## 2013 Educational Programs

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

### Community Development:
- Green Jobs Green New York
- Local Foods/Farmers’ Markets
- NNY Energy $mart Communities
- Recycling and Solid Waste

### Military Programs:
- Army Emergency Relief
- Army Volunteer Corps
- Employment Readiness
- Family Advocacy
- Family Readiness Center
- Financial Readiness
- Mobilization & Deployment
- Operation Military Kids/4-H Military Clubs
- Outreach Services
- Relocation
- Watertown City Schools Military/Community Readiness

### Nutrition and Health:
- Breastfeeding Education
- Community Environment and Health
- Nutrition Education

### Youth and Family Development:
- 4-H Animal Science
- 4-H Camp Wabasso
- 4-H Club Support
- Belleville-Henderson Extended School Day Program
- Copenhagen STARS Afterschool Program
- Indian River School District Family Liaisons
- LaFargeville Advantage Afterschool Program
- Lyme Extended School Day Program
- Parenting
- Theresa Advantage Afterschool Program

## 2013 Program Advisory Committees

Program Advisory Committee members are appointed to support the board of directors and staff in planning, developing, and evaluating education programs that meet the needs of the citizens of Jefferson County. Thank you to the following community members who served in this capacity in 2013.

### 4-H Camp Wabasso
- Bruce Armstrong
- Donna Bibbins
- Dave Clement
- Mackenzie Dickinson
- Jim Fitzpatrick
- Carl McLaughlin
- Mark Murray
- Mike Richardson
- Melissa Ringer-Hardy
- Sherry Wilson

### Agriculture and Natural Resources
- Gary Babcock
- Jay Canzonier
- Kathryn Canzonier
- Linda Garrett
- Don Holman
- Sue Holman
- Delta Keeney
- Michael Kiechle
- Jay Matteson
- Bilkey Moore
- Ray Petersen
- Joan Treadwell-Woods
- Alan Wood

### Nutrition and Health
- Anita Ciulo
- Steven Gaines
- Dori Ann Froelich
- Mary Beth Knowlton
- Erich Leonard
- Mary Jane Mathewson
- Maria Mix
- Judy Munoz
- Robin Neal
- Anita Seefried-Brown
- John Smith
- Melissa Snyder

### Youth, Family, and Community
- Marie Ambrose
- Darrell Aubertine
- Mia Barnes
- Hartley Bonisteel
- Kathy Connor
- Erika Flint
- Brigitte Gates
- Jane Gendron
- Linda Hall-Elsisin
- Virginia Harrington
- Steve Jennings
- Erich Leonard
- Bilkey Moore
- Paul Passino
- Anita Seefried-Brown
- Elizabeth Walker
- Melissa Snyder

## 2013 Board of Directors

### Officers:
- Donna Bibbins, President
- Nick Surdo, Vice President
- W. Edward Walldroff, Secretary
- Bruce Armstrong, Treasurer
- Bilkey Moore
- Judy Munoz
- Mark Murray
- Ray Petersen
- Dave Zembiec
- Sharon Chaple, Liaison, Fort Drum
- Carolyn Fitzpatrick, Representative, Jefferson County Board of Legislators
A Message from the Executive Director…

On behalf of Cornell Cooperative Extension of Jefferson County, I am pleased to present this year's annual report. The format of the report has changed a bit this year. The goal is to present you with a concise overview of programming in each of our core areas, outlining priorities, outcomes, participant testimonials, and of course, photographs to tell our story.

Extension's role in the community is purposefully broad with the goal of being far reaching to meet community needs.

This year has certainly not been business as usual. Many of us, both organizations and individuals, have been feeling the cumulative impacts of federal sequestration and, most recently, a shutdown of our federal government. In spite of these events, however, our primary goal at extension has been to maintain critical resources and quality programming for the benefit of our county residents.

