Cornell Cooperative Extension
Tioga County
Dear Friends of Cornell Cooperative Extension of Tioga County,

As we approach the end of another year, we take time to reflect on how our staff and volunteers have helped to make a difference in Tioga County. This report shares details and examples from our many educational programs which benefited more than 11,340 individuals directly between October 2016 and September 2017.

With the support of Tioga County, Cornell CCE Administration, several funders, and many community partners, our association staff and volunteers have continued to achieve our community education mission to improve the quality of life by “helping you putting knowledge to work.” With our help, local residents are Growing FOOD, Improving HEALTH, and Empowering YOUTH. Through the application of research and experience based educational programs, we strengthen and support gardening, agriculture, and our local FOOD system, we improve individual, family, and community HEALTH and well-being, and we provide YOUTH with opportunities to have fun, work and learn valuable life skills from caring adults.

The concept of Cooperative Extension was a good idea over 100 years ago. It is still a good one today. As you can see on the following pages, CCE Tioga is a great place to learn, to volunteer, and to GROW. I am proud to say that I am a part of this great organization and I thank all of our staff, Board Members, volunteers, partners, funders, and supporters who help make it all happen.

Sincerely,

Andrew G. Fagan, Executive Director

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Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and that provides equal program and employment opportunities.
Program Goals: To support the economic viability of farms in Tioga County by providing research-based technical assistance, workshops and trainings, and coordination among local organizations and agencies serving agriculture.

Our Team: Margaret Ball and Barb Neal with help from South Central NY Dairy and Field Crops Team

Summer Interns: Sarah Hollenbeck and Sydney Jewell

Oct 2016 to Sept 2017 – Program Highlights

More than 1,070 individuals benefited directly from our Ag programs between Oct 2016 & Sept 2017

- 84 people received technical assistance or referrals upon request
- 25 people attended “Leasing Your Land for Farming or Solar Production” workshop.
- 44 people attended workshops including Profitable Meat Marketing and Indigenous American Cropping Systems.
- 22 people attended a “Seed Swap” program where participants shared seeds and knowledge about varieties.
- Our staff facilitated the Tioga Ag Resource Group meetings, held numerous focused conversations with individuals and groups to discuss ways to further the goals of the Tioga County Ag and Farm-land Protection Plan.
- Our educator went out and about the county meeting with individual farmers, Tioga Farm Bureau, and many community partners in an effort to better understand the needs of agriculture as well as resources available.
- 4 women attended a Women in Ag Discussion Group focused in preparing business plans.
- The “Our Farms; Our Stories” film was viewed by 11 students at Owego High School.
- 600+ people received the info-packed monthly Farm & Garden Newsletter, with new sections on Ag Economics & Marketing, Ag Production & Management, Horticulture, and Homesteading.
- We monitored for Spotted Wing Drosophila at 3 berry farms over the growing season and shared the results with the NYS IPM program.
- Our CCE educator and two summer interns setup displays and offered activities at Tioga County Fair
• Many CCE staff helped organize as well as set up displays and/or activities at the annual “Sundaes At the Farm” which attracted over 700 people to Tri-K Farm.

• 25 people attended a workshop on “Indigenous American Cropping Systems” held in partnership with the Tioga County Museum.

• 8 participants of the “Farm to Plate” conference hosted by Groundswell toured Tioga County farms.

• A participant of CCE’s Farming 101 Class was referred to a local dairy that is offering a “Dairy Grazing Apprenticeship” in our county.

• Our ag program participated in meetings and planning for a number of regional grants to enhance agricultural opportunities, including “NY Grown and Certified” and “Finger Lakes Farm Count; Agritourism” grant.

• In response to questions from growers, our educator organized a visit to four county farms by Cornell Professor Marvin Pritts and 8 Cornell students to look at and address issues on the farms.

• Our educator provided support for the new “Tioga County Ag and Arts Trail” in partnership with the Tioga County Arts Council and Tioga County Tourism.

• We increased our efforts to communicate the economic value of Tioga County Agriculture. Information was shared in the Chamber of Commerce e-mail newsletter, on WEBO radio, and at a meeting of Tioga County Legislators.

• 20 people attended a “Pasture Walk” at Marvin Moyer’s farm in July.

