Cornell Cooperative Extension of Ontario County

is a proven investment in providing research-based education, personalized programming that addresses current and emerging needs, and engages residents in enhancing the quality of life for all in Ontario County.
Dear Friends of Extension,

Cornell Cooperative Extension of Ontario County (CCE) is a personal experience for each of the thousands of individuals it interacts with each year. When staff was asked what made CCE unique, the number one response was the personal contact. Whether a question about handling of household hazardous waste or tests for water quality, scholarships for 4-H Camp, a new technique for growing a crop, or identifying and developing a business plan for an entrepreneurial start up – CCE staff respond personally with research based resources.

The personalized touch guarantees responsiveness to our county’s needs. Our Extension Educators, along with the Cornell Vegetable Program; Finger Lakes Grape; Northwest NY Dairy, Livestock and Field Crops Teams; provide workshops, personal conversations, and property visits that assist in all aspects of farming, home property, and rural land management. The successful new events this year - NYS Mead Making Immersive Conference, Cut Flower Business Speaker Series, and 4-H Camp Windwalker Program - all began as responses to voiced requests.

CCE staff are highly visible on committees and at events throughout the county pursuing partnerships with local education, business, and government. Highlights of collaborative programming this year include the CCE Finger Lakes Eat Smart New York Program (ESNY) which provides nutrition education to Geneva residents and individuals who reside in income eligibility “pockets” in Ontario County; Ag Career Day where high schools students were introduced to local careers; and Progressive Ag Safety Day.

4-H and Camp Bristol Hills Programs continue to respond to the ever increasing demands for effective and affordable youth programming. Flexible 4-H programming provides after school clubs; STEM (science, technology, engineering & math) opportunities; regional and national competitions promoting career skills and knowledge in agriculture. Targeted interest programs in areas like computer coding, as well as the traditional 4-H Cub offerings provides opportunities for hundreds of Ontario County youth. The personal attention of Extension Educators provides the necessary supports for all youth, including at risk youth, to attend Cornell programs like the three day Career Explorations at Cornell University or compete successfully at the national level in contests like Avian Bowl and Turkey BBQ. Experiences like these provide essential knowledge of career and college expectations to prepare our members for a successful adulthood. 4-H Camp Bristol Hills enrollment continues to expand, offering 1,171 campers with both the fun camp experience and the individualized opportunities to develop talents and lifelong skills. Additions of an outdoor survival component and graphic arts/multi-media offering are just two examples of the specialized programming offered through 4-H Camp. CCE’s commitment to growth at camp extends to developing the very best career skills in their counselors, extending from counselor in training to a career development program receiving growing recognition as a model to be replicated by many youth oriented programs.

Thanks to the guidance of a dedicated Board, a growing and committed alumni base, generous volunteers and donors, and strong partnerships with government, businesses and education, CCE is meeting its challenges to change and grow its facilities, staff, and programming in a thoughtful and efficient way. We welcome two new Educators: Pilar McKay in Agriculture Economic Development and Samantha Bagley in 4-H; and we are in the process of filling two more vacancies. Thus, this new balance of new and continuing employees is helping us refine our technology communication, identify new programs, and stretch new perspectives and energy. A Building Facilities Assessment is completed for both our offices and the camp with recommendations for the next steps to address our needs in the coming years. We invite you to read our 2019 Annual Report for a more detailed review of our year. We are here to personally serve you and look forward to the opportunity to do just that.

Sincerely,

Nina McCarthy
President, Board of Directors
AGRICULTURE & NATURAL RESOURCES
Extension’s Agricultural and Natural Resources Impact

Cornell Cooperative Extension of Ontario County Agriculture Team, in partnership with campus-based faculty and regional CCE specialists, creates useful and inclusive educational program which focus on the current agricultural education needs of the community. CCE Ontario addresses issues, such as environmental impacts of agricultural wastes and strives to implement innovative programs to help farmers. 1256 individuals received consultations through telephone, email, and in-person discussions. Staff conducted 35 programs reached 854 residents.

Other contacts:
• Rural and Farm Land Notes (monthly electronic newsletter): 929 individuals with an average open rate of 38%.
• Inside Dirt (gardening newsletter published monthly February to October): 266 subscribers
• Household Hazardous Waste (April 27, 2019 - 463 contacts; September 21, 2019 - 509 contacts)
• E-Waste (November 10, 2018 - 609 contacts; March 30, 2019 – 679 contacts). Both events had people put on a waiting list as our pre-registration was full at 510.
• Well Water Testing: 100 consultations and 70 completed the testing of their wells.

Ontario County Master Gardeners
The Master Gardener volunteers are a critical component in extending knowledge about gardening within the county. There are currently 43 Master Gardener volunteers in Ontario County. They volunteered 2,006 hours, offered 52 programs that reached more than 4,826 youth and 958 adults and provided 72 hours of instruction. The Master Gardeners have a Plant Sale the day before Mother’s Day. The Plant Sale generates funds for one Finger Lakes Community College scholarship ($500) for a Horticulture student. Also the sale provides 6 scholarships ($1590) for youth to attend 4-H Camp Bristol Hills.

Some of the programs offered by Master Gardeners are: Composting, Hypertufa; Conservation Field Days; Spring Garden Symposium; Seed Starting; Pumpkin Palooza; Pollinator Gardens; Plant Propagation; Indoor Salad Garden; African Violet Care; Holiday Wreath; Table Top Christmas Tree; Kitchen Garden Herbs; Suet Feeders; Turtle Planter; Fairie Gardens and Gnome Homes; Fun on the Farm Presentations; Green Thumb Thursday Presentations; and talks to garden clubs and libraries.

BY THE NUMBERS
Total public outreach: 35 programs
Total Instructional Hours: 69 hours
Volunteer Hours: 2,006 hours

As of 2017 there were 833 farms, totaling 200,089 acres; about 46% of Ontario County land is farm land.

Milk produced:
104 farms have 26,843 cows
Total milk sales: $120,567,000

Total Value of Agricultural products sold: $205,160,000

Local Staff:
Timothy S. Davis, Program Leader
Russell Welser, Senior Resource Educator
Pilar McKay, Senior Resource Educator
Agriculture Economic Development
Nancy Anderson, Senior Administrative Assistant
ONTARIO COUNTY HOSTS THE LATEST CRAFT BEVERAGE INDUSTRY TO BE AWARDED A FARM LICENSE

Mead makers and honey producers descended upon Geneva on September 9 and 10, 2019

Most people associate honey with its own culinary applications. However, New Yorkers should be prepared to see honey on the label of one of the world’s oldest craft beverages: mead. Mead, an alcoholic beverage made with honey, has a tradition in nearly every continent – from Africa to Europe to Asia to North America.

On September 9 and 10, Geneva was host to the nation’s leaders in the mead making industry during the New York State Mead Making Immersive Conference. Speakers included Ken Schramm (author of The Compleat Meadmaker), Chris Gerling and Kaylyn Kirkpatrick (Cornell Agritech’s Craft Beverage Institute), Greg Wilhelm (Royal Meadery), Vicky Rowe (American Mead Making Association), and Matt Kelly (The Bee Report).

"Earlier this year, New York State announced the farm meadery license, which would allow mead makers to take advantage of similar benefits that farm meaderies, cideries, distilleries, and wineries have," said Pilar McKay, Agriculture Economic Development Resource Educator, "You are going to see more and more meaderies come online in the Finger Lakes and many of them will be using 100% NYS honey in their mead."

New American meads, which many New York State meaderies make, can be dry, sweet, carbonated, or still. It is a very versatile beverage that is evolving as more and more beverage producers make it. The main point of difference is that mead is made with honey and is not merely sweetened by honey. Honey itself has to be a significant proportion of the recipe.

Having that much honey won’t be a problem for New York State mead makers – the state makes more honey than all Northeastern States combined, according to the USDA.

The conference included two tastings, two industry panels, a keynote speaker, production immersive, speakers, and a local honey focused lunch. Since the conference, mead makers in New York State have continued to connect with each other and are planning new projects to make sure mead continues to grow in the state and beyond.

Kaylin Kirkpatrick, Cornell Craft Beverage Institute, and Dennis Kelly, Hinson Ford Cider & Mead of Amissville, VA

Lydia Garofalo, NY Kitchen, pouring 810 Meadworks Mead at Finger Lakes Welcome Center, Geneva, NY.

Ken Schramm, Schramm’s Meadery and author of The Compleat Meadmaker.
BUY LOCAL GUIDE NOW INCLUDES ALL CATEGORIES THAT USE ONTARIO COUNTY PRODUCTS

Christmas trees, craft beverage producers, health & beauty companies, and natural fiber producers join edible agricultural products in the popular guide.

Agriculture is part of our clothes, home, and health and beauty. The Agriculture Department at Cornell Cooperative Extension of Ontario County recognized that supporting all industries using materials raised and grown here is very important to our farmers.

