

Cornell Cooperative Extension Franklin County

Annual Report 2022



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Cornell Cooperative Extension Franklin County

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A Letter from the CCE Executive Director:

On behalf of the Cornell Cooperative Extension (CCE) Franklin County staff, members of the Board of Directors, and the program advisors, please accept our 2022 Program Annual Report and financial overview. Our events and programs reached the county's youth, seniors, farmers and small businesses and municipalities. The staff at CCE create positive changes in the lives of our citizens by continuing to offer non-formal education and learning activities to county residents in rural town centers and villages.



In 2022 CCE Franklin continued its mission by taking knowledge gained through research and bringing it directly to the residents of Franklin County and beyond. After several years without a dedicated Executive Director, it is my pleasure to serve this role to support Franklin County. We continue work alongside Cornell Regional Specialists 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 farmers but our local economy. We are continuing and expanding efforts to support Farm to School initiatives that connect local producers to local markets while educating youth on food systems.

Nutrition education and exercise programs for youth and seniors have been held around the county with resounding support from schools and senior centers. Our camps, Overlook (overnight) and Akalaka (day) have reached over 1500 youth in our community with Positive Youth Development. We have also strengthened our youth development through 4-H traditional club programs, STEM programs, and expanded our after school enrichment efforts.

In 2023, we plan to expand and enhance current programs, develop new innovative programs and seek new partnerships and collaborations to serve the county, its citizens and youth. Cornell Cooperative Extension in Franklin County continues to change, grow and meet the needs of our county's citizens.

Thank you for your support.



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:

- Community Engagement
- Farm Safety & Disaster Preparedness Trainings
- Agricultural Safety Days
- Beginning Farmers Program
- Soil, Forage, and Manure Sampling
- Sundaes on the Farm
- Wild Edibles
- Agriculture in the Classroom



Family, Health & Well-Being



*Building Bones
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: Building Bones Exercise Program; SHINE—Senior Health Improvement and Nutrition Education; and Walmart Healthy Living.

SHINE, Senior Health Improvement and Nutrition Education, focuses on providing nutrition education to older adults throughout Franklin, St. Lawrence and Clinton Counties. 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 region (Franklin, St. Lawrence, Clinton County and the St. Regis Mohawk Tribe) to provide in-person and virtual workshops. The Northern region held 32 virtual workshops and 12 in-person workshops in 2022.



SHINE Program Taste Testing

The SHINE program reaches out to older adults through several channels. A hotline was created to answer nutrition related questions for participants who are not able to attend workshops virtually or in-person, and conference call style workshops are offered to those interested. One of the major outcomes of the pandemic was the rise of food insecurity among older adults. To combat this, educators worked with local organizations to provide emergency food packages to setup a food box distribution. Throughout the year of 2022, over 600 emergency food packages were distributed to older adults. Container garden kits were also created to increase the access to fresh produce for older adults. The container garden kit program began in 2021 with buttercrunch lettuce, with seeds, soil, containers, and instructions provided to 100 older adults. In 2022, educators expanded on the container garden kit program and provided 200 tomato seedlings, containers, recipes and step by step instructions to participants.

Areas Served

Franklin County:

- Malone Adult Center
- Saranac Lake Adult Center
- Tupper Lake Adult Center

Clinton County:

- Apple Valley Housing
- Mountain Top Housing
- Atlas Heights
- Windy Acres Housing
- William Watson Housing

St. Lawrence County:

- Potsdam Midtown Apartments
- Canton Riverside Housing
- Gouverneur Community Center

St Regis Mohawk Sites:

- St. Regis Mohawk Tribe Senior Center

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.

Family, Health & Well-Being

Walmart Healthy Living

This year CCE Franklin has expanded its collaboration with MCSD to reach all of the elementary schools with Walmart Healthy Living. This program provides students with lessons on different healthy living topics as well as physical activity, fun, and exercise.

With weight related diseases becoming more prevalent it is important for these students to receive this education. Students are learning healthy habits for all domains of life. Including mindfulness, nutrition, relationships and lifestyle.

