

Warren County Board of Supervisors
Extension Services Committee
Agenda- June 3, 2009

Committee Members: Dan Girard, Chair, Kathy Simmes, David Strainer, Frank Thomas, and Sterling Goodspeed

Introductions

Budget Impact Presentation- James Seeley, Director

Questions

Next Step

Adjourn

Key Points for Warren County Supervisors

- A 50% reduction (\$235,000) to Cornell Cooperative Extension budget would negatively impact educational programs for 1000's of residents in Warren County
- As County funding decreases State funding would also decrease
- We will lose significant pass through monies (Federal) when there are staffing cuts (\$100,000 Eat Smart NY Grant- 2+ positions)
- All fringe benefits - \$148,475 are paid by Cornell University (County budget cuts would be primarily salary and programs)
- Every 10% cut in our budget equals 1.5 positions lost in an agency with only 14 employees
- A cut of this magnitude could conceivably close our office

Programming

- CCE provides educational programs for:
 - Youth Development (all youth)
 - Environmental Field Days (500 students)
 - County Youth Fair (4-H projects, Horse programs..)
 - Bike Safety in all schools (2000 students)
 - Special Interest Programs (e.g. sewing, rocketry etc.)
 - Team building and Communication skills
 - Lifestyle changes
 - Nutrition Education-"Eat Smart NY"-200 families
 - Parenting Education- "Parents Apart", Strengthening Families -700 families
 - Consumer Horticulture- Master Gardeners-assist 100's
- Improving Business for the Forest Industry (Workshops for loggers, forest owners, Christmas tree growers and part-time farmers)
- We provide free/affordable Educational Programs for everyone teaching life long learning skills
- We collaborate and partner with other agencies and organizations in order to maximize dollars.(schools, human services, courts, etc)
- Our educational programs respond to the specific needs of the residents of Warren County:

- “Making Ends Meet” and “Save Energy, Save Dollars” - helping 100’s of families stretch that limited budget
- “Grandparents Raising Grandchildren”- providing a program to assist caregivers other than parents (new- grant funded)
- VITA (Volunteer Income Tax Assistance)- free tax prep for 220 families, \$130,000 in refunds in Warren County
- Community Gardens- educate on “growing your own” food
- Arbor Day/Earth Day activities for communities
- Geocaching/Geospatial Science activities for kids
- Alternative Energy and Science, Engineering, Technology

Other Funding

- As a non-profit we seek grant funding wherever possible such as:
 - Target Grant
 - Brookdale Foundation Grant
 - Bard Grant
 - American Academy of Matrimonial Lawyers Grant
 - Regional Forestry Initiative Grant
 - Pearsall Foundation
 - National Rifle Association
 - Stewart’s
 - WalMart Foundation
 - John Ben Snow Foundation
 - Norcross Wildlife Foundation

Uniqueness of Extension

- We are the only agency to provide the mandatory “Parenting Apart” Program certified by the Warren County Court System
- We provide workshops for loggers, maple producers, and forest land owners in a county where Forests are a primary natural resource
- We are the only Youth Development Organization who offers a formal, juried Public Speaking Program for youth.

ALFARETTA F. WHITE
NANCY M. WATERS
2 Wilmot Street, Apt. #1
Glens Falls, NY 12801-3425

RECEIVED
MAY 22 2009

BY: _____

Copy

May 20, 2009

WARREN COUNTY BOARD OF SUPERVISORS

Dear Supervisors:

This is a letter from two concerned Warren County residents...a mother who is 89 and a daughter who is 64, residing together. Having heard about the recent cutbacks in the County Budget which may include the Cooperative Extension personnel and programs, we are very concerned and would ask that you seriously look into each and every area of these programs to see how they interconnect and affect many people in different ways.

In our case, our Nutrition Community Educator, Kim Sopczyk, has been a valuable and much relied upon source of information and assistance. She came to us through the Meals on Wheels Program wherein she was offering assistance to seniors in nutrition and meal planning. We went through her course and received not only meal planning guides, nutrition information based on our individual age, height, weight and other specifics, but basic mix recipes to use as a basis for many healthy and very tasty meals which are easy and affordable. She went over our shopping techniques and discussed methods of freezing and using leftovers for other types of meals.

All of this was especially useful to two senior women, one caretaking the other, and having no personal transportation. Her home visits were probably the only way we could have attended her classes. Eventually, it became impossible for my Mom to go to the meal site, let alone any other types of outings. She now only attends to her doctors' visits as necessary.

During Kim's visits, we felt free to ask her many questions about food preparation and various kinds of foods which we hadn't tried before. She demonstrated how to make a wonderful black bean and cucumber salad (we had never tried black beans before) with a special vinaigrette, as well as another dressing which we use on greens with mandarin oranges and sweet onions.

These may seem like small things, but they are the types of things which enrich our lives by having new eating experiences available to us. Since my Mom is a true shut-in, the ability to stretch our food stamps to have a more varied diet has, as I have indicated, made our simple life much more interesting. Also, I find much useful information in the Cooperative Extension's Newsletter, pamphlets, etc. which I pick up at the bank or the library each month. I share them with Mom and this gives us both interesting and informative reading which doesn't cost anything. When I have saved the information I want from them, I pass them on to others who also appreciate them.

Next page, please...

WARREN COUNTY BOARD OF SUPERVISORS

May 20, 2009

Page 2

We are sure there are many other people whose lives have been positively affected by the classes and other instructional information the Cooperative Extension has provided. We would sincerely request that you examine very carefully every program or person which you may consider expendable in an effort to trim your budget as so many things are interdependent and have far-reaching effects. People in many various circumstances are out here counting on programs like yours to assist them in making their lives better.

Thank you for your consideration in this matter.

Sincerely yours,

Handwritten signatures of Alfaretta F. White and Nancy M. Waters. The signature of Alfaretta F. White is written in a cursive style, and the signature of Nancy M. Waters is written in a similar cursive style below it.

Alfaretta F. White
and Nancy M. Waters

nw

Regional Diabetes Center
102 Park Street
Third Floor, Pruyn Pavilion
Glens Falls, NY 12801
Phone (518) 926-2615
Fax (518) 926-2091

RECEIVED
APR 23 2009
BY: _____

Kim Sopczyk and David Armstrong
Nutrition Community Educators
Cornell Cooperative Extension of Warren County
377 Schroon River Road
Warrensburg, NY 12885

April 21, 2009

Dear Kim and David:

A belated note of Thanks for speaking to our diabetes support group on April 9th. Even though the group was small, the participants seemed to enjoy your presentation. It was informative but delivered in a relaxed and humorous way. I hope those who attended share their experience with others and take advantage of your valuable services.

Thank you again for your time and expertise.

Sincerely,

Karen Ketcham, RD, CDE

Karen Ketcham, RD, CDE



QUEENSBURY ELEMENTARY SCHOOL

431 AVIATION ROAD
QUEENSBURY, NEW YORK 12804
Telephone (518) 824-1600 • Fax (518) 824-1680



PATRICK H. POMERVILLE

Principal

ELIZABETH A. BISSELL

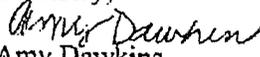
Assistant Principal

May 26, 2009

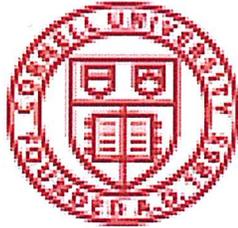
Dear Warren County Board of Supervisors:

It has been our pleasure to work collaboratively with Cornell Cooperative Extension to offer parenting classes to the Queensbury Elementary School community. For the past two years, Roxanne Westcott and Anne Kokosa have offered support to our families through a series of well-attended classes. Parental response to these classes has been enthusiastic and we have already received requests to participate in any similar offerings that are available for the 2009-2010 school year. This is a highly valued, and much needed service. Please consider continued financial support for Cornell Cooperative Extension and the many programs they offer that benefit our community.