Farmers and farm businesses voluntarily elect to be part of the Buy Local Guide. Early in the year, the Agriculture Department, led by Nancy Anderson, will reach out to farmers to see if they want to be part of the guide.

“I consider the Buy Local Guide is our way of getting to know our local farmers and also promote them,” says Pilar McKay, Agricultural Economic Development Resource Educator, “We do receive phone calls looking for local products or for farmers producing a certain program. We always prefer to refer an Ontario County farmer to help them sell their product and bring sales home to the farm.”

Cornell Cooperative Extension of Ontario County is committed to connecting farmers and farm businesses to consumers from around the region. The Buy Local Guide is organized to help consumers find what they need within the farms we have here in Ontario County. The Guide is free and can be downloaded from our website at cceontario.org If you are interested in a copy of Buy Local Guide or to be included in the 2020 Buy Local Guide, please reach out to the Agriculture Department at 585.394.3977 ext 427 or ontario@cornell.edu

What motivated you to become a Master Gardener for CCE Ontario?
I met a Master Gardener from Monroe County, and he told me about what he learned and what responsibilities he had. This sounded like something that I would like to do. So I signed up to take the Master Gardener course. While taking the course I learned a great deal and also learned that there was a great deal of information that I did not know and that I would need to learn how to find the information.

What makes this a meaningful use of your time?
The camaraderie with my fellow Master Gardeners and the people that we interface with and teach are what makes this very meaningful to me.

What is the biggest personal benefit you receive as a volunteer for CCE Ontario?
The continued learning experiences and the opportunity to share those experiences with others was one of the biggest personal benefits I have received as volunteer MG for CCE Ontario. Those experiences and opportunities would not have been possible without the help and guidance of Russ Welser and Nancy Anderson.

What is the most memorable accomplishment of your volunteer experience?
The most memorable accomplishment of my volunteer experience is having judged 4-H projects that have gone on to the New York State Fair and won high acclaim at the State level. These accomplishments were the results of some very talented young people who I may have never had the pleasure of meeting if I hadn’t become a Master Gardener volunteer.
RECYCLING EDUCATION IN ONTARIO COUNTY

Cornell Cooperative Extension of Ontario County coordinated and marketed several educational events with the Ontario County Department of Sustainability and Solid Waste Management throughout the year. Residents of Ontario County have a need to dispose of household hazardous waste and electronic waste in an environmental and responsible way to recycle vs. putting it in the landfill. This goal was achieved by holding two Household Hazardous Waste Collection Events and two E-Waste Events. Clean Harbors Company was the collector of the hazardous waste materials and E-Waste+ was the collector of the electronic waste. There was representation from all 16 towns at each event. We educated approximately 90% of the callers for the Household Hazardous Waste Event as we needed to explain that there is nothing hazardous in latex paint and it is not allowed at the event anymore. We answer questions about where to dispose of items such as propane tanks, dehumidifiers, fire extinguishers, and other miscellaneous items.

The E-Waste Events were:
- November 10, 2018 had 489 residents participating with 51.28 tons collected. This event was a collaboration of the Towns of East Bloomfield, West Bloomfield, and Bristol, and it was held at the Bloomfield Elementary School parking lot. (600+ one-on-one consultations as we had ended up with a waiting list for this event).
- March 30, 2019 had 514 participating with 39 tons collected. This was hosted by the Town of Victor and Town of Farmington. It was held at the Farmington Highway Department. (697 one-on-one consultations as we had to put 123 people on a waiting list to be contacted in the fall).

The Household Hazardous Waste Events were:
- April 27, 2019 had 393 residents participating. This event was held at Casella Landfill.
- September 21, 2019 had 465 participants. This was a partnership with Ontario County and Casella Waste Services. It was held at the Farmington Highway Department.

These events provide a much needed way of environmentally disposing of household hazardous waste that otherwise would end up in the landfill, down the sink, or dumped on the land.

TVs, computers, other electronics collected at E-Waste event.

Unloading of household hazardous waste products such as oil-based paints, florescent tubes, auto fluids, lawn pesticides, etc.

HOME COMPOSTING

With the Ontario County landfill scheduled to close in 2028, the Ontario County Planning Department has put a priority on reducing household organics being placed in landfills. To help achieve that goal Cornell Cooperative Extension Ontario County partnered with the Ontario County Sustainability Department and the Town of Bristol, East Bloomfield, and West Bloomfield to provide home composting education workshops for town residents. The incentive for attending the one hour educational program was a free composter. A total of six workshops were offered; two in Bristol; one in West Bloomfield; and three in East Bloomfield. A total of two hundred people attended and one hundred four earth machine composters and sixty-six compost tumblers were distributed. In the fall of 2020, a survey/evaluation will be sent to the participants that attended a workshop. The survey/evaluation will be looking to receive data about the use of their composters.

Educational programs were also offered in the Towns of Canandaigua, Victor, and Richmond reaching one hundred eighty six residents. Home composting information and resources were made available at four other events within the county reaching one hundred eighteen. In total thirteen programs were offered reaching five hundred four Ontario County residents.
SMALL FARMS/FORESTRY EDUCATION

Introduction to Mushroom Cultivation
Small farm operations often look for niche markets and growing mushrooms is one such market. One can utilize woodlots for the wood resources to grow mushrooms such as shiitake, lion’s mane, oyster, and several others. Growers can obtain a price ranging from $5.00 to $18.00 per pound depending on mushroom type and quality. Woodlot owners can utilize cull maple, oak, and beech trees to grow the mushrooms on. Twenty six individuals received hands-on instruction on how to inoculate logs with mushroom spawn, received information on the care and management of those inoculated logs and harvesting tips. 95% of the attendees identified they gained knowledge and 100% identified they learned new skills. 57% stated they have interest in growing for hobby/personal use and 43% for small scale production/sales with less than 100 logs.

Woodlot Management/Selling
Timber From Your Woods
All too often timber sales start with a knock at the door and an offer to log your woods. The offer may sound good, but what is your timber really worth? Most woodlot owners simply have no clue. So how do you make sure you get the best deal? What you should do and what knowledge you need to have for the best experience in selling your timber were addressed by Cornell Cooperative Extension State Forestry Specialist, Peter Smallidge and DEC Region 8 Forester, Brice June. In the two and a half hour program Peter covered: Getting the most from your forested land; best management practices for timber production; harvesting aesthetics and forest sustainability; and timber sale talking points. Brice addressed different types of sales; sale contracts; loggers and buyers; putting the harvest out for bid and the role and assistance a state or private forester can provide. The big take home message for the evening was to work with a forester both in managing a woodlot and selling timber. The 41 individual attendees gained much knowledge in the management of their woodlots and selling timber.

Master Forest Owners
Ontario County has four Master Forest Owner Volunteers. In 2019, there were a total of 28 visit requests in the Northwest Region of New York State and 2 of them were in Ontario County. There was also the Ontario County MFO workshop and woods walk on April 27, 2019, held at the Naples Library and Camp Cutler, Woodlot Management Planning-ecosystem and watershed considerations, at which 12 individuals attended.

Maple Program
New technologies in the production of maple syrup have reduced labor and increased efficiencies which has led to increased production and greater profits. New value added maple products are being developed creating a greater demand for maple syrup such as maple wine, beer, and soda. In the past 12 years Cornell Cooperative Extension of Ontario County has offered 18 maple workshops and they reached 419 individuals. Workshops varied from beginner level to the more advanced to specific value added product trainings. Workshop evaluations have been conducted each year. In 2019, 60% had intentions of producing maple syrup for personal use and 40% had intentions of producing 10-50 gallons of syrup. 20% were looking to make their maple venture income generating. 40% acquired more skills to a great extent, 50% fair extent, and 10% slight extent. 70% increased their knowledge of maple syrup production.

