

Cornell Cooperative Extension Livingston County



2009 Annual Report

Human Development

Family & Consumer Science

Issue Leader:

Donna Horton

dfh3@cornell.edu



The 2009 year has been busy; not only in running the usual programs, but also implementing some new ones. We had a total of 35 individuals sign-up to take Active Parenting classes. In addition, we have been busy planning for the new Strengthening Families Program which held its first session in October. This is a comprehensive program addressing families, parents and youth together. We work with them separately and then join them in order to work on activities and projects as a family unit. We are excited about this program. It is collaboration between Livingston County Cornell Cooperative Extension, Livingston County Youth Bureau, and Healthy Communities that Care.

Another new program we have begun is the New York State Parent Education and Awareness Program. We received a request from Susan Pollet, Coordinator of the NYS Parent Education and Awareness Program, to provide this program. After considerable conversation, we completed an application and have become certified to offer the program in Livingston County. We started out slowly and have had three individuals complete the program. Programs run once a month (broken into two sessions) for a total of six hours, giving them an Official Certificate of Completion. It is now a state mandate that all couples either separating or divorcing are referred to this program. All programs start out with low numbers, but we are anticipating a larger number of participants. This program helps parents learn how their breakup affects their children and to learn how to make their new family life easier for both parents and children.

The other programs falling under the Human Development umbrella include: Dansville Advantage After-School Program, Dansville Summer Recreation Program, Mount Morris Advantage After-School Program, and the Traffic Safety Education Program. All four programs are doing well and will be reported by their program coordinators separately.

Dansville Summer Recreation

When Dansville Village Trustee Andrew Kershner and Shawn Harnish, Coordinator of Dansville After-School Program, were watching their son's play a JV baseball game an idea was born. The concept of having Livingston County Cornell Cooperative Extension's Dansville After-School Program manage and deliver the Village's recreation program became a solid idea. After a few meetings, the concept went from a mutually beneficial idea to a reality.

The Village of Dansville partnered with Livingston County Cornell Cooperative Extension's Dansville After-School Program to provide the community with a summer recreation program. Registration totaled 328 youth between ages five and twelve. The program ran from 8:15am-2pm, Monday through Friday for six weeks. Participants were able to take advantage of free breakfast and lunch every day, courtesy of a grant Dansville Food Service Director Walter Gaczewski obtained.

The summer recreation program had three main goals:

- **Safety:** Safety was our biggest priority. With the new partnership, Livingston County Cornell Cooperative Extension was able to increase staff from 13 to 26. All staff were CPR and First Aid certified.
- **Enrichment:** Each week explored a theme; activities were included and intertwined into the flow of the week. Themes included: going green, dinosaurs, under the sea, superheroes, the jungle, and space. Even the field trips corresponded to the themes, including trips to: Stony Brook State Park, Minnehan's, and the Seneca Park Zoo.
- **Fun:** The program included daily swim lessons, enrichment activities, and weekly sports clinics conducted by Dansville Varsity athletes.



Dansville Summer Recreation

Coordinator:

Shawn Harnish
shawnharnish@gmail.com

Staff:

Heather Aprile
Andrew DellaVilla
Rachel Doe
Trisha Dumar
Shawn Edwards
Deb Hall
Lydia Hall-Lochmann VanBennekom
Kayla Heiman
Jim Hinrich
Shauna Linehan
Katherine McGowan
Brittany Rauber
Sarah Sonnleitner
Troy Sonnleitner
Allison Stead
Rachel Tanchyk
Nicole Welch
Jessica Witherell

Dansville After-School Program

The Dansville After-School Program is a partnership between Cornell Cooperative Extension Livingston County, Dansville Central School District, and Dansville Foursquare Church. There are three sites:

- Blitz - at the Dansville Middle School
- Grow & Learn - at the EBH Elementary School
- Discovery - at the Primary School

In the 2008-2009 school year, the program could serve up to 100 students per day. The Dansville After-School Program, designed for students grades K-8, runs for three hours after school during the school year. The program is designed around the following goals: a fun safe place, imaginative activities, academic reinforcement, community investment, and personal investment.

Research shows the highest rate of juvenile crime and experimentation with sex, drugs, and alcohol all occur in the after-school hours (3-6pm). This puts any unsupervised student at risk.

Program Site	Avg. Daily Attendance	Total Students
Blitz	17	21
Grow & Learn	35	42
Discovery	39	41
Grand Totals	91	104

No incidents of serious violence (or serious injuries) took place during the 2008-2009 school year. All three School Principals and Counselors agreed that the After-School Program provided a safe, positive, and enriching place for kids to go.

A goal of the program was academic reinforcement. The programs include a homework lab on a daily basis. By working with teachers, the staff are kept up-to-date on what the students are working on and thus are able to provide continued support for the children. The program was able to help many students with their academic efforts. One parent commented, "The programs integration with the academic school day greatly enhances its value to the working family."

