"I would found an institution where any person can find instruction in any study."

Ezra Cornell, 1865





















Cornell University
Cooperative Extension
Onondaga County

The Leadership Letter

The 2011 year turned out to be a very good year for Cornell Cooperative Extension of Onondaga County. Although there were many unexpected changes and challenges for the organization, we had a good year because we have a solid mission, a great staff and excellent community support.

Our fiscal challenges included the conclusion of the Different Shades of Green job training funding, a shifting in priorities for our County funding and nation-wide reduction in funding for nutrition education. Through continuous fiscal monitoring of the organization, the board has been able to stabilize the organization and continue to offer, and in some cases enhance, the traditional programs and services that the citizens of Onondaga County have come to appreciate.

New or enhanced programming in 2011 included the training and graduation of the first class of Master Gardeners in Onondaga County in many years; expansion of our work in the natural resources area; expansion of support for our 4-H youth development programming, and expanded support to the agriculture sector of the County. We have also been able to be innovative in our approach to nutrition education, replacing lost federal funding with a number of smaller, locally developed and funded programs.

I anticipate that 2012 will be a year of continued growth for Extension. The County has increased its level of support for Extension. Our staffing has stabilized and features an outstanding roster of educators. We will also start the year with a Shared Business Network agreement with the CCE in Cayuga and Oswego counties.

It has been a privilege to serve as the President of the Board of Directors for the past two years. There have been unexpected challenges as well as unanticipated successes. It has been personally gratifying to work with this organization, its Board of Directors and the staff of Extension. As Cornell Cooperative Extension of Onondaga County faces its centennial year in 2013, I anticipate that it will continue to be a strong and unique community resource.

I wish all the best for an exciting and prosperous year for Extension.

Carl Hill

Carol Hill President

The Executive Director's Letter

What a year it has been at Cornell Cooperative Extension of Onondaga County!! We faced fiscal challenges, leadership challenges, and staffing struggles. But guess what? It has turned out to be a very good year. One only needs to reflect on the celebratory atmosphere at our Annual Meeting on December 15 as an indicator of our progress. We enter 2012 in a position of organizational stability and programming strength.

I have served as the interim Executive Director of CCE Onondaga for the past year. I did not expect to be here for the entire year, but I am, frankly, very pleased that it has turned out that way. I have come to deeply value and appreciate the work of our staff. I have enjoyed working with our Board, particularly Board President Carol Hill. And I have also enjoyed working with County officials, Extension volunteers and agency colleagues.

I do believe that 2012 will be an even better year for CCE Onondaga. I encourage the members of the Board and our Staff to continue the focus on program and organizational development. We can anticipate solid community financial support, ever more seasoned and exceptional staff, great volunteers and new permanent executive leadership. Intentional planning will be required. Community collaborations must be enhanced. Program evaluation must become more robust.

This is good work that we do at Extension. Press on!!

Richard L. Halpin, Ph.D.
Interim Executive Director

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Mission Statement

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

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We want to acknowledge the commitment to annual support of our Friends of Extension. Thank you.

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Through the donation of their knowledge and expertise, time, and materials, CCE Onondaga was able to offer the Central New York community our many dynamic programs with the support from the below businesses, community organizations, local professionals, and entrepreneurs.

- Andrea Bernard, Atonement Head Start
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- •Brian Skeval, Skeval Brothers Woodworking
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Nutrition Education and Community Food Security

Eat Smart New York (ESNY)

ESNY is nutrition education that is participant-focused, culturally sensitive and research based. We tailor our behaviorally-based series of lessons for the age and life-circumstances of our low-income residents. We help families, youth and seniors to stretch limited food dollars and make healthy food choices in challenging food environments. Collaborations with community agencies, schools, churches and workforce development programs are the key to our success to reach and teach diverse groups. Our participants report post program that they are eating better, feeling better, moving more and doing better... at work and school and enjoying life more!



