Greetings, Extension Family!

Thank you for your patience as we worked to collect highlights from the 2017 program year, and to those of you who shared your special moments and pictures with us! In the following pages, you will see a snapshot of CCE Sullivan's successes across program areas, testimonials from program participants, an introduction to the 2018 board of directors, a listing of our current sources of funding, and a listing of all the volunteers, donors, and partners who made it all happen with us.

As I settle into my fourth year at CCE Sullivan, I'm getting the hang of the ebb and flow of the seasonal work we do, which is different depending on the program area, and the administrative responsibilities that come along with it. I won't say I'm quite comfortable with the workload more than half the time, but I can say it is mostly manageable now. This is due in part to the support of our volunteer board of directors and its committees. Part of what makes Extension great, and responsive to Sullivan County needs, is that we have a team of dedicated individuals who give their time each month to feed information, skills, and support to myself and the CCE Sullivan staff team.

In addition to the community task forces and collaborative meetings staff attend each month, the CCE Sullivan Personnel and Finance Committee, Program Advisory Committee, Long Term and Strategic Planning Committee, and the Fund Development and Marketing Committee are our eyes and ears on the ground. Gathering input and information from these diverse groups helps us identify programs at Cornell University and the other land grant universities across the country that we might bring to Sullivan County to help our friends and neighbors solve everyday problems.

The democratic approach to community needs assessment and program development, and the link to the land grant university system, is what makes Cornell Cooperative Extension unique from other community serving organizations. And while there are dozens of wonderful farm, youth, and family serving programs out there, the information and programs delivered by CCE Sullivan are carefully reviewed and considered to ensure alignment with campus goals and the latest, science-based information available to us through the land grant system.

Sometimes, this approach takes longer than we, or our constituency, might like. That said, one of CCE Sullivan's values is to be responsive to the community. It is a balancing act to ensure we are appropriately vetting our programs to align with our mission to extend the land grant mission to Sullivan County, and at the same time, making sure we link folks to resources that meet their needs when we can't. One such resource, started in 2016, is Sullivan Agencies Leading Together, or SALT.

Winter, specifically February and March, gives us some of the harshest days of the year, and can be a tough time for many Sullivan County residents. If you're struggling, with heating, food, furniture, mental or physical health issues, or some combination of the above, please consider calling our friends at SALT. They are a network of caring, compassionate, and above all helpful individuals who are making it their life's work to give a hand up to folks in need. You can reach them by calling 845-397-SALT (7288) or visiting their website at sullivanganicaleadingtogether.webs.com.

With that, I'll leave you to read the 2017 Annual Report to the Community.

Keep the fire going and see you in March!

Warm Regards,
Colleen Monaghan, Executive Director
cme39@cornell.edu
The sixth annual Caregivers Retreat in Claryville was a great success and adventure for all. There was flower arranging, massage, music, and great food. It was a day of relaxation with old and new friends. The volunteers were awesome, we are in good hands, America! At the end, a nice campfire and care bag just for us. Again, thanks “Bonnie and crew.” See you next year, God willing. P.S. Hand in Hand Care, we love you too!” - Dolores B.

“My menagerie now includes beef cows, pigs, chickens, and turkeys all due to your help and inspiration.” - George O.

“My sincere gratitude for the opportunity for the执行力 and for the nicest write-up in the CCE Newsletter.” - Alan S.

“I was a nice experience to attend CCE’s Annual Meeting on December 5th. Hearing about the wellness programs in Sullivan County was informative. The flag dedication couldn’t have been nicer. The poem “Your Flag – My Flag” was appropriate; and, we were glad that an excerpt of your article was allowed to be shared by Michele. We especially appreciated your consideration as the time grew near for the dedication ceremony. It was a pleasure being involved with you in this effort. Thanks again.” - Arthur and Helen H.

“I want to thank you for all the assistance you have given me during these past 2 years. I have always experienced a feeling of support from you and everyone at Cornell Extension. Your guidance was very helpful in helping me develop my processing methods and assisting me in my business planning and development. I feel strongly that the Catskill Kitchen is the perfect location for new, developing businesses because new food entrepreneurs cannot always anticipate equipment needs as they develop their processes and the kitchen is fully stocked. The educational programs that you have developed also are of great assistance.” - Jim Lomax, Fire Mountain Kitchen, LLC.
Todd Brown
Todd grew up on a farm below Grossinger’s Airport. After surveying in the U.S. Army and Sullivan County, he retired from NYS corrections and is currently starting The Catskill Divide Farm in Neversink with his wife Lee and children Courtney, Fayeann, Ian, and Huck.

