

## Mission Statement

Cornell Cooperative Extension puts knowledge to work in pursuit of economic, ecological and social vitality. We bring local experience and research-based solutions together, helping families and communities thrive in our rapidly changing world.

Dear Friends of Cornell Cooperative Extension of Lewis County:

We are pleased to bring you our 2013 Annual Report. Lewis County's Cooperative Extension as you will read in this report is far ranging, provides a wealth of up-to-date, research based information for individuals, families, business people, farmers and professionals. A revamped 4-H program is offering a variety of educational opportunities for our county's youth as they grow into tomorrow's leaders.

The following are just a sample of our offerings:

- ...4-H "Hands-on" environments in which Lewis County youth can learn and explore;
- ...An Eat Smart New York program that creates community-building and networking;
- ...An agriculture department that gives area farmers and agribusinesses "tools" for their trade;
- ...A responsive Ag Team meeting the needs of our dairy farmers during this ongoing time of financial uncertainties;
- ...Programs on finance and home energy education; and
- ...Valuable interaction with special guest speakers and experts in requested fields of interest.

The Board and staff of Cornell Cooperative Extension of Lewis County extend our sincere appreciation to the agencies and individuals that provide us with funding and resources throughout the year. We gratefully acknowledge continued annual support provided on behalf of Lewis County residents through the Lewis County Board of Legislators.

We hope you enjoy reading about your Cooperative Extension and perhaps discover a new opportunity. We invite you to look over the past year and hope you will join us at educational programs, workshops and/or events in the upcoming year. In 2014 we look forward to offering relevant, unbiased and helpful information to each of you—the residents of Lewis County.

Sincerely,

*Sheila Buckingham*

Sheila Buckingham

*Michele E. Ledoux*

Michele E. Ledoux

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*Executive Director*

**Terri Taraska,**

*Dairy Educator*

**Mike Hunter,**

*Field Crops Educator*

**Peggy Murray,**

*Farm Business Educator*

**Melissa Spence,**

*Sustainable Agriculture Educator*

**Amber Wynkoop,**

*4-H Animal/Plant Science Educator*

**Mazie Stanford,**

*4-H Program Assistant*

**Carla Keefer,**

*Nutrition Educator*

**Christine Countryman,**

*Nutrition Educator*

**Jessica Hall,**

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**Joanne Salmon,**

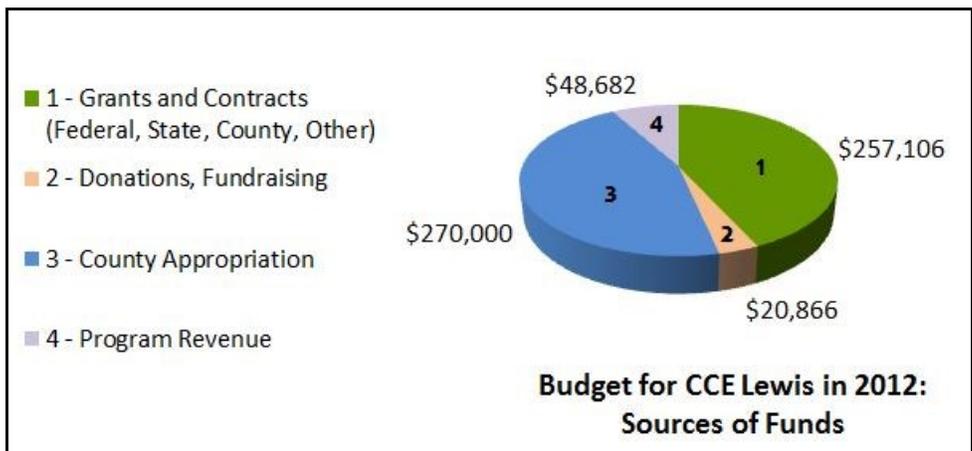
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**Kristina Panowicz,**

*Finance Assistant*

**Joe Alm,**

*Program Assistant*



# Agricultural Update

2013 saw many changes in the faces of our Agricultural Staff, Joe Lawrence our crop specialist for the past eight years left CCE for private industry, but an old familiar face, Mike Hunter re-joined our Ag Staff first on a temporary basis and then later on a permanent basis. Mike will continue to provide the same service to our farms in Lewis County as well as Jefferson County. As more and more non-traditional agricultural businesses find a home in Lewis County, CCE has found a need for a Sustainable Agriculture Educator and Mellissa Spence was hired in May to fill this need. To even out the Ag team, Dr. Terri Taraska was hired in September as our Dairy Educator. Peggy Murray continues to cover Farm Business and Michele Ledoux provides programming for Maple and Agricultural Economic Development and as we end the year, we are once again fully staffed.

