

Cornell Cooperative Extension Westchester County

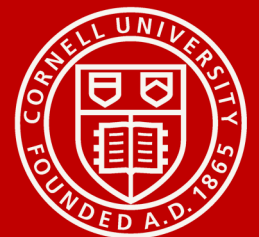
3 West Main Street, Suite 112, Elmsford, NY 10523

CHANGE SERVICE REQUESTED



2019 Annual Report

Cornell Cooperative Extension
of Westchester County



3 West Main Street, Suite 112

Elmsford, NY 10523

914-285-4620

<http://westchester.cce.cornell.edu>

2019 Roster

Board of Directors

Ken Almstead, *New Rochelle*
Lee Von Elm, *Somers*
Bill Biles, *Hartsdale*
Peter Cipriano, *South Salem*
Ellen Lewis, *Larchmont*
Troy Lipp, *White Plains*
John Merrell, *Rye*
Mills Ripley, *Mt. Kisco*
Vicky Sturner, *New Rochelle*
Deb Taft. *Sleepy Hollow*
Greg Twehues, *Tarrytown*
Hon. Alfreda Williams, *County Legislator*
Adam Hughes *State Extension Specialist*

Horticulture and the Environment
Program Resource Committee

Ken Almstead, *New Rochelle*
Erna Capetanopoulos, *Dobbs Ferry*
Tim Kilgallon, *Scarsdale*
Andrew Messinger, *Bedford Hills*
Nancy Ross, *Mt. Kisco*
Chris Rubeo, *Thornwood*
Bob Yedowitz, *Yonkers*

Youth and Family Development/4-H
Program Resource Committee

Robyn Brown, *New Rochelle*
Steve Mulligan, *North Salem*
Emory Nager, *North Salem*
Jack Robbins, *Danbury, CT*
Gregoriann Rollins, *Purchase*
Jim Wood, *Sleepy Hollow*

Staff

Barbara Sacks, Executive Director
Administration—914-285-4620

Judy Guglielmo, Finance Administrator
Martha Mocbeichel, Administrative Assistant/
Nutrition Data Manager

**Horticulture, Natural Resources, and the Environment
Program**—914-285-4640

Gerald Giordano, Senior Horticulture Educator
Amy Albam, Horticulture Educator/Master Gardener
Program Coordinator

Nutrition and Consumer Sciences Program
914 285-4630

Dawn Reda, Nutrition Educator/Supervisor
Lucy Diaz, Nutrition Educator

4-H Youth and Family Development Program
914 285-4620

Nancy Caswell, Community Educator
Patris Beamon, IT Deskside Support/Community
Educator

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact CCE of Westchester if you have any special needs.

Partners and Collaborators

NYS IPM Program at Cornell University, Geneva
NYS Office of the Comptroller, Albany
North Castle Public Library
OPUS: Organization of People Undaunted by Stroke, Hartsdale
Ossining Community Garden
Ossining Farmers Market
Parsons Memorial, Harrison
Pearls Hawthorne School, Yonkers
Peekskill City School District
Peekskill Garden Club
Peekskill High School
Peekskill Youth Bureau
Peekskill Youth Bureau
Pepsico, Purchase
Pequenakonck Elementary School, North Salem
Pfizer, Inc.
Philipse Manor Hall State Historic Site, Sleepy Hollow
Pleasant View Farm, Brewster
Pleasantville Children’s Center
Pleasantville Farmers Market
Pleasantville Garden Club
Pleasantville Public Pool
Pocantico Conference Center, Sleepy Hollow
Pocantico Hills School, Sleepy Hollow
Port Chester Carver Center
Pound Ridge Elementary School
Preservation Company, Peekskill
Preston School, West Harrison
Primrose Elementary School, Lincolndale
Project Hope, Peekskill
Pruyn Sanctuary, Saw Mill River Audubon Society, Chappaqua
Pulaski Elementary, Yonkers
Putnam/NW BOCES, Yorktown
Rippowam Cisqua School, Mt. Kisco
Rotary Club, East Yonkers
Rutgers, the State University of New Jersey, Soil Testing Laboratory, New Brunswick, NJ
Rutgers, the State University of New Jersey, Plant Diagnostic Laboratory/Ralph Geiger Turfgrass Education Center, New Brunswick, NJ
Rye Free Reading Room
Rye Nature Center
Sanford Terrace, Mt. Vernon
Scarsdale Public Library
Scarsdale School District
Scholastic Academy, Yonkers
Seabury Home, Yorktown
Sheldrake Environmental Center, Larchmont
Sherwood House, Yonkers
Shiloh Baptist Church, New Rochelle
Silver Lake Community Garden, Croton-On-Hudson
Sleepy Hollow Garden Club
Somers High School
Sony Corporation of America
Southern Westchester BOCES, Valhalla
Springhurst Elementary School, Dobbs Ferry
St. Christopher’s School, Dobbs Ferry
St. Christopher’s School, Valhalla
St. Francis AME Church, Port Chester
St. Matthews Episcopal Church Parish House, Bedford (Program Venue)
Star of Bethlehem Baptist Church, Ossining
State University of New York
Stone Barns Center for Food and Agriculture, Pocantico Hills
SW BOCES at Carver Center, Port Chester
TD Bank, Thornwood
Teatown Lake Reservation, Ossining
Taconic Gardeners Club
Tarrytown/Sleepy Hollow Farmers Market
TOP (Transitional Occupation Program), Yonkers
Town of Bedford
Town of Cortlandt
Town of Dobbs Ferry
Town of Greenburgh
Town of Lewisboro
Town of Mt. Pleasant
Town of North Salem
Town of Ossining
Town of Somers
Town of Somers Conservation Board
Town of Yorktown
Union Free School District of the Tarrytowns, Tarrytown
United Hebrew Geriatric Center, New Rochelle
University of Connecticut, Storrs, CT
Untermeyer Gardens, Yonkers
Urban League of Westchester, White Plains
Village of Bronxville
Village of Chappaqua
Village of Croton
Village of Elmsford
Village of Larchmont
Village of Scarsdale
Village of Tuckahoe
Vine School, Yonkers
Ward Acres Community Garden, New Rochelle
Watershed Agricultural Council, Yorktown
Wave Hill, Bronx
West Patent Elementary, Bedford Hills
Westchester County Agriculture and Farmland Protection Board
Westchester Community College
Westchester County Department of Environmental Facilities – Recycling Office, White Plains
Westchester County Department of Health, White Plains
Westchester County Department of Parks, Recreation, and Conservation, Mt. Kisco
Westchester County Department of Planning, Yorktown & White Plains
Westchester County Department of Social Services, White Plains
Westchester County Department of Senior Services, White Plains
Westchester County Global Warming Task Force
Westchester County Office of Soil and Water Conservation
Westchester County Pest Management Committee, White Plains
Westchester County Youth Bureau, White Plains
Westchester Greenhouse, Hartsdale

