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**Our Mission:**

The mission of Cornell Cooperative Extension is “CCE puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.” CCE Chemung uses the following abbreviated form of this mission statement: “CCE Chemung provides experience and research based knowledge to help resident improve the quality of life in their communities.”

**Organizational Objectives:** The key objectives of the association as stated in the association’s constitution are: To provide for an association of residents in cooperation with Cornell University and USDA. To extend educational resources of Cornell (including Ag and Life Sciences, Human Ecology, Vet Med), land grant system, and other educational institutions to foster economic, social, and environmental improvement of individuals, families, and communities. To further the objectives of CCE Chemung and the CCE system in agriculture, home economics, 4-H, and community betterment.
Dear Friends of Cornell Cooperative Extension of Chemung County,

Can you believe that another year has gone by already and it is time to hold our annual meeting again? Even more surprising to me is that it has been 10 years since I became the Executive Director of CCE Chemung County, in addition to the same role in Tioga County. Wow. Time does not stand still! We don’t either!

With the support of Chemung County and Cornell CCE Administration, our association staff and volunteers have continued to achieve our community education mission to improve the quality of life by “helping you putting knowledge to work.” With our help, local residents are Growing FOOD, Improving HEALTH, and Empowering YOUTH. Through the application of research and experience based educational programs, we strengthen and support gardening, agriculture, and our local FOOD system, we improve individual and community nutrition, HEALTH and overall well-being in a healthy environment, and we provide YOUTH with opportunities to have fun and learn valuable life skills from caring adults.

The concept of Cooperative Extension was a good idea over 100 years ago. It is still a good one today. As you can see on the following pages, CCE Chemung is a great place to learn, to volunteer, and to GROW. I am proud to say that I am a part of this great organization and I thank all of our staff, Board Members, volunteers, partners, funders, and supporters who help make it all happen.

Sincerely,

Andrew Fagan, Executive Director
4-H Youth Development Program

Program Goals: To provide youth between the ages of 5-19 with opportunities to engage and master projects and curriculum in the areas of STEM, Healthy Lifestyles, and Civic Engagement

Outcomes:

- Total youth numbers – 9,116 youth engaged in 4-H programs; 202 enrolled 4-H members; 18,440 youth engaged directly in CCE youth programming throughout the year as well as 32,339 residents benefited indirectly via media.
- 4-H staff and volunteers conducted educational outreach on ag related topics at Old MacDonald’s Farm, Farm City Day, Conservation Field Day, Maker Faire at the Mall, and Birthing Center at State Fair.
- The 4-H Goat Club held a goat awareness day in conjunction with Old MacDonald’s Farm event.
- 2 youth attended the 82nd Capital Days event in Albany to learn about our state government and meet the legislature representatives.
- Youth had fun and completed the National 4-H Science Day Activity “Drone Discovery.”
- S.T.E.M. Club continued to meet monthly. Youth completed a variety of science related activities, including: recycling education, science based inquiry with launch tubes, diver float and dancing grapes.
- We collaborated with EOP, Inc. and started a new STEMMED Club. We started planting a garden and beautification with 7 youth on a weekly basis.
- 4-H attended Mountain Day for 6th grade of Elmira City School District and shared info with 160 youth.
- 12 youth took part in the goLead Teen Leadership Program held in June and/or continued from 2016.
- S.T.E.M. Camp – 4 enrolled youth attended NYS 4-H STEM Camp with 75 other youth from New York State. This weekend was filled with hands on learning, public presentations and fun.

Staff/youth working at Birthing Center at NYS Fair

- 4-H Program did outreach at the Horseheads Family Day and Horseheads Middle School Open house.
- A record number of youth showed in the New York State Fair in Animal Science. Chemung County was represented in Dairy, Goat, Beef and Pig contests. Great job to all youth who participated.
- 5 youth attended the New York State Shooting Sports Invitational event in Wyoming County.
- 4-H recruited 4 new Club Leaders who are starting 4-H Clubs in Chemung County.
- The Chemung County Fair had 1,433 exhibits this year. We had many first year exhibitors.
- One of our 4-H Clubs chose to create a Halloween Barn. For admission they asked for canned goods. All proceeds went to the Food Bank of the Southern Tier. The first year they had about 380 youth.
- We worked with ELNoST on many projects; one was the Lights On! Event, which promotes having lights on afterschool to help with the enrichment for young people. Also the Legislative Breakfast to reach out to the legislative representatives on how important it is to keep funding for out of school programming.
- A collaboration began with 4 school districts for a 21st Century Afterschool Program called REACH. We will hire staff – 3 site coordinators and 3 program aides.
4-H Staff:
Bernadette Raupers
Elaine Noble
Justin Earnest, Summer Assistant

