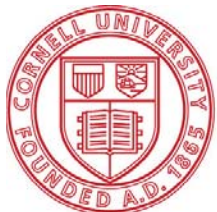

Livingston Profiles

HIGHLIGHTS OF PROGRAMS AND RESOURCES



Cornell University
Cooperative Extension
Livingston County

Volume 15, Number 4
Winter 2009/2010

4-H Teen Council Has Successful Fresh Greens Fundraiser

Mary Ann Scharmberg, 4-H Community Educator

For the seventh year, 4-H Teen Council made and sold approximately fifty fresh green centerpieces and swags. On December 10th, members gathered to trim tree branches, insert the greens into the containers, then decorate the items into holiday masterpieces. Nicole Donnelly, Olivia Emigh, Anika French, Rebekah Hull, Jackie Lathron, Jenna Pease, Adrielle Watkins, Adam Wilkins, and John Wilkins enjoyed themselves tremendously. They were guided by Mary Jane Emigh, Holly Hull, Mary Lathron, Anna Macauley, Sheila Pease, and Linda Wilkins.



The decorations were sold at Dansville Tractor Supply, the Dansville Winter in the Village Festival, and the Mount Morris Community Bank by Rachel Doe; Bridgett, Emily and Mary Jane Emigh; Courtney Stein; and Trista and Cheri Teitsworth. Thank you to all who supported this sale.

Teen Council added \$460 to their treasury which will be used for their upcoming summer exchange trip.

Exchange trips are a highlight of being a Teen Council member. Every other year, the group visits a like group of 4-Hers in another state. The past exchanges have been with Colorado, Michigan, and Minnesota. This current exchange cycle might be with Georgia, Kansas, or Kentucky. While hosting or visiting, the 4-Hers stay with a family and tour county/state attractions which are both educational and enjoyable. Friendships are developed for a lifetime!

Anyone wishing to make a donation to Teen Council can contact Mary Ann Scharmberg at the Cornell Cooperative Extension office.



Watkins Sisters Shine at National 4-H Poultry Competition

Mark Wittmeyer
4-H Animal Science Educator

Livingston County notched two top ten finishes at the National 4-H Poultry and Egg Conference in Louisville, Kentucky by the Watkins sisters of Conesus, Hannah and Adrielle.

In the Individual Chicken BBQ contest, each state is only allowed to enter one 4-H member. Participants are scored on their barbecue skills, sensory evaluation, and presentation by three sets of judges.

Hannah grilled Maple Chipotle barbecued chicken and gave a presentation titled, “Flock to the Future” – explaining the broiler industry. For placing seventh, Hannah was awarded a bronze pin and a \$50 savings bond.

The Avian Bowl, which was also held during the national conference, is designed in a quiz-bowl format. Participants must be knowledgeable in bird biology, physiology, and meat and egg production quality.

Adrielle, along with three teammates from Ulster (2) and Ontario Counties, secured first place seeding in the double-elimination tournament. The team placed highest on their written test – a New York first.

After reaching the final rounds of double-elimination, the state team finished third in the nation behind California and Minnesota. All four members of the team received a gold pin and a \$50 savings bond.



“We wish to express our gratitude for Livingston County 4-H’s support of our trip to the nationals... You encourage us to give our best,” said the Watkins sisters. Hannah and Adrielle are the daughters of Gerald and Desiree Watkins.

Taking the Reins at the National 4-H Horse Competition

Mark Wittmeyer
4-H Animal Science Educator

New York State and Livingston County were well-represented at the Eastern National 4-H Horse Round Up in Kentucky by Livonia resident, Allie Tuchrello.

Overall, twenty-nine states participated in the event with twenty-two of those competing in the Horse Bowl competition. Allie (along with teammates from Steuben, Monroe, and Chautauqua Counties) finished in second place.

According to Allie’s mother, Sue Tuchrello, “All the girls were fairly close and consistent in their total points individually and worked very well as a team.”

Allie, who placed 11th individually, scored the highest of those representing New York.

“We had a great time... It was well worth the experience and we would like to thank everyone who helped make this event happen for Allie by supporting her in every way over the years,” noted Sue Tuchrello.

During the trip, the state team was able to visit Kentucky Horse Park and Churchill Downs. The experience was also an opportunity to make friends with participants from across the country.

Looking toward next year, Allie hopes to make Nationals in National 4-H Horse Hippology.

Allie is a student at Livonia Central School. Her parents are James and Sue Tuchrello.



The Eat Smart New York (ESNY) program has had a very successful start to this fiscal year. At the end of the first quarter, we are on target for making our goal of a 25% graduation rate. Hooray! We have also tried a few new things this year, one of them being our work with TOPS Markets® in Dansville.

