

Cornell University Cooperative Extension Onondaga County

2016 ANDUAT

HELPING TO IMPROVE LIVES AND COMMUNITIES THROUGH PARTNERSHIPS THAT PUT EXPERIENCE AND RESEARCH KNOWLEDGE TO WORK



A YEARS REVIEW

Cornell Cooperative Extension of Onondaga County has enjoyed another year of impactful programing in Onondaga County!

Our four main program areas are Agriculture, Environment, 4H Youth Development and Nutrition/Health.

While our subject matter is diverse, our mission is the same: to bring research based knowledge to the citizens and communities of Onondaga County to apply to everyday life. It is education for everyday life.

This is how we impact everyday life:

- Helping parents source healthy food for their children
- · Getting the information to dairy farmers to convert to organic farming
- Providing life skills to our youth
- Teaching Onondag county residents how to preserve their own food
- Supporting new farmers
- Protecting farmland
- Managing the impacts of invasive species
- Bringing community vitality to our urban communities
- Cutting energy costs for families

In 2016, CCE continued to expand 4H Youth Development programing in our urban communities while maintaining our rich 4H tradition in rural communities. This has set the stage for exciting new collaborations and partnerships in 2016.

CCE Onondaga joined the South Central Dairy and Field Crops Team to better support our dairy farmers and Onondaga's \$200 million/year dairy industry. Joining the team has afforded Onondaga County with a wider variety of agriculture expertise, including field crops and organic dairy farming.

CCE facilitated the first county-wide farm tour in collaboration with the Onondaga Ag Council, I-Heart Media, Onondaga County Planning, and Onondaga Soil and Water. The event was attended by 1,500 residence and connected people with working farms in Onondaga County to foster a connection and appreciation for those who feed us.

2017 will be another great year as we plan to expand our 4H Youth Development Program and Agriculture programming with the Regional Ag Team.

Please stay in touch with us by sending us your email. You will receive updates and notifications on our events and programming. To connect, sign up on our Facebook page or email us at onondaga@cornell.edu.



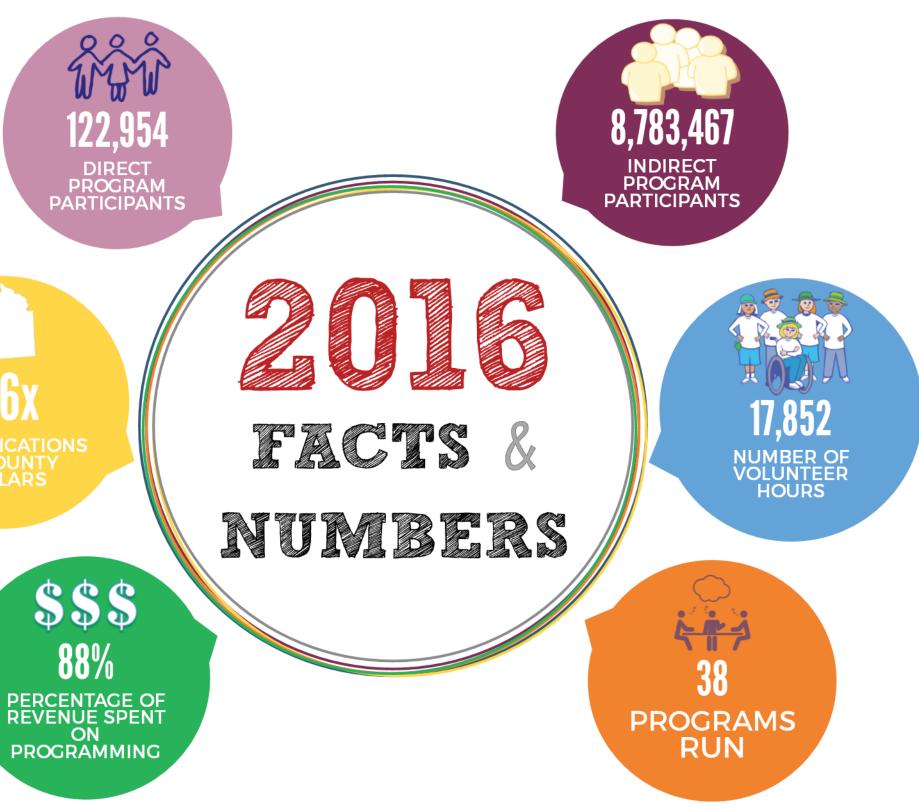
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David Skeval Executive Director