Community service is another component. Students were able to give meaningful contributions to the Dansville community. All three sites had Take Pride in Our School and Community Clean Up days, where students were encouraged to help pick up litter on various school and public grounds. The students also did special projects for Teacher Appreciation Week. The students gained a sense pride in their school and community through these projects.

Essential to our program is the constant striving for "imaginative activities" for the students to discover and enjoy. Students were encouraged to try new things and given the opportunity to develop their skills. Activity stations (that students could choose from on a daily basis) included: science, arts & crafts, reading, sports, food, and more. When the weather cooperated, we spent time outside.

Dansville After-School Program

Coordinator:

Shawn Harnish
shawnharnish@gmail.com

Grow & Learn Site

Supervisor:

Sarah Aprile
rsaprile@aol.com

Grow & Learn Staff:

Shauna Linehan
Adam Austin
Jessica Witherell

Discovery Site Supervisor:

Sarah Sonnleitner
sarah.sonnleitner@gmail.com

Discovery Staff:

Trisha Dumar
Laurie Campbell
Terry Ferree

Blitz Site Supervisor:

Jim Hinrich
jhinrich@gmail.com

Blitz Staff:

Jake Campbell

Substitutes:

Heather Aprile
Tom Linehan
Allison Stead
Rebecca Forester

The Livingston County 4-H Program provided students with opportunities to learn and use new skills. The Grow & Learn site had the opportunity to learn how to fish (thanks to Department of Environmental Conservation & Tom Van Durme).

The final component of the After-School Program is personal investment. Throughout the course of the school year, students were exposed to a variety of experiences to expand their horizons. Character education played a major role in the students' monthly schedule. Sessions were held on sexual education, anger management, conflict resolution, and other topics. Sports clinics were held in order to help students improve on their skills. The program utilized the concept of mentoring to create influential relationships. Many volunteers gave their time to help connect with students in the program. They were involved in drug and alcohol awareness education and decision making skills.

In conclusion, an evaluation was done on every student at the beginning and end of the school year. The measurement was based on a scale of 1-10 (converted to 100%) on overall average student improvement or decline in three major areas.

Key: Improvement + Decline -

Major Area	Discovery (Primary)	Grow & Learn (Elementary)	Blitz (Middle)
After-School Activities & Experience (based on interest and involvement)			
Homework lab	12% +	22% +	3.1% +
Arts & Crafts	15% +	21% +	5% +
Sports & Recreation	11% +	22% +	6.9% +
Literacy program	11% +	21% +	1.3% +
Other activities	15% +	21% +	6.3% +
Social Competency			
Interpersonal skills	9% +	21% +	5% +
Self-esteem	9% +	21% +	1.9% +
Resistance skills	7% +	19% +	2.5% +
Conflict resolution	11% +	18% +	2.5% -
Decision making skills	8% +	19% +	1.9% -
Leadership skills	4% +	22% +	2.5%+
Communication skills	11% +	21% +	3.8% +
Life Skills & Values			
Responsibility	13% +	21% +	5.6% +
Cultural diversity	7% +	19% +	1.3% +
Caring	8% +	20% +	4.4% +
Honesty	7% +	19% +	1.3% +



Traffic Safety Education

Traffic Safety Education Program

Coordinator:

June Webster

jmd227@cornell.edu



Our new Traffic Safety Education Program is finishing an active year of promoting occupant, pedestrian, and wheeled safety.

This program is funded through the New York State Governors Traffic Safety Committee in collaboration with Livingston County Traffic Safety Board. The goal of the grant is for Cornell Cooperative Extension Livingston County to collaborate with other agencies to develop a comprehensive Traffic Safety Education Program. It must be accessible for all ages, meet the needs of county residents, and impact traffic safety issues in our community by reducing the number of fatalities and injuries.

With this, the establishment of a Traffic Safety Education Advisory Board was completed. The Board assisted in conducting a needs assessment of Livingston County traffic safety education programming. This involved working with existing collaborations to identify programming already in place and work to establish partnerships with newly identified traffic safety education providers.

The development of traffic safety education programming continues to evolve and distribution of traffic safety devices (to families who cannot afford them) will continue to be part of this program.

During the year, activities included:

- 20 Wheeled Rodeos (*1,059 students, 493 helmets given out*)
- 2 County Fairs (*224 helmets given out*)
- 17 Wheeled Safety Fitting Stations (*32 helmets given out*)
- 5 School Assembly/Classroom Presentations (*650 students*)
- Educational Poster Contest (*over 400 students participated*)
- 13 Health and Wellness Fairs (*1,115 adult attendees*)
- 4 Workshops for the Community (*42 adults, 76 children participating*)
- 15 Child Safety Seat Checks & 10 Fitting Stations (*309 families attending, 347 seats checked, 287 seats distributed*)

TOTAL: 309 families, 2,788 children, and 1,157 adults

Community agencies collaborated throughout the year to provide traffic safety education: Cornell Cooperative Extension Livingston County; Livingston County



Department of Health; Livingston County Sheriff's Office; Livingston County Traffic Safety Board; Livingston County Youth Bureau; Livingston County Highway Department; NYS Police; Avon, Caledonia, Dansville, Geneseo, Nunda, and Mount Morris Police Departments; Arc of Livingston County; Dalton Bus Garage; Chances & Changes; Genesee Valley Health Partnership; Genesee Valley BOCES; Noyes Memorial Hospital; Springwater Fire Department; Geneseo Migrant Center; Wentworth Motors; NYS Correctional Officers Police Benevolent Association; Swain Sports; and Assemblyman Joseph Errigo's office.