Westchester Jewish Community Services, White Plains, Yonkers and Mt. Vernon
Westchester-Fairfield Horticultural Society, Cos Cob, Connecticut
Westchester Turf Supply, Inc., Lincolndale
Westhab, Mt. Vernon, White Plains, Yonkers
Westlake Middle School, Thornwood
WestPAC, White Plains
White Plains Beautification Foundation
White Plains Department of Public Works
White Plains Gedney Recycling Center
White Plains Historical Society
White Plains Library
White Plains School District
White Plains Youth Bureau
Wilkens Farm, Yorktown (program venue)
WL Morse School, Sleepy Hollow
Working Gardeners of Bronxville Garden Club
Yonkers City School District
Yonkers Early Childhood Initiative (ECI)
Yonkers Historical Society
Yonkers Municipal Housing Authority
Yonkers Public Schools
Yonkers Will Library
Yorktown Community & Cultural Center
Yorktown Grange, Yorktown



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Westchester.cce.cornell.edu

Partners and Collaborators

Anthony Veteran Park, Greenburgh	Dobbs Ferry Garden Club	Mariandale on Hudson, Ossining (Program Venue)
Ardsley Public Library	Don Bosco Community Center, Port Chester	Martin Luther King Jr. Magnet School, Yonkers
Bakwin Estate, Ossining (program venue)	Dow’s Lane School, Irvington	Meadow Pond Elementary School, South Salem
Bedford 2020 Earth Day	Dutchess, Putnam, Westchester Farm Bureau	Mohawk Country Day, White Plains
Bedford Hills Correctional Facility	Edward Williams School, Mt. Vernon	Montessori School 31, Yonkers
Bedford Road Elementary School, Pleasantville	Family Services of Westchester, Mt. Vernon, Ossining, White Plains	Montrose Veterans Hospital
Bethel Baptist Church, White Plains	First Congregational Church of Chappaqua (Program Venue)	Mt. Kisco Library
Bowen Memorial Baptist Church, Mt. Vernon	Friends of Purchase Library	Mt. Kisco Food Pantry
Bracy Apartments, New Rochelle	George Washington Elementary School, Mohegan Lake	Mt. Pleasant Cemetery, Mt. Pleasant
Bronxville School District	Good Counsel Homes, Harrison	Mt. Vernon School District
Bylane Farm, Lewisboro	Grace Church, White Plains	Mt. Vernon Firehouse Community Garden
Calcagno Houses, Yonkers	Graham Elementary, Mt. Vernon	Mt. Vernon Head Start, Mt. Vernon
Career Achieve, Yonkers	Greenburgh Nature Center, Scarsdale	Mt. Vernon Library, Mt. Vernon
Center for Continuing Education, Yonkers	Greenville School, Scarsdale	Municipal Housing Authority, Yonkers
Chappaqua School District	Greyston Foundation, Yonkers	Murray Avenue School, Larchmont
Child Care Council of Westchester, Scarsdale	Hackley School, Tarrytown	Museum School 25, Yonkers
City of Mt. Vernon	Hamilton Elementary School, Mt. Vernon	Muscoot Farm, Katonah
City of New Rochelle	Hart’s Brook Park & Preserve, Hartsdale	Native Plant Center at Westchester Community College, Valhalla
City of Peekskill	Harvest Moon Farm & Orchard, North Salem	Nelson Mandela High School, Mt. Vernon
City of Rye	Hastings Nursery School	New Jersey Department of Environmental Protection
City of White Plains	Hawthorne Elementary School, Hawthorne	New Rochelle Downtown Beautification Program
City of Yonkers	Herb Society of America, NY Unit	New Rochelle Farmers Market
Cluster, Yonkers	Heritage Hills Garden Club, Somers	New Rochelle Library
Community Center of Northern Westchester, Katonah	Hilltop Hanover Farm, Yorktown	New Rochelle Municipal Housing Authority
Concord Road School, Ardsley	Hillside Elementary, Hastings-On-Hudson	New Rochelle School District
Connecticut Agricultural Experiment Station, New Haven, CT	Hudson River Audubon Society	New York Botanical Garden, Bronx
Connecticut Department of Energy and Environmental Protection	Hudson Valley Wool Works, Bedford	New York Presbyterian Community Garden, White Plains
Consolidated Edison	Huguenot Nursery School, Pelham	New York School for the Deaf, Valhalla
Cornell Cooperative Extension of Dutchess County, Millbrook	Hutchinson Elementary, Pelham	New York State Arborists Association, Albany
Cornell Cooperative Extension of Putnam County, Brewster	IBM, Hawthorne & Yorktown	New York State Department of Agriculture and Markets, Albany
Cornell Cooperative Extension of Monroe County, Rochester	Irvington Beautification Committee	New York State Department of Education, Office of Professions
