2016 Annual Report

LOCAL FOCUS

Cornell University Cooperative Extension Sullivan County
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NECESSARY BUSINESS

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Page 6-13..........................7 Featured Stories from 2016
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LOCALLY FOCUSED
Cornell Cooperative Extension Sullivan County is here to connect ALL of US to research-based resources.
LETTER FROM THE CCE SULLIVAN PRESIDENT

On December 7, 2016 Cornell Cooperative Extension Sullivan County held its 102nd Annual Meeting. Although the crowd was not as robust as back in the day, the meeting was a great success! Keynote speaker and New York State 4-H Director Dr. Andy Turner shared the history, mission, and vision of Extension’s 4-H Youth Development program, along with real life stories of how 4-H has affected youth across the state. The 4-H Youth Development program recognizes the not-so-simple challenges our kids face today, and is working hard to engage a more diverse group of young people. Youth today have many more challenges and obstacles to overcome than they did 102 years ago, and Extension’s focus on science, technology, engineering, math, healthy living, citizenship, and agriculture and food systems is still preparing our future leaders! In 2016 alone, CCE Sullivan’s 4-H Youth Development program enrolled 278 youth, who completed 410 projects in all those areas!

In a world of text messaging, social media, and acronyms, the 4-H Youth Development program still includes a public speaking component. This year, 117 4-H’ers participated in the annual county level Public Presentations event, with many advancing to the district level, and one 4-H’er placing 6th in all of New York State.

The even better news is that the 4-H Youth Development program is only one of the programs Cornell Cooperative Extension provides. Several grants and contracts support Extension programming in the areas of Agriculture and Food Systems, Environment and Natural Resources, Community and Economic Vitality, and Nutrition and Healthy Families. We projected that these grants would increase the number of community contacts by 25% in 2016. In reality, CCE Sullivan increased its contacts by 80% since 2015. 90% of those participants reported that participation in Extension workshops, activities, and events provided them with useful tools and skills to improve their economic, ecological, and social well-being.

We have many community friends and partners that contribute to our successes; and for those we are grateful. Our vision is for every farmer, family, young person, and resident in Sullivan County to have a relationship and a resource in CCE. I believe we are on a steady path to see that vision come to fruition.

We look forward to the continuation of sharing the harvest of Cornell Cooperative Extension Sullivan County’s successes with everyone in Sullivan County in 2017!

Warm Regards,

Donna Willi, Board President
A CLOSER LOOK AT CCE SULLIVAN

OUR MISSION AND VISION, PLUS KEY FACTS FROM 2016

OUR MISSION

Local Experience Combined with Research-Based Solutions

CCE Sullivan puts knowledge to work in pursuit of economic vitality, ecological sustainability, and social wellbeing. We bring local experience and research based solutions together, helping Sullivan County families and communities thrive in our rapidly changing world.

OUR VISION

Making Connections to Better Serve Our Diverse Population

CCE Sullivan will be a gateway to knowledge, life skills, and experiences for better living. We will bring together and partner with government, business, and community based groups to serve all residents and visitors of Sullivan County. CCE Sullivan will continue to evolve to meet the changing needs of the county and its diverse population by employing the latest technology, research based education, and highly trained professional staff.

OUR CORE VALUES

Education
Collaboration
Accountability
Responsiveness
Inclusiveness

2016 SOURCES OF SUPPORT

- 46% State
- 26% County
- 12% Grants, Program Participation, Fundraising, and Other Income
- 11% County Contracts Including State & Federal Reimbursed Programs
- 5% Federal

- 31% Nutrition and Healthy Families
- 27% Ag and Food Systems; Environment and Natural Resources
- 20% Youth and Families
- 9% Administration
- 7% Community and Economic Vitality
- 5% Facilities
- 1% Fundraising

2016 ESTIMATED SUPPORT ALLOCATION

Jan.-Jun. 2015
166
201
19
11
3,545

Percent Increases
+97% Volunteers
+85% Workshops/Events/Activities
+63% Farm Visits
+154% Coalitions/Workgroup Participation
+90% Duplicated Contacts

328
375
30
28
6,748
## PROGRAM FOCUS AREAS

- Environment and Natural Resources
- Ag and Food Systems
- Community and Economic Vitality
- Youth and Family Development
- Nutrition and Healthy Families

#### Federal Smith Lever
- Amount: $10,000
- Dates: Oct 1 ’15-Sep 30 ’16
- Details: General

#### NYS County Law 224 Funds
- Amount: $80,321
- Dates: Apr 1 ’15-Mar 31 ’16
- Details: General

#### Combined Federal & State Funding
- Amount: $43,000
- Dates: Apr 1 ’15-Mar 31 ’16
- Details: Caregiver Resource Center