Sincerely,


Amy Dawkins
School Counselor


Lynn Razzano
School Counselor

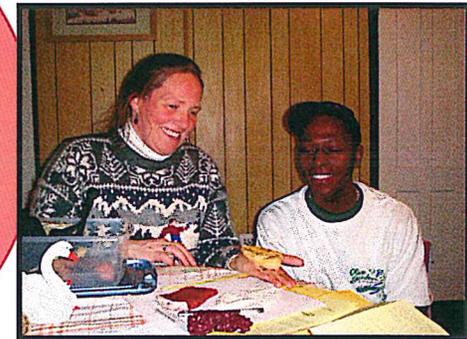
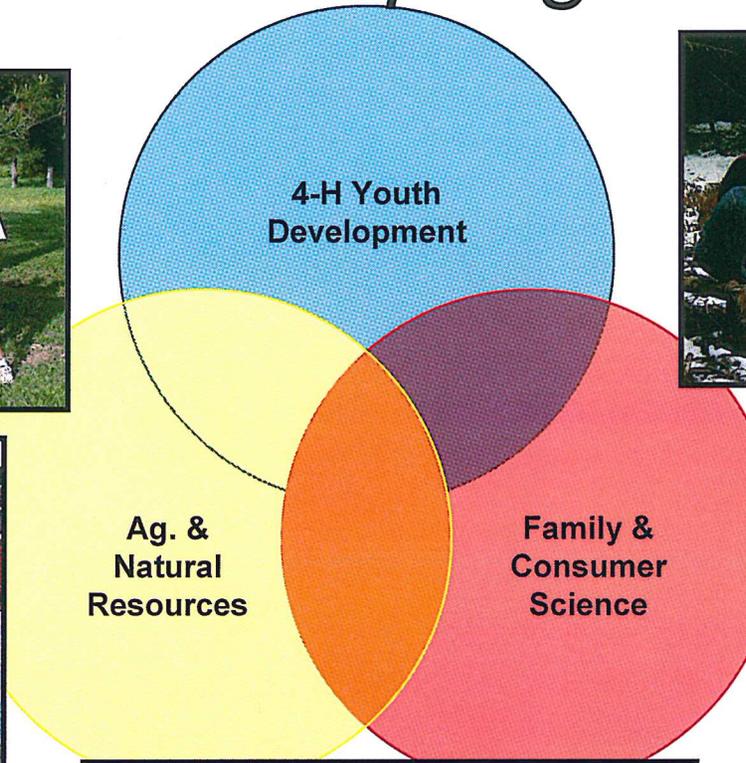


Cornell University Cooperative Extension Warren County



Cornell Cooperative Extension has served the communities in Warren County since 1916 as a partnership with Cornell University, United States Department of Agriculture, New York State and Warren County. Through its mission statement, Extension's educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Cornell Cooperative Extension consists of 3 core program areas:

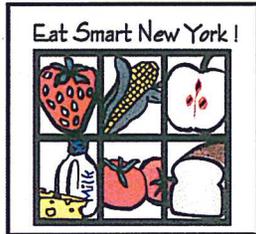


Family & Consumer Science

*(Parenting Education - Family Focus, Energy Education,
Personal Financial Management)*

- Number of parents attending parent education programs nearly doubled in 2008 vs. 2007. These programs help improve parenting skills and build more positive parent child relationships
- Extension provides the only NYS certified “Parenting Apart” program in Warren County; attendees are often mandated to attend by judges in Warren County Family Court and Warren County Supreme Court
- New programming (Save Energy, Save Dollars and Making Ends Meet) added to meet the needs of residents





Eat Smart New York

- Collaborative effort with Department of Social Services as a federal pass through program
- Promotes optimal health to food stamp recipients and income eligible individuals, families and groups by teaching:
 - ✓ to make healthier food choices
 - ✓ how to stretch food dollars and food stamps
 - ✓ to be more self-sufficient
- 94% of graduating participants in 2008 demonstrated improved nutrition practices while 72% demonstrated acceptable food resource management practices.



Agriculture & Natural Resources

- The quality of our lives is dependent on our environment. This includes water quality, forestry, wildlife & fisheries, soils and recreation.
- Warren County is 94% forested, the forest industry is a *major* economic resource to the County. CCE is widely recognized as an unbiased community resource in forestry education.
- Consumer Horticulture –
 - Educating individuals on their home and garden landscapes
 - Master Gardener volunteers are an important component of the consumer horticulture program assisting various communities and individuals throughout the county.



Agriculture & Natural Resources

(cont.)

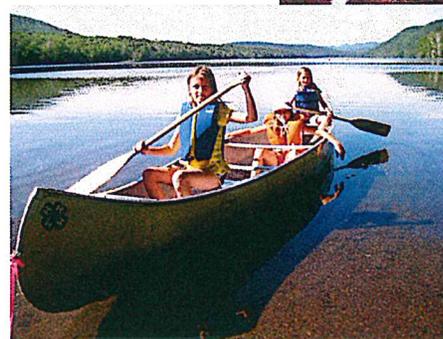
- Educational programs in Ag. & NR include reaching out to some of the following:
 - Forest Landowners
 - Garden Clubs
 - Christmas Tree Growers
 - Dept. of Public Works
 - BOCES Conservation Students
 - Forest Industry (Loggers, Foresters, Mills)
 - Volunteers (Master Forest Owners)
 - Volunteers (Master Gardener)
 - Municipal Officials
 - Maple Producers
 - Lake Associations
 - ACC Students
 - General Public





4-H Youth Development Programs

- Providing youth ages 5-19 “hands-on” learning opportunities through special interest programs, clubs, and school enrichment.
- The only youth organization in Warren County to offer a formal, juried Public Speaking program
- Working with local schools promoting Bike Safety to 2,000 children K-5
- Reaching over 400 youth through Environmental Field Days





4-H Youth Development Programs (cont.)

- School enrichment programs reached 1800 youth by working with every school in Warren County
- Warren County 4-H is actively engaged in the new 4-H initiative Science, Engineering, and Technology (SET)
- Special 4-H trips included visits to Cornell University, New York State Fair, and New York City, opportunities offered to Warren County youth for decades.



Warren County Campership Program

- ◆ Cornell has administered this Residential Campership Program at the request of the County for over 25 years.
- ◆ All youth selected are hardship cases i.e death or incarceration of parent(s), raised by grandparent, family substance abuse or family trauma issues.
- ◆ This program provides a quality residential camping experience that builds childrens' self esteem and independence, includes fun activities and provides interactions with positive role models.
- ◆ Children are given a chance to see outside of their world in a safe place away from family stress.

