Cornell Cooperative Extension Orange County 2016

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Agricultural Sustainability
- To encourage farmers in Orange County to adopt proven sustainable production and/or business management practices that have been shown to improve profitability.

Enabling the Environment
- To improve the quality and sustainability of the environment and natural resources by promoting environmental stewardship, sound decision-making and best management practices.

Strengthening Youth and Families
- To empower youth and families to reach their fullest potential through experiential learning opportunities that develop critical life skills, foster civic responsibility, and strengthen the community.

Economic Development
- To effectively utilize the research-based resources and appropriate local partnerships to economically develop and to positively impact Orange County economic vitality.

Our Values:
Since 1913, Cornell Cooperative Extension Orange County has linked university research, knowledge, and experiential learning to the needs and issues facing Orange County residents.

Our Mission:
Cornell Cooperative Extension Orange County enables people to improve their lives and communities by bringing local experience and research-based solutions together.

Our Board of Director’s Governing Policy:
We will govern procedurally with an emphasis on value, encouragement of diversity, strategic leadership, clear definition of Board, and Executive Director roles, collective decision making, with a future focus, and a strong linkage to the people of Orange County.

Our Strategic Initiatives:
AGRICULTURAL SUSTAINABILITY
- To encourage farmers in Orange County to adopt proven sustainable production and/or business management practices that have been shown to improve profitability.

ENHANCING THE ENVIRONMENT
- To improve the quality and sustainability of the environment and natural resources by promoting environmental stewardship, sound decision-making and best management practices.

STRENGTHENING YOUTH AND FAMILIES
- To empower youth and families to reach their fullest potential through experiential learning opportunities that develop critical life skills, foster civic responsibility, and strengthen the community.

ECONOMIC DEVELOPMENT
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We are committed to the following:
EXCELLENCE
- We build on individual competence, credibility and integrity to deliver innovative programs of the highest quality.

RESPONSIVENESS
- We respond in a timely, efficient and resourceful manner to issues that affect the county.

COLLABORATION
- We optimize resources through partnerships with other Orange County agencies and organizations.

RESULTS-ORIENTED PROGRAMMING
- We deliver programs that are valued by people because they have gained knowledge they didn’t previously have.

THE FUTURE
- We anticipate future needs and develop appropriate programming to meet the needs.

VOLUNTEERISM
- We respect and depend upon volunteers to multiply program efforts and to help create organizational leadership.

INCLUSIVENESS
- We embrace diversity in faculty, staff and learners. We respect diversity of opinion and take pride in the variety of our programming.

Annual Report 2016

Cornell Cooperative Extension Orange County

18 Seward Ave., Suite 300, Middletown, NY 10940
845-344-1234
ccorangecounty.org

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 our office if you have any special needs.
The yearlong Centennial Celebration culminated in recognizing the CCEOC Association’s board presidents: Sitting from L-R are Ana Finkle, Joseph Owen, Jr., Patricia Reineke, Alice Fellenzer and Charles Johnson. Standing L-R are: Susanne Wasson, Charles Quinn, Seth Arluck, Deborah Delong and John Ruzickiewicz.

Orange County Trust Co. (now Orange Bank and Trust) were presented with the 2015 Friend of Extension Award. Receiving the award from L-R are: Bank Board Chairman Lou Heimbach, CCEOC Board Secretary Mary Orsko, CCEOC Executive Director Lucy Joyce and Bank President and CEO Michael Gilfeather.

Lucy Joyce accepting Proclamation celebrating 100 years from Assemblyman James Skoufis.
2015 Fiscal Summary

Revenues
- Federal: $59,835
- New York State: $1,232,594
- Orange County Legislature: $1,523,547
- Grants & Contracts: $968,431
- Other Program & Operating Revenues: $471,274
- Non-Operating Income: $3,591
- Unrestricted Revenues: $4,259,272
- Net Assets Released from Restrictions: $72,931
- Total Unrestricted Revenues & Other Support: $4,332,203

Expenses
- Administrative Salaries & Benefits: $482,429
- Program Salaries & Benefits: $2,682,495
- Fundraising Salaries & Benefits: $96,816
- Program & Operating Expenses: $847,698
- Buildings & Grounds Expenses: $277,895
- Total Expenses: $4,387,333