Thanks to our 4-H Advisory Committee:
Steve Bennett
Brittany Bennett
Donna Weber
Lenny Boulas
Shelly Beaumont
Josand Campbell
Tanya Hauver
Kristie Crossley
Russ Hyde
Ashley Shultz (Youth Representative)
Brandon Beaumont (Youth representative)

goLEAD youth training

4-H Youth showing at State Fair

S.T.E.M. Club

S.T.E.M.M.E.D. Club at EOP

National 4-H Science Day

4-H Shooting Sports
Outcomes

- Over 10,000 people learned about nutrition through 773 educational activities.
- EastSide Market ran from June 9th through Oct 6th with 6 Farm Vendors (Ave 3.77 each week) with other CCE programs and community partners (Ave 3.00 per week); EBT Sales total $556; FreshConnect Check Program total 151 Patrons total 2,480 estimate.
- EBT and educational support at Wisner from June 1st to Sept 28th with Five Farm / Bakery vendors (3.16 ave per week); EBT sales total $2,021; FreshConnect Check Program total $393.
- Welcomed new nutrition educator Joan Martin to our staff!
- 250 youth and families participated at the nutrition table and obstacle course at Strong Kids Safe Kids.
- 150 youth taste tested low-fat ranch dip and beet hummus at Garden of Fire Youth event in Painted Post.
- 32 parents and 30 students learned to “Rethink Your Drink” during the Parley Coburn Open House night.
- 49 parents and 79 students learned to “Rethink Your Drink” during the Fassett Open House night.
- 23 adults compared the nutritional value of fresh, frozen, and canned fruits and vegetables at the North Presbyterian Church food pantry.

Nutrition Outreach: Through our Finger Lakes Eat Smart NY Program, we provide one time and series educational programs to low income individuals – both youth and adults - to help improve individual health through better diet quality, reduced food insecurity, good food safety practices, increased physical activity and improved physical balance. In addition, we work to strengthen the local food system and manage the Eastside Market in Elmira, NY.

Staff:
Debbi Fry, Nutrition Educator
Sarah Hess, Nutrition Educator
Joan Martin, Nutrition Educator
April Demember-Bridges, Market Manager
Justine Cobb, Regional Nutrition Supervisor

Cheese Taste Test at Hendy Elementary School
Sarah Hess completed a cheese taste test at Hendy Elementary on March 8th. A total of 470 students and 10 faculty were able to try low-fat swiss, cheddar, and mozzarella cheeses. Many students had never tasted Swiss cheese before. Sarah discussed the importance of consuming low-fat dairy products. The students then had to vote for their favorite cheese by placing a dot sticker on the poster with the cheese name. Cheddar cheese was the winner!
Strong Kids Safe Kids Event, Chemung County
The Strong Kids Safe Kids event is a festival that focuses on building strong, safe and healthy families by providing information about helpful community services in a fun educational, family friendly way. Deb and Joan set up three activities: an obstacle course to encourage physical activity, a MyPlate veggie taste test to encourage healthy eating, and a Rethink Your Drink activity to encourage healthy beverage choices. Over 250 people participated in the FLESNY educational and fun activities with Joan and Deb.

Parley Coburn and Hendy Elementary Schools
Sarah organized and held a grape taste test for the students at Parley Coburn and Hendy Elementary Schools. The students were able to try red, black (dark purple), and green grapes; and vote for their favorite kind with a sticker. Sarah discussed the benefits of eating more fruits. By the end of lunch students in the cafeteria were chanting for their favorite grape…”Go team red grape…”

Wisner Market, Elmira, Chemung County
During a MyPlate for My Family workshop at the Wisner Market, a young boy was at Wisner Market with his mom, checking out the produce vendors and the Finger Lakes Eat Smart New York display and recipes. His mom said he liked vegetables but had never tried Carrot Raisin Salad before. His expressions says it all. First bite: “Not so sure.” Second bite: “Bring it on, Mom!”