In accomplishing this, I am constantly reminded and impressed with the combined dedication, expertise, and impact the cooperative extension staff has throughout the nation. Kevin Jordan and I spent a full day on Capitol Hill sharing the many important educational programs New York extension is delivering to tens of thousands of residents each year. We met with our elected officials while seeking continuation of Smith-Lever funding across the country. In June, board presidents from across the state met with Cornell Cooperative Extension Director Dr. Helene Dillard to network and learn firsthand about the continuing regionalization of programs.

At both conferences, I witnessed the high regard that our association and its employees hold throughout the state. We are considered a leader because of our development of vital programs, grant writing skills and awards, and our continued unique relationship with Fort Drum. In partnership with the associations in Clinton, Essex, Franklin, Lewis, and St. Lawrence Counties, we continue to lead the regionalization process with shared administrative functions and shared programming.

As I look to 2014, I do so knowing that we are well served by our leadership and staff. Thank you all for your continued support and positive attitudes!

Thoughts from the President…

2013 has been a year of continual change for Cornell Cooperative Extension and local associations. I am eager to report that we continue to demonstrate a high level of adaptability to these changes while staying true to our mission. The devotion and perseverance of our staff never ceases to amaze!

This year, I was fortunate and honored to represent our association at two conferences. In April I attended the Public Issues Leadership Conference in Washington, DC. Designed to provide professional development opportunities in the areas of public issues/policy advocacy, it afforded me the opportunity to meet extension employees from throughout the nation. Kevin Jordan and I spent a full day on Capitol Hill sharing the many important educational programs New York extension is delivering to tens of thousands of residents each year. We met with our elected officials while seeking continuation of Smith-Lever funding across the country. In June, board presidents from across the state met with Cornell Cooperative Extension Director Dr. Helene Dillard to network and learn firsthand about the continuing regionalization of programs.

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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.
# 2013 Program Participation

<table>
<thead>
<tr>
<th>Number of People Served</th>
<th>10/11 – 09/12</th>
<th>10/12 – 09/13</th>
</tr>
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<tr>
<td><strong>Total Number of People Served</strong></td>
<td>64,792</td>
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<td><strong>Agriculture and Natural Resources</strong></td>
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<td>Agriculture and Natural Resources</td>
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<td>Local Foods/Farmers' Markets</td>
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<td>1,214</td>
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<tr>
<td>Phone calls/emails/farm calls/office visits</td>
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<td>3,058</td>
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<td>Army Volunteer Corps</td>
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<td>Employment Readiness</td>
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<tr>
<td>Parenting</td>
<td>912</td>
<td>717</td>
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</table>
2013 Program Highlights

- Augmented our agricultural staff both in skillsets and number of staff members working with the farming industry to keep pace with a growing, diversified agricultural community.

- By working with our educators, farmers improved their bottom line. For example, one corn grower saved $10,000 on their crop management plan by working with our staff and reducing crop inputs. In addition, various growers anticipate savings of more than $107,000 over the life of 220 acres of alfalfa by applying entomopathogenic nematodes for biological control of Alfalfa Snout Beetle.

- Received approximately $180,000 in outside grant funding for technical assistance to further develop and promote businesses engaged in locally grown foods that want to increase sales in and outside the county. The opening of the Madison Barracks Shared Use 20C Kitchen—the first and only such facility in Jefferson County—happened as a result of this type of technical assistance.

- Expanded the role of our Regional Recycling and Solid Waste educator with our funding partner, the Development Authority of the North Country. In one program alone, the School Plastic Bag Challenge collected over 59,000 plastic bags in a single month. Another program deployed recycling bins at three county fairs collecting over 6,100 recyclable containers.

- Implemented a “Choose Health” program, which positively impacted hundreds of kids attending 4-H Camp Wabasso, emphasizing fun ways to change and improve eating habits, coupled with a week of outdoor educational activities. Feedback from both parents and campers has been extremely positive.

- Of those who participated in our nutrition classes, 74% showed improved use of their ability to access food, 84% improved their nutrition practices, and over 50% improved food safety practices.

