

Cornell Cooperative Extension Franklin County

2018 Annual Report



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Cornell Cooperative Extension

Franklin County

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Agriculture	3	In 2018, CCE Franklin fulfilled its mission by offering educational opportunities to Franklin County residents through innovative, research based programs. Targeting youth, farmers, small business owners, and seniors, educators have enhanced the lives of more than 5000 participants.
NNY Regional Specialists	4	Our 4-H Youth Develop sector has continued to expand with extended school day programs being offered at Chateaugay Central, Brushton Moira Central, and Northern Adirondack Central. Thanks to funds secured in both the public and private sectors, previously grant funded afterschool programs at Salmon River Central and Tupper Lake Central will reopen in 2019. 4-H Camp Overlook and Camp Akalaka continue to provide positive youth development experiences to our most impressionable clients.
Family Health & Well-Being	4	First time employment opportunities are afforded to teens through employment at Bulldog Hour, Panther Hour, Bobcat Hour, 4-H Camp Overlook and Camp Akalaka. Developing job skills necessary to succeed is a vital component of our 4-H curriculum.
❖ 4-H Youth Development	5	We work alongside Cornell Regional Specialist to address agriculture needs and bring resources to local farmers. Consumer education as it relates to agriculture is essential to not only support our local famers but our local economy. Continued efforts to support Farm to School initiatives that connect producers to local markets while educating youth on food systems remain relevant.
❖ 4-H Camp Overlook	6	CCE Franklin continues to offer educational opportunities by taking knowledge gained through research and bringing it directly to the residents of Franklin County and beyond.
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All photos in this report were taken by CCE staff and are property of CCE Franklin County		

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Agriculture



Cornell Cooperative Extension is a large supporter of local agriculture here in the North Country through educational farm programs, technical services for farmers and rural landowners, and our partnership with the Northern NY Regional Ag Team. We work with a slew of local commercial, established, part-time, small and beginning farmers who have agricultural business enterprises. Our resources and programs include, but are not limited, to topics such as dairy farming, beef and livestock, crops, agronomy, economic development in agriculture, horticulture, specialty crops such as hops and maple production.



Recent and ongoing county initiatives include but are not limited to:

- NYS Grown & Certified Producers Grant
- Beginning Farmers Program
- Sundaes on the Farm
- Wild Edibles
- Agriculture in the Classroom



Family, Health & Well-Being



Arthritis Foundation
Exercise Program

Family, in all its diverse forms, is the heart and backbone of a healthy society. The mission of this arm of Extension is to improve the well-being of the family through strength-based programs, nutrition education and community engagement that educate, influence public policy, and help families put evidence-based information to work in their lives.

Our programs include: Arthritis Foundation Exercise Program; Growing Stronger; Medical Home; **SHINE**—Senior Health Improvement and Nutrition Education; Walmart Healthy Living.

Funded through the NYS Office for the Aging and the Office of Temporary and Disability Assistance, SHINE is in its inaugural year.

SHINE, Senior Health Improvement and Nutrition Education, focuses on providing nutrition education to older adults throughout the Northern Region of New York in Clinton, Essex, Franklin, and St. Lawrence County. The primary sites for SHINE workshops are congregate meal sites, public housing units, and adult centers. Nutrition Educators have been tailoring the curriculum to fit the needs of the community, reaching out to dozens of sites throughout the North Country, and preparing for workshops to begin in 2019.



Areas Served:

- Alice Hyde Medical Center
- Davis Elementary School

County Congregate Meal Sites:

- Brushton
- Burke
- Constable
- Duane
- Fort Covington
- Malone
- Saranac Lake
- St. Regis Falls
- Tupper Lake

St. Lawrence County Congregate Meal Sites:

- Brasher
- Canton
- DeKalb
- Governeur
- Morristown
- Ogdensburg
- Potsdam
- Star Lake

SHINE workshops are expected to take place in adult centers, congregate meal sites, and public housing units and include a healthy snack, discussion, nutrition education, and light physical activity.



Walmart Healthy Living

Since 2014 CCE Franklin has been collaborating with MCSD to provide youth, Choose Health: Food, Fun & Fitness Curriculum at Davis Elementary.

Teaching our youth the importance of nutrition and physical activity will enable them to make better choices as adults, combating heart disease, high blood pressure, and diabetes.



4-H Youth Development

LEARN
BY
DOING



*Panther Hour
After School Program*

Working with youth is a focal point of Franklin County Cornell Cooperative Extension.

