

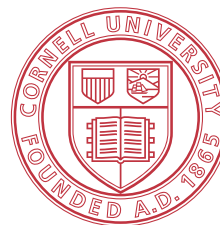
# 2014 CALENDAR



*Celebrating 100 Years  
in Onondaga County*



Cornell University  
Cooperative Extension  
*One Great Idea*



Cornell University  
Cooperative Extension  
Onondaga County

**Annual Report 2013**





## Program Supporters

CCE Onondaga is able to offer our dynamic programming to the Central New York community with support from many businesses, community organizations, professionals, and entrepreneurs, who share their expertise, time, and materials.

Thank You.



## Program Supporters

- Ag in the Classroom
- Big Rock Stable
- Brookfield Stable
- Bryne Dairy Corporation
- Central New York Regional Planning and Development Board
- City of Syracuse Department of Parks, Recreation and Youth Programs
- City of Syracuse- Department of Parks & Recreation staff
- City of Syracuse School District & Parent University
- Colleen Belge, Huntington Family Center
- CommuniTree Steward Volunteers
- Cornell University Faculty and Staff
- Diane Eggert, Farmers' Market Federation of NY
- Eugene Nichols
- Farm Bureau - Tully FFA Chapter
- Fayetteville Manlius School District
- Gerry Mahon, Crouse Hospital
- Homer School District
- Jamesville Dewitt School District
- John and Nancy Hourigan
- John Dunkle
- Jubilee Homes
- Lockheed Martin Corporation
- Master Gardener Volunteers
- Michael Stella, Onondaga County BOCES
- National Grid
- Naomi Blumenthal
- New York State Department of Environmental Conservation
- New York State Fair
- New York State Office of Parks, Recreation and Historic Preservation
- New York Water Environment Association
- Onondaga Earth Corps
- Onondaga Community College
- Onondaga County Emerald Ash Borer Task Force
- Onondaga County Department of Health
- Onondaga County Office of the Environment
- Onondaga County Parks
- Onondaga County Public Library System
- Onondaga County Resource Recovery Agency
- Onondaga County Soil and Water Conservation District
- Paul Nojaim, Nojaim Brothers Supermarket
- P.E.A.C.E. Inc. /Head Start
- Phillip Memmer, YMCA
- Price Chopper
- Project Watershed
- Skaneateles Lake Association
- Skaneateles Lake Watershed Agriculture Program
- Skaneateles School District
- Steve McGlynn, Twin Birch Dairy
- SUNY College of Environmental Science and Forestry Faculty
- Syracuse EOC
- Syracuse Grows
- Syracuse Onondaga County Planning Agency
- Syracuse University- Dietetic Intern Program
- Tops Markets, Inc.
- Town of DeWitt
- Tractor Supply Company Stores
- Trinder Farms
- USDA Animal Plant Health Inspection Service
- Venture Farms, LLC
- West Genesee School District
- 4-H National

## *Grants and Program Partners*

### ❧ **City of Syracuse**

Department of Parks, Recreation and Youth Programs  
Department of Water

### ❧ **Cornell University**

Department of Natural Resources  
Food and Brand Lab

### ❧ **JC Penney, Inc.**

### ❧ **National 4H Foundation**

### ❧ **National Lockheed Martin Corporation**

### ❧ **Near Westside Initiative**

### ❧ **New York State Department of Agriculture & Markets**

### ❧ **NYS Rice Fund Animal Science Resource Grant**

### ❧ **Onondaga County**

Agriculture Council  
Community Development Division  
Department of Water & Environmental Protection  
Save the Rain Program

### ❧ **The Pennsylvania State University: NIFA Food Security Project**

### ❧ **Syracuse University Lerner Center for Public Health Promotion**

### ❧ **United Health Care**

### ❧ **USDA Supplemental Nutrition Assistance Program**

### ❧ **YMCA - Art's Branch**



## *The Leadership Letter*

2013 was truly a year of progress and commitment for Cornell Cooperative Extension of Onondaga County. Most of all, it was a year for CCE staff and the Board alike to work together and be recognized as a leader in Onondaga County.

