

“Building Strong and Vibrant New York Communities”

Cornell Cooperative Extension of Livingston County

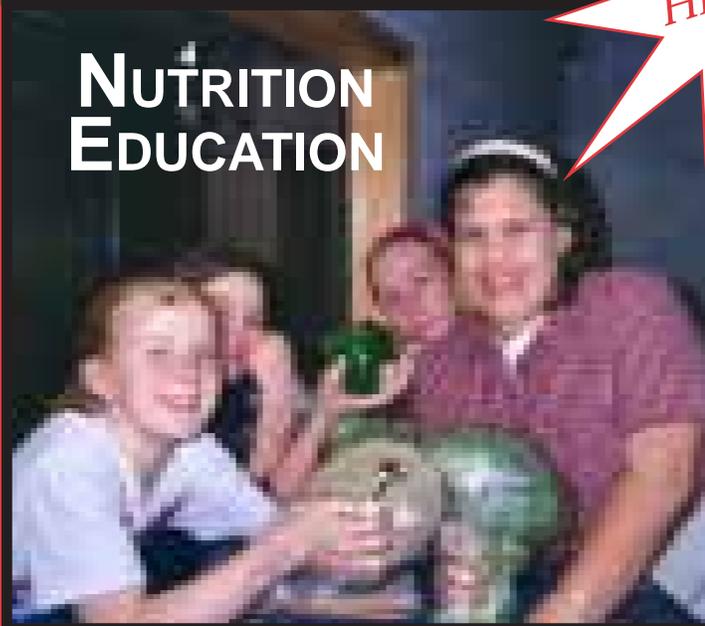
2004 ANNUAL REPORT



AGRICULTURE AND ENVIRONMENT



4-H YOUTH DEVELOPMENT



NUTRITION EDUCATION



STRENGTHENING FAMILIES

Program Highlights 2004

CORNELL

Cooperative Extension
LIVINGSTON COUNTY

Agriculture & Environment

Goals

- To contribute to a sustainable agricultural production industry in Livingston County through educational programs addressing productivity and profitability issues with environmental management considerations
- To assist county residents with home and home environment maintenance with knowledge about energy, conservation, pest identification and environmentally sound management alternatives, plant selection and maintenance, indoor air quality management, waste reduction and management and water quality protection

Staff: David Thorp, *Agriculture Program Educator*
NWNY Dairy, Livestock, and Field Crops Team

Highlights

- ◆ Master Gardeners continued their outreach activities this year with requested presentations to local groups, particularly local garden clubs, two months of alternating Friday nights at WalMart in Geneseo, and design and planting of perennial gardens as a public service project. Community events, a Farmers' Market and classes continue to receive their attention and connect people to CCE resources.
- ◆ "Manure to Methane" program was held at Noblehurst Farms to present the specifics, costs and management needs of a manure to methane system. Information and a site visit to the digester facility gave participants a basis for considering this alternative for odor control and nutrient management.
- ◆ Local Farm Business Management Specialist John Hanchar in cooperation with the Lake Ontario Fruit team management specialist received a \$60,000 financial management grant through Finger Lakes Resource Conservation and Development Council, Inc. "Managing Financial Risk Through Improved Farm Financial Management" seeks to enhance dairy, livestock, field crops, and fruit farm business owners' capacities to manage financial risk by enhancing their planning and control and farm financial management skills.
- ◆ CCE Specialists are continuing efforts in the Conesus Lake Watershed research project to implement nutrient management plans on three study farms in a sub watershed studying impacts on lake weed reduction through lowered nutrient inflows. An August site visit with boat tour showed weed beds and initial positive impacts on this one small sub watershed. Soil testing, fertilizer reducing practices, strip cropping, water/sediment control basins, tile drainage, grass filters, fencing cattle out of the stream, and managed grazing received emphasis. The project is a collaboration including the local Soil and Water Conservation District.
- ◆ Back to basics describes a Forage Quality Demonstration program at Lawnell Farms. CCE specialists for Livingston County in cooperation with commercial crop management specialists facilitated participants realizing how to make hay crop silage in a one day harvest window by wide swathing at cutting and merging to chop.
- ◆ A three day workshop on Basic Farm Financial Management was held in Avon in cooperation with the Farm Service Agency. Participants learned the value of measuring financial condition and performance using financial statements and how to construct the statements.
- ◆ CCE Specialists for Livingston County cooperating with commercial crop specialists evaluated zone tillage practices for corn silage production on CAFO sized dairy farms. Evaluation focused on expected effects on labor required; ownership, investment costs; and profit. Results presented at the annual Corn Congress programs indicate favorable evaluations for each aspect.