AGRICULTURE CAREERS

According to the USDA, there are nearly 60,000 high-skilled agriculture job openings expected annually in U.S., yet only 35,000 graduates are available to fill them. The Technology, Food, and Agricultural Career Cards publication is intended for educational purposes as a tool that middle and high school students can use to explore opportunities in the fields of agriculture, technology, and food. The inspiration for this publication was drawn from the Finger Lakes New Knowledge Fusion Project Technology, Food, and Agriculture Career Cards. (2009). Collaborators were: Marie Anselm (Ag Economic Development Educator); Riley Abrahamson and Julia Ng (Cornell University Interns); and Nancy Anderson (Sr. Administrative Assistant-Agriculture Department). Printing was made possible in part by Farm Credit Northeast AgEnhancement Funding. This publication has been distributed to all the Ontario, Wayne, Seneca, and Yates County schools and the Cooperative Extension Offices in those counties. It was available at the Ontario County Fair, Fun on the Farm, and other events. The publication is available by contacting the agriculture office at 585-394-3977 x 427.
The March 15, NYS Dry Bean Meeting and Variety Evaluation, held in Geneva, NY brought together 44 dry bean growers, packer/shippers, seed suppliers, and Cornell faculty and Extension Educators to discuss the state of the industry and to receive reports of industry-funded research. According to Amie Hamlin from the Cool School Food Program (www.healthyschoolfood.org), dry beans are overflowing with health benefits, being high in protein, fiber, iron and other nutrients. While the NYS Dry Bean industry has supported the Healthy School Food Program for many years, new interest has been stimulated through the NYS No Student Goes Hungry Program (https://www.nycfoodpolicy.org/in-new-york-state-no-student-goes-hungry/), which includes a higher incentive to school districts to use more local products and increases the reimbursement that schools receive for lunches to $.25 per lunch to those schools that purchase at least 30% of their lunch ingredients from NY farms and food processors (whose product is comprised of 51% NY farm ingredients). The Cornell Vegetable Program (CVP) dry bean specialist facilitated discussions at the March 15 meeting between the Healthy School Food Program and the dry bean packer/shippers, and has worked with local CCE Farm to School Coordinators and CCE-Harvest New York to facilitate schools purchasing NY dry beans.

According to the 2017 Census of Agriculture, 72 western NY farms produce roughly 10,000 acres of dry beans, with CVP partnering counties providing 6,820 of those acres. Leading counties in the CVP region are Monroe (2,288 acres), Steuben (1,360 acres), Genesee (1,192 acres), Ontario (906 acres), and Yates (844 acres). Black beans and red kidney beans are the types that produce well in our soils and climate. After local beans are harvested, they are sent to one of several factories in NY or PA for cleaning and processing into canned product or packaged for the dry pack market. Product is sold to local, regional, export and organic markets. The value of the NY crop varies, but averages around $7 million.

Other topics of high interest to the industry included market updates, development and testing of new varieties, as well as management of white mold disease, western bean cutworm insects and weeds. At the end of the educational meeting, the industry prioritized research proposals and allocated funds from the Dry Bean Endowment to five research projects, totaling $32,643. The group then moved to the Raw Products Building to view and evaluate 56 dry bean cultivars that were canned by Furman Foods and on display for taste and visual appearance.
DEMONSTRATING THE POTENTIAL FOR DIGITAL TECHNOLOGIES IN FINGER LAKES VINEYARDS

There has been a significant advancement in the use of technology in many parts of agriculture. For the most part, however, those advancements have not impacted the work of vineyard managers in the Finger Lakes and much of the viticulture industry. However, with the adaptation of new types of sensors and data processing tools for vineyards, that is starting to change.

This spring, Dr. Terry Bates, director of the Cornell Lake Erie Research & Extension Laboratory in Portland NY, demonstrated how information from soil and canopy density sensors could be used to develop georeferenced vineyard management maps that highlight the variation in canopy size, yield potential, pest pressures, and other factors that influence vine growth and development. Until now, growers would often “eye ball” their vineyards to see where vines were weaker or stronger, and base important practices including yield sampling and pruning on these approximations. These data-driven maps can then be used in a number of ways, such as developing better sampling protocols based on the variation contained in the vineyard, or to apply vineyard practices at variable rates depending on the actual characteristics of the vines or site, rather than treating the entire block as a uniform entity. For example, the maps developed for the demonstration this spring were used by a computer controlled shoot thinner to remove shoots at different rates within two Concord vineyards in Yates County.

This demonstration was done in preparation for the Nelson J. Shaulis Symposium on Digital Agriculture, an international symposium that is being held in Geneva, New York this summer to highlight some of the advances of technology and how they can be used to improve vineyard efficiency and productivity.

The Concord vines before (left) and after (right) mechanical shoot thinning. Thinning rate in this block was determined based on data from an NDVI sensor scan earlier in the morning. Weather station at Randall Standish Vineyards in South Bristol. Source: NYS Mesonet
Securing a reliable workforce is a major concern on the minds of dairy farmers across the United States, and our corner of New York is no exception. As farmers are striving to attract and retain workers, the need for improved human resource management (HRM) practices on the farm is apparent. Lack of clarity in HRM policies can lead to protocol drift, misunderstandings about pay and benefits, poor upkeep of worker housing, and ultimately, disengaged employees and high employee turnover.

A project funded by the New York Farm Viability Institute allowed us to work closely with six dairy farmers to improve their HRM practices. The areas that resulted in immediate benefits were the topics that had to do with improving the training of and communication with employees, such as improving the management of housing, creating standard operating procedures, and sharing performance metrics with employees. Four newsletter articles and two in-person meetings attended by 30 farmers have multiplied the results of the project and encouraged more farmers to update their HRM practices. The meeting held at the CCE Ontario County office attracted ten Ontario County dairy farmers. A statewide project currently funded by the NYFVI is helping five Western NY farm managers (two from Ontario County) to better their human resource management practices by overhauling their employee onboarding programs.

In a survey of employees on the HRM project farms, 80% of respondents said they were committed to the farm due to personal contentment or liking the people that they work. Improved HRM practices directly affect employee commitment. This encourages longer-term employees and decreases employee turnover, which is a major cost on many farms today.

Another related program this year created English and Spanish language videos to train employees on NY’s new Sexual Harassment Prevention law. These videos have been widely used in Ontario County and across the state, helping many farms to come into compliance with the new law and improving employees’ understanding of acceptable workplace behavior.
EAT SMART NEW YORK (ESNY)

GENEVA CHURCH HAS A RECIPE FOR SUCCESS WITH COOKING MATTERS!

Geneva has identified food security as a concern and is working on strategies to have affordable nourishing food available in parts of the city where residents are not near a grocery store. Finger Lakes Eat Smart NY Nutritionist (CCE staff) served as nutrition education instructors in a Cooking Matters for Teens program, which provided a series of hands-on cooking classes to children by teaching skills to be self-sufficient in the kitchen over a six-week period. This program was team-taught by 12 volunteers, which included Hobart William Smith Colleges students and a “junior counselor” position for a middle school student who was in the program last year. Lessons covered meal preparation, grocery shopping, food budgeting and nutrition. Participants practiced fundamental food skills, including proper knife techniques, reading ingredient labels, and making a healthy meal for a family of four on a $10 budget.

The children achieved the following:

- 36% decrease in consumption of sodas, energy drinks and similar calorie rich beverages
- 25% increase in selecting lower fat proteins for meals
- 88% increase in reading nutrition facts on food labels
- 39% increase in making homemade meals from scratch using mainly basic whole ingredients
- 32% increase in adjusting meals to be more healthy
- 100% prepared a recipe from class at home and plans to share things learned in this course with family or friends

Eat Smart New York

We are part of a statewide initiative called Eat Smart New York. The Finger Lakes Eat Smart New York region includes Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tompkins, Wayne and Yates counties. Our team is made up of 21 educators with experience in nutrition, public health, health education and gardening. Individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP) may participate in our free events.

We support eligible families to eat more fruits and vegetables, drink fewer sweetened beverages and practice healthy lifestyles. We do this through free workshops, food demonstrations, cooking classes, grocery store tours and community events. We also support families and other community partners to build and sustain edible gardens, farmers markets and school wellness committees.
BY THE NUMBERS

Total 4-H Clubs: 40
Total Members in Organized 4-H Clubs: 262
Number of youth in 4-H After School Programs: 65
Total Number of 4-H Youth: 327
Number of Volunteer Hours: 9570

In 2019, 4-H youth projects involved horticulture, food and nutrition, geospatial science, science, textile, robotics, rocketry, woodworking and animal science. Hallmark educational events of the 4-H Club Program include Harvest Food Fest, Public Presentations, Tractor Safety, the Ontario County Fair and the New York State Fair.

4-H YOUTH DEVELOPMENT
The Impact of Positive Youth Development

The mission of the 4-H Youth Development Program is to create supportive learning environments in which diverse youth and adults reach their fullest potential as capable, competent, caring citizens. Youth in 4-H Programs range from five to nineteen years of age. In Ontario County the 4-H program priorities are Science, Technology, Engineering and Math (STEM); Workforce Development; and Positive Youth Development. There is a full range of delivery methods that includes: traditional 4-H Clubs; a 4-H camp; 4-H after school programs in Geneva; school enrichment through Conservation Field Days; and community outreach through workshops like Tractor Safety.

4-H Camp Bristol Hills was honored as Best Summer Camp of the Finger Lakes by Messenger Post Media. The Camp offers an outdoor camping experience integrated with top rated educational programming and highly trained staff. Summer camp extends several choices for camper participation that include: day, overnight and specialty camps. Educational classes include programs in outdoor adventure, nature and science, sports and creative arts as well as a continued focus on STEM (science, technology, engineering and math).