CATCH Program Begins at Elmira City Schools
The Elmira City School District Elementary Schools began implementing the CATCH during the month of February. Deb and Sarah held carrot taste tests in the cafeterias of at Hendy, Parley Coburn Elementary, and Beecher Elementary Schools to allow the students to try three different colored carrots (white, orange, and purple) and vote for their favorite kind. Sarah led a fruit and vegetable infused water taste test at Hendy Elementary School after discussing GO beverages. The students could taste three different types of fruit and vegetable infused water. The winner of the taste test was the strawberry, mango, pineapple, and lime.
**Agriculture Program**: The main goal of this program is to sustain and increase the vitality and viability of agricultural businesses in and around Chemung County through educational programming, events, and resources. We also aim to help promote the awareness and importance of agriculture in our local and regional economies and communities.

**Outcomes:**
- Overall, 2,216 individuals were directly educated which included 905 adults and 1,311 youth.
- Over 45,000 individuals were reached indirectly through social media, newsletters, and printed resources.
- Distributed the Farm and Garden Newsletter to over 1200 individuals in Chemung and Tioga County.
- Answered agricultural, horticultural, and natural resource questions for 150 people.
- Distributed 57 Guides to Farming in NY, 37 Guides to Urban Farming in NY, and 143 Small Farms Quarterlies from the Cornell Small Farms Program.
- Hosted 8 agricultural workshops which educated 138 people.
- Participated in Chemung County Ag Promotion Committee and Farmland Protection Board.
- Participated in the “Strengthening Farmer-Customer Connections to Increase Farm Sales and Improve Food Access in Rural South Central NY Appalachian Communities” project and grant proposal.
- Participated in the Finger Lakes Farm Country initiative and grant proposal.
- Attended the *Evaluating Local Impacts of Regional Food Systems Initiatives* training held by Cornell University.
- Took part in the conversation led by the Arts Council of the Southern Finger Lakes on supporting the food aspects of various cultural festivals in Chemung County.
- The SCNY Dairy and Field Crops Team monitored heights and helped predict optimal harvest time for alfalfa fields on 5 different farms here in Chemung County.
- The SCNY Dairy and Crop Team also compiled and wrote a Chemung County Dairy Comparison from 1929 to today.

**Staff**: Shona Ort

**Advisory/Community Stakeholders:**
Chemung County Agriculture Promotion Committee
Chemung County Farm Bureau
Chemung County Ag and Farmland Protection Board
**Arcade Afterschool Program – May 2017**
Students from the Arcade Afterschool Program in the Elmira City School District participated in the “Bridge the Gap” activity which challenged students to design and test a solution to a real world scenario on a farm. This increased their skills and knowledge in regards to science, technology, and engineering.

**Growing Your Own Mushrooms – June 14, 2017**
As a result of this workshop there are now 28 more people who know how to grow Shiitake mushrooms on logs. This knowledge which they have gained allows them to produce fresh mushrooms which they can incorporate in their diet or sell to others in the local area as a source of income. Participant’s response: “Excellent presentation. Wow! Fun & educational!”

**Beginning Sheep & Goat Production – Apr. 28th**
A total of 42 people (37 adults and 5 youth) attended this workshop. In a post workshop survey, 16 of these participants indicated that their knowledge was significantly increased and 21 said they would use the information they gained in this workshop to make future decisions in regards to raising sheep and goats. Participant’s response: “Very well done! Appreciated all the details and examples. We are very new to this, so I had a lot to learn.”

**Old MacDonald’s Farm – June 2, 2017**
A total of 260 students in grades 3 and 4 attended this event and were educated on various topics including agriculture. In our activity we had children map out where they thought various foods they eat come from across the world. Students left this activity being more aware of where exactly certain foods they eat come from.
Community Horticulture

Program Goals: To provide the public with unbiased, research-based information and sustainable management practices in horticulture suitable for home gardens, local landscapes, urban environments and the community.

Staff: Jingjing Yin

2016 – 2017 Chemung County Master Gardener Volunteers: Elaine Caso, Barbara Classen, Christine Gagliardo, Matt Griffin, Adrienne Harnas, Paul Harnas, Brandy Kreisler, Steve Monroe, Donna Morgan, Christine Reiff, Rhonda Schweiger, Alan Snyder, Terry Snyder, Peg Weidemann, Ken Wida

