



Cornell University  
Cooperative Extension, Franklin County

## Message from the President

I have had the great pleasure of serving as a CCE Franklin County Board Member for the past six years, and have witnessed some very dramatic changes in almost every facet of the organization during that time. We have gone through a major change in Association leadership, experienced some changes in staffing, expanded traditional program areas, added and strengthened regional programming efforts, and weathered changes in funding. The one thing, however, that has not changed is the dedication of the people within the Association and their tireless efforts in developing cutting edge, high impact programs that will change the lives of Franklin County residents.

For the past two years, it has been my distinct honor to act as President of the Board. I would like to share a few highlights that stand out in my mind from that time:

- *Strengthening of the Ag Program through continuation of Outreach Coordinator position and regional specialists*
- *Expansion of audiences and program offerings in the 4H program through Office of Juvenile Justice Delinquency Program and 21<sup>st</sup>*

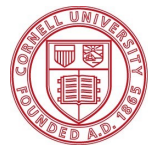
### *Century After School Grant funding*

- *Extraordinary reach and success of the Family and Nutrition program with such wild swings in funding*
- *Completion and utilization of new 4H Camp facilities and new year-round programming and revenue opportunities created by those facilities*
- *Reorganization of the office staff to provide greater efficiency and better match jobs with skills*
- *Effectiveness of both Association and individual program leadership is keeping CCE Franklin County at the forefront of many issues in NYS.*

CCE of Franklin County is looked up to as one of the strongest Associations in the State for good reason. I am proud to have had the opportunity to be a part of it.

Chris Nobles

President  
Board of Directors

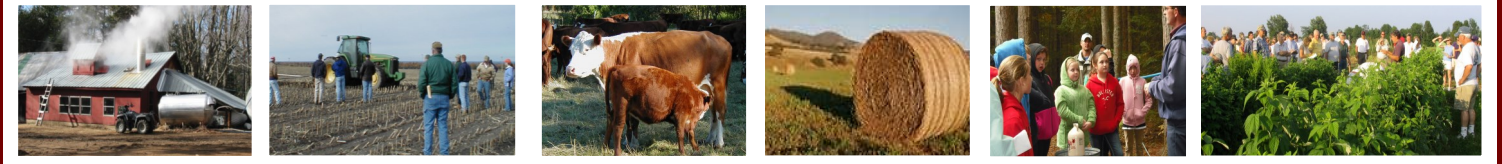


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Cooperative Extension  
*One Great Idea*

Franklin County

## 2014 Annual Report

### *To the Citizens of Franklin County,*

With both county and grant funding sources Cornell Cooperative Extension (CCE) continues to provide the citizens of Franklin County with programs that focus on "Kids, Food and Jobs" with the same level of performance that impacts lives and changes behaviors in positive ways. CCE began its second hundred years with staff members aligning 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.

Cooperative Extension has expanded into new areas as well as maintaining its respected, traditional foundations. Our agricultural programs and resources targeted diverse audiences in the areas of dairy and livestock production, field crops and nutrient 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.

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's Eat Smart New York Program funded by USDA's Supplemental Nutrition Assistance Program ended a long run in Franklin County on September 30. Changes in

funding will result in a different level of programming in the future. But through to the end, our staff provided 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 helped to reduce the incidence of childhood obesity and alleviate chronic disease through improved nutrition. Other programs presented by CCE have included Financial Management, Health and Family Well-Being and Children Coping with Divorce.

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 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 2014. In this short format, we offer a glimpse of our extensive portfolio of instructive offerings. Please contact us for more information.

Through all our work, CCE will always focus on tying all efforts of "Kids" and "Foods" together with "Jobs".

Sincerely,

Rick LeVitre  
Executive Director







Cornell University  
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**Agriculture - Field Crops and Soils Program**

Kitty O'Neil, PhD, Agronomy and Soils Specialist, [ka032@cornell.edu](mailto:ka032@cornell.edu)

**Farm & Agribusiness Outreach**

The field crops specialist regularly meets with Cornell Cooperative Extension colleagues and collaborators, farmers, agribusiness personnel, researchers from campus and other institutions, personnel from other federal, state and local agencies.

