

Cornell University Cooperative Extension Allegany & Cattaraugus Counties 2008 Annual Report

4-H The Power of Youth

4-H, one of the largest youth development programs in America, is the only youth development program with direct access to technological advances from university research. With three primary program areas: science engineering and technology; healthy living; and citizenship, 4-H encourages youth to experiment, innovate and think independently. More than 60 million young people across America have been 4-H members since the 4-H Youth Development program began in 1902.

As is the Allegany County 4-H Program style, 4-Hers had yet another awesome year. This year membership is at 344 members, many belonging to one of the 22 clubs as well as 363 special interest members and an additional 150 youth in school enrichment participation.

The Allegany County and State Fairs gave Allegany County 4-Hers the chance to exhibit many talents they have developed thru the Life Skills program as well as many clinics offered throughout the 4-H program year. 4-H had over 400 exhibits in the county fair youth center and over 250 in the animal science area. At State Fair, youth excelled in the youth building and received 2 Outstanding Special Recognition Ribbons. Allegany County 4-H had several youth involved in the State Dairy, Dog, Horse and Rabbit areas.

In Cattaraugus County 4-Hers have shown the true spirit of Head, Heart, Hands, & Health this year. With 575 club members that comprise 50 clubs, 760 special interest members, 2,115 school enrichment participants, this led us to an outstanding program year. The total youth participating in educational projects was 2,500 with 962 of those specializing in animal science education.



Casey Arlig, Allegany Co. and Adam Hill, Catt. Co. were both selected to compete on the 2nd day of Dairy Judging at the State Fair.

This year's Cattaraugus County fair participants exceeded previous years exhibits with 975 youth center exhibits, and 605 animal science exhibits. With such an outstanding county fair, the quality of Cattaraugus County exhibitors led to an exceptional New York State Fair exhibit. Leading the way with a 4th place in Livestock Skillathon that will lead to Nationals in Kentucky, Grand Champion Heavy Weight Steer, Reserve Grand Champion Goat (Daughter/Dam), 2nd place Hippology Jr. Team, 2nd & 6th place Horse Judging Teams, Novice Dairy Judging 4th place, Sr. Dairy Judging 6th place, Rabbit Decathlon individual 8th place, 200 exhibits in the youth center, with 5 Outstanding Special Recognition Ribbons being awarded. Total state fair exhibitors exceeded our previous numbers with a total of 145.

2008 Donation List

Gold \$100.00-\$249.00

Silver \$50.00-\$99.00

Bronze \$25.00-\$49.00

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Donation in Memory of Daughter
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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.

Asthma Coalition of Western New York

is a NYS 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 Western New York. Currently the Asthma Coalition pinpoints **Certified Asthma Educators** in the region who help educate people and find them the medical care they need to help their child(ren) live a better life.



Asthma Helpline 1-800-749-4042

Tri-County Tobacco Control

is an initiative to prevent the start of tobacco use, promote cessation, and eliminate exposure to environmental tobacco smoke. **The Community Partnership** was able to get 32 businesses/organizations to **sign a policy** that they would not accept Tobacco Company Sponsorship or Promotion dollars and/or created a smoke free campus. This program helped to create a record number of calls to the New York State Quitline from Cattaraugus County. **1667!** Also, the partnership has helped 5 **parks and playgrounds** sign resolutions stating they are smoke free!



New York State Quitline 1-866-NY-QUITS

Secondhand Smoke Education

The **Community Health Outreach Coordinator**, Megan Taylor, educates Cattaraugus County residents on the dangers of secondhand smoke exposure and also offers the public the tools to quit tobacco. Program outreach encompasses food pantries, health fairs, Head Start offices, public schools, WIC clinics and businesses. This year The Pines in Machias invited Ms. Taylor to provide secondhand smoke **inservice training** to their nursing staff. Public schools also held events to educate students, staff and families on the importance of providing smoke-free environments for non smokers, especially children.