4-H AND FUN ON THE FARM

Fun on the Farm is an educational day promoting all that is good in farming. Ontario County Farm Bureau is the lead for this event with collaboration between Wayne County Farm Bureau, Cornell Cooperative Extension of Ontario and Wayne Counties, and Finger Lakes Agribusinesses that support Ontario County farming. It takes over 400 volunteers under the direction of Julie and Pete Maslyn and thousands of dollars in donations of farm products and money to hold this free event. The collaboration between the...
host farm and all the neighboring farms to provide tractors, wagons, and manpower for the day is impressive.

It was held on September 21, 2019 at the J. Minns Farm, Stanley, NY, a fourth generation farm. The Minns farm currently milks 800 cows, 3x a day producing over 8,000 gallons of milk each day. This includes 1,800 animals with 900 milking cows and 900 young stock that are cared for by 20 part-time and full-time employees.

There were over 4500 visitors that came to see and learn, and interact with farm animals and “real” farmers on a working dairy farm. Over 30 4-H members and their families had the opportunity to exhibit their animals and practice their communication skills while educating the non-farming families in the county.

4-Hers helped with many things on that beautiful day; from cabbage bowling to making butter with 500+ visitors to showcasing their project animals. Visitors got to pet and even hold rabbits and chickens, watch a sheep groomed for showing and pet the triplet heifer calves.

Many of our 4-Hers are in the Dairy Princess Court and had the honor of serving free milk and cheese sticks as well as ice cream cones to very appreciative visitors while educating the public about the importance of dairy in their diets. The Cornell Cooperative Extension Agriculture Department also had staff there with several educational displays. Fun on the Farm was a great success because of the cooperation and collaboration of so many in agriculture. Cornell Cooperative Extension is pleased to be able to promote agriculture to so many people.

CAPITAL DAYS: BY MACKENZIE LILL, 2019 CAPITAL DAYS ATTENDEE

I attended the New York State Capital Days Trip in May 2019. On this three day trip to the state capital, we participated in bonding activities and fun games at the hotel that allowed us to get to know our peers on the night of our arrival. The next day, we traveled to Empire State Plaza and had the opportunity to tour the Assembly Chamber, the Court of Appeals, and the Senate. We were also given the ability to visit the Department of Ag & Markets, the Department of Education, the Department of Health, the Department of Parks & Recreation, the Department of Corrections, or the Department of Environment Conservation. I chose to visit the Department of Health. They gave a presentation on the dangers of vaping and other current public health issues. In addition, the Department of Motor Vehicles also gave a presentation on some of the different jobs available in government departments. On the final day, the 4-H members from Ontario County were given a tour of the Capitol Building and then got to visit with my district’s senator, Pam Helming. During this visit, myself and the other members in my district were able to ask Senator Helming questions about working in government and her stance on current issues. As stated in the information packet for the Capital Days Trip, the goals of the trip were to achieve a better understanding of the New York State policy process, to gain a better understanding of state and local government connections, to provide delegates the opportunity to meet with legislators and tell their 4-H stories, to create an awareness of career opportunities within the New York State Government and Public Service, and to meet and exchange experiences with delegates from other counties. Based on these goals, this trip met its purpose and exceeded my expectations. I learned so much on the New York State Capital Days Trip and I was able to meet countless new 4-H members and build life-long friendships due to all of the bonding opportunities.
4-H CLINICS TEACHING INDEPENDENCE AND TEAMWORK

Learning by doing has long been a mantra of 4-H projects and holding animal clinics is a time-honored delivery mode. Clinics offer a "hands-on" learning experience that is fun and safe. Clinics improve and enhance the knowledge members learned independently and in the club setting and bring that knowledge to the group setting of a clinic. The leadership and confidence that comes from working together, setting goals, planning and organizing, and keeping records are marketable skills. Communication skills and cooperation are also needed when showing their project animals. This past year Ontario County 4-H hosted equine, dairy, beef, swine, and sheep as well as rabbit and poultry clinics for 4-H members and their families, often inviting 4-Hers from surrounding counties to attend.

We started the year off with an equine clinic at Sugar Hill Arabian Breeding horse farm featuring presentations by their horse trainer, apprentice trainer and breeding and foal care managers for the 22 members and 7 adults attending. The owner and all 4 staff members were on hand to talk about their work as well as other careers in the equine industry. Quotes from the follow up survey: "The opportunity to interact with these outstanding mares and foals was amazing." "what a pleasure to learn new training techniques (ground manners) from nationally recognized trainers in the Arabian horse show world.

In the May, Ontario and Wayne County partnered in hosting a Livestock (Beef, Sheep and Swine) and Dairy showmanship clinic. The event was held at the Ontario County fairgrounds. Experienced professionals in each species provided instruction and guidance for 32 youth and 25 adults from Ontario, Wayne and Seneca counties. Topics covered included the basics of showmanship and project animal selection. 4-Hers were eager to learn from these professionals and to practice what was being taught. A grant was received from the Willman Fund to provide each family with an Ohio State Resource guidebook as a great resource that the family can use going forward.

In early July, the Hens and Hares 4-H Club also held "member led" clinics at the club level for both rabbits and poultry in preparation for exhibiting their animals at the Fair.

The results of these learning experiences were an increase in animal exhibitors to 142 and the number of animals showcased at the Ontario County to 344. Exhibiting at the Fair enhances social skills, problem solving, and often conflict resolution. You learn to accept differences in judging animals and people.

CORNELL CAREER EXPLORATIONS

Cornell Career Explorations, formerly known as 4-H Congress, offered in June each year is a 3 day on campus experience attended by over 300 4-H youth from across New York State. Ontario County was pleased to award this trip to 9 outstanding 4-H youth this year. Funds from the Tractor Supply Clover Campaign supplemented much of the cost, making this trip affordable for everyone. Four of our youth were awarded New York State 4-H Foundation Scholarships based on their essay’s about why this trip was important for them. Participants selected University U, Computer Security, Chemical Engineering, Media Corps, Science of Paleontology, Science & Animals Grow Here and Women in Science from among the 14 class choices. Quoting from the youth who chose Media Corps “The programs expectations made all of us feel like mature college students, our group was the first to finish and present the video we created”. In addition to exploring and engaging in their first ever college classroom experience, spending 3 days and 2 nights on a college campus with such a diverse group of youth was very enlightening. Participants had the opportunity to make campus connections with professors and learning about the college application process while creating lasting friendships. This experience has created new goals for many of the participants as there were several youth were not considering college prior to attending this event.
CLOVER CREAMERY: A WORKFORCE DEVELOPMENT INITIATIVE

At the Ontario County Fair, 4-H youth stay busy throughout the week serving ice cream at their very own dairy bar they have named the Clover Creamery. By working shifts in the Clover Creamery, 4-H’ers earn money for their clubs to help fund club activities and projects. But the Clover Creamery is so much more than a club fundraiser; it is a place for youth to develop workforce skills.

The Clover Creamery is open only one week per year – during the Ontario County Fair. This ice cream stand sells several flavors of ice cream as well as milkshakes and rootbeer floats. 4-H’ers ages 12-19 can sign up for two-hour shifts as a way to earn a free small ice cream cone for themselves and earn a share of the profits for their 4-H club. The Clover Creamery is open from 10am-10pm each day of the fair is consistently growing in tubs of ice cream sold and overall profits each year it is in operation.

Yes, the Clover Creamery is a great fundraiser. The profits made from sales throughout the week are split: 75% is distributed to 4-H clubs based on the number of hours that youth worked during the fair week, and the other 25% of the profit goes towards the 4-H scholarship fund which is awarded to 4-H’ers graduating from high school to assist them on their journey towards higher education. But the most impressive things about the Clover Creamery is not its success as a fundraiser, but its importance as a workforce development project.

When you visit the Clover Creamery, youth can be seen handling all aspects of the business. These responsibilities include scooping ice cream, washing dishes, keeping inventory, and interacting with customers under the supervision of their volunteer leaders. These responsibilities foster the development of skills that youth will utilize in employment later in life. What makes the Clover Creamery such an effective workforce development initiative is that it provides a great stepping stone experience that teaches youth important workforce skills including customer service, following directions, quality control, and the basics of running a business. Youth learn that scooping ice cream cones a consistent size is important both for customer satisfaction and inventory and profit. They learn to make sure to always greet their customers with a smile, and that cleanliness and following proper procedures is important for food safety. And they learn other “soft skills”; for example, they quickly discover how difficult a shift can be if one worker doesn’t show up as scheduled. All of these lessons and many more are being learned right behind the door of the Clover Creamery, nestled among the bustle of hundreds of other fair week activities.