Program graduates showcase strategies to choose nutrient-rich meals with smaller portions consuming fewer calories, sugar, salt and fats. Feedback shared at the end of the seven-week program: "I never

used to have time to eat breakfast- but now I get up 30 minutes earlier everyday so I can eat breakfast; I feel so much better- more energized!" and "I stopped drinking 7-8 cups of coffee each day. I realized I was jittery all the time and it was polluting my body, instead of nourishing it".

Workforce culinary program graduates learn skills to improve nutritional value of menu items as they examined their own eating behaviors to make positive dietary changes. Forty residents participated in one of seven comprehensive

workforce and life skills programs offered. Participants shared: "I used to drink Mountain Dew, but not anymore! I was shocked that a 24 oz. .soda has ½ cup or more of sugar - I told all my friends about it!; Your program also helped us to bake instead of fry, and I



am planning meals more often using my Crock pot - I save time, money and am not stressed out!"

Near Westside Initiative Collaboration

Willamae adds veggie toppings to a whole-grain pizza,

during an Eat Smart nutrition education program at Nojaims' Food and Nutrition Center. Six families learned skills to stretch food resources and make healthy, lowcost, kid-friendly meals at home. Parents remarked: 'I've been watching my portion sizes lately, and trying to eat less at a time. Also, I look at groceries differently now. I'm more conscious of the Nutrition Facts Labels and have been trying to buy whole wheat products instead of white"; "Thanks to your



program, I'm walking so much more- I'm up to an hour a day now!"; "My kids are eating these new recipes and that means they're eating more vegetables, fruits and milk.

Cornell Food Plate Study: Nudging Families to Change Eating Behaviors

Over 300 families across Onondaga County participated in a four-month, in home project using special dishes and scales, while completing surveys to help them think about



food choice and eating behaviors. Final phone surveys conducted by our nutrition educators revealed that families were more mindful about food choices, portion sizes and talking with their family members about family food choices.

Genesis Health Program - Healthy Communities - Healthy Churches

Lay Health Advocates from ten churches on the south side of Syracuse share healthy eating and physical activity messages

and lead programs to engage residents in adopting healthy lifestyles. CCE Nutrition educators facilitate a six-session interactive nutrition and cooking program as part of the twelve week health and fitness program held at Living Water Church of God in Christ in Syracuse each year.



Eat Fit/Cooking up Fun! Empowering Youth with Nutrition Knowledge and Cooking Skills

Multi-session programs engage youth from elementary to middle school age to be active stewards of their own health. Youth in EatFit classes learn through active participation how to make thoughtful food decisions through challenge activities and food preparations. Our youth learn to make fruit



smoothies, trail mix, veggie wraps, quesadillas and more. Our *Cooking up Fun* series teach food preparation, knife and safety skills. Sweet potato fries, broccoli and black bean quesadillas, veggie pizzas and Portuguese Kale soup are among the culinary delights our youth prepare, not only in classes but at home with family members.

Cooking Together for Family Meals: Bringing Families Together around the Table

LaTonya and her daughters prepare a whole wheat pizza crust while Davita and her Dad at veggie toppings to their



pizzas at a recent Cooking Together program at the McChesney Center. Cooking Together is a fun, familybased cooking program that brings parents and youth together around the table, builds cooking skills, encourages family communication and



celebrates with families eating a quick and health vegetable-based meal each week. It's a nutrition education and cooking program that involves the whole family in childhood obesity prevention. Family groups prepare recipes using a variety of vegetables including dark leafy greens, root vegetables, winter squashes, cruciferous vegetables, dried beans and whole grains – all

vegetable groups that are under-consumed by most families. Children develop cooking and food-safety skills and parents gain confidence in their child's ability to help with meal preparation. Parents share, "We are all eating a lot more vegetables and fruits- my kids look forward to cooking with me and eating food that they help prepare- even all of these vegetables!"