Cornell Cooperative Extension of Nassau County, Hempstead	Issac Young Elementary School, New Rochelle	New York State Department of Environmental Conservation – Bureau of Pesticides
Cornell Cooperative Extension of New York City, New York	Jacob Purdy House, NY State Historic Site, White Plains	New York State Department of Environmental Conservation – Invasive Species Coordination Section
Cornell Cooperative Extension of Orange County, Middletown	Jennie’s School, Mt. Kisco	New York State Department of Environmental Conservation – Urban Forestry Program, Albany
Cornell Cooperative Extension of Rensselaer County, Troy	Job Star, Westchester Community College, Valhalla	New York State Department of Labor, White Plains
Cornell Cooperative Extension of Rockland County, Stony Point	Job Star, Mt. Vernon	New York State Department of Taxation & Finance EAP, White Plains
Cornell Cooperative Extension of Suffolk County, Riverhead	John C. Hart Memorial Library, Shrub Oak	New York State Office of Parks, Recreation and Historic Preservation
Cornell Cooperative Extension of Sullivan County, Liberty	John F. Kennedy Elementary, Port Chester	New York State Energy Research and Development Authority
Cornell Cooperative Extension of Tompkins County, Ithaca	John Paulding School, Tarrytown	New York State Pest Management Association
Cornell Cooperative Extension of Ulster County, Kingston	John Jay Homestead State Historic Site, Katonah	New York State Turf and Landscape Association, White Plains
Cornell University, Ithaca	Katonah Elementary School	New York State Turfgrass Association, Albany
Cornell Urban Horticulture Institute, Ithaca	Kensico School, Valhalla	Ninth District Federated Garden Clubs of New York
Cornell Waste Management Institute, Ithaca	Lakeland Copper Beech Middle School, Yorktown	NYC Department of Environmental Protection, Valhalla
Croton Earth Day, Croton	Larchmont Avenue Church, Larchmont	
Croton Public Library, Croton-on-Hudson	Larchmont Community Garden	
Cross Hill Academy, Yonkers	Larchmont Gazette	
Cuddy & Feder, White Plains, NY	Lasdon Park and Veteran’s Memorial Arboretum, Somers	
Daniel Webster Magnet School, New Rochelle	Lee F. Jackson School, White Plains	
Davenport Park Shakespeare Garden, New Rochelle	Lenoir Preserve, Yonkers	
Dimensions, New Rochelle	Lewisboro Community Garden	
	Lewisboro Library	
	Lexington Center for Recovery, Mt Kisco	
	Longfellow School, Yonkers	
	Lyndhurst Castle Fern Garden, Tarrytown	
	Mamaroneck Mayor’s Advisory Committee on Water Quality, Mamaroneck	
	Mamaroneck Avenue Elementary School, White Plains	

A Message from the Executive Director

Westchester County is the Gateway to the Hudson Valley. As such, our CCE programs reflect the diversity of our residents and businesses. Some call us the nexus connecting downstate to upstate. We are urban, suburban and rural, which makes us a microcosm of NYS.

After serving hundreds of thousands of people in Westchester for 104 years, we still strive to improve our services and make our programs better and better. Life changes, our community changes; we now serve industries that people could not even imagine 104 years ago, so we have to keep changing. We evolve to continuously meet the needs of our community.

We provide the educational and practical services that no other entity in Westchester has the research-based expertise to deliver.

One of our greatest values is our incredible multiplier effect in promoting research-based “best practices” and improving the lives, businesses and environment of our community. By “getting the word out” and educating as many people as possible, residents and businesses learn from our local education in the community so they are well-poised to promote those best practices, carry them out and make sure that the entire community benefits from Cornell’s best practices.

CCE Westchester has the advantage of a long reach that brings the experts from Cornell University and other land grant universities throughout the United States to help us with our constituents’ problems. Objectivity and good results are the reasons cited most by our constituents as to why they rely on us and follow our advice.

Please enjoy reading this report on some of the things we accomplished in 2019.



Horticulture, the Environment and Natural Resources



Professionals learning about ticks at CCE 1/31/19.