Increase (Decrease) in Unrestricted Net Assets: ($55,130)
Net Assets Released from Restrictions: $72,931
Total Unrestricted Revenues & Other Support: $4,332,203

Statement of Financial Position
12/31/2015

Assets
- Total Cash: $257,159
- Total Cash Equivalents: $445,486
- Accounts Receivable: $278,110
- Marketable Securities: $77,353
- Prepaid Expense - Deferred Charges: $10,570
- Total Current Assets: $1,068,678
- Investments, Other: $24,398
- Deposit - Initial Payment: $195,988
- Total Non-Current Assets: $220,386
- Total Assets: $1,836,984

Liabilities & Fund Balances
- Total Current Liabilities: $586,358
- Total Non-Current Liabilities: $18,263
- Total Liabilities: $604,561

Net Assets
- Temporarily Restricted Net Assets: $24,353
- Unrestricted Net Assets: $1,208,070
- Total Net Assets: $1,232,423

Increase in Temporarily Restricted Net Assets: $24,353
Net Assets Beginning of Year: $1,360,484
Net Assets Year-To-Date: $1,232,423
Total Liabilities & Net Assets: $1,706,869

2015 Public Support & Revenues

Analysis of 2015 Expenses

Statement of Activities
12 months ended 12/31/2015

FEDERAL: United States Department of Agriculture, Sonny Ramaswamy, Director, National Institute of Food and Agriculture (NIFA)
STATE: Cornell University, Christopher Watkins, PhD, Director, Cooperative Extension
COUNTY: County of Orange, Honorable Steven M. Neuhaus, County Executive

Statement of Activities
12/31/2015

2015 Public Funding Partners

Extension in Your Community
Cornell Cooperative Extension
Orange County

The local foods movement, acknowledgement of agriculture as a prime industry, merging concerns with clean water and food safety, the need to incorporate sustainable practices, and gaps in our public education system are all recent headline-grabbing topics. For over 100 years Cornell Cooperative Extension Orange County (CCEOC) has been on the forefront of these issues providing education, assistance and research based solutions.

What does this mean? This means our multi-faceted organization is more relevant today than ever. This requires constant vigilance and support. Each and every citizen benefits from our efforts in some way either directly or indirectly. This is why it is so important for CCEOC to provide a visible, sustainable presence.

Recognizing this, our Education Center and 4-H Park continues to be a strong focus even as we carry on with our many programs. This year we have an exciting announcement - your Cornell Cooperative Extension Association of Orange County is now the proud owner of the Education Center and 4-H Park property. Why purchase the property when we enjoyed a low cost, long term lease? The current Mount Hope Town Board expressed concern regarding our long term lease while the Extension board realized both the inherent limitations in the lease and the benefits of property ownership. The Orange County Funding Corporation (OCFC), a subsidiary arm of the Orange County Industrial Development Agency provided a project expenditure which allowed for the purchase of the property. With a mutually beneficial agreement in hand and the financial support of the OCFC, we closed on the property on September 16, 2016!

Recognizing that building the Education Center and 4-H Park takes skill and talent to raise the funds necessary for construction, at the end of last year, a Capital Campaign Coordinator was hired to guide and the Capital Campaign Committee. We are off to a great start. Please see pages 23 through 35 for more on the Park and events.

Now in our second century, programs continue to adapt to meet the needs of Orange County residents. As you read this report, please note the various locations programs are held, the diverse groups recruited for numerous classes and the sense of community that CCEOC programming provides.

Please enjoy your brief tour of our 2016 programming.

With warm regards,

Andrea Nilon, President
Lucy Joyce, Executive Director

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CCE Outreach into Orange County
We provide programming at many sites throughout Orange County for professionals, consumers, and youth.
- At left, landowners engage in a Soil & Grass ID Workshop, one example of on-site field walks and "twilight" meetings.
- Ask a Master Gardener tables were part of dozens of farmers’ markets and events throughout the County.
- Nutrition education workshops and series offered through Eat Smart New York and the Expanded Food and Nutrition Education Program bring learning close to home.