Denise Frangipane
Denise is Executive Director at Sullivan Renaissance and has experience in domestic violence advocacy and education, community organizing and planning, and environmental conservation. Denise spends her free time outdoors with her husband and their son Ian.

Robert Wong
Robert holds a B.S. in Hotel Administration from Cornell University and serves as President and CEO of Associated Mutual Insurance Cooperative in Woodridge, and on the boards of Cooperative Federal Credit Union in Woodridge and the Sullivan County Center for Workforce Development.

Luisa Parker
Luisa just completed her first term as CCE Sullivan board member and holds the position of Prevention Services Coordinator at Catholic Charities Community Services of Orange & Sullivan. Luisa works closely with diverse sectors of the community, including youth.

Klu Padu
Klu is the Career Placement and Transfer Advisor at SUNY Sullivan. In addition, he was recently sworn in as Town of Fallsburg Justice, and is serving his first term on the CCE Board.

Jenny Chamberlain
Jenny is a graduate of the Culinary Institute of America and is the General Manager of Further Processing and Chef of Product Development at Hudson Valley Foie Gras. This is Jenny’s first term with the CCE board.

Marcie Ehrman
Marcie is a Certified Therapeutic Riding Instructor and is employed as an advocate for people with disabilities. She holds several state and local volunteer roles, including 4-H and the CCE Program Advisory Committee.

Robert Kaplan, President
A life-long resident of Sullivan County and retired poultry farmer, Robert has been active in agricultural issues through CCE, the County Agricultural and Farmland Protection Board, and the Soil and Water Conservation District. He also served as Director of Associated Mutual Insurance Cooperative, Cooperative Federal Credit Union, Village of Woodridge Planning Board member, and as a Town of Fallsburg Lion.

Sonja Hedlund
Sonja and her husband own Apple Pond Farm and Renewable Energy Education Center in Callicoon Center, breeding and selling sheep, goats, turkeys, and chickens and hosting a variety of on-farm programs. She hosts shows on WJFF Radio Catskills.

Dawn Boyes, Treasurer
Dawn is the Sullivan BOCES Food Service Director serving over 97,000 meals per month and sponsoring 20+ Summer Feeding Sites. Dawn serves as CCE Board Treasurer, and Chair of CCE’s Program Advisory and Fund Development Committees.

Amy Erlewine, Vice President
Amy milked cows for many years; now she raises heifers and sells hay. Amy completed the CCE Master Food Preserver training and has been involved with several CCE initiatives, including serving on the Ag Business Retention and Expansion hiring committee.

John “JP” Lang
JP has been a biology teacher at Sullivan West High School for the last 16 years and he operates a small farm in Narrowsburg, NY, raising pigs, pheasants, and hay. JP has been raising and riding horses since he was 10 years old.

Nadia Rajsz
Legislative Representative
Nadia is the Legislator for Sullivan County District 2 and has a background in nursing and healthcare. This is Nadia’s first appointment as CCE Board’s Legislative Representative. Welcome Nadia!

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Barbara Moran
4-H Animal Science Program Coordinator
Barbara came on as CCE’s 4-H Animal Science Program Coordinator, working to grow experiential learning opportunities for Sullivan County youth across species. Barb also kick started the 4-H Regional Equine Program for 6 counties and is representing the Hudson Valley region at the NYS 4-H Equine Program Advisory Group.

Nicole Slevin
Communications & Diversity Manager
Nicole joined the New York State 4-H Diversity & Inclusion Cohort that will work with associations and Cornell University as a team for two years. Nicole will focus on outreach efforts for positive youth development and increasing general access to Extension programs.

Nicole began training as a member of the Hudson Valley Pattern for Progress Fellows Program, to research and present on anchor projects in the region. Nicole will graduate from the program in June 2018.

Wanda Vionet Cruz
Healthy Communities Coordinator
Wanda received the Sullivan County Legislature Certificate of Special Recognition for participation in the Town of Mamakating’s Hydrogeologic Study. Wanda was awarded the NYS Assembly Certificate of Merit, presented by Catskill Regional Medical Center, for unwavering commitment to improving the health and wellbeing of Sullivan County residents.

