2015 Educational Programs

Agriculture and Natural Resources:
- Agricultural Outreach
- Agronomy
- Dairy and Livestock
- Farm Business Management
- Horticulture

Community Development:
- College Financial Education
- Energy Conservation Programs
- Local Foods/Farmers’ Markets
- Recycling and Solid Waste

Military Programs:
- 4-H Military Partnership
- Army Emergency Relief
- Army Volunteer Corps
- Employment Readiness
- Family Advocacy
- Family Readiness Center
- Financial Readiness
- Military Youth Camps
- Mobilization & Deployment
- Outreach Services
- Relocation

Nutrition and Health:
- Adopting Healthy Habits
- Breastfeeding Education
- Community Environment and Health
- Nutrition Education
- SNAP-Ed

Youth and Family Development:
- 4-H Animal Science
- 4-H Camp Wabasso
- 4-H Club Support
- Belleville-Henderson Extended School Day Program
- Carthage High School STEM Program
- Indian River School District Family Liaisons
- Lyme Extended School Day Program
- Parenting Education
- Watertown Wiley Afterschool Programs

2015 Program Advisory Committees

Program Advisory Committee members are appointed to support the board of directors and staff in planning, developing, and evaluating educational programs that meet the needs of the citizens of Jefferson County. Thank you to the following community members who served in this capacity in 2015.

4-H Camp Wabasso
- Donna Bibbins
- Dave Clement
- Mackenzie Dickinson
- Jim Fitzpatrick
- Erich Leonard
- Carl McLaughlin

Agriculture and Natural Resources
- Gary Babcock
- Nicole Caldwell
- Jay Canzonier
- Kathryn Canzonier
- Alissa Donnell
- Rick Hafemann
- Delta Keeney

Nutrition and Health
- Lara Abreu
- Mia Barnes
- Anita Ciulo
- Dori-Ann Froelic
- Ian Grant
- Faith Lustik

Youth, Family, and Community Development
- Marie Ambrose
- Darrell Aubertine
- Hartley Bonisteel
- Kathy Connor
- Brigitte Gates
- Jane Gendron
- Linda Hall-Elcsisin

2015 Board of Directors

Officers:
- Dave Zembiec, President
- Bilkey Moore, Vice President
- Linda Garrett, Secretary
- Nick Surdo, Treasurer

Directors:
- Mia Barnes
- Rick Hafemann
- Judy Munoz

- Mark Murray
- Steve Todd
- Don Whitney
- Sherry Wilson

- Sharon Chaple, Liaison, Fort Drum
- Carolyn Fitzpatrick, Representative, Jefferson County Board of Legislators
A Message from the Executive Director…

Looking back at many of the past year’s Extension activities is really a look into the future. What do I mean by that? To begin with, Cooperative Extension rolled out a new team of eight regional agriculture and food specialists to support critical areas including production agriculture, value-added processing, and market expansion. This enhanced form of technical assistance and business development is made possible through a collaboration among six Cooperative Extensions, Cornell University, and the State of New York.

In addition, we helped coordinate the Agriculture and Energy Work Group for this year’s North Country Regional Economic Development Plan. This plan outlines priorities for investment of state funds in key agricultural sectors to boost private sector investment and initiate transformational change in the region. The year was also highlighted by the announcement of $1 million in funding by State Senator Patty Ritchie to Cornell Cooperative Extension of Jefferson County to develop a Food Hub system in Jefferson, St Lawrence, Lewis, and Oswego Counties.

Teaching life skills to our youth enhances their academic achievement through experiential learning and prepares them for adulthood. That sounds like a mouth full, but that’s what 4-H activities do, all while kids are having fun. We deliver that through clubs, afterschool programs, and at 4-H Camp Wabasso. Programming will be enhanced this next year through a grant from the US Environmental Protection Agency. Kids will learn about sustainable and ecofriendly activities in an outdoor setting. Give them the right tools and classroom setting and watch our kids thrive. All these are examples of critical investments in our future.

Mission Statement:
Cornell Cooperative Extension Association of Jefferson County educates youth, families, farmers, and communities using research-based knowledge for practical application and lifelong learning.