CCE Brings People Together
Programming and events based at our Middletown offices and our new Education Center & 4-H Park offer diverse learning opportunities for youth and adults.
- At left, 4-H STEM Jr. Leaders learn movie making at an Apple store. County-wide 4-H clubs bring youth together for educational experiences and field trips.
- Annual meetings such as Dairy & Livestock Day bring the farm business community together.
- Kinship families come together to benefit from Relatives As Parents (RAPP) workshops, such as Beyond Family Court.

CCE Programming for Professionals
Our research-based trainings provide important experiences for local professionals to share with colleagues and the public, extending Extension's impact.
- At left, new facilitators of Strengthening Families receive training.
- Conferences such as Stormwater Series help engineers and DOT experts meet professional requirements.
- Positive Youth Development 101 provides early and mid-career youth development professionals with practical research-informed training.

CCE Programming for Consumers
From 4-H and parenting, to financial management, gardening and food preservation, we offer an impressive selection of consumer-focused programming both on-site and at locations throughout Orange County.
- At left, Master Gardeners lead extremely popular classes in creating holiday decorations (trees, wreaths and kissing balls).
- 4-H Leader Orientation helps ensure a great 4-H experience for youth.
- Let’s Talk About Cyberbullying and Making Ends Meet address critical issues for Orange County residents.

How and Where Extension Serves Orange County
A new home for the 101-year old "Extension" has the potential to make a huge difference for the local community it serves. The initial response to asking for contributions and support has been very positive and we wish to sincerely thank all of the early contributors.

The new Education Center & 4-H Park will take three more years to fruition, but the most immediate impact is that upon completion of Phase I in the spring of 2017, we will have a full service park complete with 4 pole barns (one enclosed), restrooms with showers and horse show arenas. If you haven’t done so yet, take a drive out to see the tremendous progress we have made this year.

As the holidays and year-end tax deadlines approach, please think of us and consider making a pledge or an outright donation to assist the Capital Campaign.

Ways You Can Help:
- Make a 3-5 year pledge and pay it yearly at your convenience with cash, stock or check.
- Make a contribution of cash, check or stock into the John Mazur Endowment Fund.
- Have some fun and organize your own fundraiser with family, friends or a community group.
- Make a donation in Honor or In Memory of a special friend or family member.

Thank you again to all of you who have; lent your hand, hearts and dollars toward the early construction stage of the Cornell Cooperative Extension Orange County Education Center & 4-H Park. We are most grateful!
Speaking of animals and 4-H, this year The Great Extension Duck Derby was Saturday, Oct. 22nd at the D & H Canal, floating almost 5,000 ducks down the river while children and adults of all ages cheered them on! (PHOTO)

Under the guidance of Edith Bush and Pete Eswinon, the Orange County Farm Toy Show highlighted fascinating farm displays, farm toys and farm equipment including tractors – old and new. Of course, there was a children’s tractor pull contest. What a fun way to learn about farming! Both events are helping to raise funds needed to make the “Dream” become a “Reality”!

Many clubs have had the opportunity to visit and some have held outdoor workshops at the Park, weather and construction permitting. Now that there are electric, water and restroom facilities, 2017 should be an even busier year.

The year ended on a very high note for Cornell Cooperative Extension Orange County when State Senator John Bonacic secured a $250,000 grant for Park construction. The senator said he supports funding for this project because it will help promote the introduction of younger people into the local agriculture market - something that is sorely needed due to the increasing age demographic of the local agricultural community. This grant was an unexpected gift as it will allow us to complete Phase I of our project. In CCEOC’s 101 year, the future is very bright.

Visit the CCEOC website at cceorangecounty.org for opportunities to learn, to get involved, to give back and to attend the many exciting events planned for the coming year.