- The Jefferson County Youth Bureau recognized 4-H through several awards this year. Extension Afterschool Program Coordinator Mitch McCormick received the Promising Youth Worker award, 4-H Volunteer Pam Reed was honored with the It Takes A Community award, and 4-H Member Sovannary Sok received the Youth Leadership award.
The Agriculture and Natural Resources program served over 4,000 farmers, agricultural producers, and consumers this year. The impacts on improved livestock health, production, crop yields, ecosystems, and habitat resulted in improved farmer profitability and an enhanced environment for all residents of Jefferson County.

A wide range of agriculture and horticulture programs assisted large and small producers and helped entrepreneurs start new agricultural businesses. From local food initiatives to that gallon of nutritious milk in our refrigerator, Cornell Cooperative Extension of Jefferson County's agricultural programs helped enhance farm efficiency and promoted consumer access to safe, healthy food.

Our agriculture and natural resources staff cover most aspects of the industry based on community need. Below are just a few of the programs provided in the 2013 program year.

- By assembling a farm profit team consisting of a veterinarian, animal nutritionist, and crop specialist, farm owners took steps to reach long-term business goals.
- By working with our educators, tens of thousands of dollars were saved by adjusting crop management plans on farms. Our staff enhanced outreach to farmers with up-to-the-minute education through tweets and email alerts.
- Local high tunnel vegetable producers benefitted from onsite visits by the Cornell Extension Vegetable (and high tunnel) Specialist. Access to the specialist helped the growers solve problems and learn new methods to improve production.
- Hundreds of patrons at the Thompson Park Zoo enjoyed a garden developed, planted, and maintained by Cornell Cooperative Extension of Jefferson County Master Gardeners. The garden features native plants that are beneficial to butterflies, such as those that reside at the adjacent butterfly house.
- Through farm visits, extension agriculture educators impact the producer’s bottom line while improving animal health. For example, education on cow comfort and heat abatement results in greater feed intake and milk yield, reduced hoof problems, and lower somatic cell counts.
- Through outreach and education on the importance of improved silage management, extension agriculture educators helped farmers reduce losses in harvesting, filling, storage, and feeding. For the average Jefferson County dairy farm of 85 cows, these practices can save over $24,000 through reduced silage value losses.
Recycling and composting education was delivered to a total of 3,250 youth and 500 adults in Jefferson, St. Lawrence, and Lewis Counties. The goal is to raise awareness of the importance of preserving natural resources and increasing recycling.

Energy programming education and outreach assists small businesses, residential buildings, not-for-profit organizations, farms, home and/or apartments in reducing energy costs, resulting in significant savings. In the past year, 34 commercial and farm audits were completed. Education and outreach was delivered to 375 individuals.

Our Grow Local Buy Local program launched a pilot program in order to increase consumption of local produce received by low-income families at farmers’ markets. One thousand $5 coupons were distributed to low-income consumers who redeemed them for fresh, local produce. Thirteen local farmers participated.

Three local food pantries were awarded $9,000 in grants to buy local produce. The pantries received fresh, local produce from several local farmers for their clients and the farmers had a guaranteed source of revenue.

Fifty-seven producers advertised in the Jefferson County local food guide to direct market their products; 41,128 guides were distributed.

- Community Development focuses on energy conservation education, renewable energy, recycling/waste management education, and economic development.
- Our local foods program works on both sides of the local food equation: increasing availability of healthy local food options for consumers and providing support and technical assistance to local producers and entrepreneurs to expand business opportunities. The Farmers’ Market Nutrition Program has three fundamental components: (1) economic development, (2) nutrition education, and (3) access to healthy food.
Cornell Cooperative Extension Association of Jefferson County and Army Community Services (ACS) at Fort Drum have worked together for over 20 years to improve the lives of our military neighbors. This year, our 19 staff members at ACS assisted soldiers and military family members in nine programs that provided education to over 1.5 million contacts.