USDA/NIFA "Enhancing Food Security of Underserved Populations in the Northeast

During 2011 CCE began implementation of the five-year USDA/NIFA "Enhancing Food Security of Underserved Populations in the Northeast through Sustainable Regional Food Systems". As one of ten sites in the Northeast participating in this project, CCE Onondaga will first analyze the entire food chain of a selected group of food items sold at two Syracuse supermarkets. Each of these foods could potentially be produced in Central New York. The project will explore ways local agricultural produce could be better incorporated into the regional food system, benefiting Onondaga County residents with increased availability of fresh and nutritious local agricultural products and giving local farmers access to a larger share of the regional food market.

In 2011, we identified grocery stores in Onondaga and Madison Counties (Big M in DeRuyter and the Nice N Easy Grocery Shoppes in Canastota) and Syracuse (Nojaim's Supermarket) that are willing to share data and allow researchers to conduct intercept surveys with customers. We conducted pilot food chain interviews and also built relationships with people involved in food systems and food security in Central New York. In 2012, we will begin phone interviews with suppliers of the stores, conduct focus groups with neighborhood residents and complete intercept surveys with customers at the stores.

CCE at the New York State Fair

CCE Onondaga made quite a splash at the Great New York State Fair. Thousands of Fairgoers interacted with CCE Educators in Natural Resources, Nutrition, Gardening, Invasive Pests and 4H Youth events and activities. The New York State Fair and Cornell Cooperative Extension really work well together!



CCE Forestry Educator, David Skeval, instructs Fairgoers on how to prune young trees. The exhibit included identifying Emerald Ash Borer and Master Gardeners answering questions.

CCE Nutrition Educator, Anita Bono, and Governor Cuomo head to the Fresh Connect display.



4H Youth competed in several events at the Fair. Competition events included Hippology, Dairy Judging, and Dressage, English and Western horse shows.



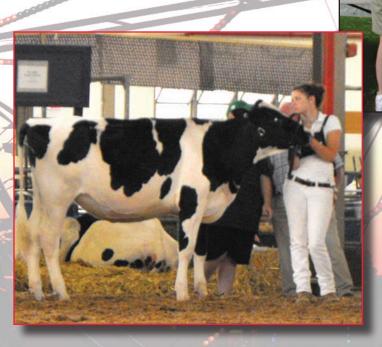


Fairgoers sample recipes made from locally grown produce prepared by CCE Nutrition Educators, Anita Bono and Kathy Dischner, at the Fresh Connect mobile demonstration kitchen.

Cornell University Cooperative Extension Onondaga County

Master Gardener

CCE Master Gardeners were available for the entire week to answer gardening questions from Fairgoers.



4H youth show dairy cattle.

Natural Resources and the Environment

CCE Onondaga's Natural Resources program area is vibrant and covers many subject areas that compliment other CCE programs making the whole greater than the sum of the parts. Our Urban Agriculture programming coupled with Nutritional programming to teach folks how to prepare the vegetables they grew. Our Forestry programming complimented our Invasives programming by helping folks identify tree species that served as hosts to invasives. Here is a summary of the programming accomplished in 2011:

FORESTRY

CommuniTree Stewards

36 new volunteer tree stewards were trained in 2011 and 18 veteran tree stewards returned to maintain over 1,000 trees in the City of Syracuse. Four of our Tree Stewards are here on Spencer Street on a beautiful Summer evening.



Save the Rain

Little helping hands plant trees in Union Park for the Fall 2011 Community Tree Planting. Volunteers, 163 strong, planted (157) street trees in city neighborhoods and parks to help Save The Rain. CCE efforts have located over 6,000 planting sites to date. We are reaching out to targeted residents to increase acceptance of new street trees. The new trees will serve to intercept potential storm water and keep waste water from entering Onondaga Lake.



Arbor Day

A happy student shows off a worm she found while planting a tree on Arbor Day. CCE held tree classes for 150 students at Bellevue Elementary and had them help plant 13 trees on Arbor Day. All 400 students were included in the Arbor Day celebration that followed.