This year we celebrated our centennial year, in conjunction with the Farm Bureau, with a picnic at the Hourigan Farm. In addition, CCE was once again a major presence at the New York State Fair, as well as the Lafayette Apple Festival. The year ended with our Annual Association Meeting at the Rosemond Gifford Zoo, which included a silent auction as well as a keynote presentation by Bill Byrne. Thanks to the work and dedication of our amazing staff, the event was a huge success, with more than double in attendance from the previous year.

Reflecting back on 2013, it also must be noted that our media exposure continued to grow thanks to our innovative website, and the commitment of staff to collaborate with local media. CCE also joined a "Shared Business Network" with other counties, that has improved our administrative capabilities while lowering operating costs. We were also able to secure additional funding from Onondaga County for Agriculture.

Ultimately, all credit and honor for the success of CCE is due to its dedicated staff that has brought the leadership of our Extension to where it is today. The Board of Directors is honored to be associated with them, and will continue to foster an atmosphere of excellence. Thank you for your continued support of this organization as we move forward to 2014, with its challenges and rewards.

  
Joan Rogus  
Board President

## *The Executive Director's Letter*

2013 was a year of impact for CCE Onondaga thanks to the hard work of our staff, volunteers and Board of Directors.

2013 saw the re-emergence of our agriculture program thanks to increased support from Onondaga County and skilled educators. We added two new 4H clubs bringing our total to seven active clubs in Onondaga County. We were able to deploy CCE trained volunteers to delineate the Emerald Ash Borer infestation in Onondaga County. Our Nutrition educators delivered quality nutrition education programs, even when faced with federal budget cuts.

This year saw the strengthening of partnerships and collaboration with community and civic organizations, Onondaga County, and the City of Syracuse. We strengthened our ties with Cornell this year with the arrival of the Dairy Acceleration Program in Onondaga County. Farm Bureau joined CCE in celebrating our common Centennial Year with a picnic at the John and Nancy Hourigan Farm in Elbridge, NY. Our Centennial Year was capped off with our most successful Annual Meeting in years, featuring Bill Byrne as keynote speaker. With 150 people in attendance, we doubled our attendance from 2012!

We wish to thank Sue Martineau, who retired as CCE Finance Manager this past year, for 17 years of financial expertise which kept us financially strong. A special thanks to our Board President, Joan Rogus, who has served the Association for two years. Joan's generosity and passion has helped to lead CCE Onondaga to where it is today. I am looking forward to another dynamic year of service to the residents of Onondaga County

  
David Skeval  
Executive Director



Board member Caitlin Rohe Eaton  
with a Holstein at Co-Vale Farm



### Board of Directors

Joan Rogus, *President*  
Caroline Potter, *Vice President*  
Cecelia Cannon, *Treasurer*  
Jean Reed, *Secretary*

### County Legislators

Judith Tassone  
Monica Williams

### State Extension Specialist

Paul O'Connor

### Board Members

Emanuel Carter  
Janet Fallon  
Christa Glazier  
Caitlin Rohe-Eaton  
Kay Hilsberg  
Joyce Mackessy  
Paul Nojaim  
Brian Skinner  
Fanny Villarreal  
Edmund Wilson

## Financial Support 2013

### County

Appropriation..... \$ 191,979  
Grants and contracts..... \$ 324,646  
**Total County Support..... \$ 516,625**

### State

County Law 224..... \$ 62,876  
Grants and contracts..... \$ 6,706  
**Total State Support..... \$ 69,582**

### Federal

Smith-Lever..... \$ 15,000  
**Total Federal Support..... \$ 15,000**

### Other Sources of Support

Other grants and contracts..... \$ 188,557  
Earned income..... \$ 32,480  
Interest income..... \$ 200  
Contributions..... \$ 4,100  
Transfer from General Fund..... \$ 21,361  
**Total Other Sources Support..... \$ 246,698**

**Total Support to Association..... \$ 847,905**

## Support Allocation 2013

Administration..... \$ 93,530  
Agriculture..... \$ 107,918  
4-H Youth Development..... \$ 41,877  
Natural Resources & Environment..... \$ 486,865  
Nutrition, Health, & Food Safety..... \$ 117,715  
**Total Allocation of Support..... \$ 847,905**