Outcomes:
- Master Gardeners contributed 1155 volunteer hours to the community in 2017.
- 368 adults and 39 youth participated in 29 gardening workshops we offered at a number of locations.
- 188 individuals received assistance from the Master Gardener help line and the information booth at the EastSide Farmers’ Market.
- 200 people came to the Master Gardener Annual Spring Plant Sale.
- Directly reached 573 youth and 90 adults at a number of county events, such as Chemung County Fair, Farm City Day, Fall Festival, and Old McDonald’s Farm Day.
- Offered youth gardening programs (such as Seed to Salad, pollinator-friendly garden project, and community and school garden liaison project) at a number of organizations and schools, including EOP, Transformation Center, and Big Flats Elementary School. Master Gardeners taught the youth about gardening and provided technical support to the gardens. More than 380 youth were directly reached in these programs.
- 14 youth participated in 10 after-school classes we offered at Beecher Elementary.
- “Seed to Supper” – a five-class gardening series was offered. 13 people attended the classes.
- 32,575 people received the gardening articles, fact sheets, and Master Gardener news from Facebook, our webpage, radio and TV.
- Partnered with several community organizations, schools, library and municipality on different projects, including EOP, Transformation Center, Friends of the Chemung River Watershed, USDA NRCS, Big Flats Elementary School, Chemung Soil and Water Conservation District, Steele Memorial Library, and the Town of Big Flats.
- Hosted a Master Gardener Information Panel at Elmira Garden Club.
Seed to Salad Program: Seed starting at the Transformation Center

Master Gardener Annual Spring Plant Sale

Seed to Supper Program: Attendees getting their course completion certificates

Master Gardeners giving presentation at Old McDonald’s Farm Day

Master Gardeners doing activities about tomatoes at the Chemung County Fair

Master Gardeners doing activities about pollinators at the Big Flats Elementary School
Outcomes:

- Directly educated 7,820 individuals and reached over 50,000 indirectly
- Provided 18 lessons to over 200 youth in ARCADE/Elmira City School District Program
- Facilitated 9 EMC meetings and arranged for 4 informational speakers, and/or tours.
- Coordination for Solarize Chemung Campaign. Provided programing at Starlite Room Horseheads; American Legion, Big Flats; Wesleyan Church, Horseheads; Erin Woodsman’s Festival, Arnot Mall, Big Flats Community Center and Town Hall in Erin.
- Recycling/Renewable Resources programs were provided to over 700 youth at local Spring events - Environmental Field Day/Old McDonalds Farm Day and Earth Day celebrations.
- Provided weekly/monthly updates to CCE social media and guides.
- Collected 120 industrial size bags of roadside garbage through the Chemung County Adopt-A-Highway program.
- Over 2,321 one-on-one consultations were provided to Chemung County residents in regards to Proper Waste Management and Recycling with over 1886 residents taking part in Chemung County’s Household Hazardous Waste Collection and Chemung County’s Electronics Recycling Events.

NATURAL RESOURCES: We promote responsible waste management in Chemung County through Reduce, Reuse and Recycle Education, Chemung County’s Household Hazardous Waste collection events, Chemung County Adopt-A-Highway program, community events and other programs for local municipalities. We coordinate the Environmental Management Council (EMC) and the Chemung Energy Commission – both helping leaders and residents understand environmental or energy issues, opportunities, and/or regulations.

Staff:
- Toni Gardner
- Jennifer Trimber

Environmental Management Council:
- Marcia Metcalfe
- Mike Cain
- Reeve Howland
- Karl Schwesinger
- Tim Steed
- Michael Bowles
- Mike J. Herrick
- Greg Clark
- Katy Stuuts
“I love getting to make and play with this stuff.”
Beecher ARCADE student after a Science project.
February 2017

A first time participant in the Household Hazardous Waste Collection Event shared, “We came early and thought there would be a line but came right through. We are impressed with this event and the person that registered us…Thank you for the wonderful job you all did.” October 2016

A 15-year old girl (after a ‘Lightbulb Choice’ lesson at the Chemung county Fair 2017) “Thank you, I have been enlightened.” August 2016

Finn Academy Students at Wisner Market give Toni a surprise group hug after her visit to their school. Students created Water Conservation/Clean Water information flyers and distributed them to Market go-ers. July/August 2017
Chemung Volunteer Action Corps (CVAC) recruits and educates a diverse group of volunteers who engage in community activities, while enhancing their own mental health and wellness, through the promotion of sound home management and general practices to individuals of all ages in Chemung County. CVAC also employs regular exercise and practical strategies to help older adults live healthier lives by preventing the onset of osteoporosis and reducing the fear of falling.