#### Sullivan County Dept. of Planning
- Amount: $25,000
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: Ag & Farmland Protection Plan

#### Sullivan County Dept. of Planning
- Amount: $55,000
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: Ag Business Retention and Expansion

#### SUNY
- Amount: $246,000
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: Fringe Benefits

#### NYS Ag & Markets
- Amount: $1,000
- Dates: Jan 1 ’15-Dec 31 ’15
- Details: Crop Insurance & Pest Management

#### NYS Dept. of Health
- Amount: $249,721
- Dates: Oct 1 ’16-Sep 30 ’17
- Details: Creating Healthy Schools & Communities

#### US Department of Agriculture
- Amount: $36,000
- Dates: Sep 1 ’15-Aug 31 ’16
- Details: Sullivan County Farm to Institution Planning Project

#### USDA/Sullivan County Dept. of Planning
- Amount: $94,000
- Dates: Oct 1 ’15-Sep 30 ’17
- Details: Local Food Promotion Program: Catskills Kitchen

#### NYSERDA & Cornell University
- Amount: $21,000
- Dates: Oct 1 ’15-Sep 30 ’17
- Details: Farmers’ Market Promotion Program

#### CCE Columbia & Greene Counties
- Amount: $1,500
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: EmPower NY: Save Energy, Save Dollars

#### Cornell University
- Amount: $1,500
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: CRISP: Early Detection of Invasive Species

#### Cornell University
- Amount: $2,850
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: Engaging Immigrant Youth in 4-H

#### Sullivan Renaissance
- Amount: $18,000
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: Multiple Initiatives

#### Cornell University
- Amount: $7,000
- Dates: May 1 ’16-Sep 30 ’16
- Details: Engaged Cornell

#### Professional Dairy Producers Foundation
- Amount: $1,000
- Dates: Jun 29 ’16-May 1 ’17
- Details: Dairy Discussion Groups

#### Sullivan County Center for Workforce Development
- Amount: $8,200
- Dates: Jul 1 ’16-Jun 30 ’17
- Details: Financial and Leadership Education for Youth

#### Sullivan County Youth Bureau
- Amount: $4,000
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: 4-H Youth Development Program

#### National Rifle Association
- Amount: $7,000
- Dates: Jan 1 ’16-Dec 31 ’16
- Details: 4-H Shooting Sports Equipment Grant

#### Sullivan County Plans & Progress Grant
- Amount: $9,000
- Dates: Aug 1 ’16-Dec 31 ’16
- Details: Municipal Right to Farm Signage

### NEW 2016 PROGRAMS
- Eat Smart New York
- Creating Healthy Schools & Communities
- Ag Business Retention & Expansion
- Local Food Promotion Project
- Farmers’ Market Promotion Project
- Farm to Institution Planning Project
- Alzheimer’s Association Caregiver Support
- Community Energy & Consumer Education

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SALAD BARS IN LOCAL SCHOOLS
NUTRITION AND HEALTHY FAMILIES

THE NEED
Address Poor Health among Sullivan County’s Children
In Sullivan County, 38.5% of all children from pre-kindergarten to tenth grade are either overweight or obese. In addition, Sullivan County was ranked 61 out of 62 counties in New York State by the Robert Woods Johnson Foundation Community Health Ranking report. There is a high poverty rate in the Liberty, Fallsburg, and Monticello school districts - with over half of the students qualifying for free or reduced lunches.

School-Based Kitchens Face Challenges with Fresh Produce
While school districts met the federal US Department of Agriculture (USDA) baseline foodservice standards, they lacked the equipment and operational procedures needed to integrate fresh produce into school-based lunches.

THE RESPONSE
Improve Student and Staff Access to Fresh Fruits and Vegetables
Upon learning that kitchen staff had trouble storing, preparing, and serving fresh produce in school lunch rooms, CCE staff worked with food service directors to identify equipment to help overcome those challenges. Through the New York State Department of Health (DOH) Creating Healthy Schools and Communities (CHSC) initiative, CCE Sullivan provided salad bar equipment to every school in the Liberty, Fallsburg, and Monticello School Districts plus Sullivan BOCES, reaching more than 5,000 children.