Livingston County Cornell Cooperative Extension's Traffic Safety Education Program held a press conference at Noyes Hospital in September to kick off National Child Passenger Safety Week and announce the focus of the week, "Step One: Face the Rear - More than A Year", which promotes safety measures to protect infant passengers.

The American Academy of Pediatrics and safety experts recommend all infants ride in the back seat in a rear-facing child safety seat (infant carrier or convertible) with a 5-point harness until they have reached at least 1 year old and weigh at least 20 pounds. The focus of this campaign was to promote, for the best protection, leaving a child rear-facing until they reach the highest weight or height allowed by their car seat's manufacturer.

As part of the press conference, the lead agencies of the program were recognized for their ongoing support. There was special recognition of Noyes Hospital CEO, James Wissler; Livingston County's Traffic Safety Board Chairman, Walt Purtell; Livingston County Sheriff, John York; NYS Police Sergeant, Joan Lutz; and Don Higgins from the Livingston County Highway Department.

An appreciation luncheon followed the press conference for all of the Child Passenger Safety Technicians. While there were several events during the week to promote the campaign, it concluded with a child passenger safety seat check at Noyes Hospital. At this event, parents were educated on how to install their child safety seats and whether their child safety seats were safe. Sixty-three child safety seats were checked with fifty-nine child safety seats replaced.

Our Traffic Safety Education Program includes free car seats and bicycle helmets to those that qualify and programming for all ages. These programs are available for schools, community groups, agencies, and families and individuals.

"Programming made possible through funding from the Office of Community Services, U.S. Department of Health and Human Services; the division of Community Services, N.Y.S. Department of State; and Livingston County, New York and funded by the National Highway Traffic Safety Administration with a grant from the New York State Governor's Traffic Safety Committee in collaboration with the Livingston County Traffic Safety Board"



Mt. Morris Advantage After-School Program

The Mt. Morris Advantage After-School Program successfully finished its first year on June 12, 2009. At year's end, 91 students in grades K-8 were enrolled.

Throughout the year, the program involved its participants in quality programming. The program did, oftentimes, try to involve the school, homes, and community of its participants in achieving this goal. Programming and events that occurred throughout the 2008-2009 year included:

- SUNY Geneseo's Dance Team, Orchesis, visited weekly to teach dance lessons.
- In December, representatives from the Livingston County Health Department visited to teach middle schoolers about healthy relationships and how to deal with peer pressure.
- The Genesee Valley Health Partnership came with a yoga instructor to teach the children about the exercise and different meditation techniques.
- Children created birdhouses and birdfeeders which were donated to the Genesee Valley Conservancy to place on one of their conservancies in Livingston County.
- The Middle School and Elementary Programs went on monthly field trips to Mt. Morris Lanes.
- The Health Department implemented their "5-2-1-0" program with the middle schoolers to teach them about healthy eating and exercise.
- Our elementary "Fit Club" got students doing fun exercises including Tae Bo and Kickboxing.
- Through weekly Jr. Master Gardener lessons, students learned how to grow and cultivate a garden.
- Our Violence Prevention Coordinator worked with the elementary and middle school students weekly, teaching lessons on topics such as bullying, character education, safety, and conflict resolution.
- In the spring, we started a "reading buddies" program which paired middle school children with elementary students.
- In honor of Multicultural Month in April, middle school students did some multicultural cooking.
- In May, the elementary students took a field trip to Chuck E. Cheese.
- In May, the middle school students participated in Project Sticker Shock, a county-wide campaign intended to make the public aware of underage drinkers. The middle schoolers placed almost 1,000 warning labels on boxes containing alcoholic beverages at a participating gas station.
- On June 12th, we held our End of the Year Awards Dinner.

Approximately 150 people including program staff, community members, teachers, parents, and program participants attended to recognize the accomplishments of the program and its participants this year.