Conesus Lake Watershed Tour



Cornell Cooperative Extension in cooperation with SUNY Geneseo and SUNY Brockport, recently sponsored a tour of Conesus Lake and its Watershed. The tour showed improvements made to sub-watersheds from the use of Best Management Practices (BMPs) initiated on three farms involved in a multi-agency, multi-year, USDA grant.

The research project was put together to reduce farm runoff and nutrient load in these sub-watersheds. A few of the BMPs implemented with input from Extension Specialists and SWCD staff were fertilizer use based on soil tests, crediting manure nutrients in fertilizer planning, subsurface tile drainage, strip cropping, manure storage, cover crops, water/sediment control basins, grass filter strips and fencing animals out of waterways.

The Brockport and Geneseo researchers are tracking improvements to water quality as measured in reduced growth of algal and rooted aquatic weeds. The project considers smaller areas of implementation rather than trying to improve the entire lake. The results look promising from the initial stream water data and aquatic weed observations in the lake.

This is one of only six in the country being studied using USDA Water Quality funds. It is being used as a model to allow other projects to be developed from it. This grant is in its' third year with the intent to submit a proposal to continue with the project.

4-H Youth Development

Goals

The outcomes 4-H Youth Development intends to strengthen in young people are:

- Effective problem solving and decision making skills
- Positive work attitudes and skills
- Valuing diversity
- Accepting community and social responsibility
- Contributing to positive relationships with families, peers and community members
- Demonstrating communication and leadership skills
- Valuing life long learning
- Practicing healthy and safe lifestyles



Staff:

Barbara Schirmer, *Extension Team Coordinator*

Stacia True, *4-H Educator*

Christopher Schofield, *4-H Educator*

Pam Ciufu, *4-H Program Assistant*

Highlights

- ◆ In the 2003-2004 4-H project year there were 488 youth enrolled in 50 4-H clubs. A total of 210 volunteer leaders worked with these young people to teach them skills in such project areas as public speaking, nutrition, clothing construction, arts and crafts, outdoor education, horse, livestock, small animal care, gardening and woodworking.
- ◆ A total of 900 youth were enrolled in 4-H special interest programs, school enrichment, and school-age child care programs through Cooperative Extension.
- ◆ 4-H'ers participated in the annual Produced in New York cooking contest, showing off their creative recipes that featured products produced in New York State. Six contestants went on to the state fair to demonstrate their prize-winning recipes.
- ◆ At the County Public Presentation Day held in March, 56 youth gave demonstrations and other types of presentations on topics related to their 4-H work. This program continues to help youth develop skills and self-confidence in public speaking.
- ◆ 4-H youth were very active in community service projects that focused on making a difference in their communities.
- ◆ 4-H Teen Council members traveled to Colorado to visit with 4-H teens in that state during July.
- ◆ Horse 4-H members learned more about horsemanship at the first 4-H Horse Camp held at Hemlock Fairground in July.
- ◆ 4-H members were well represented at the Hemlock and Caledonia Fairs. This is the one time of the year that they can publicly display all of the many projects that they have produced during the year. Over 2,500 exhibits were entered by 4-H members at each fair.
- ◆ 450 students attended the Annual Conservation Field Days at the A-on-da-wa-nuh Sportsman's Club sponsored by 4-H.
- ◆ 26 4-H members participated in a Livestock Auction project at Hemlock Fair. 35 members of the community registered as buyers.
- ◆ Two members of the Avian Events senior team were selected to participate on the NYS team to compete at Nationals in Louisville, KY. They are Matt Whiteman and Katrina Blackwell.



Katrina Blackwell and Matt Whiteman Will Represent New York at a National Competition

Matt Whiteman, Dalton, will be a member of the 2004 New York State Avian Bowl team which will compete in Louisville, KY, in November 2004. He has earned this position by placing first place overall in the senior division for the avian bowl at the 2004 New York State Fair. Katrina placed third overall in that contest to earn her a spot on the team. Whiteman and Blackwell will represent New York State in the National 4-H Poultry and Egg Conference, held annually in Louisville, Kentucky. Avian Bowl encourages youth to study many aspects of the avian sciences. The mechanics of play insure an interesting, fun and motivating competition that appeals to both the contestants and audience.