BY THE NUMBERS
9 Buildings in 3 School Districts and BOCES in Sullivan County Offering Salad Bars
2 New Salad Bars at Liberty through Independent Grants/Funding
Over 5,000 Students Now Receiving Healthier Lunches
THE IMPACT

More Nutritious Food Integrated Into School-Based Lunches

In addition to increasing access to fresh fruits and vegetables for thousands of students and faculty during the school day, CCE Sullivan was able to offer the salad bars as a partnership incentive to kick off additional health, nutrition, and wellness related programs and activities. CCE Sullivan is partnering with Sullivan BOCES and Eat Smart New York to roll out training for school-based kitchen staff to maximize the new salad bar equipment.

Local Schools Expanding Their Individual Salad Bar Programs

All three school districts and BOCES are actively working on product placement and signage after receiving Smarter Lunchroom training and ongoing technical assistance from CCE Sullivan. Districts are teaching students to grow their own produce through the Catskill Edible School Garden project with Sullivan Renaissance, Catskill Mountainkeeper, and CCE Sullivan. It’s full circle hands-on learning for all!

“I can’t think of a better way to connect kids to food than teaching them to grow it, and then getting it on their tray every day!”

-Sullivan Co. BOCES

In Partnership with:

[Image: New York State creating Healthy Schools and Communities in Sullivan County]
THE CATSKILLS KITCHEN
COMMUNITY AND ECONOMIC VITALITY

THE NEED
Lack of Resources to Support Food Entrepreneurs
Current and aspiring small business owners and food entrepreneurs lacked access to a commercial kitchen space in Sullivan County that met the NYS DOH and Ag & Markets requirements for food processing and production. They also sought support resources for getting their product to market.

THE RESPONSE
Dedicated Space and Services for Food-Based Businesses
In response to demand from farmers and community members, CCE Sullivan built a shared use commercial kitchen, which opened in 2015. Potential users quickly realized that entering the food business was not as simple as whipping up a jar of sauce and placing it on supermarket shelves. CCE Sullivan applied for a Local Food Promotion Program grant from the USDA and developed a comprehensive entrepreneurial and teaching food business incubator kitchen. Now called the Catskills Kitchen: A Food Business Incubator, the program guides entrepreneurs through the basics of starting a business and navigating the highly complex regulatory environment needed to safely get products to market.

THE IMPACT
Ongoing Support for over 60 Entrepreneurs, 8 New Businesses
Since the Catskills Kitchen was launched, a dozen workshops have been offered. To complement the workshops, individual technical assistance has been provided to more than 60 individuals over the program year. Eight small food businesses were started, incubated, and continue to expand in the Catskills Kitchen. Interest has been growing, with CCE Sullivan responding to several inquiries each month.

BY THE NUMBERS
60 Food Business Entrepreneurs Receiving Training and Assistance
8 Small Businesses Launched and Now Run from the Catskills Kitchen
12 Workshops Hosted

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THE NEED
*Racial Disparities in the Poverty Rate*
While the rate of those living below the poverty line is 18% for the general Sullivan County population, the poverty rate is 26% for Hispanics and Latinos, and 34.5% for African Americans. Poverty especially impacts children, with 26% of Sullivan County youth below the poverty line.

THE RESPONSE
*Financially Empowering People of Color through Education*
CCE Sullivan launched the Financial and Consumer Education Program in 2016, aimed at empowering the populations most severely impacted by poverty: low-income Latinos and African Americans. To maximize efforts, CCE Sullivan partnered with BOCES Adult Education ESL, Center for Workforce Development, and the Monticello Housing Authority. Because nearly one of every 6 Sullivan County residents speaks Spanish, partners ensured instruction was translated into Spanish when needed. The program consists of multi-part series or stand-alone workshops. Sessions cover budgeting and developing a family spending plan, understanding credit, how to build and monitor credit, and paying down debt. Participants received resources and strategies to implement at home.

THE IMPACT
*Newly Formed Partnerships with Underserved Populations and the Organizations Who Serve Them*
Dozens of new community members from underserved populations were introduced to CCE Sullivan, widening and diversifying the organization’s reach and the community’s opportunity to access trusted resources. Both youth and adults gained real-world skills to live a financially healthier life: some were finally able to check their credit score for the first time.

In addition, CCE Sullivan reinforced existing relationships with community-based organizational partners. Together, the organizations can leverage each other’s strengths to better serve the diverse population of Sullivan County.

**BY THE NUMBERS**
- 25 Workshops
- 8 Sites
- 515 Participants
THE NEED
*Reducing the Risk of Falls for Seniors*
According to the US Center for Disease Control and Prevention (CDC), one in three adults over the age of 65 falls each year.

