



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

ANNUAL REPORT



2009
2010

Serving Residents for Nearly 100 Years

4-H Youth Development

4-H youth development provided opportunities for 7,937 youth ages 5–19, under the guidance of adult volunteers and Extension staff to pursue projects of particular interest, learn how to practice healthy lifestyles, and participate in science, engineering and technology programs through 18 neighborhood clubs, and 196 classroom enrichment & after-school lessons, summer lessons (4 science lessons at 16 program sites), and special interest series.

2010 marked the 20th year for 4-H Horse Camp for 4-H horse project members who have horses they ride, drive, or handle. The 5-day Horse Camp included workshops on horse science, English riding and jumping, Western riding, gymkhana, miniature horse, and driving. Over 40 youth participated.



*4-H has changed my life.
J.M.*

grooming/boarding facility, a horse breeding farm, a dairy farm, and a 'state of the art' small animal hospital.



In July, 15 youth ages 13-18 participated in the first 4-H Veterinary Science Tour, an intense 2-day (16 hrs.) learning experience, visiting a variety of businesses related to animal health. "The Normal Animal" theme incorporated hands-on education on how to give vaccinations, taking temperature, pulse, and respiration, and other health care issues for maintaining the health of large and small animals. Participants visited a

I was happy to become a 4-H Choose Health Ambassador and after being trained I hope to be able to make a difference in the lives of children. M.O.

Nutrition & Health

N&H held 26 nutrition/cooking classes including 8 home food preservation classes. Through partnerships with the Fulton-Montgomery Farmers' Market Assoc., Nathan Littauer Health Link, the FC YMCA and senior centers in both counties, CCEFM reached 584 residents providing strategies to combat obesity, chronic disease and prevent foodborne illness.

N&H collaborated with Price Chopper and other business partners offering classes and participating in community wellness events and employee health fairs reaching over 800 residents with messages ranging from diabetes awareness and heart health to the importance of family meals.

In collaboration with several local human service providers and the Northeast United 2-1-1, a nearly 2-year undertaking, a new Wellness Yellow Pages, a directory of community programs for residents of Fulton, Montgomery and Hamilton Counties, was published and distributed.



Eat Smart NY! Makes a Difference in Fulton and Montgomery Counties

ESNY participants receive six lessons which include assessing family nutritional needs, balanced menu planning, wise shopping, label reading, food handling and preparation. In FY 2010, CCEFM graduated 561 recipients of SNAP benefits (formerly called food stamps). Below is a sampling of comments by graduates about lifestyle change as a result of their lessons:

"...I am eating better, making better choices for my daughter, I have lost weight and have better control over my high blood pressure and cholesterol." S.A.

"What I have learned the most is portion control... Not only are we making healthier portions we are also making our money for food last longer, because the food is lasting longer." M.M.



Consumer & Financial Literacy

Just over 1,000 adults attended workshops and presentations on home energy saving, budgeting and credit & debt management. They included EmPower NY public workshops at service agencies for their clients and the CCEFM Nutrition & Health Eat Smart NY teaching sites. A recently conducted pilot study on the effectiveness of the EmPower basic budgeting workshop found that "93% of participants were able to identify specific changes they had implemented: tracking expenses, budgeting and financial planning, applying specific money management skills, developing saving plans, and saving money on expenditures."



620 youth participated in CFL programs in 2009-10. In addition to the popular Energy Bike lesson teaching the importance of energy conservation, Pay Yourself First, a money management lesson was also successfully launched for middle school students. Energy saving programs were a part of 2010 summer programs.



In 2010, CFL Educator Craig Clark joined the Family Economics Resource Management Program Work Team, a statewide effort by Cornell Cooperative Extension to help individuals and families to adopt management behaviors which lead to more secure financial situations. As part of the program work team, Clark helps shape a statewide dialogue strengthening consumer and financial education efforts.

Volunteer Income Tax Assistance Program

A total of 207 returns were prepared for tax year 2009 by the CCEFM VITA team: site coordinator Andrea Hauser, and volunteers Chris Blanchard, Mary Fisher, and Patti Laux. In summary at this site, Federal refunds: \$323,073, EITC (Earned income Tax Credit): \$123,760, NYS refunds: \$ 70,685. CCEFM VITA also worked with Fulton Co. Adult & Child Protective Services and Fulton Co. Office For Aging to provide refund preparation and tax guidance.

Agriculture

Commercial Horticulture—Capital District Vegetable & Small Fruit Program The CDVSF team initiated and implemented a broad range of programs in 2010, in addition to responding to growers' needs: Research trials including sweet potato and pumpkin variety trials and berry production efficiency; Reduced Tillage Strawberry Production (including a farm in Fulton Co.); Integrated Pest Management education, particularly with berry growers and tree growers (including a meeting in Fulton Co.); twilight/field meetings; and Amish Produce Auction growers' meetings.