Whiteman has been a member of the Dalton Gang 4-H Club for 7 years and has completed projects in poultry, rabbit, beef, dairy, woodworking and many others. Blackwell has been a member of the Bald Hill Eagles for 7 years and has completed projects in poultry, sheep, dairy, natural resources and many others. Both Blackwell and Whiteman have earned Grand Master Showman honors at Livingston County fairs.

2004 Outstanding 4-H Members

Sarah Ciufu, from Livonia, has spent the past eleven years baking cookies, showing goats, making countless craft projects and trying her best to learn to sew. She admits that even though there are some things that she never mastered, she still enjoyed doing it all. More than anything Sarah has done or learned, to her the most important part of being in 4-H is related to all the friendships that she has made. Working at State Fair, attending 4-H Teen Leader Institutes and Teen Ambassador Training, and participating in many different 4-H trips helped Sarah to connect with many teens from all across NY and form some long lasting relationships. Sarah has been an active member of 4-H Teen Council, serving most recently as President of this group. As a Teen Council member she has scooped a lot of ice cream cones at county fairs and washed many cars all to raise money for the teen exchange trips to North Dakota and Colorado. Sarah says she started out as a shy, quiet girl and ended up as someone who will talk to anyone that will listen, and even to some that don't. Sarah will be heading off to college next year with the goal of becoming a teacher. We wish her well, and thank her for the great leadership that she has provided to the Livingston County 4-H Program.



Sarah Ciufu from Livonia with parents Pam and Dave Ciufu.

Christopher Whiteman, an active member of the Dalton Gang 4-H Club, has tried his hand in many different project areas including crafts, sewing, baking, rabbits, poultry, goats, dairy and beef. His greatest accomplishments have been in the area of showmanship. He was the first place novice showman in dairy at Hemlock in 2000, Master Rabbit Showman in Hemlock and Caledonia in 2004 and participated in the

Grand Master Showman competition at both fairs. Chris has great skills in presenting his animals and in-depth knowledge of the different animal species that he works with. He has willingly shared this expertise with other 4-H members through public presentations and leadership experiences. Chris is considering a career in Agricultural Business Management. The skills and information that he has learned in 4-H will help him as he applies to colleges this year.



Christopher Whiteman poses with his mom Linda at Achievement Night.

Nutrition & Consumer Education

Goals

- To provide accurate information on nutrition, fitness, health, food safety, as well as opportunities for skill-building and self-sufficiency, to youth, adults, senior citizens, and families so that healthful, informed decisions can be made about their lifestyle choices.
- To provide accurate, relevant information on financial and consumer issues that promote self-sufficiency, financial security, increased knowledge, and acquisition of basic budgeting skills to youth, adults, Eat Smart New York participants, NYSEG Power Partner participants, senior citizens, families, worksites, and community groups

Staff:

Nancy Healy, M.S., *Interim Nutrition Educator*

Joan Bernard, *Nutrition Teaching Assistant, Eat Smart New York*

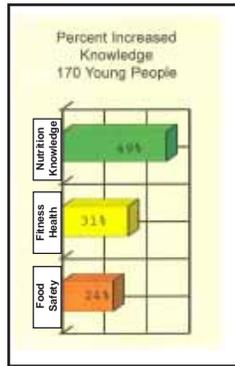
Nutrition, Health & Safety Highlights

- ◆ Offered research-based nutrition, food safety, food preservation, and general health information to individuals and groups via phone or personal contact.
- ◆ Collaborated with county and regional agencies to promote healthy and safe lifestyles—Finger Lakes Geriatric Education Center’s Community Geriatric Training Team, Livingston County Diabetes Coalition, Western New York Regional Diabetes Coalition, Genesee Valley Health Partnership, Livingston County Food Security Coalition, Livingston County Worksite Wellness Partnership, and the New York State Nutrition Council.
- ◆ In collaboration with the Worksite Wellness Partnership of Livingston County, CCE has provided nutrition and health information, resources, and fitness demonstrations at health fairs to major county employees. Also, the Partnership provides a quarterly health newsletter to its employer members.
- ◆ Sent monthly filler articles to over 70 schools, agencies, media agencies, and interested individuals with topics addressing a wide range of topics including nutrition, fitness, stress management, child care, consumer and financial issues.
- ◆ Participated in the Farmers’ Market Nutrition Education Program which encourages WIC and Office for the Aging clients to redeem farmers’ market vouchers in order to promote local agriculture. Nutrition, food safety, food preservation and CCE information were given at the Dansville Farmers’ Market.
- ◆ Conducted a Vegetable of the Month workshop series for 4-H youth.
- ◆ Instructed fitness classes with nutrition education to local senior citizens, Genesee Valley BOCES employees, Livingston County DOH and DSS staff, and to Mt. Morris Central School faculty.
- ◆ Presented nutrition and fitness education to several local T.O.P.S. (Take Off Pounds Sensibly) Programs.
- ◆ Provided nutrition education and eating disorder awareness education to alternative education/GED students of Genesee Valley BOCES and Genesee Central Middle School students.
- ◆ Participated in Youth Career Day through the Livingston County Office of Workforce Development in order to educate youth about nutrition and fitness careers.
- ◆ Presented nutrition and diabetes education to Livingston County Department of Health’s Diabetes Support Groups.
- ◆ Collaborated with the newly developed Livingston County Food Security Coalition in order to promote food security in Livingston County. Coordinated the Mt. Morris/Nunda food distribution site; assisted with re-organization of the Mt. Morris Food Pantry and Migrant Center; assisted with Avon and Genesee food distributions.