2008 - 174 applications - 107 spots funded

2009 - 178 applications - 96 spots funded

Happy Camper: "It was the most fun I've ever had. Camp was awesome." Youth Age 11



*These Are A Few Examples Of Partnering
Agencies & Organizations
Working Together To Maximize Dollars &
Avoid Duplication of Services*



2008 Impact

17,512

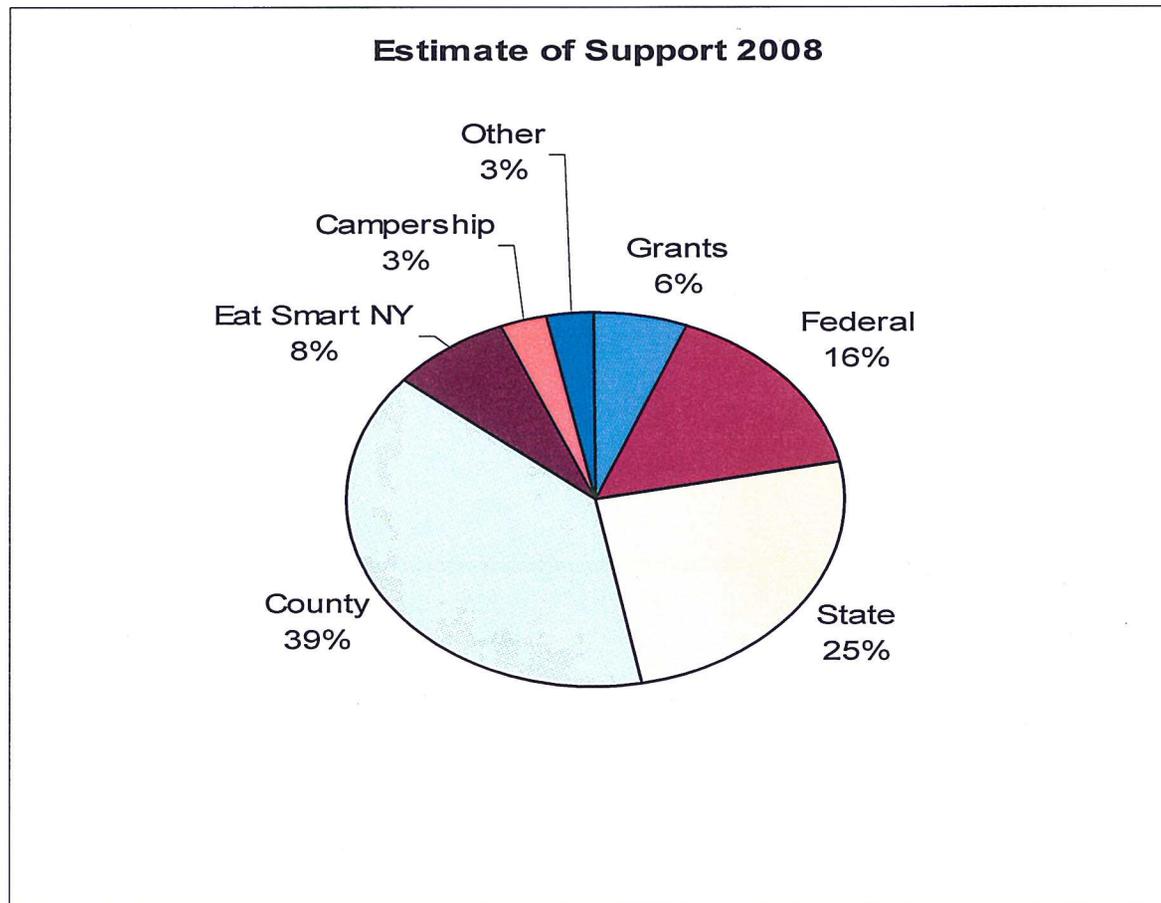
Warren County Residents
Educated By All Core
Program Areas

This represents

61,324

Multiple Contacts

Funding Streams for 2008



***Resources and fringe benefits provided by Cornell University equals \$419,416.**

What residents are saying about Extension programs . . .

- *“I just want to thank you again for the help. Your nutrition program has really changed my and my family’s lives in eating and I have since lost 25 lbs.”*
- *“I learned enough to make my apartment warm and my prices cheaper. The Save Energy \$\$ was excellent.”*
- *“Our relationship, I believe, has gotten much stronger. We both hear what one another has to say before ‘blowing up’ and we are trying harder to be better parents.”*
- *“I attended a training session directed by 4-H for my first Public Presentation last year. They handed out guidelines, examples and helpful hints. Due to their efforts, I felt confident giving my first public presentation and I got a high score.”*
- *“4-H has been responsible for much of my personal growth. They have encouraged me in activities and supported my development.”*
- *“Thanks for an excellent workshop. It broadened my understanding of forestry practices and issues.”*

What do funding cuts to Cooperative Extension mean?

- As County funding decreases, State funding would also decrease
- Extension could lose up to \$100,000 of Federal pass through monies if there are staffing cuts
- Every 10% cut equals 1.5 positions cut
(Currently Cooperative Extension employs 12 FTE's)
- A 10% cut to the Campership Program will see 10-15 fewer children attending camp in 2010

Warren County Residents Thank You For Your Support





Eat Smart NY in Warren County



Eat Smart NY is a nutrition education program that is delivered through Cornell Cooperative Extension and is a collaborative effort with the Warren County Dept. of Social Services. Funding is provided by the federal government (pass through program) and involves match. The program educates families on how to eat healthier, shop wiser for more nutritious and less expensive foods and teaches skills that help families be more self sufficient.

Families enrolled in Eat Smart New York: 172 participants with 155 children taught over the past 8 months; (184 participants enrolled in 2008). # lessons taught over last 18 months is 1688

Some Results...

Participants who completed the 6-week series of lessons "Eating Right Is Basic" program reported *improvements* in these knowledge and skill practices based on exit behavior checklists and food recall reports.

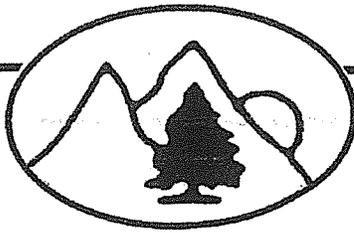
Food Resource Management: 72% demonstrated acceptable practices such as meal planning and/or comparing prices.

Nutrition Practices: 94% more often thought about healthy food choices when deciding what to feed their families and/or improved their ability to read nutrition labels; 47% ate healthier foods such as whole wheat bread and 44% increased the variety and amounts of their fruit and vegetable intake. **All graduating participants** consumed 100% or more of the RDA's for iron and vitamins C & B-6.

Food Safety: 95% followed recommended practices, e.g., thawing & storing protein foods properly.

How funding works...2009

Federal Reimbursed Costs		Match	
Salaries	78213	Staff Contrib/Fringe	91870
Contracts	9028	Regional. Support	5162
Non-cap. Equip.	9611		0
Materials	2914		0
Mileage/Prof. Dev.	4990		0
Utilities/trash	0		3750
Repairs/Maint.	2663	Insurances etc.	6637
Total	\$107419	Total Match	\$107419



North Country Ministry

P. O. Box 111 North Creek, New York 12853

Phone: 518-251-4460 Fax: 518-251-5483

Email: ncm32@frontiernet.net

Offering A Hand Of Hope In The Adirondacks - Dedicated To Improving The Quality Of Life

May 21, 2009

Warren County Board of Supervisors
c/o Sterling Goodspeed, Supervisor, Town of Johnsbury
P. O. Box 7
North Creek, NY 12853-0007

Dear Sterling,

I would like to add my voice to those who are both shocked and surprised by a recent revelation: Shocked at a 50% cut in the County budget for Cornell Cooperative Extension (CCE) unlike those demanded or negotiated with other departments; and surprised with the unprofessional approach since it was done without consultation with the CCE Director or Board.

