2017
Cornell Cooperative Extension of Livingston County
ANNUAL REPORT
NUTRITION EDUCATION

GOALS:

- Provide research-based programs through Extension and collaborate with community agencies in order to promote and educate Livingston County residents on the importance of eating well and being active

In 2016, the Center for Disease Control & Prevention reported that 36.5% of adults are obese and 12.3% of adults over age 20 are diabetic. Furthermore, about 26% of children (age 2-19) in the United States are considered obese. Comparatively, in Livingston County, 33% of adults and 19% of children are obese and 12% of adults are diagnosed with diabetes. Although Livingston County was named the ninth healthiest county in New York (Robert Woods Johnson Foundation) in 2017; we still have a long way to go.

The need for nutrition awareness and education has never been more necessary. As health educators, we must educate parents on healthier lifestyles so they can model this behavior to their children. In addition, we must use theory-based nutrition programs with children in order to break the cycle. In Livingston County, the nutrition program collaborates with and advises education programs that are presented through other Livingston County agencies and professionals. It is in this way, working to modify the community environment, that we can be most successful as an instrument of change.

NUTRITION EDUCATION HIGHLIGHTS:

The CCE Nutrition Educator has been busy this past year working in the community to help improve the nutrition status of Livingston County residents. Activities included:

- Serving on the Department of Health Community Health Improvement Plan Chronic Disease Committee, the Livingston County Food Security Council, and the Livingston County Diabetes Coalition. Our educator has also been active on the Department of Health Community Health Assessment Leadership Team for monitoring the community health improvement plan for Livingston County for the next three years.
- The health of students was addressed by consultation on the Wellness Committee of the Geneseo Central School District and advisory to the PEP Grant at Caledonia-Mumford Schools.
- Grocery store tours continue to be available to those who desire to improve their food choices as well as save money. Community group nutrition education presentations are also available upon request.
- We have also begun a pilot program currently funded by our Board of Directors. We have seen a need for individual counseling targeted to individuals and families at risk for poor nutrition outcomes. The program, implemented in April 2017, has focused on those in crisis, primarily living in domestic abuse shelters or transitional housing. Services include nutrition education, grocery store tours, shopping tips to improve nutrition and save money, ways to better feed children and families, basic cooking lessons, and counseling for special nutritional needs. In a four month period, over 40 individuals and families were reached with this innovative programming - tailored specifically to the needs of each person. We hope this program will continue to grow and receive referrals.
- Our educator also attended the Foodlink Curbside Market locations in Livingston County to act as a resource for recipes and food preservation; as well as provide information regarding the CCE individual nutrition education program.

CCE continues to contract with the Livingston County Office for the Aging (OFA) for registered dietitian consultant services for the Senior Nutrition Program. This includes nutrition education and counseling to program participants aged 60+, assisting in planning and performing nutrition analysis of the menus served, monitoring the food service kitchen and congregate meal sites for food safety, and working with community groups to improve the nutrition status of seniors. This collaboration has resulted in the delivery of over 6,500 units of nutrition and health education to county residents aged 60+ this year, to in excess of 600 different people. Individual nutrition counseling has been provided to over 120 people.

As the number of seniors in the county continues to grow, this number is expected to increase annually. Our educator continues to monitor and address concerns regarding the chilled meal delivery service for home delivered clients. This change resulted in providing meals which will have improved nutritional value, quality, and food safety.

The OFA collaboration is ideal as we share the same mission. Our goals of improving community nutrition allow us to serve on many of the same committees. While OFA focuses on seniors, CCE continues to have a role in educating groups of all ages in the benefits of good nutrition and a healthy lifestyle.
GOALS:
• To provide leadership in planning, implementation, and evaluation of educational programs in Family and Consumer Science and other relation issues in Livingston County
• To coordinate regional program efforts in cooperation with other programs

PARENT EDUCATION PROGRAM:
It has been a busy and rewarding first year! Our program offered five different parent education classes directly to the public and county agencies via referrals. Forty-seven parents/caregivers have been taught in just nine months. Our most popular programs are Active Parenting: First Five Years and Active Parenting: Ages 5-12.

Our program re-established an excellent working relationship with Livingston County Department of Social Services and Family Court. The majority of our clients have taken parent education classes as an intervention through referrals from these two agencies. Intervention programs are more common, because they are response-based programs. Research has demonstrated that intervention programs help improve family function, parenting skills, and child health and well-being. However, a critical component of parent education is to provide not only intervention but also prevention focused educational opportunities to parents and caregivers.

SCHOOL BASED FAMILY EDUCATION PROGRAM:
This fall our Family & Consumer Education Program has been invited to implement a school-based family education program at the Mt. Morris Central School District. In October and November, CCE will teach the Active Parenting: First Five Years and Active Parenting: 5-12 programs over a series of evenings at the Mt. Morris School.

