

Cornell University Cooperative Extension Allegany & Cattaraugus Counties 2009 Annual Report



Family Consumer Sciences

Living Smart..... changes lives in tough times

As our economy continues to struggle along so do many of the members of our community. Each of us has been affected in some way during these tough times. Many who have worked hard to get ahead are now finding themselves cutting corners and pinching pennies to keep up with their monthly bills. We all know someone who had a "secure job" and nice home who is unemployed and/or losing their home to foreclosure. Those that have never asked for help in the past are now finding themselves in a position where they have no choice. Cornell University Cooperative Extension of Allegany and Cattaraugus Counties (CCE) recognizes the growing need for Lifeskills education that every member of our community can take advantage of. Lifeskills are the things that our parents and grandparents taught us about how to get along in life, how to manage money and run a household. The problem comes when we hit tough times financially or we reach a different stage in our life, the skills we need can change. Through two grant funded programs, Heat Smart and Living Smart, CCE is able to provide some of these much needed Lifeskills to all members of our community.



This past year, Cornell University Cooperative Extension of Allegany and Cattaraugus Counties provided 23 Heat Smart workshops to approximately 450 households. Heat smart workshops are available to anyone in the community at no cost for participation. Heat Smart consists of 3 workshops that can be taken as a series or independently. The 2 hour workshops offered are "Save Energy, Save Dollars", "Making Ends Meet", and "Exploring Credit and Debt Management Issues". Participants pre-register for the free workshops that are offered at locations throughout Allegany and Cattaraugus Counties. For attending each workshop, participants receive information and get individual questions answered as well as a bag of goodies valued at \$16.00 that contains tools to help them put into practice what they have learned. Those who attend a "Save Energy, Save Dollars" workshop also learn about other no-cost and low cost programs available to them. Last year CCE helped Heat Smart participants apply for and receive over \$50,000 in home energy conservation grants.



Living Smart is a new name for a combination of "tried and true" programs that CCE Allegany and Cattaraugus Counties has been providing to the limited income community in some form since 1969. The Living Smart program is available at No Cost to anyone who is on a limited income, and/or participates in WIC, HEAP, Food Stamps, or HeadStart. Living Smart is a series of 8 to 12 lessons taught one-on-one in peoples' homes or in small groups at various locations around the community. Topics covered focus on Food and Nutrition, Physical Activity for Better Health, Basic Money Management, Food Safety and Preparation Skills, and Feeding Your Family for Less. In FY 2009, the Living Smart program in Allegany and Cattaraugus Counties was the largest in New York State outside of New York City. Nearly 7,000 individuals' lives were impacted when approximately 1,900 families participated in Living Smart. Research done by Cornell University shows us that for every \$1.00 of Living Smart grant money spent in New York State the local economy sees a \$7.00 return. This means that in Allegany and Cattaraugus Counties, the Living Smart program returned more than \$4.5 million to the local economy.



2009 Donation List

Gold \$100.00-\$249.00

Silver \$50.00-\$99.00

Bronze \$25.00-\$49.00

Gold Donations

Richard Lewis, *Tri-County Supply Inc*
Dana & Julie Rublee, *DJ Dairy Farm*
Mark Schindlbeck, *Schindlbeck Farm*
Aaron Brooks, *Hillcrest Homestead*
Robert Potter

Donation

In Memory of John S. Potter & Leonard Kelley

Silver Donations

Joseph & Mary Ann Bursik
Henry & Marilyn Jacoby
John & Barbara Moscati
Theresa & Joe Schueckler
Devere & Faye Bliss
Mike Seager
James W. Wells
Lucy Benson, *Potter Lumber Company*
Robert Woodmancy, *Woodmancy Brothers*
Pat Kerl

Donation

In Memory of Gerald Hark
In Memory of Charlie Trowbridge
In Memory of Elliot & Marie Winship

Bronze Donations

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Pimms View Farm
Dawn Santangelo
Charles Phearsdorf
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Karen Strickland, *Gowanda Pharmacy*
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Donation

In Memory of Hughes & Alice Evans
In Memory of Michael Good
In Memory of Ernest Chamberlain

Agriculture



Rural life appeals to many people evidenced by the continuing growth of residential homes in what has traditionally been open farmland. As more and more non-farm families' build or move into homes adjacent to actively farmed land and traffic volume increases, challenges can arise. Farmers provide the stewardship which results in the beauty of our rural landscape. One way non-farm residents can help farmers sustain that beauty is to become educated about what it means to live in farm country. Cooperative Extensions Agricultural Team offers the educational resources to build neighbor understanding and strengthen relationships.

