2019 Annual Report
2020 Calendar
Message from Board President

On behalf of the Cornell Cooperative Extension Board of Directors and staff, we are pleased to present our 2019 Annual Report. Our 11 member Board of Directors is charged with overseeing the financials, policy, programs and personnel of our Association. Our goal is to deliver high-quality educational programs for our residents.

Cornell Cooperative Extension builds capacity through such efforts as our Shared Business Network. Eight County Associations have formed the Greater Capital Region Shared Business Network. This collaboration allows us to offer expertise in the areas of Finance, Human Relations and Instructional Technology. Regional programs such as Eastern New York Horticulture, further expands our programming efforts.

CCE Warren has again received a clean audit from Cornell on our 2018 Compliance and Financial Reviews.

Several events highlighted August at CCE Warren. The CCE Warren County Youth Fair was a great success involving our 4-H Youth and parents. Five 4-H Youth attended the State Fair and many local projects were exhibited in Syracuse. The 10th Annual CCE Golf Tournament at Cronin’s Golf Resort was the largest and most profitable fundraiser for the year.

The Board wishes to acknowledge the Warren County Supervisors for their ongoing support of our programs and events. In this economy, the residents of Warren County need our educational programs now more than ever.

Finally, I enjoy the very small role I play in providing the residents of Warren County the “quality of life” programs Extension offers.

Sincerely,

William Mason
Board President

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**December 2020**

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In 2019, we received 141 camp referrals from county contacts such as school systems, social services, and other sources. Out of the 141 referrals, 104 youth were able to attend. Warren County generously provides $25,000 annually and Cornell Cooperative Extension has raised over $5,240 from private donations. These funds allowed us to send 56 of these referrals to a week-long camping experience.

In addition to regular funding and Cornell Cooperative Extension fundraising efforts, Skye Farm’s management team was able to send an additional 48 campers to a week-long stay via a private donation totaling $23,760.

Thank You
Skye Farm Camp!

Message from Dr. James Seeley, Executive Director

In these times of limited resources, CCE Warren County makes every effort to stretch dollars to achieve the maximum return. We continue to search for funding sources to add programs to meet the growing needs of our community. Cornell Cooperative Extension of Warren County has joined with several partners getting grants that help us sustain our quality educational programs:

- **New York State Agriculture and Markets**- a second grant of $96,153 for Fair Infrastructure Improvements enabling us to connect utilities and add a commercial kitchen to our new Training Center.
- **New York State Ag and Markets**- a new grant for $93,582 for our “Farm to School” program. Twelve school districts are participating with the goal to increase fresh produce consumption in schools.
- **The Governor’s Traffic Safety Committee**- Funds our Bike Safety Programs taught in over 10 area schools reaching 900 youth.
- **The Walmart Youth Choice Grant**- Our educators work with Queensbury students in the “Spartan Strong” program teaching good nutrition to over 1200 students.
- **United Health Care Food Smart Families Grant**- funds our “Choose Health: Food, Fun and Fitness” programs to over 300 students in the Glens Falls and North Warren School Districts.

In conclusion, Cornell Cooperative Extension seeks to educate our youth and adults to a healthier and improved lifestyle. It is truly a privilege to be the Executive Director of this exemplary organization.

Respectfully yours,

Dr. James A. Seeley, Ed.D.
Executive Director
Who We Are
Nationwide, thousands of people in each state tap into their state’s land-grant university research to make sound confident decisions concerning family, home, business, finances, and the future. In New York State, the land-grant university is Cornell University.

The Cornell University Cooperative Extension network brings you the expertise of Cornell University, other land-grant universities across the country, locally-based Extension Educators, volunteers and other experts through such programs as: horticulture, youth and families, leadership, environment, food, nutrition & health, home environment, and financial management.

Cornell University Cooperative Extension offers educational programs supporting decision-makers and benefiting New Yorkers from all walks of life with university knowledge, research, and innovation.