Our professional staff of horticulture, pest management and arboriculture experts provide a variety of services to the public and to the “billion dollar green industry” in Westchester. That industry includes greenhouses, nurseries, turf and landscape businesses, tree services, landscape architects, garden supply houses, municipal owners of parks and public lands, and private and public golf courses. Among the services we provide are:

- best practices information for the Green Industry that protects the environment and helps the Green Industry stay competitive and viable in Westchester.
- best practices information for consumers that protects the environment.
- on-site laboratory services to test/analyze soils, plants, insects and other pests.
- soil test services and pH kits that show whether nutrient/pH changes are needed.
- site visits for the Green Industry and the horticulture consumer.
- remote services concerning plant culture, pests, diseases and structural pests via phone, email and snail mail.
- training and certification programs for the Green Industry.
- education programs for the horticulture consumer
- advice and assistance to farmers.
- growing degree day information for gardeners and the Green Industry.
- advice to landlords, tenants and homeowners about pest management in multi-family dwellings.
- advice on controlling insects and animals that damage plants or threaten public health.
- advice to hotels and dormitories about pest control.
- collaborative efforts with Cornell and other university experts, government entities and other

environmental organizations involving research and environmental remediation projects.

- collaborative efforts with Westchester County trade associations involving educational outreach.

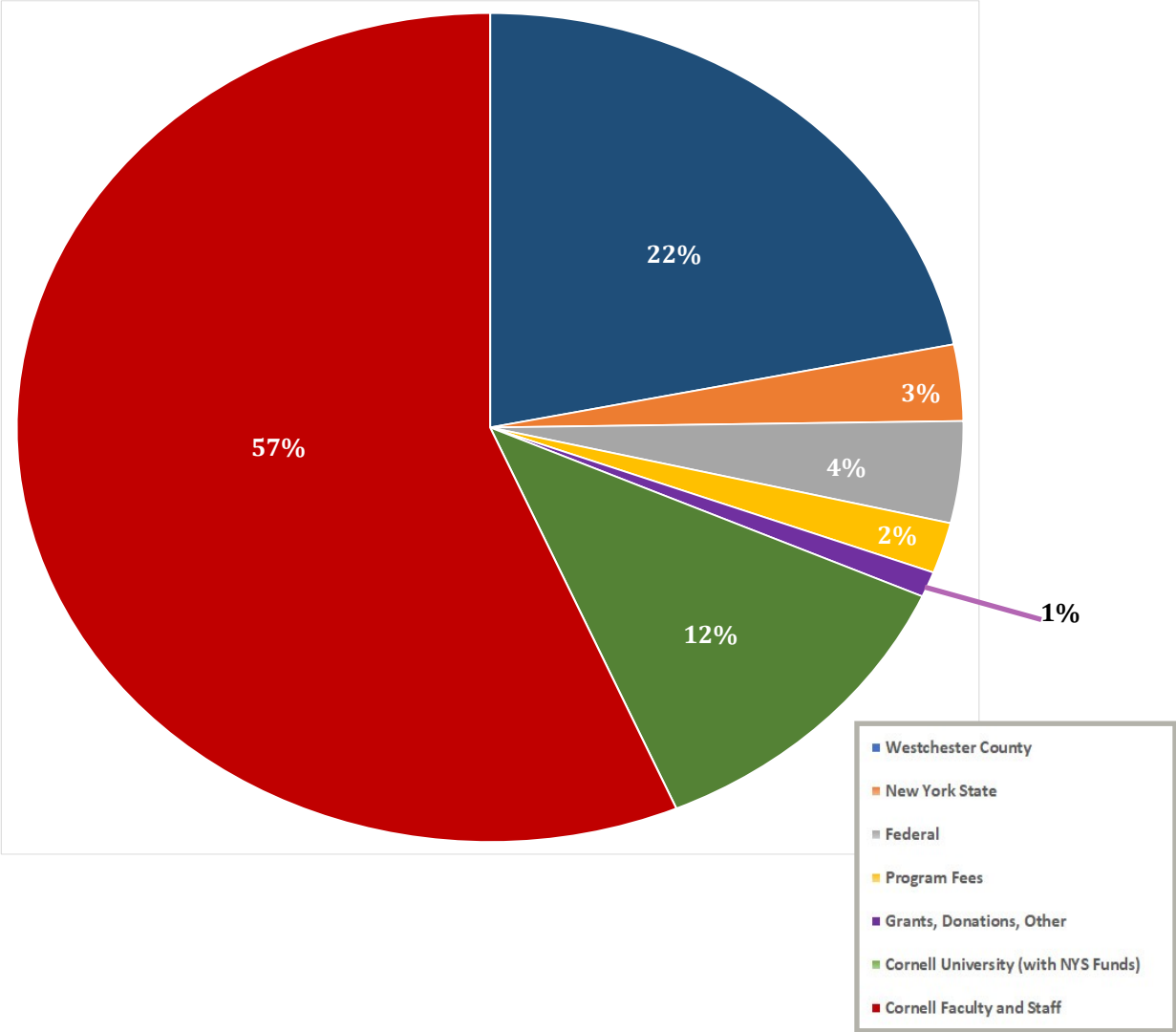
“Don’t Get Ticked” workshops were given by us on 1/30, 1/31, 2/19, and 2/21 to familiarize our community with tick-borne diseases. **85** commercial employees and community members learned identification, monitoring, management and tick removal as best professional practices.

