



Cornell University
Cooperative Extension
Fulton and Montgomery Counties



Annual Report

2006-2007



Message from the President

“Cornell Cooperative Extension provides residents with research-based opportunities to learn for a better tomorrow in Fulton and Montgomery Counties.” This is the mission statement for Cornell Cooperative Extension of Fulton and Montgomery Counties.

CCEFM is an educational organization, and as the Board President this year, what an education I got. From dairy crops to livestock, financial literacy, energy conservation and nutrition, I have certainly learned a great deal.

Once upon a time, I thought that the Dairy Team was a group of 4-H’ers that we sent to some kind of a competition. Little did I know the positive impact that Kevin Ganoë, Regional Field Crop Specialist, and Dave Balbian, Regional Dairy Specialist, make on local agriculture. Craig Clark, our Financial & Consumer Literacy Community Educator, convinced me to change my incandescent light bulbs to ENERGY STAR qualified CFLs and that purchasing a new refrigerator would save energy and money. Jean Budlong, a Nutrition Program Educator, refreshed my memory about safe handling of food. On Marilyn’s recommendation, I shopped at the local Farmers’ Markets for a great source of fresh fruits and vegetables.

Earlier this year, the Board conducted an “Organizational Health Check”. We examined our Physical Resources, our Governance and Administration, our Program, our External Relationships and Public Image, and our Funding. One question was asked over and over, “What have been the most significant changes and what caused them?” After spending a year as the President of the Board, I have an answer to that question. Our dedicated staff is what caused the changes. Over the past 11 months, I have been in the CCE offices for meetings quite frequently and I have come to know most of the staff. I believe that our most valuable resource is our human resources. We employ an outstanding group of hard-working, caring and well-educated staff. We also have an exceptional leader in Marilyn Smith.

Many events and programs were successful again this year – The Farmer’s Market, Master Gardener Program, Real Men Can Cook, The 4-H Clover Combo Classic, Volunteer Income Tax Assistance program, the annual 4-H Cookie, Candy & Cheese Sale and Fonda Fair. These events take many hours of staff time to make them as successful as they are. Additionally, there is considerable time spent in recruiting and training the many volunteers that make these events possible. Our organization depends on these volunteers to help us serve our community.

What a privilege to be a part of this organization. Each one of you should take pride in a job well done. I look forward to all we will accomplish in 2008.

Rosemary Smith, President

4-H Youth Development

Employing numerous delivery methods, 4-H staff and volunteers directly touched the lives of almost 7000 young people in Fulton and Montgomery Counties during the 2006-2007 4-H year. Residence statistics for 4-H participants persist in the trend of recent years with 4% residing on farms, 40% in towns under 10,000 and rural locations, and 56% of participants residing in towns and cities with populations of 10,000 to 50,000.

“Cornell Cooperative Extension of Fulton and Montgomery Counties consistently delivers quality programs that offer academic, personal, and social growth while being highly interactive and fun!” wrote the 21st Century Community Coordinator of the Gloversville site. 566 youth at 12 after-school sites participated in 79 lessons, increasing their awareness and knowledge in the areas of financial literacy, nutrition and fitness, energy, agriculture, team building, environmental science and recycling. After School Programs included 21st Century, Advantage, Science & Technology Entry Program (STEP), and Catholic Charities’ Family Room.

Students from Kindergarten through high school at 19 schools throughout the two-county region incorporated a total of 64 experiential learning lessons with their classroom academics to better understand their world. Some topics selected by teachers were nutrition and healthy lifestyles choices, recycling and the environment, hearing, ecology, agriculture, and how energy use impacts the environment. A total of 5,242 students gained from these experiences.

With the help of a grant from Stewart’s Holiday Match, eight incubators, curricula and supplies were purchased to continue the ever-popular Incubation & Embryology Project. As a result of this year’s efforts, 334 students and members of two 4-H clubs discovered the amazing process of chicken embryology in a classroom setting, using eggs



My first year in 4-H was great. I love all of the activities you can do and all of the opportunities it offers. I enjoyed doing 4-H dog obedience and horse showing. I can't wait for another 4-H year.
M.A., age 14, Fort Plain





"I enjoy 4-H because I like to learn new things and make new friends. I like doing things as a group. I like doing community service....4-H is like having a second family." H.L., age 15, Gloversville



"This 4-H year gave me a new outlook on the influence older 4-H members have on younger ones. I found pride in being able to help younger members." C.M., age 18, Sharon Springs

from Cornell University. 27 teachers from schools in Fulton & Montgomery Counties and two 4-H club leaders participated in teacher trainings to learn or refresh their knowledge of the subject matter.

