2016 Annual Report
2017 Calendar
Message from Ken Minges, Board President

Sincerely,
Kendall Minges, Board President

Since reorganization of the Cornell Cooperative Extension continue to grow.

Finally, I look forward to serving on the Board and help.

Recently, the largest and most profitable fundraiser for.

The Board wishes to acknowledge the Warren County

100 YEARS

CCE Warren County enjoyed a great success with.

The 7th Annual CCE Golf Tournament was held at Cornish Golf

On behalf of the Cornell Cooperative Extension Board of Directors, we are pleased to present our 2016 Annual Report. Ken Minges, Board President
After decades of success the ADK Guide program continues to attract a variety of youth from many different backgrounds to a common interest: the outdoors. The size of the group, now at 25 continues to create some limitations for camping, as you can only have five youth and a chaperone (with two tents) on a NYS campsite. However, it also assures that each trip will fill up when youth and parents register for events in a timely manner.

Rather than in a classroom, participants study the region’s trees, mammals, fish, birds, and invasive species while camping as a group. They learn the joys of outdoor recreation and the practical skills that go along with it on an outdoor classroom. Knot tying, fire starting, map and compass skills, camp safety, cooking, and canoe safety are all covered throughout the year.

The program is now benefiting from some of the recent graduates coming back to the program as volunteer instructors. Some of these young adults have younger siblings or friends in the program, but it is also fulfilling to give back and help shape a program that has given you so many memories around the campfire, group cooking, hiking, canoeing, and just listening to the loons at night.

In a recent survey, local teens reported interests in the following areas…

![TEEN INTERESTS - WARREN COUNTY](image)

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Message from Dr. James Seeley, Executive Director

Dear Cornell Cooperative Extension Members, Volunteers, and Friends,

The mission of Cornell Cooperative Extension of Warren County is to empower and strengthen community members with the knowledge and tools to improve their lives through programs, experiences, research, and education. Our vision is to be recognized as an inclusive, unbiased, educational resource with strong ties to the constituencies within the CCE Warren County area. Our team of dedicated staff, selfless volunteers and committed Board members ensures that CCE Warren provides the resources needed to respond to the vital needs and interests of our community. Finally, many thanks to the Warren County Supervisors for their ongoing support.

Regionalization efforts continue to be successful in reducing the operating costs of the eight Greater Capital Region Associations. The Shared Business Network (SBN) shares Leads for Finance, Human Resources, and Informational Technology. Warren County Cooperative Extension benefits from the expertise of these individuals at a shared cost.

In these times of scarce resources, we make every effort to stretch dollars to achieve the maximum return. CCE Warren County continues to search for funding sources to restore lost programs, staff, and hours of operation. Cornell Cooperative Extension of Warren County has partnered with several organizations on grants that help us sustain our quality educational programs:

- **The Governor’s Traffic Safety Committee** - Funds our Bike Safety Programs that are taught in most area schools.
- **The Hudson Headwaters Teen Awareness Grant** - Our educators work with local teens to make healthy decisions and choices.
- **United Health Care and Darden Restaurants** - Funds our “Choose Health: Food, Fun and Fitness” programs to over 800 youth.
- **Queensbury Schools** - Fund the “Spartan Strong” program which teaches good Nutrition to Intermediate Grade level students.
- **The USDA and NYS 4-H Foundation** - Funds the “4-H Invasive Species Action Team Project”. This program utilized four Teen Ambassadors to study invasive species. In addition, our new educational gardens are growing and supplying food to the North Country Ministries Food Pantry.
- **Smith Lever Grant for 4-H Shooting Sports** - Improves and expands the relationship between County, State and Cornell programming related to Shooting Sports.

In conclusion, Cornell Cooperative Extension seeks to educate those who live, work and play in Warren County. I consider it a privilege to serve as your Executive Director working with a committed Board, dedicated staff, and skilled volunteers to deliver these much needed programs.

Respectfully yours,

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 family, 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.