Residents within the school district are able to attend one or both classes at no cost. Mt. Morris CSD will cover the course fee, provide free childcare and transportation for participants (as needed), and offer food! This fall’s classes represent only the first step towards implementing a proactive, prevention-focused family education program in the school district. The district plans to sponsor the three other parent education classes in late winter or early spring of this school year. Parents of teens, divorcing or separating parents, and non-traditional caregivers (such as grandparents) will have the opportunity to learn skills for building and strengthening their families.

Additional parts of the proposal that have yet to be scheduled include nutrition, traffic safety education classes, and a bike rodeo. We also plan to schedule a child passenger safety seat check at the school.

The Superintendent and I share a common vision – one of normalizing parenting education, and removing the stigma associated with these critical educational opportunities.

ADVERSE CHILDHOOD EXPERIENCES WORKGROUP:
Adverse Childhood Experiences, or ACEs, is based on one of the largest scientific studies that for decades no one knew about. However, ACEs awareness and Trauma Informed [Approaches to] Care are becoming more common place as professionals from a multitude of fields are beginning to recognize the importance of this study. CCE is actively participating in an ACEs workgroup with other area agencies and members of the Genesee Valley Health Partnership. The workgroup’s mission is to present information about ACEs to key groups and individuals in an effort to promote awareness, offer training in building resilience, and adopting trauma-informed practices such as Restorative Practices.

ACEs awareness and building resilience has also been incorporated into our parent education program, both in terms of how we approach our clients and as a tool for helping parents understand the importance of building their children’s resiliency. Parents/caregivers learn about the health effects of trauma, and how to recognize toxic stress versus tolerable stress. The ACEs screening tool helps them identify their own ACEs and those of their children, while the Resiliency screening tool highlights the protective factors already in place within their family. Finally, parents/caregivers learn how to minimize or eliminate potential trauma from their child’s life and ways to build their child’s resiliency. No childhood is perfect, but making parents aware of ACEs and the lifelong mental and physical health effects of toxic trauma can help parents.
TRAFFIC SAFETY EDUCATION PROGRAM

GOALS:
• To provide injury prevention education programming to reduce the severity and number of childhood injuries in Livingston County
• To collaborate with other agencies to offer comprehensive injury prevention education programming for Livingston County residents
• Collaborate with other agencies to offer a comprehensive program that is accessible, meets the needs of Livingston County residents, and impacts traffic safety issues in our community by reducing the number of traffic fatalities and injuries

The Traffic Safety Education Program promoted interactive activities and worked toward reducing the risk of traffic safety injuries in participants’ lives.

Programming was provided at various locations within the Livingston County area in an effort to reach more residents. Approximately 2,500 children, 4,000 adults, and 3,700 families were educated by the program this year. This does not include the number of people that read our newspaper articles and newsletters, visited our website, or viewed our social media accounts. The frequency of Facebook posts (including photos and educational information) continued to increase.

In 2017, we collaborated with the following agencies: Livingston County Sheriff’s Department, Livingston County Department of Social Services, Livingston County Department of Health, Headstart/Kidstart, Livingston County Public Schools (Avon, Caledonia, Nunda, Keshqqua, Livonia, Honeoye Falls-Lima, Geneseo, Mt. Morris, Dansville), St. Agnes, Lima- Christian, Genesee Country Christian, Kidscare Daycare, Livingston County Highway Department, Wentworth Motors, Livingston County Workforce Development, Arc of Livingston-Wyoming County, Catholic Charities, Genesee Valley Health Partnership, and more.

The Traffic Safety program strives to continue to meet the needs of the community and educate residents on the importance of traffic safety. Our program includes free car seats to low income qualifying families. Pedestrian, Wheeled, and Occupant Safety Education is available for all schools, community groups, agencies, families, and individuals. Additional opportunities for programming included open houses, health fairs, and wellness fairs.

CHILD SAFETY FAIR & CONTEST:
The 15th Annual Child Safety Fair was held April 8, 2017 at the Caledonia-Mumford Elementary School with over 350 attendees.

The event featured interactive stations that encouraged discussion on a variety of topics - including child passenger, wheeled, fire, boater, food, pedestrian, playground, wellness, and garden safety. Children participated in games or activities with the safety expert at each station.

The agencies and organizations that participated in this year’s event included CCE Livingston County Master Gardeners, RESTORE, Chances & Changes, Livingston County Sheriff’s Department, Caledonia Police Department, Fidelis, Mental Health Association, Kids Corner, United Healthcare, Girl Scouts of Western NY, and more.