The 2009 **Visit Farm Day** held in northwestern Allegany County allowed residents to meet with producers on their farms. An opportunity to learn more about the diversity of agriculture directly from the farmer with 8 farms opening their doors; visitors were able to view firsthand the care of animals, production of maple products, sawing timber into boards, knitting hand spun yarn from alpacas and sheep, horse training, field and greenhouse production of vegetables. The Rural Living Expo continues to be a strong outreach program educating residents in the production of their own food through gardening and storage of these grown products by extending the shelf life with proper preservation methods. With challenging economic times these life skills benefit families economically as well as enhancing health and well-being.

Ag Literacy Week was held March 16th through the 20th. The Ag Literacy Program promotes the understanding and appreciation of agriculture and the food/fibre system. This year volunteers read to 2nd grade classrooms throughout both counties about apples. Many Master Gardeners, CCE staff, Farm Bureau members, FFA & BOCES students, and residents volunteered to read. The program reached 37 schools in Allegany and Cattaraugus Counties and over 1800 students, an increase of approximately 400 students from last year! The response from the students was overwhelmingly positive!

Invasive species affect every region of New York State. The discovery of the Emerald Ash Borer (EAB) in Randolph in June of 2009 is the most recent attack on our region. These non-indigenous species pose a serious threat to agriculture, human health, and the ecological integrity of our natural resources. The economic and ecological impacts of invasive species are enormous. Cornell University Cooperative Extension in cooperation with Cornell University, DEC and the private forestry industry held workshops at the Rural Landowners Workshop providing up-to-date information concerning resource management and minimizing/preventing the spread of invasive species. Additional special focus meetings were held in response to the EAB and implications of invasive species for both urban and rural forest.

There is no such thing as a normal year when it comes to farming. The weather in 2009 was a challenge for farmers and residents alike. The cool dry spring, then stretch of rain without heat slowed growth of garden and field crops. Flooding in late August caused damage from vegetable gardens to crop fields compromising the safety for human and animal consumption. Extension responded with outreach through one-on-one consulting and local media sources to create an awareness of the danger and provided education on handling and use of crops.



“On Farm” and “Hands On” programs are an essential part of Cooperative Extension Agricultural outreach. **Pasture Walks** provide the opportunities for producers to share ideas and production experiences in a farmer to farmer setting. The “walks” also provide opportunities to disseminate valuable university research based information to local producers. On farm trainings provide instruction for hoof care management and artificial insemination practices that offer practical hands-on training directly to those responsible for these day to day practices.



In 2009, CCE maintained a **Sweet Corn IPM Trap Network** site in Great Valley, NY. Since 1993, pheromone trap catches for the three major sweet corn pests have been collected weekly from cooperators at 15-20 locations in western and central NY and posted, with scouting and threshold information, on electronic list serve and web pages. Traps are maintained by extension field staff, crop consultants, and farmers. The information is used by consultants and extension specialists to keep their clientele informed about pest flights as an aid to making management decisions.

Formal programming, including the annual grazing conference, pesticide certification training, winter dairy management workshops and informational meetings allow producers the opportunity to gain valuable knowledge that can be used to improve farm management, profits and quality of life. One-on-one assistance continues to be an important outreach system to address questions from individual farming enterprises. Staff assists with Dairy Farm Business Summaries, manure and crop management plans, and visit farms to analysis production and management systems.

Tractor and Machine Safety classes are used to teach area youth the importance of a safe work environment on the farm. This certification program allows youth 14 to 16 years of age the opportunity to work on local farms and legally operate most farm equipment. **Career Days** in each county allows the Ag Team to educate youth regarding the diversity of job opportunities in agriculture, horticulture and natural resources.



Buying local is increasingly of interest to both residents and institutions within the region. Connecting producers to consumers utilizing the “**Guide to Farm Products**”, one-on-one referrals, distributing information at Farmers Markets and County Fairs, assisting with development of Farmers Markets and Local Buying Clubs all creates direct marketing opportunities, retaining and reticulating local dollars in our communities. Development of a pilot project in 2009, “**Harvest Week**” will be expanded in 2010 to encourage more schools to access local products for their lunch program.