Board of Directors
William Mason - President
Laura Conway - Vice President
Julie Pearl - Secretary
William Hamelin - Treasurer
Aimee Azaert
Daniel Bruno
Peter Benoit
Ed Griesmer
Jim Kneeshaw
David Strainer
Michael White

Extension Service Committee
Chair - Andrea Hogan
Jack Diamond
Ben Driscoll
Cynthia Hyde
William Loeb
Brad Magowan
Eugene Merlino
Matthew Simpson
Michael Wild

Staff
Dr. James Seeley, Executive Director
John Bowe, 4-H Team Coordinator/Assistant Director
Dan Carusone, Program Coordinator I
Marybeth Mitcham, Nutrition, Food Safety, and Healthy Living Resource Educator
Roxanne Westcott, 4-H & Family Living Subject Educator
Anne Mills, Farm to School Coordinator
Jessica Holmes, Master Gardener Coordinator
Amy Sabattis, Public Affairs Liaison
Michele Baker, Administrative Assistant
Chris Dittus, Administrative Assistant
Rand Fosdick, Maintenance

Regional Staff
Sharon Bellamy, Finance Manager
Laura McDermott, Vegetable & Small Fruit
James McNaughton, Human Resources
Michael Ryan, Finance Lead
Erik Yager, Information Technology

November 2020

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Do you like to help people?  Are you looking for something to do during the winter months?  How about becoming a Volunteer Income Tax Assistant (VITA) volunteer!  

In collaboration with the Tri-County United Way VITA Coalition, Cornell Cooperative Extension of Warren County is seeking volunteers for the upcoming tax filing season.  VITA is in need of income tax preparers, appointment schedulers, and greeters at our volunteer tax sights.

No experience is required for VITA Tax Preparers. Volunteers will receive free instruction along with training and certification materials necessary to prepare basic tax returns. VITA volunteers are trained to assist moderate-low income individuals and families to electronically file their personal tax returns.

VITA Appointment Scheduler will pre-screen participants by asking a few simple intake questions to see if they qualify to have their taxes done by one of our volunteer income tax preparers. Duties include: filling out appointment survey, scheduling tax appointments and mailing follow-up paperwork.

VITA Greeters welcome clients and give them necessary paperwork to begin the tax prep process.

Every year our program has been growing because of our dedicated volunteers!

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2019 Tax Season We Refunded a total of $909,793

Overall VITA was open 42 days for 252 hours with 664 scheduled appointments.

12 volunteers donated 835 tax prep hours where they completed 610 tax returns.

That is a 40% increase from last season.
Bicycle Safety
Warren County has offered a Bike Rodeo program for 20+ years using the Bike Safety recommendations of Lois Chapman, Bicycle and Pedestrian Safety Specialist at Cornell University. The program focuses on experiential education for youth in grades 3-5 and also provides speaking assemblies for youth in grades K-2. This year, Patrol Officer George Carpenter (Warren County Sheriff’s Department) helped deliver the “rules of the road” and also helped Dan Carusone run the rodeos on simulated roadways. One school was unable to participate in 2019 but, despite this, we still reached almost 900 youth.

Safety and Environmental Programs
CCE has continued with the Hemlock Wooly Adelgid workshops. In conjunction with Department of Environmental Conservation, we coordinated two such workshops. The events were well attended and reached a combined total of around 60. Both featured Charlotte Malmborg of the New York State Hemlock Initiative. Charlotte is an expert in her field and works alongside Dr. Mark Whitmore.

Given the magnitude of the potential damage of the wooly adelgid, we will continue to offer these workshops so as to increase the likelihood of spotting and stopping future infestations.

Cornell Cooperative Extension received a grant from Integrated Pest Management to raise awareness for tick-borne disease. Two workshops which featured Dan Durkee from Warren County Public Health, and Holly Ahearn from SUNY Adirondack. Dan focused his presentation on ticks, where they ate, best ways to avoid them, and what to do if bitten. Holly focused her presentation on what tick-borne diseases are prevalent, what diseases are new, and what is being done to test for and treat various tick-borne diseases.

In April, thanks to a generous grant from International Paper, we hosted two sessions of the Game of Logging workshops (two GOL level 1 and two GOL level 2). The workshops were presented by Bill Lindloff of Pro Cuts and were both well received and in demand. We are in the process of scheduling two more for October 2019.
Public Speaking for Youth
Public speaking has been the cornerstone of the 4-H Youth Development program since its inception in the early 20th century. A presentation is a method used to communicate an idea by showing and/or telling. Delivering a demonstration or talk from beginning to end in front of a group can be scary for kids. Taking small steps of getting youth up front in a safe environment such as 4-H can begin to help them overcome the fear of speaking in public. 4-H youth who have participated in the presentation program for at least five years and are seniors in high school are invited to become Teen Judges. These teens offer a unique perspective in the judging process and are the role models for the younger 4-H youth. In Warren County, 59 youth participated in the 4-H Public Presentation Program in 2019.