For more information on secondhand smoke call 1-800-897-9189 x 132.



Heart Disease Prevention

is a NYS grant that provides programs and education that can help the community realize the dangers of obesity and inactivity and the effect unhealthy lifestyles has on everyone.

The current goal of the Heart Disease Prevention program is to help schools start their **School Health Advisory Committee**. While mediating and training schools we assist them in completing and implementing the **School Health Index** released by the Center for Disease Control.

The schools chosen this past year were:

- Randolph Union Free School
- City of Salamanca School District
- Ellicottville Central
- West Valley Central
- Cattaraugus - Little Valley Central School District

Worksite Wellness is a 5 year health initiative subcontracted to STWP by the Erie County Health Department. Healthier environments are developed through an on site **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 Belmont, Ellicottville & Olean Sites

Agriculture



Growing Sustainable Communities; One Connection at a Time

Providing resources to make informed decisions, the agricultural team offers trainings and informational services to farmers while working to enhance connections between the agriculture industry and consumers. Specific programs are offered on dairy farm management; field and forage crops; beginning a successful small farm operation, animal production workshops; direct marketing workshop and opportunities to participate in local efforts such as the “Guide to Local Farm Products”, Taste of Local Farms events and Farmers Markets; developing networks through farmer-to-farmer discussion groups and development of consumer-to-producer groups; connecting agriculture with human health and well being through conference offerings for those in production agriculture, health services personal and county residents to raise the awareness of the value of strong local food systems.

“Pasture Walks” are an essential part of Cornell Cooperative Extension programming. One pasture meeting in 2008 was hosted by an Allegany County

organic dairy farm. Agency representatives showcased a EQUIP funded fencing project, the farmer showed pasture plot management methods, and extension along with an area dairy nutritionist led discussion on feeding and comparing your milk check. Farmer to farmer meetings offers producers an opportunity to share ideas and experiences.

Annual Workshops for Rural Living

Continuing to carry out our motto, “Help you put Knowledge to Work,” programming and resources for agriculture, economic development, family & consumer science, and youth development are offered throughout the year. Two key program tools that have strengthened our goal are the Rural Land Owners Workshop now in its 16th year and the Rural Living Expo in its 5th year.

The Rural Land Owners Workshop has become a regional program with presenters from both private and public sectors. The program provides participants with up-to-date information concerning woodland management, taxation, wildlife, forest safety, leasing issues and water quality.

The Rural Living Expo is a program Cooperative Extension developed at the request of local residents. With growing interest in learning about food & nutrition, health and well-being, gardening/landscaping and perspective agricultural business opportunities, Extension responded with the Rural Living Expo. This program brings together presenters from a broad background to help participants develop new skills & techniques for home improvement, health and wellness.

IPM Field Meeting

Integrated Pest Management (IPM) is a multi-disciplinary approach to pest management that uses knowledge from many disciplines to enhance profitability, optimize environmental stewardship, and protect human health. IPM practitioners base decisions on information collected systematically, as they integrate economic, environmental, human health, and social goals.

At Spring and Fall field meetings throughout the Southern Tier, Cornell Cooperative Extension-Allegany/Cattaraugus Counties has demonstrated the central IPM principles which include:

- Ongoing soil and agriculture management strategies that enhance overall agroecosystem health, including rotation, site selection, hybrid selection, etc.
- Identification of the field problems. Is it caused by pests? (Be sure to include above- and below-ground examination for pest damage.) Environmental stress? Nutritional deficiency? Another factor?
- Sampling, or scouting to see the damage potential of pests. How extensive is the damage? Is the problem likely to increase in scale?
- Analysis of severity of the problem (including economic, environmental, and time concerns). Is the value of the damage going to exceed the cost of the control?
- Management alternatives that weigh cost, benefits, and risks of cultural, mechanical, biological and chemical controls.
- Implementation of pest control. What are the right times of the life cycle of the pest and

crop that will allow for the greatest impact by control methods?