Fostering a connection between high schools and Cornell University and supporting literacy among high school students, 4-H in Fulton & Montgomery Counties again participated in the Cornell Reading Project. The project provided an opportunity for high schools to receive free books and to form a community of readers. The 2007 project was The Pick Up by Nadine Gordiner, selected by the University. Locally, 620 students from eight high schools read the book.

Of all delivery methods, 4-H community clubs continued to provide the highest impact on participating youth. In the 2006-2007 program year, 314 youth were members of 4-H community clubs, building skills in parliamentary procedure, subject matter of their interest, community service and productive use of leisure time. 97 independent 4-H members participated in individual study, learning more about subject matters of their choosing and joining in countywide events and programs.

On March 23rd the halls at FMCC bubbled with excitement as 68 4-H youth gave their public presentations at the county level, improving their public speaking skills and building confidence. Presentations included demonstrations, illustrated talks, formal speeches and dramatic interpretations. Eighteen youth presented at the District level. In September, four youth traveled to Cornell University to present at the NYS 4-H Public Presentations. The 4-H Public Presentation Program continues to be a highly valued experience by 4-H alumni.

CCEFM hosted its first-ever interactive videoconference on February 28th by presenting *The Cutting Edge: What Parents Need to Know About Self-Injury in Adolescents*. The satellite faculty conversation with Janis Whitlock, Senior Research Associate at Cornell University, provided an over-

view of issues related to self-injurious behavior. 38 local educators and professionals involved in parenting and youth development participated in the session at the Johnstown site. Participants learned about results from a New York State study about self-injury in schools, and discussed recommendations for detecting, intervening, and preventing self-injury.

To increase youth awareness and understanding of natural resources and local and global environmental issues, 4-H Environmental Field Day Programs for 5th grade students are implemented annually. Students and teachers visited 5-9 learning stations at each program site. In 2006-2007, 666 youth learned about energy conservation, birds of the North, recycling, rabies, West Nile Virus, Lyme Disease, winter and snowmobile safety, groundwater, water quality and trout, stream ecology and macroinvertebrates, invasive species, and bioaccumulation of contaminants in fish and wildlife. Instructors included representatives from Cornell Cooperative Extension, Environmental Clearinghouse, Fulton County Department of Public Health, Fulton County Recycling Center, Fulton County Sheriff's Department, Montgomery County Public Health, Montgomery County Sheriff's Office, and NYS Department of Environmental Conservation.

Without the help of those who give time, talents, and dollars, the Fulton/Montgomery 4-H Youth Development Program could not have touched so many youth during the past year. 4-H was fortunate to have local people who volunteered time for clubs, school programs, events and activities. Through their work with 4-H programs, volunteers helped meet youth's developmental needs of belonging, mastery, independence, and generosity. The estimated value of a volunteer hour is about \$18.00; however, monetary value can't be put on the many 4-H volunteers who taught, gave guidance and direction, coordinated events and activities, arranged for meetings and trips, encouraged, disciplined, supported, listened and loved. Each of the 160 volunteers is a vital part of the Fulton/Montgomery 4-H program; however, the real rewards are not in the thanks or public recognition, but come from watching local 4-H youth become productive, contributing adult citizens.



"I find that I bring 4-H ideas and activities into many parts of my life." H.G., age 17, Town of Florida

"I love being a 4-H member. 4-H has opened up great opportunities for me..." A.B., age 17, Mayfield



"I enjoyed being a teen super-intendant at the Fonda Fair and working with the judges and 4-Hers. I like helping people and this gave me the opportunity to do that." L.P., age 16, Town of Charleston

4-H Youth Agriculture



School enrichment programs aimed to develop agriculture literacy reached more than 2,000 youth. These programs included Ag In The Classroom, Incubation & Embryology, Where's the Science in Agriculture, Ag Literacy Day, and Agriculture Awareness Days.



On Agriculture Literacy Day, March 21st, local volunteers read the book Lily's Garden by Deborah Kogan Ray to approximately 1,000 second graders as part of the NYS Ag In The Classroom statewide dedication to improving agriculture literacy. Support activities were provided to teachers so that students could grow their own garden. Copies of the book provided by volunteer donors were placed in every elementary school library and many public libraries.



For the first time Fort Klock in St. Johnsville hosted a 4-H Ag Awareness Day for fourth grades. The venue offered a mix of historic farming methods with current agricultural methods all in one event, providing a unique learning experience for students. Other Agriculture Awareness Day sites included Pine Tree Rifle Club in Johnstown and Boulevard School in Gloversville.

