Scobie, Delancey;
 Advisors: Robin Jerauld, Otego & Dr. Chris Camann, Unadilla.

Human Ecology:

Chairperson.....Kathy Sullivan, Delhi
 Secretary.....Christine Miller, Hobart
 Terri Korba, Stamford; Candice Russell, Walton; Lori Taggart, Franklin;

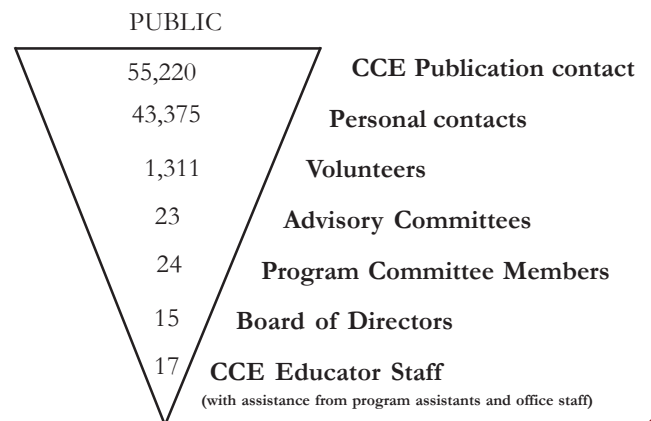
4-H Youth Development:

Chairperson.....Michael Steele, Roscoe
 Vice Chairperson.....Jill Coleman, Delhi
 Secretary.....Megan Eklund, Stamford
 Joyce Curtin, Sidney Center; Christine Evans, Walton; Donna Machala, Franklin. Teen Advisors: Jessica Coleman and George Machala.

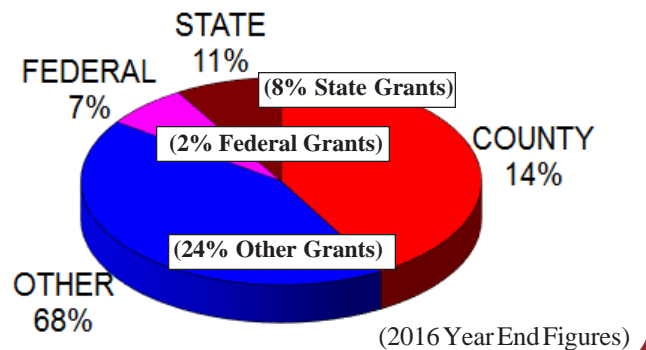
VOLUNTEER TIME CONTRIBUTION

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



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 39 clubs, 601 members age 5 to 19, and 108 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

103 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. 13 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: STEM; Agriculture & Food Systems; Citizenship & Civic Engagement; Healthy Living Courses/Activities - *BirdQuest *NestWatch *Forestry Weekend *NYS 4-H STEM Camp *Beginner & Advanced Woodworking *Sewing *Tractor Safety Certification *Spa & Relaxation *4-H FUN Day *Cornell Career Explorations *ABC Trip *International Night *NYC Trip *Sewing Evaluations & Fashion Revue *Horse, Beef, Sheep, Poultry, Waterfowl, Meat & Dairy Goats, Rabbits & Cavy, Dairy, Swine *Livestock Skillathon *Horse Bowl & Hippology *Dairy Quiz Bowl *Public Presentations (County, District, & State) *County & State Fairs *4-H Week



4-H Camp Shankitunk

4-H Camp Shankitunk had 706 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 five, 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 125 day campers joined us for summer fun.

Human Ecology

Human Ecology programs develop youth and adult healthy eating habits and physically active lifestyles to promote health through evidence-based nutrition education; food preservation and food safety education for consumers with promotion of local foods at farmers' markets; leadership of the Delaware County Rural Healthcare Alliance programming, youth leadership skills for environmental change and delivery of the Clean Energy Communities program to municipalities.

Food and Nutrition

SNAP NUTRITION EDUCATION

Eat Smart NY programs have been delivered to 6 after-school CROP programs, 3 job training programs, 3 summer feeding program sites, 2 senior housing locations, food pantry classes, daycare youth classes, 6 farmers' markets and multiple community sites. Pop-up Grocery Store Tours are engaging WIC clients to make smart food shopping decisions.

EFNEP- Our new curriculums have been delivered this year to more than 100 parents and 20 youth groups to teach hands-on nutrition and cooking skills. Teen Cuisine and Media Smart Youth lessons help youth develop junior chef food preparation and marketing skills. Finding a Balance curriculum is being taught to parents coping with (pre)diabetes in the family and Healthy Cents lessons have been presented to parents to help them stretch their food dollars. EFNEP breastfeeding lessons and support as well as day care educational credits were delivered through the EFNEP program in 2017.



FARMERS' MARKETS/FOOD PRESERVATION/LOCAL FOODS

Three farmers' markets sponsored by Cornell Cooperative Extension in Delaware County provide access to fresh, locally grown vegetables in Walton, Sidney and Deposit communities as part of the Farmer Market Nutrition Program. This year we were able to feature Cornell developed recipes and nutrition information at 6 farmers' markets. EFNEP and Eat Smart NY staff have provided youth and parent gardening lessons at 7 school/community garden sites in Delaware and Otsego Counties. Information to preserve garden and farmer market produce is available on the Cooperative Extension website and with instruction at a 4-C Camp food preservation workshop.

SMARTER LUNCHROOM TRAINING

Charlotte Valley and Sidney Schools have joined Cornell's Smarter Lunchroom program. Both schools participated in a plate waste study and action plans have been designed to increase the consumption of fruits and vegetables in the lunch line. Food pantries have been engaged in offering healthy foods, promoting fresh produce and helping us design materials for healthier food drives.