Downy mildew, a devastating disease of pumpkins and cucumbers, was the 2010 grower's challenge. The team detected the disease early and quick response in Montgomery County, at the first site where downy mildew was found, saved a grower's 100 acres of pumpkins from total crop loss. In 2010, CDVSF collaborated with the Cornell Vegetable Program in western NY to produce a monthly statewide commercial vegetable newsletter, *VegEdge*, available to enrollees.

Consumer Horticulture—Master Gardener Program 24 volunteer master gardeners began or continued their service to residents as they answered calls, taught classes, prepared flower beds, designed exhibits, staffed informational tables, presented demonstrations, performed soil testing, and came to know some of their peers in neighboring counties. In an effort to assist homeowners start a backyard garden, MGs taught a 4-part series: Food Gardening 101, in which 20 residents learned how to prepare a garden site, select plants, grow and harvest the fruits of their labor. MGs researched, designed and created an effective exhibit in the CCEFM building at Fonda Fair.



Agriculture Profitability—Central New York Dairy & Field Crops Program Increased profitability and improved quality are the goals of the CNY team. In dairy, the current focus continues to be on precision feed management, which uses feed management planning to increase efficiency and profitability. Benchmarks and other indicators are key components of management. In field crops, the emphasis is on high quality forage, profitable crop rotations (currently with corn silage profitability), and Integrated Pest Management. The teams' specialists collaborated with CDVSF to teach/

Montgomery County Agriculture Economic Development Project

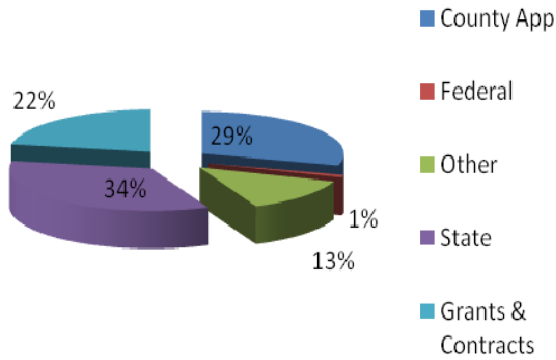
2009-10 brought several positive advances in efforts to bring together consumers and local small producers to increase profitability. A farm cookbook, produced by the project and featuring 15 local farms, proved popular and sold out within months. Mohawk Valley Markets were moved to the Alpin Haus showroom, Amsterdam, increasing visibility for the market and improving space accommodations.

A partnership with Ag Environmental Management provided for pasture walks and grazing education during the summer of 2010.



Revenues 2009 -2010

CCE of Fulton & Montgomery Counties
Direct Support



CCE of Fulton & Montgomery Counties
Revenues

| \$ | Sources | % |
|--------------|--------------------|------|
| 329,000.00 | County Approp'tion | 29% |
| 10,000.00 | Federal | 1% |
| 146,650.00 | Other | 13% |
| 382,921.00 | State | 34% |
| 247,061.00 | Grants & Contracts | 22% |
| 1,115,632.00 | | 100% |

A Message from the Board President



I frequently have the opportunity to address groups of young people preparing to set off and find their way in the world. I try to remind them that quite often they will be told that "following their passion is the formula to success" or "find what you love" and that's where the path to success begins.

I'm sure this advice is well intended and meant to give guidance and I don't want to throw a wet blanket on youthful ideals, dreams and exuberance, but quite frankly for the majority of us... we need to find a job and discover the passion later. Mortgage payments, car payments, raising kids; all these pressures and demands for our time often make us overlook our passions and dreams while we build a life, a family and a community.

Many in the business community, and I include myself in this group, are passionate about our work. We are passionate about quality, good service and growth. But for almost everyone I know, if you want to discover their real passions in life, ask them about their kids, or their spouse, or their goats, their fruit trees or their schnauzers.

Quite often, people like me volunteer with groups like Cornell Cooperative Extension to involve ourselves with those luckiest of individuals who are not only passionate about making the world a better place in which to live, but also have the good fortune to be able to follow their passions every day in their career. Working with the employees and the volunteer network of Cornell Cooperative Extension in Fulton and Montgomery Counties and the entire Cooperative Extension family has been fulfilling and rewarding in ways I never expected.

As my term as board president draws to an end, soon our paths together will begin to diverge and we will go our separate ways over time. Please remember and never forget that Fulton County, Montgomery County and this small region of the great state of New York is a better place in which to live because of people who, together, work to accomplish the mission of Cornell Cooperative Extension in 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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Cornell Cooperative Extension in Fulton and Montgomery Counties provides equal program and employment opportunities.