THE RESPONSE
*A Proactive Approach to Improving Senior Health and Wellness*
To improve quality of life for seniors while reducing their fall risk, the CCE Sullivan Caregiver Resource Center (CRC) launched a series of tai chi classes. Why tai chi? A recent review of 111 randomized trials involving over 55,000 subjects singled out tai chi as an effective exercise to prevent falls. With regular practice, tai chi improves balance, calmness and confidence in not falling. Thus, this evidence-based program supports overall wellness and prevention for Sullivan County residents.

THE IMPACT
*Seniors Got Serious about Fall Prevention*
Two classes of tai chi practitioners graduated in late September. Three cohorts of tai chi practitioners graduated in late September after eight twice-weekly sessions. The groups learned the six basic “sun” style tai chi movements. Twenty three graduates based out of the Bethel Senior Center, Mamakating Senior Center, and Extension Education Center used these gentle and graceful exercises to improve their balance, strengthen their muscles, and improve their coordination.
THE NEED
*The Need for a Global Perspective*
As a rural community, Sullivan County is geographically isolated from metro areas where youth and families would otherwise regularly interact with those from other countries and cultures.

THE RESPONSE
*Building Cross-Continental Bonds*
Members of CCE Sullivan’s 4-H Puppy Pals club said “Konnichiwa” to being a host family for a high school student visiting from Japan. Through the States’ 4-H International Exchange Program (S4-H), the Winters family of Sullivan County volunteered to welcome Einoshin Noguchi into their home for 4 weeks this summer. Einoshin experienced life as a child in rural Sullivan County, enjoying swimming, biking, camping, and volunteering at the Sullivan County Youth Fair in August. In turn, the host family learned, firsthand, about Japanese culture.

The S4-H International Exchange Program involves global citizenship and cultural immersion programming for 4-H aged youth. S4-H programs focus on life skill development, including communication, tolerance, respect for others, and engaged citizenship. S4-H places students between the ages of 10 and 16 from Japan, Korea, and Eurasia.

THE IMPACT
*Sparking More Interest for International Programs*
After the success of Einoshin’s visit, CCE Sullivan is now building on the S4-H program and the annual 4-H International Night by kicking off a new We Connect Global Citizenship Program. The new program will be offered monthly at various sites across the county and will connect local youth to Sullivan County residents from other countries. The monthly events will use food, music, and interactive talks to increase understanding and an appreciation of the diversity of Sullivan County.
THE NEED

*Summer Science and Nutrition Education*

Without the daily demand of school, summer can slow down learning for youth. At the same time, inactivity and poor diet are contributing to 38.5% of all Sullivan County children from pre-kindergarten to tenth grade being either overweight or obese.

THE RESPONSE

*Outdoor Experiential Learning Series*

CCE Sullivan’s Master Gardener Volunteer and Community Horticulture programs launched the summer Junior Master Gardener Series. The series featured four classes that connected children with the life cycle of fruits and vegetables, from ground to belly. Students learned about garden insects and composting, grew a variety of veggies and herbs, and used the harvest to create healthy meals for home.

THE IMPACT

*Inspiring Lifelong Love of the Garden and Healthy Eats*

The Junior Master Gardener Series empowered children to grow and prepare their own food, and gain a greater understanding and appreciation for natural resources.
THE NEED

Ensure Agriculture is a Legislative Priority for Elected Officials

There was a large group of newly elected officials in 2016, with varying levels of knowledge regarding local agricultural needs, issues, and impact. With the economic value of local agricultural products in Sullivan County well over the $27 million estimated by the last Ag Census, CCE Sullivan wanted to ensure local decision makers were empowered with a clear understanding of local agriculture’s diversity, vitality, challenges, and viability.

THE RESPONSE

An Immersive Experience at Four Local Farms

The CCE Sullivan Ag and Food Systems Team Leader organized a farm bus tour for elected officials. The selected farms represented Sullivan County’s largest agricultural economic contributors (maple, dairy, vegetable, and poultry). Throughout the tour, CCE Sullivan staff, committee members, and farmers presented key points related to area farms, labor, taxes, infrastructure, and the scope of farming in Sullivan County.

THE IMPACT

A Clear Picture of Agriculture in Sullivan County

The farm tour reached 22 decision makers from the legislature, farming community, agricultural businesses, and Sullivan County. All 22 leaders saw firsthand how farms in Sullivan County impact the economy, and gained awareness of issues facing today’s farms.