Walmart Healthy Living



Schools Served:

Flanders Elementary
School



Photo Credit: *Trumpeterny*

St. Joseph's
Elementary School





4-H Youth Development

Learn
By
Doing



Franklin County 4-H Fair Sheep Show

4-H Youth Development

"To Make the Best Better" - 4-H is a leader in the research and practice of positive youth development and the largest youth organization in the world. 4-H empowers youth to reach their full potential in areas that interest them by working with and learning skills from trained, caring adult mentors and educators. The phrase "Learn by Doing" is the educational philosophy of the 4-H program.

4-H Opportunities

- ✓ County, District and State Public Speaking Events
- ✓ 3-Day Horse, Dairy, Sheep and Goat

Camps

- ✓ Traditional 4-H Community Clubs
- ✓ Leadership Opportunities that are regional and statewide- Career Ex, Cornell University and STARR
- ✓ STEM Programs
- ✓ Ag Literacy
- ✓ Franklin County Fair
- ✓ Life Skills -Sewing, Food Preparation and Nutrition, Wilderness Programs
- ✓ Community Service Programs
- ✓ School Enrichment Programs
- ✓ Embryology, Environmental Programs
- ✓ Team Building Skills
- ✓ 4-H "Takes You Places". Explore American History

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.



Bunny Costume Judging at the Fair



Teens travel to Boston area for 4-days of American History



4-H Fair Horse Showmanship Champions

Conservation Field Days

4-H annually reaches between 450 and 600 Franklin County 4th grade students at Conservation Field Days held at 4-H Camp Overlook. 4-H brings Environmental Field Days to over 100 2nd Grade students in several areas.





4-H Youth Development

Learn
By
Doing

4-H After-School Programs

4-H After-School Programs (ASP) provide a setting for students in Kindergarten to 6th Grade to go after classes to continue learning while decompressing the stresses of the day. Participants are encouraged to engage in the daily activities of STEM projects, arts & crafts, homework help, and physical activities such as group games, walking nature trails, playing on the playground, etc. Healthy snack options are given each day, as well as a time to wind down with their friends before the program activities start. Each program averages 20-30 youth per day with a slow increase as the year progresses. Both of CCE's ASPs are licensed and certified through the NYS Office of Children and Family Services (OCFS) and are obligated to maintain superior safety as well as always encouraging social and emotional enrichment and growth.

Current After-School Programs

Brushton-Moira Central
Panther Hour



Panther Hour

Chateaugay Central
Bulldog Hour



Bulldog Hour



Kids vs Adult: Water Edition

Sudden Dance Party



Spy Kids for a Day





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.

www.4hcampoverlook.org



Summer 2022 Campers:

- 119 Cloverbuddies
- 21 MAAPs Hikers
- 674 Regular Session Campers

Of Those...

- 91 Scholarships Provided
- 88 Sponsorships Provided



2022 Greatest Summer Camp Success

In the last two decades school aged adolescents struggling with mental health conditions have risen from 5% to 15%, with a large rise occurring during the pandemic. Although society is moving through COVID, the struggles adolescents are experiencing are not dissipating. As Camp Overlook debriefed with many of the other 4-H camps around the state after the summer of 2021, it was evident that camps would be impacted by this crisis, and we were very much unprepared for what this could mean for our camp community. When developing our Leadership team for the summer of 2022, we made it a priority to add the role of Wellness Director to our staff. While the Department of Health requires a nurse on staff for overnight camps to address the overall health of our campers, this is already a large job to address the physical health of a camper, the Wellness Director would be available to address the equally as important needs of the mental health of not just our campers, but our counselors. To secure a staff member that best suited the needs of this task for our camp, Overlook partnered with Cornell's Public Health Master's Program. The Wellness Director contributed to various aspects of training for counselors to strive for better health care while working throughout the summer, how to best handle campers who miss home, and more. Throughout the summer they were often providing the 1-on-1 conversations needed to help campers process new experiences to allow them to be successful. 4-H Camp Overlook has often been a safe haven, a location that has allowed so many core memories to take shape. Overlook hopes that the Wellness Director is the addition to camp that allows us to continue having a healthy and safe community throughout the growing mental health crisis of today to continue to being what so many know and love.



4-H Camp Overlook



2021-2022 Counselor-In-Training (CIT) Curriculum Revamp

In '21 & '22, 4-H Camp Overlook received funding from the Adirondack Foundation towards revamping our CIT Program. We have successfully rewritten all three levels over the last two years to focus on preparing this age group of campers for College and Career Readiness. In the past the CIT program's main focus has been to solely prepare campers for moving onto working at our facility. We believe in "making the best, better" and we know that helping prepare campers for work life beyond our camp is what is best for us to do!