Board President
David J. Zembiec

Executive Director
Kevin J. Jordan

2015 in Review

Thoughts from the President...

My experience with Cornell Cooperative Extension began as a young 4-H’er in Lewis County and continued all the way through high school. Several things I didn’t understand then I have since come to appreciate, not only about 4-H, but Extension in general.

First among those was the role that my 4-H experience played in my personal development. What I did not realize at the time was how those activities and the simple act of running a club together with my friends under the guidance of our club leader was developing leadership and teamwork skills that we would carry into adulthood. I enjoyed the excitement of participating in the county fair, demonstration days, Capital Days in Albany, and a National 4-H Conference in Washington. What I can see now is how those activities developed self-confidence and opened my eyes to the community and world around me.

I’ve also come to appreciate the full breadth of Extension’s contribution to our economy and quality of life—often behind the scenes. Throughout my career in community and economic development, I’ve had the opportunity to work with Extension staff at the local, regional, and state level. In all cases, they’ve been a great partner and resource.

As a board member for Cornell Cooperative Extension of Jefferson County, I have the benefit of an insider’s view and a greater appreciation for the adaptability, professionalism, and dedication of our local staff and volunteers in serving the five mission areas of agriculture, community, environment, nutrition, and youth and families. Financially, we have had to do more with less. However, Extension has effectively leveraged that support to obtain the outside grant funding necessary to maintain our programs.

Thank you to our staff, our volunteers, my fellow board members, our local officials, and partner organizations. It is through your collective efforts that we are able to better serve the larger community.
## 2015 Program Participation

### Educational Programs
**October 1, 2014 through September 30, 2015**

<table>
<thead>
<tr>
<th>Total Number of People Served</th>
<th>124,524</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Agriculture and Natural Resources</strong></td>
<td></td>
</tr>
<tr>
<td>Dairy/Livestock/Field Crops/Farm Business Management Programs</td>
<td>2,314</td>
</tr>
<tr>
<td>Horticulture Programs</td>
<td>722</td>
</tr>
<tr>
<td>Local Foods/Farmers’ Markets</td>
<td>726</td>
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<tr>
<td>Phone calls/emails/texts/farm calls/office visits</td>
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<td>Master Gardener Program</td>
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<td><strong>Community Development</strong></td>
<td>384</td>
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<tr>
<td>Energy Conservation and Recycling/Composting Programs</td>
<td>384</td>
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<tr>
<td><strong>Fort Drum</strong></td>
<td>83,545</td>
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<tr>
<td>Army Emergency Relief</td>
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<td>Army Volunteer Corps</td>
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<td>Employment Readiness</td>
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<td>Outreach</td>
<td>3,518</td>
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<tr>
<td>Relocation Readiness</td>
<td>15,671</td>
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<td><strong>Nutrition and Health</strong></td>
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<td>Community Collaborations for Environmental Change</td>
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<td>Direct Nutrition Education to Residents</td>
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<td>Health Fairs/Presentations</td>
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<td><strong>Youth and Family Development</strong></td>
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<td>4-H Camp Wabasso</td>
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<td>4-H Military Statewide Programs</td>
<td>966</td>
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<tr>
<td>4-H Programs</td>
<td>3,327</td>
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<tr>
<td>Afterschool/Supplemental School Programs</td>
<td>12,443</td>
</tr>
<tr>
<td>Parenting</td>
<td>2,534</td>
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</table>
“Extension has so often led the way to identify health and human service needs in our communities, and invest in evidence-based practices to improve them. It was my pleasure to serve as an Advisor for this much needed credential in our community, and I am ever grateful to be a partner with Extension to achieve advancements for families.”

~ Community Partner

2015 Program Highlights

Expanding Agriculture and Local Foods

- New business development, marketing, and value added processing expertise announced in the Extension system for Northern New York.
- Provided support for Farm-to-School activities at the Watertown City Schools.

Promoting Career and Skill Development

- Partnered with Cornell University and Fort Drum to link up transitioning soldiers with agribusinesses.
- Teaching our youth life skills and STEM activities at the Makers Camp.