ESNY Participants Learn How to Eat Healthy

Eat Smart New York (ESNY) is a nutrition education program for families, youth and senior citizens who are food stamp recipients. Focus is placed on improving dietary quality, food security, food resource management and food safety.

ESNY is an essential program in Livingston County because there are 6,708 residents who are currently living below the Federal poverty level and over 3,000 receive food stamps.



A particularly unique aspect of the ESNY Program is the focus on PEOPLE!

- **P**articipants: Participants are full partners in the learning process.
- **E**xperiences: Educational experiences appeal to the interests and abilities of participants regardless of age.
- **O**utcomes: Focus is on prevention among individuals at greatest risk for negative health outcomes.
- **P**ertinent and Practical: Practical skills are taught that assist low income families adopt healthy habits.
- **L**egitimate: Content and learning activities are appropriate to the culture and beliefs of those enrolled.
- **E**steem: Graduates report greater self-esteem and nutrition knowledge.

Strengthening Families and Communities

Goals

FAMILY DEVELOPMENT

- Promoting positive, productive lives for all families
- Promoting and improving parenting education

Staff:

Donna Horton, *Human Development Educator*
Shawn Harnish, *Grow & Learn Program Coordinator*

COMMUNITY DEVELOPMENT

- Creating safe and caring communities for our youth
- Strengthening local government and community leadership

Human Development Highlights

- ◆ Active Parenting 5 to 12 and Active Parenting/Teachable Moments: Parenting classes have been offered on a one-to-one basis to 15 families in 2004.
- ◆ The Livingston County Child Safety Coalition applied to the National Safe Kids Organization and was accepted to be a New York State Chapter of Safe Kids. The car seat fitting station and special events reached 152 families through car seat inspections. During the inspection the parents received training in the correct way to install their car seat. 75 new car seats were issued over the year. Two events were done in cooperation with the New York State Police who provided another 23 seats. Through the low-income component of the program 37 new car seats were distributed. Two training sessions resulted in 11 new certified technicians who will conduct car seat inspections.
- ◆ Summer Career Exploration was funded through Livingston County Youth and Work Force Development. It was a 6 week program in which youth ages 16 to 21 explored different career opportunities. They receive training in how to do a resume, how to interview, how to dress for an interview and other job readiness skills. Another component of this program is community service. The youth selected a particular job they wanted to do that will help the community to be a better place.
- ◆ New York State School-Age Care Credential is a 10-month program that is offered to child care providers who need to complete a training program in after-school child care. There were 13 individuals who took the 10-month predatory training. The credential is issued by Cornell University and is accepted by Empire College as credits toward an associates degree.
- ◆ Grow & Learn After-School Program completed its fourth year reaching 48 students in grades 6-8 at Dansville Middle School.
- ◆ The annual Child Caregivers' Conference provided workshops for all individuals involved in caring for children in Livingston and surrounding counties.

Strengthening Families and Communities

The Grow and Learn After-School Program

The Grow and Learn Program has completed its fourth successful year. The program is a partnership between Cornell Cooperative Extension of Livingston County and the Dansville Central School District. The program can serve up to 50 students per day. The total registration for the year was 48 students. The Grow and Learn Program is an after-school program designed for youth in the Dansville Middle School, grades 6-8, and is in operation between the hours of 2:20-6:00 p.m. weekdays. The program was held at the Dansville Middle School. The program was designed around the following goals; a fun safe place, imaginative activities, academic reinforcement, community investment and personal investment. The most startling statistics are from the Dansville Police Department, the Juvenile Contacts Log. The Grow and Learn After-School Program began in 1999. There is a corresponding decline in juvenile delinquent behavior in the after-school hours from when the program started. We are having a profound effect on the community.