“My first year in 4-H I had the honor of representing Warren County at Public Presentation States at Cornell University with my demonstration speech on insect collecting. My confidence skyrocketed, and I have employed the skills I developed in public presentations to interview for my first job and college admissions and give speeches at school functions.” – Julianna Hachenski, 4-H Alumni, Freshman Purdue University

Job Readiness for Youth
Each year the Warren County Youth Fair employs 4-H youth ages 10-19 to help prepare and run the Fair with the oversight of 4-H staff. Each candidate must participate in the Public Presentation program and interview for the positions. The youth are evaluated on their performance including punctuality, professionalism, teamwork, following safety procedures, communication skills, personal responsibility and work ethic.

Budgeting for Teens
We ask teens “What’s in your future? A car? A new place to live? College or trade school? How does money fit into your future?” With basic financial literacy skills in place in the teenage years, youth are better prepared to make sound financial decisions in their future. Budgeting For Teens is a program modeled after Making Ends Meet whose audience is adults.

Parenting Apart
Co-parenting amicably with an ex-partner can give children stability and close relationships with both parents – but it’s not easy. It can be helpful to start looking at the relationship as a new one – one that is entirely for the well-being of the children and not about either parent. In the Parenting Apart program, parents who are parenting in separate households learn skills to help them make the new parenting relationship work for the best interests of the children involved. The 6-hour program is supported through referrals from the Warren County Supreme and Family Courts, local attorneys, law guardians and mental health professionals.
2019 Source of Funds - Total $912,224

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<tr>
<th>Source of Funds</th>
<th>Amount</th>
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<td>Federal</td>
<td>$ 16,200</td>
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<td>State</td>
<td>$ 259,310</td>
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<td>County</td>
<td>$ 476,467</td>
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<td>Gifts/Contributions/Fundraising</td>
<td>$ 32,550</td>
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<td>Program/Operating</td>
<td>$ 117,197</td>
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<td>Private-Direct of thru Cornell</td>
<td>$ 10,500</td>
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<td><strong>Total</strong></td>
<td><strong>$ 912,224</strong></td>
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2019 Allocation of Support By Program Area

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<tr>
<th>Program Area</th>
<th>Percentage</th>
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<td>Ag &amp; Horticulture</td>
<td>13.3%</td>
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<td>Community Economic Vitality</td>
<td>.8%</td>
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<td>Quality of Life</td>
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<td>Natural Resources</td>
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<td>4H Youth/Fair</td>
<td>24.5%</td>
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<tr>
<td>General Operational Costs</td>
<td>49.2%</td>
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<td><strong>Total</strong></td>
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By increasing the prevalence of nutritious New York grown and produced foods in school lunch programs, Farm to School strengthens local agriculture, improves student health, and promotes regional food system awareness. Supporting local distributors and local farms helps keep and re-circulate dollars in our local economy and any purchase of NYS products contributes to the New York State tax base, which in turn, funds our public schools. Schools have more motivation than ever to incorporate local products in their menus due to recent eligibility for an additional $0.19 reimbursement from the state for each free and reduced lunch served if they spend 30% or more of school lunch costs on New York products, however, this is not an easy task for schools to undertake. Our Farm to School Program is working to create and maintain a comprehensive list of vendors that can work with regional schools and carry products that qualify for the 30% NYS initiative. This program is funded through a two-year grant from the NYS Department of Agriculture and Markets.

In 2019 taste testing events were held at the Warrensburg Farmers Market, the Warren County Youth Fair, Fort Ann CSD, and the Glens Falls Farmers Market and reached over 350 people. Data from these taste tests will be used by Food Service Directors in our program when considering changes to school menus. So far, New York State products tested include apple varieties, beef, concord grape juice, and sweet corn. More tastings are being scheduled as the 2019/2020 school year commences and will highlight even more regional and New York products.