Rural Forestry



Workshop participants look on as ATV-arch logging and safety is demonstrated. Participants learned basic forestry management and safety. CCE educators respond year round to forestry questions.

Community Forestry

Volunteers gather in Fayetteville to pick up bare root

trees for Fall planting across Onondaga County. CCE operates the Community Tree Buy project which facilitates the purchase, delivery and distribution of



Invasives

CCE Forestry Intern Jess Alighieri samples an ash tree for

emerald ash borer (EAB). CCE's Invasive program performed EAB education for residents, sportsmen's clubs, municipalities and, the New York State Fair. CCE's First Alert project educated folks on pests threatening our trees and how to identify symptoms



and hosts. The I-map Invasive Project trained residents on how to report invasive species locations.

WATER

Skaneateles Water Quality



Bear Swamp Creek is one of the many waterways that flow into Skaneateles Lake. Skaneateles Lake is one of main water supplies for Syracuse. Keeping the lake

in a pristine condition saves the City of Syracuse millions of dollars in constructing and operating a water filtration plant. CCE works with farmers and homeowners to understand and develop good land use and lake use practices to ensure that Skaneateles Lake remains clean.

Project Watershed

A science class from Corcoran High school shows off their hip boots after wading into a stream to take water samples. Samples are collected and the data is entered into a data base

to track pollution in local streams. Students get a great education in stream chemistry, biology, sampling and structure. CCE educated 1200 students through Project Watershed.



AGRICULTURE

Corn silage is harvested in Fabius to feed dairy cows. CCE's Agriculture Program facilitated the Fruit and Vegetable Forum in 2011. Bringing cutting edge research and proven techniques to Onondaga County farms. CCE continues to reach out to farms of all types in Onondaga County; including dairy, crop, grazing, fruits, vegetables, hops, livestock and specialty farms. CCE's Agriculture Program not only helps with the production of food but the marketing of food as well.



URBAN AGRICULTURE

CCE Educator Kayleigh Burgess stands next to the Jubilee's Southwest Community farm in Syracuse. CCE's Urban Agriculture project taught youth from the Urban Delights program how to construct, operate, market produce and prepare vegetables grown on an urban farm. The urban farmers sold their produce at the Syracuse Farmer's Market

in Clinton Square.
Urban agriculture
contends with many
unique issues including
buffering the farm from
contaminated soil. The
program provided
workshops for adults on
holistic gardening, drip
irrigation, and cover
crops. The program also
worked with students
in Syracuse City Schools
to learn more about
gardening.



Master Gardener and 4-H Youth Development



Our current enrollment consists of 25 Volunteers who have given over 1,300 hours of their time in various projects and programs. We started our program in the first week of February with a introduction to botany class followed by 15 weeks of training and ending on what it means to be a Master Gardener Volunteer. One of our first projects was collaborating with Carousel Center on Earth Day and handing out 1000 evergreen seedlings. The Master

Gardeners gave their advice on proper planting and site location for the trees. We also gave numerous talks to local garden clubs on a wide range of garden topics. We gave a seminar on vegetable gardening to the Onondaga Health Department and also advised the ARC of



Onondaga County on their sensory garden. During the summer and fall we were a staple at the Downtown Farmers Market at Clinton Square. We talked to hundreds of local consumers who quizzed us on numerous garden topics. The Great New York State Fair gave us an opportunity to show thousands of people what the program is all about and what CCE Onondaga has to offer. We were also present at the Lockwood Lavender Festival where we had the chance to answer a number of questions about composting.



2012 brings another strong group of volunteers into the program to begin their training.

4-H YOUTH DEVELOPMENT

The 4-H Community of members, leaders, volunteers and parents are the driving force behind youth educational activities in 4-H horse, dairy and dog clubs in



Onondaga County. Several events including a June Horse Riding Clinic and the annual Onondaga County 4-H Youth Fair, were successfully held this year, because of their dedication and support to 4-H.