A ceremony was held at the fair for winners of the 15th Annual Wheeled Sport Safety Coloring/Writing Contest. Over 780 entries were received from Livingston County students in Pre-K-6th grade. All first place winners (7) received a new bicycle and a properly
fitted helmet. All second place winners (48) received a new properly fitted helmet. Funding for bicycles and helmets were provided by the Mt. Morris Police Benevolent Association, Livingston County Sheriff’s Department, John Cox Trucking, Arc of Livingston-Wyoming County, Genesee Valley Safe Communities, and private donors.

CARFIT:
CCE collaborated with local law enforcement, Livingston County Office for the Aging, AARP, Noyes Hospital, and Noyes Physical Therapy to provide scheduled events for Livingston County seniors. We hosted a “Car-Fit” event at Noyes Hospital in June. The successful event was highlighted in the monthly AARP Magazine. Altogether, seven senior citizens were educated on how to ride safer and more comfortably on the roadways.

WHEELED SAFETY RODEOS:
Wheeled Safety Rodeos were conducted at the Avon, Caledonia, Dansville, Lima, Honeoye Falls, Geneseo, Nunda, and Mount Morris Recreation Programs; Geneseo Migrant Center; and Annie’s Ark Daycare. Each event consisted of helmet checks and opportunities for participants to test their skills and education on the importance of wearing a helmet, hand signals, rules of traffic, and how to check their bicycles for safety. Helmets were given out to children who did not have a helmet or needed theirs replaced. Altogether, we reached over 600 participants.

HELMET HEROES PROGRAM:
The annual helmet reinforcement program was continued this year, collaborating with law enforcement agencies. Two names were drawn as first prize winners for gift baskets made possible through donations from the local community. The following agencies participated this year: Avon, Caledonia, Dansville, Geneseo, Nunda, and Mount Morris Police Departments; Livingston County Sheriff’s Department; NYS Police; and the Livingston County Department of Health.

CHILD PASSENGER SAFETY:
Our program oversaw eight fitting stations and took over as the Distribution Station for the area as well. Fourteen Child Passenger Safety Check events were held throughout the year. Over 250 seats were distributed through a low income distribution grant program. These events were held in collaboration with local law enforcement agencies.

CHILD PASSENGER SAFETY WEEK:
Once again, we participated in the NYS Department of Health (NYSDOH) Bureau of Injury Prevention and the New York State Governor’s Traffic Safety Committee statewide child passenger safety community outreach initiative entitled “Know for Sure - Is Your Child in the Right Car Seat”. National Child Passenger Safety Week was held September 17-23. During the week, we held a Child Passenger Safety Seat Check, a booster seat giveaway, and a Child Passenger Safety Education Session. Certified Child Passenger Safety Technicians were on-hand to provide information on how to use car seats, booster seats, and seat belts for children. Technicians helped educate consumers about choosing the right car seat for their child, the importance of registering car seats with the manufacturer, and what to expect if the seat is subject to a safety recall.

Educational displays focusing on the initiative were also placed at local human service agencies. A schedule of upcoming child passenger safety events was included. Additional material was posted on our website and Facebook page.

“Funded by the National Highway Traffic Safety Administration with a grant from the New York State Governor’s Traffic Safety Committee in collaboration with the Livingston County Traffic Safety Board, partial funding by Cornell Cooperative Extension of Livingston County and by donations.”
AGRICULTURAL PROGRAM

GOALS:
- To contribute to a sustainable agriculture production industry in Livingston County through educational programs addressing productivity and profitability issues with environmental management considerations.
- To assist county residents with home and home environment maintenance with knowledge about energy, conservation, pest identification, and environmentally sound management alternatives, plant selection and maintenance, indoor air quality management, waste reduction and management, and water quality production.

MASTER GARDENER PROGRAM:
Master Gardeners continued their outreach activities with requested presentations for local groups. Community events, Farmers’ Markets, site visits, and classes connect people to CCE resources. A collaboration with the Wadsworth Library (Geneseo) offers opportunities for community outreach. A weekly Master Gardener column is published in the Livingston County News - identifying CCE as a resource for garden-related information.

TOPICS OF INTEREST:
Hops and malting barley continue to draw attention from prospective growers and the Livingston County Industrial Development Agency. We provide resources for farmers to evaluate potential and how to grow these crops. A Cornell Hops Production Guide is utilized to aid decision making.

FARMERS’ MARKETS:
County staff work with a regional program specialist to assist market development, management, and operation with a link to the Farmers Market Federation and the Department of Ag & Markets for technical and legal knowledge and policy information. Livingston County now has eleven Farmers’ Markets.

SPOTTED WING DROSOPHILA (FRUIT FLY):
Spotted Wing Drosophila continued to increase in numbers and areas and manifested earlier in the season. It is being found in a variety of late maturing fruit like raspberries, blueberries, and elderberries. Commercial fruit enterprises in parts of the state were forced to close due to infested fruit. We continue to participate in a trap network to create control guidelines. Management by cultural practices and pesticide use were indicated in the Gardening Gazette.