"I am very enthused about bovine. When at the shows, I am always asking how other farmers conduct care for the animals on their farms which gives me ideas." J.P., age 17, Palatine Bridge

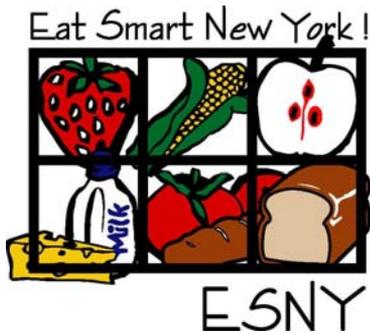
37 4-H Horse Project Members developed the knowledge and skills necessary to ride safely and were evaluated at the 5-day long 4-H Horse Camp. Instructors included local 4-H volunteers as well as experts from outside the two-county area. Additionally, participants explored horse activities they had not experienced before such as driving, drill-team, roping, gymkhana, and reining. Participants also learned about equine first aid from an equine veterinarian.



Cornell Cooperative Extension 4-H collaborated with the New York Center for Agricultural Medicine and Health and the Montgomery County Farm Bureau to present a Progressive Farm Safety Day which was attended by 25 4-H and non-4-H youth. Participants learned about a variety of farm based hazards and how to avoid them.

Nutrition & Health

Eat Smart New York! of Fulton & Montgomery Counties is a program that reaches limited resource individuals and households with children who are recipients of or applicants for Federal Food Stamps. Participants learn how to maintain a healthy lifestyle, stretch resources, and handle food safely.



Eat Smart New York!: In 2007, 378 participants enrolled in the Eat Smart New York! program. Of these, roughly 86% completed a minimum of six classes, adding to a long list of ESNY program graduates. 104 participants who were enrolled in 2007 will continue to participate in ESNY classes. In lessons that emphasized a healthy lifestyle, participants learned a variety of skills that improve nutrition, reduce the risk of food-borne illness and help stretch food dollars. Staff worked diligently to enroll eligible families receiving food stamps. In Fulton County, a goal of maintaining a caseload that comprises 75% families was successfully attained. In Montgomery County, the family caseload grew from 46% to 58%. Seniors and individuals comprised the remaining caseload.

“Sharing ESNY with Friends”

When starting her work with the participant (D.D.), Deborah, a Nutrition Program Educator, noted that both D.D. and her 8 year old daughter were overweight and that the house was filled with things like soda and potato chips. As Deborah met with D.D weekly to share lessons from the “Eating Right Is Basic” curriculum, she also helped D.D. prepare a healthy after-school snack for her daughter. As the weeks went on, Deborah noticed that the chips and soda were being replaced with things like fruits, vegetables, and whole grain crackers, and instead of soda, they were drinking water, milk or juice. D.D. also stopped buying whole milk for her family and bought 1% milk instead. She discovered that her daughter really liked the healthy snacks, and over the course of the program the 8 year old even lost 5 lbs. After talking about increasing physical activity, D.D. realized that taking a walk with her baby in the stroller while her 8 year old daughter rode her bike along would be something easy she could do to increase their activity level. One of the most remarkable things that happened was that after 3 weeks of participating, D.D. was so excited about what she was learning through ESNY, she started inviting friends to participate as well. As her friends joined the group, D.D. even helped Deborah as she filled her friends in on what they had missed in previous weeks. By participating in ESNY, D.D. made some significant changes that benefited not only herself, but also her family and friends.

“One new thing I learned today:

- How to read the Nutrition Facts label
- The amount of sugar that is in soft drinks
- The fat content in different foods...”

“I will use this (food safety lesson) in my everyday life by...

- Using two cutting boards; check dates on foods
- Thawing meat in the refrigerator
- Keeping my hands clean”

“A change I have made in the way I eat, exercise and shop for foods:

- Exercise more often and eat less sweets
- Having more salads with meals
- I switched from 2% milk to 1% milk because I could not tell the difference!
- Learning how to make a grocery list.”

One of the big successes of the ESNY 2007 year has been the collaboration with Fulton County Department of Social Services. After meeting with a DSS representative to highlight what CCE offers, common needs were discussed and a plan was developed that would satisfy the needs of both organizations. DSS now requires all Temporary Assistance for Needy Families (TANF) applicants to complete the ESNY program. This serves DSS as part of their assessment for the applicants, and helps CCE to work with the families that need nutrition education. There is a continuous group of TANF applicants that meets in the CCE kitchen one morning every week. This collaboration with Fulton County DSS received kudos from Sandra Borrelli, New York State ESNY Coordinator, who cited it as an example for other counties to follow. A plan has been set in motion for a similar program for Montgomery County DSS applicants.