Housing and Environment

CLEAN ENERGY

COMMUNITIES

Cornell Cooperative Extension is getting communities in Delaware and Chenango Counties involved in NYSERDA's Clean Energy Communities program focused on energy reduction strategies in municipalities. Three of ten strategies for Clean Energy Community designation include installing electric vehicle charging stations, LED streetlight updates and solar technologies.

YOUTH CLIMATE LEADERSHIP SUMMIT

62 students are leading school implementation action plans to improve school environments in 14 schools after attending a 2-day Youth Leadership Climate Summit at Frost Valley in April 2017.



Human Ecology/Delaware County Rural Health Alliance

UNDERSTANDING UNSPOKEN CULTURE WORKSHOP

The Rural Healthcare Alliance sponsored *Understanding an Unspoken Culture* workshop with keynote speaker Fannie Glover from the Early Care and Learning Council. Participants learned the value of understanding diverse cultures, poverty, hidden rules, group resources and most importantly, how these elements play a significant role in our daily interactions with people. 22 individuals from health and human services personnel, social workers and hospital personnel attended the program.



TAI CHI FOR ARTHRITIS

The Delaware County Office for the Aging set up *Tai Chi for Arthritis* classes funded through the Rural Healthcare Alliance. More than 170 seniors participated in community classes in six different locations. The eight week *Tai Chi for Arthritis* program helped seniors increase their mobility, strength, balance and activity levels to decrease accidents from falling

GIRLS ON THE RUN

Youth from 10 Delaware County schools were represented at the 15th Annual 5K Girls on the Run/Walk Marathon. Over 200 Delaware County girls were among the 1500 participants in Cooperstown this June. CCE's Rural Healthcare Alliance has funded the program which is designed to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishments and teamwork.



ADOLESCENCE IN THE MILLENNIAL AGE

35% of youth struggle with emotional and mental health challenges at some point in their adolescence. Janis Whitlock, a Research Scientist and Lecturer from Cornell University, presented a workshop on *Adolescence in the Millennial Age* to present the research and link between emotional issues and non-suicidal self-injury. 44 participants including guidance counselors, psychologists, health and human services personnel, social workers, parents, youth and caregivers from Delaware and the surrounding counties rated the program as excellent. The workshop also included research and information on social media in relationship to teens.



SOURCES OF STRENGTH

Stamford Central School hosted the fifth Sources of Strength (SOS) youth suicide training for schools in the county. A full day of training was held in March for 25 youth peer leaders and 7 adult advisors.

As part of the training, University of Rochester staff involved Stamford youth in planning their first school SOS activities in April and a ropes course peer leader event in May.



Agriculture and Natural Resources

Our focus in 2017 was honing production and business skills to help farmers find ways to be more successful in the ever-changing world of agriculture, horticulture and natural resource management.

SATURDAY HORTICULTURE SERIES

The monthly Saturday Horticulture Series was introduced in January 2017. The two hour “mini-workshops” featured guest speakers and hands-on activities reaching over 100 participants. Programs included: Seed Starting Success, Edible Landscaping, Composting Ins and Outs, Herbal Infusions, Bugs and Blights of Delaware County, Concrete Leaf Casting, and Get to Know Your Forest. A range of seasoned and new gardeners participated in the workshops, and valuable gardening advice was shared by all.



ORGANIC DAIRY DISCUSSION GROUP

Organic dairy farms comprise about 12% of the dairy farms in Delaware County. A discussion group was formed two years ago to address the specific production systems needed for organic production. Topics on grazing, feeding, organic remedies, soil health and grass-only diets helped organic farmers be more successful.

EXTENDING THE SEASON

CCE hosted a Watershed Ag Council-sponsored workshop entitled “Extending the Season for Fruit and Vegetable Production” to 18 participants. Vegetable Specialist Judson Reid gave an excellent overview of different season extension structures such as greenhouses, high tunnels and row covers. After the morning workshop, the group visited Berry Brook farm in nearby Delancey. Owners Patrick Hennebery and Eleanor Blakeslee gave a tour of their high and low tunnels, which were loaded with healthy, green vegetables.



BASKETS TO PALLETS



The Baskets to Pallets regional conference trained 48 participants how to assess readiness for increasing production from direct markets to wholesale markets. Skills were gained from a Cornell Small Farms Program curriculum developed and presented across New York State.

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 source 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 produce milk, meat, and other products for national markets, they also produce high quality water that is used by our downstate neighbors and needed by the distant users of 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

Cornell Cooperative Extension collaborated with the Watershed Agricultural Council, the USDA Natural Resources Conservation Service, and the Delaware County Soil and Water Conservation District to implement 228 Best Management Practices (BMPs) totaling over \$1.6 million during 2016. WAP farmer participants actively followed 319 Whole Farm Plans (WFPs) and 253 Nutrient Management Plans (NMPs). CCE staff, leveraging the research based expertise of Cornell University, provided support for the implementation of 253 NMPs, 5 calf housing structures, and the distribution of \$468,540 in nutrient management incentives. CCE initiated the first year of Precision Feed Management as a WAP Program BMP by 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 2016, a total of 26 educational programs were offered with over 800 attendees.

Our farmer education efforts focus on hands-on training and practical tools for profitable production. We held both classroom workshops and on-farm tours for various audiences addressing new technology, new crops, and new markets, for both new and established farmers. Discussion groups for sheep, goat and beef producers provided a forum for farmers to learn from each other as well as benefit from guidance from our extension educators and guest speakers. The 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, manage pest infestations, and harvest excellent forages.





Live well, grow well.... be well.



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of Delaware County

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