PEST PROBLEMS WITHIN THE COUNTY:
Emerald ash borer stays in consideration as a problem for individuals and communities. Progression of the infestation in the state is done via announcements of regulatory activity involving quarantines and movement of wood products. Progression has reached a point where serious decision making for management and removal of declining trees is necessary. Updates on assessment for action such as utilizing pesticides and pesticide selection are made as they evolve for landscape trees worth saving.

The Hemlock Wooly Adelgid infestation continues. The tree is critical as habitat and efforts are increasing to minimize the losses and effects by pesticide and predator insect management. Pesticide treatments are available. Information has been given in our publications.

MASTER FOREST OWNERS:
Our Master Forest Owners (MFO), driven by Dean Faklis of Springwater, have developed a youth education and firewood fundraising project (Chainsaws for Charity) for interested non-profit organizations. Members cut and split firewood donated by Wagner Hardwoods at MFO Dave Deuel’s property in Avon. Proceeds from the sale benefit a number of organizations. They have also devoted time to conduct woods walks for youth through our 4-H Program.

NWNY TEAM:
Field Crop Specialists sent Crop Alerts to over 800 members of the agriculture industry - covering pest/disease outbreaks, weather impacts on crop management, timely tips, and more. Field Crop Specialists are also in lead positions for developing malting barley varieties and researching growing commercial hemp as a potential crop for New York State.

After months of team planning, the inaugural Forage Congress was held in Livingston County in February. The agenda was developed with input from the NWNY Team’s Dairy & Field Crops Advisory Committees. Planning for year two is already underway.

A Caring for the Land Learning Circle held for women landowners renting land to farmers continues. Presentations and a tour within the county enabled better understanding of the subject. The end goal is to improve the long-term health and productivity of leased farmland.

RURAL LANDOWNER PROGRAM:
In it’s second year cooperatively with the Genesee Valley Conservancy, this program has made available presentations on woodlot management, landowner liability, production and income alternatives including solar and wind energy and mushroom growing, invasive and native plant control and management, and assessing the vegetation impacts of deer.
GOALS:
• Help keep Conesus, Hemlock, & Canadice Lakes free of aquatic invasive species (AIS)
• Provide public outreach about how AIS threaten waterways
• Educate watercraft users on how to minimize/prevent the spread of AIS by teaching them how to look for, remove, and dispose of unwanted aquatic hitchhikers
• Collect and analyze watercraft inspection data that will be used to determine the overall AIS state of Conesus, Hemlock, & Canadice Lakes

For the fourth year, Cornell Cooperative Extension of Livingston County continued its collaboration with the Conesus Lake Association, Conesus Lake Watershed Council, NYS Department of Environmental Conservation, NYS Parks, and the Livingston County Planning Department to coordinate the Watercraft Steward Program. The program educates watercraft users on Conesus, Canadice, and Hemlock Lakes on how to control the spread of aquatic invasive species (AIS), prevent the transport of AIS, and decrease the likelihood of transporting AIS. Stewards provided an educational interaction with boaters at Conesus Lake every day of the week and at Canadice and Hemlock Lakes on Fridays through Mondays during the peak watercraft use season (Memorial Day-Labor Day).

New this year, the Finger Lakes Institute was added as a program collaborator providing steward manpower and continuity among Finger Lakes Region steward programs. This was the second of a three year NYS DEC Aquatic Invasive Species Spread Prevention Program Grant awarded to CCE Livingston in 2016. The grant has provided additional steward coverage and educational resources leading to a larger program impact.

Over 8,000 watercraft inspections were conducted among all three lakes, up from 5,000 inspections in 2016. Each inspection helped to ensure that watercraft were not transporting AIS to or from the three lakes. As part of each inspection, stewards provided boaters with educational information about AIS and walked boaters through the steps of CLEAN, DRAIN, DRY.

The data collected was used to record what AIS were coming in and out of the lakes, what species were already there, and helped ensure no new AIS came from another lake. Overall, 98% of watercraft users reported previous contact with stewards. Ninety-six percent of all “risk launches” were inspected by the stewards before entering the water. Of all watercraft launched at Conesus Lake, only five were considered “high risk launches” that had at least one AIS found and removed prior to launch.

As a result of the program, boaters from all around the Finger Lakes have become more familiar with the purpose of the Watercraft Steward Program. As the season went on, more boaters came to the launches with cleaner boats. They even began cleaning their own boats when exiting a lake without prompting from the stewards. This continued to make the inspection process more efficient and easier for both stewards and boaters.
AG IN THE CLASSROOM

GOALS:
• To provide agriculture instruction and resources to school classrooms throughout the county
• To promote the agriculture industry in the county
• To collaborate with other agencies for more agricultural exposure to the public
• Help students and communities understand the connections between agriculture, the environment, and people.

