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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 provide you with our 2012 Annual Report. As you can see, Cooperative Extension's involvement is far ranging, providing a wealth of up-to-date, research based information for individuals, families, business people, farmers and professionals. A strong 4-H program also offers an array of educational opportunities for our community's youth.

The following are just a sample of our offerings:

... "Hands-on" environments in which our 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 time of financial uncertainties;

... A Community and Family Education Program that provides sound nutrition, finance and home energy education; and

... Valuable interaction with special guest speakers and expert 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 are proud of the work we accomplished in 2012 and look forward to offering relevant, unbiased and helpful information to each of you—the residents of Lewis County.

Sincerely,

Sheila Buckingham
Board President

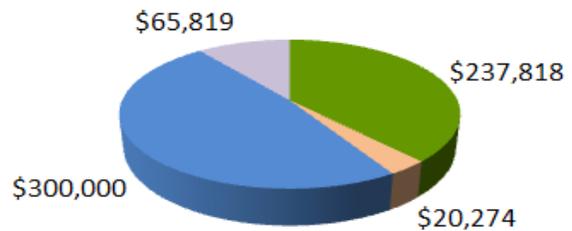
Michele E. Ledoux
Executive Director

■ Grants and Contracts
(Federal, State, County,
Other)

■ Donations, Fundraising

■ County Appropriation

■ Program Revenue



**Budget for CCE Lewis in 2011:
Sources of Funds**



CCE Lewis Co. partnerships:

- Soil and Water Conservation District
- Lewis County
- 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

Lewis County Weekly Crop Update

Lewis County and NNY Weekly Crop Update
Week of June 25, 2012



This report is available on the web: <http://www.cornell.com/index.php/field-crops/growing-season-updates>
 NYS Weekly Weather Outlook: <http://www.cornell.edu/weather/news/2012/06/25/ny-week-weather-outlook-june-23-2012>

Potato Leafhopper
 Potato Leafhopper has made their presence known this week and with the current forecast we can expect their populations to continue to increase. After finding them in low numbers the last few weeks, the populations have been on the rise this week with several reports of fields with moderate to severe damage. It is critical to scout your fields before you see the damage, once the damage is visible you have lost yield and quality. If you have a field with little regrowth and severe damage your best option may be to clip it off and allow new growth to start over as the damaged alfalfa will not grow out of the damage.

PLH Scouting Information: <http://www.cornell.com/index.php/field-crops/crop-management/forage/>
PLH Management Information: <http://www.cornell.com/index.php/field-crops/crop-management/forage/>

Picture of the week



(L) Field with overall yellow appearance (R) Close-up of PLH damage on alfalfa leaves

Reminder on Grass Cutting Height
 Consensus continue to pop up regarding 2nd cutting regrowth. PLH in alfalfa is certainly part of this in stands of alfalfa, as is the dry weather conditions in some areas of NNY. Another stress I continue to observe is mowing grasses too short. This can really stunt regrowth and the damage to the stand is far greater than the little bit of extra yield you get from mowing so short.

Grass Cutting Height Information: <http://www.cornell.com/index.php/field-crops/crops/grasses/>

Soybean Aphids
 Soybean aphids have been reported in Western NY and the Mohawk Valley. Scouting should begin for this pest in all soybean fields.

Soybean Aphid Information: <http://www.plantpath.wisc.edu/soybean/aphid.htm>

What to Expect from Foliar Fertilizer Programs

A good article from IGA Center at The Ohio State University Extension addressing some common questions/misconceptions about foliar fertilizer on field crops.

Full article: <http://www.osu.edu/extension/2012/2012-18-24>

Growing Degree Days and Rainfall

*Lewisville, NY	Growing Degree Day Accumulation	Rainfall
Month	Actual	Normal
Jan	71	111
Feb	106	146
Mar	206	246
Apr	402	392
May	647	537
Jun	843	683
Jul	1039	829
Aug	1135	975
Sep	1231	1121
Oct	1327	1267
Nov	1423	1413
Dec	1519	1559
Year	7000	7000

Find GDD data for your area: <http://www.cornell.edu>

Calendar of Events: <http://www.cornell.edu/calendar/>

<http://www.cornell.edu/calendar/>

Compiled by: Joe Lawrence
 CCE Lewis County

Why is Agriculture Important to Lewis County?