Kaitlyn Smith
4-H Program Educator
Kaitlyn was elected as the Southeast District Representative on the New York State 4-H Shooting Sports Advisory Committee.

Bonnie Lewis
Dependent Care Educator
Bonnie Lewis, RN was trained as a Peer Leader for the evidence-based Chronic Disease Self-Management Program with QTAC NY.

Marilyn Jones
4-H Program Coordinator
Marilyn received the 2017 Distinguished Service Award from the New York State Association of Cornell Cooperative Extension 4-H Educators and the National Association of Extension 4-H Agents. She received recognition from her colleagues for “demonstrating high levels of professionalism, accomplishments, and community involvement” as an educator involved in seven or more years of service.

Marilyn currently serves as vice-chair for the South East District of 4-H Educators, sits on the NYS 4-H Capital Days and Mentoring Committees, and is a new member of the NAE4-HA task force in Communications and Expressive Arts.

SueAnn Boyd
Healthy Schools Coordinator
SueAnn received a Monticello Central School District Board of Education Award and Certificate of Appreciation, followed by a personal letter from Aileen Gunther, assemblywoman, 100th District for her work in promoting access to healthy foods and physical activity in the district. She also brought Yoga4Classrooms Leader Training to all school districts in Sullivan County.

Bonnie Lewis, RN was trained as a Peer Leader for the evidence-based Chronic Disease Self-Management Program with QTAC NY.

Melinda Meddaugh
Ag & Food Systems Team Leader
Melinda received the Sullivan County Visitor’s Association T.O.A.S.T. Award (Outstanding Associate Serving Tourism).
“Dear Bonnie, All through the ages we have found, unlike the bird, unlike the bee, we cannot truly leave the ground. Yet, you get the feeling… through Tai Chi… We strive for balance, wave our hands, in hopes to set our bodies free. But find, because we’re among friends, it isn’t just about Tai Chi. With heartfelt thank-yous from your student!"

-Krista, Program Participant

“I do not know where to begin. The list of positive memories I have to share is long. CCE Sullivan has had a major impact on the SC BOCES White Sulphur Springs Elementary School. Working with SueAnn Boyd and the rest of the team has been amazing. The following is just a few ways your organization has helped this year:

1. New school filtered water fountains and water bottles for students.
2. Provided benches, gates, flower pots and so much more for our school garden.
3. THE SALAD BAR!
4. Yoga 4 Classrooms Trainings
5. Handing out apple treats at our Fall Festival.

I could go on but bottom line I am so appreciative of everything Cornell Cooperative Extension has done for us. Thank you!”

-Jill H., BOCES White Sulphur Springs School

“We are blessed to be a part of this wonderful program, the annual Caregiver Wellness Retreat, and to work with all of you! Seeing the 4-H and FFA kids at work, reaching out to our participants, talking with folks two or even three generations older than them, sharing activities… is priceless!

I am grateful to you for leading the way with your gentle and kind approach, your patience and understanding… helping it all come together beautifully!”

-Donna D., Alzheimer’s Association

“Shared memories -- so many. I think the one that is most amazing to me is that me, a girl originally from Brooklyn, was so taken by ‘red wigglers’. The instructional MGV class that we had on vermiculture was fascinating, learning about the ultimate black gold. I have been growing my ‘red wigglers’ ever since. I have since passed on some of my worms to others. Who knew.”

-Helene G., Master Gardener Volunteer

“Dear Bonnie, All through the ages we have found, unlike the bird, unlike the bee, we cannot truly leave the ground. Yet, you get the feeling…. through Tai Chi…. We strive for balance, wave our hands, in hopes to set our bodies free. But find, because we’re among friends, it isn’t just about Tai Chi. With heartfelt thank-yous from your student.”