Altogether, we had 17,167 youth contacts this year - an increase of over 7,000 from last year. We were able to visit with classrooms in every school district in Livingston County. We have also had some success getting Middle and High School teachers interested in our lessons.

AGRICULTURAL LITERACY:
We had another successful Agricultural Literacy event reaching 1,752 youth in 108 classrooms! “The Grapes Grow Sweet” (written and illustrated by Lynne Tuft) took students on a journey through a vineyard - learning how grapes are turned into juice and wine. Students had the opportunity to try red and white grape juice and learn about the grapes that grow right here in New York.

This year’s volunteers included Assemblyman Joseph Errigo, Senator Patrick Gallivan’s Community Representative Annie Chwiecko, County Administrator Ian Coyle, Ossian Town Supervisor Dwight Knapp, and West Sparta Town Supervisor Sue Erdle.

SUCCESS IN THE CLASSROOM:
Students are recognizing the connection from the farm to the store to their home, as well as the science behind the agriculture industry. Students are very excited to share with us the knowledge they have learned from previous lessons and how they are applying that knowledge!

The program presented quite a few new lessons this year. One of the most successful lessons was our Earth Day lesson - “Tree-mendous Benefits”. Each student learned the importance of forestry and caring for our forests and trees. They even received a White Pine tree to take home. Students were amazed at the benefits of trees from the amount of carbon that a mature tree can sequester, to the amount of storm water a tree absorbs in a year. Special thanks to Livingston County Soil & Water for their donation of White Pine trees and their support for this great lesson!

SUMMER RECREATION PROGRAMS:
For children enrolled in summer recreation programs, we introduced students to plant science. Youth were able to make a greenhouse balloon, as well as learn the different parts of a seed and the seeds we eat. Youth participants in summer programs in Mount Morris, the Genesee Valley Migrant Center, York, and Ossian, took part in these lessons. Many expressed excitement to replicate these activities at home with their families.

Thank you to New York Senators Patrick Gallivan and Cathy Young, the Livingston County Board of Supervisors, and Livingston County Farm Bureau for supporting the funding for this program.

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MT. MORRIS SUMMER RECREATION

GOALS:
• Provide a safe and positive environment for school-aged youth during the summer
• Improve the social, emotional, academic, and physical competencies of school-aged youth
• Prevent and reduce the incidence of risky behavior such as violence and crime; tobacco, alcohol and substance abuse; and personal-compromising behavior

For the fourth year, CCE collaborated with the Village of Mount Morris to manage and deliver the Village of Mount Morris’ Summer Recreation Program. Thanks to a generous $5,000 donation from the Mount Morris Branch of Five Star Bank, youth within the school district were able to attend the six-week program and field trips at no charge. Youth received free breakfast and lunch each day thanks to the Village of Mount Morris.

The 6-week program ran Monday-Friday, 8:30am-3pm, at Bellamy Park. The program included arts & crafts, games & activities, and educational opportunities. Each week focused on a specific theme - including science/STEM, healthy lifestyles, animals, safety, and gratitude. Implementing different weekly themes based on the interests and input of youth was well received. Since youth had a hand in deciding themes, interest and participation in activities increased.

This year’s program expanded under new Program Coordinator Karin Gianforti. Gianforti instituted a read-aloud time and book giveaway. Over 100 books were given away to participants. Community presenters were also brought in to lead activities – giving students the opportunity to learn about Zumba, bee-keeping, and more.

Fridays were field trip days. They included swimming at the Letchworth State Park Pool, games & activities at the Chip Holt Nature Center, and a program-ending trip to Minnehan’s.

Youth over age 11 were encouraged to take a leadership role at the program. These older youth were mentored and supported by staff to assist with morning activities. Youth worked with staff members and outside presenters in prepping, setting up, helping younger members, and cleaning up activities. Although apprehensive at first, these youth quickly embraced their roles - feeling valued and empowered.

Over 100 youth registered for the program, with a daily average attendance of 56 youth. Many of the youth that participated in the program were returning after attending the program in 2016.
GOALS:
The four Hs (head, heart, hands, and health) represent four basic human needs: independence, belonging, generosity, and mastery. Research shows that youth whose basic human needs are met in positive ways are likely to grow into active citizens and contributing members of their families and communities. 4-H Youth Development helps children fulfill these needs and provides a framework on which they can build self-confidence, responsibility, and generosity.