Agriculture and food industries contribute \$30 billion a year to New York State's economy. According to the 2010 Ag Census, Lewis County contains 615 farms on 163,200 acres of farmland. The county boasts impressive numbers of livestock and field crops:

- 26,500 dairy cows - ranked #6 in New York State milk production
- 51,000 beef cows (26,500 dairy cows)
- Land in Agriculture use - 163,200 acres

Total cash receipts from farm marketing of all agricultural products in Lewis County were estimated at \$112,629,000 in 2007. Economic multipliers for both production agriculture and agricultural manufacturing industries compare favorably with those of the nonagricultural sectors. For example, dairy production has an economic multiplier of 2.29 of its total income, crops is 2.28 and dairy manufacturing is 2.61 (Policy Issues in Rural Land Use, Department of Ag, Resources and Managerial Economics, CCE, Vol. 9, No. 2, December 1996).

Extension's Response and Impact

CCE of Lewis Counties Ag Team works diligently to provide the latest resources to farmers in the county. Having a local presence in Lewis County allows our educators to provide immediate service and address important concerns. For example the summer of 2012 was noted for high incidences of pest outbreaks, including armyworm and potato leafhopper, in area field crops. Our ability to get resources in the hands of farmers and visit fields helped farmers save money when treatment of the pest was not warranted and save their crop when treatment was necessary.

Ag Team's Staffing Structure

CCE of Lewis Counties Ag Team is comprised of:

- Agronomy Educator (0.9 FTE)
- 2 county Dairy Specialist (0.5 FTE)
- Farm Business Management Educator (0.5 FTE)
- Ag Economic Development (0.1 FTE)
- Consumer Horticulture (0.1 FTE)
- Livestock Educator (0.1 FTE)
- Maple Educator (0.1 FTE)

Public Value

When New York farmers adopt appropriate production practices, they improve the viability and sustainability of their operations. The people of New York benefit by having enhanced local economies and improved air and water resources.

Regional Partnerships and Collaboration

CCE Associations in six Northern NY counties have developed formal agreements which enhances the ability of Extension staff to collaborate to plan and implement the most effective programs possible. Without these collaborations it would be extremely difficult to meet the needs of Ag constituents across the region in times of budget uncertainty.

In addition, collaborations with campus-based faculty, extension colleagues and private sector agri-service professionals around the state enhance our ability to offer educational programs, one-on-one support to farm businesses and to design and conduct on-farm research on a wide array of topics related to crop and animal production. CCE of Lewis County works towards improving Ag production efficiency, food quality, and safety which results in positive changes in production practices and improved economic returns for farmers.

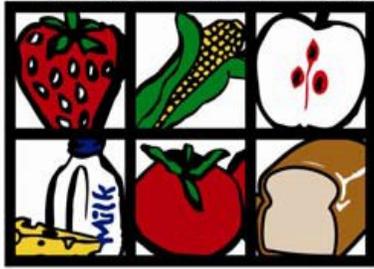
Grant Funding

CCE of Lewis County has generated grant funding for a number of on-farm research and education initiatives; including,

- Annie's Project—Business education for farm women
- NNY Dairy Institute—Applied educational courses for farm owners and employees funded by NY Farm Viability Institute. Examples of recent courses include the NNY Crop Management School and the Hoof Health and Lameness Management Workshop
- Forage Quality and Bunk Management on-farm research initiative funded by NYFVI

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!



ESNY

New York State Health Stats:

* Estimated annual medical spending increases for Upstate New York adults due to being overweight are in the range of \$314 million; estimated cost increases due to obesity are more than \$600 million per year.

* One in five New Yorkers struggle to feed themselves or their families

* One out of seven Americans are on food stamps.

* More than 1.4 million Upstate New Yorkers are overweight and approximately 860,000 are obese.