Our 16th Annual event was a success with 200 people attending trackside at Tioga Downs.

Fresh produce and meats were obtained from 23 Tioga County farmers/growers and made into a wonderful buffet by Tioga Downs dining staff under the direction of Chef Keenan Brown.

Four local restaurants made six delicious desserts. Local flowers, pumpkins and gourds adorned the tables from four Tioga County sources.

The Tioga County Dairy court was in attendance and handed out cheese samples and served punch.

Local wines and craft brews were available for tasting and PhillipsHead provided the music.

The “Run for Funds” was a fundraising drive for all of the programs in Cornell Cooperative Extension Tioga County. The goal of the derby was to watch the programs compete and move closer toward their fundraising goals on our derby board! It ran from August until the Annual Meeting in December including a special presentation at the Taste of Tioga-Farm to Feast Event.
2017 Program Highlights:

**Predicting Timing of First Cutting** - for the third year in a row, the Team focused every Tuesday in the month of May on measuring alfalfa heights as a predictor of quality for the first cutting haylage. Fields in all six counties within the team’s region were measured. First Cutting is important as it is the highest yielding of the summer’s 3-5 hay harvests. On average ⅓ to ⅔ of the total yield is represented in first cutting. Harvesting high quality forage is one of the most important things a dairy farmer can do to keep their feed costs under control. Feed costs can approach 60% of expenses on dairy farms.

**Peer-to-Peer Learning** – In response to requests from Tioga County area producers, the discussion groups held there in the past morphed into Small Group Learning Sessions. Producers were able to bring forage reports, diet summaries, herd records and more to more deeply understand their business. The first session focused on herd records and what numbers to pay attention to in order to impact profitability. The second session focused on nutrition and what questions producers should be asking their nutritionist. The third and final session focused on important documents and agreements that producers should have in place to protect their assets. In total, fourteen producers attended the three workshops.

Three meetings were held at the Candor fire hall from January to March. Topics covered included: the ins and outs of using QuickBooks, timing of mechanical weed control, and efficient use of grazing planning charts.
More than 4,670 individuals benefited directly from our 4-H program between Oct 2016 and Sept 2017.

4-H engages youth in projects that allow them to pursue areas of interest to them, while building skills that are crucial to being successful, engaged citizens. Youth share their stories along with a record book that documents the work, learning, and progress made in their project area. Positive Youth Development learning goes beyond the classroom, to the home, community and the career field.

Based on research, Youth that participate in 4-H are:

- 4 times more likely to make contributions to their communities.
- 2 times more likely to be civically active.
- 2-3 times more likely to participate in Science programs
- 2 times more likely to make healthy choices.

In the 2016-17 year, 108 youth enrolled in 4-H through the club program, with 20 youth that participated in 4-H STEM Days programs, and over 1000 youth participated in programs at sites such as libraries, schools, and community events.

4-H members participated in many events including: Public Presentations, animal knowledge contests, clinics, community service, leadership activities, Tioga County and New York State Fair, and learning opportunities at Cornell University.

Program Goal: Provide opportunities for youth to have fun, learn life skills, and work with caring adults to foster the 5 C’s of positive youth development -- competence, confidence, character, connection, and caring.

Our Team: Melissa Watkins and Jody Tatich
Summer Intern: Erin Fagan
Thank you to all of our 4-H club leaders and volunteers.

Here is what a few 4-H Youth had to say about their experiences in 2016-17:

- “I am very happy to be a 4-Her. In college, I plan to study Environmental Conservation Law Enforcement... I plan on using the love of animals and nature and my 4-H experience in my field of study”
- “My experiences with the County Fair this year were amazing. I never knew you could learn so much in one week! “

Youth were able to engage in hands-on learning that connected them to skills and career fields, such as science, engineering, veterinary science, agriculture, entrepreneurship, foods, public speaking, and more.

Skills learned by 4-H members include: responsibility, confidence, leadership, problem solving, ethics, safety, communication, goal setting, record keeping, and stress management.
4-H STEM has been a major part of the Youth Development Program in Tioga County. Science, Technology, Engineering and Math program areas include: polymers, electricity, reactions, hydraulics, robotics, chromatography, aeronautics, veterinary science, and more.