Mt Morris After-School Program

Coordinator:

Rachel Tanchyk
rat59@cornell.edu

Elementary Supervisor:

Tamika Hayes
tan62@cornell.edu

Elementary Staff:

Hector Felix
Jolyn Gagner
Deb Hall
Margarite Storie
Amy Mix
Sarah Hanna
Joyce Zambito
Brittany Immesoete

Middle School Supervisor:

Troy Sonnleitner
tms58@cornell.edu

Middle School Staff:

Rich Grover

Violence Prevention

Coordinator:

Max Wheeler

Substitute:

Erin Filippini



Agricultural Education

Master Gardeners continued their outreach activities with requested presentations for local groups, particularly local garden clubs. Community events, Farmers' Markets, on-site visits, and classes continue to receive their attention and connect people to CCE resources. Collaboration with the Wadsworth Library in Geneseo has presented an opportunity for expanded outreach with programs. A series of programs for 4-H members and the Mt. Morris After-School program were developed.

Forage Field Days, a Cooperative Extension collaboration with equipment dealers, seed companies, agronomists, forage lab specialists, and dairy management consultants was held at Lawnel Farms, Inc. in York to emphasize all aspects of quality forage from seed selection to nutrient utilization. Corn Congress, an event in its 39th year now held in Batavia, continues as a major outreach for timely information on field corn production, handling, and marketing management. With 400 attending, this event continues as a valuable tool to bring growers, researchers, and industry people together.

A hands-on workshop on Hoof Care for Dairy was held at the Noblehurst field house. The program was an opportunity for individuals to improve problem identification and basic treatment and hoof trimming skills.

The Conesus Lake Watershed Group project involving CCE, FSA, SWCD, SUNY Geneseo, SUNY Brockport, and RIT summarized much of its long term work implementing and evaluating best management practices for agriculture in the area in the Journal of Great Lakes Research (Vol. 35, Supplement 1, 2009).

The "Managing Financial Risk Through Improved Farm Financial Management" program continues to be emphasized through the Farm Business Summary and Analysis Programs and Basic and Advanced Farm Financial Management Workshops. The program is designed to enhance farm business owners' abilities to manage financial risk.

TAg, or tactical agriculture team program, continues with interest from field crop growers. The TAg Team Program is a season-long, on-farm, hands-on IPM and Integrated Crop Management (ICM) educational program for field crop producers originally designed for use in field corn and alfalfa. The program is a flexible way to meet the unique local needs of a small group of farmers over the duration of a growing season.

A Dairy Industry Barrier Identification and Needs Assessment session was hosted locally by CCE for the New York Farm Viability Institute and New York Center for Dairy Excellence. Farmer input from sessions like this is used to determine funding allocation to develop and deliver programs that address producer identified interests.



Agricultural Program

Senior Agricultural Educator:

David Thorp

dlt8@cornell.edu



Late Blight of Tomatoes and Potatoes Highlighted the 2009 Garden Season

Late blight, a disease of tomatoes and potatoes became an issue of unfamiliar extent as many gardeners lost their tomato crop in 2009. The disease, which has had significance over a long period of time, was the cause of the Irish Potato Famine in the 1840's. It can be a problem in commercial agriculture - especially for organic production farms.

Late blight, which appeared earlier in 2009, affected a broader region of the country than previous occurrences. The cool, wet weather of early summer was ideal for transmission of the disease organism. Infected tomato plants were scattered throughout the region as transplants from a single production source sold through large retail stores. Many gardeners were bewildered by the dieback of plants, not noticing the definitive brown lesions on the stems with white fungal growth. As a result, they were not prepared to battle the problem with a preventive fungicide program as were most commercial growers. Organic growers have less effective solutions and many lost their crops.

For most growers, the loss was the tomato crop, the jewel of home gardens. Some tomato fruit were usable as the plants withered, but warnings against preserving the fruit eliminated that use. Fruit showing no symptoms of disease are considered safe to eat.

Our response was with initial warnings of the situation and potential impending losses and management recommendations to give all growers opportunity to initiate proactive management programs. Indications of fungicides for conventional and organic production were given and all information was published in our newsletters and added to our website. Fact sheets were distributed to interested office visitors.

Awareness of the situation was far from complete as questions of what was happening to growers' plants, requests for confirmation of the problem, and requests for control recommendations were daily throughout the initial infestation period. Calls relating to both what was the problem and what should be done about it next year have continued to date. Commercial growers were generally familiar with the disease and prepared to react, as needed, when the situation became known to them. Current pest control information for this and other problems is distributed annually through our agricultural program activities.

The parting note and good news is that the disease will not necessarily appear next year. It does not carry over in the soil, plant debris or seed. It requires living plant tissue, the potato tuber being the likely possibility of a new infestation. Potatoes that have the disease can harbor it in storage or if they remain in the field and do not freeze and break down. Potato garden cleanup is critical to avoid any surviving tubers and cull potatoes require serious management to avoid future continuation. The greatest potential problem is from what someone else does or does not do.



Nutrition Awareness and Education

Goals

- Provide research-based programs to help Livingston County residents adopt and maintain healthy eating and active living behaviors.
- Collaborate and partner with community agencies to promote and educate Livingston County residents on the importance of eating well and being active.
- Deliver the Eat Smart New York program to Livingston County residents in order to increase their knowledge and confidence in preparing healthier meals and saving food dollars.