Whether it be an after school program, a 4-H club, residential or day camp, educational workshop or special event, this piece of Extension is an important one. These activities are made to fit the interests and needs of the youth in our community and allow them to create friendships that will last a lifetime.

Programs include:

- Educators expert in delivering a wide range of 4-H curriculum.
- Traditional 4-H clubs.
- Franklin county fair.
- Dairy activities.
- Dairy Camp / Horse Camp
- STEM programs.
- Animal & plant science.
- After school programs.
- Ag Literacy
- Conservation Field Days
- Leadership opportunities.
- County, district and state-wide youth engagement.

4-H Pledge:

I PLEDGE my head to clearer thinking, my heart to greater loyalty, my hands to larger service, my health to better living, for my club, my community my county, and my world.



Afterschool programs (ASP) provide extra help with school work from hired high-school tutors with superior academic standing. Those enrolled participate in a multitude of "learning by doing" activities. Students complete STEM projects and experiments, crafts, technology related activities, team building exercises and more. Not only do students have the opportunity to engage in new and exciting activities, they also spend at least 1 hour a day participating in physical activities and games and enjoy a healthy snack. Each program averages 30+ youth each day, even Northern Adirondack Bobcat Hour has proved successful in its first year of operation with 15-17 youth each day already. All of CCE's ASP's are licensed and certified through the state Office of Children and Family Services and are obligated to maintain

superior safety as well as social and emotional enrichment and growth.

After School Programs:

Chateaugay Central:

Bulldog Hour

Brushton Central:

Panther Hour

Northern Adirondack

Central:

Bobcat Hour



Returning in 2019:

Akwesasne Mentoring Program



4-H Camp Overlook



4-H Camp Overlook is a traditional, six-day, five-night residential camp located in the beautiful Adirondack Mountains on Indian and Mountain View Lakes. The camp, owned by Cornell Cooperative Extension of Franklin and St. Lawrence Counties, is open to youth ages 6-19. 4-H Camp Overlook also offers a program for Cloverbuds, those between the ages of six and eight. Camp Overlook also offers team building, leadership training and ropes course facilitation for groups year-round in our two heated facilities.

The recently added Adirondack M.A.P. Program was conducted alongside the traditional camp. Campers who sign up for this program choose the Pathfinders (all ages), Alpine Adventures (age 11+) or Mountaineers (14-19) tract, based on preference and age. The tracts are staffed by experienced trip leaders with wilderness certifications. This program was well received by our campers and with a great turn out for each of the different tracts.



Always something new for campers. New classes in 2018 feature STEM and Environmental programs.

Backyard Farmer

Campers will get their hands dirty while helping tend our raised garden beds, collect and plant seeds, learn about worms and compost. And the real bonus is tending to the camp chickens!

Future Pioneers

A compilation of may previous favorite classes. Campers build test parachutes and catapults, go on a Geocaching treasure hunt, and even launch a rocket.

Leatherworking

Campers will learn the skills of punching, cutting, and lacing necessary to create a unique and one-of-a-kind leather craft. And it gets better! Campers move on to doing more advanced independent projects including wallets, book covers and more!

Ultimate Overlook

Campers played the oldest and most cherished camp games.

Sewing

Campers learn the fundamentals of sewing on a sewing machine, pinning, cutting and design skills.



4-H Camp Overlook's Mission:

"To provide a natural Adirondacks environment where youth, under the guidance of positive role models, take part in personal growth experiences that emphasize community building, positive social interactions, environmental awareness, skill-building and fun."



Camp Akalaka



Camp Akalaka is an NYS certified day camp open to all youth ages 5-12 in the Malone and surrounding areas provided by Cornell Cooperative Extension of Franklin County and the Malone YMCA. The camp is active for the entirety of the summer following the school year and has been a summer staple since 2012. Camp Akalaka is successful in its ability to provide a safe, affordable, educational and fun environment for the youth in our community to spend their summer. Each week, different skill-building classes are offered that the youth choose from, as well as, a weekly field trip. 2018 trips included, The Wild Center in Tupper Lake, the Nicandri Nature Center in Massena, as well as a few hikes and a trip to the Beach. The camp has grown each year and in 2018 we had an attendance of approximately 60 campers each week, up from 50 campers on average per week in 2017.



New for summer 2018

NEW! Strummin' & Drummin' Learn some of the basics of guitar and drum.

NEW! Painting 101 Learn step by step how to paint masterpieces while in the great outdoors!

NEW! Computing Campers Learn how to use Microsoft Publisher to make your own fun creations.

