Connecting with the Community
Cornell Cooperative Extension (CCE) Clinton County is part of a larger state and national land-grant system that extends research-based information to local residents, families and the agricultural community. CCE is an integrated network including campus-based faculty and extension associates, regionally deployed specialists, and local county-based educators. As a result, CCE in Clinton County has access to current research findings from across the country and the world which it puts into practice by providing high value educational programs and university-backed resources.

Programming Outreach 2018
Direct Youth Participants Reached: 2,109
Direct Adult Participants Reached: 1,549
Volunteers Supporting Youth & Community: 432
Instructional Activities: 826
Instructional Activity Contact Hours: 19,495

Cornell Cooperative Extension actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity or be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, religion, political beliefs, national or ethnic origin, sex, gender/gender identity, transgender status, sexual orientation, age, marital or family status, protected veterans, and individuals with disabilities. Cornell Cooperative Extension is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.
Healthy Living Outreach

- On-going programming to educate participants with performing functional tasks of everyday living both safely and independently.
- 1,920 classes were attended in one or more of our 11 weekly fitness education programs; 17 individual ‘pre-skill’ evaluations were provided.
- Expanded Food and Nutrition Education Program (EFNEP) provided educational programming focusing on increasing consumption of vegetables and fruit, especially local produce, whole grains and low fat dairy, increasing physical activity, decreasing consumption of sugary beverages, with an emphasis on improved food security and food resource management.
- EFNEP enrolled 143 adults, impacting 601 people directly in households of participants. 97 of the 143 received at least 6 hours of education.
- 50 participants were enrolled in a technology pilot, which is unique to Clinton County’s EFNEP program. Participants received at least 2 face-to-face contacts, in addition to up to 4 on-line interactive group lessons via Facebook. These participants opted into the pilot in lieu of traditional face-to-face lessons due to travel concerns, childcare issues, and demanding work schedules. This was successful and is continuing in Clinton County for the upcoming year.
- Of the 97 adults completing the EFNEP program this year, 92% reported improvement in at least 1 diet quality area and 74% reported improvement in at least 1 physical activity area.
- 87 youth enrolled in EFNEP programming through 6 groups both in 3rd-5th grades and 9th-12th with a 25% reported improvement in consumption of fruits and vegetables for the younger group and a 50% reported improvement in consumption of fruits and vegetables for the high school students.

*Cornell Cooperative Extension utilizes the latest research-based information to empower Clinton County residents in creating and maintaining healthy lifestyles and communities.*
Youth Development

- 197 youth members enrolled with 31 enrolled volunteers and 18 individual 4-H clubs. We had a total of 2,109 school-age youth participating throughout the year in programs.
- 4 teen members participated in the Career Explorations program at Cornell University this year. This program gives youth the chance to learn more about different career opportunities including Veterinary Science and Women in Science.
- One youth member worked as a NYS Fair Teen Superintendent for a full week while 11 others competed in animal shows and 8 sent static exhibits.
- We collaborated with the Eastern Adirondack Health Care Network and OFA to provide 50 container gardens to senior residents in the county. Master Gardeners and 4-H youth worked together to assemble them.
- ‘2017-2018’ was year 3 of a 5 year pilot program connecting local bluegrass musicians with 4-H youth. Twenty-five youth participated with 8 local musicians volunteering to provide instruction. Two outcomes include; one youth’s musical skills playing bass had him substituting for his instructor at local performances, and one of our volunteer instructors has helped to expand this Bluegrass Education Program by providing instruction at the local library where she works.
- We trained and helped prepare 12 new 4-H babysitters through the 4-H Babysitting Course which was opened to 4-H and non-4-H members. This 3 day course covers ages and stages of youth development, healthy and easy snack and meal preps, and age appropriate activities to use when caring for youth.
- 1 senior 4-H member competed at the National Avian Bowl in Kentucky this year and went undefeated in every round to win first place overall in the nation.
- This year we partnered with the Town of Plattsburgh Recreation Department to open Youth Archery lessons to the public and 4-H combined. In our combined efforts we were able to reach 116 Clinton County youth. The youth reported having fun while learning how to shoot a bow. Since our collaboration we have gained 12 new 4-H members who have signed up to participate in our 4-H Archery Program as well as participating in other clubs as well. In 2018 we have worked with well over 200 youth in our archery program and we plan to keep on growing with our new collaboration with the Plattsburgh Rod & Gun Club. One proud parent reports, “Never would I thought my girl would go out of her comfort zone and face her weakness head on (her eyes with her nystagmus, she has a hard time with this kind of activity) I’m so proud of her and she absolutely loves this! She even made a bullseye today!!”
- Our Town of Plattsburgh collaboration allowed us to reach more Clinton County youth than ever before. We offered programs in Chemistry, Cake Decorating, Archery, and Drones which were all major hits.