4-H Youth Development intends to strengthen the following life skills in young people:

- Effective problem solving and decision making skills
- Positive work attitudes and skills
- Valuing diversity
- Accepting community and social responsibility
- Demonstrating communication and leadership skills
- Valuing life long learning
- Practicing healthy and safe lifestyles
- Science, technology, engineering, and math (STEM) skills
- Career exploration

4-H YOUTH DEVELOPMENT HIGHLIGHTS:
In the 2016-2017 project year, there were 332 youth enrolled in 4-H. Of this number, there were 79 Cloverbuds (ages 5-7) and 108 Independent members. There are 21 clubs in the program. A total of 128 volunteer leaders worked with young people to teach them skills in such project areas as public speaking, nutrition, clothing construction, arts and crafts, outdoor education, horse, livestock, small animal care, horticulture, and science and technology.

PUBLIC PRESENTATIONS & HORSE COMMUNICATIONS:
At County Public Presentations and Horse Communications, 57 youth gave presentations on topics related to their 4-H work. Three youth presented specifically on horse-related topics. Fifteen of the presenters were Cloverbuds. Fourteen members had the opportunity to present at District Public Presentations and four won Top Presenter Awards. One member had the opportunity to attend Regional and State Horse Communications. This program continues to help youth develop skills and self-confidence in public speaking.

PRODUCED IN NEW YORK:
Produced in New York is a silent cooking demonstration that encourages youth to cook and bake with locally grown foods, review nutritional information, and learn new cooking/baking skills. Participants are evaluated on their overall demonstration skills, finished product, and meal plan. This year, there were 18 participants at the county level, with 2 chosen for the State Fair.

51ST ANNUAL CONSERVATION FIELD DAY:
Over one-hundred 5th and 6th grade students from three school districts attended the Conservation Field Day in September. Students participated in 10 educational stations focusing on the importance of conservation practice and natural resource preservation. Our event presenters included Bernadette Harwood and Renee Hopkins, Cornell Cooperative Extension of Livingston County; Ed Beary, SUNY Geneso; Tom Wenzel, Mount Morris Dam & Recreation Area; Cathy Higgins, Livingston County Department of Health; Peggy Grayson, GLOW Recycling; John Thompson & Bryce June, DEC Bureau of Wildlife; Scott Dean, NYS Department of
CHIP HOLT NATURE CENTER:
CCE continued its collaboration with the Town of Livonia and the Chip Holt Nature Center (Vitale Park, Lakeville). The mission of the collaboration is to provide interpretive and outdoor recreational programming to the public (and schools) for the stewardship of Conesus Lake and the Finger Lakes ecosystem.

The program year kicked off in March with “Marsh Madness”. The Seneca Park Zoomobile entertained 120 Livonia CSD fourth graders with its “Amazing Animal Adaptations” program. The day concluded with an interpretative marsh walk at the southern end of Conesus Lake.

The six week summer youth program provided educational activities for youth ages 4-12. Hands-on activities focused on nature crafts and experiments based on different nature themes each week. There were 700 youth and 350 adult contacts during this program.

4-H LIVESTOCK AUCTION:
The Livingston County 4-H Livestock Auction was held at the Hemlock Fair on July 22nd and raised over $50,000. Altogether, 32 market hogs sold for an average price of $3.70 per pound; 2 market lambs averaged $2.40 per pound; 6 market beef averaged $2.07; and 28 pens of two market birds averaged $171 per pen.

Open to the public, the auction provided individuals and businesses the opportunity to acquire fresh, top quality meat and chicken while supporting a worthwhile youth activity.

The 4-H Livestock Auction is the culmination of a 9-month project for market beef animals, a 3-month project for market hogs and lambs, and a 10-week project for market birds. The 4-H market animal program helps youth develop valuable life skills in many different ways. 4-H members who complete a market animal project learn how to manage, feed, and fit an animal to produce a high quality product for the consumer. Complimenting this, 4-H members are also learning business skills such as financial management, marketing, and record keeping that enables 4-H members to track profit/loss on their project.

CHARITY MARKET ANIMAL PROJECT:
Three 4-H members raised market animals and donated the proceeds of the sale to a local worthy charity of their choice.

This is the seventh year in a row that Emily Cooper has participated in the program. Each year, Emily selects an organization that has special meaning to her. This year, she chose to honor a friend who was tragically lost to suicide.

Emily sold one of her swine project animals to raise money for Project Semicolon – an organization dedicated to the prevention of suicide. The animal, purchased by CRC (Les Cole), raised $5050 for the organization - the largest bid ever received through the program.

Audrey de Wit and Bridgitte Johnson each sold a pen of two market birds to benefit their designated charities. This was Bridgitte’s second year participating in the program.

Audrey’s birds, purchased by Genesee Construction Service, Inc. (Larry & Mary Ann Merle), helped raise $100 for Outdoor Adventures for Sacrifice in Service (OASIS), Rochester. The organization helps veterans manage depression and PTSD by participating in therapeutic horseback riding.

Bridgitte’s birds, also purchased by Genesee Construction Service, Inc., helped raise $100 for the National Warplane Museum, Geneseo. Her donation will help purchase new seats for the restoration of Whiskey 7, the museum’s D-Day veteran aircraft.