While I appreciate the nature of the hard choices the Board of Supervisors has to make I am most upset with the process (or lack of it).

Given that, I would like to respectfully add my voice to the many people you will hear from. I speak both as a 5 year member of the CCE Board and from my perspective as the Executive Director of North Country Ministry which has assisted people in need in rural Warren County since 1992.

As the leader of an organization which assists families and individuals in need and works to improve their quality of life I feel, no, I know how the many programs offered by CCE improves the quality of life for literally thousands of people in this county. I'd like to make three points which I feel highlight the important effects of the funds spent on CCE.

- 1) 4H – Youth – I have heard over and over again about the importance of our youth and the “need” for programs for youth. Every politician says it. CCE has been and is doing something about it. I ask you to be sure what your actions will say about your commitment to youth, education and citizenship.
- 2) Agriculture, Forestry, Gardening, Maple production, etc. These are businesses that employ people and pay taxes. CCE's programs help improve and create businesses, incomes and jobs. They also help educate youth and adults and contribute greatly to the protection of the Adirondack environment. This is no mean accomplishment.
- 3) Quality of Life Education Programs like Eat Smart NY, Energy Savings, Parenting Apart, money management, etc. provide life skills training much needed by people in our county.

All three of these areas remind me of the old saw about the difference between giving a hungry person a fish vs. the value of teaching them to fish. In my experience everything CCE does is geared to providing the latter.

In my mind, a decision to radically cut funding to CCE will gradually increase the number of people who will depend on “the system” and organizations like ours.

My own charitable organization has chosen the hard path, to move in the opposite direction and has recently opened a second center to assist county people in need. In the last two months the number of people who came to us for a variety of assistance has doubled—well over 1,000 last month. That is our challenge.

Your challenge, as I see it, is to have the courage to look beyond the immediate crisis and to do what you can to preserve an organization that does so much more than provide band-aids. CCE provides education which improves the lives of youth, families and businesses.

I'm reminded of the book Profiles in Courage. You face difficult and perhaps unpopular choices. What do you choose for the county? More band-aids or education?

Sincerely

Bro. James Posluszny
Executive Director

RECEIVED
MAY 21 2009

BY:.....

Dear Skye Farms,
last year I went to SKYE-Farms For A week. I had A lot of Fun doing things like: Sewing, Crocheting, Playing games, Swimming, And Playing in the petting zoo. I really enjoyed this experience and would really like to do it again this year. Some of my interests include; Art, Sports, reading, Nature, Animals, And Drama. Or more specifically; Drawing, Painting, Designing, Soccer, Swimming, Reading, Taking hikes, Canoes, Boating, Caring For Animals And Putting on Skits And Plays. Last year the camp I was put in was "Heritage Arts". If I get into Camp again this year I hope to Be Put in either "Animal Crackers", Camp-a-lodian, a sports camp, or a Drama Camp. When I was first dropped off last August when I got there I was really excited until my Parents left then I was really Nervous. I wasn't used to being Away From home for a whole week, but After About An hour I had Made A lot of Friends And was having the time of my life. After that it seemed like A week

May 21, 2009

My name is Theresa Morehouse. Cornell Corp. had helped me alot, I am a diabetic. They have teachep me about carbs, portion controll, what foods to eat-like more veg. and fruits. I don't think that this program should be cut. It will cause more obessity in adults and children.

Thank You
Theresa
Morehouse

May 21, 2009

My Chapter 1241 of
TOPS - invited Cornell to
an open house. A lot of
people, liked what they
seen and were told. We
would invite them for
another open house or
a meeting. They gave out
a lot of materials. We
hope that this program,
would not be cut in
any way.

Thank You

TOPS 1-241

(CO-leader) Theresa Morehouse

Naomi Belrose

Marlene Oxier

Elizabeth Scaler

Jouelle Spear

Jane Preker

Elizabeth Dudley

Kyrla Kelsey

Rosemary Cole

Patricia C. Byrnes

May 22, 2009

To Whom It May Concern;

Cornell Cooperative Extension is an organization that helps many people, I know because I was one of those many this winter.

I had heard of the organization many times over the years but thought it would never affect me. I was wrong. I won a little gadget naming contest and got a chance to learn to eat more nutritiously and pass that knowledge to my grandchildren.

Without Dave from CCE I wouldn't know that peanut butter can be made to taste good and enjoyed with fruit, or how to make fruit and yogurt parfaits.

The food pyramid has changed and there seems to be much more to it when I went to school.

This organization is an asset to the communities it serves.

Please don't cut their budget. Many people will be affected by the loss of one employee from infants to grandparents. Everybody wins something when they get a visit from a CCE representative.

Sincerely,
Elizabeth Brown

Tuesday, May 26, 2009

E-mail message from Master Gardener Volunteer, Donna Hurley

You asked us to give a few sentences about the positive aspects of the MG program so here goes. I knew that I would enroll in the MG program before I even retired after speaking with two Master Gardener Volunteers about their experiences. They were so enthusiastic about the program and I couldn't agree more. First of all, the training we receive during the initial course and the very affirming counsel from both you and Laurel have helped to give me the confidence to try something new and to "give back" to the community by both participating in the various community gardening events and also in the individual project I chose. Educating and encouraging others about gardening is so exciting.

In my work at the East Side Center (a day program of the Warren Washington Counties Association for Mental Health) we have taken an empty lot and turned (or are turning) it into a vegetable garden in raised beds surrounded by flower gardens. The members of the program vary from those with gardening experience to those who have none. As part of this experience, they learn new responsibilities, work together, teach each other and raise food which is used for their lunches. Many of the members are initially surprised at how good fresh food from a garden tastes.

The Mental Health Association program has a limited budget and the garden program is staffed by volunteers and the member clients and probably would not exist if it were not for the director of the program, Belinda Bradley, supporting me when I asked her if we could "start a garden in their back lot." Little did I know what I was getting into either. So sorry I have rambled on. Hope you can use some of this. I was so sorry to read about the possible cutbacks. Should we be doing some letter writing to our town representative on the County Board? Talk to you soon. Donna Hurley

please do not remove
it from your budget.
It helps a lot of
people. I know it
helped me and my
family.

Thanks,
Mickey Campbell

5-26-09

The Healthy Eating
NY program taught
me several things.
First it taught me
to check my receipts
when on one receipt I
found a \$50 error that
I was able to
get corrected. Second
I learned about the
food pyramid and
a guide to healthy
eating. I also learned
about portion control.
I was given a cook
book with healthy
recipes to make for
my family. The Healthy
Eating NY plan is
program is very important.

EAT Smart" helped me and my daughter
EAT healthy along with that they taught
us the value of Nutrition. Thanks
Kim and Dave

Mathew
+
Jennifer

MAY 21, 2009

DEAR BOARD,

I AM WRITING THIS
LETTER TO SAY HOW MUCH
I LIKE THIS PROGRAM.

I AM COOKING BETTER
AND FEELING BETTER
SINCE DAVE ARMSTRONG
INTRODUCED ME TO IT.