**Capital Campaign Committee**
Lou Heimbach, Honorary Chair
Pat Claiborne, Honorary Chair
Bunnie Reichie, Chair
Tom Davis
Hazel Golden
Kristin Jensen
John McCarey
Andrea Nilon
Kelli O’Brien
Mary Orken
Michael R. Piltmeier
Vincent Paliourak
Patricia Reinhke
Robin White

**Construction Oversight Committee**
Tom Davis, Co-Chair
Jim Presuti, Co-Chair
Scott Denhelm
Al Gibbons
John McCarey
Andrea Nilon
Bunnie Reichie
Stan Spencer
Bob Wallenberg

**A Partial List of 2016 Extension Programming in Orange County**

Icons indicate programs offered on-site, at off-site locations for professionals for consumers

- 4-H Achievement Night
- 4-H Animal Fun Day
- 4-H Art Sale
- 4-H Dairy Educational Programming
- 4-H Dairy Explorers
- 4-H Dog Program
- 4-H Food Safety Presentation
- 4-H International Day
- 4-H Nature Explorers
- 4-H Pinpointline Sportsman Program
- 4-H Robotics
- 4-H Showtime and Family Fun Day
- 4-H STEM Teen Labs, Community Soc, Ask Tech. Questions
- 4-H Teacher Safety
- Adopting Healthy Habits Research Project
- Ag Education at FI Elementary School
- Art of Neighbor Relations
- Ask a Master Gardener Tables @ OC locations around G.C.
- Backyard Composting
- Budgeting Basics
- Build a Garden Trellis Workshop
- Build a Vertical Garden Box Planner
- Chester Library: What is GMO, Infusing Oils, Dying flowers and seed packets
- Choose Health Action Teens
- Choose Health Food Fun and Fitness
- Choose MyPlate: Fruits & Vegetables
- Christmas tree workshop
- Cooking with the Kids
- Cooking with the Boys
- Coordinated Approach to Child Health (CATCH)
- Create Your Own Herb & Vegetable Garden
- Deutz’s Supply, Pruning, Fruit Trees, Succulents
- Discipline is Not a Dirty Word
- Field trip to restaurant gardens
- Eating Healthy on a Budget (4)
- Eats Healthy Food That Tastes Great (4)
- Family Court and Beyond
- Financial Literacy for Youth
- Finding a Balance (prevention of diabetes and it’s prevention)
- Garden Photography
- Creating a Great Farm Tour/Orange County
- Grazing – Newburgh Urban Farming
- Making a Traditional Jelly
- Greenwood Lake Library, S Parasailing, Forcing Bulbs/Branches
- Healthy Children – Healthy Families
- Healthy Eating from the Pantry
- How Much Fat is in That? CHEFF
- How Much Fat is in That? CHEFF (4)
- Increase Profits Through Milk Quality
- RPM Program with Ken Wise
- Let’s Talk About Cheese-making
- Losing Weight & Keeping It Off
- Making Ends Meet
- Making Healthy Eating Part of your Total Lifestyle
- Making Homemade Bread
- Making Homemade Soap & Milk Soaps
- Making Homemade Soup
- Making Marmalade
- Middleport: Herb Gardening, Beyond the Garden Gate
- Middleport Rotary: Butterfly Gardens
- Moffett Library: What is GMO, Dying and Storing Herbs
- Monrore Library, Gifts from Nature, Garden design
- Montgomery St. Ow, Herb Garden, Flower arranging, Container gardens
- MSHC, Document: Pruning, composting, cooking with Herbs
- Muffale, Whole Gardens
- Nature Prints
- Newark Library: Double Peninnsail, Gardan Salvage Art
- Nassau- Greene: Garden Clubs, Gardening
- Office for the Aging: Container Gardening, Flower Arranging
- Outdoor School
- Open House on the Farm
- Orangeville, Garden Club Container gardening
- Parenting A Second Time Around
- Philadelphia Flower Show Bus Trip with Master Gardeners
- Physical Activity is Key to Living Well
- Pickling
- Pick n’ Cake Decorating Contest
- Pine Bush Garden Club Outdoor event, Latte, Cast, Succulents, Butterflies, Birds & Bees
- Pine Bush Library: Using Tropicals, native plants, Native, cast and succulents, Hardscapes, Garden Salvage Art – Plant Milk
- Plant a Nut Tree Exhibit
- Port Jervis Library: Lovely Advent
- Positive Youth Development 101
- Preparing for the Teen Years
- Parenting
- Quick Healthy Meals & Snacks
- RAPP Camp
- RAPP Chat Support Groups
- RAPP Youth Program
- RAPP Coffee & Conversation Support Groups
- Root Your Drink (4)
- Salad Box Workshop
- Senior Scams: Just Say NO!
- Shopping or a Shredding Budget
- Soil Testing, and Grass ID
- Solar Farming
- Golden Library: African Violets, Lovely Lavender, Herb Gardening, Container Gardens, Tool Maintenance
- Soap-Making
- Sprayer Efficiency Twilight
- Stay Advisory for AERG/Head Start
- STEM Leader Field Trip - Weesent Greenhouses
-Stormwater Management Series
- Strong Neighborhoods & Community: Sprinkler System Odor( at Program)
- Stress Management and Mindfulness
- Summer Meals Program
- Sustaining to Thriving
- The Flavor of Family
- They’re Back, for They Never Left!
- Thrall Library – Garden Salvage Art, Butterflies, Container Gardens, Perennial Veggies
- Wappinger Library – spring bulbs and evergreen>ID
- Winter Dairy Management