Outcomes:

- CVAC programs served 5,231 people directly.
- 670 volunteers donated 64,456 hours. Using the Independent Sector for the value of volunteer time; that is $1,808,635 in value for Chemung County agencies and organizations.
- Volunteers constructed 14 portable access ramps for elderly and/or disabled individuals (84 to date).
- Volunteers participated in ‘Ag in the Classroom’, read to high-risk preschools in a pilot summer literacy program, and regularly read to K-3 students in area schools.
- Upon completing A Matter of Balance, there was a reported 80% increase in knowing how to reduce falls.
- 85% of Bone Builders participants reported improved strength and 79% reported improved balance.
- Received an $8,700 grant from the Community Foundation to be used for Poverty Stoplight training costs.
- Trained volunteers to educate the public at 12 solar energy workshops throughout the county.
- Secured Age-Friendly Organization designation for CCE Chemung.
- Reached an average of 250 individuals every three months for mental hygiene advocacy.
- Introduced the Poverty Stoplight at a Cornell University conference.

Thanks to our Advisory Committee

Gerry Brown
Pam Brown
Caryl Cavalier
Mark Edgerly, Chair
Kathy Gray
Jim Hackett, Vice Chair
Richard Kuhn
Mildred Swan
Livie Trexler
Evelyn Williams

CVAC Staff
Carol Houssock
Mary-Lynn Rourke
Connie Shelford
CVAC Programs Address Senior Health and Wellness….

2 new enrolled CVAC volunteers trained to be Coaches for the research-based Matter of Balance program

32 trained enrolled CVAC volunteers attend an annual re-training for the research-based Bone Builders program

Affiliated CVAC volunteers work the phones and provide support for the Arctic League

Affiliated CVAC volunteers sort food at the Food Bank and keep many food pantries open

Affiliated CVAC volunteers gather on the porch where they constructed a portable access ramp for a senior

Enrolled CVAC volunteers educate the public about solar energy options for their homes

….And Community Volunteer Engagement
**SOUTH CENTRAL NY DAIRY & FIELD CROPS PROGRAM**
(Broome, Chemung, Cortland, Onondaga, Tioga & Tompkins Counties)

**Team Members:** Fay Benson, Janice Degni, Melanie Palmer and Betsy Hicks

**Program Goal:** To increase dairy and field crop farm sustainability and economic viability.

**2017 Program Highlights**

**Predicting Timing of First Cutting** – for the third year in a row, the Team focused every Tuesday in the month of May on measuring alfalfa heights as a predictor of quality for the first cutting haylage. Fields in all six counties within the team’s region were measured. First Cutting is important as it is the highest yielding of the summer’s 3-5 hay harvests. On average ½ to ⅔ of the total yield is represented in first cutting. Harvesting high quality forage is one of the most important things a dairy farmer can do to keep their feed costs under control. Feed costs can approach 60% of expenses on dairy farms.

**Crop Protection Meeting held in Horseheads**
Participants earn continuing education credits to maintain their Certified Crop Advisor certificate and/or DEC pesticide applicator’s license. The topics this year addressed manure, nutrients and pest management. There were 29 attendees. At the Annual Winter Crop Meeting, producers learned about the science of genetically engineered crops, and listened to research updates on nitrogen management in corn, lessons from the drought, corn silage hybrid research trials, corn rootworm management, cover crops and updated winter manure spreading regulations.

**Public Outreach** – The team was involved in county public outreach activities again. The team educated students about field crops that make up livestock diets at Old McDonald’s Farm. Betsy talked about dairy feeds and feeding to Sundae’s on the Farm visitor’s at Bush’s Dairy.

**The Soil Health Trailer was featured at the Pasture Walk at Red House Ranch in VanEtten** - the trailer is used to demonstrate different components of healthy soil. Ike and Dave Mallula, farm owners at Red House Ranch, are part of a new farmer movement that is sweeping the country. After growing up on a farm, moving to the city, going to college, and spending 30 years at desk jobs, they have now found themselves being drawn back to their family farm. Dave and Ike are excited to produce quality food with sustainable methods that will encourage others to take make the leap from office cubicle to sustainable farm.

**Benchmarking Toward a Farm of Their Own from Kara Dunn**
Participating in New York’s Organic Dairy Farm Business Summary (ODFBS) has set Ryan Murray and fiancé Annie Grant on the road operating a successful organic dairy farm. “When I heard Fay Benson (Cornell University Cooperative Extension Small Dairy Extension Educator) describe the organic edition of the Dairy Farm Business Summary that sounded like a good thing for my seasonal, lower-cost, lower-production business model,” Murray notes. Using the “The organic edition for benchmarking farm business factors compared to other operations, “I immediately began to see opportunities to cut costs and increase production,” Murray says.
Cornell Cooperative Extension of Chemung County
2016 Revenues and Expenses

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Staff: Jane Stalica