2022 Year Round Numbers:

- 17 Rentals
 - 20 School Groups
- (Through September Reporting)

Of Those...

- 620 Students

PLUS...

- 2 Family Camp Weekends
- 2nd Annual Fall Shooting Sports Clinic



2022 New Classes

BEYOND THE STARS:

Outer space is such large place with so much to explore... stars, planets, asteroids, and aliens! Beyond the Stars will explore our gardens so that you can design your own planets life. Set off rockets and see how far they can travel after scaling out our solar system. Our Rec Field is perfect for stargazing, which the campers will have a special opportunity to star gaze and find constellations and shooting stars.

BIRDS!:

Do you wonder about all the birds we see day to day in Northern New York? Camp this summer will be raising chickens and pheasants. We have an eagle family down the channel. A very common sound at night is owls in the distance. Each day of the week will focus on a different bird and how we can care for birds to better our environment. End the week with a project to take home!

Making MacGyver:

MacGyver is an "old" word for working with whatever is in front of you to solve a problem. In this course, campers will learn how to find what can be hidden in plain sight, and they will create something useful out of seemingly random items. The class wraps up with an 'escape room' style puzzle to solve.



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. The camp has grown each year and in 2022 we had an attendance of approximately 65 campers each week, with some weeks reaching 90 registered campers. Themed weeks included: Down on the Farm; Spirit Week; Wild Wild West; Theater and Performing Arts; Superhero Training Academy; Around the World; Carnival Week; and Helping Hands. Campers participate in varied activities that promote physical activity, social and emotional health, sustainability and STEM/STEAM.



In 2022, field trips were taken to the Nicandri Nature Center, Bonesteel's Gardening Center and the Franklin County Fair. Guest Speakers included: First responders and EMS; Malone Fire Department; Malone Police Department and the County Dairy Ambassador.



Community & Economic Development



**PURE
NEW YORK
MAPLE
SYRUP**
FOR SALE HERE

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.

Harvest NY in collaboration with CCE continues to be instrumental in helping the St. Lawrence Valley Produce Auction move forward by providing producer trainings and workshop as well as marketing assistance.



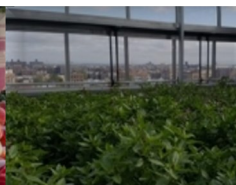
CCE continues to provide public education and showcase the importance of Franklin County agriculture through annual events such as Sundae on the Farm which takes place in June in celebration of June is Dairy Month, and the Franklin County Farm Trail, a fall event.



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



Farm-Based Beverages



Local Foods



Urban Agriculture

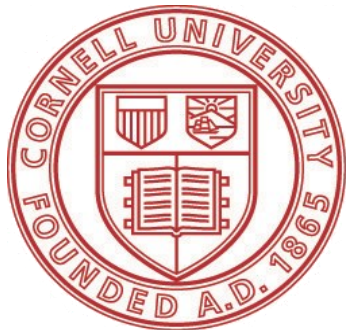


Livestock Processing & Marketing



Dairy Food Processing

Farm Strategic Planning



**Cornell Cooperative Extension
Franklin County**



Why Cornell Cooperative is a Cost Efficient Organization:

- Our program educators and team leaders work directly with over 10,000 residents each year (adults and youth).
- Through workshops, fairs, news outlets, media and publications (print and electronic), CCE educates over 300,000 people that live, work, and spend their money in Franklin County.
- Our employee benefits are paid by Cornell University totaling \$253,000.
- Cornell provides us with many services including payroll and personnel administration, web-based staff development, and other program support.
- Cornell's educational programs are NY State certified and are not duplicated by other agencies.
- We partner with local agencies to provide programs. Examples are NYS Office of the Aging, United Way of the Adirondacks, Paul Smith's VIC, and Malone YMCA.

2022 Economic Impact Statement

Established Programs

Agriculture

CCE Franklin continues to work with commercial, established, part-time, small and beginning farmers who have agriculture business enterprises. We have developed relationship with local partners to bring business and industry education as well as resources and programs such as dairy farming, beef and livestock, crops, horticulture, agronomy, economic development and transitions.