The **Allegany-Cattaraugus County Master Gardener Program** has added 20 new Master Gardeners after our spring training. The Master Gardeners have been busy this year hosting pH clinics, library presentations, farmer’s market gardening clinics, as well as continuing programming from past years. A new “helpline” has been created in the Allegany County office to answer questions from residents on horticulture topics.



2009 MG Events		
New Master Gardener Training	Wildlife/Outdoor Adventures 4-H	MG Hotline
pH Clinics	Angelica Farmers Market Festival	Garden Club Presentations
Rural Living Expo	Radio Program	Cattaraugus Compost Giveaway
Gardening Day	Newspaper Articles	Library Presentations
Olean & Angelica Farmers Market	Harvest Week	Community Center Presentations
Wednesday’s in the Arboretum	Pioneer Oil Days	Senior Community Groups

Southern Tier Wellness Partnership



The Southern Tier Wellness Partnership is made up of Health Educators and community members from Allegany, Cattaraugus, Chautauqua, and Erie Counties. The mission of the Southern Tier Wellness Partnership is to provide information, education, and services to communities in the Allegany, Cattaraugus, Chautauqua and Southern Erie Counties, that deal with the Diabetes, Heart Disease, Asthma, Obesity, and Cancer issues. The Partnership provides resources and support to change the environment and policies that have become barriers for our citizens to lead a healthy lifestyle. The Partnership works to provide education to all facets of our communities and provide opportunities for our citizens to become more physically active and to be able to obtain healthier foods. Through these efforts we will help to decrease the incidence of chronic diseases in the Southern Tier area.

Complete The Streets is a 5 year grant initiative awarded to STWP that is geared to help municipalities in Cattaraugus and Allegany Counties build the infrastructure needed to develop streets that invite physical activity. The first communities chosen were Gowanda and Wellsville. The initiative will focus on helping municipalities pass a “**Complete Streets**” policy which asks transportation planners and engineers to consistently design and alter the rights-of-way with all uses in mind (including bicycle, pedestrian, and persons with disabilities). The policy will focus on new construction, reconstruction, and maintenance projects. To “Kick Off” for this initiative, STWP will be hosting a **Walkability Assessment and Training** to assess five different locations in the municipality. STWP would like to engage community members, local business owners, and media outlets, stake holders, elected officials, law enforcement, and non-profit organizations, who are interested in making a more **walkable community**.



NYS Quitline
1-866-NY-QUITS

Tri-County Tobacco Control is an initiative to prevent the start of tobacco use, promote cessation, and eliminate exposure to environmental tobacco smoke. STWP was awarded a new 5 year grant initiative. **The Community Partnership’s** goals include **eliminating the sale of tobacco products** in a major NYS supermarket, or in a retail outlet that contains a pharmacy, and for a retail chain to sign a policy reducing the **visibility and prominence of tobacco products** and advertising. The Community Partnership will also provide technical assistance and support to two municipalities per county to increase enforcement of existing signage ordinances.

Worksite Wellness is a 5 year health initiative subcontracted to STWP by the Erie County Health Department. Healthier environments are developed through an onsite **Wellness Committee** at participant businesses throughout the community. Each worksite completes a **Heart Check Survey** which helps determine areas of weaknesses that need to be addressed by the Wellness Committee. Chosen participants were:

- Allegany State Park Employees • Shultz Auto Group • BOCES Ellicottville & Olean Sites



www.asthmawny.org
1-800-749-4042

Asthma Coalition of Western New York is a NYSDOH grant that is subcontracted from the Western New York Public Health Alliance, Inc. that strives to educate and help the families whose children live with asthma in the 8 county region of WNY. Currently the Asthma Coalition connects **Certified Asthma Educators** with families and groups in need of asthma education and training to help children live a better life. Currently the Coalition has **asthma specific medical supplies** for little or no cost that help aid in the use of medication, reduction of asthma triggers, and education. Supplies such as nebulizers, hypo-allergenic bedding, pet dander wipes, spacers, Asthma Action Plans, brochures, and coloring books are readily available.

Visit our Website at: www.southerntierwellnesspartnership.org

4-H

Cattaraugus County has shown the true spirit of 4-H this year, with 550 club members that comprise 52 clubs, 1,191 special interest members, and 2,015 school enrichment participants. This has led our county to an outstanding program year. Total youth participating in educational projects was 2,831 with 1,735 being agricultural based projects.