Some 2017 STEM Programs included:
- Over 500 youth participated in 4-H STEM at the Strawberry Festival.
- 75 youth participated in 4-H STEM at Summer Programs in Berkshire, Newark Valley and Richford.
- 20 youth participated in 4-H Super STEM Days, featuring hands-on programs for a week. 
- 300 youth in grades pre-K through 6 participated in 4-H STEM Programs at the New York Thursdays event at Tioga Central.
- Three youth attended 4-H Career Explorations, a 3-Day event that allows youth in grades 8-11 the chance to explore career paths, interact with faculty and students at Cornell University and have the opportunity to experience life at college. Areas included: Environmental Engineering, Computer Science, Veterinary Science, Ornithology, Medical Science, Chemistry, Communications and more.

The Tioga Co. 4-H Horse Program has maintained a steady youth population for several years. Due to highly qualified and caring volunteers that provide leadership, knowledge, learning experiences and excitement, the kids just keep coming back.

In the 4-H Horse Program a very high percentage of the members stay in 4-H until time to “age out”. The opportunities that are available to constantly improve skills is the catalyst for continued participation. Members spend years learning teamwork, communication skills, and performing under pressure which all become valuable tools for them when they move onto the next phase of their lives.

One of our younger members cites the adult volunteers that are her club leaders and instructors with her great success in the knowledge contests at the district and state levels. She says, “4-H is one of the best things that has ever happened to me. It taught me so much about sportsmanship, animal science, animal care, public speaking, and many other things. I love 4-H!”

As long as there are horses there will be horse kids!

Thank you to the collaborations with Lockheed Martin, Historic Owego Marketplace, and the 4-H Polymers project for helping to make these programs possible.
Community Horticulture

Program Goals: To provide the public with unbiased, research-based information and sustainable management practices in horticulture suitable for home gardens, local landscapes, urban environments and the community.

Our Team: Barb Neal and our Master Gardener Volunteers

Cornell Interns: Ellie Crowell and Hannah Fuller

- Our Cornell interns helped lead the planning and development of Tiger Farm, a school farm for Tioga Central School District and led a community conversation on the food system in the county.

Program Impacts:

- More than 1,921 individuals benefited directly from our MG program between Oct 2016 and Sept 2017.

- Trained fifteen volunteers to teach or mentor low-resource adults and children on how to grow their own vegetables.

- Built two Harvest Share free vegetable stands that allowed folks to augment their meals with free, healthy vegetables.

- Addressed the concerns of over 200 county residents in the proper management of pests and diseases in and around the home.

- Hosted two workshops on growing fruits and vegetables in high tunnels.

- Taught numerous workshops on gardening for the public, garden clubs, and environmental groups.

- Held workshops and classes throughout the county on growing your own vegetables.

- Built a community garden in Tioga Center and a small demonstration garden for the Berkshire Library.

- Trained new Master Gardeners through an innovative flipped classroom method.
CCE Tioga led many Seed to Supper activities in the county this year. Children from Owego, Berkshire, Nichols and Spencer were taught to grow and harvest their own vegetables. Children participating in the summer meals program got to pick beans, nibble on cucumbers and harvest garlic. Children in Spencer, Nichols and Berkshire participated in the fun.

An eight bed community garden was built in Tioga Center and Seed to Supper volunteers mentored families and Girl Scouts to be sure their gardens were successful.

Two Harvest Share free vegetable stands were placed in our community. One next to Tioga Rural Ministry and one in the Spencer Lions Club Community Garden. Folks with extra produce dropped off what they did not need, and folks who needed a bit more for dinner were able to take home fresh, healthy, free vegetables.

Classes for adults ranged from a lunchtime series for county employees to a garden-side series in Spencer to one-on-one mentoring in Waverly. In addition, we did a tomato planting for folks visiting Owego Mobile Food Pantry.