Established and ongoing county initiatives include:

- Beginning Farmers Program
- Farm Trail
- Sundaes on the Farm
- Agriculture in the Classroom
- Wild Edibles

4-H Youth Development Programs

Our Educators work with over 75 volunteers that help local youth learn civic responsibilities, create friendships and develop interests and talents to contribution to the growth and benefit of our Franklin County communities. 4-H is the largest youth program in the United States.

- 4-H currently has over 207 enrolled participants through clubs and independent members.
- 4-H programs throughout the year included: Public Presentations, Animal Science, Animal Symposium, Cloverbud, Cooking & Nutrition, Franklin County Fair Program, Adirondack Guides, Ag Literacy, STARR - State Teen Action Representative Retreat, Career Explorations, Wilderness Explorations, STEM Fair, Wild Edibles, Environmental programs, Citizenship, W.O.W 2022, Conservation Field Days, Tech Changemakers
- Interaction ranges from local, county and state-wide youth engagement Animal Science instructional camps for dairy, beef, goat, sheep and horse

4-H Afterschool Programming

- After school enrichment program partners with Chateaugay Central & Brushton - Moira Central School districts, serving over 100 students
- Provides extra help with school work, complete STEM projects & experiments
- Promotes nutrition education, physical fitness activities and team building
- Meets rural community need for after school care

Camp Akalaka

- NYS Certified day camp in partnership with Malone YMCA to service youth 5-12
- Affordable and safe with educational and skill-building classes
- Weekly field trips that build relationships with local community businesses
- In operation with growing success each year since 2012

Family, Health & Well-Being

- Senior Health Improvement and Nutrition Education (formerly known as SHINE) focus is on providing nutrition education to older adults through SNAP-Ed
- Building Bones is a free exercise program open to all over 50

Cornell Cooperative Extension of Franklin County

<u>Employee</u>	<u>Position</u>	<u>Program Effected</u>
Scott Gordon	Executive Director	Administration
Kimberly Trombley	Team Leader	Association Team Leader
Erica Kelso Follette	Team Leader	Camp Overlook Team Leader
Justin Tucker	Program Educator I	Agriculture
Pat Banker	Subject Educator I	4-H Youth Development/ Community Educator
Daniel Sweet	Subject Educator I	SHINE/SNAP-Ed
Kiersten Dumas	Program Educator	After-School Program Educa- tor/Wal-Mart Health Living
Mikayla Foster	Program Educator I	4-H Youth Development/ Community Educator
Laura Nicholson	Shared Finance Manger	Finance/Budget
Lindsey Kelly	Office Operations/Office Manager	Administration/HR/Program Support/Marketing & Public Relations/IT
Teresa Peterson-Martin	Administrative Assistant I	4-H Camp Overlook/CCE Ad- ministration
Chris Lamica	Facility Caretaker (PT Seas/ FT Seas)	4-H Camp Overlook, Build- ings & Grounds
Barry Webb	Facility Assistant Caretaker (PT Seas)	4-H Camp Overlook, Build- ings & Grounds
After-School Part Time Staff	Temporary	After-School Program
4-H Camp Overlook Seasonal Staff	Temporary	4-H Camp Overlook