This year's Cattaraugus County fair participants provided an outstanding display of projects for fairgoers. With 635 animal science exhibits, and 930 youth center exhibits. With an outstanding county fair that led us straight to the New York State Fair. In Syracuse our teams participated in the Rabbit Decathlon finishing 2nd in the state; Dairy Judging finished 5th overall for our novice team, junior finished 4th overall, and seniors 2nd overall (with 4 seniors going on to nationals). In Livestock Skill-a-thon Colleen Bailey finished 4th overall and will be traveling to nationals in Kentucky. In our youth center exhibit we were awarded 5 purple rosettes for outstanding exhibits. Our total state fair exhibitors in attendance were 148. Through their experience in 4-H our members have demonstrated making the best better by doing.

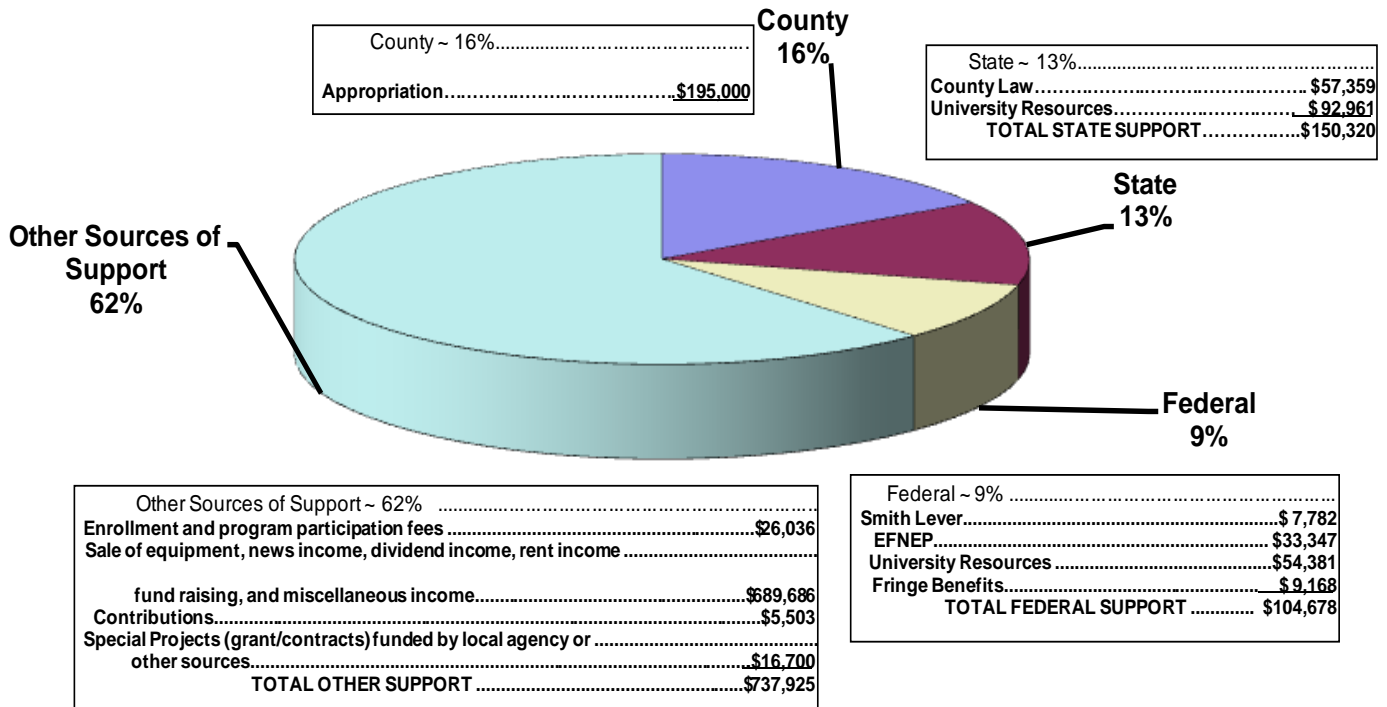


4-H has grown into a community of 6 million young people across America learning leadership, citizenship and life skills. 4-H can be found in every county in every state, as well as the District of Columbia, Puerto Rico and over 80 Countries around the world. 4-H'ers participate in fun, hands-on – learning activities, supported by the latest research of land grant universities, that are focused on three areas called Mission Mandates. Those areas are Science, Engineering and Technology, Healthy Living, and Citizenship.