Also Cornell Cooperative Extension of Jefferson County takes a leadership role in connecting military youth with local resources. The Department of Defense has partnered with our association to provide statewide programming to military youth. Given our relationship with Fort Drum, our staff are considered experts throughout the state in providing programs to military families.

“"It means the world to me and to other service members to have someone looking out for our families while we are deployed. Thanks for not forgetting we are still out there.”

~ military parent

- New York State: Operation Military Kids and 4-H Military Club programs connect military children and youth with local resources in order to achieve a sense of community support and enhance their overall wellbeing. This is accomplished through the range of educational, recreational, and social activities.

- Our Fort Drum programs educate soldiers and their families about how to handle finances, finding employment and volunteer opportunities in our region, parenting, successful transitions before and after deployment, programs and services available in our region, and much more.
Nutrition and Health

“We are reading all of the labels now and figuring out how much sugar is in the food we eat. We are having a good time trying to reduce the amount of added sugar we eat and drink.”

~ parent of Choose Health participant

Nutrition education was provided to individuals, in group settings and at all farmers’ markets in Jefferson County. In total, nearly 1,500 adults were reached through direct education efforts.

The Adopting Healthy Habits Community Coalition for Children developed a comprehensive snack policy for youth-based organizations outlining recommendations that follow the 2010 Dietary Guidelines for Americans. This policy was adopted throughout the seven-county 4-H and nutrition region. All youth, volunteers, and staff in the seven-county region will have healthy options such as water, low-fat dairy, whole grains, and vegetables and fruits available at meetings and events.

Through a partnership with United Way, we were able to expand our breastfeeding support and education to more families. Over the past year, 81 families were served and 72% of the problems they were having were resolved. In addition, the tri-county Adopting Healthy Habits Breastfeeding Initiative, a partnership with the North Country Prenatal Perinatal Council, awarded five mini-grants to make breastfeeding easier through the development of breastfeeding stations at area businesses or identifying and implementing policy changes.

• Research demonstrates that people are more likely to engage in healthy behaviors when communities have easy, available options that encourage and promote healthy habits. Community Nutrition and Health programming strives to make the healthy choice the easy choice by promoting positive nutrition and physical activity practices, encouraging wise use of personal and environmental resources, and securing access to nutritious and safe food.
4-H Camp Wabasso is a traditional summer camp that provides an outdoor educational and fun experience to youth during the summer season.

In total, 1524 youth were served at 4-H Camp Wabasso through educational field trips, teambuilding exercises, and programming including the annual open house, summer camp, Camp School Days, and New York State Operation: Military Kids camp. Through the fundraising efforts of our association, 32 area youth were provided scholarships to attend camp this summer.

These activities and programs educated youth in swimming, leadership development, teambuilding, recycling, animal science, nutrition, and environmental education.

Additionally, the Choose Health curriculum was taught to 269 youth during the six weeks of summer camp. To support the teachings, all the food served in the dining hall followed the 2010 Dietary Guidelines. Based on feedback the youth loved the meals, took the information home, taught their friends the active games, and became involved in making healthy choices with their parents, both at the grocery store and in the community.

- Youth master new life skills, gain confidence, gain a sense of community and find meaning through education. The camping experience offers young people, ages 6–16, the chance to explore educational activities including swimming, outdoor living, environmental studies, kayaking, canoeing, high/low ropes courses, archery, astronomy, and much more.

- The 4-H Choose Health initiative addressed the priority of Healthy Living – eating healthy foods in appropriate amounts and engaging in regular physical activity. The program encouraged campers to lead a healthier lifestyle.
The Jefferson County 4-H Animal Science Program provided youth educational and competitive opportunities in dairy science, equine science, cynology, poultry, rabbit, small animals, and market livestock at the local, regional, state, and national levels.

Jefferson County 4-H included 22 clubs and five afterschool programs serving 919 youth with curriculum focused on science, technology, energy, and math (STEM); animal science; healthy lifestyles; and civic engagement. Large group educational programs such as Student Government, Ag Extravaganza, and Environmental Awareness Days provided specific programming to over 1,000 area students.