Cornell Cooperative Extension creates supportive learning environments in which diverse youth and adults reach their fullest potential as capable, competent, caring citizens.
Many of our seniors who have gardened all their lives are no longer able to because of physical limitations. In our efforts to expand outreach to more seniors, we constructed 6 off-the-ground raised beds for placement at the Vilas Home in Plattsburgh, Roderick Rock Senior Apartments in Morrisonville, and Valhaven Nursing Home in Peru. These beds are 8 feet long and 3 feet wide and high enough for gardeners to stand or sit in a wheelchair to work the beds.

This year we did multiple programs for the 10 Head Start locations in Clinton County. Beginning in winter with the topic of birds, we read books, had discussions, and built pine cone feeders. As spring approached we had the children start seeds after reading books and discussions on where seeds come from, how they grow into plants, and growing our own food. Pollinators were a fun topic for the kids. Our Master Gardener queen bee donned her costume and did the wiggle dance as another Master Gardener read to the children about pollinators in general and bees in particular.

Child Care Council participants learned about plant roots; their functions, attributes, and critical importance in the development of plants, shrubs and trees. They learned how to take cuttings from plants and root them to grow new plants from the old.

Working with participants on a regular basis on a number of topics and including a hands-on segment together, keep kids interested and encourages them to pursue subjects on their own.

It is the mission of the Master Gardener Volunteer Program
“to train volunteers to teach others how to protect the environment and grow plants more effectively!”
Agricultural Program

- An Alfalfa Snout Beetle Meeting was held to help farmers learn how to prevent its spread from Cornell Researcher Dr. Elson Shields.
- Our 8th annual Food from the Farm event with a record 600 people in attendance. Twenty-four farms participated in the meet and greet and four restaurants were present for the public to taste local food.
- Forest Tent Caterpillar meeting to find Forest Tent Caterpillar egg masses and discuss control options.
- CCE is monitoring the Western Bean Cutworm’s spread and intensity to better recommend control options to farmers.
- Small Scale poultry producers and the Beekmantown FFA program came together to learn the basics of how to process their own chickens.
- We continue to promote programs via social media and are seeing success as farmers post about what they are learning while they are in class. This helps spread the word about CCE programs and their value.
- The Clinton County Farmers Facebook group continues to grow. One hundred and eighty-three members see our messages regularly. We use this as an outlet for information sharing and advertising of programs.
- Annual Agriculture Tour of Clinton County held for our legislators and local officials. This year we increased attendance including participants from the Chamber of Commerce, our local Assemblyman’s office, five local legislators and the Press Republican.

Harvest NY Program

- Expand and enhance Cornell Cooperative Extension’s regional agriculture programs to spur agricultural economic development in New York State.
- Dairy Food Processing and Marketing: Focuses on dairy and food processing with emphasis on dairy processing manufacturers making artisan cheeses, ice cream, yogurt, and other value-added dairy products.
- Local Food Distribution and Marketing: Increases investment and jobs in agricultural and food systems to enhance the viability of farms through expansion, value-added production, diversification, and distribution of locally produced fruits and vegetables.
- Urban Agriculture: Promoting sustainable commercial agriculture development and entrepreneurship for urban farms producing in soil, greenhouses, or vertical/enclosed facilities through educational programming in production, harvesting, packaging, marketing, and food safety.
- Farm-Based Beverages: Identifies the challenges faced by the craft beverage industry suppliers in New York State and works with researchers, production specialists, industry reps, and policy makers to overcome the barriers to growth.
- Livestock Processing and Marketing: Enhancing development of the livestock and meats processing industries by assessing production and marketing challenges and guiding management practices.
- Farm Strategic Planning: Provides producers assistance with farmstead development, facility layout, and environmental planning to optimize production on dairy, crop and livestock farms.
- Staff include Samuel Anderson, Yolanda Gonzalez, Esther Kibbe, Lindsey Pashow, Judson Reid, Timothy Terry, Cheryl Thayer, Barbara Williams, Anika Zuber
The North Country Regional Ag Team aims to improve the productivity and viability of agricultural industries, people, and communities in Jefferson, Lewis, St. Lawrence, Franklin, Clinton, and Essex Counties by promoting productive, safe, economically and environmentally sustainable management practices, and by providing assistance to industry, government, and other agencies in evaluating the impact of public policies affecting the industry.

- Brought 15 research projects to the NNY region with external grant funding from NNYADP, NYFVI, USDA, Cornell CALS, NYS IPM, and private industry. Additional research proposals are being submitted for 2019.
- Reached thousands of program participants through dozens of single- and multi-session educational and community events. A full slate of educational programs is planned beginning in fall and winter 2018-19 with Neonatal Calf Care Training, Academy of Dairy Executives, Crop Congress, the Hay School/Pasture Workshop series and many others.
- Shared important NNY research findings with audiences all across NNY and beyond, including the National Mastitis Council meeting in Arizona, American Dairy Science Association meeting in Tennessee, the Farm Foundation meeting in Washington, DC, and even at the International Dairy Federation World Dairy Summit.
- Our NNY team also works together with two Harvest NY Team specialists with ‘post-harvest’ expertise in dairy processing and agricultural marketing and business development to more fully support agricultural prosperity across the region.