Ever wonder what the future will look like? Just take a look at our local 4-H program today. This year's membership in Allegany County is at 397 with members either signed up as an individual or a member of 1 of the 23 clubs located through-out the county. We celebrated National 4-H Week, October 4th – 10th 2009 by displaying 4-H projects at local area merchant window fronts. Allegany County's 4-H Program is helping today's kids become tomorrow's leaders.

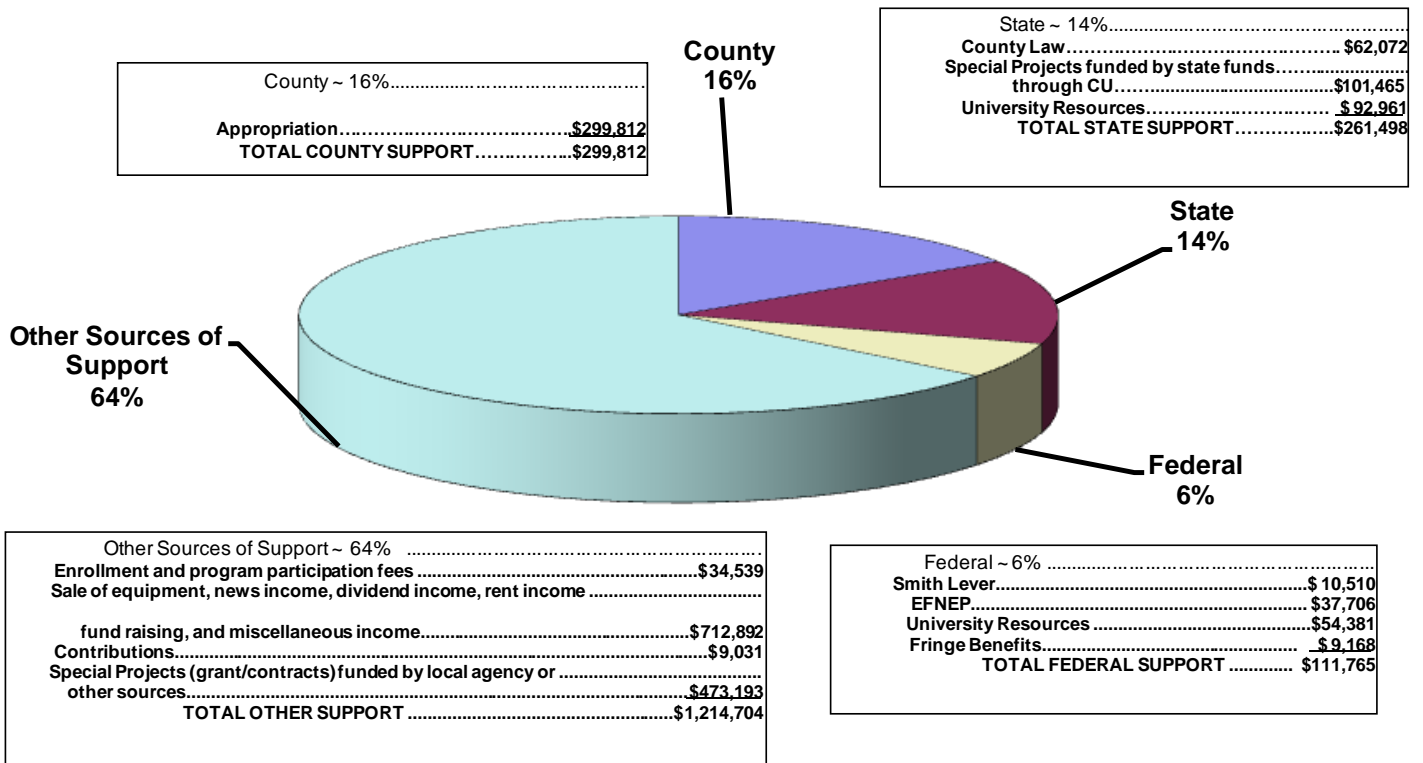
2008 Sources of Allegany County Financial Support

TOTAL SUPPORT CCE-ALLEGANY COUNTY – \$1,187,923



2008 Sources of Cattaraugus County Financial Support

TOTAL SUPPORT CCE-CATTARAUGUS COUNTY – \$1,887,781



Cornell University Cooperative Extension Mission

The Cornell University Cooperative Extension education system enables people to improve their lives and communities through partnerships that put experience and research based knowledge to work.

Cornell University Cooperative Extension provides equal program and employment opportunities.

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