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Exploring Alternative Energy Options: Presenting the facts to assist Orange County farmers and landowners make educated decisions about the use of solar energy

On August 1, ninety (90) farmers and consumers from Orange County attended a program at the Emergency Services Center in Goshen to learn more about Solar Farming and the options of using solar energy on their farms and individual properties. This free program, developed at the request of farmers and landowners who had been approached by companies to install solar arrays on their property, engendered many questions and allowed for practical concerns to be discussed. Bob Somers, from NYS AG and Markets, was one of several speakers at this collaborative event that was jointly sponsored by CCEOC and the Orange County Planning Department. Having learned more about the science and pros and cons of this technology, local farmers and landowners are now better prepared to make educated decisions about the viability of their own solar energy usage.

"Wow! This was a real eye-opener! I learned about a lot of pros and cons for using solar on my farm!" — Program Participant

CCE Education Center and 4-H Park: "It’s nice to come out to the Park and see this dream becoming a reality! The former fields are slowly and steadily developing into a state-of-the-art community youth education and agricultural teaching center."

2016 has been a grand year for the CCE Education Center and 4-H Park! Community members, CCEOC volunteers, and staff have made what once was a dream, a reality. To grow the Park, the focus this year was on the installing and finishing of the much-needed infrastructure which lay the ground work for the next phase. Part of that infrastructure included the building of a state of the art bathroom facility. Built in part from a generous donation specified for this purpose, the bathroom is fully equipped for persons with different needs and abilities and features showers for overnight guests, baby changing area, and a water and bottle foundation for all to use. This new building opened just in time for the September bash - CCE’s 2nd annual Bountiful Harvest Celebration where 170 people came together at the Park for an evening of local farm foods and beverages. (Photo on opposite page, lower) The highlight of the evening was most definitely the Celebrity Cow Milking Contest, with John Lavalle, Ginny Rizzo, Anna Gibbs and Bill Fustavanti competing for the “Blue Ribbon.” (Photo below)

Old and new friends to Extension are enjoying the Education Center’s grounds and buildings. CCE’s 4-H Youth Development Showcase, held at the Park in July, featured the various projects and accomplishments of the 4-H’ers over the year. Judging Day set the stage for the week of agricultural events including exhibitions and competitions of local 4-H animals, including goats, rabbits, dogs and cows. (Photos at right)
Protecting Our Communities:
Flooding is a part of Orange County’s history. Our Stormwater Management/Green Infrastructure programming helps prevent increasingly costly damage to homes, roads and farms.

In response to Orange County’s history of flooding and damage from storm water runoff, coupled with the growing impacts of climate change, CCE Orange continues to meet the Stormwater Education needs of professional engineers and landscape architects in the Hudson Valley region. Beginning in February 2016, a series of fee-based classes was attended once a month for five months by 220 professionals seeking to further their knowledge of stormwater management and earn continuing education credits toward the maintenance of their professional licenses. The personalized education received in the company of their peers both helps the professionals stay current about the practical issues and techniques necessary to protect our local environment while affording them the opportunity to personally interact with their instructors and peers in a trusted setting.

Below: Well known stormwater management expert, Don Lake, teaches a class on erosion and sediment control.

“We can get these credits on-line but we prefer to attend the programs at CCE where we can see the instructors in person and network with our peers.”

