

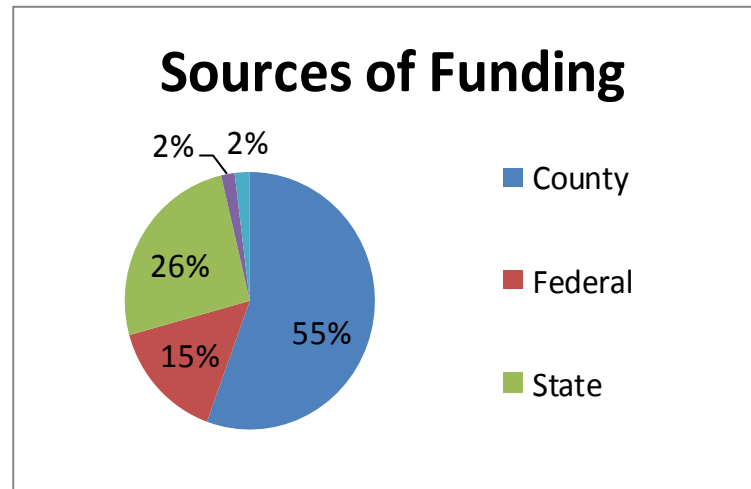
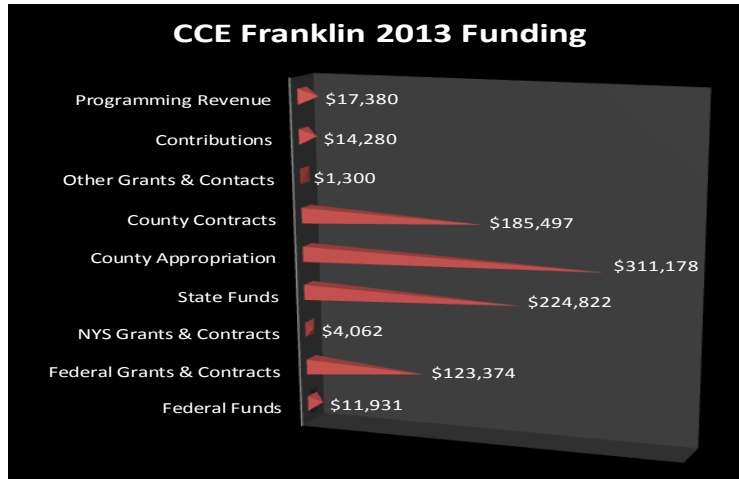


Cornell University
Cooperative Extension
One Great Idea



Franklin County

2013 Annual Report



To the Citizens of Franklin County,

2013 was the 100th anniversary for Cornell Cooperative Extension Franklin County (CCE). Staff members aligned local needs and experience with research based solutions of the Cornell land grant system and its state and federal partners, helping Franklin County families and communities thrive in a rapidly changing world

continued to provide one-on-one and group nutrition education ensuring those eligible for nutrition assistance made informed decisions concerning food purchases, food safety and consumption. CCE classes help to reduce the incidence of childhood obesity and alleviate chronic disease through improved nutrition. Other programs presented by CCE include Financial Management, Health and Family Well-Being and Children Coping with Divorce.

CCE expanded into new areas as well as maintaining respected, traditional foundation. Our agricultural programs and resources targeted diverse audiences in the areas of dairy and livestock production, field crops and nutrient management, fruits and vegetables, as well as farm business management and policy. Staff members also presented information on energy, natural resources, and consumer horticulture. Profitability, environmental stewardship, the promotion of agricultural tourism and a safe, healthy local food supply were goals.

4-H Camp Overlook comprises 30 acres on Indian Lake in Mountain View. The camp is open to all children 6 to 19 years old, both 4-H members and non-members alike. At camp, kids learned about leadership, caring, and community through activities like swimming, boating, creative arts, backpacking, fishing, and archery. It was learning by doing, and having non-stop FUN!

CCE's 4-H Youth Development had spectacular growth resulting from significant grant awards. 4-H Programs were delivered through community and school-based clubs, public school enrichment programs, and special partnerships. 4-H reached youth in the areas of Science, Technology and Engineering, Citizenship, and Healthy Lifestyles to provide and improve essential skills for youth and adults.

CCE Franklin has emerged as a leader in responding to current and emerging needs in community and rural development. Whether working with community leaders, schools, businesses and organizations to improve workforce development, improve production and marketing, adding value to raw products, or conducting strategic planning, the staff of CCE Franklin have been at the center of dialogue and collaboration addressing these needs. The following are highlights of successful CCE programming during 2013. In this short format, we only offer a glimpse of our portfolio of instructive offerings. Please contact us for more information.

CCE Franklin's Eat Smart New York Program funded by USDA's Supplemental Nutrition Assistance Program

Sincerely,

4-H Camp Overlook



As our program expands, 4-H Camp Overlook strives to become a resource for both Franklin and St. Lawrence County. Our summer residential camp welcomed over 800, while our year-round rentals and programs serviced over 1,600 local residents.