-Helene G., Master Gardener Volunteer
Community Memories

"Preparing to serve chicken to over 200 people at the CCE Barbeque"
-Michelle Lipari, Agriculture Educator

"We enjoyed many after-work workouts!"
-Nicole Slevin, Communications Manager

"More than 30 farmers attended Corn Plot Field Day!"
-Melinda Meddaugh, Ag Team Leader

4-H Cloverbud Exhibitors

4-H Member Patrick Coombe won multiple awards with his beef cattle including:
- Grahamsville Fair - Supreme Champion Female, Senior Champion Angus, New York State Fair - Grand Champion Bull, Senior Champion Bull, Reserve Senior Champion Female, Junior Champion Bull, Best Four Head, Senior Showmanship winner, New Jersey State Fair - Reserve Champion Heifer, Harrisburg KILE show - Senior Champion Bull, Louisville NAILE show - bull placed in top 5 of their classes, Atlantic National Angus show - Reserve Junior Champion Bull & Reserve Late Spring Bull Champion.

"4-H Capital Days delegates visited Assemblywoman Gunther."
-Marylin Jones, 4-H Program

"Moo! Sometimes you just have to spend time with a cow and be a kid again!"
-Colleen Monaghan, Executive Director

Sullivan County Youth Fair August 18-21

Youngsville Busy Beavers receive a Sullivan Renaissance Award.

Sullivan County Democrat

www.sullivancountyny.com
Ag Business Expansion & Retention Program
CCE launched the new Agriculture Business Retention and Expansion program, supported by the County Legislature and the Division of Planning and Community Development. Ag Business Program coordinator, Nat Tompkins, offered 13 ag business classes in 2017.

Bethel Creamery Project
In partnership with the Sullivan County Division of Planning and Community Development, CCE assisted in the expansion of a kosher, organic dairy farm in the Town of Bethel, which is now producing yogurt and bottled milk.

Farmers’ Market Promotion Project
In partnership with the Sullivan County Division of Planning and Community Development, and County farmers’ market managers, CCE worked to develop a marketing and educational outreach plan to increase customer sales at Sullivan County farmers’ markets. The project also provided training for farmers’ market managers and vendors.

Catskills Kitchen Food Business Incubator
Seven users produced sauces, baked goods, and prepared foods. CCE provided technical assistance through phone and email regarding regulations, food business start-ups, labeling, and business planning to over 200 people.

Farm to School
Ag staff worked with CCE Healthy Schools staff to develop a taste-test program and training for school food service workers. In addition, CCE applied for NYS and USDA Farm to School grants.

Farm Visits
The Ag team visited 75 farms in 2017.

Technical Assistance
CCE provided technical assistance in the areas of livestock husbandry and management, soil and forage testing, commercial horticulture and pest management, high tunnel and greenhouse production, and business planning and marketing, making over 1,000 contacts.

Farmland Preservation
CCE supported the County Agricultural District program and conducted the 30 day inclusion window. Staff also provided technical assistance to municipalities, farmers and neighbors regarding Right to Farm laws, and agricultural zoning.

Beginner Farmers
Staff conducted field visits and meetings with landowners looking to start farming. Staff educated beginning farmers in the areas of ag assessment, ag districts, business planning, regulations, and production needs.

Food Safety
The CCE Ag and Food Systems team hosted 26 farmers at the two-day FSMA/GAP workshop with support from the Local Economies Project and the Sullivan County IDA. The full day training covered FSMA Produce Safety Rule and Good Agricultural Practices, co-management of natural resources and food safety requirements, and support for writing a farm food safety plan.

Ag Workshops
CCE hosted 30 workshops with over 400 participants on topics ranging from business planning and value added dairy, to high tunnels and corn diseases.

Bethel Woods Harvest Festival
CCE provided educational FAQ sheets, demonstrations, and engaging staff to share our mission at the weekly Bethel Woods Harvest Festival.

Catskills Kitchen Cooking Classes
Offered nutritional, preservation, and cooking classes on bread making, jams, meat preservation, healthy cooking from farmers’ market ingredients, and canning tomatoes.

Cornell Small Farms Poultry Class
Staff developed and presented a 6-week online intensive workshop to 30 attendees from across the US, as far as Alaska, with a goal of providing them with the tools and information to begin their poultry operation.

FAMACHA Trainer Certification
Promoted training and education to help farmers identify parasite infections in small ruminants, such as sheep and goats.

Beef Quality Assurance Trainer Certification
CCE helped to promote management practices for cattle producers to improve beef quality and strengthen consumer confidence through educational programs.