This year, Dr. O'Neil carried out a spring alfalfa height/quality monitoring project. The alfalfa height was measured in 11 fields each Monday for five weeks. Reports for the studies were reported to each participant in the project. As a result crop production consulting was conducted with dairy farms as part of the CCE Dairy Acceleration Program and Farm Profit teams.

Kitty is now a North Country reporter for the Northeastern Regional Field Office of USDA-NASS. Information is submitted about weather, crop conditions, and farming activities for the weekly Crop Progress and Condition Report.

**Educational and Training Programs**

The CCE Agricultural program delivers IPM (Integrated Pest Management) training which certifies individuals in pesticide use. It also offers NYS DEC re-certification credits which enables those already certified to renew their licenses.

An educational Soil Health Field Day, open to all farm managers, is scheduled for August 22nd at Jay Staib's cash crop farm in Chateaugay. Topics will include soil health improvement practices in row crops.

**Research and Demonstration Projects**

A 2.5-acre birdsfoot trefoil and timothy pasture has been seeded as part of a sheep parasite grant with Dr. Tatiana Stanton at Cornell University.

Two field sites for Dr. Quirine Ketterings' statewide Double Crop N triticale study were laid out, soil sampled, fertilized and later harvested in May.

The 2014 Western Bean Cutworm Moth Trap locations have been planned. There will be nine traps across Franklin and St. Lawrence counties this year, up from four last year.



Contact Us: [franklin@cornell.edu](mailto:franklin@cornell.edu)

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Michele Wiggins  
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Josy Delaney  
Tasha Amos  
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**4-H**

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Vanetta Conn Master Gardener Coordinator  
Rich Gast Consumer Horticulture,  
Energy & Natural Resources  
Dairy Outreach  
Harry Fefee Livestock Program Assistant  
Diane DuMont Regional Dairy Management  
Kim Morrill Regional Crop Specialist  
Kitty O'Neil

**4-H Youth Development**

Steve McDonald 4-H Team Leader  
Youth Development Educator  
Diane DuMont 4-H Program Educator  
Connie Gerow Tribal Mentoring Site Coordinator  
Abbey Langdon Tribal Mentoring Site Coordinator  
Diane Tremblay 4-H Program Assistant  
Pat Banker 4-H Program Educator  
Ellen Ceminara Director, T.L. After School Program

**Nutrition & Family**

Vanetta Conn Program Manager & Educator

**4-H Camp Overlook**

Casey Sukeforth Program Director  
Teresa Peterson Camp Registrar  
Jim Harwood Facilities Operations Manager  
James Johnson Caretaker  
Terry Sweet Assistant Caretaker

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## New Website

<http://franklin.cce.cornell.edu>

The screenshot displays the website's layout with a top navigation bar, a search bar, and several content sections. Key features include:

- Home Page:** A banner for "Giant Hogweed" with a "LIKE Us!" button and a "Recycling Agricultural Plastics Project" (RAPP) article.
- Navigation:** Menus for "HOME", "ABOUT US", "DONATE", "EVENTS", "JOBS", "RESOURCES", "STAFF", and "VOLUNTEER".
- Content Sections:**
  - Agriculture:** "NY Policy on Burning Agricultural Plastics" and "Ag Plastics" articles.
  - Energy:** "Don't Move Firewood!" article.
  - Home & Family:** "Forest Connect" article and "Maple Production" section.
  - Volunteer:** "4-H Volunteers" section with a "Becoming a Volunteer" guide.
- Footer:** "Cornell Cooperative Extension Franklin County" logo and navigation links.



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## Agriculture - Dairy Program

Kimberly Morrill, PhD, NNY Regional Dairy Specialist, [kmm434@cornell.edu](mailto:kmm434@cornell.edu)

### The Dairy Industry

Northern New York's dairy industry is the mainstay of the agricultural and regional economies of the region. More than 1,000 NNY dairy farms supply fluid milk for the bottling of milk and the making of cheese, yogurt and other dairy products. The region also has several dairy processing plants providing jobs and supporting local communities.