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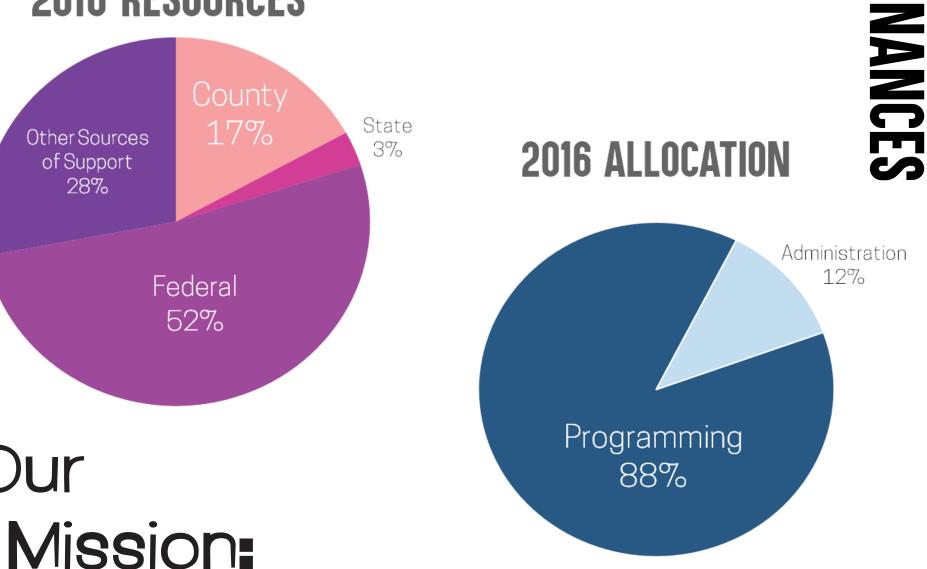
MICHELLE BOUCHARD, EXT. 226 **PROGRAM ACCOUNTANT**

*DENOTES PERSONS NOT CONTINUING ON STAFF IN 2017 **STAFF JOINING IN 2017

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CORNELL COOPERATIVE EXTENSION PUTS KNOWLEDGE TO WORK IN PURSUIT OF ECONOMIC VITALITY, ECOLOGICAL SUSTAINABILITY AND SOCIAL WELL-BEING. WE BRING LOCAL EXPERIENCE AND RESEARCH BASED SOLUTIONS TOGETHER, HELPING NEW YORK STATE FAMILIES AND COMMUNITIES THRIVE IN OUR **RAPIDLY CHANGING WORLD.**

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EGION Program

SOUTHERN Eat swart

SNAP

I'M GOING TO TEACH MY BROTHERS WHAT I LEARNED! YUCK-THERE IS SO MUCH SUGAR EVEN IN GATORADE!

-4H YOUTH AT NYS FAIRGROUNDS

eating tips. Thanks so much!"

Eat Smart New York's (ESNY) goal is to promote health for low-income individuals through education, policy support and system changes that **PROMOTE** HEALTHY FOOD CHOICES AND OPPORTUNITIES TO LEAD PHYSICALLY ACTIVE LIFESTYLES.



"Just wanted to share that Leigh has really been paying attention to you and enthusiastically coming home to share recipes and healthy

~ Parent of 2nd grader participating in CATCH program

Poverty is a risk factor for numerous health problems including heart disease, diabetes, cancer, poor pregnancy outcomes, and obesity.

POSITIVE CHANGES in nutrition and physical activity are needed to avoid negative consequences of these health conditions. In collaboration with our community partners we can help to reach and teach the 140,000 RESIDENTS LIVING AT OR BELOW THE POVERTY LEVEL (14%) in our Southern Tier Region.