Dairy Discussion Group
CCESC Ag staff hosted 12 young dairy women and men at the first ever CCE Dairy Discussion. The entrepreneurs now have a regular place to network, learn from each other, and provide input for future programs.
Cornell Country BBQ
CCE brought back its popular old-fashioned chicken BBQ and home-made, homegrown live auction in August, which raised over $7k! County Legislator Alan Sorensen played guitar with friend David Rosenberg, Mike Sakell of Bold Gold Media was MC, Eddie Moran Jr. of Stone Wall Farms was auctioneer, and 200 people purchased farm-fresh dinners.

CCE Sullivan’s Energy & Consumer Education program received a grant from the Sullivan County Center for Workforce Development to work with youth in Monticello, NY. The two-part program series ran from January to July. The first of the two programs was a six part series on entrepreneurial and business planning based off of the 4-H curriculum, Youth Buzz on Biz, and SCORE materials. The series provided resources for business plan development and an educational background on the types of industry and businesses. Ten young adults aged 18-24 completed the program and left with resources to create their own plan.

The second program was a 14 part series on leadership, based on University of Wisconsin curriculum called Youth Engaged in Leadership (YEL). The program used a hands-on approach introducing leadership skills, attributes, and values of successful leaders. Along the way, guest speakers shared their experiences and how they became leaders in Sullivan County. The program hosted 16 young adults who discovered what it means to lead.

By the Numbers
Contacts 497
Workshops, Outreach & Events 22

Community Outreach
Latino Heritage Festival
Spanish speaking staff and volunteers provided educational and enrollment material for hundreds of visitors at the second annual Latino Heritage Festival in Monticello, NY.

National Ag Day at Miss Monticello Diner
CCE partnered with Miss Monticello Diner on March 21, A.K.A. National Ag Day, which included locally sourced ingredients into its menu, and donated 10 percent of every check to CCE as part of the diner’s Giving Tuesday cause, raising over $300!

Junior Master Gardeners
Gardening workshops for children offered this summer included hands-on activities in the CCE teaching gardens, featuring topics like soil & compost, good & bad bugs, cooking the harvest, and a pumpkin painting party!

Pollinator Garden
4-H Hayraisers Club planned and planted a new pollinator garden in the Town of Highland with the help of youth members and community donors.

Consumer & Financial Ed
CCE Sullivan’s Energy & Consumer Education program received a grant from the Sullivan County Center for Workforce Development to work with youth in Monticello, NY.

By the Numbers
Master Gardener Volunteer Hours 187
Helpline: Soil Tests, Plant and Insect Identiﬁcations 126
Community Horticulture Workshops/Activities 16

By the Numbers
Master Gardener Volunteers
The new class of CCE Sullivan Master Gardener Volunteers completed their course in spring 2017, with one member graduating via FaceTime... ...Welcome to 2018!

Master Gardener Volunteers
Demonstrated basic gardening techniques to a group of young girls at a seasonal community camp this summer for Sullivan Renaissance.

Environment & Natural Resources
Master Gardener Volunteers
Demonstrated basic gardening techniques to a group of young girls at a seasonal community camp this summer for Sullivan Renaissance.

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2017 Youth & Family Development Highlights

Leader & Membership Trainings
• Volunteer Orientation
• Club Leader Training
• Project Basics
• Project Exhibit Preparation for Show
• Public Presentation Evaluator Training
• Fair Evaluator Training
• Club Leader Rally
• 4-H Shooting Sports NYS Training
• 4-H Shooting Sports National Training
• Staff visits to 20 clubs and programs
• 4-H Animal Auction Meetings

Working Groups & Advisory Committees
• Horse Task Force
• Shooting Sports Instructors
• Fair Superintendents Planning Committee
• Youth Building Activities Group
• Winter Workshops Planning Committee

Key County/Public Events
• International Night, 150+ attended
• Public Presentations Events – 124 youth participants plus family members attended
• Sullivan County Youth Fair – Youth project work exhibited to over 6,500 in attendance
• Youth Day at Bethel Woods – 25 4-H youth & volunteers provided interactive project activities
• Farm Fest – 15 4-H youth & volunteers hosted an interactive 4-H booth
• Kauneonga Block Party – 10 4-H youth & volunteers hosted an interactive 4-H booth
• 4-H Animal Science members provided interactive booth at Tractor Supply during National 4-H Clover week
• Achievement Night – over 150 project completions and S34 community service records were celebrated
• Winter Workshops – 40 youth participants plus parents attended
• 4-H Working Together Rabbit Program’s first 4-H Rabbit Show – 30 4-H youth from Sullivan and Orange Counties participated
• 4-H tabled with Sullivan Renaissance Multicultural Program at National Night Out event in Fallsburg