Cornell Cooperative Extension supports research, education and technical assistance to help the region's dairy farms be more efficient, sustainable, profitable, and good natural resource stewards.

### Farm Projects

**Cold Weather Feeding**—Now that calf protocols are in place, calf death loss has decreased dramatically over last two months. Only 2 calves have died in last 30 days! Now working on cold weather feeding plan for next winter and expansion plans for the lactating herd. Plans are in the works to refine some fresh cow protocols.

**Water Quality Project**—67 samples have been collected for the Water Availability, Cleanliness and Quality for Dairy Cattle Project. Cattle require large volumes of clean water every day and meet their requirement through three sources: drinking water, water contained in feed and water produced by metabolism of nutrients.

Water consumption can be negatively influenced by water flow rate, "boss cows", taste and stray voltage or high mineral content. In a recent study conducted in Pennsylvania, 26% of water supplies on dairy farm contained at least one component that could reduce milk

production. Research results were compiled and outreach was provided to the regional dairy producers importance of water quality.

**Colostrum Project**—Colostrum is the milk produced by cows prior to calving. It contains key nutrients to promote healthy growth, such as protein, vitamins, minerals and energy, as well as antibodies (or immunoglobulins, IgGs) to prevent disease. Feeding calves adequate amounts of high quality colostrum, and feeding it fast, is an essential part of getting them off to a good start.

A manuscript was completed and submitted for review. Educational outreach is ongoing.

### Refractometer Project

Instead of measuring serum IgG, the refractometer measures total serum protein. In newborn calves, there is usually a close correlation between total protein and IgG in the blood, since largest protein consumed in colostrum is IgG. Posters are being designed and distributed regionally as an educational tool for farm producers.

### Articles Published by Kim Morrill, PhD

Journal of Dairy Science Review  
Reproductive Efficiency: Economics, Biology and Strategies (circulated to dairy producers)  
Water Availability, Cleanliness and Quality for Dairy Cattle.



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## 4-H Youth Development

Steve McDonald, 4-H Youth Development Community Educator [smm384@cornell.edu](mailto:smm384@cornell.edu)



### Summer Day Camp

Co-sponsored by the Malone YMCA



Cornell Cooperative Extension (CCE) 4-H Youth Development collaborates with the Greater Malone YMCA to offer an affordable, certified, summer day camp to Franklin County residents at the Recreation Park in the township of Malone. This program could quite easily be duplicated in communities throughout the county based on need.

The Summer Day Camp experience is made available eight full weeks during the summer vacation months of July and August to youth ages 5 to 12.

In an effort to accommodate the working family, convenient drop off/ pick up times have been incorporated into the daily schedule allowing 1/2 hour at each end for those working moms and dads.

An alternative to television and video games, parents can rest easy knowing their children will be enjoying the outdoors while learning about their environment, developing their gross and fine motor skills, developing leadership skills, participating in community service projects, and practicing healthy

living habits. Accomplished through a variety of evidence based curriculum, the CCE 4-H program makes the best better by staying true its motto "Learn by Doing".

Each week campers receive curricula which is designed to complement the weekly camp theme including; Earth Week, Down on the Farm Week, Olympic Week and more. One day each week is reserved for a special field trip strategically planned according to the weekly theme. Swim lessons and free swim are incorporated into the daily activities of the remaining four days.

Camp director and camp counselors are experienced educators who become an integral part of the campers' experience. We pride ourselves on hiring competent, capable staff who will serve as positive role models/mentors to these young, impressionable men and women.