– Participant

The Master Gardener program has breathed new life into CCEOC consumer programs through the offering of an exciting series of hands-on gardening and culinary workshops. Offered throughout the year, and designed to be both educational and enjoyable, the MG workshop series introduced Building a Teepee Trellis for the first time in April 2016; this fee based workshop was so popular that a second session was added in June. A total of 33 Orange County residents enjoyed working with the MG volunteers and their neighbors to learn the skills to build two types of teepee trellises for use in the home and garden. Other popular community horticulture workshops in the Master Gardeners series included: Creating a Vertical Succulent Planter, Making Prints from Nature and Japanese Shibori Fabric Dying. What a fun way to learn new skills and put knowledge to work!


“I really enjoyed this great workshop! My trellises are lovely.”

– Teepee Trellis Participant

The Master Gardeners Offer Exciting New Programs

“I can get these credits on-line but we prefer to attend the programs at CCE where we can see the instructors in person and network with our peers.”

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“I really enjoyed this great workshop! My trellises are lovely.”

– Teepee Trellis Participant
Five Orange County communities have enjoyed working with 4-H staff and volunteers on the redesign and expansion of the existing Robotics Program with its new emphasis on outreach to females and youth from limited resource families. Between October 2015 and September 2016 seventy-five (75) youth from the communities of Middletown, Newburgh, Port Jervis, Monroe and Goshen used Lego NXT robots to actively learn about and work with robots, while exploring careers with a focus in STEM - Science, Technology, Engineering and Math.

Along with the Robotics Club experience and two existing competitive teams, the new non-competitive robotics program will allow more Orange County youth, ages 7-18, to learn about important and exciting careers and developing the skills for advancement to the competitive program. The Robotics Program was able to rely on volunteer leadership and minimal funding from the NYS 4-H Foundation to increase its outreach, opportunities, and impact for Orange County youth, families and communities, a perfect example of a proven program gone super-sized!

The Benefits of the 4-H Dairy Program have been extended to youth who live on farms.

In 2016, sixty (60) youth actively participated in the Orange County 4-H Dairy Program, where they received education about dairy cattle and the dairy industry and were acquainted with the larger animal science program offerings. In an age where agricultural practices are no longer a part of formal education and food resource management is poorly understood by most consumers, this CCECD program strives to connect and excite youth about the farming and dairy industries. Various career paths and skill sets needed for success in this industry are discussed and demonstrated, with a focused outreach on youth who are not from the traditional farming community. From the sixty (60) participating youth some exciting impacts include: One youth was teaching on two national contests - the dairy quiz bowl and dairy challenge; ten youth made the NYS team, competing in the state contest and five youth with no dairy farming experience joined the Daily Explorers Program and are planning to participate as dairy program members for 2017.

4-H Tractor and Machinery Certification Class is designed to instill youth with the dangers inherent and overall safety practices encouraged for youth operation of tractors and implements. As a result of the program youth 14 and older receive a tractor safety certificate which allows them to legally operate tractors and machinery while still the dairy farm. Youth who are in non-agriculture-related fields also enjoy the class because it does cover safety, protocols inherent in lawn mowers and basic home equipment application as well. This year we were excited to note that more than 50% of the enrolled registrants were female participants, breaking down typical gender stereotypes that are often deeply rooted in tradition.

Above left Orange County teams competing at the State Fair Robotics Challenge held at the NYS Fair. Above right Orange County 4-H Youth competing at the regional 1st (for Recognition and Interpretation of Science and Technology) Lego League competition in January 2016.
In 2016, the 4-H Teen Leadership and Career Development Program involved seventeen (17) teens from grades 8-12, representing eight Orange County schools. Monthly meetings were held at the CCEOC Education Center in Middletown, where the 22 participants learned about topics such as public speaking, presentation and interview skills, dressing for success, networking and social marketing. Real world feedback includes:

As part of Extension's professional development training program, 22 staff, representing a diverse group of employers, actively participated in a train the trainer this May entitled Positive Youth Development 101. This training was designed for early and mid career professionals, including direct service staff, unit and case managers and administrators from the non profit and government sectors. Competitive registration fees helps CCEOC offer this training program annually, allowing for the program to reach different areas of Orange County. This year’s program was offered in Newburgh at the Newburgh Recreation Department. By extending Cornell University’s research - based best practice recommendations and applying learned skills to develop effective practitioner competencies, local providers were able to take advantage of the latest University resources without ever having to leave Orange County. Additionally, the 22 participants suggested that this knowledge would be transferrable to the peers and clientele with whom they engage, including, over the next calendar year, 154 agency staff, 626 youth, 40 members of their agency’s Board of Directors and 16 additional policy makers - in total, importing the latest information and skills to an additional 40 persons for each Orange County professional attending. What a wonderful cost savings for our county! ☝️ ☝️ ☝️

Every family raising children has a few basic needs including the provision of food, clothing, shelter and basic health care. Families who are relying on the assistance of others to help provide for these basic needs are particularly vulnerable and may be considered ‘fragile families.’ As CCEOC has programs to assist with all of these basic needs, this partnership allowed us to begin with a Discipline series, then extend multiple educational offerings to one targeted population of ‘fragile families’ residing at Project Life, a transitional housing unit, in Newburgh, NY.

Beginning with the premise that parenting is a learned skill, the Discipline is Not a Dirty Word (DNDW) series combines mini-lectures about child development and behavior, communication and limit setting with the opportunity to practice proven research informed parenting techniques. The hardwon practical and arguably helpful information make DNDW the first place to start in developing a new relationship with families. In 2016, twelve (12) individuals, consisting of 11 families, attended a DNDW series in partnership with Project Life and the Department of Health in Newburgh. Eight reside at Project Life with their children, and all but one completed the six hour class series. “This was good” shared one participant, “I thought you were going to tell us what to do but instead you helped us learn how to think about a situation with our child.”

In May, CCEOC nutrition educators offered three basic foods programs at Project Life for resident parents, caregivers and staff. Utilizing simple and fun demonstrations such as How Much Fat is in That? and Re-Think Your Drink! to illustrate healthy food and beverage choices, those attending increased their knowledge and awareness of small dietary changes that would result in the use of healthier fats, less salt and less added sugars.

Making Ends Meet, offered in June, has already been scheduled for a repeat performance at Project Life in 2017. This single session consumer workshop is a favorite with audiences, providing practical money management strategies to assist consumers to use their hand earned cash wisely. Parents and other residents from Project Life learned how to develop a spending plan, track their individual spending, and make realistic spending goals to help the plan work for them. Participant feedback suggests the need to increase the offering of this basic budgeting program, with follow up from a CCEOC financial management staff member or volunteer to further personalize financial education through the 1:1 free and confidential Family Budget Education program. ☝️ ☝️ ☝️

Teen Leadership & Career Development: Giving our youth a real taste of the “real world”

In 2016, the 4-H Teen Leadership and Career Development Program involved seventeen (17) teens from grades 8-12, representing eight Orange County schools. Monthly meetings were held at the CCEOC Education Center in Middletown, where the 22 participants learned about topics such as public speaking, presentation and interview skills, dressing for success, networking and social marketing. Real world feedback includes:

A one-time annual fee offers youth in eighth grade and above the opportunity to participate in a local 4-H club in addition to this exciting teen program, and provides members with experiences and opportunities to engage in personal and career development including presentation and interview skills, dressing for success, networking and social marketing. Real world feedback includes:

"Visiting college campuses helped me figure out what I wanted in making my college choice"

"Great way to make friends outside of your school district"

"I've learned how to speak to adults and not feel nervous in an interview"

Train-the-Trainer Extends Extension Impact: Positive Youth Development 101 shares “best practices” with other Orange County professionals who work with youth

Because Kids Don’t Come With Instructions: How Discipline is Not a Dirty Word provided an entry for a series of family life programs in the city of Newburgh and developed a new community partnership

Below: Re-Think Your Drink! “I didn’t realize how much sugar I was giving my daughter when I put juice in her cup. I always thought juice was a good choice! Now I know that flavored water or fat free milk are better choices to give her.”
Bringing Families and Food Together: Making meals and memories while discovering the Flavor of Family!