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

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Kelly Collins – Vice President
Julie Pearl – Secretary
Kerry Chau
Bill McIsaac
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Bill Mason
Sandra Simpson
Dr. James Seeley, Executive Director
John Bowe, Association Team Coordinator
Daniel J. Girard, Chairperson

Communications Team Coordinator
Dr. James Seeley, Executive Director

Monthly Calendar

November 2017

Sunday Monday Tuesday Wednesday Thursday Friday Saturday
1 2 3 4 November 2017
5 6 7 8 9 10 11 Veterans Day
12 13 14 15 16 17 18 Veterans Day
19 20 21 22 23 24 25
26 27 28 29 30 31
In 2016, there were over 159 applications that needed to be sorted and prioritized by the number of youth that Warren County Campership funding and some private donations provide. However, thanks to the many private donations and County support, we were once again able to send a high number of youth to a summer learning and growth adventure.

Working with the Skye Farm Camp through the Upper New York Annual Conference of the United Methodist Church allowed us to offer an additional 20 scholarships to our youth in 2015 and that continued in 2016. The combination of county support, private donations, and Skye Farm support allowed 83 youth to be selected to attend camp.

Here are a couple of quotes to share the importance of the program to Warren County families that participated in the Campership program:

- “My favorite activities at camp were going on hikes, canoeing, and getting to make lots of new friends. I learned to trust and rely on other people to help me in life.” - Camper
- “My camping experience was fun, exciting, and cool. It was nice to be there and make new friends.” - Camper
- “My son really loves Skye Farm! It allows him to improve his social skills and learn to interact and make new friends. It also took him out of his comfort zone and showed him that he could do things he didn’t think he could, thank you!” - Parent
- “My child’s camping experience got her away from electronics and helped her be fully present and have a wonderful time with her peers, she made many new friends. Thank you!” - Parent
- “I am so glad the children got to enjoy this wonderful experience!! Thank you for facilitating this valuable program for all those who were fortunate enough to be able to attend!” - Referring Agent

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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 learning efforts for students in 3rd-5th grade. The rules of the road are reviewed by 4-H Educators and Warren County Sheriff's Deputies or Glens Falls Police Officers and are then practiced on a simulated obstacle course.

With the help of our summer intern Ashley Leman, we managed to reach out to most of the lumber and logging companies in the area. As a result of the feedback, we hope to also bring in workshops that will assist professionals in fulfilling their NYLT logging requirements. The program reached approximately 900 students in 2016. This year’s helmet needs were referred to North Country Ministries with whom we worked collaboratively to provide helmets to area children in need.

Chainsaw Safety

Warren County has, once again, started offering chainsaw safety workshops to the residents of and those who work in Warren County. We have been reaching out to those who work in Warren County. We have been reaching out to lumber and logging companies in the area. As a result of the feedback, we hope to also bring in workshops that will assist professionals in fulfilling their NYLT logging requirements. The program reached approximately 24 people. We offered two workshops that were attended by approximately 24 people.

With the help of our summer intern Ashley Leman, we managed to reach out to most of the lumber and logging companies in the area. As a result of the feedback, we hope to also bring in workshops that will assist professionals in fulfilling their NYLT logging requirements. The program reached approximately 900 students in 2016. This year’s helmet needs were referred to North Country Ministries with whom we worked collaboratively to provide helmets to area children in need.
As the largest youth development organization in the country empowering over 6 million youth, 4-H continues to grow confident, capable and caring youth. Working in partnership with 110 universities, 4-H is the premier non-formal educational program for youth between the ages of 5 and 19 years old.

Whether the learning and life experiences happen during a 4-H club meeting, special interest programs, teen leadership retreats, afterschool or school enrichment programs, participation in 4-H has positive impacts in the lives of its members and those who volunteer.

Based on a study started in 2002 and repeated annually for eight years, researchers from Tufts University partnered with faculty from America’s land grant universities and colleges to conduct a longitudinal study that is influencing research and practice around the world.

Surveying over 7,000 youth from diverse backgrounds across the United States, the study compared youth involved in 4-H to their peers who were not. The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development report shows that 4-H’ers are about:

- Four times more likely to make contributions to their communities (Grades 7-12);
- Two times more likely to be civically active (Grades 8-12);
- Two times more likely to make healthier choices (Grade 7);
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 – 12); and
- 4-H girls are two times more likely (Grade 10) and nearly three times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

4-H volunteers are essential to the success of the 4-H youth development program. Cornell Cooperative Extension’s 4-H Program continues to grow and seek out volunteers to lead youth programming in Warren County.