There's so much more...  
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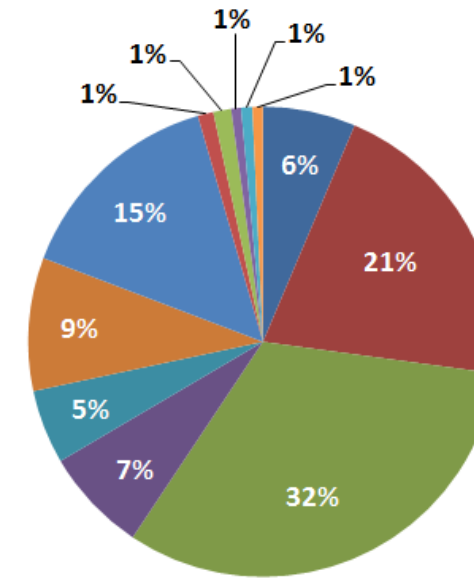


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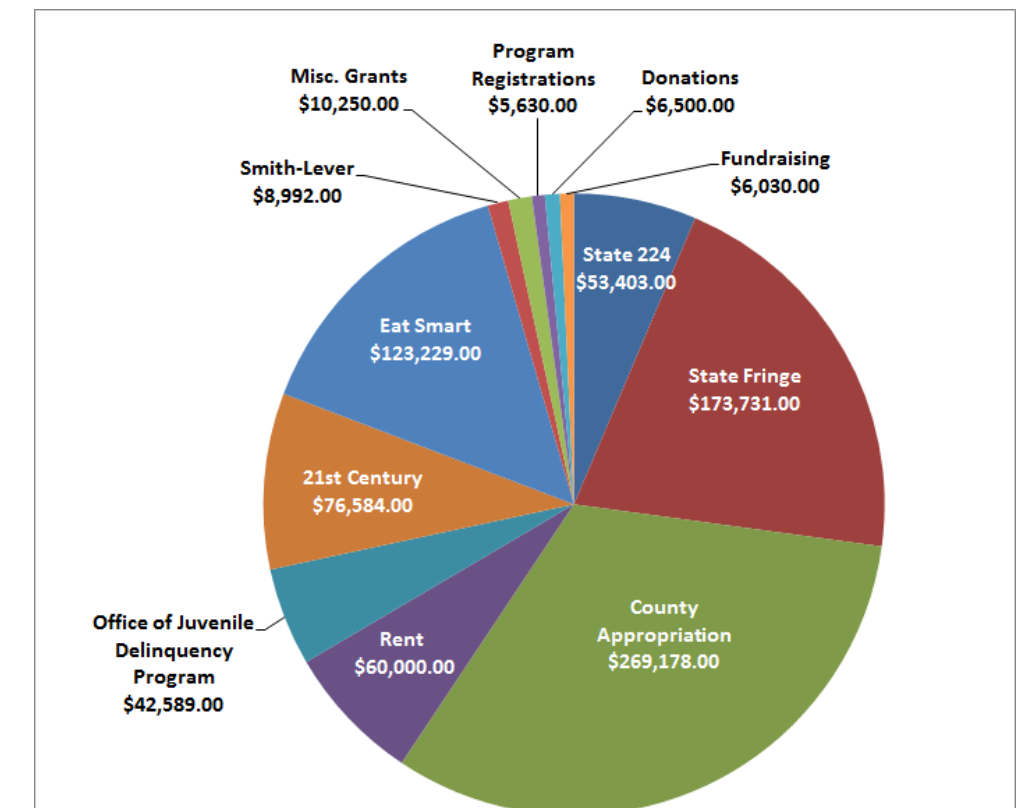
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## Funding

- State 224
- State Fringe
- County Appropriation
- Rent
- Office of Juvenile Delinquency Program
- 21st Century
- Eat Smart
- Smith-Lever
- Misc. Grants
- Program Registrations
- Donations
- Fundraising



## CCE Franklin 2014 Funding



## Sources of Funding

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# Cornell University Cooperative Extension, Franklin County

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## 4-H Camp Overlook

Casey Sukeforth, Program Director [cls348@cornell.edu](mailto:cls348@cornell.edu)

### Summer Residential Camp Year Round Programs

In 2014, 4-H Camp Overlook's summer camp celebrated its 69th year serving the youth of the North Country. Camp Overlook prides itself on blending new classes with classic camp traditions, to create a program that welcomes new campers and families while being a place generations come back to.