The ESNY program is funded by a federal and state partnership called SNAP-Ed (Supplemental Nutrition Assistance Program – Education). Basically, this means that people who qualify for Supplemental Nutrition Assistance, aka – food stamps, will qualify for the ESNY program. Since TOPS® receives a certain amount of money from food stamps sales every month, people who shop there can qualify for the ESNY program as well. All they need to do is stop at our table, fill out a survey with their contact information, and submit it to us in the drop box. It is that simple! We are very lucky to have this connection with TOPS Markets® and thank them for their cooperation with the Eat Smart New York program.

Having food stamps and shopping at TOPS® aren't the only ways that you can qualify for the ESNY program. Programs like WIC, Head Start, Medicaid, and others that you might participate in can make you a qualified participant in our program.

So what do you get from ESNY? You get eight FREE lessons about nutrition, physical activity, how to stretch your food dollars, along with some free kitchen gadgets and healthy cooking lessons. We provide flexible scheduling, convenience by coming to your home, and a fun time for you and your family.

If this sounds good to you, give us a call at (585) 658-3250 or stop in at TOPS Markets® in Dansville to fill out our survey. We can't wait to hear from you!

Cornell Cooperative Extension of Livingston County is pleased to announce that they have again been the recipient of the "Traffic Safety Education Grant" from the New York State Governor's Traffic Safety Committee, through the National Highway Traffic Safety Administration.

Cornell Cooperative Extension of Livingston County will continue to collaborate with other agencies to provide a comprehensive Traffic Safety Education Program that is accessible, meets the needs of Livingston County residents and impacts traffic safety issues in our community by reducing the number of traffic fatalities and injuries.

Traffic Safety Educational Programs are provided in the following subject areas: Child Passenger Safety - (Occupant Protection), Wheeled Sports Safety, and Pedestrian Safety.

All educational programs are offered free of charge and each program will be age and grade appropriate. The material will be presented in a classroom environment utilizing a short video and many visuals for the students. Each presentation has enough time for a question and answer session to reinforce the material. The programs require between 30 to 45 minutes depending upon the age of participants and scheduling requirements.

Various interactive traffic safety education displays will be used at health and wellness fairs in the community to promote traffic safety. In addition, a limited number of free traffic safety devices will be available to the community through various community events.

For information on any of these programs, please contact: June Webster at 658-3250 or email jmd227@cornell.edu.

"Programming made possible through funding by the National Highway Traffic Safety Administration with a grant from the New York State Governor's Traffic Safety Committee."

Eat Smart New York Success and TOPS Markets®!

*Erin Willett
Community Nutrition Educator
Eat Smart New York*



Traffic Safety Education Program

*June Webster
Traffic Safety Education
Program Coordinator*

SPRING 2010 PROGRAM UPDATE

FEBRUARY 6

Car Seat Check
NYS DOT, Geneseo

FEBRUARY 13

County Horse Bowl & Hippology

FEBRUARY 13

4-H Applebee's Breakfast Fundraiser
Geneseo

FEBRUARY 15

President's Day
Office Closed

FEBRUARY 22

4-H Teen Council Meeting

FEBRUARY 23

Board of Director's Meeting

FEBRUARY 24&27

County Horse Communications

FEBRUARY 27 & MARCH 2-4

Public Presentations

MARCH 6

Car Seat Check
NYS DOT, Geneseo

MARCH 7

4-H Chicken BBQ
Geneseo United Methodist Church

MARCH 10

Ag-Literacy Training
CCE Office

MARCH 13

4-H EXPO

MARCH 20

Regional Horse Bowl

MARCH 22

4-H Teen Council Meeting

MARCH 23

Board of Director's Meeting

MARCH 28

Spring Egg Hunt
Bellamy Park, Mount Morris

APRIL 3

Car Seat Check
NYS DOT, Geneseo

APRIL 16-18

STARR
Fairgrounds, Syracuse

APRIL 24

Creative Fiber Arts Revue
Geneseo United Methodist Church

APRIL 26

4-H Teen Council Meeting

APRIL 27

Board of Director's Meeting

MAY 22

Car Seat Check
Avon Fire Department

MAY 24

4-H Teen Council Meeting

MAY 25

Board of Director's Meeting

MAY 31

Memorial Day
Office Closed

NWNY Team Back to Full Staffing - Welcome James Kingston

David Thorp
Senior Agriculture Educator

operating a dairy farm, and the requirements of good crop production.

The milking cows were sold during his Junior year of high school. This provided him the opportunity and the management experience raising replacement dairy heifers and producing and marketing hay throughout his college years. His preparation years also included seasonal work for the NYS Department of Ag & Markets inspecting vegetables at processing factories across Western New York. He attended SUNY Brockport where he earned a Bachelors Degree in Earth Sciences and Biology.