Supporting Families and Businesses

- Third Annual Outdoor Adventure Day attended by over 700 family members.
- Enhanced support for our farms and farm families with the formation of a new Regional Agriculture Team in Northern New York.
Impacts:

- Educational training was provided to over 3,000 participants.
- Over 100 livestock producers benefitted from education on improved pasture, quality production practices.
- NNY Dairy Institute helped local dairy producers improve profitability, reduce the incidence of mastitis, improve milk quality, and maximize quality milk premiums.
- Our Master Gardener volunteers provided countless hours in community service as well as provided horticulture education to over 1,500 community members.

"I love Extension; I have learned so much about food and agriculture. My [farming] business would not be where it is today without Extension."

~ Local Farming Entrepreneur

Extension’s agriculture team provided significant support for on-farm research projects this year that will help the entire industry position itself for the future through higher efficiencies, new technologies, and improved profitability.

The field crops program was highlighted by several research projects that will help increase crop yields and reduce expenses for our farmers.

Staff have been working with farmers on milk’s most basic ingredient: high quality water. Also with a growing interest in the meat industry, we have worked with farmers to improve the quality and profitability of beef and other meat animals.

This past year we promoted the use of native plant species and the preservation of native pollinators. We also focused on the prevention and control of invasive species that threaten our region.

Grow Local Buy Local continues to connect producers and end users along the food chain. The goal is to increase market share for farmers and product availability and variety to consumers, including institutions. We’re bringing stakeholders together through Grow to Meat the Market in order to expand opportunities for locally grown and produced meat and meat products.

In addition, we continued our focus on assisting with market expansion and promoting the industry to a new generation of farmers. Military veterans or active duty soldiers transitioning into civilian life began taking advantage of a new program to begin careers in the agricultural field. Working with Cornell’s Small Farm Program, Extension is teaching veterans about agriculture and transitioning soldiers into careers in agriculture.
“Cornell Cooperative Extension provided excellent information to our students in the classroom setting. Seniors appreciated hearing an experienced professional in the classroom this year to discuss financial aid and college readiness.”

~ High School Guidance Counselor

“The Farm to School program has provided a very unique opportunity for many children that they would not have had otherwise. Seeing the actual product, real life, is a very powerful learning tool. I am looking forward to the students’ reaction when they see the vegetables that have come from the plants that they were involved in growing.”

~ Elementary School Principal

Expanding opportunities for agribusiness and careers for our young adults are key parts of advancing community development activities in the county. Our staff is helping to make key connections between growers, and consumers as well as kids and careers.

Farm to School and Farm to Institution activities have continued to be a priority. Staff worked closely with the Watertown City School District to help administer a comprehensive planning grant by looking at ways to bring more local foods into the school. Growers will sell more product, students and staff will have a better understanding of local food systems, and the economic multiplier will positively benefit the entire community.

Three new Harvest New York positions, focused on business expansion in Northern New York, will provide targeted, high level, technical assistance in business development, value-added processing, and market development for the emerging agriculture sectors, thanks to assistance from Senator Patty Ritchie.

Helping to increase the potential for more first generation college students from seven rural school systems is what the Rural Initiative for STEM Excellence (RISE) is all about. Our Association is helping students improve academic achievement, and families to increase their understanding of financial aid and financial literacy. Providing these types of programs is an investment in our next generation workforce.

Impacts:
- Over 800 community members participated in the Community Energy Symposium held at Jefferson Community College.
- Fifty thousand copies of the Jefferson County Local Food Guide were distributed providing direct marketing opportunities for 110 farmers and agribusinesses.
Military Programs

“It was an amazing experience to help keep my mind off my Dad’s upcoming deployment to Afghanistan.” ~ Winter Outdoor Survival Camp participant

“I would like to say that I used many of the services provided by the Employment Readiness Program. Without utilization of these services, I think it would have been very difficult on the job search because of the scarcity of jobs in the area. These tools provided by ACS are highly invaluable and greatly appreciated.” ~ Fort Drum participant

In partnership with Fort Drum’s Army Community Service we help military families find gainful employment and volunteer opportunities, strengthen their family relationships, navigate the military system, and make the North Country their home.

4-H Military Clubs programs connect military youth in order to achieve a sense of community support and enhance their overall wellbeing. This is accomplished through a range of educational, recreational, social, and emotional activities.