BEFORE I WAS EATING
TO MUCH BAD FOOD, NOW
IM EATING BETTER AND
FEELING LIKE A WHOLE
NEW PERSON. I HOPE
YOU KEEP UP THE
PROGRAM TO HELP OTHERS.

Audry Taylor

May 22, 2009

Dear Warren County Board Supervisors,

I thought Eat Smart New York was good. I learned to cook. I learned to make a shopping list.

Thank you,

ROGER RUSSELL

Specializing in Fine Art Photography and Panoramas of the Lake George and High Peaks Regions of the Adirondack
Carl has also photographed varied landscapes throughout New York State and the rest of the country.

Please visit our website at www.CarlHellman.com to view our posters, prints, books, videos, and calendars,

and for information on stock photography, and Photography and Photoshop Workshops.
www.CarlHellman.com - photos@carhellman.com - Wild Visions, Inc., 518-494-3072, Monday - Friday, 9-5, EST

Dear Kim:

Myself, Ralph, and Sharyn enjoyed your classes. It's amazing how much coffee you can share TALKING about food. Ralph is nick-named my "BAD" boy. It translates to work lunches needing 1 banana per day!! He loved the banana magnet!!

The food wheel will help me get back to choosing better food, allow me to plan my exercise, etc. Very needed after holidays etc!

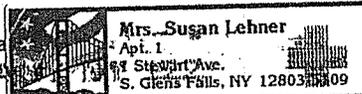
Thanks to all of you who helped make these course materials -

Regional stores that carry Carl's work:

Adirondack Crafts Center, Lake Placid - Blackburn Gallery, Glens Falls

Frame of Mind, (Glens Falls, Saratoga, Clifton Park, Latham, Albany)

Gallery Originals, Colonie - Lakeshore Gallery, Bolton Landing - Waterfront Living, Lake George



MAR 2006 PH
Kim S. ~~Smith~~
Cross
Eat Smart + New York
Cornell Cooperative Ext.
Warren County
377 Schroon River Rd
Warrensburgh, NY
12885-4807

Photograph © Carl Hellman II - Paintbrush Sky over Lake George

They are very interesting and helpful. I will do an a corn
Squash one night for each.

RE.: EXTENSION DIETITIAN KIM SOPCZK

KIM HAS AN EXCELLENT MOTIVATIONAL PSYCHOLOGY. I PRACTICE BEHAVIORAL MEDICINE. I AIM TO MODIFY LIFE STYLES WHICH ARE NOT HEALTHY. BUT, I HAVE ALWAYS NEGLECTED DIET. PARTLY BECAUSE OF IGNORANCE. PARTLY BECAUSE THE SUBJECT MATTER WAS UNINTERESTING TO ME. PARTLY BECAUSE FOOD FADDISTS DO NOT HAVE CREDIBILITY. OF COURSE, KIM HAS CREDIBILITY, COMING FROM CORNELL UNIVERSITY.

BUT HER CLAIM TO FAME IS HER MOTIVATIONAL APPROACH, POSITIVE REINFORCEMENT, HER UP BEAT ATTITUDE, REALISTIC INCH-BY-INCH APPROACH, AND SHE REALLY LISTENED TO OUR ENTIRE FAMILY INCLUDING PAPA BEAR, MAMA BEAR, BABY BEAR, SARA, AGE 14, A GIFTED STUDENT IN A CHRISTIAN SCHOOL, MOUNTAIN SIDE ACADEMY. AND AUNT SUSIE UP HERE FROM MISSOURI.

PLEASE GIVE HER RECOGNITION, PROMOTIONS AND PERKS SHE HAS COMING TO HER. SHE TRULY WENT THE SECOND MILE IN REACHING THE DEVOL FAMILY.

I AM A SEMI-RETIRED MISSOURI PSYCHOLOGIST WHO HAS BEEN BACK IN WARREN COUNTY, WHERE I WAS RAISED ON A FARM, ONE YEAR.

CORDIALLY,

Oct 8, 2008

RECEIVED OCT 9 2008

Dear Kim -

You were so impressive
on the winn show. you looked
comfortable & sounded interesting.
I was really proud that you
were from Warren County Co-op Extension

[Redacted signature]

5-8-07
MAILER

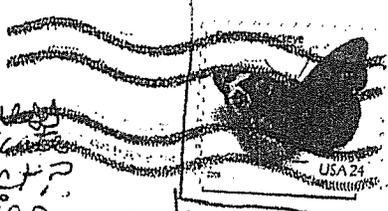
30% post-consumer waste



798-0766

Gina Jordan

377 Schroom River Rd
Glens Falls, NY 12801-2985



Hello Kim!
you just left an hour or so ago & I guess
I was a bit thick - I'm assuming Lertificas
means our visits/appt.'s are over, correct?
I was so busy appreciating the ESNV Goodies
that I missed my opportunity to thank you,
& Jill, I already have for your
help, research into my specific
needs, your meal prep (soup!),
& keeping me focused on Nutrition &
healthy eating habits, so much more!
I've made several positive changes in
habits & food choices/shopping/eating
already, as a benefit of you & Jill's
efforts. A kudo's galore to you!
While I'm waiting for your call
on master Gardener questions, please
tell me how & where to get more of your
awesome hand-sanitizer. What is its scent?? I love it!! I am
serious; can it be bought?? Thanko again,
for everything you do & contribute to make a positive difference
in the world. Gratefully yours, Gina Jordan

TO:

SOPCZYK
Kim MARKS - ESNV Div.
c/o CORNELL COOP
377 Schroom River Rd.
Warrensburg, NY 12885

A2307

Kim,

2009

Thank you for working with me
during the Eat Smart New York program.
I had fun and enjoyed meeting you.
This program is very educational.



P.S. Thank you for th...ct, too.

Kim Dopyzyk Cornell Cooperative Extension Eat Smart.
Congratulations on your award as an
exceptional educator at the National
Extension Association of Family and Consumer
Sciences.

May you have continued success with your
show from Farm to Table on WMHT.

We enjoy having you with us and hope
that you will return again soon.

Love you best on this special day!

NOTES

- Rusty

How beautiful a day can be
when kindness touches it!

- George Elliston

Solomon Heights Residents

We wanted to say
thank you for taking
the time out to
teach us about
healthy eating habits.
The students and staff
learned a great deal.
Thank you once again!

Sincerely,
Youth Advocate
Program

RECEIVED OCT 27 2008

June 1, 2009

Dear Roxanne

I want to be a voice. We met a year ago when my life was changing and I felt like I was a nobody and I was locked in a dark room but your program opened doors for me.

I was court ordered to take your parenting class. I had classes previously but I wanted to show my girls and the court that I was somebody and your programs helped me do that.

The Eat Smart program gave me recipes and knowledge and I had fun learning how to use The crock pot with my friend, Kim.

I wish I had magic powers to help your programs now. I wish there were more angels like you. The world wouldn't be the same without Cornell.

Patty Fuller

Dedicated to educating New Yorkers, we address issues that matter...

Thousands of people tap into Cornell University research and know-how to make sound and confident decisions concerning family, home, business money and the future.

Cornell Cooperative Extension offers educational programs supporting decision-makers and benefiting New Yorkers from all walks of life with university knowledge, research and innovation.