WHO WE REACH

- LOW INCOME:
- FAMILIES WITH CHILDREN
- INDIVIDUALS
- YOUTH
- SENIORS (60+)

WHAT WE DO

Facilitate workshops, events, and help our partners create health-promoting policies that support people to:

- INCREASE CONSUMPTION AND VARIETY **OF VEGETABLE AND FRUITS**
- CHOOSE SMALLER PORTIONS
- REDUCE SUGAR, FAT AND SALT
- DECREASE CONSUMPTION OF SWEETENED BEVERAGES
- INCREASE ENGAGEMENT IN PHYSICAL ACTIVITIES

"OUR TEACHERS WILL BE SO MUCH BETTER EQUIPPED TO ENGAGE YOUTH IN ACTIVE PLAY! THESE RESOURCES AND TECHNIQUES FROM THIS CATCH PE TRAINING WILL MAKE ALL THE DIFFERENCE!"



2016 was a year of expanding programs for Onondaga County 4H Youth Development. Our goal was to expand our 4H programing into our urban communities while maintaining strong programing in rural communities. With **169 DIFFERENT YOUTH ACTIVITIES AND OVER 5,000 YOUTH PARTICIPATING**, the youth enjoyed the fun activities that were infused with the development of life-skills. This is the purpose of 4H Youth Development to develop life-skills to prepare youth for careers, families and serving their communities.

Our 4H clubs continue to set the bar high for youth development with HORSE, GOAT, ROBOTIC, AND GENERAL

CLUBS. Our horse clubs and our goat club have produced **STATE CHAMPIONS** but, more importantly, the life lessons that come from training and caring for animals create champions in life. 4H succeeds because of our dedicated adult volunteers who continue to give their time and expertise to make CCE Onondaga's youth programming a sucess.

CITIZEN U

CITIZEN U has continued to engage highneed, low income youth in the City of Syracuse developing **COMMUNITY DEVELOPMENT**, CIVIC ENGAGEMENT, and PUBLIC SPEAKING skills, SELF-CONFIDENCE, SELF-ESTEEM and INCREASED EDUCATION AND **CAREER ASPIRATIONS.** Several youth from the previous year returned to the program and are interested in issues such as poverty, food accessibility and food justice, and integration of Syracuse's new American communities with other low-income communities in the urban center.

CITIZEN U **EMPOWERS** some of the most underserved youth in our City to work on issues important to them and their families and communities. It supports a true youth voice in the community. Our young citizens become leaders and contribute to the creation of the diverse and inclusive communities necessary for a safe and productive life.



I PLEDGE MY HEAD TO CLEARER THINKING,

MY HEART TO GREATER LOYALTY.

MY HANDS TO LARGER SERVICE.

and my HEALTHTO BETTER LIVING.

FOR MY CIUB. MY COMMUNITY. MY COUNTRY.



the farmland.

In addition to the Farm Tour, CCE held 36 other educational events for farmers with 254 farmers in attendance. The workshops included farming technology like the integration of GIS systems into harvesting and fertilizer applications, and the conversion of traditional dairy to organic dairy farming.

Onondaga County is the tenth largest agricultural county in New York. We have a distinct urban center which makes our large economic role in agriculture truly unique. This creates both challenges and opportunities for both our farmers and consumers. Onondaga County has lost half of its farm land to development since 1965. Farmland protection is an important priority identified by county stakeholders. CCE Onondaga continues to work with the Syracuse Onondaga County Planning Association and Onondaga Soil and Water Conservation District to help protect farmland. In 2016 CCE conducted workshops to assist farmland owners and agriculture producers with completing farmland protection paperwork to develop site plans for their farms. 28 applications were submitted to Onondaga County and four successfully competed at the State level leading to the protection of over 1000 acres of farmland. The site plans produced were an important part of securing State funding to protect

Improving farming techniques and business practices is also a way to protect farmland. Annie's Project is a program that develops the business talents of woman farmers. Women are an increasing demographic of our farming profile. In 2016 CCE Onondaga conducted a series of workshops to develop and enchance the business knowledge of this important group of farmers.