A total of 34 4H youth attended the annual June Horse Clinic held in the Standardbred Barns at the New York State Fairgrounds on Saturday, June 4th 2011. The event provides 4-H youth an opportunity with their project horse to learn more about riding techniques and skills in a safe environment and interact with youth from other clubs. Clinicians, trainers and 4-H leaders work with the participants to teach riding and show skills. This hands-on event serves as a way to evaluate the youth's skill and riding level experience.

Senator John A. Defrancisco was a strong supporter of the 2011 4-H Youth Fair held at the NYS Fair Grounds on July 29-31. 4-H horse competitions were held in the coliseum,



along with a dog show and an arts & crafts project show. 4-H youth showed dairy at the beef barn alongside the On-Wego Holsteins Club. An ice cream social brought everyone together on Friday evening.



Educator Staff - 2011

Nutrition & Community Food Security

Anita Bono, ext. 238 Kathleen Dischner, Team Coordinator, ext. 239 Cheryl Neal, ext. 237 Sue Parker, ext. 227 Derek Simmonds, ext. 226

Natural Resources & Environment

Jess Alighieri
Derek Conant
Tara Dougherty
Jessi Lyons, Team Coordinator, ext. 233
Fran Lawlor, ext. 230
Mike Mahanna, ext. 236
John Raflowski
David Skeval, ext. 231
Mathew Webber

Agriculture & 4-H Development

Kayleigh Burgess Lorene Nans, ext. 224 Dorothy Slegle Theresa Spain, ext. 241

Administrative Staff - 2011

Richard L. Halpin, Ph.D, Interim Executive Director, ext. 221 Susan Martineau, Finance Manager, ext. 222 Jo-Ann Treasure, Sr. Administrative Assistant, ext. 225 Micheal Mathews-Rogers, Account Representative, ext. 234 Rachna Vas, Director of Research & Development Nicholas Hoefer, Network Administrative Assistant Cynthia Roberson-VanLaningham, Program Assistant

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Division of Nutritional Sciences - Cornell University



Izaak Walton League of America



Jubilee Homes



National Grid



Near Westside Initiative



New York State
Department of Agriculture & Markets



New York State Department of Labor



New York State Parks, Recreation & Historic Preservation



Onondaga County

Community Development Division

Department of Aging & Youth

Environmental Health

Health Department

Social Services Department

Water Environment Protection



Onondaga County Resource Recovery Agency



Onondaga County Soil & Water Conservation District



Onondaga Lake Partnership



Project Watershed



Say Yes to Education



Senator John DeFrancisco - 4-H Youth Fair



Syracuse Grows



The Pennsylvania State University



USDA Supplemental Nutrition Assistance Program



US Forest Service



YMCA - Art's Branch



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Budgeted Financial Support 2011	
County	% of Total
Appropriation\$150,000	
Grants and Contracts	55%
State	3370
County Law 224 \$ 52,010	
Grants and contracts\$ 17,524	
Total State Support\$ 69,534	9%
Federal	
Smith-Lever	
Total Federal Support	1%
Other Sources of Support	
Grants and contracts \$199,698	
Earned income\$ 32,258	
Interest income\$ 1,300	
Contributions\$ 2,000	
Transfer from General Fund	250/
Total Other Sources of Support\$267,962	35%
TOTAL SUPPORT TO ASSOCIATION \$ 775,532	100%
Budgeted Support Allocation 2011	
Administration	11%
Agriculture	12%
4-H Youth Development \$24,730	3%
Natural Resources & Environment\$340,463	44%
Nutrition, Health & Food Safety\$234,848	30%
TOTAL ALLOCATION OF SUPPORT \$ 775,532	100%



Employment and program opportunities are offered to all people, regardless of race, color, national origin, gender, or disability.

Visit our website: www.ExtendOnondaga.org