NEW! Future Storytellers Do you enjoy writing? Fine tune your writing skills while sharing with and learning from fellow campers.

NEW! Racquet Ruckus Learn challenging and fun sports right at Malone's very own Rec Park! Tennis, pickle ball and handball. Learn how to use your forehand and backhand moves and learn how to keep score.

NEW! River Monster Investigators In this activity campers learn about the ecosystems that live in the water, mud, and riverbanks around camp Akalaka. You will also learn how to recognize these creatures by their tracks, larvae, what they eat and where they live.

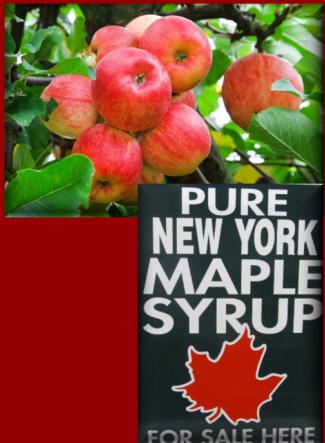
NEW! Let's Dig it! This class offers the basics of gardening along with garden crafts. Take home healthy recipes that campers will make using the foods they have planted.

NEW! Adventures with Almanzo Churn butter from cream, and make the same tin-punch lanterns as Almanzo to carry a candle outdoors and provide light inside the barns.

NEW! Jump Camp This class teaches campers agility, balance, teamwork, sportsmanship and other sport specific skills.

NEW! Claws, Paws & Fun Campers will learn to be responsible pet owners in this unique live animal science class. Mammals, amphibians, and reptiles.....Oh My.

Community & Economic Development



CCE helps foster an economic climate that supports and promotes the expansion of agricultural businesses within Franklin County. We assist agribusinesses to help ensure agricultural industry viability by exploring ways to enhance sales through direct marketing or developing value-added products creating employment opportunities. Diversification increases farm viability by increasing economic stability through reduced financial risk and a more stabilized farm income.

CCE Franklin utilizes resources such as specialists with Harvest New York and the Northern NY Regional Ag team as well as campus resources to disseminate knowledge that ranges from individualize, farm specific information to that which pertains to the agriculture industry as a whole.



In 2018, CCE assisted Franklin County agri-businesses in securing over \$250,000 to improve food safety through NYS Grown & Certified Grants. The NYS Grown & Certified program makes it easy for consumers to identify local, safely-handled, and environmentally responsible agricultural products.

In 2018, Harvest New York was instrumental in organizing our very own weekly Produce Auction commencing in May.



Showcasing the Importance of Agriculture in Franklin County. CCE farm tours promote Agritourism.