The Cornell Cooperative Extension network brings you the expertise of locally based extension educators, volunteers and other experts through such programs as:

- horticulture
- youth and families
- leadership
- environment
- food, nutrition & health
- housing and home environment

Each day, Cornell Cooperative Extension turns offices and schools, homes and apartment houses, libraries and County parks into extensions of the Cornell campus. *We really do bring the university to you.*

Our challenge is to help New Yorkers by focusing practical and scientific knowledge on key local issues and needs. We draw on our unique partnership with other land-grant universities and the Extension Service of the U.S. Department of Agriculture.

Extension's Power is People

Since 1914, Cooperative Extension has responded to needs of New Yorkers.

Our priorities are determined by people like you. Our volunteer board of directors and program advisory committees represent all walks of life and many of Warren County's 12 municipalities and villages.

The result is a broad spectrum of educational programs.

Volunteer Opportunities

All Extension programs provide opportunities for volunteers. Top quality training, leadership development and support are provided.
Examples: 4-H, Master Gardeners, Board of Directors and various committee opportunities.



Cornell Cooperative Extension
Warren County

377 Schroon River Road
Warrensburg, NY 12885

Phone:

518-623-3291 or 518-668-4881

Fax

518-668-4912

Web Site

<http://counties.cce.cornell.edu/warren/>

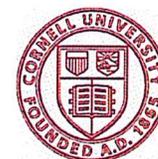
Email

warren@cornell.edu

Hours

Monday — Friday
8:30 a.m. - 4:30 p.m.

It is the policy of Cornell University Cooperative Extension actively to support equality of educational and employment opportunity. No person shall be denied admission to any educational program or activity or be denied employment on the basis of any legally prohibited discrimination involving, but not limited to, such factors as race, color, creed, religion, national or ethnic origin, sex, sexual orientation, age, or disability. The Extension is committed to the maintenance of affirmative-action programs that will assure the continuation of such equality of opportunity.



Cornell University
Cooperative Extension
Warren County

Building Individual &
Family Strengths



Agriculture & Natural
Resources



Home & Grounds



Energy Efficiency



Nutrition, Diet and
Health



4-H Youth Development
Programs



Volunteer Opportunities



Cornell Cooperative Extension
Warren County

377 Schroon River Road
Warrensburg, NY 12885
518-623-3291 or 518-668-4881

<http://counties.cce.cornell.edu/warren/>

Building Strong and Vibrant
New York Communities

Cornell Cooperative Extension of Warren County Programs

Building Individual & Family Strengths

Cornell Cooperative Extension's building individual and family strengths focuses on promoting positive relationships between parents and other caregivers and their children. Information and classes are available on discipline strategies, ages and stages of child development, managing conflict, increasing effective parenting skills and other topics related to supporting families.



Agriculture & Natural Resources

The quality of our lives is dependent on our environment. Research-based educational programs are offered through Cornell Cooperative Extension to promote the quality of the Adirondack environment.

Taking the time to care for the land is "stewardship". Stewardship is the desire to leave the land better than you found it. Good stewards of the land consider all components of our natural resources – water quality, forestry, wildlife and fishery habitats, soils, and recreation to name a few. The educational programs in natural resources that are offered through this County are related to forestry and water quality topics.

Garden and Landscape

Cornell Cooperative Extension provides Warren County residents with timely information about such topics as growing plants, care and trouble shooting of home lawns, landscape, flower and gardens, household pests and nuisance wildlife.



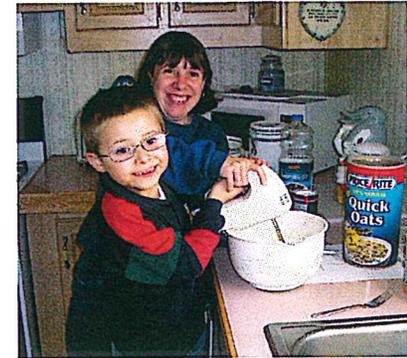
CEPREE Program

Cornell University Cooperative Extension's energy program works closely with Cornell University staff to broaden the awareness of Warren County residents on the importance of energy efficiency. As a participating county in the Consumer Education Program for Residential Energy Efficiency (CEPREE), educators in the county provide information on purchasing and installing Energy Smart appliances, funding offered to New York State residents for purchasing energy efficient residential appliances, incentives to contractors, seasonal tips for energy efficiency, building an Energy Star labeled home and alternative energy sources.

The HeatSmart NY program is a cooperative effort between the New York State Energy Research and Development Authority (NYSERDA), National Grid Company, NYSEG and Cornell University Cooperative Extension. The program is intended to assist low and limited income New York residents in reducing energy costs by providing energy efficiency measures, energy use management education and financial management education. Warren County CUCE offers two programs Save Energy, Save Dollars and Making Ends Meet. Both programs are free and open to the public.

Nutrition, Diet and Health

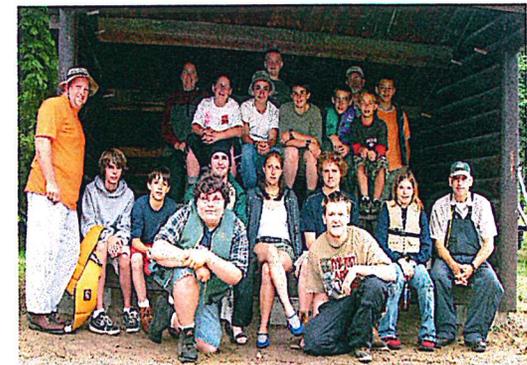
Cornell Cooperative Extension's nutrition education program promotes optimal health to individuals, families and groups. Information and resources are available on food preparation and safety, how to stretch food dollars, preserving food, reducing fat in the diet and other nutrition related topics.

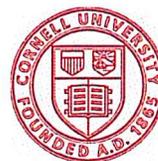


4-H Youth Development Programs

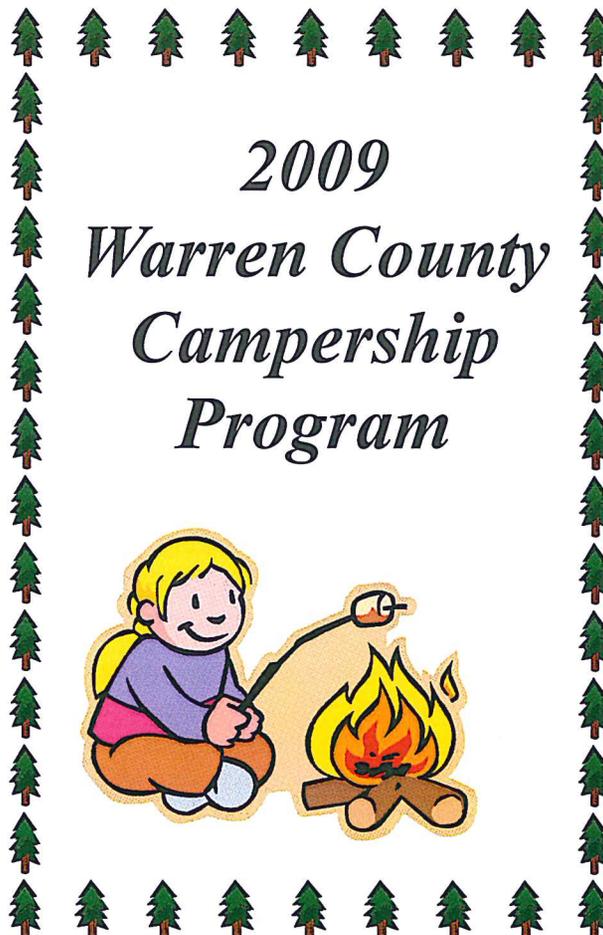


Youth ages 7-19, participate in "hands-on" learning through 4-H Clubs, Special Interest Groups and school programming. 4-H connects youth to the resources of Cornell University through a wide range of program opportunities in science and technology, leadership, life skills and community service. Programs are organized locally based on interest and with the support of adult volunteers.