In collaboration with the Greater Johnstown School District, CCE staff developed a new sports nutrition program called “Eat to Compete”. The goal was to provide student athletes with the knowledge necessary to reach their full potential by focusing on the food needed to fuel athletes. The information provided to parents, coaches and students enabled the student athletes to eat optimally to fuel performance. A pilot survey of Greater Johnstown School District coaches provided input on what information would be most useful for the student athletes and what materials they would like to see developed. The program aimed to help participants understand how to obtain the benefits of proper nutrition and avoid the nutrition mistakes common among teen athletes.

Research and groundwork for this program was completed in the 2006-07 year with the pilot presentation taking place in Fall 2007.

In January and February of 2007, 17 fourth and fifth graders at the St. Johnsville Elementary Advantage After-School Program participated in *Cooking Up Fun*, a series of cooking lessons utilizing a Cornell University-developed curriculum. Each week for six weeks, the students prepared such things as home-made hot cocoa, vegetables and dip, oven French fried potatoes, and soft pret-

zels. As they learned new cooking skills, they also learned important nutritional concepts such as how to decrease fat by baking instead of frying, the importance of eating enough fruits and vegetables, and ways to eat more whole grains every day. For the seventh week, parents were invited to attend and eat a dinner that their children had prepared. The parents were impressed by what their children had made. Parent reactions were very positive as they realized the impact of the lessons their children had learned.

Nutrition and health lessons were organized in a “grab and go” format to help facilitate program delivery to audiences in off-site locations. 1,048 youth at 24 schools gained knowledge in the area of nutrition and health. 344 youth at 20 after-school sites participated in 35 lessons that focused on nutrition, fitness and healthy lifestyle.

Three series of six “Eat Fit” lessons were delivered to 6th, 7th and 8th grade students. Each series culminated in a dinner involving parents who learned more about their 4-H-21st Century After-School program. Nine parents with children who were enrolled in the Head Start program participated in 14 ESNY lessons using the *Eating Right Is Basic* curriculum. Parents learned to stretch food dollars and serve healthy meals and snacks to their sometimes fussy pre-school children. Several took the 1% or less milk taste challenge and became low-fat milk drinkers.

67 participants attended the annual Holiday Workshop in November 2006. Eight presenters demonstrated gift ideas and delectable treats designed to help save time and money during a season that can quickly become stressful and strain the budget. Attendees received samples of the items along with a packet of recipes, healthy eating and safety tips and instructions that would help them find ways to personalize their budget-conscious gift giving and home decorating.



Volunteer Income Tax Assistance

"This program is wonderful! I could never afford to have my taxes done professionally. It enables the low income families to get more dollars back in their own pockets." D. B. VITA client

"Do you want to know what I did with my refund last year? It's sitting out in your parking lot. It gave me enough to purchase a car to get back and forth to work!" C. D. VITA client

"I received friendly, courteous service from the volunteer. They worked hard to get me back all the money I was entitled to." L.W. VITA client

2007 was another very successful year for Cornell Cooperative Extension's participation in the Volunteer Income Tax Assistance (VITA) in Fulton and Montgomery Counties. VITA is a free service provided by volunteers trained and tested by the IRS. In 2007, the number of returns filed more than doubled, many of which were the one-time telephone excise tax refund.

A summary of the 2006 tax year showed a total of 226 returns filed that returned a total of \$277,150 to the two-county region: federal refunds of \$156,651, Earned Income Tax Credit (EITC) of \$76,474 and \$44,025 in state refunds. Both the federal and EITC refunds increased by 9% and the state refunds jumped by 24%.

New to the 2007 program was the preparation of returns for some groups of people who could not come to the CCE site. Taking the service to the community, volunteers prepared returns at the Gloversville Drug and Alcohol Prevention and Petoﬀ Gardens Senior Housing. A planned visit to the Forrest Hill Tower Apartments was twice thwarted by weather conditions.

The VITA program was only possible because of dedicated volunteers who provided the technical assistance required for the job. This year four volunteers returned: Site Coordinator Andrea Hauser, CCE Finance Manager; Dick Ottalagano, founder of the VITA program in Fulton and Montgomery Counties; Allan MacVean, and Kevin Vosburgh. All were very dedicated to the program and spent a remarkable number of hours serving the clients. Two new volunteers in 2007, both of whom were students at Fulton-Montgomery Community College and recruited by their accounting professor, Larry Zuckerman, were Chris Blanchard and Mark Bolebruch. Both were instrumental in return preparation and devoted many hours every Saturday from January to April. Mark and Chris had to keep up with their course work during the tax season in addition to the hours of volunteering and Chris held a full-time job as well. CCEFM is thankful for the VITA volunteers for their dedication and good work.