Classes, Workshops & Project Support Groups
• Shooting Sports Classes
• Pheasant Raising Program
• Trout Raising Program
• Vet Science Series
• Monthly Intergenerational Textile Group – community service project donated 80 items to Safe Passage and Project Linus
• Monthly Rabbit Program

Membership Achievements
• 124 youth accomplished public speaking projects
• 21 youth advanced to District Public Presentations
• Sullivan County youth took two of the seven district slots to advance to the NYS Communications Institute
• Two clubs, Hayraisers and Youngsville Busy Beavers, received Sullivan Renaissance awards
• 192 youth exhibitors showed 781 projects at Sullivan County’s Youth Fair
• Sullivan County project exhibits advanced to State Fair with 4 exhibits receiving top awards
• 4-H Supernovas Club provided interactive project activities at the New York State Fair
• 123 youth submitted project completion records for evaluation including 53 animal records

Caregiver Wellness Retreat
The 6th annual Caregiver Wellness Retreat, held June 20 at the Frost Valley YMCA, continues to grow with the largest participation to date of 41 caregivers and care receivers supported by 21 volunteers and staff.
Caregivers were offered massages, floral arranging, music, dance, crafts, pet therapy, history, a picnic lunch, and fun campfire along with supportive camaraderie to help them de-stress and rejuvenate with other caregivers.

Powerful Tools for Caregivers
The national Powerful Tools for Caregivers program, approved by the Centers for Disease Control (the CCE Caregiver Resource Center educator and volunteer are part of 4,000 class leaders in 41 states, Canada, and Korea) provided a second series of these evidence-based classes in May and June, graduating six caregivers.
Caregivers improved self-care behaviors, management of emotions, self-efficacy, and making use of community resources.

By the Numbers
Caregiver Resource Center (CRC) Contacts: 956
CRC Workshops/Events: 93
4-H Youth Participants: 259
4-H Community Clubs: 22
4-H Volunteers: 121
4-H Workshops/Events/Sponsored Activities: 83
4-H Community Service Records: 534
Sullivan County & 4-H Youth Fair Entries: 751
4-H’ers at Regional and/or State Level Programs: 83

Intergenerational Textile Project Group Participants: 16
We Connect International Program Participants: 26

Catakills Kitchen Youth Cooking Program Participants: 23

Youth Leadership & Financial Literacy Program Participants: 26

Tai Chi for Arthritis (Fall Prevention)
A Tai Chi for Arthritis & Fall Prevention series of 18 classes provided in two Sullivan County locations (Town of Cochecton and Livingston Manor) graduated a total of 27 seniors this year.
This CDC recommended program incorporates components to improve muscular strength, flexibility, and exercises that help to reduce pain and stiffness, thus improving mobility and balance (reducing the rate of falls in older adults).
Additional benefits include improving relaxation, vitality, posture, and immunity.
2017 Nutrition & Healthy Families Highlights

**Yoga4Classrooms**
Brought Yoga4Classrooms to local school districts to increase mindfulness and stress regulating skills in the school setting.

**Water Bottle Filling Stations**
Supplied school buildings across the county with refillable water bottle filling stations to increase water consumption throughout the day.

**Healthy Back Packs**
Assisted, shopped, and delivered back packs filled with nutritious foods to local schools with Sullivan Renaissance summer youth program interns.

**Farm to School**
Brought “farm to school” initiatives to local schools, hosting taste-tests of local food products.

**Smarter Lunchroom Makeover**
Implemented design changes at Fallsburg Central School District and Sullivan BOCES at White Sulphur Springs cafeterias to increase consumption of healthier food options with new signage and displays.

**Wellness Policy**
Penned, revised, and presented to school committees and board updated wellness policies to be in compliance with The USDA’s Final Rule requirements to strengthen policies and increase transparency.

**Celebration Carts vs. Cupcakes**
Pilot program in Fallsburg Elementary School, providing celebration carts to increase physical activity during birthday and other school celebrations in lieu of food-based celebrations.

**Walking Trail**
Worked with local agencies and Fallsburg Central School District to create a walking trail at the elementary school. Provided in-kind service, educational resources, and signage.