Cornell Cooperative Extension of Jefferson County’s parenting education programs resulted in parents reporting more positive interaction with their children, such as reading, and less negative interaction, like arguments. Over 608 parents were reached with parenting education through classes and home visits.

• Studies show that youth participating in 4-H do better in school, are more motivated to help others, feel safe to try new things, and develop lasting friendships. Cornell Cooperative Extension of Jefferson County has strong collaborations with schools, community organizations, families, youth, and volunteers that extend our ability to reach out and deliver the research-based 4-H curriculum. The main delivery method for 4-H is the experiential learning style – learn by doing.

• Both group and individual education classes were provided for parents to provide them with proven methods to enhance their relationships with their children.

~4-H parent
The total budget for Cornell Cooperative Extension Association of Jefferson County for 2013 was $4,844,494. The sources of income and distribution of expenses are shown below.

### 2013 Budgeted Funding Sources

- **Program Revenue**: $247,715 (5.1%)
- **Federal Smith Lever**: $59,500 (1.2%)
- **Federal Grants & Contracts**: $1,123,288 (23.2%)
- **State Funding**: $717,080 (14.8%)
- **Cornell Employee Benefits**: $1,397,678 (28.8%)
- **Contributions**: $10,000 (0.2%)
- **Other Funding Sources**: $626,233 (13%)
- **County Funding**: $663,000 (13.7%)

### 2013 Budgeted Expenditure Profile

- **Program Services**: $4,048,634 (83.6%)
- **Program Support**: $712,141 (14.7%)
- **Outreach/Promotion**: $83,719 (1.7%)
Publications and Media Spotlights

Newletters

Ag and Natural Resources/Classifieds Newsletter ................................................................. 12 issues sent to 1,110 homes/businesses
Horticulture Newsletter ........................................................................................................... 6 issues sent to 594 homes/businesses
Green Ink, 4-H Youth Development Newsletter ................................................................. 11 issues sent to 654 homes

Printed Media

Press releases reaching up to 100,000 homes/businesses .................................................. 302
Monthly Calendar of Events in the Watertown Daily Times reaching 22,359 homes/businesses ........ 12

Radio/Television

Television interviews reaching over 600,000 homes/businesses ....................................... 20
Radio interviews reaching over 50,000 homes/businesses .................................................. 4

Internet

Community websites with up to 150,000 impressions per week ........................................... 9
Cornell Cooperative Extension of Jefferson County website impressions ............................... 900,000
Cornell Cooperative Extension of Jefferson County Facebook page views .......................... 235,240

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.
## Supporters of Extension

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 2013.

<table>
<thead>
<tr>
<th>Contribution Category</th>
<th>Individual/Company Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 Islands International Tourism Council</td>
<td>Carthage Savings and Loan</td>
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<tr>
<td>4-H Camp Wabasso Alumni</td>
<td>Dori-Ann Froelich</td>
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<td>4-H Livestock Committee</td>
<td>Steven Gaines</td>
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<td>4imprint Corporate Giving</td>
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<td>David &amp; Susan Acker</td>
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<td>Paul Garrett, ASAP Interiors</td>
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<td>Patrick Ames</td>
<td>JC Gillette</td>
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<td>John Anderson, Lake Effect Hoof Trimming</td>
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<td>JC Penney</td>
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<td>Chris Brown</td>
<td>Jefferson County Community Services</td>
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<td>Brown’s Feed</td>
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<td>Ben Buckley</td>
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<td>Kristina Buxton</td>
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<td>Vincent &amp; Lucille Cali</td>
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<td>Dick Campany</td>
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<td>Angela Carter</td>
<td>Fort Drum Regional Health</td>
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<tr>
<td>Carthage Central School</td>
<td>Fort Drum Army Community Services</td>
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</tbody>
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