Cornell University
Cooperative Extension
Warren County



2009 Warren County Campership Program



Administered by:
Cornell Cooperative Extension Warren County
377 Schroon River Rd.
Warrensburg, NY 12885
(518) 668-4881 or (518) 623-3291
www.cce.cornell.edu/warren

Contributions are Warmly Accepted

If you would like to help make a difference in the life of a child and provide them with a wonderful camping experience, please complete this form.

Yes, I would like to help send a Campership child to camp. Please accept my contribution, which I have **circled** below.

“Happy Memories” Campership Contribution
(full one-week campership for one child)
\$329

“Fulfilling Dreams” Campership Contribution
(half-week campership for one child)
\$165

“Enjoying Outdoor Adventures”
Campership Contribution
(partial campership)
\$82

“Wilderness Wonders” Campership Donation
(any donation helps support camperships for kids)
\$ _____

Please note this program is open to
Warren County youth.

If you have a preference of the township/
city that the youth resides, please list here:

Please Return This Form To:

Cornell University Cooperative Extension
Warren County
Attn: Ann Kokosa
377 Schroon River Rd.
Warrensburg, NY 12885

The youth of Warren County thank you!

Comments by Campership Youth:

"It was the most fun I've ever had."

"I learned that everyone is special."

"It was awesome and I really want to go back."

"I made some friends."

"In 3 words it was awesome (sic)."

"It was an extremely fun experience that I absolutely enjoyed."

Comments by Parents:

"She blossomed this year. She came home with plenty of happy stories. Thank you for selecting her."

"My child learned skills, more respect and responsibility."

Comments from Referrers:

"This program meets the children's needs on so many levels...just being in a wholesome environment for a week where they can be a child again is wonderful."

"There's a lifetime of benefits...kids fondly remember their happy camping experience and often refer to it."

Warren County Campership Program

The Warren County Campership Program is a residential camping experience for children between the ages of 9-14 who are economically disadvantaged, experiencing limited family life or have other special circumstances.

History & Benefits

Cornell University Cooperative Extension of Warren County has been administering the Warren County Residential Campership Program for over 25 years.

Since the closing of the Gurney Lane Camp, Lake George, in the 1980's, the Warren County Board of Supervisors has funded and partnered with Cooperative Extension to provide camping experiences for youth who are experiencing difficult home situations. Additionally, private donations are also accepted to support the Campership Program.

Currently, Skye Farm Camp in Warrensburg is contracted with to provide youth with a quality residential camping experience that includes:

- numerous fun activities;
- interactions with positive role models;
- encourages the children to participate in decision-making processes and;
- provides opportunities for youth to increase their skills, self-confidence, self-esteem and independence.

In 2008, 174 referrals were made to the Campership Program; funding provided camperships to 107 youth.

Each child selected to attend camp has a special situation and their campership is based on those unique circumstances.

"It was the most fun I've ever had.
Camp was awesome."

Youth Age 11



Referrals

Referrals for the Campership Program come from many sources. In 2008, school and health nurses, case workers, social workers, psychologists, teachers, counselors, agency personnel working with families and children, medical staff and other caring individuals identified and recommended 174 youth for consideration of the 107 available camperships. This represented a 25% increase over 2007 requests. In 2009, available funding will cover 95 camperships.

For the 2009 camp season, applications will be accepted until April 15th. If you would like to recommend a Warren County youth between the ages of 9-14 for this program, please contact Alexis Flewelling via e-mail at amf252@cornell.edu or by calling (518) 668-4881 to request the appropriate referral forms.

"This program is great. It builds kids' self-esteem, independence, & self confidence plus it gives them a chance to see outside of their world in a safe place away from family stress."

School Social Worker



Cornell Cooperative Extension

Dear Board of Supervisors,

We are very concerned about the **negative impact** a 50% cut in appropriations for Cornell Cooperative Extension in Warren County would have on our residents. This \$235,000 decrease would be **devastating** to the programs we provide the people of Warren County. As this County funding is reduced we also will see our State and Federal allocations get cut. Federal pass through money for grants, without local match, could lose up to \$100,000 for our Nutrition Programs. Every 10% cut from our budget equals 1.5 positions lost from our 14 member staff.

Cornell Cooperative Extension provides educational programs to improve the life skills of youth and adults in several critical areas including:

1. Youth Development and Leadership
 - **School Enrichment Programs** – over 1800 youth participated in programs as Teambuilding, Embryology, Geospatial Science, Earth and Arbor Day activities last year.
 - **Environmental Field Days**- over 500 youth learned more about preserving our Environment in a series of workshops we presented in the last year.
 - **Bicycle Safety Programs** for all school districts- almost 2000 children and 50 volunteers attended our Bike Rodeos last year to teach proper use and safety on their bicycles.
2. Adult/Child Lifestyle Changes
 - **Nutrition Education Programs** such as “Eat Smart New York” – 356 participants and 1688 formal lessons were taught on how to eat healthier and shop wiser for their families (past 1 and 1/2 years)
 - **Parenting Education Programs** – “Parents Apart” is a court mandated program and the only certified program in Warren County. Over 700 people participated in our parenting programs.
 - **Consumer Horticulture Programs**- over 350 people took advantage of the educational programs we provide for Horticulture in an effort to assist people in growing their own food safely and more economically.
3. Improving Business Opportunities
 - **Forest Owner and Logger Workshops**- over 300 foresters and loggers attended our workshops last year promoting proper forest management and safety in harvesting our timberlands.
 - **Part-time Farmers and Christmas Tree Growers**- we provided support to these seasonal growers.
 - **Maple Syrup Industry**- over 1000 people attended our Maple Syrup Weekends in Warren County this year.

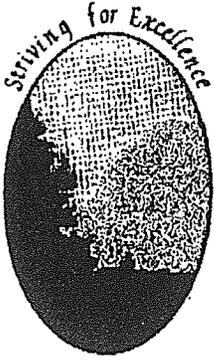
New initiatives added this year to meet the needs of people in these tough economic times include:

“Volunteer Income Tax Assistance” (VITA) providing **free tax preparation** to 220 residents
“Making Ends Meet” Financial Education Workshops helped 100’s of families **“stretch” their budgets**
“Save Energy, Save Dollars” Workshops listed ways to help **conserve energy and save people money**

In summary, Cornell Cooperative Extension is a **unique educational agency** that provides programs that are **based on the needs of our residents** free of charge or at minimal cost. The proposed funding cut would likely **close** our agency and eliminate all the wonderful programs we provide to individual county residents as well as to a wide network of county human service organizations. We ask our Warren County Supervisors to please consider the perilous impact this cut will have on our County’s residents in an economic climate that needs these programs **more than ever** before.