**Worksite Wellness**
Initiated worksite wellness components in school administration buildings to increase physical activity during the work day.

**Physical Activity**
Partnered in school fundraisers, increasing physical activity in lieu of food-based fundraisers.

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**By the Numbers**

- **Worksite Wellness Sites** 48
- **Municipal Policies & Plans** 8
- **School Wellness Initiatives (by building)** 11

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**Health & Wellness Champions**
CCE staff, partners, and nearly 200 people celebrated health and wellness leaders around the county at CCE Sullivan’s 103rd Annual Meeting on Tuesday, December 5, 2017 with special awards and recognition.

Award recipients included Sullivan County Government; Town of Bethel; Town of Mamakating; Ideal Snacks Corp.; Jeff Bank; First Presbyterian Church of Liberty; SullivanArt; Bethel Woods Center for the Arts; Gerry Foundation, and Granite Associates; New Hope Community; Fallsburg Central School; Liberty Central School; Monticello Central School; Sullivan BOCES, White Sulphur Springs School; and Sullivan County Head Start.

Jonathan Schiller, CEO of Catskill Regional Medical Center was keynote speaker.
“From all of us at CCE Sullivan, thank you for dedicating your time, skills, and enthusiasm to our programs. You make Sullivan County an even better place to live and work.”

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

–Margaret Mead
John Hauschild
Lee Hartwell
Eunice Hartling
Susan Hamlin
Edison Guzman
William Griesbeck
Barbara & Kevin Gref
Isaac Green Diebboll
Eric Goldstein
Kyle Giminiani
Danielle Gaebel
Denise Frangipane
Jason Foscolo
Chantal Forger
Lisa Flynn
Pam Fisk
Elaine Finkle
Charlene Finerty
Eliane Finkle
Amy Heinze
Pam Henning
Herman Herbert
Beverly Heene
The Hasinger Family
Elizabeth Higgins
Jill Holland
Joan Howard
Janet Hubert
George Hudler
Dan Hunt
Tracey Jean Isreal
Harad & Eileen Isseroff
Heather Jackey
Cheryl Johnstone
Pat Karshash
Jonathan Kaufman
Timothy Kautz
The Keya Family
Roger Kimmes
Kailyn Klein
John Kline
Donald Klinger
Dr. Megan Knoel, DVM-CVS
Tannis Kovalichuk
Amanda Langseder
Rose-Marie Lee
Suzanne Lenzian
Sonnie & Barry Low
Marjorie Lanko
Ashley Luckey
Craig Luckey
Tom McCormick
Jim & Nancy McLauren
Jerry & Linda Monaghan
Kiran Monaghan
Carol Montana
Dennis Muthig
Sorbyy Muthig
Earl & Marion Myers
The Nikolados Family
Joseph Nebebsky
John Poldiak
Glenn Pontier
Ashley Frouy
Diane Provost
Blaine Raddish
Linda Reik
Sullivan Renaissance
Lori Rivenburgh
David Rosenberg
Sandie Rowland
Nicoleta LaMarca Bacco
Mike Sakell
Yvonne Santiago
Wada Saitoh
Jonathan Schelker
Dr. David Schwab
Tami Shaver
Michael J. Sherwood
Matt Shortall
Gerald & Rosemary Skoda
Dana Smith
Carol Smythe
Reilly Soller
Alan Sorenson
Gary Sparago
Fred Stabbert III
George Stang
Dr. tatiana Stanton
Sheri Steinheiser
Steven & Jeanne Stellman
Mary Stimson
Norman & Mary Ellen Sutherland
Janet Syvertsen
Dana Taylor
Charyu TerBush
Rich Toebie
Ryan Trapani
Sarah Ungeisler
Dennis & Bernadine Wasicko
Lindsay Wilcox
Peter E. Wilken
Donna Willi
Ken Wise
Ed Wolff
A&E Advertising & Web Design
Aaron Burr Cidery
AARR Tax Aid Volunteer Program
Action Toward Independence
Ag & Farmland Protection Board
Albany Law School Rural Law Initiative
Alzheimer's Association of the Hudson Valley
American Heart Association
Apple Pond Farm & Renewable Energy
Art Salmonon Fishing Guide
Associated Mutual
Barryville Farmers Market