## Our Mission

*Cornell Cooperative Extension of Onondaga County seeks to use our educational system to help people improve their lives and communities through partnerships that put experience and research knowledge to work.*

# An Overview of CCE Onondaga's Programs

## *4-H Youth Development*

4-H is the youth development program of Cornell Cooperative Extension of Onondaga County, linking resources of Cornell University to young people. The 4-H Program creates opportunities for youth to develop skills and practical knowledge through hands-on experiences. We create supportive learning environments in which diverse youth and adults reach their fullest potential as capable, competent, and caring citizens.

The 4-H Club Program is based on positive youth and adult volunteer partnerships. Clubs are established through qualified volunteers who work with youth to identify projects that they are interested in working on. Clubs may engage in project work, service learning projects, fairs, trips, fund raising and club officer positions.

Through Onondaga County CCE and Cornell University, 4-H provides a frame on which young people can build self-confidence, responsibility, and generosity.



## *Agriculture and Food Systems*

Our agriculture program continues to reach out to all farmers in Onondaga County, both large and small. Because agriculture is an ever changing industry, Cornell Cooperative Extension's role is very important in the accessibility of new techniques and research. We work closely with Cornell Campus and its researchers to provide up to date farming techniques that allow today's agriculture producers to be more efficient than previous generations. Agriculture producers today are more productive with less land, partly due to the research conducted by Cornell University.

Many county producers ask for education on various subjects, and CCE is able to fill those needs. Many workshops are held within the county on various agriculture topics, covering a wide array of topics, such as dairy robotics, hops, farm disaster preparation, farm succession planning, raising sheep and goats, and many more.

Looking forward to 2014, we hope to continue to reach out to our county agriculture producers, and provide all the educational support they need.

## *Community Horticulture*

CCE's Community Horticulture and Gardening program works with community volunteers, residents, youth, gardening clubs, and others interested in growing and caring for plants. Whether you want to start a compost pile, grow food in your backyard, install a native shade garden, or design a planting to feed our native pollinators, we can help you get started and provide support along the way.

Through Cornell's Garden-Based Learning program and CCE's Master Gardener program, we bring research-based information to gardeners of all skill levels. We offer public workshops, presentations to clubs and groups, a free Horticulture Hotline, and consultation for new community gardens and educational garden projects. You can find our Master Gardener volunteers at fairs, festivals, and farmers' markets, working with school groups, assisting new gardens with design, or hosting workshops.

## *Nutrition and Food Security*

CCE's Nutrition educators engage participants in active learning through hands-on experiences, applied activities, and dialogue. Our SNAP-Education programs provide low-income families, youth, and seniors with tools to adopt healthy eating and physically active lifestyles. As poverty is a risk factor for numerous health problems, positive changes in nutrition and physical activity are needed to avoid negative consequences of these numerous health problems. We know that to eat better, we need to be engaged in food preparation, sampling, and accepting health-promoting foods before we adopt healthier eating habits. We value learning and facilitate educational programs to meet participant needs and build on their interests and strengths. Our community partners are key to our success!

As more Americans face challenges to making ends meet, we work with our community partners to change environments to help make the healthier choices easier. We helped Syracuse City schools to implement Smarter Lunchrooms to design cafeterias that encourage students to choose healthier food options, we interviewed shoppers in grocery stores to identify challenges and provide solutions to purchasing healthier foods; we train community partners to share food resource management practices with the families they serve, and we market and promote community food programs, Farmer's Markets and coupons, and community and school gardens.



## *Urban and Community Forestry*

The Urban and Community Forestry Program seeks to build knowledge, appreciation, and stewardship for trees in our built environment. Programming focuses on the value of trees to our communities, including cleaner air, storm water mitigation, beauty, wildlife habitat, and improving the health and well-being of community members.

## *Water Quality*

The rich water resources we enjoy in Onondaga County range from pristine to heavily polluted, and the quality and use of those waters impact many facets of our lives and environment. The Water Quality Program at CCE Onondaga focuses on educating citizens to become good stewards of their watersheds by adapting practices to preserve water quality, changing behavior to stop pollution, sedimentation, and erosion in our waterbodies, stopping the spread of invasive species, and through water quality monitoring.