- 1,117** responses to commercial and consumer telephone calls for service.
- 1,701** diagnoses completed for email and lab sample inquiries for service.
- 164** soil nutrient and pH tests facilitated in response to inquiries for soil testing service.
- 17** Commercial site visits for the Green Industry and Westchester municipalities to satisfy the need for field diagnostic services.
- 1,650** program participants served through commercial/residential presentations and conferences. .
- 1,040,000** - mostly Westchester - internet and hard copy subscribers reached through weekly Journal News articles on topics concerning horticulture and the environment.
- 2,500 to 3,500** Green Industry subscribers reached internationally via CCE through Westchester’s contribution to Cornell’s commercial turfgrass publication, ShortCUTT.
- 400** Green Industry subscribers reached locally/regionally via CCE Westchester’s 9 pest scouting activities for Cornell’s tree/shrub publication, Branching Out.



Glyphasate education at CCE for professionals 2-20-19

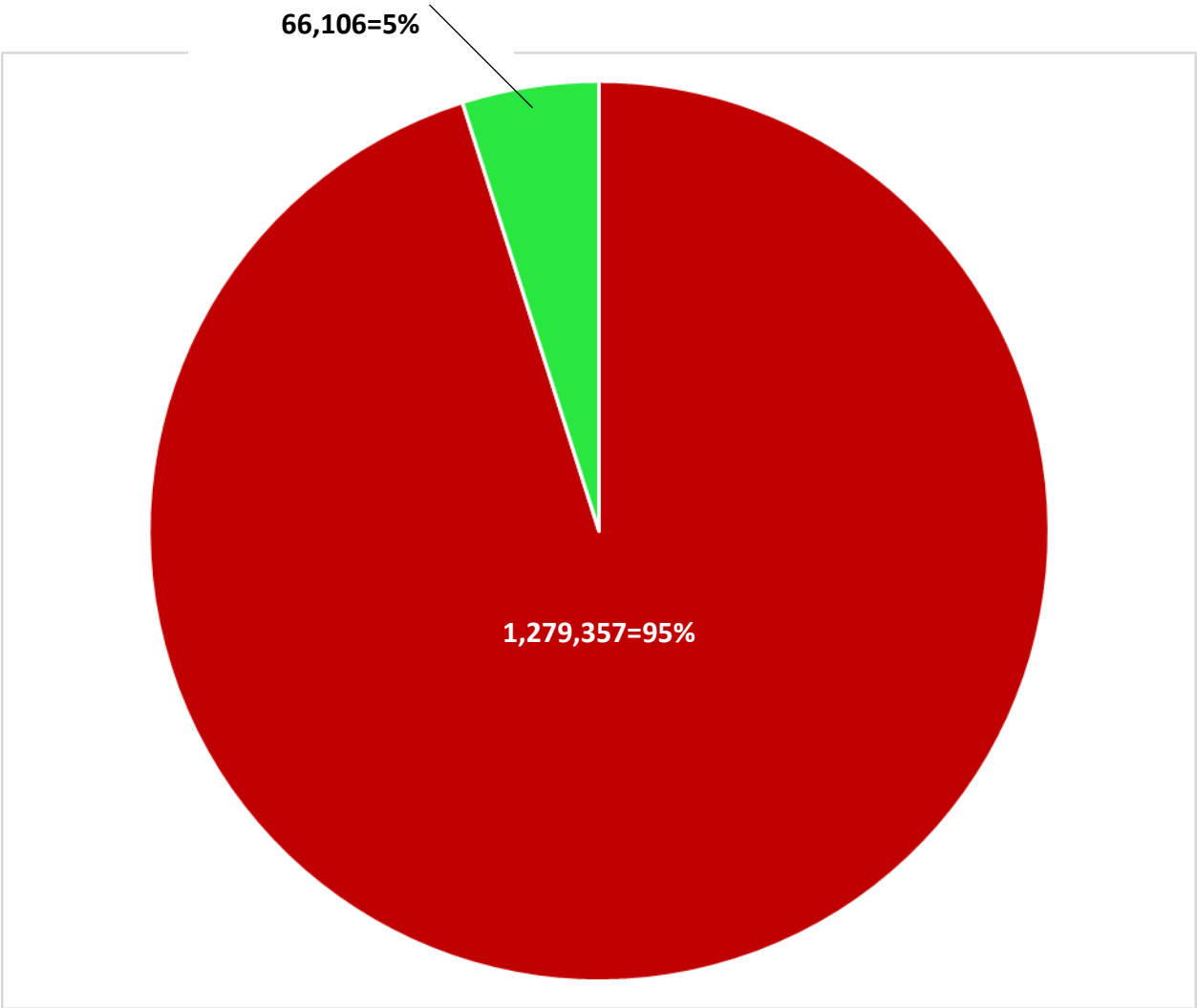
2019 Paid Support for Cornell Cooperative Extension OF WESTCHESTER COUNTY



Westchester County	\$	\$	659,640.00	22%
New York State	\$		77,761.00	3%
Federal	\$		115,250.00	4%
Program Fees	\$		70,000.00	2%
Grants, Donations, Other	\$		30,000.00	1%
Cornell University (with NYS funds)	\$		362,665.00	12%
Cornell Faculty and Staff	\$		1,750,554.00	57%
	\$		3,065,870.00	100%

Westchester County’s investment leverages four times the resources brought into our county through CCE. Additionally, hundreds of thousands of dollars in volunteer and volunteer partner time are given to us each year.