Summer 2013 brought the addition of advanced camper classes in the Adventure Course and Archery, providing older campers that now come throughout the summer with new challenges and experiences. Environmental classes made a successful return as a camper choice rather than mandatory requirement. Campers loved the wilderness survival class, which taught camping skills as well as emergency survival skills such as how to build natural shelters and basic orienteering. Also new for 2013 was Camp R.A.P. (Run and Play), which encouraged kids to be active and have fun!

Our year round and winter groups utilized the Great Hall for activities from quilting and scrapbooking, to leadership training, snowshoeing, and of course our ropes course program. One weekend in September, students from around the world converged at Camp for Rotary International's annual



orientation retreat. The group, consisting of high school students and adult leaders, represented more than seven languages and ten countries. Over the course of two days, camp staff led the group through problem-solving initiatives, low ropes elements, and the individual challenge of the high ropes. Through the challenges they faced on the ropes course and team building exercises, the group discussions explored the themes of effective communication, acceptance of responsibility, and willingness to challenge limitations. Students shared stories of their fears and successes, which lead to a deepened sense of camaraderie on their departure.

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Dairy



The 10th Northern New York Dairy Institute focusing on Quality Milk Production graduated 45 individuals representing 30 Dairy farms in Clinton, Franklin, Jefferson, Lewis and St. Lawrence Counties. Graduates participated in three sessions held in November, December and January focusing on Mammary Anatomy & Physiology, Economics, Mastitis Organisms, Cow Comfort, Culturing, Equipment Maintenance and Record Keeping.

Twelve of the 30 farms participating in this program reported making management changes after the first two sessions. Seventeen farms reported a decrease in herd somatic cell

count from session one to three, an positive indicator of milk quality and animal health.

The 10th NNYDI – Quality Milk Program was developed after a research grant sponsored by the Northern New York Agricultural Development Program and the Miner Enhancement Fund, determined there was a need to develop outreach programs focusing on milk quality and milk production on small farms in Northern New York. This program received additional sponsorship from Zoetis, Elanco and Kuenzler Dairy Equipment and was organized by Cornell Cooperative Extension of Northern New York (Clinton, Essex, Franklin, Jefferson, Lewis and St. Lawrence Counties) and Quality Milk Production Services.

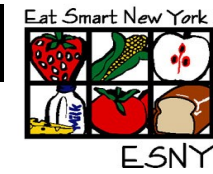


4-H



The Center for Disease Control and Prevention (CDC) reports U.S. youth spending 55 hours a week in front of a screen. This trend coupled with the lack of organized activities available to Franklin County families has contributed to a rise in childhood obesity as well as those diseases associated with obesity including; diabetes and heart disease. Obesity in Franklin County is an astounding 36.5%, well above the NYS rate of 24.5%. The spike can be directly linked to Franklin County's poverty rate where 14.4% of the population is at or below the poverty level as well as environmental factors including; food deserts and climate.

Collaborating with the YMCA and Joint Council for Economic Opportunity (JCEO) an affordable, certified Summer Day Camp is offered to families of Franklin County with full scholarships and sibling discounts available to those who are economically disadvantaged. Youth ages 5-12 can enjoy 8 weeks full day programming during the months of July and August. Campers participate in a variety of physical education, natural resource, nutrition education, leadership and citizenship initiatives designed to promote healthy living while gain a sense of respect for one's self, family and community.



Family and Nutrition Services

SNAP-Education Program: Eat Smart NY!

- * Participants learn how to feed their families better with less money. They improve their skills and knowledge about healthy eating by:
- * Increasing vegetable and fruit consumptions
- * Eating smaller portions; decreasing salt and fats
- * Increasing physical activity level



Behavior Changes

- 95% improved at least one behavior construct
- 55% improved at least one nutrition practice
- 68% improved at least one food resource management practice
- 95% improved at least one food safety practice



What Our Participants Say

" I have shared with my parents about importance of good eating habits and recipes and also reading labels." 7th grade student
"Our family watches portion size now. We move more. That Z lost 8 pounds since his last visit thrilled Dr. B." Mom of special needs child.

"The children in my daycare loved making menus and eating meals based on their personal MyPlate. We laminated them so the children could reuse."

Daycare Provider for Low-Income Families

"I'm using my water bottle and cut down on my soda to 1-2 a week." More water, less soda' "I learned how to make chicken pot pie." "I'm reading labels now.' "I don't leave my meat out on the counter."

Consumer Horticulture



Extension horticulture programs recognize and address the ever-increasing consumer demand for local food and the value of fostering safe, locally developed food systems. We work with individuals, families, organizations, and small start-up enterprises to help them become more self-sufficient and, where applicable, profitable. Acquiring horticultural skill and applying horticultural practices provides high-quality food for people, bolster confidence and improvement in physical health, and promote a sense of well-being and vitality within our communities.

Extension Consumer Horticulture provides research-based fact sheets, programs, and activities, which encourage food gardening, floriculture, landscape horticulture, and small commercial production. CCE programs also bring gardening to individuals who otherwise would not have the opportunity, including the elderly, those with limited mobility, and disadvantaged individuals. We do so by promoting and providing accessible public garden settings and by selecting the most appropriate designs, tools, techniques, and plant material available to enhance gardening achievability for citizens of all abilities.



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