Another exciting aspect of the Clover Creamery is it is completely volunteer run, including youth, leaders, and parents from various clubs. The leader of the Sonshine Kids 4-H Club, Sue Shively, acts as the primary manager of the initiative. She handles inventory, set-up, ordering, scheduling, reporting, and all other aspects. Monies earned are signed off and approved by the 4-H educator, but Sue, the 4-H youth and their leaders truly take ownership of this initiative, providing all the labor and management. The fact that the volunteers work so closely with the youth ensures that every moment can be teachable and the environment is positive but challenging, allowing youth to create fun memories, achieve a successful fundraiser, and learn essential life skills.
AGRI-BUSINESS CAREER TRIP TO SUNY COBLESKILL

The 2-day trip is a collaboration between NYS 4-H, SUNY Cobleskill, and the NYS Farm Bureau Foundation for Education. The trip is for youth 14-years-old and over who want to become more aware of opportunities within agriculture and the academic requirements for positions in the various agri-businesses. Participants choose from six farm and agriculture business tours and a series of agricultural study session options. This year our participants chose Schoharie Valley Farms tour, the largest carrot grower east of the Mississippi and Sweet Tree Farms a grass-fed beef, pork, poultry and maple syrup operation. This is the 43rd year this trip has been offered to our 4-H’ers and 4-H’ers from across New York State. Two of the eight study sessions offered were Agricultural Business Management & Food Systems and Floriculture, Nursery Management & Landscape Development and Soils/Crops/Turf/Recreation &Sports Area Management. Following the trip, the participants shared with their 4-H club members how much they learned about Cobleskill and the career training and opportunities available, way more than they had been aware of prior to the trip.

ALUMNI SPOTLIGHT

When Samantha Wheeler joined 4-H at the young age of 5, she probably had no idea what a big part of her life 4-H would become. Her 14 years in the Ontario County 4-H program were focused mainly on sewing, upcycling materials, photography, and communication projects. She also served as a teen leader and actively participated in many of the opportunities that the 4-H program offered. She credits 4-H with teaching her many essential life skills. “One of the most important things I have learned in 4-H is how to build connections with people. My whole life has been a series of networking that I didn’t even realize I was doing,” says Sam. “Another thing I have learned through 4-H is to strive to reach your fullest potential.”

When it came time to make college and career decisions, Sam says that 4-H definitely had a big influence. “4-H definitely had an influence. I always wanted to go to Cornell, and in 2016, I was fortunate enough to transfer there. I knew I wanted to be in the ag industry,” Sam reflected. Sam is currently completing an undergraduate degree in Animal Science with a Dairy emphasis and will be graduating in December 2019.

This summer, Sam returned to Ontario County as the 4-H Summer Assistant. She was a valuable member of the team, helping with all the aspects of county fair, assisting at the 4-H Fun Day at Roseland Water Park, and even getting the chance to share her college with 4-H youth by serving as a chaperone for Career Explorations at Cornell. She also completed some original projects such as developing a welcome packet for new members and conducting a study about county fair impact. She even piloted a new booth at the county fair exhibit hall entitled “Projects of 4-H Past” which displayed past projects from 4-H alumni. This booth was a big hit at the fair, and will be continued in future years. Sam’s initiative, communication skills, and work ethic were a testament to her character and capability, and her assistance was especially helpful in smoothing the transition of our new 4-H educator. The skills that Sam developed as a 4-H youth member shone bright and made her an indispensable part of the CCE team this summer.

We know that Sam will continue to make a positive difference in the lives of others and be a strong advocate for the agricultural industry. We can’t wait to see where she goes next!
THE WORKFORCE DEVELOPMENT CONNECTION

The number one industry in Ontario County is Agriculture. Cornell Cooperative Extension of Ontario County takes the responsibility of offering training to the next generation of farmers with our 4-H Tractor and Farm Safety Program very seriously. This program is focused on 14 and 15 year old’s who want to work on non-family owned farms. The youth taking the course hear from different presenters each week. The eight-week course includes speakers from the New York Center for Agriculture Medicine and Health, Monroe Tractor, Land Pro John Deere, American Equipment, the NY Steam Pageant Association, Hemdale Farms, the Ontario County Sherriff’s office and the Ontario County Public Health office. Each participant receives a workbook to study from, watches videos in class and does hands on activities to expand their knowledge about farm safety. They must attend all classes, pass the written test and the driving test to be certified. In the past 10 years over 150 youth have taken and passed the course, meeting the requirements of the United States Department of Labor law for youth in this age bracket and been certified. This course helps prepare youth for work on farms, in landscaping and construction.

Cornell Cooperative Extension also joins Ontario County’s Workforce Investment Board’s Ag Careers Day for High School youth. In April, over 200+ youth from area school districts toured the Viticulture Center of Finger Lakes Community College, Cornell AgriTech Center in Geneva and Lawnhurst Farms to learn about various careers and college opportunities in the ag industry. This initiative utilizes 4-H and other CCE staff to assist in making the day run smoothly and answering many questions the students have about careers and the education needed to achieve their goals. Cornell Cooperative Extension of Ontario County provided each school with the Technology, Food, and Agricultural Career Cards publication that was created by the Agriculture Department. The printing was made possible with some funding from Farm Credit Northeast AgEnhancement.

EXCEPTIONAL 4-H’ERS SHARE THEIR PASSION AT THE GREAT NEW YORK STATE FAIR

Each year, 4-H’ers take part in the Great New York State Fair. The youth building is filled with 4-H projects, 4-H’ers exhibit their skills at various contests and invitationals at the youth stage, and fairgoers get a taste of what 4-H is all about. There are some very special youth that are instrumental in the success of the state fair experience. These are the state fair teen leaders. These young leaders serve in a variety of areas including greeting visitors at county booths, assisting judges in finding and evaluating projects, and teaching fair-goers about various project areas. Ontario County 4-H was proud to have ten of our Ontario County 4-H youth serve in the poultry area at state fair this year. Youth that were leaders in this area at various times throughout the fair were: Mercie Nicol, Wyatt Wadams, Annaleigh Deboover, Mackenzie Lill, Noah Czadzeck, Luke Czadzeck, Isaiah Czadzeck, Hannah Czadzeck, Simon Czadzeck, and Ezekial Czadzeck.

Serving as teen leaders at state fair gave our Ontario County youth the opportunity to practice leadership skills while remaining focused on a project area that they are passionate about. The poultry area included an array of live animals on display, an embryology area where eggs were incubated and hatched, and an interactive station where the public could hold chicks. The youth worked hard to maintain an exceptional educational display, practicing responsibility, dedication, and scheduling throughout the busy fair week. They interacted with the public to answer questions about the poultry industry, displaying poise and exceptional communication skills as well as an in-depth knowledge of their project area. Each youth represented the Ontario County 4-H program well and had a positive experience that promoted personal growth.

These ten youth are evidence of a thriving local poultry program. At county fair this year, 24 youth exhibited a total of 150 birds. Youth also had the opportunity to participate in poultry science, avian bowl, and barbeque competitions to further their knowledge in their project area at both the county and state level. Two Ontario County 4-H youth, Mercie Nicol and Luke Czadzeck, qualified to attend the National 4-H Poultry and Egg Conference in Louisville, Kentucky on November 20th-21st, 2019. Mercie will be competing in the Turkey Barbeque contest, which consists of charcoal grilling a turkey breast with an original recipe and presenting an oral presentation addressing important information about the turkey industry including nutrition, national impact, and myths about hormone use. Luke Czadzeck will be competing in Avian Bowl, a quizzing event decided to test poultry science knowledge. With such a knowledgeable group of poultry 4-H’ers, it is encouraging to see so many of them step up into a state level leadership role to promote the poultry industry.
Sue Shively's 4-H story began when she was an 8 year old kid growing up in rural Ohio. With over ten years of 4-H experience in her youth, it was no surprise when she signed her own children up for 4-H as soon as they were old enough. When the family made the move from Ohio to New York in 2003, they joined an Ontario County 4-H club called The Sonshine Kids, and had a great time completing 4-H projects mainly focused on poultry. When the existing leader’s kids aged out of the program, Sue accepted the role of club leader.

Under Sue’s leadership, the Sonshine Kids participated in a variety of projects that exposed the youth to a wide array of topics and skill sets. Sue has already heard of how these projects are impacting her 4-H’ers lives. “One of my former members, Gracie, recently baked pies for her missions trip fundraiser, and was very successful because of all the time we spent learning to bake pies during our bread-themed 4-H year,” says Sue.

Sue became involved with the 4-H Clover Creamery dairy bar at the Ontario County fair soon after her family got started in the Ontario County 4-H program, and she stepped up as manager in 2009. Under Sue’s leadership, the Clover Creamery has thrived. When Sue started as manager, the Creamery was selling 36 tubs of ice cream during fair week. This year, they sold 91 tubs. “I think the Clover Creamery is an important part of fair because it teaches kids responsibility which starts with signing up, showing up, and coordinating their schedules. This is an important workforce development skill,” Sue explains. She encourages all 4-H’ers to get involved not only because it is a great club fundraiser, but also because it teaches skills that will transfer to future jobs including: following directions, keeping commitments, customer service skills, hygiene, quality control, and teamwork.