Specialists Include:
- Kitty O’Neil and Mike Hunter - Field Crops and Soil
- Kim Morrill and Lindsay Ferlito - Dairy
- Kelsey O’Shea - Farm Business Management

Eastern New York Regional Agricultural Team

- The Eastern NY Commercial Horticulture Program consists of 12 regional specialists and 3 field technicians covering 17 counties in eastern New York. Commodities include apples, grapes, berries and vegetables.
- We conducted research trials on fertility in winter spinach production, warm season high tunnel crops and demonstrations on cover crops timing and mixes. We held a fall field meeting and then recorded 2 webinars that are available for viewing on our website.
- Our regional field day on practices for reducing tillage at the Cornell Willsboro Research Farm in July drew 71 growers who saw equipment in action and exchanged strategies and experiences with reducing tillage on their farms to enhance soil health.
- We coached 3 growers at their farms on how to prune blueberries
- At our Field Meeting at Rulfs Orchard in early August we discussed pest control strategies and fertility testing and management for blueberries, raspberries and strawberries
- We conducted applied research projects on precision thinning and irrigation practices at five commercial orchard blocks.
- A high density apple pruning workshop held in March was attended by 26 people, and our spring thinning and pest management workshop was attended by 17.
- A trial was conducted to determine the effectiveness of using hail netting for apple pest exclusion at four orchard sites in Clinton County. Findings from the season were published in the October Tree Fruit Newsletter.
- Apple pests were monitored throughout the growing season. Through our trapping efforts, we found apple maggot showed up early this year in very high numbers, and we alerted growers via text and weekly emails to insure they were able to spray for the pest in a timely manner.
- We conducted an applied research project to compare the ripening of Marquette, a signature red wine grape variety in the North Country among several Eastern New York (ENY) vineyards. The results suggest that Marquette can be grown with quality similar to that achieved in warmer parts of the ENY.
- We mapped vineyard variability using an aerial drone equipped with a specialized camera designed to measure vegetation density.

Farmers gain knowledge and understanding of new and relevant information to improve their business through Cornell Cooperative Extension Clinton County’s agricultural program.
### Board of Directors

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- **Paul O’Connor, Asst. Director, Field Operations**

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- **Jane Owens**  
- **Patricia Parker**  
- **Donna Sorrell**

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### Benefiting the Public-at-Large

#### 4-H Youth Development

The 4-H Youth Development program is helping to grow and strengthen the next generation of community leaders, inventors, entrepreneurs and problem-solvers so that our nation can compete globally and help communities locally and internationally solve problems.

#### Nutrition

Participants select and prepare foods better matched to nutritional needs which leads to consumption of fewer calories which increases health and decreases obesity. Healthier citizens lead to a more productive workforce and reduced public costs for health care.

#### Small and Beginning Farmers and Fresh Market Produce

Small scale, diversified farms are on the increase in Clinton County. As they adopt new production systems and enterprises they keep farm land in production, invest in the local community and provide a product that can be directly consumed locally.

#### Fresh Market Vegetable Production

Season extending structures help growers raise produce over a longer period of time and with fewer weather-related problems. This enhanced production expands grower revenues and profitability which strengthens the fresh market economy and makes more food available for local consumption.

#### Consumer Horticulture

Gardening is a popular activity for families and communities. Youth learn responsibility by seeing their efforts turn into a productive garden, community members are engaged in helping each other succeed in their gardening efforts and healthy, active lifestyles are put into action.

#### Parent Education Awareness Education (PEAP)

Parents improve family functioning through positive communication skills, understanding child developmental behaviors as well as the role of a child in a divorced, separated or in-conflict family.

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### 2018 Staff

- **Mike Basedow** — ENYCHP Fruit Tree Specialist  
- **Mary P. Breyette** — Executive Director/4-H  
- **Sara Bull** — Agricultural Educator  
- **Chelsea Denny** — Youth & Family Educator  
- **Andy Galimberti** — ENYCHP Technician  
- **Amy Ivy** — ENYCHP Vegetable Specialist  
- **Kari Lamkins** — Nutrition Educator  
- **Penny Leonard** — Association Bookkeeper  
- **Liz Revette** — Office Manager  
- **Shannon Sorli** — SNAP Community Nutritionist  
- **Jolene Wallace** — Horticulture Educator  
- **Logan Williams** — Administrative Assistant

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Our mission is to enable Clinton County residents to improve their lives and communities through partnerships that put experience and research based knowledge to work.

**First Row:** Logan Williams, Liz Revette, Shannon Sorli, Andy Galimberti, Mary P. Breyette

**Second Row:** Mike Basedow, Chelsea Denny, Jordy Kivett, Kari Lamkins, Jolene Wallace, Sara Bull, Lindsey Pashow