Impacts:

- About 450 military youth are enrolled in 4-H Clubs on the three military installations in New York State (Fort Drum, West Point, and Fort Hamilton).
- A week-long Military Youth Making History day camp was provided to 46 military youth.
- Winter Outdoor Survival Camps were attended by 60 military youth, who learned new skills and made new friendships.
- Over 8,800 military family members received parenting education.
- Financial education was provided to nearly 8,500 military individuals.
- Over 8,000 military families learned to deal with deployment and reintegration.
- Over 15,000 soldiers and family members were integrated into the Fort Drum community through the Relocation Readiness program.
- Our Fort Drum staff provided education and training to over 1,242 volunteers.
“I learned how to create a grocery list and am being more mindful about the food we eat. I was so surprised at how much fat, sugar, and sodium is in the foods I usually buy.”

~ Parenting and Nutrition class participant

“The Adopting Healthy Habits Community Coalition has given me a greater understanding of steps to influence environmental change and a platform to participate in such initiatives that make health-minded choices easier for all.”

~ Community Coalition participant

We are working to make the North Country a healthier place to live, work, and play. Community nutrition programming provides hands-on cooking experiences, help with healthy food shopping on a budget, information on nutrition, food safety, weight control, and physical activity. We work with community businesses and organizations on worksite wellness, policy development, and creating environments that make healthy choices the easy choice.

The Adopting Healthy Habits (AHH) Breastfeeding Coalition promotes practice, policy, and environmental changes supporting breastfeeding. Research shows it is healthier for our babies and easier on home budgets. Partnering with Samaritan Health Center and members of the Coalition, we brought a Certified Lactation Counselor (CLC) training to Jefferson County. Thirty-three people from nearly twenty organizations participated.

The AHH Community Coalition’s Healthy Hosting initiative encourages organizations to promote physical activity and healthy eating in the workplace.

Impacts:

- Coordinated/offered taste test events at local school buildings, reaching every elementary student in WCSD.
- Coordinated hands-on Common Core Standards aligning nutrition education for each grade level in WCSD.
- Collaborated with grade 7-12 teachers to provide education on topics such as food systems, food justice, and careers in agriculture.
- Assisted in the coordination, planting, and harvesting of school gardens.
- Through a partnership with United Way, we provided breastfeeding support and education to 45 families; 90% of the problems the women were having were resolved.
- Fifteen businesses and organizations have placed “Park Farther, Walk More” signs in their parking lots as a way to encourage healthy habits in the community.
Impacts:

- Over $16,000 in scholarship funds were raised to send over 60 youth to camp.
- Ten youth participated in our CIT (Counselor in Training) program learning leadership skills and getting a chance to put them into practice.
- A capital campaign was undertaken to add a covered deck on the lake side of Hiawatha Hall and put on a new roof. Over $33,000 dollars has been raised to date for this effort.
- 4-H Camp Wabasso partnered with Fort Drum to hold a Dad's Day at 4-H Camp Wabasso on June 20. Over 80 people attended and participated in activities like swimming, archery, boating, fishing, arts and crafts, and high ropes.
“4-H is about learning to be the best version of yourself. It provides a safe and supportive environment to explore the things that interest you and allows you to make mistakes and most importantly – learn from them. Being in 4-H has taught me how to be a leader, and given me the skills to help myself, and help others.”

~ 4-H member

“I wish I had all of these opportunities while I was at school. Hands-on science is a great experience. I love science but when I was a student it was boring because all I did was read and watch videos. 4-H Science and STEM are great for my children, they love science too.”

~ Evans Mills Primary Parent

Impacts:

- Over 800 community members attended the 3rd Annual Outdoor Adventure Day.
- Over 30 agencies signed up to participate in a “Summer Fun Vendor Fair” to share opportunities they had for families to keep their children learning and active all summer long.
- Fifty youth participated in the new 4-H Veterinary Science program this year.
- Over 2,500 parents learned new skills to help them better care for their families.
The total budget for Cornell Cooperative Extension Association of Jefferson County for 2015 was $6,056,657. The sources of income and distribution of expenses are shown below.