As a volunteer for 4-H, you have the opportunity to share your personal interests with local youth in subjects as varied as food and nutrition, natural resources, public speaking, technology, community service and more. 4-H supports you in sharing your knowledge and expertise to help a young person find their own passions and interests; and with opportunities to either lead a club or provide one-time programs, you decide on the level of involvement that best fits your schedule.

October 1st marks the beginning of the 4-H calendar year and opportunities to be involved. Please contact the 4-H office or Roxanne Westcott at 518-668-4881 to learn more about opportunities to inspire the next generation of 4-H’ers or on how to get your child involved.

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**February 2017**

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The 4-H & Family Living team provides programming and resources for positive youth development and information on the topics affecting today’s families and individuals.

**Making Ends Meet & Save Energy, Save $**

Practical financial literacy and management skills are crucial for all individuals and households, especially those under financial duress. Helping families and individuals learn energy conservation techniques in their homes and apartments can put more money in their pockets. This savings can be used toward financial goals and meeting their basic financial needs.

In Warren County, the Family Living program area offers educational programs and resources to help families and individuals. Financial topics include money management, household budgeting and energy conservation.

The *Making Ends Meet* program is a basic financial literacy program that helps individuals discover the importance of setting financial goals, knowing where their money is being spent and following a spending plan. The *Save Energy, Save $* helps residents identify measures that can reduce energy usage and save money in a home or apartment.

Visit [www.extension.org](http://www.extension.org) to find more information on personal finance and energy along with other trending topics.

**Parenting**

Based on post evaluation surveys, 57% of parents taking the Warren County Parenting Apart program identified the parenting relationship with the other parent involved as being either “high” or “very high” conflict with an additional 18% saying that the conflict was “moderate.” Research indicates that an ongoing high conflict relationship between parents, after a separation or divorce, is the single best predictor of poor outcomes for the children involved. The Parenting Apart Program offered by Cornell Cooperative Extension helps parents understand these unique challenges in raising children in two separate households and how to reduce the conflict in the best interest of the children. Additional topics covered in the 5-hour program include communication techniques, legal process, parenting skills during the transition and beyond, recognizing grief and conflict resolution.

With over ten years of providing the program in the community, the Parenting Apart Program is the only parenting program certified by the Unified Court System of New York State in Warren County. The program is supported by ongoing referrals from the Warren County Family and Supreme Courts as well as attorney referrals and self-referrals. Contact the Cornell Cooperative office to get more information on this program.

“I learned strategies to communicate in a business like relationship.”

“Best program I’ve done and I’ve done a lot of them.”

“I learned it’s all about the kids and not putting them in the middle of our disagreements.”

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**March 2017**

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Dedicated Hearts

Dedicated hearts like yours
Are not so easy to find.

It takes a special person to be
So generous and kind.

To care so much for your fellow man
Is a quality all too rare.

Yet you give of your time and talents,
For all in need to share.

So thank you for being a volunteer,
We're privileged to work with you.

We want you to know how appreciated you are,
Not just today, but the whole year through.

Volunteer Contributions

Volunteer Contributions

Programming October 2015 - September 2016

Volunteer Hours 5,215.5
Volunteer Value $ 143,895.65
Fundraising Efforts $ 11,223.06

Volunteers

Thank You!
The 2016 Warren County Youth Fair continued its current trend of focusing on youth and young families with their free, 4-hour event. All of the activities (pie eating, bubble gum blowing, dime toss, Laser Shot, and others) are designed to focus on an affordable family fun day.

In the Youth Barn, one of our 4-H members found a cheap and easy to complete craft activity that could be offered for no cost. The activity used plastic water, soda, or juice bottle caps and turned them into the bodies of insects. Youth could custom color the wings, select body “skins” in different colors of felt, and add custom pipe-cleaner antennae. The 4-H Nature Club hosted a small snack booth at the event.