There are nearly 450,000 people in Onondaga County, and yet only 1% are farmers. Only 650 farming families feed our local population. CCE Onondaga in collaboration with the Onondaga County Ag Council held the first ever Onondaga County Farm Tour. Seven family farms opened their doors to the rest of Onondaga County so they could understand the effort it takes to run a farm. Over 1,500 people toured farms and came away with an appreciation and sense of stewardship for those who feed us.



RCU

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URBAN AGRICULTURE



KIRK PARK EDIBLE GARDEN

CCE educators continued collaborations with City Parks to provide support and educational programming for youth at the Kirk Park edible garden. A total of 16 youth participated in the spring and summer sessions, and 5 Master Gardener Volunteers assisted with the program delivery with the addition of a large raised vegetable bed this growing season.

2ND ANNUAL FOOD JUSTICE SYMPOSIUM

The 2016 Food Justice Symposium, held at United University Methodist Church on November 16th, boosted a total of 118 Adults and 36 youth for a total of **154 PARTICIPANTS** in all. Through this year's symposium we achieved our goals through information-sharing with dynamic guest speakers from around the region, CCE Onondaga Master Gardener Volunteers, CYFAR (Children, Youth, and Families at Risk) teens, and CCE Onondaga Nutrition educators who provided educational sessions for youth, parents, teachers and community members.

FRUIT TREE GRAFTING WORKSHOP

Cornell Cooperative Extension of Onondaga County hosted a fruit tree grafting workshop featuring Sam Van Aken. The workshop included a detailed presentation on grafting techniques and a hands-on grafting demonstration using a variety of techniques. The participants had the opportunity to then graft their own plum trees on antique heirloom varieties to take home with them.

URBAN FRUIT TREE PRUNING WORKSHOP

In 2016 CCE Onondaga lead a Fruit Tree Pruning workshop with Newell Street Community gardeners and Syracuse grows members to demonstrate pruning techniques and to guide participants in successful pruning of young urban apple trees and pear trees in the Southside of Svracuse.

SOUTH WEST COMMUNITY FARM

Urban Agriculture educators continued to provide support at the Southwest Community Farm through service learning to the Urban Delights youth staff with hands-on opportunities to improve gardening skills and knowledge.

The Master Gardener Volunteers of Onondaga County strive to help gardeners of all ages and backgrounds increase their knowledge and enjoyment of gardening. The benefits of gardening are numerous; whether your goal is to produce some of your own fresh, organic **FOOD** or to landscape with NATIVE PLANTS TO ATTRACT **POLLINATORS**, and **PROVIDE HABITAT** for birds and other animals in your yard.

Master Gardeners help with community gardens, school gardens, and home gardens by sharing their knowledge and experience. In 2016, Master Gardener Volunteers **ANSWERED OVER 2.000** GARDENING QUESTIONS at several local venues; such as the regional market, the vegetable garden at the zoo, at local festivals, and from calls to the horticulture hot-line. In addition, 1500 visitors stopped by the Master Gardener booth at the NYS Fair.

Volunteers engage with the public through numerous programs. Master Gardeners worked with 50 youth in vegetable gardens, gave over 25 presentations to community groups in 2016, taught seed starting to seniors, and helped start a vegetable garden at the Food Bank and a native plant garden at a local elementary school.





"PROJECT WATERSHED"

Project Watershed is a water quality education and community outreach program that engages Onondaga County high schools, middle schools, and teachers in water quality monitoring, stream ecology, pollution, and conserving local streams.

The program has been developed to meet NYS STEM (science, technology, engineering and math) education requirements.

- 15 STREAM SAMPLING EVENTS
- **10 DIFFERENT WATER BODIES**
- 426 YOUTH INVOLVED
- **68 ADULTS INVOLVED**

In 2016 the program also worked to incorporate invasive fish DNA sampling at 5 events. No invasive fish DNA was discovered, but Butternut Creek had an explosion in rusty crayfish population!