2022 Board of Directors

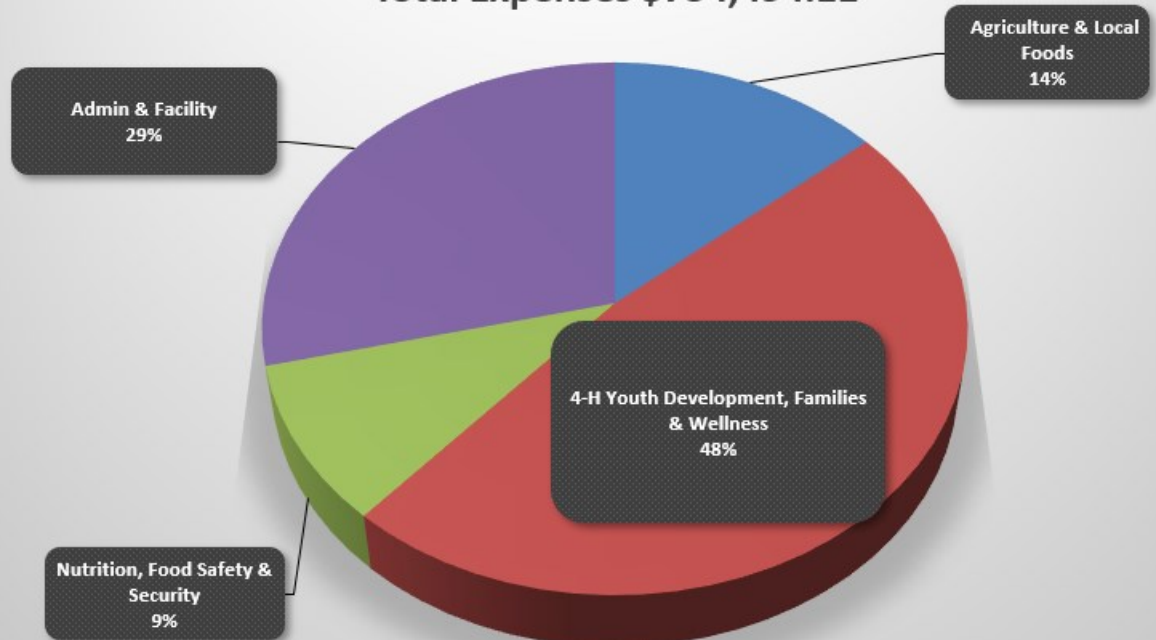
Chris Nobles	Immediate past President 2022
Kevin Leahy	Incoming President 2023
Connie Gerow	Incoming Vice President 2023
Tom Arnold	2nd Term
Rebecca Preve	1st Term
Errollyn Bradley-Bero	1st Term
Edward Lockwood	County Legislative Representative
Benjamin “Benny” Herne	Incoming Member
Anne Slocum-McIlhenny	Incoming Member

NNY Regional Agriculture Specialists

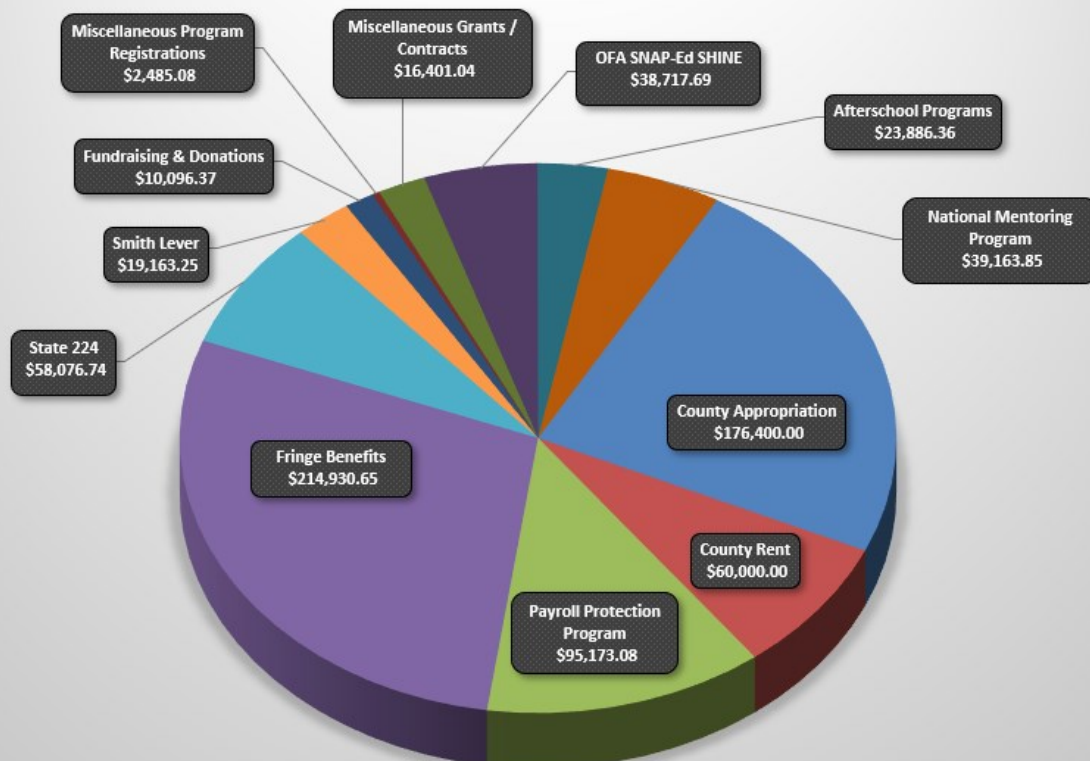
Kitty O’Neil	Team Leader, Field Crops and Soils Specialist
Mike Hunter	Field Crops Specialist
Lindsay Ferlito	Diary Management Specialist
Lindsey Pashow	Harvest NY— Ag Business Development & Marketing