Bashakill Vineyard
BeaverDam Brook Farms
Beaukeeper's Association of Sullivan County
Benjamin Cosar Elementary School
Bernisa Family Farm
Bernis's Holiday Restaurant
Bethel Creamery
Bethel Woods Center for the Arts
Body, Mind, & Spirit Wellness Center
Bold Gold Media Group
Boys & Girls Club of Wallkill, Inc.
Brey's Egg Farm
Brian Brustman Land Services
Calico Goose Quilting Guild
Catskill Edible Garden Project
Catskill Fly Fishing Center & Museum
Catskill Forest Association
Catskill Mountain Sugar House
Catskill Mountainkeeper
Catskill Regional Medical Center
Catskill Sales Associates
Catskill Veterinary Services
CCE Orange
CCE Ulster
Center for Healthcare Development
Cabinet Inventory Marketing
Charlie Barbott Furniture Mall
Child Protective Services
Chamber Council
Cochecton Mills
Cooper Arias LLC CPA's
Cornell Small Farms
County of Sullivan
Cunningham Family Farms
Daniel Pierce Library
Deer Central Maple Syrup
Delaware Highlands Conservancy
Delaware Valley Farm & Garden
Demann Construction
Diana Weiner Horticulture Consultant
Diehl Me in Performance Horses, LLC
Don't Dairy Supply
Downstate Farming Cooperative
Dr. Nebebsky, DVM
Drop-Back Guide Service
E.B. Crawford Public Library
Eastern NY Horticulture Program
Eat Smart NY of the HV
Evergreen Community Center
Fallsburg Central School District
Farm Commons
Farm Service Agency
Fidelia Charters
Fine Mountain Kitchen
First Presbyterian Church of Libearty
Fisher Farms
Furnaceville Cheese
Fosterdale Equipment
Friends of the Walnut Mountain
Front Valley Electrical Co-Op
Gallery at the Lakes
Garden Creations
Gerry Foundation
Gerry Orchard
Gorzynski Ornery Farm
Governor Andrew Cuomo
Gramercy Estates
HealthLink NY
Hilly Acres Farm
Hosler Log & lumber
Home Depot
Hope Farm
Hudson Valley Agricultural Dev Corp.
Hudson Valley Cheese
Ideal Snacks Corp.
Independent Living
Jeff Bank
Jeff Junction
Jefnersonville Pharmacy
John Kline's Wood Wine Racks
John Story's Neversink Plant Company
John Wilcoo Greenhouse
Kohler Building & Building Materials, Inc.
Kriat Kelly Office Systems Corp.
Labarbaq BBQ Sauce
Law Office of William H Chells PC
Lary Food Service
Liberty Ellis Lodge
Liberty Farmers Market
Liberty Office for the Aging
Local Real Estate
SC SCORE
SC Visitor's Association
SC Youth Bureau
Schmidt's Wholesale
Smith & Sons Livestock
Somewhere in Time Farm
Sprouting Dreams Farm
Stone Ridge Farm
Stoneraw Farms
Sullivan 180
Sullivan Agencies Leading Together (SALT)
Sullivan Alliance for Sustainable Development
Sullivan BOCES
Sullivan BOCES White Sulphur Springs School
Sullivan NYTConnect
SUNY Sullivan
Superior Surfacing Systems, LTD
Syd London Photography
The Bake House
The Clair Inn and Cafe
The Food Law Firm
The Friendly Messenger
Thunder 102
Thunder View Farms
Times Herald Record
Town of Bethel
Town of Callicoon
Town of Coopchton
Town of Delaware
Town of Fremont
Town of Mamakating
Town of Neversink
Town of Rockland
Tractor Supply Co.
Trailerkeep.org
United Way of Sullivan County
US Department of Agriculture
Victoria Ingrassia Catering
Vila Roma Resort & Conference Center
Winton Woods
WJFF Radio Catskill
Yiasou Café
Youngville Firefighters
Youngville Veterinary Clinic
Contributors, Sponsors, Donors
SC Department of Family Services
SC Department of Health
SC Division of Planning & Community Development
SC Farm Bureau
SC Farm Network
SC Head Start
SCHour Exchange
SC Industrial Development Agency
SC Legislative
SC Office for Sustainability
SC Office for the Aging
SC Real Property
SC YOUTH CENTER