Nutrition Awareness

The prevalence of chronic diseases such as cardiovascular disease, diabetes, and cancer has increased dramatically over the past twenty years, due largely to poor diet, lack of exercise, and obesity. The Center for Disease Control and Prevention (CDC) reported that 65% of adults and 16% of children and adolescents in this country are overweight. The New York State Department of Health reported that in 2003, 36.3% of adults living in Livingston and Ontario counties were overweight, 24.3% were obese, and 5.3% were diagnosed with diabetes. The need for nutrition awareness and education has never been more necessary.

In its 2007 report, “An Unhealthy America: The Economic Burden of Chronic Disease,” the Milken Institute stated that the rapid growth of chronic diseases is costing the nation lives, quality of life, and prosperity. Chronic diseases are very costly to corporations, large businesses, and family owned businesses due to job absenteeism, low productivity, and poor mental health. More than half of Americans suffer from one or more chronic diseases, which are costing the economy more than \$1 trillion annually in medical expenditures. Consequently, prevention education has never been so important to American living.

Nutrition Education Highlights

- We worked with Livingston County Community Coalition for Diabetes Prevention and Control to raise awareness of diabetes risks.
- We partnered with Genesee Valley Health Partnership to provide worksites with a program titled, “Simple Steps to a Healthier You”. The idea of this program is to make simple changes in food choices, exercise habits, and a variety of other health related areas of daily living.
- We worked with a variety of other community agencies and organizations to reach youth and adults with nutrition and health messages through activities with schools, summer recreation, worksite health fairs, and programs for seniors.
- We provided local Farmers’ Markets with USDA nutrition fact sheets, USDA recipe books, and a variety of other helpful cooking tips in order to increase awareness of healthy eating and healthy living.

Eat Smart New York!

Nutrition Resource Educator:

Joy Hagerman

jkh87@cornell.edu

Community Nutrition

Educator:

Erin Elliott

ee96@cornell.edu



Eat Smart New York!



According to the US Census Bureau, Livingston County has a poverty rate of 13% and more than 4,500 persons receiving food stamps. Research indicates that these individuals are at a higher risk of developing diet-related chronic diseases such as diabetes, obesity, and cardiovascular disease. The CDC reports that women with lower family incomes are 50% more likely to be obese than those with higher incomes. Children of overweight mothers are more likely to be overweight by age six than those of women with healthy weights.

Eat Smart New York! (ESNY) is our nutrition education program for low-income families receiving food stamps, WIC, or Medicaid, as well as families with children in Head Start. ESNY provides families with knowledge and skill development in the areas of nutrition, food safety, resource management, and physical activity. The program is taught as a series of eight lessons to give participants the chance to develop skills and incorporate changes into their daily lives. Lessons are either taught in group sessions or individually during home visits.

Key Messages:

- Increase fruit and vegetable intake
- Drink 1% Milk
- Be active
- Improve resource management and food safety procedures

Location of Classes:

- 2 Community Centers
- 3 Head Start Sites
- 3 Group Homes
- 23 Homes

Thirty-three adults graduated the program and 37 adults will be carried over to FFY 2010.

Upon completion of the Eat Smart New York! program, participants have stated having a greater appreciation for healthy foods; an increased knowledge bank of the food groups and how to select foods from each one; knowledge of how to save dollars at the grocery store; how to feed a family on a low budget; and an increased awareness of healthy living. Our hope is that more people take advantage of this free program and learn how to live well physically, emotionally, and financially.



4-H Goals

The four Hs (head, heart, hands, and health) represent four basic human needs: independence, belonging, generosity, and mastery. Research shows that youth whose basic human needs are met in positive ways are likely to grow into active citizens and contributing members of their families and communities. 4-H Youth Development helps children fulfill these needs and provides a framework on which they can build self-confidence, responsibility, and generosity.

4-H Youth Development intends to strengthen the following life skills in young people:

- Effective problem solving and decision making skills
- Positive work attitudes and skills
- Valuing diversity
- Accepting community and social responsibility
- Demonstrating communication and leadership skills
- Valuing life long learning
- Practicing healthy and safe lifestyles

4-H Youth Development Highlights

In the 2008-2009 4-H project year, there were 743 youth enrolled in 4-H. Of this number, there were 176 Cloverbuds who are ages 5-8, 125 Independent members, and 202 members enrolled in the Dansville and Mount Morris After-School Programs. There are 66 clubs in the county. A total of 157 volunteer leaders worked with these young people to teach them skills in such project areas as public speaking, nutrition, clothing construction, arts and crafts, outdoor education, horse, live-stock, small animal care, horticulture, and science and technology

At County Public Presentation and Horse Communications Days, 66 youth gave demonstrations and other types of presentations on topics related to their 4-H work. Twenty-four youth gave presentations specifically on horse related topics. Twenty of these presenters were Cloverbuds. Eleven members had the opportunity to present at District Public Presentations and three at State Public Presentations. One presenter received a silver medallion in dramatic interpretation, the second highest award possible. Seven members had the opportunity to present at both Regional Horse Communications and State Horse Communications. This program continues to help youth develop skills and self-confidence in public speaking.