**Eat Smart
New York
Eat Better
For Less!**

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. Of the almost 27,000 residents of Lewis County about 3,800 (14.2%) live at or below the poverty level. Children 18 years old and younger make up 22.2 % of the residents living at or below the poverty level.



Who We Reach

Low Income:

- Families with Children
- Individuals
- Youth
- Pregnant Women

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, fruit and whole grain consumption
- Eating smaller portions and decreasing fat and salt
- Increasing level of physical activity
- Staying healthy and reduce waste with sound food safety practices

Adults

- 100%** improved in at least one behavior construct
- 94%** improved in at least one of four nutrition practices
- 91%** improved or already achieved recommended activity levels
- 64%** improved in at least one food safety practice

What Our Participants Say

"I had no clue that drinking one soda a day added up to so much sugar – I was amazed to learn it equaled six five pound bags of sugar per year!"

"What a difference ESNY has made in my family's life; we are eating healthier and being more active together."

"We enjoy planning meals together as a family and now we are eating healthier."



Why is 4-H Youth Development Important?

CCE of Lewis County engages youth in three distinct mission mandate areas including citizenship, healthy lifestyles and STEM (Science, Technology, Engineering and Math).

- **Citizenship** - By providing youth with opportunities to contribute to their communities and to work with adult leaders, youth gain a clear understanding of their role in civic affairs. They are able to see the long-term potential of applying their energy and insight to enhance community vitality.
- **Healthy Lifestyles** - Roughly 20% of our nation's youth are now obese; another 20% are above healthy weight. Primary contributors are that many youth are underactive and have poor eating habits. Youth who have unhealthy weight are at higher risk of immediate and long-term health effects.
- **STEM** - America faces a future of intense global competition with a startling shortage of scientists. Only 18% of U.S. high school seniors are proficient in science and 5% of current U.S. college graduates earn science, engineering and technology degrees compared to 66% in Japan and 59% in China.

Examples of Youth Programs:

- **Career Exploration** - 4-H offers career-oriented learning experiences and youth conferences that enable young people to make sound career selections. Examples include CCE's Vet Science Program, Agri-Business Career Conference at SUNY Cobleskill, and Career Ex at Cornell University.
- **Youth Community Action & Leadership** - The fundamental 4-H ideal of practical, learn-by-doing experiences encourages youth to experiment, innovate, and think independently. Youth learn leadership, citizenship, and life skills through more than 1,00 projects with topics as varied as rocketry, GPS mapping, public speaking, photography, and community service.
- **Communications** - Young people develop critical thinking skills as they research topics for competitive public presentation events at the county, regional and state levels.

Extension's Response

The 4-H Youth Development Program delivers a wide variety of program opportunities that reach youth in many different settings including at home, school, afterschool, summer camp and the Extension Learning Farm. 4-H programs use the experiential education model and are delivered by trained volunteers and youth development staff. 4-H activities address at least one of the mission mandates but often intertwine all three by:

- **Empowering youth** to be well informed and skilled citizens who are actively engaged in their local community, county and state. Opportunities include peer leadership, public presentations, community action, service learning, and governmental studies such as the annual NYS Capital Days Conference.
- **Focusing on wellness**, decision-making and developing life skills that promote healthy eating and active living. Opportunities include garden-based learning, cooking and nutrition, food safety, and recreational pursuits like canoeing, backpacking and sailing.
- **Enriching student's science education** through hands on learning experiences in plant and animal science, vet science, geo-special science and mapping, renewable energy, and the citizen scientist series. STEM activities are a component of all program initiatives.

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 2011, 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 Event, Family Fit and Fun Faire, Teen Winter Weekend, and others
- 238 enrolled 4-H club and Independent members
- 78 enrolled 4-H volunteers



Research indicates that 4-H participants show higher educational achievement and higher motivation for future education. In fact, young people involved with 4-H report better grades, elevated engagement in school, and are two times more likely to plan on attend college. 4-H youth are more civically active and contribute more to their communities than youth in other out-of-school activities.



Contact: Michele Ledoux, Executive Director

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