Residents, youth, professionals, and agency partners participate in programs in the stream and field, through classroom workshops and presentations, and facilitated collaborations, to achieve watershed management projects and planning.



# Eat Better for Less! CCE is helping residents across the life span to *Eat Better ~ Feel Better ~ and Do Better* in Daily Living.

## MARCH 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	1
2	3	4 Mardi Gras	5	6	7	8
9 Daylight Savings Begins	10	11	12	13	14	15
16	17	18	19	20 First Day of Spring	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Re-Think Your Drink!  
at Parent University

- Our *Choose Health* program encourages youth to make healthy food choices through goal setting, challenge activities, snack preparation, and team building.

- *Eat Smart* workshop series support adults as they practice smart shopping, gain skills to prepare and sample low-cost, one dish healthy meals, and adopt and sustain new healthy living behaviors; 98% of participants reported improving one or more nutrition practices post program.

- Stretching food dollars is a cornerstone of *SNAP-Ed* - over 1,200 residents gained skills to eat healthier for less in workshops delivered in community partnerships.

- *Cooking Together for Family Meals* engages the whole family in childhood obesity prevention. Parents and youth gain confidence and competence to prepare vegetable-based meals together!

- Through workshops, series education, community outreach, and education at “point-of-purchase” CCE nutrition educators reached over 4,000 residents during 2013!



# APRIL 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 April Fool's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Tractor Supply Co.'s 4-H Paper Clover Fundraiser						
20	21	22	23	24	25	26
Tractor Supply Co.'s 4-H Paper Clover Fundraiser						
		Earth Day			Arbor Day	
27	28	29	30	1	2	3
Tractor Supply Co.'s 4-H Paper Clover Fundraiser ends						

## Natural Resources Stewardship

Make your world a better place while learning new skills with CCE!

Volunteer to be a:

*CommuniTree Steward*

*Master Gardener*

*Master Composter*

*Master Watershed Steward*



11 new *Master Composters* were trained with help from OCRRA to educate and enthuse the public about home composting and vermi-composting ~ helping communities reduce the amount of waste going into landfills, and helping gardeners to build their own healthy soils.



Volunteers put on waders to prepare for water quality sampling



*17 new Master Gardener volunteers completed training and joined 47 returning volunteers to provide gardening education - Over 300 consumer questions were answered, and presentations were given to over 45 community groups and civic organizations in 2013!*



Master Gardeners educate the members of our community in the science and art of gardening by providing research-based information. You can learn from Master Gardeners at workshops, presentations, fairs and festivals, and the Horticulture Hotline.



# MAY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10

New York State Water Week

	Cinco De Mayo					
11	12	13	14	15	16	17
Mother's Day						
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Memorial Day - CCE Closed					

Master Gardener  
Plant Sale and  
Tool Maintenance  
Workshop  
at Beaver Lake

***It's starting to warm up out there!***  
***For gardening tips or help, call our***  
***Horticulture Hotline: (315) 424 - 9485 ext. 236***



**June is  
Dairy Month!**

**How will you  
celebrate?**

***Facts about Onondaga  
County Agriculture:***

As of the 2007 US Farm  
Census, there are 692 farms  
within the county

The average size of a farm in  
Onondaga County is 217 acres

150,500 acres are currently used  
in agricultural production

JUNE 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day						First Day of Summer
22	23	24	25	26	27	28
29	30	1	2	3	4	5

***Did you know?  
Onondaga County's #1 agricultural  
product... is dairy!***



## In 2013, our 4H youth development program

- **Promoted** positive youth development through adult mentorship for over 70 enrolled 4H youth in 7 club programs.
- **Challenged** youth in Robotics education to apply S.T.E.M. technologies to guide career and future life decisions; over 70 youth expressed aspirations to pursue STEM careers.
- **Engaged** over 1,000 youth in food-decision making activities to adopt healthy eating and active living behaviors.
- **Supported** hundreds of youth to express their ideas confidently and competently through animal husbandry, public presentations, environmental stewardship, and nutrition education programs.