After graduation, James began his professional career as a Technician with the Orleans County Soil & Water Conservation District. Shortly after, he was appointed District Manager, the position he held for the last five years prior to starting work with the NWNY Team. At the District, James had great success working with growers, obtaining grants, and building District Programs. He maintains his active participation in production agriculture at the family farm producing and selling baled hay, marketing the majority on the east coast.

James is excited and enthusiastic about the opportunity to continue working with agricultural producers, now including in Livingston County, as the new Field Crop Extension Support Specialist on the NWNY Dairy, Livestock, and Field Crops Team. Call him for assistance with your field crop, nutrient, pest, and related issues.

The Northwest New York Dairy, Livestock, and Fieldcrops Team which provides programs in the nine county region (including Livingston County) is once again at full staff. James Kingston will work in field crop production and management, the position which had been vacant since Nate Herendeen's retirement in April 2008.

James' family originated in Livingston County and operated a small dairy farm in Orleans County. Being part of a traditional working family farm taught him about hard work, the demands of



Contact any of the members of the NWNY Team with your production issues.

Jerry Bertoldo
Dairy Management

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Cathy Wallace, Administration

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The Human Development Department has been on a fast track over the past three months. In addition to all of the usual busy activities around holiday time, life in “Parenting” has been even more hectic. Parenting classes have increased to the point that we now have two people providing this service. In the fall, we added the “Parents Apart” program which is the course mandated by the New York State Unified Court System. This is a course that is offered once a month to individuals who are referred by the Family Court System, because they are going through a legal separation or divorce process. The purpose of the program is to help children through the process by reducing the conflict between the parents. In many instances, parents will actually put the child in the middle - which leaves them in a very delicate state. The 6-hour course actually has three facilitators: an educator, a social worker, and a lawyer. Since its beginning, the course has definitely grown in size. Statistics (such as the following) show the need for programs such as this:

- 53-62% of all marriages end in divorce
- 65% of divorces involve children
- Over 1 million children are affected by divorce each year
- 70% of children born after 1980 will spend some time in a single parent home
- By the year 2010, step-families will be the most common family form

The first “Strengthening Families Series” (a seven week or equivalent to 17.5-hours of instruction) was completed. We had a small class, but it was good and we are ready to run another series in the spring. This is a program in which parents and youth come together. We do a lot of work on communication skills which also results in stronger relationships, deeper understanding, and improved cooperation between both parent and youth.



On the After-School side of the Human Development program, we have been working to strengthen our programs and of course always striving for quality of service. The Dansville program began their 10th and last year of funding from Office of Children and Family Services. We are now looking at the options ahead for the following year and how to sustain the program. Mount Morris is in their second year and working hard on fine tuning the program to attain the same quality of service that Dansville has. We continually work on how to provide a quality program, despite the state funding cuts we experienced, which are impacting programs this year. We have already begun to work on how to handle future state funding cuts that are being talked about.

Parenting Classes Growing; After- School Programs Work to Overcome Budget Cuts

*Donna Horton
Family & Consumer Science
Issues Leader*

Child Passenger Safety Seat Checks

February 6, 2010

10 a.m. - 2 p.m.

March 6, 2010

10 a.m. - 2 p.m.

April 3, 2010

10 a.m. - 2 p.m.

May 22, 2010

10 a.m. - 2 p.m.

June 26, 2010

10 a.m. - 2 p.m.

July 17, 2010

10 a.m. - 2 p.m.

NYS Department of Transportation

5543 Geneseo Lakeville Road, Geneseo

NYS Department of Transportation

5543 Geneseo Lakeville Road, Geneseo

NYS Department of Transportation

5543 Geneseo Lakeville Road, Geneseo

Avon Fire Department

Route 5 & 20, Avon

Springwater Gala

Larry Canute Memorial Park, School Street, Springwater

Caledonia Fire Department

Route 36, Caledonia



Rural Programs Face More Struggling Students and Fewer Resources

Shawn Harnish
Dansville After-School Program
Coordinator

New Survey: Recession Hurting Rural Afterschool Programs and the Children & Families They Serve

Just as America's children need more help, afterschool leaders in rural areas say they are being forced to increase fees and reduce staffing, activities, and hours to cope with budget cuts and rising costs. Ninety-five percent of rural respondents to a survey of afterschool programs say the recession is affecting their communities, and most report higher food prices and more families struggling to provide for children. Yet afterschool programs are unable to offer as much help as children need because their budgets are down. Eighty-three percent of rural respondents say children in their communities need afterschool care and are unable to access it. Those are among the findings from a web-based survey that was completed by 489 rural afterschool leaders across the country. 1,447 afterschool leaders in all (urban, suburban and rural) completed the survey; they represent 8,587 afterschool sites that serve 1.2 million children. The survey was conducted by the Afterschool Alliance in April and May.