This year marked the debut of a new intergenerational program offering from Family and Consumer Sciences (FCS) entitled the Flavor of Family: A Multicultural Cooking Class for Kids and their Caregivers. Held in April at the Newburgh Armon Unity Center as a two session program, and repeated as a single session program in Middletown (through Orange-Ulster BOCES) and Florida (Florida Public Library) serving a total of 32 adults and 39 youth. This vibrant foods initiative already has a waiting list for host sites!

Participating in the Armon program were two target populations – kinship families from CCEOC’s Relatives as Parents Program (RAPP) and families with limited resources from the city of Newburgh. Both youth and adult participants were exposed to skills regarding safe food handling and safe use of kitchen equipment, basic food preparation, menu planning and cultural foods practices. Funded by the NYS Office of Children and Family Services (OSF OCS), this free, hands-on program was designed with the broader goal of promoting healthy family relationships, including the strengthening of family relationships through cooking together, exploring and honouring ones own family food traditions and cultural rituals, and respect for our neighbors and friends through the preparation and tasting of foods from other cultures in our world.

Feedback indicates that a resoundingly positive experience was had by all who participated, with expected extended benefits to follow from the sharing of these critical and practical “life lessons.”

At right: Playing the “bean game” was one activity that brought the realities of basic budgeting home. In groups, students use “beans” as a money substitute and delegate the areas for spending. Once a “job” is assigned, many beans are removed and youth need to reexamine the budget, eliminating spending on all but the most basic needs!

4-H/ FCS Building a Community Legacy Together!

Intergenerational Programs create strong community bonds as Orange County elders share their life wisdom with 4-H and local youth.

This Fall a unique research program brought the Family and Consumer Sciences and 4-H programs together to offer the Building a Community Legacy Together (BCLT) project in Orange County. Dr. Karl Pillemer, Director of the Cornell Institute for Translational Research with support from University personnel Leslie Shultz and Marie Cape are putting the final touches on this third year pilot study in order to launch the program as a National 4-H model. In Orange County, twenty two (22) pairs of youth and elders (65 and older), representing a diverse group of residents, were recruited and matched through a randomized control to participate in an interview process designed to help youth solicit advice from elders about critical “life lessons.” Eleven of these matches served as a control group completing only a pre and post program questionnaire. The other group of eleven youth engaged in a series of pairings to assist them in learning about qualitative vs. quantitative research, practice interview skills, interpret data, and combat agerism. It is believed that participation of the elders helps to reduce a sense of social isolation, provides a feeling of usefulness, and improves their attitudes about youth. Youth and elder participants were extremely positive about engaging in this local research opportunity and came to have a great appreciation for their partnership in this short but meaningful interaction.

Feedback indicates that a resoundingly positive experience was had by all who participated with expected extended benefits to follow from the sharing of these critical and practical “life lessons.”

Financial Literacy for Youth: Planning for the Future and Making Ends Meet: Imparting essential money management skills to Orange County youth and adults

As part of a comprehensive financial management initiative, educators and volunteers at CCEOC are increasing their attention on our county’s youngest citizens through a new interactive series entitled Financial Literacy for Youth (FLY). Working with schools and community groups such as Junior Leadership Orange, the Fine Arts Summer Youth Academy, the Alana, OC Employment and Training, OC Summer Youth Employment Program and the Circleville YMCA and partly funded through grants from Welden Savings Bank and the United Way of Orange and Dutchess counties, this program has expanded its scope to reach 250 youth in 2016.

In one typical program, FLY reached 112 7th and 8th grade youth at the Port Jervis Middle School with a series of six comprehensive lessons including information and skills practice regarding: understanding needs vs. wants, basic budgeting, developing personal financial goals, the importance of saving, utilizing checking and savings accounts, media literacy and the true costs of credit. Experiential, hands-on activities were used to assist youth participants make the connection between the information and their personal lives. Print materials and simple “homeworks” were provided for participants to complete in coordination with their families. Pre and Post surveys are extremely encouraging regarding the efficacy of this growing program, with a 10% overall increase in learning financial management skills, including a sense of greater knowledge about and ability for youth to plan for financial decision making, financial security and financial stability.

“My students demonstrated new knowledge and understanding of financial literacy concepts since graduating from FLY. Many enjoyed the activities and even asked if we could do them together again.” – Teacher