4-H HORSE CAMP:
The annual 4-H Horse Camp was held at the Hemlock Fairgrounds on June 25-30 with 25 members attending. The mission of the camp program is to provide a positive, fun, youth development experience.

The priority themes for the camp are:
• A sense of mastery in horsemanship and riding
• A sense of belonging to a group that shares a passion
for horses

• A sense of responsibility and ownership as it relates to a 4-H Horse Project

The Junior Assistant Program links experienced teens with younger campers. Seven Junior Assistants developed valuable leadership skills while serving as leaders and mentors. They helped plan, deliver, and supervise the many activities of camp.

The camp program utilizes Livingston County’s many talented and dedicated volunteers to provide a quality, fun, and educational experience for youth interested in horses.

NEW YORK STATE FAIR PARTICIPANTS:
Nine Livingston County 4-H members represented the county in various 4-H shows, contests, and activities at the New York State Fair. Members entered a cumulative 50 animal science classes and received numerous Danish awards, top ten placings, and championships. Congratulations to all our participants:
• Rabbit Show: Meadow McMillan
• Poultry Show: Audrey de Wit, Rian de Wit, Emily Vattimo
• Avian Bowl Contest: Audrey de Wit, Rian de Wit, Emily Vattimo
• Poultry Science Contest: Audrey de Wit, Rian de Wit, Emily Vattimo
• Dog Show: Clara Benham, Kate Milspaugh, Leah Tilson
• Goat Show: Ben Lyness
• Kimber Hamm Goat Rancher Award: Ben Lyness
• Swine Show: Ben Lyness
• Empire Swine Youth Scholarship: Ben Lyness
• Horse: Danielle Bosch

Livingston County was well represented in the 4-H Youth Building with 91 exhibits, 5 Teen Leaders, 2 Produced in New York participants, and one 4-H Chicken BBQ Contest participant. Entries included baked and canned goods, photography, woodworking, fine arts, clothing and textiles, horticulture, and more. Forty-four blue ribbons, 23 red, 1 white, and 23 participation ribbons were collected. In addition, 1 group exhibit received a Purple Rosette.

STARR:
The State Teen Action Reps Retreat is an annual weekend for 4-H teens from across NYS to get together to build leadership skills, as well as network with peers and adults. Participants gain new skills and knowledge by attending workshops and participating in community service activities. The event is planned by teens and adults serving on the youth/adult STARR planning committee and is open to all NYS 4-H Teens. This year, one Livingston County youth and adult partner served on the STARR Planning Committee. Four teens attended, including two first-time participants.

TEEN COUNCIL:
Teen Council is a group of 4-H teens (ages 13-18) from across Livingston County. Regular monthly meetings, developed and organized by the Teen Council officers, offer the opportunity for teens to develop leadership, work as a team, socialize, and have fun. Additionally, teens select, prepare for, and participate in a variety of other activities meant to foster a sense of community and good citizenship. This past year, 17 members hosted a spring egg hunt, made holiday centerpieces for the Office for the Aging, played BINGO with seniors, and continued to develop leadership skills through participation on various committees.

TEEN EXCHANGE TRIP:
Seven Livingston County 4-H Teen Council members spent one week in Bedford County, TN in early July. Each teen was paired with a member from the Bedford County 4-H Program - staying with their family for the duration of the trip.

While in Tennessee, Teen Council members were able to tour the Tennessee State Museum, Nashville Farmers’ Market, Centennial Park, Downtown Nashville, Grand Ole Opry, Rising Star Ranch (Tennessee Walking Horse breeding facility), Cumberland Caverns, Jack Daniel’s...
The Livingston County 4-H program. Winners are awarded a one-time scholarship of $1,000 to be used toward a secondary education program, resulting in a certification or degree.

This year’s recipient is Ethan Low. Ethan is a thirteen-year 4-H member whose 4-H areas of focus include leadership and personal development, rabbit, cavies, horticulture, food & nutrition, communications, citizenship, and Teen Council. He has taken on numerous leadership roles during his 4-H career including various Teen Council committees, 4-H Advisory Committee Youth Member, STARR Planning Committee Member, NYS Youth Bureau Delegate, and National 4-H Youth Conference Delegate.

**OUTSTANDING 4-H MEMBER:**

Clara Benham is the Livingston County Outstanding 4-H Member for 2017. The Outstanding 4-H Member Award is the highest award given for 4-H achievement and overall involvement in Livingston County 4-H. The 4-Her must apply by writing an essay about how 4-H has influenced their life and have a leader recommendation. A plaque and $100 scholarship was awarded.