BY THE NUMBERS

22 Legislators and Community Stakeholders
4 Farms Toured (Maple, Dairy, Vegetable, Poultry)
THANKS TO OUR TEAM OF VOLUNTEERS...
CCE SULLIVAN APPRECIATES YOUR ENERGY AND ENTHUSIASM

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Karen Mariner
Obed & Lilina Lima
Wendy Tushak

CCESC COMMUNITY GROUPS
Bethelites
Calico Geese Quilters
Fremont Bluebirds
Liberty Belles
Youngsville Firecrackers
WE ARE GRATEFUL FOR YOUR DEDICATION

4-H PROJECT
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AND GENERAL
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Amy Sykes
April Kackos
Arnie Cherubino
Barbara Moran
Barbara Olsen
Barbara Watson
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Action Toward Independence
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Agriculture Task Force
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Alzheimer’s Association
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Angel Heart
Apple Pond Farm & Renewable Energy
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Bashakill Vineyards
Beaver Dam Brook
Bernie’s Holiday Restaurant
Bethel Creamery
Bethel Woods Center for the Arts
Bob Eddings
Body, Mind, & Spirit Wellness Center
Bonnie & Barry Lewis
Bonnie Makofsky
Boise Livestock
Boy & Girls Club of Orange & Sullivan Counties
Brenda Godert
Bradford Renaissance Portraits
Brew
Brey Egg Farm
Brian Brustman
Calico Geese Quilter’s Guild
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Catskill Fly Fishing Center & Museum
Catskill Forest Association
Catskill Hudson Bank
Catskill Mountain Sugar House
Catskill Mountainkeeper
Catskill Regional Invasive Species Partnership
Catskill Veterinary Services
Catskill Watershed Corporation
CCE Greene-Columbia
CCE Orange

CCE Ulster
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Eureka Café
Fallsburg Central School District
Fallsburg Library
Farm Net
Farm Service Agency
Friends of the Mamakating Library
Frost Valley YMCA
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Gina Towne
Glenn & Ari Pontier
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Gourdamentals
Grahamsville Fire Department
Halloran Farm
Hannah Corbett
Hestia’s Garden
Hofer Log & Lumber
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Nicole Slevin
Northern Farmhouse Pasta

NY DEP
NY Jets
NY Rangers
NY Rifle & Pistol Association
NYS 4-H
NYS Ag & Markets
NYS DEC
NYS EPIC
NYSERDA
Old Homestead Bread Company
Pat Kardash
Patricia Kirschbaum
Paul Dennino
Pazdar Winery
Penny & Dick Coome
Phil Vallone
Philip & Carolyn Coome
Pilar Parra
Priscilla Bassett
Professional Women of Sullivan County
Rebecca & Tara VanHorn
Richard Schulman
Richard Sheldon
River Reporter
Robert Byron- Lockwood & Herb Clark
Rock Hill Business Association
Rolling V Company
Rondout/Neversink Stream Program
Roscoe-Rockland Garden Club
Rose Siano
Rotary Club of Monticello
Rubin Livestock Services
Ryan Trapani
S.C.O.R.E.
Sally & Jack Abrams
Samuel Rogers and Ms. B.
Sandra Gerry
Sandra Repp
SC Adult Care Center
SC Center for Workforce Development
SC Chamber of Commerce
SC Conservation Club
SC Democrat
SC Division of Planning & Environmental Management
SC Farm Bureau
SC Friends of NRA
SC Friends with Firearms
SC Industrial Development Agency
SC Long Beards

SC Office for the Aging
SC Park & Recreation
SC Partnership
SC Public Health
SC Real Property
SC Rifle & Pistol Association
SC Sheriff’s Office
SC Visitor’s Association
Skoda Enterprises Inc
Smith & Son’s Livestock
Smith Family
Soil & Water Conservation District
Solarize Sullivan
Sportsman’s Den
SR Bilingual Advisory Committee
Stacey Cohen
Stan Ehrenberg Photography
Steve Gottlieb
Steven Mogel, Attorney at Law
Stone Ridge Farm
Stone Wall Farms
Story’s Neversink Plant Company
Sue Bazzel
SueAnn & Richard Boyd
Sullivan Alliance for Sustainable Development
Sullivan BOCES
Sullivan Renaissance (SR)
Susan Straus
Ted Polny
Terry Finch
Thompson Education Center
Thunder 102
Thunder View Farms
Times Herald Record
Tonjes Farm
Tractor Supply Co.
Tri Valley FFA
Tusten Heritage Community Garden
USO Holstein Club
Vanessa Lescano
Victoria Ingrassia
W Design
Wayne Independent
Weiss Dairy Farm
Welsh Cabin
Willow Baum
Winterton Farms
WJFF Radio Catskill
WSUL/WVOS
Yiasou Café