"Uncertain Times 2009: Recession Imperiling Afterschool Programs and the Children They Serve" finds that about half of rural programs report a loss in funding due to the recession. Eighty-nine percent expect the recession to impact their budget for the coming school year. Ten percent report a significant loss of funds that will cause cutbacks, or force one or more of their sites to close. In response to funding woes, many rural programs are being forced to add or increase fees. Rural communities report a higher number of youth who are unable to participate in afterschool programs because of



Dansville Mayor Dixon spends quality time chatting with after-school students.

transportation costs caused by higher gas prices than urban and suburban programs. Four in five rural respondents offer summer programs and 43 percent expect enrollment to be higher this summer, adding more strain to program budgets. "This survey documents a world of hurt all across the country," said Afterschool Alliance Executive Director Jodi Grant. "We're not protecting our kids from the economic pain, or even maintaining the safety nets they count on. Afterschool programs serve a high need population; 62 percent of students at rural afterschool programs qualify for free or reduced price lunches. When programs must charge or raise fees or reduce hours, more children will be unsupervised and at risk after the school day ends. It is alarming that nearly half the rural respondents to our survey (46 percent) say their budgets are inadequate to meet the needs of students and families. We have to do better by our kids. Quality afterschool programs do incredible work keeping kids safe, inspiring

them to learn and helping working families. These programs also provide students with healthy snacks, sometimes dinner and breakfast, and a range of social services that students and families urgently need. But afterschool programs cannot serve all the children who need them when they are badly underfunded. Even in these tough economic times when there's tremendous pressure for resources, we have to find a way to do better. Investing in afterschool programs pays off over time in healthier, more successful students and youth.

Survey data courtesy of: The Afterschool Alliance.



It has been a busy few months for the Mount Morris Advantage After-School Program!

- In mid-October, the elementary students visited Community Bank. Students learned a lot of interesting facts, including that the bank used to be a theatre!
- All students participated in a community service project for the Dalton Fright Night. K-8 students cut out hundreds of scarecrows for an activity held during Fright Night.



- We held a “Cookie Frost” event where teachers and parents were invited to come and frost a Halloween cookie with their students/children. The cookies were prepared by cooking club members (students in grades 3-7).
- On the day before Halloween, the after-school program held its “Trick or Trunk” event where students obtained candy and other treats. Games and recreation were held in the gymnasium following the event.
- In November, students journeyed to the Livingston Art Center (on Murray Hill) where they viewed a variety of paintings and sculptures.
- Many local organizations, including the Kiwanis Club, Leaning Tower, B & B Auto Sales, Mt. Morris Furniture, Family Dollar, Grizzly’s, and Catholic Charities provided us with generous donations in order to put on a Thanksgiving Dinner for all program participants. Program staff worked together to prepare the meal and program students (who have been learning about eating etiquette) set the table. The meal was a great success and we hope to do it again next year.
- In December, Livingston County Sheriff Sergeant Joe Zambito visited us with his K-9 partner. We learned that a K-9 is very smart and has an important job, because the dog can find things that may put us in danger. Also in December, we visited the Mt. Morris Police Station where we got to see a police car, the court room, and found out how we could become policemen/policewomen ourselves.
- Also in December, elementary students (grades K-4) participated in Macy’s “Believe” campaign composing letters to Santa. With each stamped letter, \$1 was donated to the Make-a-Wish Foundation. We were able to raise \$50 for the Foundation.
- On the last day before Christmas vacation, when the energy level of all of the students was very high, we had a pizza party thanks to the kind donation of Doughboy’s Pizza.

Mt. Morris After-School Program Highlights

*Rachel Tanchyk
Mt. Morris After-School Program
Coordinator*



12th Annual Taste of Livingston County on April 13, 2010

Enjoy great food and entertainment at the 12th Annual Taste of Livingston County. The event will be held April 13, from 5:30–7:30pm at the Genesee River Restaurant, 134 North Main Street, Mount Morris. The event, sponsored by the Livingston County Department of Health and Genesee Valley Health Partnership, is held during Public Health Week 2010.

Restaurants from around the county donate their time, talent, and food to create tasty, heart healthy dishes for guests to sample. The goal of Taste of Livingston County is to encourage the community to choose heart-healthy meals when dining out. Every year various organizations apply to be selected as the recipients of the proceeds. Cornell Cooperative Extension has been chosen as a 2010 proceeds recipient.

Cornell Cooperative Extension has provided educational workshops, awareness classes, displays, safety devices, and events throughout Livingston County since 2003. The Traffic Safety Education Program is a comprehensive program for all ages that was developed to ensure traffic safety education is accessible, meets the needs of county residents, and impacts traffic safety issues in Livingston County to reduce the number of fatalities and injuries. Funding from the Taste of Livingston will be used to support the CarFit program, a new initiative for older adults, and a teen campaign on the dangers of driving distracted.

Tickets to the event are \$20 and can be purchased by calling the Cornell Cooperative Extension at 585-658-3250.

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