# JULY 2014



Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5
6	7	8	9	10	11
				Independence Day - CCE Closed	

NY Invasive Species Awareness Week

13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

4-H Youth Fair  
at the NYS  
Fairgrounds

4-H Youth Fair  
at the NYS Fairgrounds

JOIN THE REVOLUTION  
OF RESPONSIBILITY

## The 4-H Pledge:

*"I Pledge my Head  
to clearer thinking,  
my Heart to  
greater loyalty, my  
Hands to larger  
service, and my  
Health to better  
living, for my club,  
my community, my  
country, and my  
world."*



# CCE Onondaga at The Great New York State Fair!

## Our 4H youth

- Competed in Horse Shows and Educational Challenges: English, Western, and Gymkhana riding; Horse bowl & Judging; and Hippology!
- Competed in the *Robotics Agriculture Challenge*, judged by Lockheed Martin Engineers
- Showcased 47 Arts & Craft Projects for Judging
- Engaged over 1,200 Fairgoers in *Eat 4Health* Activities

**Natural Resource Educators  
and Master Gardener  
Volunteers engaged over 3,600  
people in topics ranging from  
gardening, invasive plants,  
climate change, urban forestry,  
and water quality**



## AUGUST 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
New York State Fair						
24	25	26	27	28	29	30
New York State Fair						
31	1	2	3	4	5	6
New York State Fair						

**Throughout 2013, our various programs,  
events, and outreach efforts reached nearly 2  
million people. Will YOU be one of the many  
benefitting from CCE programs in 2014?**



# Water Quality Education

In partnership with Project Watershed, our Stream Study program teaches youth and adults how to monitor and protect water quality. In 2013 we worked with:

- 445 youth
- 73 adults
- from 14 schools
- in 16 different waterbodies

CCE Educators helped prevent new invasives from entering Skaneateles Lake by training Skaneateles Lake Boat Stewards in Clean, Drain, Dry practices and identification of aquatic invasive plants potentially hitchhiking on boats entering and leaving Skaneateles Lake.



Organisms, like this Sculpin, can be indicators of a water body's health

## SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
New York State Fair						
	Labor Day - CCE Closed					
7	8	9	10	11	12	13
				Patriot Day		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		First Day of Autumn				
28	29	30	1	2	3	4

*With climate change, we can expect more erratic and intense storms that will destabilize soils, increase erosion and flooding, and impair our precious water resources. Preserving water quality means knowing what you have, monitoring regularly, and managing proactively to protect our waters.*



*“It has been my pleasure to work with CCE and the neighborhood residents in the garden this summer!”*

*– Ruth Pierce, Southwest Community Gardener*



OCTOBER 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
Tractor Supply Co.'s 4-H Paper Clover Fundraiser						
12	13	14	15	16	17	18
Tractor Supply Co.'s 4-H Paper Clover Fundraiser						
	Columbus Day - CCE Closed					
19	20	21	22	23	24	25
Tractor Supply Co.'s 4-H Paper Clover Fundraiser ends					Food Day	
26	27	28	29	30	31	1
			CCE Onondaga Annual Meeting Venue TBA - Stay Tuned!		Halloween	

***Community gardens increase property values, reduce crime, and improve our neighborhoods***

**In 2013 CCE Educators and Master Gardeners ~ Helped develop the new Southwest Community Garden ~ Mentored 12 youth to sustainably grow vegetables ~ Created a replica of the Cornell Vegetable Variety Trial Garden ~ Partnered with other community organizations to offer free public workshops ~ Consulted and advised community agriculture projects**



# Urban Forestry & CommuniTree Stewards:

*Bringing  
Onondaga County  
communities  
together to  
beautify city  
neighborhoods,  
one tree  
at a time!*

## NOVEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Daylight Savings Ends		Election Day				
9	10	11	12	13	14	15
		Veteran's Day - CCE Closed				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
				Thanksgiving - CCE Closed	CCE Closed	
30	1	2	3	4	5	6

### *CCE accomplished a lot of city greening in 2013:*

- Over 360 CommuniTree Steward hours committed to volunteering & caring for trees
- Near West Side Community Project (150 volunteers planted 95 trees in 2 hours!)
- 308 trees cared for in 2013
- 39 returning stewards and 14 new stewards
- 1,215 trees planted throughout the City of Syracuse
- 1,584 doors knocked on throughout neighborhoods in the City of Syracuse



# INVASIVE SPECIES

They plague our farms, gardens, forests, waterbodies, and homes. Invasive species come in all forms and take a huge toll on our economy and environment.