First place in our Farm to School Logo Contest went to Aazrum Tarar of Lake George Elementary. We had 23 entries from K-12 students at four school districts in the region. The top 3 submissions received Stewart’s Shops gift cards. Thank you to all the educators who supported our Farm to School Program and to all of our student participants.

In 2019 our Farm to School Program was able to purchase over $7,500 in kitchen equipment for schools in our program! This equipment (i.e. salad bars, salad spinners, meat slicers, blenders, food processors, fruit sectionizers and vegetable slicers) is intended to assist in preparing or serving local food items. We still have some money budgeted for the 2019-2020 school year and priority will be given to schools who are committed to serving local items in their school lunches. Donna at Hadley-Luzerne loves working their new deli bar and it has been very popular among students.

“I was a math teacher for 13 years and believe children perform their best when they are fueled with quality foods.”

~Local producer

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**March 2020**

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Volunteer Contributions

to Cornell Cooperative Extension
for all program areas

Programming October 2018 - September 2019

Volunteer Hours - 7,250.3

This is equivalent to nearly 3.7 full-time staff working 37.5 hours every week for 52 weeks!!

Volunteer Value - $ 218,814.05

Non-Paid Intern Hours - 600

In Kind - $ 24,410

Fundraising Efforts - $ 16,400

Thank You!

August 2020

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In 2019, we saw some long time teen superintendents go off to college, only to have a group of younger youth start to take their place. Thirteen teen superintendents and two junior assistants participated in the program this year. Each member participated in a face to face interview which was evaluated against NYS Public Presentation standards. Then each youth was required to submit and abide by a schedule of work over three setup days and the day of fair. Variations in schedule required that youth seek permission to alter their schedule and work with others to make sure that ample coverage was provided throughout the fair.

The craft activity this year was making felted soap that each youth was able to decorate to their own with their color choices from the dyed wool samples on hand. Over twenty projects were selected to move on to the New York State Fair and only two items did not travel to Syracuse. Of those that did, we had many blues, a couple of reds, and three rosettes of special recognition. We also had a Best in Fair selection in Environmental Education for a Green Team Project Workbook presented by 4-H youth Adiranna Drindak.

The staff discussed at length the success we have had with our tag sale fundraiser which is held during the Youth Fair and wanted to do something that would do well but not require the amount of staff time that has been required of the tag sale. Several new projects were taken up this year, partnering in the plant sale with the Master Gardeners and a calendar sale for October. Currently the plant sale made $1,500.00 and the calendar sale made $1,566.00. The members and families are doing most of the work with that project.

Five of our teens attended the NYS Fair, after completing a public presentation, working as a superintendent, and having all enrollment paperwork turned in on time. They also had to earn blues in the presentation and the superintendent classes. At the NYS Fair, two worked almost the entire time as evaluation assistants, two in the NYS 4-H Shooting Sports booth and one new youth in the county booth.

As always, youth from any school in Warren County are always welcome to submit projects to be evaluated. What is your child bringing next year?
What are Master Gardener Volunteers (MGVs) all about?

The good news is that Master Gardener Volunteers are in every state and in almost every county in each state! And there are 55 Cornell Cooperative Extension Master Gardener Volunteers here in Warren County reaching out to provide information to our communities.

The Cornell Cooperative Extension’s Master Gardener Volunteers provide educational information about gardening on many different levels. Our Master Gardener Volunteers complete an intensive training program before they begin to assist locally with the thousands of questions that come into the office, or that the Master Gardener Volunteers answer at local community and botanical gardens, Farmers’ Markets, schools, and when staffing tables at local venues and community programs. The Master Gardener Volunteers provide practical information and solutions based on the knowledge they received in training about soil health, botany, insects, pest management, plant diseases, organic gardening, good growing practices, invasive and native plants, beneficial insects, and nuisance wildlife management.

Highlights this year have been:
- In April we started planting seeds and plugs for the greenhouse sale. Every week we would plant a different set of seeds depending on the germination rate. The 4-H youth and Master Gardeners paired together to work on planting the plugs and seeds which was a great help and got the two programs together.
- 4-H Program Leader and Master Gardener Coordinator collaborated by conducting two school enrichment programs. One was on bird identification and what birds eat, the other was planting seeds in the greenhouse.
- The Master Gardener program and 4-H had their first spring plant sale. It went very well with pre-orders and walk in’s. All together we made over $3,000 profit. That will benefit both programs.