## Ag Programming and Outreach

We are always looking for ways to bring the information to our customers. Email continues to be a tool that we use to get this information out in a timely fashion. Our newsletter continues to be a source for our producers as well as our workshops and seminars. Mike Hunter started using Twitter as another means to get crop information out to producers when he finds something that is time sensitive. He provided timely crop alerts throughout the growing season using email and Twitter. Between May 1 and November 1, 20 email crop alerts and 42 tweets from the field were sent to over 200 combined contacts. The goal is to increase communication and not replace personal interaction with the farmers, crop consultants and agribusinesses.

CCE was the lead agency for the public event – Family Day on the Farm. This was the second year that CCE collaborated with other agencies and volunteers to bring awareness of modern agriculture to the public. Held in the spring the first year, this year we held it in the fall. Attendance more than doubled this year to over 1,200 people who came out to see how a modern dairy farm works.

### CCE Lewis County partnerships:

- Soil and Water Conservation District
- Lewis County Economic Development & Planning Office
- Farm Bureau
- NNY Ag Development Program
- Cornell PRO-DAIRY Program
- Lewis County DSS
- Lewis County Public Health
- Lewis County IDA
- Lewis County Chamber of Commerce
- Area Colleges and Universities
- Local School Districts
- Tug Hill Commission
- USDA
- NYS Ag & Markets
- Development Authority of the North Country
- Local Agri-Business



With the implementation of the Federal Health Care Reform, CCE offered two programs to help inform the producers on what was required of them as business owners and individuals. When OSHA announced on farm audits for farms, CCE was right on top of this, sending information to the farms and planning a program that would give the farms the information needed to ensure that they are in compliance with the OSHA requirements. When Governor Cuomo announced a program that would help

grow the milk supply in New York State, members of our Ag Staff were asked to be in on the planning and implementation of the Dairy Acceleration Program (DAP). This information has in turn been sent out to our producers who have the opportunity to apply for funding to help them in their business planning and nutrient management planning.

It has been a long time since we experienced a "normal" growing season. At the end of the 2013 growing season, the recorded rainfall in Lowville from May 1 to October 1 was only .03" above the 68 year average and the growing degree days were 9 less than average. However, these end of season totals are very misleading. May, August and September had below average monthly rainfall totals and June and July were significantly above average. A wetter than normal June and July hindered timely hay harvest. While hay crop yields were very good throughout the county, forage quality suffered. Corn silage harvest yields were above average and certainly helped rebuild forage inventories on many area farms.

With over 600 farms, 163,200 acres, and over \$125,000,000 in revenue, Agriculture is a strong economic factor in Lewis County. While Dairy is still number one, we continue to see new non-dairy enterprises take advantage of the great resources that makes Lewis County a great agricultural county.

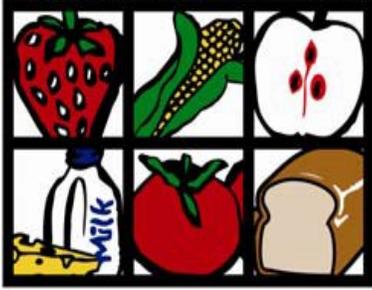
**Mission: Extension provides unbiased, educational outreach to the North Country through research, education and demonstration in Food and Agricultural Systems, Life Skills, Community Enhancement, Rural Stewardship, and Youth Development.**

# Eat Smart New York

## Impacting Lives in Lewis County!

Eat Smart New York's (ESNY) goal is to promote health by helping low-income individuals establish healthy eating habits and a physically active lifestyle. Poverty is a risk factor for numerous health problems including heart disease, diabetes, cancer, poor pregnancy outcomes, and obesity. Positive changes in nutrition and physical activity are needed to avoid negative consequences of these health conditions. Our nutrition educators are available to teach the important connection between nutrition and health to the nearly 2,000 residents living at or below the poverty level (12.1%) in Lewis County.

Eat Smart New York!



ESNY

## Eat Smart New York Eat Better For Less!

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P.O. Box 72  
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<http://blogs.cornell.edu/ccelewis/>

Phone: 315.376-5270  
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### What We Do

Participants learn through a series of nutrition lessons how to better feed their families with less money. ESNY graduates improve their skills and knowledge about healthy eating by:

- Increasing vegetable and fruit consumption.
- Decreasing the consumption of sugar sweetened beverages.
- Increasing level of physical activity.

### Who We Reach

Low Income:

- Families with Children
- Individuals
- Youth
- Seniors

### Adults

- 97%** improved in at least one diet quality measure.
- 82%** improved in at least one of three nutrition practices.
- 94%** improved in at least one of four food resource management practices.
- 83%** increased physical activity as part of a healthy lifestyle.