In 2013 the *Emerald Ash Borer Task Force* helped monitor for the destructive beetle and prepare our communities to manage the large volume of ash trees that will die in coming years.

## Limit the spread of invasives!

Remember:

- Don't move Firewood!
- Clean, Drain, & Dry your boats and equipment
- Use native plants



*Water chestnut* continues to thrive in the Seneca River - hand removal can help contain the problem

*Feral swine* have damaged farms and forests in the Skaneateles Lake Watershed



*Pale swallow wort* is strangling native plants and threatens fragile plant communities



## DECEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
Pearl Harbor Remembrance Day						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
First Day of Winter			Christmas Eve - CCE Closed	Christmas - CCE Closed		
28	29	30	31	1	2	3
			New Year's Eve			



# Preparing for Weather-related Emergencies

Disasters happen anytime and anywhere. When a disaster strikes you may not have much time to respond. CCE can help you plan your Household Emergency Kit!

## JANUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 New Year's Day - CCE Closed	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King Jr's Birthday - CCE Closed	20	21	22	23	24
25	26	27	28	29	30	31

*How prepared is your household to be without power for one or more days?*

**Items to have on hand:**

- Potable water - one gallon/person/day
- Non-perishable foods such as canned goods, powdered milk, cereal, peanut butter, crackers, trail mix, granola bars, tuna and canned meats, processed cheese, bottled juices, etc.
- First Aid Supplies - bandages, anti-bacterial wipes/hand sanitizer, medications, scissors, etc.
- Toiletries, paper products, hand can/bottle openers, games, books
- Flashlights, battery-operated radio, batteries, utility knife, CASH

Visit our website at [www.ExtendOnondaga.org/nutrition/](http://www.ExtendOnondaga.org/nutrition/) for emergency and food resources supply ideas.



***CCE Onondaga  
supports both  
new and  
experienced  
sugarmakers,  
through  
workshops in  
conjunction  
with the Cornell  
Maple Program***

FEBRUARY 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day
15	16 President's Day - CCE Closed	17 Mardi Gras	18	19	20	21
22 Washington's Birthday	23	24	25	26	27	28

- An average maple produces between 10 and 20 gallons of maple per tap
  - It takes about 40 gallons of sap to make one gallon of maple syrup
- Sugar maples are the sweetest, but red, black, and silver maples' sap can also be used to make syrup

***Substitute maple syrup in your favorite recipe:***

1 cup granulated white sugar equals 1 cup of maple syrup, and reduce other liquids to just under ½ cup





**Cornell University**  
Cooperative Extension  
Onondaga County

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Syracuse, NY 13202

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## Administrative Staff

David Skeval, ext. 221

*Executive Director*

Diana Lamson, ext. 222

*Finance Manager*

Michael Mathews-Rogers, ext. 234

*Account Representative*

## Educator Staff

### *Agriculture & 4-H Development*

Erin Hull, ext. 224

Theresa Spain, ext. 241

### *Nutrition & Community Food Security*

Anita Bono, ext. 238

Kathleen Dishner, ext. 239

Cheryl Neal, ext. 237

### *Natural Resources and Environment*

Brenda Bennett, ext. 230

Derek Conant, ext. 227

Kristina Ferrare, ext. 231

Melani Green Lowry

Jessi Lyons, ext. 233

Jessica Maxwell, ext. 229

Sue Parker, ext. 236

Roy Widrig, ext. 232

Kim Zhang, ext. 228



: @CCCEOnondaga



: CCE Onondaga

ExtendOnondaga.org

Fax: 315.424.7056

Telephone: 315.424.9485