Over in the SeaBee Pavilion, which is named after the Navy SeaBees who built it for the county, the Adirondack Anchorpoint members and leaders hosted two events. One was the making of a tiny wood bow from a tongue depressor and arrows made from q-tips. They also ran the LaserLyte target shooting simulators. These laser based targets can track hits on a bullseye, enhancing timed responses, and even feature soda cans that fall over when you hit them with the laser.

The total number of entries was down, however the overall quality of the items continues to increase. Many of the items displayed closely followed NYS Fair class guidelines and 30 items were selected to go to the NYS Fair, including some outstanding art, photography, baking, recycling, and woodworking. Those items combined to receive 12 blues, 11 reds, 1 white, and two rosettes. Locally a total of 23 youth Superintendents, 4 Assistants, and a combined contribution of 250 hours exceeded last year. What a great year!

As always, youth from any school in Warren County are always welcome to submit projects to be evaluated. What will your child bring 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 a lot of 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 have completed an intensive training program before they begin to assist locally with the thousands of questions that come into our office. Our Master Gardener Volunteers are noted for their knowledge based on the knowledge and solutions derived from the thousands of questions they receive in training through our local, regional, and state conferences and workshops.

In order to provide accurate and current information, the Master Gardener Volunteers and Master Gardener Volunteers continue to learn by attending monthly Master Gardener meetings, attending seminars on horticulture topics, by sharing their knowledge with fellow Master Gardener Volunteers, and by attending Cornell Cooperative Extension and other land-grant university workshops and courses, and obtaining valuable information from local communities and organizations.

The Cornell Cooperative Extension’s Master Gardener Volunteers contribute at least 2,777 non-paid hours to our local communities. The value of these volunteer hours is approximately $76,617.43! The understanding, dedication, and professionalism shown by each Master Gardener Volunteer is notable and greatly appreciated!

July 2017
Cornell Cooperative Extension of Warren County established new educational gardens at its 377 Schroon River Road site this past year. These educational gardens included six raised beds, one long raised straw bed, a handicap-accessible raised bed, a vertical tower garden, blueberry bushes, apple trees, pear trees, and elderberry trees. The gardens were used to teach youth and their families lessons about food production and the nutritional benefits of local, whole foods, while simultaneously promoting and encouraging food sustainability and security. The produce from the garden was donated to local food pantries and limited income families.

What can you do with your extra produce? With the help of Master Canner Susan Therio, we answered that question with a six-class series on food preservation. During those classes, participants learned important information on food safety, vegetable canning techniques, how to make jams and jellies, the best way to freeze produce, dehydration techniques, and how to safely pressure can foods.

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**June 2017**

WHEP or Wildlife Habitat Education:

A program that grew out of the interest of members of the 4-H Adirondack Guides, participants in the Sportsman Education classes, and a general interest in wildlife. The program offered several topics over the last year, a general Mammals of the ADKs, a special program on the Wild Turkey and another on the White-tailed Deer. During these programs we discussed how different animals are adapted to their surroundings. Deer, for example, don't see color, just shades of gray. They also don't see depth well, but see movement very well. Turkeys, on the other hand, see color extremely well.

**Sportsman Education & Bowhunter Education**

Sportsman Education classes continue to be offered during school breaks, the fall Super Weekend, and during summer camp at the DEC's Pack Forest Teen Ecology sessions. Students vary between 11 and 70 years of age for these classes. Participants in hunter education between October 1, 2015 and September 31, 2016 was 250. During these classes, we have also polled participants about their interest in learning about field dressing and butchering game animals for home consumption. There has been a strong interest in processing, but also in preserving and preparing food in general. This has become an excellent place to promote interest in processing, but also in preserving and preparing food. WHEP is a special rotation on the Wild Turkey and another on the White-tailed Deer. The program offers a special program on the Wild Turkey and another on the White-tailed Deer. Participants in hunter education between October 1, 2015 and September 31, 2016 was 250. During these classes, we have also polled participants about their interest in learning about field dressing and butchering game animals for home consumption. This has become an excellent place to promote interest in processing, but also in preserving and preparing food.