What keeps her going as a 4-H volunteer? “I love watching the growth in the kids,” Sue says. “Watching a youth being a poultry or dairy exhibitor and then going to college and being confident in who they are -- it’s so cool to see.” Sue also recognizes how important volunteers are to the program that she loves. “It takes lots of volunteers, and without volunteers, fair wouldn’t be successful. In the Clover Creamery, the volunteers are what make it work. The kids are important, but the parents that come to help are so necessary.” Although Sue no longer holds structured club meetings, serving as the Clover Creamery manager and fair poultry superintendent are ways that she continues to stay involved in the program. Her leadership helps ensure that fair week is positive and successful each year.

Sue continues to stay dedicated to 4-H because she truly believes in the value of the 4-H program. “My daughter Melissa who is a PhD candidate in biochemistry recently won a speaking contest at her university and attributes her success to the 4-H public presentations program.” Public presentations, community service, and educating the public on agriculture are all essential elements of the 4-H program that Sue believes all youth can benefit from. Even though her kids have aged out of the program, we hope to see Sue around for many more years. “Once you’re a 4-H’er, it’s in you forever,” Sue says.
The word “camping” can mean many different things to many people, but an iconic vision of camping would likely include a campfire, surrounded by tents, with children laughing, sun shining, and cooking meals over the open fire. The smell of campfire smoke, the taste of a perfectly toasted (or burnt!) marshmallow, and the feel of the sun on your back.

Since 2011, 4-H Camp Bristol Hills has been interested in developing a more primitive camping experience for our older campers as part of a larger programming initiative to provide older campers with greater independence. That Spring, Jeremy Norsen was brought in through an internship with SUNY Cortland, to help us develop the new wilderness camping program. Unfortunately, the Department of Health regulations at the time wouldn’t allow us to move forward with the program.

Over the years, we have worked with the Department of Health to periodically revisit the idea of a wilderness village. This year, we were given the green light to submit a new proposal which was reviewed and approved, and Camp Windwalker at 4-H Camp Bristol Hills was born. This unique program features campers in 8th grade or older, living in tents, choosing their own programming and daily schedules, preparing meals collectively over a campfire or camp stove, and building stronger connections with both peers and counselors.

Camp Windwalker is an important piece within our diverse programming efforts at 4-H Camp Bristol Hills. We work diligently to provide opportunities for campers to connect with our programming across the age spectrum, yet we often find our older campers are looking for “something new”. Campers in 6th grade or higher are eligible for Master Camps, as well as our Adventure Program camp, and our Young Women’s Adventure Camp, and then the next step would be our Counselor in Training program at age 15. Camp Windwalker creates a new intermediary option for campers in 8th grade or higher, thereby keeping campers engaged during the years that we often find campers growing out of our program.

Campers in this older demographic are frequently seeking opportunities for greater independence in their daily activities, with more emphasis on social connections than purely skill building. Camp Windwalker is designed to provide these opportunities. Campers arrive on Sunday afternoon and spend their first night in the main camp property, learning how to set up a tent, reviewing the equipment lists, arranging their menus for the week, and selecting their programming options. They enjoy dinner and Monday breakfast with the full camp, before breaking down their tents and hiking to the Camp Windwalker basecamp on the former DeAngelis property. The basecamp includes a large gathering tent, a supply of fresh water, a dishwashing station, and a porta-potty with handwashing station.
The site is located in a meadow area, with ready access to a forest for shade, a nearby pond, and the remains of the original Letchworth home for some archeological exploration. Throughout the week, staff provide a core curriculum of outdoor skills including how to set up tents, build fires, light a camp stove, back country sanitation and safety plans. Additionally, the group collectively selects programs of interest, and sets a schedule for the week. These supplemental programs might include orienteering, geocaching, fishing, star gazing, camp craft, knot tying, or any of a host of other options.

This summer saw our very first Camp Windwalker campers, and we were excited to provide the best possible experience for them. At the conclusion of the first week of Camp Windwalker, campers were asked for feedback about the program, and the response was extremely positive. While the campers had endured temps approaching 100 degrees as well as monsoon-like rains, they still maintained their enthusiasm and excitement for the program. One camper told us that “I’ve been a camper in Resident Camp and Adventure Camp, and I really like them both, but this was even better. This was awesome.”

Sarah C. told us in a recent survey, that “I enjoyed it because the counselors let us pick our meals and what to do each day. It made me feel independent and listened to.” Several campers remarked that they built really close relationships with the other campers, and some even noted that their relationships with the counselors was stronger than they’d experienced in other programs at camp.

Nathan, out of the Bloomfield area, made a remarkable transition during his week at Camp Windwalker. His counselors noted early on that he seemed withdrawn, wasn’t connecting well with peers, and didn’t have much interest in learning the outdoor skills for the program. It seemed as though it was going to be a long week at Camp for Nathan. The counselors continued to support Nathan, and by the third day, he started to come out of his shell and find a fit within the program. Seth Price, the Camp Windwalker Specialist commented that the turning point seemed to be the cookout on Wednesday night when Nathan dropped his hotdog into the fire and couldn’t stop laughing about it. According to Seth, “What was an individual that refused to do anything but sit in the shade soon became the leader of building fires, cleaning dishes, cooking, and everything in between. What was a frown at the beginning of the week because he wanted to go home soon turned into a frown at the end of the week because he had to go home.”

Another parent contacted camp months after the program and shared that she had been concerned before camp that Sarah B. might struggle because “she’s not the outdoorsy type”. After the week at camp, however, Sarah’s mother has noticed:

Sarah came back from camp a different person! She made friends that she still keeps in touch with and gets together with. She has attended camp at 4-H Camp Bristol Hills for three years previously, two years at residents can and one year of YWAC, and while she made friends those years, the friendships she made at Windwalker are stronger. She also gained a ton of knowledge in surviving in the elements. I was pleasantly surprised numerous times over the summer while we were camping as a family, with some of the things she would add to conversations around the fire, or while walking through the campgrounds. All things she learned by going to Camp Windwalker!
While the responses were largely positive, this was a pilot run for this new program and we knew there would be changes to be made. Much of the critical feedback focused on the logistics of the program and the facilities. Campers suggested having simpler meal options, more time in the shade of the forest rather than the direct sun of the meadow, and less trips back and forth to main camp (they hiked to main camp daily after lunch for swim time, camp store visit, and rest time).

One camper told us that “this program was literally the most amazing thing I’ve ever done, but I don’t think I would do it again.” When asked to elaborate, the camper told us that he had a great time and had done amazing things and spent time with great people, but that he was completely exhausted, and didn’t know if he could physically handle doing it again. This was important feedback for us, because it shows us that we underestimated just how demanding the program would be, both on campers and staff.

We are excited to be planning for the 2020 Windwalker program. We learned a lot, but we are confident that we are on the right track, and will continue to improve this program each time we offer it!

BY THE NUMBERS

- **Resident Camp**: 725 Campers
- **Progression Camp**: 140 Campers
- **Day Camp**: 102 Campers
- **Sprout Camp**: 65 Campers
- **Adventure Camp**: 49 Campers
- **Master Camps**: 34 Campers
- **Young Women’s Adventure Camp**: 24 Campers
- **Camp Windwalker**: 16 Campers
- **Leaders in Training**: 11 Campers
- **Counselors in Training**: 10 Campers
- **Total Campers**: 1172
- **Camperships Given**: 151

Local Staff:

- **Timothy S. Davis**, 4-H Camp Administrator
- **Jim Hooper**, 4-H Camp Resource Educator
- **Ellen Rosenbarker**, Administrative Assistant
- **Jessica Middleton**, Summer Camp Director
- **Cat Francese**, Facilities Supervisor

Top: Campers enjoy some sticky buns baked on the campfire.

Middle: Seth “SeaBass” Price leads a workshop on Wilderness First Aid for campers. Here, he demonstrates caring for a camper in shock.

Bottom: Even “down time” is a valuable component of the program, allowing campers to simply enjoy the company of one another and focus on building relationships.
YouthStrong Gala Fundraiser

May 3, 2019 was a magical evening at 4-H Camp Bristol Hills. Cockram Lodge, the dining hall at Camp, was transformed into a brilliant spectacle, complete with chandeliers, drapery, flowers galore, and nearly 150 people in their finest regalia.

The event was the first ever YouthStrong Gala, and it served as a night to honor our biggest community supporters, our true Camp Superheroes. Honorees of the night included Senators Pamela Helming and Richard Funke, as well as the New York Kitchen, Finger Lakes Community College and the Rotary Clubs of Canandaigua and Red Jacket. Each of these organizations have been a major part of the success we’ve had at Camp in recent years.