This summer brought the addition of an intermediate Archery class and expanding offerings in our adventure course, providing older campers that now come throughout the summer with a compete skill progression and new challenges. 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 2014 were two environmental courses, Respecting Mother Earth, which used S.T.E.M. curriculum to learn about renewable energies, and Adirondack Life, which taught campers about local ecology.

Camp had very high enrollment this summer, with 5 of the 6 traditional camp weeks filled to capacity. Looking forward to our 70th summer next year, camp hopes to continue its growth while maintaining its high level of program offerings.

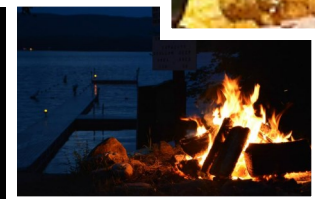
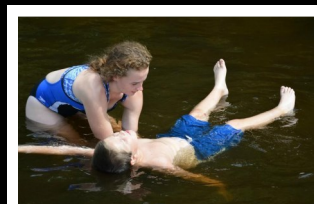
4H Camp Overlook's year-round learning center welcomes groups of any kind including school groups, church organizations, sports teams, and various hobby groups to participate and learn in our team-building, environmental education, and outdoor education programs.

For those looking to push their limits, experience the power of 'we' like never before, and promote problem solving skills, the Adventure Course is perfectly designed to develop teamwork, cooperation, and trust! Activities and discussions encourage positive group involvement, tolerance, and self-confidence.

New in 2014 is expanded winter use of our Main Lodge. The lodge is continuing to undergo renovations to keep its rustic original feel while creating new usable insulated space for groups and adding a bathroom downstairs. With the addition of this space, we hope to expand the capacity and clientele of our facility rentals and programs.



Like us on Facebook and visit our website:  
[4HCampOverlook.org](http://4HCampOverlook.org)



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## 4-H Youth Development

Steve McDonald, 4-H Youth Development Community Educator [smm384@cornell.edu](mailto:smm384@cornell.edu)



### Extended School Day Program

Cornell Cooperative Extension (CCE) 4-H Youth Development offers a comprehensive afterschool and extended school day program to Franklin County residents in the school districts of Salmon River Central, Tupper Lake Central, Saranac Lake Central, and the Mohawk School.

Collaborating with the YMCA, Citizens Advocacy and the St. Regis Mohawk Tribe this program is considered comprehensive because program deliverables are developed based on community specific needs assessment data. Current district programs address the following issues; deficiencies in Common Core Standards (English language arts (ELA) and mathematics), substance abuse, childhood obesity, school retention, and juvenile delinquency.

Working closely with the district, program participants are selected by teacher, guidance counselor, and parent referrals. Programming is made available to program participants in an afterschool setting, during summer recess and during school breaks. Paid staff, volunteers and teen mentors are used to assist in achieving short term as well as long term program goals.

Program Advisory Committees (PAC) are formed consisting of district teachers, parents, staff, community based organizations, and program participants. This committee's primary function is program evaluation. A variety of tools are used to ensure deliverables and subsequent outcomes are aligned with program logic models including; student short-term outcome survey, teacher survey, parent survey, first quarter versus fourths quarter grades, state standardized ELA and mathematic scores, and NYSAN Program Quality Self-Assessment Tool. In programs where desired outcomes are not achieved and/or community/district needs change, programming is adjusted accordingly.

Although extended school day programs are fairly new to the CCE 4-H program in Franklin County, stakeholders are seeing the value in our evidence based model. As school budgets continue to be cut, districts are collaborating with community based organizations such as CCE to offer these opportunities and more to students and their families.