Ag Economic Development

In December of 2006, the Montgomery County Agriculture Economic Development Project sponsored the Mohawk Valley Winter Market, a counterpart to the popular Mohawk Valley Spring Market. The winter market was held at the Glen Town Building in Fultonville and featured 20 producers from Fulton and Montgomery Counties. An array of products was available from wreaths and kissing balls to sugar-free blueberry jam and homemade ice cream, elk, pork, chicken and beef, garlic, pottery, artisan breads, eggs, alpaca yarn, fleece, and knitted items, honey, beeswax candles, cheese, apples, cider, sheep milk soap, maple products, hand-woven rugs and wooden toys.

Following up on the Winter Market's success, another Spring Market was held in March of 2007 providing an excellent marketing opportunity for several new producers. New additions to the market included hand-dipped candles, lettuce and field greens, and lamb. Several vendors experienced repeat business from previous markets and had cultivated business relationships in order to sell wholesale in retail stores.

Based on producer reports, the 2006 Winter and 2007 Spring Markets helped to generate nearly \$10,000 in sales for local farmers and producers. Both markets continued to expand and attract new vendors.

In 2006, the AED Project began working with the chambers of commerce in Fulton and Montgomery Counties to develop a new Harvest Tour Map. The new map is a great tool showcasing more than 52 farms and businesses. The map provides contact information, product lists, and general information about each farm. During the 2007 Fonda Fair, as part of a community outreach effort, over 675 maps were distributed. Maps were also handed out at events like Sundae on the Farm, the Country Folks Horse & Farm Show and others.

The 2007 Agriculture Scavenger Hunt began July 1 to encourage families and community members to have fun while learning about local farms. Participants were awarded prizes based on the number of items collected with a grand prize award for the first person to submit a completed scavenger hunt booklet.



Agriculture

Partnering to provide assistance to farm families...

In the fall of 2006, CCEFM in partnership with Fulton County Mental Health Clinic, Montgomery County Mental Health Department and Schoharie County Office of Community Services, joined the NY FarmNet Mohawk Valley Pilot Collaboration Project.

The purpose of the project is to organize efforts in the provision of support and assistance to the farming community in the three counties, especially those effected by the stresses of operating a farm business and farm life.

The support and assistance will be realized through continued education of and partnering with human and agricultural service professionals, providing them with information about the farm culture, agricultural stereotypes, impacts of this stress on farm business operations and family life, and to encourage these service professionals to notice stress symptoms within their clients and assist in connecting them with appropriate services.

2007 was a time of change for the agricultural industry. Input costs like fuel, feed and fertilizer rose but so did the price that producers received for products like milk, corn and soybeans. The Central New York Dairy and Field Crops Team provided educational programming and individual assistance to help local agricultural producers adjust to these changes and improve their profitability and viability for the future. In particular, Fulton and Montgomery producers participated in the following experiences.

The Cobleskill Dairy Day featured Andrew M. Novakovic, Director, Cornell Program on Dairy Markets & Policy, as the keynote speaker. Novakovic explained how milk supplies and milk prices related to weather factors this past year. A Montgomery County dairy farmer, who implemented an amino acid balancing approach to feeding his cows, was featured on the program to help others learn how they might use this feeding strategy.

The 2007 Corn Conference held at the Otesaga Hotel featured internationally known Louis Moore, Professor of Agricultural Economics at Penn State University. Moore provided attendees with an understanding of what is currently driving grain prices higher and whether or not those prices would be sustained over the next few years. Other topics included determining costs of production and updates in weed and insect control

Fulton and Montgomery County producers took advantage of opportunities offered by the team to better manage their finances. Producers participated in the Cornell Dairy Farm Business Summary which allows dairy farmers to compare the performance of their business to other dairy farms across the state that

are also participating. A meeting called 2006 Income Tax Strategies for Agricultural Producers helped producers understand recent changes to the federal and state income tax code.

2006 was a tough year as many producers suffered through floods, poor crops due to rain and low milk prices. For those producers who were considering exiting the business, the team offered a meeting called “Planning to Leave Farming” that helped them understand some of the tax consequences of selling their farm and some of the financial issues related to a sale. The meeting also featured speakers who had left farming to pursue other careers and provided discussion of how farmers might move their lives ahead after farming. One participant indicated that he would definitely use the information to make a decision about whether or not to continue and that he learned that “there is a life after farming”.