Financial Report

2021 Allocation of Support Total Expenses \$754,494.11



2021 Sources of Funding



2022 Awards & Recognition

During the course of each year we feel called to recognize persons or organizations in our community for their volunteerism, partnership or participation. We are fortunate to be part of a community who supports our positive impact on many levels.



Friend of Extension
Agri-Mark



Friend of 4-H
King Clark Insurance

Looking forward....



SCAN ME



Summer 2023 is quickly approaching and will mark Camp Overlooks 78th anniversary! We are gearing up for a great event that highlights our ongoing commitment to youth in the North Country and celebrates our wonderful past.

2023

Dates & Rates

Cloverleaf (Ages 9-12) :\$209
Cloverbud (Ages 6-8) : \$209
Weeks 1-6 (Ages 8-19) : \$482

MAAPS Wilderness Program
Offered Weeks 1, 3, 5

Alpine Adventure (Age 11+): \$482
Mountaineers (Age 13+): \$482

To view 2023 Classes
and apply online visit:
4hcampoverlook.org

Scholarship Applications
due April 15th!

For any questions,
please call 518-483-4769



CLOVERLEAF

Thursday, June 29 - Saturday, July 1

CLOVERBUD 1

Thursday, June 29 - Saturday, July 1

CLOVERBUD 2

Sunday, August 6 - Tuesday, August 8

WEEK 1

Sunday, July 2 - Friday, July 7

WEEK 2

Sunday, July 9 - Friday, July 14

WEEK 3

Sunday, July 16 - Friday, July 21

WEEK 4

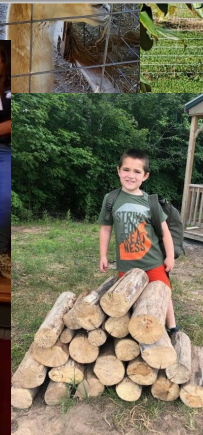
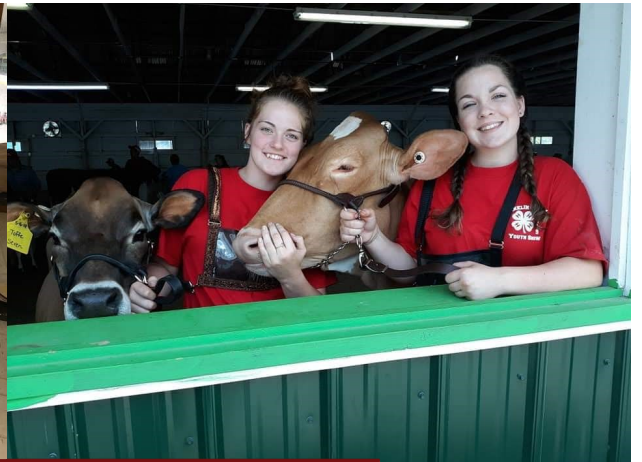
Sunday, July 23 - Friday, July 28

WEEK 5

Sunday, July 30 - Friday, August 4

WEEK 6

Sunday, August 6 - Friday, August 11



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

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

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

Extensive. High value educational programs are offered in every county and the five boroughs of New York City

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



Thank You!

Thank you to all of our sponsors, donors, community members, volunteers, and many more for your continuous support throughout the years.

We look forward to the 2023 year and all of the opportunities, activities, events, and programs it will bring!



Our Mission

Cornell Cooperative Extension of Franklin County connects people to each other and to research-based information to help us solve problems together. We adapt our programs to provide equal program opportunity and to be where community members are. We offer an educational experience that is customized for an individual's needs, abilities, and interests.

Cornell Cooperative Extension | **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.