Time Frame	2000 year	2001 year	2002 year	2003 ½ year
3:00–6:00 p.m.	80 incidents	69 incidents	56 incidents	12 incidents



A fun safe place for youth to go after school is the primary goal of Grow & Learn. The youth need to feel safe, wanted, and accepted. No incidents of serious violence took place during the 2003-2004 school year. There were no serious injuries reported as well.

A second goal of the program was academic reinforcement. The program integrated a homework lab on a daily basis. New found support came from the Finger Lakes Master's Commission program providing 4 college students a day for help at the program. Also adults from the surrounding community volunteered to help students during this portion of

the program. School personnel recorded that the academic/educational component was a major strength for the Grow and Learn program. The homework help and quiet time really added to the overall appeal of the program.

A third important component to the Grow and Learn After-School Program was community service. Students were able to have meaningful contributions to the Dansville community. Cleaning area parks was among the favorite activities. The students were involved in a "Mash Camp" at Noyes Hospital and spent two days totally immersed in the medical field. Several of our students became heavily involved in the 4-H "Youth and Adult Partnership" program. Our students were one of 2 teams selected in New York State to go to a conference in Gettysburg, PA. The students and adult leaders have presented the "Youth and Adult Partnerships" at several workshops in the state, including the "40 Developmental Assets" Conference held at Genesee Community College in Batavia. The leadership skills and teamwork were unlike any we have seen to date.

Essential to our program is the constant striving for "imaginative activities" for the students to discover and enjoy. Students were encouraged to try new things and were given the opportunity to develop their skills. There were several activity stations that the students could choose from on a daily basis. Science, arts & crafts, reading, sports, food, and many others were offered. When the weather would cooperate we would spend time outside. During this time students were free to choose activities of their liking to get involved in. Some students used this time to take walks, make up their own activities, or just hang out. Some days, group games would be introduced such as capture the flag, tag, or foxtail. The program combined both individual and team orientated physical activities. The Livingston County 4-H program provided the students with awesome opportunities to learn and use new skills.



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The final component of the Grow and Learn program is personal investment. Throughout the course of the school year students were exposed to a variety of experiences to expand their horizons. Character education played a major role in the students' monthly schedule. Sessions were held on sexual education, anger management, conflict resolution, and many other topics. Sports clinics were held to help students improve on their skills. The program utilized the concept of mentoring, to create influential relationships. Many volunteers graciously gave of their time to help connect with the students in the program. The Eckerd drug quiz show was a major success for our students. They were involved in drug and alcohol awareness education and then traveled to several places in New York State to compete with other quiz teams to challenge and test their knowledge, including a trip to Syracuse to compete regionally. Our students won their first competition and enjoyed many great bouts throughout the year.

The fourth year of the program was exciting and somewhat sobering. We were given our own space in the newly renovated Dansville Middle School, and were able to reconnect with the teachers and begin building new relationships. However, on all of our minds was the daunting question "is this our last year of funding from the Advantage After School grant?" Donna Horton and Shawn Harnish spent the year writing for several grants trying to find a way to continue this awesome program.

It is with great pleasure that we announce the awarding of a new \$100,000 grant from OCFS "Advantage After School". Not only did they award us a new grant to continue at the Dansville Middle School, but we were awarded an expansion site at the Ellis B. Hyde Elementary School for grades 3-5. We look forward to a new season of providing not only 1 but 2 great after-school programs.

4-H Livestock Auction Yields Success

The 2004 Livingston County 4-H livestock auction was held at Hemlock Fair on Saturday, July 24th. Fourteen market hogs sold for an average price of \$1.69 per pound, eleven lambs averaged \$1.93 per pound, and seven steers averaged \$1.39 per pound. The auction culminated the meat animal livestock projects of area 4-H'ers, offering them a place to market the animals they had raised in 2004. Open to the public, the auction also provided individuals and businesses the opportunity to not only acquire grain-fed animals for fresh, top quality meat, but also to support a worthwhile youth activity.

"The support we had from the buyers for our second year running was fantastic," said Stacia True, 4-H resource educator. "The auction is the result of hard work from many very dedicated and passionate volunteer leaders who put in numerous hours behind the scenes to make a great day for the 4-H'ers."