4-H Animal Science Highlights

Allison Tuchrello, 4-H horse program member, earned a spot on the New York State 4-H Horse Bowl Team. She excelled at the county, regional, and state events earning a spot on the state team that will compete at the national event in Louisville, Kentucky in November.

Livingston County sent approximately 50 animal science (non-horse) class entries to the State Fair. Entries included showmanship and confirmation classes in the sheep, poultry, rabbit, dairy, and dog shows. Members did very well receiving numerous blue ribbons and first place class awards.

Livingston County sent approximately 165 class entries to the State Fair 4-H Horse Show. Classes included English, Western, Games, Miniature, and Dressage

4-H Program

Executive Director/
4-H Program Leader:
Bo Freeman
lrf22@cornell.edu

4-H Animal Science
Educator:
Mark Wittmeyer
mjlw16@cornell.edu

4-H Community Educator:
Mary Ann Scharmberg
mas327@cornell.edu

4-H Administrative
Assistant:
Linda Wilkins
lsw22@cornell.edu



Divisions. Additionally, there were 17 entries in educational events/contests: Horse Judging, Horse Communications, Hippology, and Horse Bowl. Members did very well at the State Fair receiving numerous top ten and first place class awards.

Over 400 5th and 6th grade students attended Conservation Field Days in late September. Students participated in 8 different educational stations on the importance of conservation practice and natural resource preservation.



2009 4-H Livestock Auction

The 2009 Livingston County 4-H Livestock Auction was held at Hemlock Fair on Saturday, July 25th. Thirty market hogs sold for an average price of \$1.85 per pound, 10 market lambs averaged \$3.03 per pound, 20 market beef averaged \$1.20 per pound, and 12 meat birds averaged \$45.00 per bird. The auction offers county wide 4-Hers a place to market their project animals. Open to the public, the auction provided individuals and businesses the opportunity to acquire grain-fed animals for fresh, top quality meat while supporting a worthwhile youth activity.

The 4-H Livestock Auction is the culmination of a 9 month long project for market beef animals, a 3 month long project for market hogs & lambs, and an 8-10 week project for meat birds. The 4-H market animal program helps youth develop valuable life skills in many different ways. 4-H members who complete a market animal project learn how to manage, feed, and fit an animal to produce a high quality product for the consumer. Complimenting this, 4-H members are also learning business skills such as financial management, marketing, and record keeping that enables 4-H members to track profit/loss on their project.

2009 Livingston County 4-H Horse Camp

The annual Livingston County 4-H Horse Camp was held at the Hemlock Fairgrounds on June 28-July 2. Fifty-three members attended the overnight camp. The mission of the camp program is to provide youth with a positive, fun, youth development experience. The priority themes for the camp are:

- *A Sense of Mastery in Horsemanship and Riding:* Members were able to attain a sense of mastery in horsemanship and riding through daily intensive riding instruction and seminars provided by local professionals. The camp program employs highly trained and skilled instructors who have an interest in youth and their development.
- *A Sense of Belonging to a Group that Shares a Passion for Horses:* Members have the opportunity to be part of a group that shares a passion for horses through the numerous team building opportunities during camp. Each member is part of a camp team led by an experienced 4-H teen in the horse program. As a team, members worked together in stable management, competed in team building competitions, and even spent free time together.
- *A Sense of Responsibility and Ownership as it Relates to a 4-H Horse Project:* Members are solely responsible for the care and feeding of their horse at camp.



The Junior Assistant Program links experienced teens with younger campers. Junior Assistants develop valuable leadership skills while serving as leaders and mentors. They help plan, deliver, and supervise the many activities of camp.

Emphasis is placed on the social aspect of camp in the evening with activities such as an evening camp fire, line dancing, a camp dance, and karaoke.

The camp program utilizes Livingston County's many talented and dedicated volunteer leaders to provide a quality fun and educational experience for youth interested in horses.



NYS Fair Animal Science Participants

Dairy: Jolene Barrett, Austin Galton, and Cooper Galton

Dog: Jessica Burgess and Emmaline Putnam

Horse: Taryn Barber, Allie Boger, Cassidy Bosch, Lauren Bournival, Samantha Childs, Lauren Hanggi, Lindsey Hanggi, Felicia Holbrook, Allison Holmes, Nessa Mark, Maddie Mugnola, Jimmy Perry, Sarah Place, Marissa Rice, Sara Roeser, Deana Schenkel, Courtney Stein, Emily Steiner, Allison Tuchrello, Kasandra Wohlschlegel, and Chelsea Wright