### 2015 Budgeted Funding Sources

<table>
<thead>
<tr>
<th>Source</th>
<th>Budgeted Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Funding</td>
<td>$663,000</td>
<td>10.9%</td>
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<tr>
<td>Contributions</td>
<td>$21,364</td>
<td>0.4%</td>
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<td>Cornell Employee Benefits</td>
<td>$1,673,066</td>
<td>27.6%</td>
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<tr>
<td>Other Funding Sources</td>
<td>$478,684</td>
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<tr>
<td>Program Revenue</td>
<td>$282,516</td>
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<tr>
<td>Federal Smith Lever</td>
<td>$168,800</td>
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<td>Federal Grants &amp; Contracts</td>
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<tr>
<td>State Funding</td>
<td>$1,332,154</td>
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</table>

### 2015 Budgeted Expenditure Profile

<table>
<thead>
<tr>
<th>Category</th>
<th>Budgeted Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$5,057,309</td>
<td>83.5%</td>
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<tr>
<td>Program Support</td>
<td>$908,499</td>
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<tr>
<td>Outreach/Promotion</td>
<td>$90,849</td>
<td>1.5%</td>
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</table>
Publications and Media Spotlights

**Newsletters**
Ag and Natural Resources/Classifieds Newsletter ................................................................. 12 issues sent to 939 homes/businesses
Horticulture Newsletter ........................................................................................................... 6 issues sent to 594 homes/businesses
Green Ink, 4-H Youth Development Newsletter .................................................................. 9 issues sent to 826 homes

**Printed Media**
Press releases/articles/ads reaching up to 52,000 homes/businesses ......................................................... 284
Monthly Calendar of Events in the Watertown Daily Times reaching 19,335 homes/businesses .................. 12

**Radio/Television**
Television interviews reaching up to 110,000 homes/businesses .................................................... 41
Radio interviews reaching over 10,000 homes/businesses ............................................................. 10
Television advertisements for Adopting Healthy Habits Breastfeeding to potentially reach 92,590 households ..... 55

**Internet**
Cornell Cooperative Extension of Jefferson County website page views .............................................. 77,465
Cornell Cooperative Extension of Jefferson County Facebook post views ................................. 51,306
Fort Drum Army Community Service Programs Facebook visits ....................................................... 225,319
Agriculture and Natural Resources Tweets .................................................................................. 25

The Board of Directors would like to express their appreciation to all our media outlets for the support we have received in helping Cornell Cooperative Extension educate the residents of Jefferson County and beyond.
We would like to thank the following individuals, families, businesses, and organizations for their contributions to our fundraising events, annual support campaign, and programming in 2015.