Keeping crop-growing profitable is always an issue when insects, weeds and disease can quickly reduce yields and lower quality. Producers from Fulton and Montgomery Counties were able to take advantage of meetings held at the Johnstown and Cobleskill Extension offices which addressed various pest management issues in field crops. Producers indicated they liked the overviews of different topics with the ability to ask questions as they arose. The Amish community also participated in these types of educational programs with meetings on their farms. In July, a meeting was held on an Amish farm with discussions that related to their crop management practices.

“Milk Quality Technical Advances —More Profit Through Proactive Monitoring” was the title of this year’s Winter Dairy Management School focused on milk quality and mastitis control. The emphasis was on how dairy producers could monitor for mastitis and take appropriate action before cow performance and milk quality were affected.



*“I give you a 10 on the talk about plants that are poisonous to animals.”
Field Crop Pest Mgmt.
Participant*



*“The speakers were great. I learned a lot from the herbicide and pesticides slide show.”
Corn Conference
Attendee*

*“As a result of today’s program, in the future I will take milk samples, evaluate milking routine, and brainstorm how to keep my cows cleaner.”
Winter Dairy Mgmt. Session
Participant*



Consumer Horticulture

One new volunteer completed the 10-week Master Gardener Volunteer Training Program in 2007. The total number of Master Gardeners is now 14.

The major activities for the Master Gardeners included the 8th Annual Plant Sale, the Saturday Tables, and the Fonda Fair. The Saturday Tables were staffed at the Agway in Johnstown, Ace Hardware in Johnstown, and Fort Plain Hardware. The Fonda Fair display featured a variety of houseplants, as well as a worm composting display. Again this year, the Master Gardeners sponsored the great pumpkin and sunflower contests for local 4-H members.

Master Gardeners addressed requests for information from consumers on a daily basis. While the number and variety of questions is ever changing, several general areas of focus seemed to always be the most popular. These included insect identification and control, soil pH testing, and wild life issues.

The program functioned completely through the generous donation of time and talent by volunteer Master Gardeners. During 2006-07, over 1,000 hours of service were provided by volunteer Master Gardeners, which is valued at over \$18,000.



Commercial Horticulture

Twelve producers attended a vegetable meeting held in July at Sands Flats Orchard near Fonda. The session covered general cultural practices and pest management.

A pumpkin variety demonstration featuring over 30 varieties was held at Hickory Hill Farm. Producers were able to see these varieties and how they performed. The best of these pumpkin varieties were exhibited at the Fonda Fair.



Consumer & Financial Literacy

"I wish I knew all of this when I was 18." That's what one participant wrote while filling out an evaluation following a CCE Credit Card and Debt Management workshop held in Amsterdam.

Another CCE workshop participant, saddled with a court mandate to repay a debt, said she thought all was hopeless until the workshop got her to look at her debt in an organized fashion. By the end of the workshop, instead of seeing the task of repaying the debt as impossible, she saw it as no more difficult than repaying a car loan. While she knew it would still take a lot of hard work and diligence to repay the debt, the participant said she felt she had a greater chance of success than she ever had before.

Those participants were just some of the several hundred local residents who have taken advantage of CCE's Consumer and Financial Literacy Program workshops since the program re-launched two years ago after a long hiatus.

With help from a NYS program, CCE has made available budgeting classes, credit card and debt management workshops and help for families and individuals trying to cut home utility bills throughout Fulton and Montgomery Counties. The state program, which provides CCE with teaching resources and free tool kits for workshop participants, was honored in 2007 as an "exemplary program" by the American Council for an Energy-Efficient Economy.

Youth outreach continued to be one of the goals of the consumer and financial literacy program with CCE presentations touring area schools to help students to be mindful of how their energy use impacts the environment and their parents' utility bills. While many adults were among the more than 1,200 people who played CCE's "Financial Literacy Knock Down" game at the 2007 Fonda Fair, the major focus was on youth audiences.

In 2007 CCE formed a Consumer and Financial Literacy Issue Committee comprised of financial professionals and local school, charitable and government leaders to help identify program needs and delivery methods to reach out to more residents.

"I spend a lot of money and when it was on paper and added up, I was quite surprised. I never looked at it that way until today."
Making Ends Meet Workshop Participant



The most valuable thing I learned today is...

- "The importance of a written budget"
- "Little stuff adds up by the week!"
- "I live beyond my means."