Complementing the evening were Silent Auction donations, wine on each table, a cash bar sponsored by Peacemaker Brewing and Heron Hill Winery, a fully catered meal prepared by the Culinary Arts program at Finger Lakes Community College, and a photo booth from Chesler Photography. The evening emceed by former camp staffer Grant “Ulysses” Fletcher, and short speeches were made throughout the evening by staff alumni, on the impact that camp had had on their lives in the years since camp.

It was an inspiring evening, and it was made possible by the hard work of the volunteers on the Planning Committee, as well as the support of many donors who contributed their time and talents to the evening. Guests for whom this may have been a first visit to camp, were given a hint of the magic of summer camp, and just why this place is so special.

The Planning Committee was co-chaired by Camp Educator, Jim Hooper, and Association Administrator, Erin VanDamme. Volunteers included Jennie Erdle, Bonnie Maguire, Jessica Middleton, Haley Bickel and Alyssa Hooper.

As a fundraising effort, and the first of its kind in Camp history, the event was very successful. In total, after expenses, the event raised $8,273.69. This income does not include the donations resulting from the event, which were received by the office after the event. These donations added just over $1400 to the total for the evening.
PARENTING SKILLS WORKSHOP SERIES

Building on over 20 years of successful Parenting Programming, Cornell Cooperative Extension of Ontario County is pleased to continue the commitment to families needing our services. The Parenting Skills Workshop Series takes a supportive, “nonjudgmental” approach to learning skills to help with everyday challenging situations. Parenting is not easy. Learning and talking with other parents under the guidance of our professional facilitators has proven to be very successful. It is not a lecture series but rather an interactive discussion and problem-solving program. The goal is to promote positive parenting and ultimately healthy families. This program which is funded by a grant from Ontario County Department of Social Services each year, offers a series of eight classes two times a year in Canandaigua and once a year in Geneva.

Originally designed for court-mandated parents, this workshop has proved successful with a broad audience. The eight-week curriculum is based on themes consistent with familiar parent education programs such as STEP (Systematic Training and Effective Parenting), and PET (Parent Effectiveness Training). Each two-hour workshop becomes a setting for participants to learn new skills in a format that emphasizes action in “real” situations. The “Five Basic Parenting Skills” are ENCOURAGEMENT, CAN-DO, CHOICES, SELF-CONTROL, AND RESPECTING FEELINGS. A “Certificate of Achievement” is presented to participants who complete the course requirements.

The Parenting Skills Workshop Series works to replace impulsive behavior with rational behavior and ineffective or hurtful parenting styles with effective, child-friendly skills. Parents need training in useful skills and decision-making abilities for the important job of parenting if children are to become competent, caring adults.

The program benefits parents and children through support and parental education that includes child development, communication, conflict resolution, stress reduction and behavior management. Quotes from a recent class survey were “I’ve learned many steps to help with my daughter and granddaughter” and “the communication with the teachers and seeing and learning new ways to help my daughter grow as a person was the most helpful” and “every parent should use this program, there are so many skills to help parents be better”

Results from a Qualitative Analysis of PSWS by Christy Bianconi MSW Intern:

*Parenting Skills Workshop Series results in change on many levels. PSWS results in parents improving their self-esteem. Parents teach each other skills that they have learned and teach their children improved communication skills, reinforcing a positive self-image. The Parenting Skills Workshop Series results in healthier families. Parents find stress reduction and exercising more self-control when parenting.*
# ADVISORY COMMITTEES AND VOLUNTEERS

## Board Committees
### Finance & Facilities
Charles Van Hooft: Chair; Sue Craugh, Don Jensen, Jr., Mindy Kinnear, Andy Rogers

### People & Programs
Dianne Faas: Chair, Sally Mueller, Alfredo Resendiz, Pam Tichenor

### Nominating Committee
Pam Tichenor, Chair; Casey Kunes, and George Mueller

## Agriculture Economic Development Advisory Team
George Ayres, Sam Casella, Andy Fellenz, Eric Hansen, Fred Lightfoote, Jim Peck, Maria Rudzinski, and Josh Watkins

## Youth Strong Planning Committee
Haley Bickel, Jennie Erdle, Jessica Middleton, Jim and Alyssa Hooper, Erin VanDamme

## Hilltop (Campership) Fund
Abigail Adams
Maureen Basil
Canandaigua Lake Duck Hunters
Tim Davis
David DiRaddo
Starr and Noel Evans
Grant Fletcher
Mary and Robert Gleason
Harmony Circle
Jim and Alyssa Hooper
Rita Hooper
Carolyn and Edward House
Ann Lil
Mary Cockram Morse
Ontario County Children’s Fund
Ontario County Master Gardeners
Ontario County Youth Bureau
Patricia Pavelsky
Aliene and George Payne
Charlie Plyter
Lee Schutt Memorial
Red Jacket Rotary
Joanne Smoto
Squaw Island Amateur Radio Club
Tractor Supply, Inc.
Charles and Deidre VanHooft
Wyckoff Family Foundation

## Master Gardeners
Carol Altemus
Lindsey Ayers
Pat Bartholomew
Sandra Bierbrauer
Vaughn Buchholz
Dawn Carter
Jane Sheetz Clark
Sandra Ebberts
Judi Ferman
SK Ferris
Christen Groeling
Bob Haggett
Rose Hancock
Kenneth Harbison
Lucy Ignizio
Dana Kincaid
Scarlet Lamphier
Julie Macko
Helen Pellett
Tom Poplasky
Maria Raczka
Stan Raczka
Leslee Rice
Marge Shanahan
Cathy Simpson
Candi Smith
Nancy Stelnyk
Pamela Tichenor
Jeanne Totman
Heather Tucker
Stacey Van Denburgh
Shelley Van Lare
Roger Van Nostrand
Sandra Voigt

## Master Forest Owners
Dean Faklis
Ronald Gay
Harry Heuer
Dale Scharfe
Jeff Thompson

## 4-H Leaders & Volunteers
Allyson Adam-Anderson
Kay Aman
Dana Atwood
Deanna Bagley
Jennifer Bay
Haley Bickel
Sherry Blanco
Lauren Bolonda
Barb Bolton
Heather Bond
Matty Brooks
Calvin Brown
Debbie Brown
Krista Brown
Lisa Burley
Lynne Colacino
Sara Cowan
Michael Cunha
Nora Cunha
Edwina Czadzek
Brenda DeBoover
Amanda Donovan
Kathleen Draper
Heidi Durkee
Jackie English
Jennie Erdle
Tami Farnsworth
Eric Fiegl
Charles Glade
Mary Gleason
Lisa Greffarth
Tom Greffarth
Jay Harris-Maxwell
Katie Harris-Maxwell
Molly Hilderbrandt
Becky Hill
Shana Jo Hilton
Alyssa Hooper
Mahlon Hurst
Lynda Iler
Dawn Jensen
Eileen Jensen
Timothy Jensen
Carmen Johnson-Lawrence
Heather Kemper
Julie Kingery
Lisle Kingery
Madeline Kinnear
Melinda Kinnear
Darryl Kramer
Gracie Seeley Kuhner
Jesse Lambert
Roger Lambert
Jeff Lamphier
Scarlet Lamphier
Richard Langkamp
Carolyn Lawson
Richard Lawson
Ann Lil
Sarah Lincoln
Erica Lipke
Community Partners