2019 Functional Expenditures



Y.T.D. TOTAL	PROGRAM SERVICES	MANAGEMENT & GENERAL
1,345,463	1,279,357	66,106
1.00	0.95	0.05

Horticulture, the Environment and Natural Resources

CCE Westchester multiplies good environmental stewardship via direct educational delivery and by helping our community with programming generated with our many partners.

1/3/19 “Managing Emerald Ash Borer” Webinar for Green Industry with CEUs: partner: UMass
1/15/19 New York State Turf and Landscape Conference with NYSTLA with CEUs, Westchester County Center, White Plains, partner: NYSTLA
1/23/19 "Invasive Pest Update" HGLS program for residents/Green Industry with CEUs, Will Library, Yonkers
2/20/19 “Investigating the Health Effects of Glyphosate” program for residents & Green Industry with CEUs, CCE Headquarters Elmsford.
3/11/19 “Extreme Gardening: Native Designs for Resiliency” program for residents and Green Industry with CEUs, partner: The Native Plant Center at WCC
3/14/19 “Designing & Promoting Urban Forestry Contracts for Municipalities” webinar for Green Industry with CEUs, partner: UMASS
3/20/19 Shrubs: The New Perennials, HGLS program for residents/Green Industry with CEUs, Anthony Veteran Park, Greenburgh
3/22/19, 3/27/19, 4/2/19, 4/3/19 “International Society of Arboriculture Certification Training”, program with CEUs for Green Industry, partner: CCE Dutchess
4/9/19 “Understand and Avoid Ticks” program for Green Industry, Stew Leonard’s Yonkers, partner: NYSTLA
4/11/19 “They're Coming...Planning for the Urban Landscape Pests of 2019” webinar for Green Industry with CEUs, partner: UMASS
4/27/19 “Ossining Green Day” with information booth for residents/Green Industry, Louis Engel Waterfront Park, Ossining.
4/27/19 “ Native Plant Center at WCC 20th Annual Native Plant Sale” Westchester Community College, Valhalla, partner, Native Plant Center at WCC
5/5/19 “Beyond the Native/Exotic Debate" HGLS Program for residents and Green Industry with CEUs, Will Library, Yonkers

5/18/19, 5/19/19 “Friends of Lasdon Plant sale” Information booth. Lasdon Park, Arboretum & Vets Memorial, Somers, Partner: Westchester County Parks.
6/5/19 Guided Tour of the Ellen and James Best Property, HGLS program for residents/Green Industry with CEUs, Pound Ridge
6/6/19 “Confronting Climate Change: Impacts on Ag, Forests and Landscapes” program for Residents & Green Industry with CEUs, Westchester County Center, White Plains. partner: Westchester County Soil & Water Conservation District.
7/15/19 “Monitoring and Managing Ash (MaMA) Program for residents and Green Industry, Vassar Eco Preserve, Poughkeepsie, partner: Ecological Research Institute
7/16/19 “Monitoring and Managing Ash (MaMA) Program for residents and Green Industry, CCE Dutchess County, Millbrook, partner: Ecological Research Institute
7/17/19 “Monitoring and Managing Ash (MaMA) Program for residents and Green Industry, Bedford Audubon Society, Katonah, partner: Ecological Research Institute
7/18-20/19 “27th Annual ReLeaf Conference, Community Forestry in a Rapidly Changing World", Mount Saint Mary College, in Newburgh
8/15/19 "Spotted Lanternfly- On the Doorstep or In Our Fields?" program for Green Industry with CEUs, Binghampton, partner: NYS IPM
9/12/19 “Tree Growth & Development in a Changing Climate” webinar for Green Industry with CEUs, partner: UMASS
9/26/19 “NYBG Field Day program with NYSTLA for Green Industry with CEUs, partner: NYSTLA
10/3/19 “UConn Native Plants and Pollinators Conference” program for residents and Green Industry, Storrs, CT, partner: UConn
11/17/19 “It's time for an "Emerald Ash Borer Update"! Webinar for Green Industry with CEUs, partner: UMASS
12/12/19 “Pruning Update” Webinar for Green Industry with CEUs: partner: UMASS

Master Gardener Volunteer Program



Master Gardener Volunteer meeting on Food Security.

Pollinator Support: Since 2016 we have worked to improve pollinator venues. This year, **30** of our MGVs were involved in Pollinator Support demonstration gardens in Lewisboro, Rye, White Plains, Yorktown, Bedford and Tarrytown. Hundreds of residents, the local media and business owners have learned about the importance of supporting and advancing pollinator gardens, and how to advance it.

Our MGVs donated **over 7,235** hours to CCE in 2019 valued at **\$43.06** per hour for a value of **\$311,539**. They also put in over **815** hours of continuing education to advance their skills to serve the public. Valued at **\$43.06** per hour, this was a **\$35,094** additionally for a total commitment of **\$346,633**.