<table>
<thead>
<tr>
<th>4-H Camp Wabasso Alumni</th>
<th>Car-Freshner Corporation</th>
<th>Fort Drum Regional Health Planning Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAMCO Transmissions</td>
<td>Cargill Animal Nutrition</td>
<td>Dori-Ann Froelich</td>
</tr>
<tr>
<td>Lara Abreu</td>
<td>Rebecca Carnegie</td>
<td>Fuccillo’s Auto Mall, Adams</td>
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<tr>
<td>ACE Hardware, Sackets Harbor</td>
<td>Kathleen Carr</td>
<td>Anne Garro</td>
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<tr>
<td>Adirondack Beef Company</td>
<td>Carthage Central School</td>
<td>Linda Garrett</td>
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<td>Jennie M. Adsit</td>
<td>Cazenovia Equipment Company</td>
<td>Brigitte Gates</td>
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<td>Agway, LaFargeville</td>
<td>Grant Chamberlain</td>
<td>Jane Gendron</td>
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<tr>
<td>Judy Aldrich</td>
<td>Sharon Chaple</td>
<td>Senator Kirsten Gillibrand</td>
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<td>Marie Ambrose</td>
<td>Cheney Tire</td>
<td>Randolph &amp; Constance Goodwin, Sr.</td>
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<td>American Legion 588, Brownville</td>
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<tr>
<td>American Legion 789, Carthage</td>
<td>City of Watertown</td>
<td>Robert Gorman</td>
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<td>American Legion 821, Clayton</td>
<td>Constance Clark</td>
<td>Karen Gracey</td>
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<td>American Legion 916, Antwerp</td>
<td>David Clement</td>
<td>Walter &amp; Stephanie Graf</td>
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<td>American Legion 1788, LaFargeville</td>
<td>Anthony G. Collins, Ph.D.</td>
<td>Ian Grant</td>
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<td>Great Lakes Cheese, Adams</td>
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<td>Copenhagen Central School</td>
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<td>American Legion Sons 61, Watertown</td>
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<td>Dwight &amp; Barbara Greene</td>
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<td>Rick Hafemann</td>
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<td>Dairy Princess Rebecca Hanson &amp; Court</td>
<td>Bob Hagemann III</td>
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<tr>
<td>AmeriCU Credit Union</td>
<td>Heather and Mark Dayton</td>
<td>Laura Hall</td>
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<td>John &amp; Kirsten Anderson, Lake Effect Hoof Trimming</td>
<td>DeLaval Dairy Services-NY</td>
<td>Linda Hall-Els cisin</td>
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<td>Applebee’s, Watertown</td>
<td>Development Authority of the North Country</td>
<td>Halletts’ Florist &amp; Greenhouse, Adams</td>
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<td>Lori Arreola</td>
<td>Mackenzie Dickinson</td>
<td>Alison Halverson, Ellisburg</td>
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<tr>
<td>Darrel Aubertine</td>
<td>Eileen Ditch</td>
<td>Kelly Hamilton</td>
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<tr>
<td>Gary Babcock, DVM</td>
<td>Mary Ann Dobmeier</td>
<td>Hannaford Supermarket, Watertown</td>
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<tr>
<td>Susan Backus</td>
<td>Michael Docteur</td>
<td>Margaret Harryman</td>
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<td>Desiree Baisley</td>
<td>Verna Docteur</td>
<td>Bruce &amp; Marilyn Hazen</td>
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<td>Dani Baker &amp; Dave Belding</td>
<td>Doctor’s Landscaping, Dexter</td>
<td>David &amp; Barbara Heasley</td>
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<tr>
<td>Rita Barker</td>
<td>Anthony Doldo</td>
<td>Don &amp; Jean Henry</td>
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<td>Mia Barnes</td>
<td>Jamie Dollahite</td>
<td>Larry Herr</td>
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<td>Eric Barr</td>
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<td>Leslie Heverns</td>
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<tr>
<td>Belleville-Henderson Central School</td>
<td>Laura Dorr</td>
<td>Nichole Hirt</td>
</tr>
<tr>
<td>Donna Bibbins</td>
<td>Allen Drake</td>
<td>Don Holman</td>
</tr>
<tr>
<td>Assemblyman Ken Blankenbush</td>
<td>Elks Lodge #496, Watertown</td>
<td>Rachel Holmes</td>
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<tr>
<td>Joan Bola</td>
<td>Karen Donahue</td>
<td>Elizabeth Hornbarger</td>
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<td>Hartley Bonisteel Schweitzer</td>
<td>Katrina Ellis</td>
<td>Sharon Horning</td>
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<td>Harold Boomhower</td>
<td>Excellus BlueCross BlueShield</td>
<td>Constance Hudson</td>
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<td>Melody Brabant</td>
<td>Debbie Fargo</td>
<td>Karen Humphrey</td>
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<td>Jordan Brandt</td>
<td>Farm Credit East</td>
<td>Heather Hyman</td>
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<tr>
<td>Burrville Saw Mill</td>
<td>Farm Family Insurance, Adams</td>
<td>Indian River School District</td>
</tr>
<tr>
<td>Nicole Caldwell</td>
<td>Richard &amp; Valerie Farr</td>
<td>Patrick Jareo</td>
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<tr>
<td>Dick Campany</td>
<td>Jane Feldman</td>
<td>Jefferson County Ag Promotion Board</td>
</tr>
<tr>
<td>Jay &amp; Kathryn Canzonier</td>
<td>Robert Ferris</td>
<td>Jefferson County Agricultural Development Council</td>
</tr>
<tr>
<td>Michelle Capone</td>
<td>FFA Advisors</td>
<td>Jefferson County Community Services</td>
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<td>Five Corners Greenhouse, Calcium Services</td>
<td>Jefferson County Farm Bureau</td>
</tr>
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</table>
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