Clara is a nine-year member of the program, having joined when she was just eight years old. She has been actively involved in club activities as well as independent pursuits. During this time, she has explored a variety of project areas including horse, dog, rabbit, photography, public
speaking, cooking, and home arts. She has participated in and earned honors at the State Fair level in Horse, Dog, Photography, Fine Arts & Crafts, and the Produced in New York food demonstrations.

Clara recognizes communication as an extremely valuable life skill and is aware of the confidence she has gained by participating in Public Presentations at both the County and District level. She has actively applied this skill to other areas including speaking during club meetings, assisting and leading workshops at 4-H Discovery Days, and talking to the public at the State Fair dog booth.

In addition, she highlights leadership development by serving as a Junior Assistant at Horse Camp, President of the Dog Gone Fun Club, presenter at 4-H Discovery Days, and leading rabbit clinics. Clara states, “Being a leader, I learned the importance of engaging members in activities, understand their needs, and making a personal connection.”

Through her love and passion for animals, Clara has devoted well over 200 hours of community service to Greyhound Adoption, Lollypop Farm, Guiding Eyes, Livingston County Humane Society, Equicenter Therapeutic Riding Center, and the Finger Lakes Thoroughbred Adoption Center.

**VOLUNTEER OF THE YEAR:**
Gardner Low has been named the 2017 4-H Volunteer of the Year.

Gardner has been an active and dedicated volunteer for seven years - all awhile his three children have been involved in 4-H. As a 4-H volunteer, school teacher, and parent he continuously recognized the tremendous benefits youth gain from learning new life skills, taking on leadership roles, and learning by doing. Gardner has been an outstanding advocate and resource for 4-H events and activities that help youth to experience these benefits.

Gardner has been key in helping to guide the Livingston County 4-H Program as a member of the 4-H Advisory Committee for six years and serving as Committee Chair for four years. He also served as an adult partner on the NYS 4-H State Teen Action Representative Retreat (STARR) Planning Committee. As a 4-H volunteer chaperone, Gardner has donated many chaperone hours, weekends, and gallons of gas enabling numerous youth the opportunity participate in 4-H events and activities across the state and beyond including STARR in Syracuse, Career Explorations at Cornell, Winter Weekend Retreat in Lewis County, and Teen Exchange Trips with Texas, Colorado, and Tennessee State 4-H Programs.

He has been a wonderful asset and resource for the implementation of programs such as the Bucket Brigade, building bird feeders, and Giant Pumpkin Project. Gardner is always willing to lend a helping hand whenever called upon including helping cook at 4-H Chicken BBQs and at the fair 4-H food tent. He has even assisted as an evaluator for the Produced in New York State Food Demonstration (PINY) Contest, Public Presentations, and Hemlock Fair.

**ACTIVITY NIGHTS EXPAND:**
Monthly Activity Nights designed for our growing Clover-bud membership were created during the 2014-2015 4-H year. The popularity of these monthly activity nights, along with Cloverbuds graduating to full-fledged 4-H members, created a need for activity nights targeted toward Cloverbuds and first and second year 4-H members.

During the 2015-2016 4-H year, Activity Nights were tailored for both groups. As a result of the curiosity and growing interest from first and second year members attending activity nights, additional monthly activity evenings were offered specifically to introduce these members to various basic animal science topics during the 2016-2017 4-H year.

General Activity Nights continued to be offered in three different locations in the county each month, while the new Animal Science Activity Nights were offered once a month. In total 140 individual 4-H and Cloverbud youth took part 252 times during 14 Activity Nights.

Due to the success of both Activity Nights, participation has increased in county events and activities including Produced in New York, Public Presentations, Hemlock Fair Building Exhibits & Animal Shows, community service projects, and various county, regional, and state 4-H contests.

**The 4-H Pledge**
I pledge my HEAD to clearer thinking.
I pledge my HEART to greater loyalty.
I pledge my HANDS to larger service.
I pledge my HEALTH to better living for my club, my community, my country, and my world.
CCE LIVINGSTON COUNTY SOURCES OF SUPPORT

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FINGER LAKES SHARED BUSINESS NETWORK

We are now heading into our fifth year of Regional Lead positions in Finance, Human Resources, and Information Technology. The Leads continue to provide strategic guidance, best practices, and problem-solving to the seven Associations in the Finger Lakes Shared Business Network: Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates.

HIGHLIGHTS OF 2017 INCLUDE:

- CCE Associations will be moving from the AccPac accounting software to Blackbaud Financial Edge NXT. The design stage started in August 2017. The training and “go live” date is set for October 2018.
- Encryption of all Association computers and new two-step login requirements provided additional security for equipment and staff.
- Assisted all Associations in the preparation, submission, review, and approval of all position descriptions to align with the new classification structure by the April 30, 2017 deadline. The new classification structure design aligns with the FLSA (Fair Labor Standard Act) proposed regulations of 2016.
Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.
Please contact CCE Livingston County in advance if you have any special needs.
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