Tiger Farm, a four acre farm on Tioga Central School District property, grew over a ton of potatoes for their school, and held a wonderful school farm day to celebrate our farmers and the potato harvest.
Program Impacts:

- **More than 1,514 individuals benefited directly from our community programs between Oct 2016 and Sept 2017.**

- Our regional EatSmart NY nutrition educators conducted 62 direct and 45 indirect educational activities as well as 3 six week educational series reaching 1,376 people in Tioga County. Program sites included the Owego and Waverly Family Resource Centers, DSS Cash Assistance, Newark Valley Schools, Tioga County WIC, Waverly monthly feeding program, as well as community events such as the Tioga County Fair, NY Thursdays event in Tioga Center, and Touch-A-Truck.

- CCE Tioga helped facilitate monthly meetings of Neighbors Helping Neighbors. Volunteer organizations -CCNN, SIRS, and NTNN help an average 40 people per month, transporting them an average of 3,200 miles.

- CCE Tioga received a grant from the Rural Health Network of South Central NY to assist with their Mobility Management efforts. We facilitated 6 meetings of the Tioga Transportation Committee, created and distributed a survey, created an inventory of transportation options in Tioga County, and conducted 5 community educational sessions for DSS workers and nonprofit leaders, as well as the communities of Berkshire, Spencer, and Owego.

- CCE Tioga coordinates the Tioga Nonprofit Network which held meetings on March 1st, April 26th, June 28th, and Sept 27th with an average of 15 participants. Sessions focused on Communication, CFA grant writing, Transportation, and Volunteer Management. TCCN has established a Facebook page and members contribute regular articles to the Owego Pennysaver.

**Program goals:** Our EatSmartNY program provides nutrition education to help low income individuals improve eating habits and increase physical activity. We also work to support and/or bring leaders together to help address community needs, including Neighbors Helping Neighbors, Tioga Nonprofit Network, and Tioga Transportation Committee.

**Our Team:** Kelly White and Kathleen Cook from CCE Broome, and Andy Fagan, CCE Tioga

**Participant quote:** “I’m going to try this overnight oats idea since my daughter is liking it the way you’ve made it with the little oranges. I can get most of the ingredients on WIC, so that’s cool.”
Program Goals: To support the 5 Protective Factors known to prevent child abuse and neglect: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Supports in Times of Need, and Social and Emotional Competence of Children.

Our Team: Jackie Spencer, Erin Evans, Joan Shultz, Donna Gibson, Denise Hicks, Tina Hill, Tammy Campbell, and Pat Avery

Advisory Committee Members: Sarah DiNunzio, Liz Lynch, Sonja Foote, Hailey Hoffman, Kathy Latson, Rachel Craig, and Christina Olevano

Program Impacts:

- More than 1,056 individuals benefited directly from our Family Development program between Oct 2016 and Sept 2017.

- 181 adults and 232 children participated in Family Resource Center activities such as drop in play, parent-child activities and parenting workshops.

- 42 adults referred by Tioga County Child Protective Services participated in the Home Based Parenting Education program.

- 4 parents of children in Foster Care participated in monthly Reunification group classes.

- 6 youth in Foster Care participated in bi-monthly Independent Living Skills classes.

- 60 adults participated in professional development opportunities including Standards of Quality for Family Support and Strengthening certification.

- Touch a Truck held on May 6 brought in 113 Adults and 114. 40 volunteers supported the event.

- Family Resource Center staff provided activities for families at Tioga County Fair, Red Door Back to School Bash, Berkshire Library and Richford Kids Summer program.
Family Development Success Stories:

I have been going to the Family Resource Center since June 2009! My landlord told me about the center when I moved at 372 Broad Street July 2008! Took me a while to take my son, at the time he was 2, down to play. It benefitted myself and my son to get to know other parents and their children, and the workers, too. Not only did we get some fun out of it, Dakota got to socializing with other kids to start talking. I bring kids I watch to the center to play as well. I like to come down to just talk with the workers while my son is in school. Now I work here Thursdays since August 3, 2017. It gives me something to do outside of my home to make money. Other than what income I get monthly on the 1st that goes to rent, bills. I enjoy having a little extra income to get things we need. I also enjoy being around other parents and children.  

Tina Hill

For me the Family Resource Center was a great place to get out and do something different with my boys. I met new people and gained some new friends out of going there. It was also a place I could talk to someone about my parenting troubles and not be judged or feel all alone with the things I did struggle with. That really helped give me peace of mind with some things and not feel quite so guilty for whatever did happen.