Poultry: Sage Lilly

Rabbit: Allison Tuchrello

Sheep: Dylan Wohlschlegel and Kasandra Wohlschlegel

Hippology: Mikayla Bolonda, Katie Hill, Theresa Knopf, Megan Korpiel, Marissa Rice, and Allison Tuchrello

Horse Bowl Invitational: Allison Holmes, Theresa Knopf, Dana Pernicone, Marissa Rice, and Allison Tuchrello

Horse Communications Invitational: Kate Miner, Jill Pero, Marissa Rice, and Allison Tuchrello

Horse Judging: Katie Hill, Marissa Rice, and Allison Tuchrello





Teen Council

For teenagers from grades 7 to 12. The group meets monthly and concentrates on building leadership skills through community service; county, district, and state events; and fund raising for their state exchange trip. The 2008-09 year was highly successful because they collected food for the local food pantries, held an egg hunt for the children of Mt. Morris, and played bingo with the residents of the Nursing Facility. Their fund raising efforts were used to entertain friends from Minnesota.



Teen Exchange

Provides an avenue for 4-H teens to visit other 4-H families in other states. In 2008, the group visited Wright County, Minnesota. In 2009, they hosted a group of 18 teens and chaperones from there. The week was spent renewing friendships and making new ones when we traveled to Niagara Falls for a day and visited the American Salt Mine at Hampton Corners. Canoeing on Conesus Lake on a misty day made quite a memory for all of us!



Livingston County Russell B. Ace Memorial 4-H Scholarship

This scholarship was established in 2007 by Livingston County 4-H in memory of Russell B. Ace, the first 4-H Agent in the County. It is to recognize one current 4-H member who has demonstrated leadership skills and served their community through their active participation in the Livingston County 4-H program. The winner was awarded a one time scholarship of \$1000 to be used toward a secondary education program, resulting in a certification or degree.

It is with great pleasure that we awarded this scholarship to *Val Lathron* from Avon. Val is a super 4-Her who has explored many 4-H projects then concentrated on raising beef and goats. She was a 2008 State Livestock Skillathon team member in Louisville, Kentucky. Val has been president of Teen Council for four years. She also received the Outstanding 4-Her Award in 2008. Val is attending Alfred State College pursuing a degree in Ag Business. Val's parents are Mary and Pete Lathron.

Congratulations Val!



Outstanding 4-H Members

The recipients of the 2009 Livingston County Outstanding 4-H Member Award are unique young ladies; each one has spent nine years together in 4-H and in the same club! They are Carolyn Mahany and Allison Stead from the Crafty Kids Club.

Carolyn Mahany wrote the following in her application essay: “4-H is a program that dedicates itself to the youth of today and ensures that we are all prepared for what is ahead. Without 4-H, I know I would not be the person I am today. My project experiences range from photography to recycled denim. I’ve sewed, glued, sheared, beaded – you name it, I’ve most likely done it! I enjoy making crafts and putting things together. 4-H has helped me find not only what I enjoy doing, but also my strengths and weaknesses. I’ve learned a lot about the world through 4-H, but also about myself. 4-H has made me a more confident person. When I have to give a presentation in school, I’m not afraid to go first and I don’t get so nervous. I know I can get up in front of a class and speak without worries. 4-H connected me with people and opportunities that can’t be experienced anywhere else. I’ve learned things aren’t as easy as they seem and to never give up. I encourage young kids to stick with 4-H.”

Joan Stead, her leader, mentions: “Her growth as a 4-Her is evident as we have seen her go from eager participant in 3rd grade to a teen leader in 12th grade as she accepts the responsibilities involved with being teen evaluator, teen ambassador and room hostess at public presentations.”

Carrie is the daughter of Bob & Deb Mahany of Dansville. Her leaders are Joan Stead, Mary Jane Emigh, and her mom.



Allison Stead from Springwater is the second recipient of the 2009 Livingston County Outstanding 4-H Member Award. She is the daughter of Joan & Dick Stead.

The following has been excerpted from Mary Jane Emigh’s nomination statement. “During these nine years in 4-H, Ali has participated in a diverse selection of projects. She has mastered skills in the areas of clothing and textiles, arts and crafts, food and nutrition and public speaking. She has been an active participant in Teen Council and the 4-H Advisory Committee. Ali is often seen at various county-wide events, always with a smile on her face, assisting judges, acting as Creative Fiber Arts Revue commentator, answering questions and generally being helpful. 4-H has encouraged her to challenge herself and step outside of her comfort zone. She has developed leadership and independence attending the STAR Retreat, assisting at the NYS Fair and participating in the Washington trip this past summer.”



From Ali’s essay, she wrote: “When I think of how 4-H has benefited me, I think of four words: head, heart, hands and health. Head: this symbolizes the many different life skills, as well as others, gained through 4-H. I now use my communication and leadership skills in my part-time job as a summer rec and afterschool program worker. These skills help in the interaction with the children and their parents. The word heart symbolizes the community service area of 4-H. I think more about others and not just about myself. Hands symbolize the many things I can now do for myself and others. Baking cookies for the swim team or designing and making costumes for a Spanish performance is not a problem. The final word, health, makes me realize that knowing what to eat, when to eat and how to make it have been things that I have done in 4-H. When looking at new foods or recipes, I think about the sugar or fat content. I may not always eat healthy but I know what healthy is.”