MGVs directly served **8,051** community members in 2019 at Q&A tables, conferences, demonstration gardens, site visits, speaking engagements and other CCE educational venues. Our MGVs also engaged many thousands indirectly through our work and installations at Hart’s Brook, John Jay Herb Garden, Muscoot Farm, Sherwood House, Westchester Community College Vegetable Garden, Ossining Organic Community Garden, and

volunteering at Stone Barns, Lasdon Arboretum, Native Plant Center, Pruyn Audubon Sanctuary and other venues. At Hart’s Brook, our MGVs grew and harvested over **978** pounds of produce donated to a local food pantry.

We have trained over **325** teachers so far and introduced over **8,500** Westchester children to school gardening in more than **40** schools. **85** fifth graders in Tarrytown and **907** student in Yonkers learned about pollinators like butterflies and birds in their gardens. MGVs read to over **450** school children at **9** local schools during “*Agriculture in the Classroom*” week.

MGVs write a weekly gardening advice column and other gardening articles for the *Journal News* and Gannett newspapers, plus local publications reaching hundreds of thousands indirectly and over a million via online media.

2019 HOME GARDENING LECTURE SERIES

Invasive Pest Update*
Wednesday, January 23, 2019

Vegetables: The Taste of Summer
Wednesday, February 27, 2019

Shrubs: The New Perennials*
Wednesday, March 20, 2019

Hands-On With Edible Flowers and Herbs
Wednesday, April 17, 2019

Beyond the Native/Exotic Debate*
Wednesday, May 15, 2019

Guided Tour of The Ellen and James Best Property*
Wednesday, June 5, 2019

*Landscape Architect Health, Safety and Welfare credit hours were awarded.

Nutrition and Consumer Sciences

EFNEP Youth Results

221 youth participated in our special youth programs (separate & apart from adult and family participants) and **91%** improved their knowledge and practice of food selection. They also practiced better physical activity. They brought these best food practices back to their families.

SUCCESS STORIES IN THEIR OWN WORDS....

“I used to be a chef and took the EFNEP class at my son’s school. With notebook and pen to take notes on the EFNEP class, I started walking 15 minutes a day, learned to drink more water, cut down on sugary drinks, and lost 10 pounds by the 5th class. I am now exercising by riding my bike, eating more fruits and vegetables, and a month after the class ended, I lost 28 pounds and found a new job as a chef.”



CCE teaches nutrition to youth.

In the Spanish language class, participants told us:

SC said she “had weight problems for years and took the class, now reads labels, cut down on processed foods, added added more vegetables, don’t drink sugary drinks anymore, walk everywhere and have more energy for my kids and am in a better mood.”

Another participant said she “stopped defrosting meat in the sink and now defrosts it in the refrigerator where it’s safe and sanitary. I’m in a Zumba class now and love it. I carry trail mix with me in case I get hungry. I have more energy.”



Graduation from Youth Nutrition Class.

Nutrition and Consumer Sciences



Graduates of CCE Nutrition Program.

A study by Opportunity Insights, a non-partisan organization, showed in **2019** that government money spent on improving the health and education for low income children had a big payback. Each **\$1.00** spent on these benefits for kids yielded **\$1.47** payback in improved educational attainment and lower rates of hospitalization and chronic health conditions. These are part of CCE Westchester’s goals. As we improve the lives of our residents, we strive to see them become productive and healthy.

Our nutrition education programs are geared toward this and toward helping low **income families** stretch their SNAP and cash food dollars.

In addition to the obvious benefits of improved health and lifestyles of our participants, there are benefits for Westchester taxpayers, too.

Nutrition-related health problems are disproportionately high among low income individuals. Lacking private health insurance, our target population relies on taxpayer-funded Medicaid for health care. That is costly. The annual cost of Medicaid in Westchester is around **\$1.5 billion**.

Nutrition related diseases such as Type II Diabetes, cardio vascular disease, cranio-vascular disease, hypertension, youth obesity, stroke and

certain cancers are preventable with programs like EFNEP, which improve people’s behaviors and their family’s health.

EFNEP

Our EFNEP program provides nutrition education programs to low income families with children, whose income does not exceed 185% of the poverty level. Nearly **10%** of Westchester families meet this criteria. Pregnant women, Head Start parents, low income Hispanic parents and other low income families with dependent children in the household are our target audience. Indicators included eating more vegetables & fruits, reducing sugar intake, reading food labels, compare food prices, plan meals, and use a shopping list, & cooking dinner at home instead of fast food out. We teach in English and Spanish. In federal fiscal year **2019**, we taught **240** families representing **916** individuals via our adult programs.

Behavior Changes We Achieved

100% of our participants showed improvement in one or more diet quality indicators measured objectively by pre- and post-testing. **100%** of our participants showed improvement in or or more key physical activity indicators (exercising at least 30 minutes, doing workouts to build and strengthen muscles or making small changes to be more active).



CCE teaches physical exercise.

Master Gardener Volunteer Program



Master Gardener Volunteers teach about organic vegetable gardening.

We were also at the following community venues:

The popular Home Gardening Lecture Series attracted **294** attendees in 2019. The Speakers Bureau and other MGV speakers reached **270** at various venues in Westchester.

MGVs provided services in 2019 at these venues:

1/14: NYS Turf & Landscape Association Conference



Master Gardener Volunteers teach the public about vegetable gardening.