The resource center was also a place I could gain some knowledge on parenting my boys and smart activities I could do with them to help them learn & grow their brains. Some of those things I have learned I am actually using in a class I teach for our homeschool group. All those little kids really love what I can come up with for them to do each week.

The Family Resource Center is a great place to go. I am truly grateful to have experienced what they have to offer, intentionally and unintentionally. I have gained so much from there. Knowledge, new parenting skills, and best of all some new friends.  

Denise Hicks

Jordan Colon recently finished the Incredible Years Home Based Parenting Education program. She is a single mother of one a son, Ayden, who is 2 years old. She was very interested throughout the program and always asked questions. She hardly ever missed a class and wanted to learn all that she could. She shared with me that she had a tough childhood herself and wanted to make a difference, not only for her own son, but for other children. One of her aspirations was to become a foster parent. Jordan was able to not only make it through the 15 homebased classes with me but also went through all the trainings with DSS to be able to reach her goal of being a foster parent. She said the Incredible Years parenting classes helped her with her own son Ayden and also made her more confident and ready for some of the problems that could arise with her foster care children that she will have in the future. Jordan also knows that she can reach out to me and I will help her in the future if she needs some advice on parenting. Jordan recently got her certificate to be a foster parent and is looking forward to this new journey in parenting.  

Educator: Erin Evans
Program Goals: To provide out of school young adults (18-24) assistance in career exploration and build their basic, work readiness and occupational skills to obtain employment, and strengthen the skill base of the Tioga County Workforce.

Our Educator: Lisa Weston-Bialy

Joe came to the WIOA program for assistance to earn his High School Equivalency diploma and to obtain employment. As a part of the WIOA program Joe earned his High School Equivalency Diploma, completed Work Readiness and Financial Literacy class and was placed in an Apprenticeship. When he completed the Apprenticeship, Joe was offered a permanent full-time position. The WIOA program provided Joe with safety goggles, rain attire, and work boots for employment purposes. Joe loves his job and the employer is very happy with his work.

Chelcie joined the WIOA program in April, she is a married mother of 2 who wanted to become a Phlebotomist. Chelcie completed the work readiness class financial literacy class. In addition, the WIOA program provided her with funding for Phlebotomy classes and the work uniform. Chelcie passed her National Phlebotomy Certification exam and began working for a local hospital in July 2017.
Program Goals: Educate the community on how to become more aware of the health and economic consequences of tobacco use, tobacco user rates, and exposure to second-hand smoke.

Our Educator: Cara Zampi

Program Impacts:

- More than 220 individuals benefited directly from our ATFC program between Oct 2016 and Sept 2017.
- Iron Kettle Farm signed a tobacco-free grounds policy.
- 2 youth from the Tioga Central HS were interviewed on WEBO News Radio.
- Village of Newark Valley passed a resolution that restricts smoking within 25’ of any municipal structure or play area/ball field including Trout Ponds Park.
- The Tobacco Free program hosted a Smoke free movie event at the Senators Hockey Game. 5 youth from Tioga County attended this event. Youth educated many game visitors about Smoking in movies.
- Participated in Healthily Heart Day at the Oakdale Mall. Tioga RC youth helped collect survey responses from mall visitors regarding the mall going tobacco-free last year.
- Attended Legislative Education Day in Albany and brought Tioga youth to meet with Senator Akshar and Assemblyman Crouch. Both Legislatures were educated on the tobacco control work being done in Broome & Tioga Counties.
- Held Kick Butts Day Event at Tioga Central High School and a total of 58 POS postcards were signed by students. Students were educated on tobacco marketing.
- Attended Coordinator Camp hosted by the Youth Engagement Alliance and the National Conference on Tobacco or Health in Austin, Texas.
- Educated 5,182 students and teachers at the Rumble Ponies Baseball Education Day about the manipulative practices of the tobacco industry. Handed out giveaways as an incentive for people visiting the table that played the game “What ingredients make up a cigarette?”

2 RC youth wrote a Letter to the Editor on tobacco imagery in movies and it was published in the Press & Sun Bulletin paper and on pressconnects.com.
OUR MISSION
Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability, and social well-being. We bring local experience and research based solutions together, helping New York State families and communities in our rapidly changing world.