In order to provide accurate and current information, the Master Gardener Volunteers continue to learn by attending monthly Master Gardener meetings, attending seminars on horticulture topics, sharing their knowledge with fellow Master Gardener Volunteers, and attending Cornell Cooperative Extension and other land-grant university webinars and local workshops. In 2019 Cornell Cooperative Extension’s Master Gardener Volunteers in Warren County contributed over 3,100 non-paid hours to our local communities. The value of these volunteer hours is $93,558! The understanding, dedication, and professionalism shown by each Master Gardener Volunteer is notable and greatly appreciated!

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What do chickens, hiking, and hummus have in common? They, along with many others are part of the ongoing nutrition and healthy living experiential learning opportunities offered by Warren County Cornell Cooperative Extension. Rather than delivering boring, and mundane lessons, our nutrition and healthy living workshops are engaging and instructive, allowing participants and instructors alike to have fun during the learning process! With an emphasis on sustainable nutrition and practical, affordable exercise and food preparation techniques, our program offerings allow for anyone, regardless of their age, educational level, or established knowledge base to learn something new.

Our on-site educational gardens allow us to be able to offer on-site instruction in growing, harvesting, and preserving your own food and raising your own backyard fowl, practically illustrating the concept of field and farm to table. Our off-site nutrition and healthy workshops bring the education to you, covering topics that can range anywhere from nutrition and dietary specifics and hands-on food preparation and cooking instruction to fun, physical activities. This past year, we have handed out food samples and recipes at local farmers’ markets, held outdoor cooking workshops and competitions, engaged in intergenerational hikes, facilitated cooking demonstrations, delivered lectures and professional training, provided countless lessons in local elementary and middle schools, and much more.

For more information about these programs, or to talk with educators from our nutrition and healthy living department to design the perfect lesson or lecture for your classroom, organization, or event, please contact the Warren County Cornell Cooperative Extension office.
Adirondack Explorers
We are entering our third year of programming with the ADK Explorers, who meet at the Big Cross school as an after-school enrichment program. Each program offers education information presented in either hands-on activities or active games. Youth explore how they are connected to the environment, how physical exercise works with healthy eating.

Thanks to the donations from Reverend Hagy’s friends and family, we are able to offer all of these programs to youth at no cost to them. The program has benefitted from both private donations as well as through nutrition-based grants.

4-H Shooting Sports
The 4-H Shooting Sports program continues to provide North Warren Central School and Fort Ann Central School classes in archery. Over the summer Forest Lake Camp benefited from our air rifle, rifle, and shotgun workshops. In addition, youth interested in 4-H Shooting Sports continue to have access to many “Basic” offerings like 4-H Basic Archery, Basic 4-H Rifle, and 4-H Shotgun and muzzleloader. While the overall numbers of youth contacted is smaller than in 2017-2018 it gives the youth in those smaller groups more time to practice and learn about shooting sports.

The quarterly rifle team is now more of a monthly match and we are preparing an indoor archery and air rifle range in the new training center. Perhaps it was just chance, but the program has also had 35 inquiries about joining a 4-H archery club from the newly expanded Glens Falls homeschool group. There is the potential to form new clubs around this growth interest.

Wildlife Habitat Education Program and Outdoor Cooking
The connection with Dr. Tidball in Cornell’s Department of Natural Resources is building on the success we had with a partnership with Dr. Kassam. Based on the demand for the updated Wildlife Notebook, “Trees: Dead or Alive”, sportfishing materials and especially the 4-H Wild Edibles, there is a clear demand for environmental education. This has Cornell working with CCE Warren County on new projects.

Our nutrition educator, Marybeth Mitcham, has now started work on an Outdoor Cooking resource guide that will feature camp-friendly recipes, nutrition breakdowns of new and established classics. The program hosted the First Annual Outdoor Cooking cook off at the Great New York State Fair.

Three teams and a single competed in the first event. The winner submission was seared filet mignon, spicy chicken wings, and grilled vegetable shish-kabobs.

The program also hosted the first annual WHEP-Xpedition. Essentially a skill-a-thon based on wildlife. This year we had 14 youth, split evenly between Juniors (under 13) and Seniors (over 13). Warren County youth placed 1st and 2nd respectively in the senior division.