Harvest New York - Growing New York's Agriculture and Food Economy



Farm-Based Beverages



Urban Agriculture



Livestock Processing & Marketing



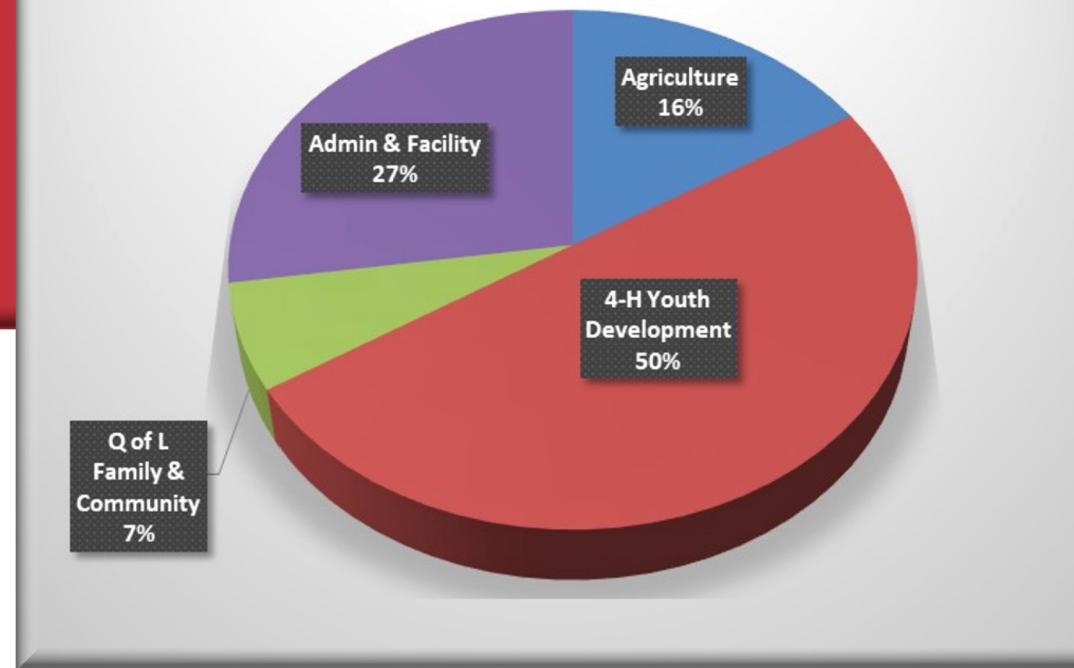
Dairy Food Processing



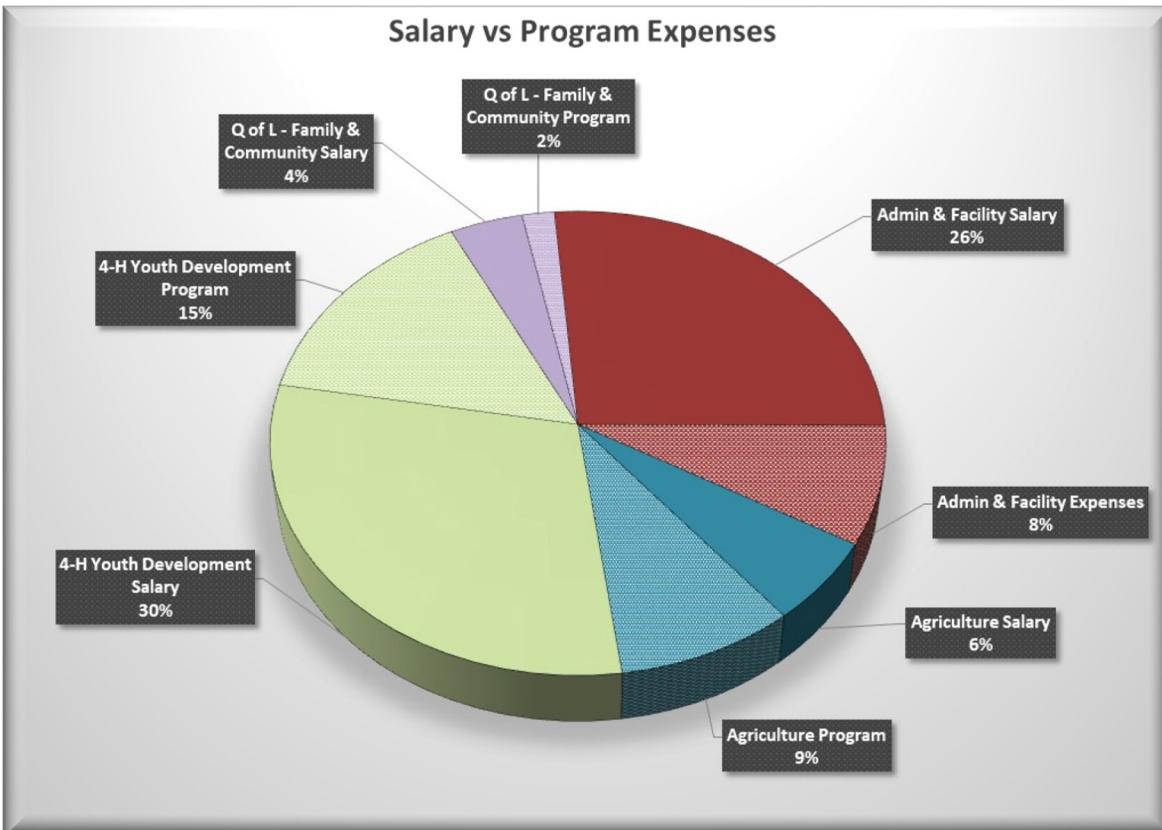
Farm Strategic Planning

Financial Report

2018 Allocation of Support Total Expenses \$995,274.30



Salary vs Program Expenses



2018 Board of Directors, Committee Members & Staff

Staff

Administration

Rick LeVitre	Executive Director
Denise LaVoie	Assistant to Director
Laura Nicholson	Finance Manager
Beverly Brady	Administrative Assistant
Teresa Peterson-Martin	Administrative Assistant

Agriculture

Steve McDonald	Ag Team Leader
Jessica Prosper	Ag Community Educator
	Beginning Farmer Educator

4-H Youth Development

Steve McDonald	4-H Team Leader
Liz Trombly-Couillard	4-H Community Educator
Abby Langdon	4-H After School Program Coordinator
Pat Banker	4-H Program Assistant
Katelynn Damour	VISTA Youth Intern

Family, Health & Well-Being

Dan Sweet	Nutrition Educator
Emily Tremblay	Nutrition Educator

4-H Camp Overlook

Casey Sukeforth	Program Director
Teresa Peterson	Camp Registrar
Terry Sweet	Year-Round Caretaker

Board of Directors

Kathy Corrigan-Dumas	President
Star Bashaw	Vice President
Bob Hest	Secretary/Treasurer
Brett McLeod	
Danielle French	
Dick Edwards	
Tom Arnold	
Carl Sherwin	Legislative Rep.