- 4/18: Community Forum at White Plains Library
- 4/27: Ossining Earth Day
- 4/27: Native Plant Center sale
- 4/28: Bedford 2020 Earth Day
- 4/30: White Plains Gedney Recycling Center (& throughout the season)
- 5/4: Croton Earth Day
- 5/11: Pleasantville Community Plant Sale
- 5/18 & 5/19: Lasdon Plant Sale
- 6/6: Westchester County & CCE program “Confronting Climate Change”
- 9/7 & 9/8: 4-H Showcase at Yorktown Grange
- 9/14: Pleasantville Repair Café Q&A about plants
- 9/21: Lewisboro Library Fair
- Advanced MGV Education provided by CCE Westchester:
- 2/6: Food Security
- 3/13: Native Plants & Pollinators
- 4/10: Wildlife Management
- 5/8: Spotted Lanterfly identification update
- 6/12: Climate Change Implications
- 8/12: Site examination of Saw Mill Audubon Pruyn Garden
- 8/14: Site examination of John Jay Herb Garden
- 9/11: Organic vegetable gardening & weed identification
- 11/13: Beech Leaf Disease



Master Gardener Volunteers meeting on food security.

4-H Youth and Family Development



Hooves, Beaks and Bills at Maple Weekend at Hilltop Hanover Farm in Yorktown.

Our Westchester youth join 4-H because they want to learn more about an area that interests them and meet others who share that interest. They do get that benefit, but more importantly, they get the benefit of learning how to share their knowledge with the public, educate others, and master public presentations, a skill that will stay with them as a benefit for life.

Our 4-H Mission Statement is: “4-H connects youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society” and our 4-H Vision is “a world in which youth and adults learn, grow and work together as catalysts for positive change”. Westchester County had **80** 4-H club members in 2019. 4-H adult volunteers donated about **2,717** hours while leading the clubs. Valued at **\$43.06/** hour, their contributions are worth **\$116,994**.

Our youth contacts (not including I&E) were **2,561** plus **409** during **Agriculture Literacy Week**. Agriculture Literacy Week promotes a better understanding and appreciation of agriculture and the food system. In March 2019, **12** volunteers visited **20** classrooms in **6** schools/libraries throughout the county, reaching **409** students reading “On the Farm, At The Market” so students can learn all the steps from harvest on the farm to our table.

One of our largest programs is 4-H **Incubation & Embryology** (I&E) which teaches youngsters about biology, nutrition and the environment while they hatch chick and duck eggs in their classrooms. CCE helps the schools obtain fertilized eggs and equipment, trains teachers, provides curriculum, and answers questions during the hatching process. In 2019, **14** teachers newly attended our trainings. **150** schools, **383** classrooms, **8,867** children and **1,227** adults participated with this educational outreach. Teachers volunteered **1,915** hours to I&E.

Notable accomplishments of 4-H Clubs in 2019

Muscot Gang 4-H Club members provided at least **120** volunteer hours each during the year as the club assists the staff of Muscot Farm doing farm chores and during big events such as Meet the Baby Animals, Sheep Shearing, Dairy Day, Turkey Talk, and Pumpkin Picking. **The club also saves the county taxpayers a lot of money each year.** Muscot Gang members participated in the Putnam County 4H fair as well as the Grange Fair and attended Dairy Days program at Cornell.

K-9 Kids did their annual demos at the Putnam County 4-H Fair and the Yorktown Grange Fair, and volunteered at the Taconic Hills Kennel Club annual dog show, FastCat event and Farm Dogs. They & their dogs passed the Therapy Dog



4-H Youth showing off their rabbits in costume.

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International test and also did the Reading with Rover program at the Mount Kisco Library. They took the American Kennel Club Canine Good Citizen Urban dog test, and they passed & obtained the AKC titles of CGC, CGCU and TKN. Members who passed the Farm dog test received a FD title. They attended March Dog Madness in Orange County, went to K9 Aqua Dog to try Dry Dock Diving, and visited Dr. Kelly Murphy, a rehab vet in Yonkers. They did a “safety around dogs” and training dogs program at the Mt. Kisco



K-9 Kids at Mt. Kisco Library

Library.

Hooves, Beaks and Bills 4-H participated in the Maple Weekend Pancake Breakfast at Hilltop Hanover Farm, bringing goats to add a little more agriculture to the morning.

Robocracy 4-H Club participated in the “FIRST Hudson Valley Regional Championship” in February and emerged as the Captain of the Finalist Alliance. They gave STEM outreach afternoon classes at Bell Middle School in Chappaqua (**200** youth and **50** parents attended) and the Grange Fair in Yorktown where about **250** members of the public came to enjoy learning about “sumo bots”. They ran the local First Lego League Challenge and offered hands-on activities during the Mid-Hudson Engineering



4-H Project Books exhibited at NYS Fair.

Expo. They led hands-on play with the NXT robots for children at the White Plains High School (**200** attendees), and offered robotics workshops for 5 mornings in August at Pace University (**12** students).

North Salem 4-H members continue to teach working with farm animals.

Rabbiteers held their annual Rabbit Show plus their Rabbit Information Day at Muscot Farm to teach hundreds of visitors about raising rabbits as pets.

Afterschool programs: we continued to teach the afterschool programs at 2 elementary schools



Final match with Team Beta (4-H Robocracy Club).