- Reevaluation of the strategies used. What could be improved? What was successful? Was the problem identified accurately?

IPM strives to protect crops for the long term using:

- Biological controls to preserve biodiversity.
- Crop rotation to break pest life cycles.
- Host plant resistance to substitute for the use of pesticides.
- Sanitation to remove or destroy debris and sources of pest infestation.
- Site selection to ensure that crops are planted on sites suited to that crop's needs.

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.

(EPO)

Cornell University Cooperative Extension provides equal program and employment opportunities.

The Allegany-Cattaraugus County Master Gardener Program has been busy educating the public on a variety of horticulture topics. Master Gardeners have been a part of many programs in Allegany and Cattaraugus Counties. While our large programs have been hugely successful, the Master Gardeners have also been called on throughout our two county regions to develop and host many presentations for a variety of groups, while manning our Hotline and pH Clinics on a person by person basis. New Master Gardeners will be trained in the spring 2009 to add their efforts to our veteran Master Gardeners. Here is a photo of just a few of our great Master Gardeners!

2008 MG Events
pH Clinics
Rural Living Expo
Ag Literacy Week
Gardening Day
Olean Farmers Market
Wednesday's in the Arboretum
Allegany County Fair
Angelica Farmers Market Festival



Wednesday's in the Arboretum is a series of free gardening lectures presented during July and August at the Nannen Arboretum. Over 200 people participated in lectures on edible wild plants, composting, container gardening, perennials, annuals, native and poisonous plants, herbs, roses, pruning, ornamental grasses, site design, and gardening techniques; something for everyone!

The Master Gardeners were thrilled with the response to their efforts and they are already beginning to discuss the 2009 program.

Gardening Day was held in conjunction with Ellicottville Tours on July 5. Nature tours of the Nannen Arboretum were hosted by Master Gardeners. Participants learned about the types of trees, flowers, and herbs that can grow in our climate and see them first hand growing in the Arboretum. The Master Gardeners also had a Pick-A-Plant booth where participants could take home their choice from a variety of potted perennials, herbs and house plants, in exchange for a small donation to the CUCE Master Gardener Program.

Next year's focus will be on growing vegetables in the garden.

Other 2008 MG Activities
Ellicottville MG Hotline (Mondays & Wednesdays)
Garden Club Presentations
Cattaraugus Garden Walk
BOCES – presenting to students
Cattaraugus Compost Giveaway
Library Presentations
Community Center Presentations
Senior Community Groups
Neighbors and Friends

Nan Miller, Master Gardener Flower Garden.



Master Gardeners have been able to take advantage of an Insect Identification Training presented by Rich Hoffman. Further advanced trainings will be available next year.

Food and Nutrition Education in Communities

With the rising cost of food and fuel it is becoming increasingly more difficult for families, senior citizens and low-income individuals to make ends meet. Cornell University Cooperative Extension of Allegany & Cattaraugus Counties has provide basic life skills education to over 1700 participants in these high risk groups, impacting 6,344 family members. The program is available at no cost to participants through funding that is provided by U.S.D.A., N.Y.S. Department of Social Services and Cornell University, over 7000 educational sessions were held in FY 2008. The basic life skills that are addressed in these sessions include: basic nutrition and food selection , food preparation, safety and storage, menu planning, food shopping, basic budgeting, goal setting, decision making and the benefits of physical activity. Participants attend a series of 8-12 educational sessions that are tailored to their specific needs based on a pre-test. Community Educators provide current research based information in a hands-on and discussion based style. Participants can attend a group meeting or can receive one-on-one lessons in their home, which ever best meets their needs. The success of the Food and Nutrition Education in Communities programing is based on the knowledge and behavior change of the participants which is demonstrated in a post-test as well as self reporting and observation.