African violet Society of Rochester
Amanda’s Garden
American Equipment Company
Amberg’s Inc.
American Camp Association
Amy Morrisey
Annie Tagart
Anson Rogers
Arbor Hill Winery
Bank of the Finger Lakes
Bejo Seeds
Benton Fire Department
Billy Rockefeller
Bloomfield Central School
Blowers Agra Services Inc.
Bonnie and John Maguire
Bristol’s Garden Center
Bristol Mountain
Bruce D. Reed
Cal and Krista Brown
Casey Kunes
Cayuga Sax
Bullzeye Archery
C & R Foods
Calexis Livestock Farm
Camp Get A Way
Canandaigua Chamber of Commerce
Canandaigua National Bank & Trust
Canandaigua Rotary
Canandaigua City School District
Canandaigua Watershed Alliance
Cargill
Casella Farms
Casella Waste Services
Casey Kunes
Child Advocacy Center
Cindy’s Pies
Coldwater Pond Nursery
Community Bank NA
Cornell AgriTech
Cornell Agriculture, Food & Technology Park
Cornell University Departments of:
Animal Science
Crop and Soil Science
Entomology
Food Science
Horticulture Science
Plant and Pathology
Cornell Vegetable Program
Country Max
Courtney Dolan
Custom Trophy
D’Amico Chrysler Dodge
Dan and Jessica Middleton
David Patrick
Diane Dersch
Dom Vedora
Don Delong
Dudley Poultry
Ed Joseph
Farm Credit East
Finger Lakes Institute at Hobart William
Smith College
FLCC Child Care Ctr.
Finger Lakes Coffee Roasters
Finger Lakes Community College
Finger Lakes Culinary
Finger Lakes Grape Program
Finger Lakes Livestock Exchange
Finger Lakes Radio Group
Finger Lakes Visitors Connection
Flower City Garden Network
Fruition Seeds
Fuzzy Bunny, Honeoye Craft Lab
Genecco Produce
Geneva City School District
Geneva Library
Girl Scouts of Western New York
Good Earth Greenhouse
G & S Orchareds
Michael A. Hannen
Harris Seeds
Hastings Field
Healing Spirits Herb Farm
Hemdale Farms
Heron Hill Winery
HEP Sales and North Street Lumber
Hill Cumorah Pageant
Honeoye Central School District
Hooper Photographic
Hopewell Fire Department
Hornings Greenhouse
Iris Country Garden
J.D. Rugenstein & Sons, Inc.
| J. Minn’s Farm | Ontario Co. Dept. of Planning & Research |
| J. Weykman Trucking | Ontario Co. Dept. of Social Services |
| James Gray Agency | Ontario Co. Dept. of Sustainability & Solid Waste Management |
| Jean Rowley | Ontario Co. Family Court |
| Jerome’s U Pick | Ontario Co. Farm Bureau |
| Jessica Witherow | Ontario Co. Master Gardeners |
| Jim Dooley Center For Early Learning | Ontario Co. Mental Health |
| Jim Farfaglia | Ontario Co. Office of Economic Development |
| John A. Frank | Ontario Co. Public Health |
| Joy Davis | Ontario Co. Sheriff’s Office |
| Judith Green | Ontario Co. Soil & Water Conservation District |
| Kevin Phalen | Ontario Co. Water Resource Council |
| Kris Monzel | Ontario Co. Youth Bureau |
| Lake Bones, LLC | Ontario Finger Lakes Beekeepers |
| LandPro | Palmiter’s Garden & Nursery |
| Lawnhurst Farms | Partnership for Ontario County |
| Liberty Stables | Peacemaker Brewing |
| Life Science Labs | Phelps Brewing |
| Lightland Farms | Phelps Supply Inc. |
| Dr. Ann Lill | Philip White |
| Lowes of Canandaigua | Phillip Munson |
| Lucas Greenhouse | Port Gibson United Methodist Church |
| Luigi’s Pizza | Rita Hooper |
| Lyons National Bank | Quai Summit |
| Macri Deli | Quackenbush Hardware & Lumber |
| Main Street Wine and Liquor, Naples | Red Jacket Community Library |
| Maple Ridge Farm Greenhouse | Red Jacket Orchards |
| Mayflowers Nursery & Garden Center | Rio Tomatlan |
| Mental Health Assoc. of Rochester | Robert Green |
| Mike Young | Roger’s Farm LLC |
| Mill Creek Cafe | Runnings |
| Monica’s Pies | Russell, Fred, Larry Lightfoot |
| Monroe Tractor | Ryan’s Wine & Spirits |
| Mary Cockram Morse | Scott Brocklebank |
| MVP Health | Senator Pam Helming |
| Nana’s Garden | Seager Marine |
| NWNY Dairy, Livestock & Field Crops Team | Seneca Foods, Inc. |
| NYCAMH | Shortsville Auto Parts NAPA |
| NY Farm Bureau | Shortsville Fire Department |
| NY Forest Owners Assoc. | Silver Lake Brewing |
| NY Kitchen | Smithling Family |
| NY Steam Engine Association | Spring Hope Farm |
| NYS Dept. of Ag & Markets | Spring Valley Greenhouse, Inc. |
| NYS Dept. of Environmental Conservation, Wildlife, Pesticide & Forestry | Stage Struck Puppets |
| NYS Fair | Storybook Farm Veterinary Hospital |
| NYS 4-H Educators Assoc. | Mark and Kim Stryker |
| NYS 4-H Foundation | Sue & Jim Shively & Son Shine Kids 4-H Club |
| NYS 4-H Program | Sugar Hill Farm |
| NYS IPM Program | Sutton Spoons |
| Ontario Co. Ag Enhancement Board | SUNY – Cobleskill, Morrisville, Alfred, Cortland |
| Ontario Co. Ag Society (Ontario Co. Fair) | Tantalo Photography |
| Ontario Co. ARC | 4-H Club |
| Ontario Co. Board of Supervisors | Sugar Hill Farm |
| Ontario Co. Children’s Fund | Sutton Spoons |
| | SUNY – Cobleskill, Morrisville, Alfred, Cortland |
| | Tantalo Photography |

**4-H Camp Bristol Hills Capital Campaign Donors**

Erin Altman
Hailey Bickel
Canandaigua Rotary Club
Canandaigua National Bank
Community Giving
Tim and Stacie Davis
David DeCourcey
Robert & Mary Gleason
Dr. Geoffrey Hallstead
Hansen Farms
Dale Hemminger
Gerald and Carolyn Killigrew
Ann Lill
Peter and Julie Maslyn
Nina and Bob McCarthy
Mary Cockram Morse
Sally and John Mueller
Ontario County Ag Society
Red Jacket Rotary
Debbie and Tom Sanders
Steven and Yvonne Sheppard
Pam Tichenor
Charles and Deidre VanHooft
Beth and Dan Webster
Anonymous Donors
**SUMMARY OF RESOURCES & SUPPORT**

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Appropriation</td>
<td>$444,203</td>
</tr>
<tr>
<td>State</td>
<td></td>
</tr>
<tr>
<td>224 Funds</td>
<td>$65,646</td>
</tr>
<tr>
<td>Fringe Benefits</td>
<td>$357,351</td>
</tr>
<tr>
<td>University Resources</td>
<td>$183,984</td>
</tr>
<tr>
<td>Federal</td>
<td></td>
</tr>
<tr>
<td>Smith Lever</td>
<td>$10,624</td>
</tr>
<tr>
<td>Fringe Benefits</td>
<td>$11,380</td>
</tr>
<tr>
<td>University Resources</td>
<td>$114,936</td>
</tr>
<tr>
<td>Grants and Contracts</td>
<td>$74,508</td>
</tr>
<tr>
<td>Capital Campaign</td>
<td>$115,055</td>
</tr>
<tr>
<td>(Camp Bathrooms)</td>
<td></td>
</tr>
<tr>
<td>Other (user fees, rent, fundraising, donations, etc)</td>
<td>$644,011</td>
</tr>
<tr>
<td>Volunteer Support</td>
<td></td>
</tr>
<tr>
<td>(value of time/expertise for 11,576 hours of volunteer time at $25.43/hour per The Independent Sector)</td>
<td>$294,377.68</td>
</tr>
<tr>
<td>TOTAL:</td>
<td>$2,316,075.68</td>
</tr>
</tbody>
</table>

![Pie chart](image)
BOARD OF DIRECTORS 2019

Nina McCarthy, President, Geneva
Charles Van Hooft, Vice-President, Clifton Springs
Diane Faas, Vice-President, Palmyra
Sue Craugh, Treasurer, Canandaigua
Sally Mueller, Secretary, Clifton Springs
Pam Tichenor, Nominating, Canandaigua

Don Jensen, Jr., Stanley
Melinda Kinnear, Canandaigua
Alfredo Resendiz, Clifton Springs
Andy Rogers, Canandaigua
Fred Lightfoote, Supervisor Representative
Adam Hughes, State Extension Specialist

CORNELL COOPERATIVE EXTENSION STAFF

AGRICULTURE AND NATURAL RESOURCES
Timothy S. Davis, Program Leader
Russell Welser, Senior Resource Educator
Pilar McKay, Senior Resource Educator Agriculture Economic Development
Nancy Anderson, Senior Administrative Assistant

CORNELL VEGETABLE PROGRAM*
Julie Kikkert, Commercial Vegetable Program Specialist *
John Gibbons, Field Technician*
Angela Ochterski, Administrative Assistant*

NWNY DAIRY, LIVESTOCK & FIELD CROPS*
Libby Eiholzer, Bilingual Dairy Specialist*

4-H YOUTH DEVELOPMENT
Timothy S. Davis, Program Leader
Jennifer Jensen, 4-H Resource Educator
Sarah Bagley, 4-H Community Educator
Amy Morrisey, 4-H Program Educator
Susan Angell, Administrative Assistant

4-H CAMP BRISTOL HILLS
Timothy S. Davis, 4-H Camp Administrator
James Hooper, 4-H Resource Educator
Ellen Rosenbarker, Administrative Assistant
Collette Francese, Facilities Supervisor

ADMINISTRATION
Timothy S. Davis, Executive Director
Erin VanDamme, Association Administrator
Debbie Huls, Finance Manager
Collette Francese, Facilities Supervisor

*Multi-County