Fifty-one prospective buyers registered during a buyers' reception before the sale. Chuck's Meat Market in Lakeville donated pork, lamb and beef, which Sharon Wood, grandmother of 4-H'er Janeen Bennett, used to create delicious samplings for those attending the reception.

Market hogs were the first to sell, beginning with the Grand Champion raised by Billy Howe. Shur-Gain USA was the buyer of the 298-pound Champion, who sold for \$3.00 per pound.

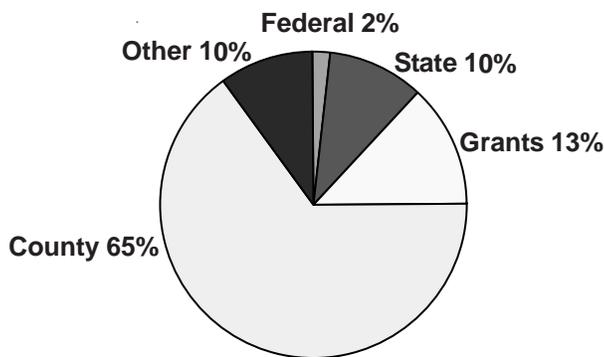
The lambs were next across the auction block and Molly FitzPatrick's 128-pound Grand Champion lamb brought the top bid of \$3.00 per pound from Shur-Gain USA, Strykersville.

Some beautifully finished steers rounded out the offering for the evening, beginning with the Grand Champion, exhibited by Janeen Bennett. Roll-N-View Farms, Nunda, paid \$1.60 per pound to enjoy the steaks from this 1230 pound consignment.

"We're very pleased with the support for our second auction. The number of 4-H youth consigning hogs to the auction doubled from 2003 and we were up one in both the lambs and the beef. We look forward to keeping the momentum going next year and watching the program grow to include even more youth," True says. "We certainly want to thank the buyers and bidders, Hemlock Fair, the parents and so many others that helped make this so successful!"

Sources of Support for CCE in Livingston County

Cornell Cooperative Extension of Livingston County is supported by a unique partnership of county, state, and federal governments. This support includes both direct dollars into the operating budget and indirect dollars paid in the form of fringe benefits, penalty mail privileges, university resources and special project funding by Cornell University utilizing both federal and state monies. Other sources of revenue include program participation and enrollment fees, outside grants, restricted contributions, and interest and rental income.



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Cornell Cooperative Extension

Building Strong and Vibrant New York Communities

*Cornell Cooperative Extension of Livingston County
158 Main Street, Mount Morris, New York 14510*

Are you interested??



AGRICULTURE AND ENVIRONMENT...

Enrollment form for the Agriculture Program (includes *Livingston County Agricultural News* and miscellaneous mailings)

Enrollment form for Area Dairy Field Crops, Livestock, Farm Management Team Enrollment (includes *Cornell Recommends Field Crops*, critical time sensitive informational letters, and *Ag Focus*)

Gardening Gazette Newsletter complimentary issue and subscription form

Spring Gardening Classes Request to be added to the mailing list

4-H YOUTH DEVELOPMENT...

4-H Program information packet for members and leaders, (some of the programs include: Animal Science, horse program, shooting sports, sewing, crafts, cooking, public presentations, county fairs, etc.!))

NUTRITION EDUCATION...

Information bulletin on Nutrition, Health & Safety, and Financial & Consumer Education programs

Eat Smart New York Information-Free program that promotes healthy lifestyles and financial well being to individuals or families of low income.

STRENGTHENING FAMILIES...

Active Parenting Classes

NYS School-Age Child Care Credentialing

Families in Action: Teens & Parents

Family Development Credential Training (FDC)

Return to CCE Livingston County, 158 Main St., Mt. Morris, NY, 14510

NAME _____

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Please send me information on:

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2004 Cornell Cooperative Extension Livingston County Staff

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Shawn Harnish, *Grow & Learn Program Coordinator*

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Joan Bernard, *ESNY Nutrition Teaching Assistant*

Nancy Healy, *Interim Nutrition Educator*

NWNY Area Dairy, Livestock & Field Crops Program Specialists

Nate Herendeen, *Field Crops*

Michael Stanyard, *Field Crops*

Gerald R. Bertoldo, *Dairy*

John Hanchar, *Farm Business Management*

Bill Henning, *Small Farm/Livestock*

Visit our website:

<http://www.cce.cornell.edu/~livingston/>

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Building Strong and Vibrant New York Communities

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