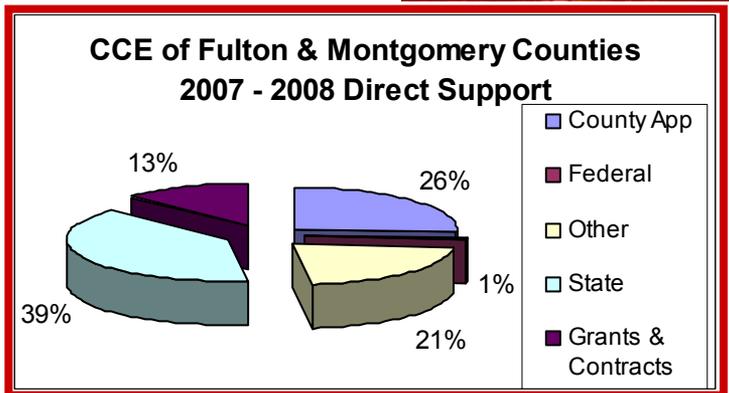
CCE Fund Development

Cornell Cooperative Extension in Fulton and Montgomery Counties continued to follow a path of diversified funding sources for program year 2006-2007. Events and product sales coupled with sponsorships, gifts, grants and contracts augmented federal, state and county support. Fiscal year 2007 saw a much needed and much appreciated increase in county appropriations from both county partners.

The 2007 Clover Combo Classic drew 27 competitive runners from five counties on September 30th. Rob Hudyncia of Fort Plain had the best overall results running the 8K race in 31 minutes 13 seconds. This was his second win in the event. 61 walkers assembled to walk the 5K path. A 1K Kids' Dash brought out 15 younger youth who raced to be the first to the finish line. New to this year's event was a 100-Yard Mascot Race in which five mascots from businesses and organizations competed.

The 5th Annual Real Men Can Cook Fund-raiser Dinner was held on October 12th. 65 local men responded to the call to prepare and serve their favorite dishes for this fun evening. Recipes such as Block Party Beans, Pauly Boy Chili, Golden Tomato Gratin, and Grannie's Tomato Soup Cake were enjoyed by 176 supporting diners.

Cheese from Palatine Valley Dairy in Nelliston was added to the product list for the annual 4-H Cookie and Candy Sale in March 2007. 11 varieties of cookies, four candy bar flavors and four selections of cheese gift packages were well-received by customers.



2006-07 Contributors

Sometimes contributions spark innovation. Sometimes they provide icing on the cake for already driven programs. And, sometimes the program just would never be possible without the express generosity of contributors like those listed below. In all cases, contributions were invaluable to the programs of Cornell Cooperative Extension of Fulton and Montgomery Counties. Many thanks to all listed here and to those whose contributions could not be counted in dollars and cents. The meaning of your support reaches beyond words.

\$1000 & Over

Senator Hugh Farley Member Item

NBT Bank - Louis Mauro Trust

Assemblyman Paul Tonko Member Item

City National Bank Foundation

Cornell Cooperative Extension Administration

Stewart's Holiday Match

Gloversville Wal-Mart Store & The Wal-Mart Foundation

\$500-\$999

Mohawk Valley Midnight Riders 4-H Club

First Niagara Bank

Goderie's Tree Farm

Miracle Ear

The Taylor Made Group

\$200-\$499

New York Energy Smart Students Program
Target Foundation
Price Chopper & Golub Foundation
Totally Teens 4-H Club
First Pioneer Farm Credit
Quandt's Food Service Distributors
NBT Bank
AGT Services, Inc.
Kickin' Country Clovers 4-H Club
Shore to Shore Communications
SubWay (MacKenzie & Grant, Inc) of Broadalbin & Johnstown
The Shults Agency

\$100-\$199

Glove Cities Veterinary Hospital
Dairylea Cooperative
LaBarkery
Fulton County Farm Bureau
Castiglione's Jewelers
Vern's Auto Service
Midvale Vet Clinic
Charles Vosburgh
Cheryl & Bill Andrist
Crown Hay & Feed, Inc.
Dan's Excavation
Delaney Construction
Donnelly Construction
Duff & Wilson Asphalt Paving, Inc.
Fort Johnson FOE#1575
G. Dwyer & Sons, Inc.
H & P Motors, Inc.
Johnstown Dodge
Karen & Daryl Kosinski
K.C. Canary of Fultonville
Lee & Mason Financial Services, Inc.
Stephen Miller, General Contractors
Wachovia Matching Funds Program

\$50-\$99

Fulmont Community Action Agency, Inc.
Puthaven Farm & Trucking
Classic Carriage Service
Adirondack Feed Center
Anna Marotta
Marilyn J. Smith
Arnold's Feed & Grain
Dellavale Farm