Congratulations to both of you!



4-H Volunteer Leader of the Year

Linda Carney, a 4-H leader for eight years, is Livingston County's 4-H Volunteer Leader of 2009.

One of Linda's 4-Hers nominated her for this honor and wrote: "Linda always looks out for the best for her kids, never letting one fall behind, always pushing to get the best quality of workmanship from her members. She always says if you start a project you must finish it and she sticks to her words."

She has encouraged her club to do everything they can in 4-H from cooking and sewing to goats and horses. Although she doesn't "do anything with fur or feathers" she will guide the 4-Hers to someone who can develop those project interests with her members.

When the club name Scottsburg Highlanders is said in Livingston County, the next thought is Habitat for Humanity. The club has worked very hard for this non-profit organization. Over the years they have raised over \$8,000 in cash for Habitat and probably as much in materials and supplies for building and finishing houses. Linda and her husband, Ed, truly demonstrate good heartedness and willingness to help the underdog. This community service attitude was extended to her 4-H club and to anyone else who happened to cross Linda's path. The 4-Hers love to help with fund raisers and to make cookies for the house builders!

Linda is an active participant on the 4-H Advisory Committee and has been co-chair for two years. Her club always is the first to join fund raising efforts for 4-H.

Jessica, her nominator, says it best: "Linda is never thinking of herself, but always thinking about her members. That's why Linda is the best leader and she needs to be recognized for it. I, for one, am not the only one that sees all these great qualities in Linda and I am proud to say she is my leader!"



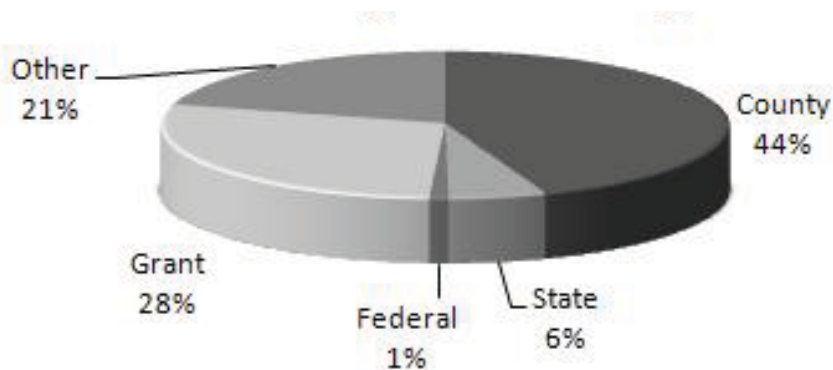
Payroll & Accounts

Manager:

Linda Fox
lmf92@cornell.edu

Sources of Support for Cornell Cooperative Extension of Livingston County

County	\$413,746	44%
State	\$51,495	6%
Federal	\$10,030	1%
Grant	\$264,771	28%
Other	\$193,708	21%
<hr/>		
Total	\$933,750	100%



Additional Staff

Cornell Cooperative Extension of Livingston County

Jennifer Damon
Senior Administrative Assistant
jlo27@cornell.edu

Courtney Veaut
Administrative Assistant II
cav52@cornell.edu

*Cornell Cooperative Extension Livingston County will be moving in 2010 to Murray Hill.
Watch for updates in your mail.*

PRESORTED
STANDARD
U.S. POSTAGE PAID
MT. MORRIS, NY
PERMIT NO. 28

Cornell Cooperative Extension Livingston County provides equal employment and program opportunities.

The listing of any organization in this publication is strictly for informational purposes only and does not constitute an endorsement by Cornell Cooperative Extension Livingston County of any of the products or services that may be offered by the organization.

Cornell Cooperative Extension Livingston County Board of Directors

Sid Bosch, President
Georgia Macauley, Vice-President
Klaas de Waard, Treasurer
Kerrie Bondi, Secretary
David LeFeber, Board of Supervisors Representative
Ken Forrester, Member-At-Large
Ann Hunt, Member-At-Large
Dennis Neenan, Member-At-Large
Colleen Vokes, Member-At-Large
Rita Wittig, Member-At-Large
Paul O'Connor, State Specialist



Cornell University
Cooperative Extension
Livingston County

North West New York Dairy, Livestock & Field Crops Program

Jerry Bertoldo, Dairy
Greg Coffta, Hispanic Labor Management
Nancy Glazier, Small Farms Support
John Hanchar, Farm Business
James Kingston, Field Crops & Soils
Collin McCarthy, Dairy Management
Mike Stanyard, Field Crops & Insects
Cathy Wallace, Administration