YOUTH ON THE FLY

29 YOUTH and 8 adults were instructed and educated on and knowledge gained in FLY FISHING, FLY TYING, FISH IDENTIFICATION, WATER QUALITY, AND ENTOMOLOGY. Half of the youth that participated were inner city youth with 3 of them being of "At Risk" status with a handful that had never fished before. This year we had an increase in girls who participated from 1 last year to 5 this year.

Two volunteer youth were cultivated and aided in delivering the program. Youth visited five Onondaga County streams to practice casting techniques, fish, and learn water quality and stream ecology. Many fish were caught, including sunfish, small mouth bass, brown trout and rainbow trout. Several youth verbally expressed that if they had access or owned fly fishing and tying equipment they would engage in the activity more frequently.

Hemlock Woolly Adelgid

We continued to monitor 100 hemlock trees planted across 4 sites within the Skaneateles Lake Watershed in partnership with Cornell University, the city of Syracuse, Onondaga County Soil and Water Conservation Service. The trees will be used to rear biological controls that will help to combat Hemlock Woolly Adelgid in response to preserve our hemlock resources.

Emerald Ash Borer

In 2016, CCE Onondaga and Onondaga County Soil and Water Conservation District partnered to organize a tree planting event for this Spring to help replace some of those trees lost to Emerald Ash Borer. 31 youth volunteers from FFA, Future Farmers of America, helped plant 130 trees in Onondaga Lake Park as an effort to restore canopy that was lost due to EAB in the park. CCE Onondaga provides a monthly EAB newsletter to the task force network that provides EAB forestry news and updates from professionals in the region, tree planting events, grant opportunities and EAB related articles.

COMMUNITREE STEWARDS

In 2016, 16 new volunteers joined the program. Throughout the season Tree Stewards provided hands-on training on 13 tree pruning projects, improving the form and structure of 516 young urban trees, and maintained 4 city rain gardens. Tree Stewards participated in 7 community events planting 245 new trees in the City and County. These Stewards along with 26 Alumni participated as crew leaders throughout the year, assisting with community plantings, other urban forestry activities and sharing their knowledge with the community.

COMMUNITREE BUY

Seven Onondaga County municipalities and organizations purchased a total of 100 bare root trees at a lower cost due to the Community Tree Buy program organized by CCE Onondaga. These trees were distributed at the Department of Public Works (DPW) location in the Village of Fayetteville. CCE Onondaga has organized the CommuniTree Buy for the past 6 years. This program lets people take advantage of group purchasing, enabling them to pay a lower price per tree, making it a great benefit to communities.

MAPLE

The first ever celebration of maple season in the city brought 150 kids and parents out to Thornden Park for tree tapping demonstrations, tasting sap, a discussion of buckets versus tubing systems, and visits to the Thornden Park Sugarbush. The Mobile Maple Exhibit from Vernon-Verona-Sherrill Future Farmers of America (FFA) was there with a mini evaporator, boiling sap from Syracuse park trees and discussing the details of the sap house operation. City Parks came prepared to keep the crowd exercising with fun field games to enjoy the sunny day. Sharing this right of spring in the City is an important link connecting youth and adults to agriculture and forestry activity, important to the New York State and Onondaga County economy. MUSHROOM CROWINC & TICK DRACS

Steve Gabrielle from Cornell's Agroforestry program delivered a mushroom growing workshop to eager fungi lover's in September. In about one year, participants will see the "fruits" of their labor by harvesting shiitakes from their very own inoculated log.

Educators trained community volunteers to reduce exposure to ticks and lessen the chance of tick bites through a series of workshops and publications emphasizing proper outdoor dress and yard landscaping.

In some communities, volunteers were trained by staff to survey tick populations through "tick drags". Ticks gathered were counted and submitted for testing for diseases.