Hilltop Acres Farm
Locust Hill Ag Products
Richer Feeds
Bonnie Bargstedt
Alpin Haus
Bette Papa
Dairy Haus Ice Cream
Fagant's Auto Sales & Service
Fulton County Federal Credit Union
DiSanto-Rose DMD
H & M Equipment
Music The Way You Like It
Skiff's Dairy
The Tire Center
Udderly Delicious
Wire Works Communications

\$25-\$49

Joel & Linda Chapin
Katherine Kline
Anonymous
Beau Monde Hair Studio
Bethany Moss - Morgandy Farms
Clark & Gretchen Subik
Jacob Cornwall
Joseph Bialobok, DMD
Karen's Produce
M & K VanValkenberg – Agway
Margaret Fagan
Ovinshire Sheep Dairy
Classic Carriage Service
Lucky's Hair Affair
Palmer Pharmacy
Rusty Bits 4-H Club
Stephanie Holt

Craig & Linda Stevens
Michael & Dana Opalka
Bonnie Peck
George Brown
Hales Mills Country Club
Horning Excavation Corp.
James Howard
Lisa Campione D.C. (Dr. Thomas Morgan)
Little Friends Daycare
Mary T. Guzior
Northville Liquor Store
NY Limousin Association
Smitty's Service Center
Spraker's Paving
The Brave Clovers 4-H Club
The Creative Dance Studio

\$1 - \$24

Brower Farm
Brown Cow Ice Cream
Country Feed Store
Jim Hemstreet
Hank & Judy Cauenberghs
Mary Finch
Mitzi Summers
Something Special
Susan Maloney
The Gogis Family
Barnyard Pals 4-H Club
Charlie Gray
Eastern NY Farm Bureau
Gary Stowell
Jack & Kevin Putman
Jamie Matts
Janet Duesler
Jeffrey & Donna Phillips
Joan Eckler
Kelly Knowlton & Garritt Sammons
Maetster Farm
Marge Cressy
Martin Kelly
Mike Taylor
Something Special
Mohawk Valley Tire
Pete & Tricia Ricotta
Rebecca Delisa
Sally Milonovich
Say It With Signs
Wayne & Katherine Conbeer
Albert & Delores Hayes

Circle L Trailer
Clifford Douglass
Hu-Hill Farm
Kay Offenborn
Trailblazers II 4-H Club
Agnes Sahut
Dan Crabill
Doug Dutcher
Eileen Lang
Elizabeth Russo
Fort Plain Agway
Howard Gage Trucking
Jean Siebe
Longview Farm
Marsha Douglass
Mike Mongin
Norma VanDerVeer
Prime Signs
Roberta Healy
Susan Wiest-Deluca
Sweet Calbet Stables
Tracy Hidde
Wachovia Securities

In Kind Contributions

Adirondack Country Store
Antonucci's Wholesale Produce
ASAPP's Promise
Bike Works
Blue Moon Farm
Capital District Sports, Inc.
Complements
Dave Delaney
Fulton County Regional Chamber of
Commerce & Industry
Goderie's Tree Farm
JungleMania
Tammi & Cora McSpirit
Mental Health Assoc. of Fulton and
Montgomery Counties
Midtown Discount Beverage
Montgomery County Agricultural Society, Inc.
Montgomery County Public Health
Mountainview Farm
Partner's Pub
Rockline Farm
Rolling Hills Country Club at the Antlers
The Subiks
USDA Rural Development
Walmart – Johnstown Distribution Center
Workforce Solution Centers – Amsterdam &
Gloversville



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension provides residents with research-based opportunities to learn for a better tomorrow in Fulton and Montgomery Counties.

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Bonnie Peck, 4-H Animal Science
Linda Wegner, 4-H Program Leader

Central NY Dairy & Field Crops Team

Kevin Ganoe, Team Leader
David Balbian

Community Educators

Craig Clark, Consumer & Financial Literacy
Sarah Hand, Nutrition & Health

Program Educators

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Jean Budlong, Nutrition & Health
Julianne Clouthier, Mont. Co. Ag Economic Development
Shannon Dygert, 4-H School/After School
Barbara Klueg, 4-H Club Program
Eileen Lang, Nutrition & Health
Norma Maring, Nutrition & Health

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Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.

*Johnstown Hotel, 2nd Floor
55 East Main Street
Johnstown, New York 12095
Phone: 518.762.3909
Fax: 518.762.8155*

*e-mail: fultonmontgomery@cornell.edu
website: www.ccefm.com*