In FY2008 CCE Cattaraugus County undertook a two year pilot project of working with all WIC enrolled parents in Cattaraugus County, called “Loving Your Family Feeding Their Future”. The goal of the project is assist every WIC parent in selecting and preparing healthy foods for their families. At this point five of the six lessons have been taught at nine WIC sites in Cattaraugus County. The first participants will complete the program in April of 2009. This project is being closely monitored for success by Cornell University, N.Y.S. Department of Social Services and the Northeast Regional Office of USDA. If the expected outcomes are reached the pilot project will expand to other counties in N.Y.S. including Allegany in FY2010 and possible nationwide after that.

A Sample of a low-cost healthy recipe

South of the Border Mac & Cheese

- 1-7oz. Box Macaroni & Cheese
- 1 lb. Ground Turkey
- ½ small onion
- 1-14.5oz. Can Diced Tomatoes
- 1-15oz. Can Corn
- 1-15oz. Can kidney/ black beans
- 1-pkg. Taco Seasoning



1. Cook and drain ground meat with onion. Set aside.
2. Make Maccaroni & Cheese according to package directions leaving out butter or margarine and using fat-free milk.
3. Drain corn and beans.
4. Combine all ingredients and heat through.

Nutrition Facts

Serving Size 2 cups (322g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	570	Calories from Fat	160
Total Fat	18g		28%
Saturated Fat	7g		33%
Cholesterol	80mg		27%
Sodium	800mg		33%
Total Carbohydrate	64g		21%
Dietary Fiber	11g		43%
Sugars	5g		
Protein 36g			
Vitamin A	2%	Vitamin C	8%
Calcium	10%	Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4



Save Energy/Save Dollars

Sponsored by the New York State Energy Research and Development Authority (NYSERDA) and developed in cooperation with Cornell Cooperative Extension



Workshop Goals:

- * Identify Biggest Energy Users in the Home
- * Identify Actions to be Taken To Help Reduce Energy Use & Costs
- * Answer Questions about Energy Use & Demonstrate Applications

In 2008

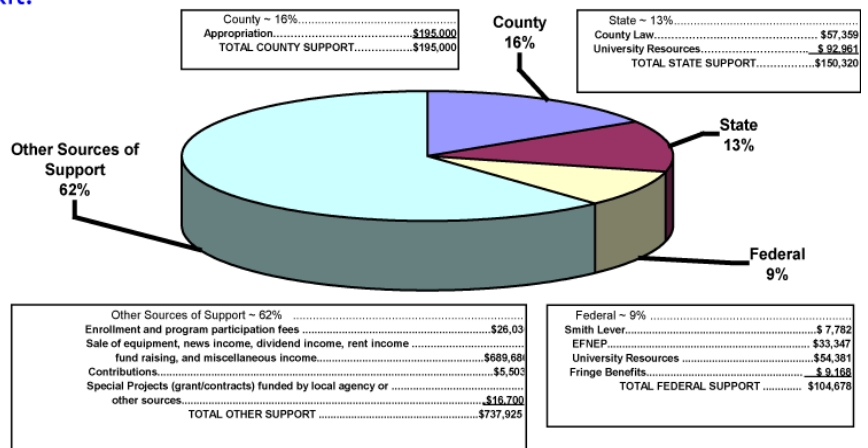
Allegany/Cattaraugus Counties offered 42 Energy Workshops in convenient locations, including weekends & evenings

610 Households participated in Energy Workshops helping families in our counties make a difference in their own home energy costs

Save Energy, Save Dollars Workshops

In these Free, 2-hour workshops, participants learn about low-cost & no-cost ways to save energy and reduce their home energy bills. Each workshop also includes information on programs available to the public to assist in making their homes energy efficient, as well as a complimentary home efficiency energy kit.

2007 Sources of Allegany County Financial Support
TOTAL SUPPORT CCE-ALLEGANY COUNTY -- \$1,187,923



2007 Sources of Cattaraugus County Financial Support
TOTAL SUPPORT CCE-CATTARAUGUS COUNTY -- \$1,887,781