SAVE IF The Strathm

The Strathmore Neighborhood Tree planting Event resulted in 143 volunteers planting **96 TREES IN 2 HOURS** on November 5th, 2016. The volunteer participants including Neighborhood Residents, SUNY ESF students and professors, Master Gardener Volunteers, Area Business Employees, Communi-Tree Steward volunteers and Certified Arborists from National Grid. Throughout the year CCE along with Onondaga Earth Corps conducted door to door outreach, knocking on 331 doors, and speaking with 85 residents to obtain 89 site approvals.

VOLUNTEER PLANTING EVENTS

In 2016 the STR team held seven community tree planting and maintenance events with **243 VOLUNTEERS**. These events resulted in 546 volunteer hours! Our annual Arbor Day event was held at Webster Elementary School with twenty-five 5th grade students who learned about the importance of trees as green infrastructure, their beneficial impacts on our watershed, and concluded with the planting of 13 trees on school property. We also trained 13 crew leaders how to lead a group of volunteers during the Strathmore Neighborhood Event.

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SAVE THE RAIN HIGHLIGHTS

Save the Rain



F

RAIN

FUNDERS, PARTNERS, SUPPORTERS & DONORS

ALDEN STREET FOUNDATION **ALLIANCE FOR COMMUNITIES** TRANSFORMING SYRACUSE BASCOL BRADY FAITH CENTER **BREWERTON FOOD PANTRY** CITY OF SYRACUSE WATER DEPT CORNELL UNIVERSITY CORNELL GARDEN BASED LEARNING **CNY LATINO** FINGER LAKES LAND TRUST FINGER LAKES PARTNERSHIP FOR REGIONAL INVASIVE SPECIES MANAGEMENT FOOD BANK OF CENTRAL NEW YORK **GIRLS INC.** HELPING HANDS URBAN FARM HUNTINGTON FAMILY CENTER IHEARTMEDIA JUBILEE HOMES LERNER CENTER FOR PUBLIC HEALTH **PROMOTION AT SYRACUSE UNIVERSITY** LIBERTY RESOURCES LOCKHEED MARTIN CORPORATION MEALS ON WHEELS NATIONAL 4-H

NATIONAL GRID **NEW YORK STATE AG & MARKETS** NEW YORK STATE DEC **NEW YORK STATE FAIR** NEW YORK STATE OFFICE OF PARKS. **RECREATION & HISTORIC PRESERVATION** NYSERDA NOJAIM BROTHERS SUPERMARKET **ONONDAGA COUNTY** ONONDAGA COUNTY AG COUNCIL ONONDAGA COUNTY COMMUNITY DEVELOPMENT **ONONDAGA COMMUNITY COLLEGE** ONONDAGA COUNTY DEPARTMENT OF SOCIAL SERVICES **ONONDAGA COUNTY FARM BUREAU ONONDAGA COUNTY HEALTH DEPT** ONONDAGA CO. PUBLIC LIBRARY SYST. ONONDAGA COUNTY SOCPA **ONONDAGA COUNTY SWCD** ONONDAGA EARTH CORPS ONONDAGA COUNTY WEP PENN STATE UNIVERSITY **PRICE CHOPPER** SHARE OUR STRENGTH SUNY ESF

SUNY UPSTATE HOSPITAL SYRACUSE CITY SCHOOL DISTRICT SYRACUSE DEPARTMENT OF PARKS. **RECREATION. & YOUTH PROGRAMS** SYRACUSE HOUSING AUTHORITY SYRACUSE GROWS SYRACUSE UNIVERSITY SYRACUSE UNIVERSITY CANARY PROJECT **TOPS MARKET** TOWARD SUSTAINABILITY FOUNDATION TRACTOR SUPPLY COMPANY **TULLY FFA CHAPTER** US GREEN BUILDING COUNSEL **UPSTATE GOLISANO USDA-NIFA** WIC WSYR TV YMCA/YWCA TONI'LYN BRAUCHLE JOHN HALLIHAN

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during 2016

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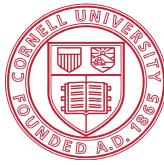
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