### What Our Participants Say

- ◆ "I have fruits and veggies cut up and waiting for my children to eat, it is our 'no ask snack'." - Mother of 2
- ◆ "As a family we are being physically active together. It gives us family time as well as keeping us moving." - Mother of 3
- ◆ "After joining this program I now realize the importance of physical activity. Not just for myself, but also for my entire family." - Mother of 2

ESNY is an educational program available to SNAP recipients and other income-eligible residents. ESNY is a program provided by Cornell Cooperative Extension of Lewis County in partnership with the Lewis County Department of Social Services, funded by USDA's SNAP Program. This institution provides equal program and employment opportunities.



Cornell University  
Cooperative Extension

# Lewis County 4-H

## What can 4-H do for my child?

4-H helps make learning come alive, enriching traditional education with project work and hands on activities.



4-H camps, afterschool programs, and clubs choose projects that youth are interested in. New York State has more than 150 4-H projects to choose from. These

projects are both educational and practical. Your child may attend regular meetings, be involved in public speaking and community service activities, or serve as a club officer. 4-H also serves military



## Event Snapshot

The Lewis County 4-H Annual Achievement Celebration was held this year at the Glenfield Fire Hall. Over 100 people were in attendance, and 70 4-H members recognized for their achievement in 28 award areas. This event grew tremendously from recent years with the addition of a spaghetti lunch, dessert decorating, Harvest Fest competitions, and more. We gladly accept feedback from this event as well as others so that we can continue to progress and improve Achievement Day as well as other events and activities held throughout the year.

## Lewis County Impact and Results

As social demographics change so do the needs of our local families. CCE of Lewis County continually adapts its program delivery mode to address these societal changes and reach youth wherever it is most effective. In 2013, CCE of Lewis County worked with youth in a variety of program settings including:

- ◆ February Fun Day, Horse and Dairy Camp, County and State Fair, Farm Safety Day, Conservation Field Day, Homesteading Fair, National Night Out, Teen Winter Weekend, Family Farm Day, and others.
- ◆ 201 enrolled 4-H club and Independent members
- ◆ 62 enrolled 4-H volunteers

An essential component of the 4-H program is conducting and executing projects throughout the year. Examples of 4-H member projects have included:

- Photography
- Wood working
- Public speaking
- Floral arrangements
- Informational posters
- Cooking and baking
- Jewelry Making
- Caring for and showing livestock, horses and pets
- Vegetable growing
- Pottery
- Decoupage
- And more

## STEM (Science, Technology, Engineering, Math)

- Boosts science proficiency
- Fosters Science Career exploration
- Connects students to higher education and resources

## Healthy Lifestyles

- Equips youth with healthy living knowledge and skills
- Addresses national issues such as nutrition and physical fitness
- Educates members about substance abuse, safety, social and emotional wellness

## Citizenship

- Helps to connect kids to their communities through civic affairs
- Promotes leadership development
- Encourages decision-making skills and civic understanding

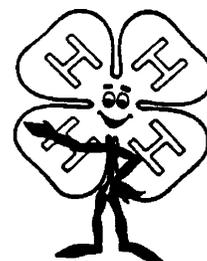
## How Lewis County 4-H meets the three mission areas:

- Creating programs such as the Veterinary Science Program and promoting projects in areas such as Animal Science, Woodworking, and Horticulture
- Conducting and participating in events such as Farm Safety Day and National Night Out, and highlighting project areas that encourage healthy eating and habits
- Promoting and encouraging community service and charity work within clubs, encouraging participation in state-level conferences

While 4-H does have a strong foundation through club membership and participation, 4-H programming reaches the public and youth in many different fashions; After-School programming, hosting and participating in community-wide events, and working cooperatively with other Youth Organizations like FFA and Girl Scouts.

## Beyond Lewis County

Lewis County 4-H members can benefit from a wide range of opportunities that extend beyond our county's borders. New York 4-H offers a range of state-wide opportunities, to inform and activate 4-H'ers across the state. Experiential trips like the Agri-Business Careers at SUNY Cobleskill, Career Explorations, Dairy Discovery Days, and Animal Crackers at Cornell University offer career and industry exploration for 4-H members. Capitol Days in Albany gives selected 4-H members the opportunity to learn about state government and meet with state representatives. The STARR Conference provides 4-H members with leadership and public speaking development as well as the chance to interact with members of other counties. There are nine 4-H resident summer camps in New York, with Camp Wabasso as the most local. These summer camps allow students to recreate and create lasting memories.



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