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## Family and Nutrition Education

Vanetta Conn, Family and Nutrition Community Educator, [vmc23@cornell.edu](mailto:vmc23@cornell.edu)

### Parent Education

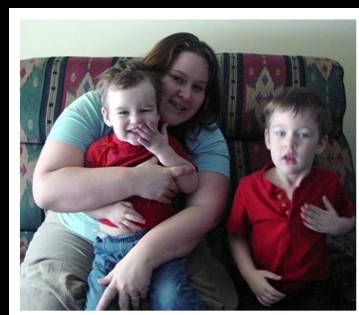
Parenting After Separation and Divorce assists parents, not living together, in finding positive ways to focus on their child during this transitional time making this time of many adjustments easier for children and families. Parents are reminded that children need additional attention especially when parents are so concerned about the many changes in their own lives. Presented in two 3-hour workshops.

Topics Covered:

- Co-Parenting & Parallel Parenting Techniques
- Benefits of each Technique and Ways to Use
- Impact of Developmental Stages
- Communication Skills and Managing Stress
- Taking Care of Parent
- Games Kids/Parents Play
- Keeping Families Safe

The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socioeconomic groups.

The Incredible Years® has two long-range goals. The first goal is to provide cost-effective, early prevention programs that all families and teachers of young children can use to promote social, emotional, and academic competence and to prevent children from developing conduct problems. The second goal is to provide comprehensive interventions for teachers and parents that are targeted at treating and reducing the early onset of conduct problems in young children.



Contact Us: [franklin@cornell.edu](mailto:franklin@cornell.edu)

### Food Preservation

Two Master Food Preservers on Staff

Participants were taught how to use a hot water bath, pressure canner and dehydrator. Demonstrations included the best methods for freezing so that food purchased locally will maintain the best quality and flavor.

Year-round hands on workshops were led by Pat Banker and Karen Armstrong, CCE's master food preservers.

This year CCE successfully held a series of workshops during the summer including a Master Food Preserver Course. Participants expanded their knowledge about canning from the basics for beginners to in depth for those taking the master course. Some workshops increased their knowledge and ability to preserve jam, meat, pickles, tomatoes and dehydrating.

Participants were excited about the fact that each workshop provided the opportunity to experience hands on learning from start to finish. They tasted the foods that were preserved and took their prized canned goods home to share with their families.

"I learned many things that I never knew before. The class was a joy to attend as the instructors and other students fully participated in the classes to make them very enjoyable! I have never felt so knowledgeable" A quote from one participant.



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## Family and Nutrition Education

Vanetta Conn, Family and Nutrition Community Educator, [vmc23@cornell.edu](mailto:vmc23@cornell.edu)

### Diabetes Prevention Program

Certified New York State  
Diabetes Prevention Program Lifestyle Coach

National Diabetes Prevention Program encourages collaboration to prevent or delay the onset of type 2 diabetes among people with prediabetes in the United States.

The CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes. It can help people cut their risk of developing type 2 diabetes in half.

The Diabetes Prevention Program research study showed that making modest behavior changes helped participants lose 5% to 7% of their body weight—that is 10 to 14 pounds for a 200-pound person.

These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people with prediabetes. Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month).

#### Get ready to make a change for life!

The National Diabetes Prevention Program teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.



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### Growing Stronger

Trained Qualified Program Leader

Growing Stronger is an exercise program for women and men over 50 years of age involving strengthening exercises—exercises that increase the strength of muscles, maintain bone integrity, and improves balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases, including arthritis.

If not physically active now, Growing Stronger will help make daily activity a regular part of one's life by building the essential strength that makes all movement easier and more enjoyable.

Regular physical activity is not only fun and healthy, but scientific evidence strongly shows that it is safe for almost everyone. The health benefits far outweigh the risk of injury and sudden heart attacks, two concerns that prevent many people from adding physical activity to their lives.

- Balance Exercises
- Bone Building & Strength Exercises
- Reduce/Manage Osteoporosis
- Trained Instructor
- Non Impact
- All Abilities
- Can be modified to Chair Exercises
- Your doctor's permission may be required
- Light Weights Supplied

## Fun!!!!