Program Advisory Committees

Agriculture

Scott St. Mary	Chairperson
Judy Fry	Vice-Chairperson
Brett McLeod	BOD Representative
Chasity Miller	
James Hutchins	
Melissa Poirier	
John Eick	

Family & Nutrition

Sheila Glinski	BOD Representative
Kathleen Spinner	
Michelle Wiggins	
Becky Preve	
Lorraine Farmer	
Brittany Fish-Lashua	

4-H

Jon Staib	Chairperson
Gina Sutton	Vice-Chairperson
Valerie Dalton	Secretary
Ron St. Hilaire	
Jessica Durant	
Nicole Partenio	

A Fond Farewell...



Rick LeVitre

Executive Director

After 7 years of Executive Directorship at Cornell Cooperative Extension (CCE) of Franklin County and 2 years of double-duty as Executive Director at CCE of both Franklin and Essex Counties, Rick LeVitre is retiring.

It didn't take very long to realize that Rick had a surprisingly profound enthusiasm for Extension. And agriculture. I later learned just how much professional expertise he actually brought to the position, coming to Franklin County CCE with more than 35 years of academic experience that included Extension service in Massachusetts and Vermont.

Assemblyman Billy Jones thanks Rick LeVitre for his service to New York's 115th District, which includes Franklin, Clinton, and parts of St. Lawrence County

He applied his Extension experience toward building a high-performance team of capable professionals, an environment in which motivated people. He demonstrated tremendous support as a consultant and collaborator who worked dutifully with Extension staff and Board members, volunteers, legislators, funders, donors, grant

writers, partner organizations and businesses, and town officials to achieve shared goals and objectives. And he proved himself to be a creative thinker and gifted researcher who loved and found great reward working alongside other individuals and groups committed to the advancement of our northern New York communities.

When most people retire, they retire. Not Rick. He's staying right here in northern New York, where I'm quite sure he'll continue to serve. So, on behalf of myself and on behalf of your staff, past and present, at Franklin County Cornell Cooperative Extension, thank you Rick, (and thanks to your remarkable wife Sue, too) for all you've done for the town of Malone and for Franklin County.



Beverly Brady

Administrative Assistant

Beverly retired on January 24th, 2019 after 11 years of service with CCE. Over the years Beverly adapted to changes within CCE. She took on various roles, including some time with the ESNY Program. Following a cut in ESNY funding, Beverly returned to her Administrative Assistant position.

Beverly plans to do some traveling and in the spring she plans on working side by side with her partner Kevin, in their large Maple Production business.

We wish Beverly the best in her new adventures. We will miss her smile at CCE Franklin and thank her for her hard work and dedication over the years.

2018 VISTA Intern



Macayla Smith

VISTA Volunteer

Macayla Smith signed up to serve a year of service with Americorps VISTA Program. A federally funded program, the Americorps VISTA Program is designed specifically to fight poverty. Oregon native, Macayla worked with CCE Franklin's 4-H Youth Development department to write a series of STEM "Grab and GO" curriculum for use in afterschool and camp programming.

In addition to Macayla, CCE Franklin was award two VISTA Summer Associates to work as camp counselors for Camp Akalaka. Malone natives, Jordan Kane and Jarret Lamica joined our summer team through this program.



Cornell Cooperative Extension



A **partnership** between the federal, state and county governments, Cornell University, and the citizens of New York State



Integrated. A network of professionals includes campus-based faculty and staff, regionally deployed specialists, county-based educators and professional employees



An **education system**
which extends
Cornell University's
land grant programs
to citizens across
New York State

Practical. Programs are designed to solve real life problems, helping to transform and improve communities

Locally-rooted. Citizens are key to identifying and creating programs which serve the needs of communities, businesses and individuals

Comprehensive. CCE programming covers five primary mission areas: Agriculture, Community, Environment, Nutrition, Youth and Families

Research-based. Educational programs are developed through interpretation and practical application of research conducted at Cornell University