Sincerely,

Gloria Ragonetti, Board President
Cornell Cooperative Extension, Warren County



WARRENSBURG CENTRAL SCHOOL DISTRICT

June 2, 2009

To Warren County Board of Supervisors:

I am writing in recognition and support of what are considered "non-mandated programs" as your Board prepares the 2010 budget. Cornell Cooperative Extension tragically falls into this category and may experience severe cuts. Although categorized as "non-mandated", programs offered by CCE, especially the Family Focus programs, have great value and provide significant support to many citizens in our community. It is my feeling that programs that build communities from the individual and family unit upward are essential and for that reason should be considered mandated.

I have personal knowledge of the positive impact of the Family Focus educators and the programs they facilitate. Over the last two years two skilled CCE Family Focus Educators, Ann Kukosa and Roxanne Wescott, have worked directly with families and children of Warrensburg Elementary School. Several programs were offered in a collaborative effort between CCE and our school. The programs focused on positive family development including communication skills, parenting skill instruction and support. Participants engaged easily with these facilitators and reported positively about their experience and learning.

As a school social worker, I am keenly aware of the coping skill deficits, stress and challenges facing young people and their families. Cornell Cooperative Extension is a community agency that provides vital information and programs to our children and parents to help them learn, problem-solve and grow as healthy families. The sessions offered at our school by the Family Focus educators support children and families and address needs unmet by the traditional school model.

Our district hopes to be able to further develop the partnership with Cornell Cooperative Extension by offering more parent and family programs at the Elementary School in the future. The children and families I work with and care about need this resource and support in their lives.

Your careful consideration of this program and its value to our citizens is greatly appreciated.

Sincerely,

Kate Motsiff, LMSW
School Social Worker
Warrensburg Elementary School

Cc: Amy Langworthy, Principal

103 Schroon River Road
Warrensburg, NY 12885-4803
518.623.2861

Timothy D. Lawson
Superintendent of Schools
x208/fax 518.623.2961

Kevin Polunci
Business Administrator
District Clerk
x204/fax 518.623.2436

Douglas A. Duell
Jr/Sr High School Principal
x212/fax 518.623.5089

Stephen Nolan
Jr/Sr High School Asst. Principal
Athletic Director
x227/fax 518.623.4933

Gail Lawson
Maureen Leitch
Guidance Counselors
x218/fax 518.623.4388

Valerie Smith
District Treasurer
x205/fax 518.623.2436

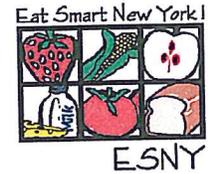
One James Street
Warrensburg, NY 12885-1669
518.623.9747

Amy Langworthy
Elementary School Principal
x5/fax 518.623.3779

Carol Preston
Director of Pupil Personnel Services
x2/fax 518.623.3775



Eat Smart NY in Warren County



Eat Smart NY is a nutrition education program that is delivered through Cornell Cooperative Extension and is a collaborative effort with the Warren County Dept. of Social Services. Funding is provided by the federal government (pass through program) and involves match. The program educates families on how to eat healthier, shop wiser for more nutritious and less expensive foods and teaches skills that help families be more self sufficient.

Families enrolled in Eat Smart New York: 172 participants with 155 children taught over the past 8 months; (184 participants enrolled in 2008). # lessons taught over last 18 months is 1688

Some Results...

Participants who completed the 6-week series of lessons "Eating Right Is Basic" program reported *improvements* in these knowledge and skill practices based on exit behavior checklists and food recall reports.

Food Resource Management: 72% demonstrated acceptable practices such as meal planning and/or comparing prices.

Nutrition Practices: 94% more often thought about healthy food choices when deciding what to feed their families and/or improved their ability to read nutrition labels; 47% ate healthier foods such as whole wheat bread and 44% increased the variety and amounts of their fruit and vegetable intake. **All graduating participants** consumed 100% or more of the RDA's for iron and vitamins C & B-6.

Food Safety: 95% followed recommended practices, e.g., thawing & storing protein foods properly.

How funding works...2009

Federal Reimbursed Costs		Match	
Salaries	78213	Staff Contrib/Fringe	91870
Contracts	9028	Regional. Support	5162
Non-cap. Equip.	9611		0
Materials	2914		0
Mileage/Prof. Dev.	4990		0
Utilities/trash	0		3750
Repairs/Maint.	2663	Insurances etc.	6637
Total	\$107419	Total Match	\$107419

Cornell Cooperative Extension – Warren County
4-H Program Highlights

- **Environmental Field Days** – This program is designed to bring youth to an outdoor learning environment where they are provided with a series of mini-programs on various environmental topics. Recent topics include soil erosion, soil types, geology, environmental consumerism & outdoor Partnering agencies include DEC Foresters & Conservation Officers, Soil & Water, Up Yonda Environmental Center, Department of Public Health. Average # of youth contacted is 400-500 in spring and fall combined.
- **Wilderness Exploration Programs & 4-H ADK Guides**– these programs are a more in-depth environmental contact where youth are provided experienced supervision during a two day, two night camping program. Activities include tree identification, basic water safety, canoeing, map & compass, wildlife identification, and outdoor cooking. Average number of youth contacted per year is 25 for Wilderness Exploration trips and 15-20 for the year round 4-H Guide program, which takes the camping and outdoor skills training one step further than the Wilderness Exploration trips.
- **Bike Safety Rodeos** – these programs are provided free of charge primarily to third and fourth grade students in all schools in Warren County. Overall, the program reaches 1800 youth and involves nearly 50 volunteers providing over 100 hours of free labor.
- **Warren County Youth Fair** is offered the first Saturday of August. The event allows youth of Warren County to display items, animals, or talents that they present in a positive youth development format that focuses on improving the exhibitor's skills. Over six hundred people attended the fair in 2008 and the overall class enrollment for 2008 increased by nearly 50%.
- **School Enrichment Programs** – Aside from the youth contacted through Bike Safety, Cornell Cooperative Extension's 4-H staff also offer a series of programs to assist teachers with delivery of curriculum based education modules that encourage tactile participation. In 2008-2009, these programs included youth development, adventure games/team building, Agriculture in the Classroom, Earth Day & Arbor Day activities, Archery, Geospatial Science, and Embryology. These programs have reached over 1800 youth since October 2008 as part of the SET (Science, Engineering, and Technology) initiative.

Consumer Horticulture Program May 2009

Consumer Horticulture Educator and Master Gardener Volunteer Coordinator:

The role of Consumer Horticulture Educator includes:

- Coordinating the Master Gardener Volunteer (MGV) program as well as organizing the yearly MGV Training program for the new Warren County MGV trainees. Coordinating the MGVs entails:

- arranging monthly MGV meetings,
 - encouraging the MGVs to take on community projects, to create and present PowerPoint lectures, to come into the office to provide information for people in the community about gardening questions, and
 - coordinating between community program representatives and the MGVs.
- Presenting lectures on Horticulture within the community to groups such as The North Country Ministry, 4-H Program Trainers (Train-the-trainers), Garden Clubs, other Master Gardeners, Interested area residents (e.g. at Libraries), Community Societies/Organizations, etc.
- Attending Community Expositions, Home Garden Shows, Watershed Conferences, Youth Fairs, Farmers' Markets, and providing information about the Cornell Cooperative Extension Programs, and especially the Master Gardener Program. These venues enable me, together with the Master Gardener Volunteers, to distribute a significant amount of information on important topics that affect the entire area, such as invasive plants and pests and ways to prevent or control them from invading or overtaking the native species and habitats.
- Fundraising for the Master Gardener program and for educational programs within the community, such as the Master Gardener 'Victory Garden' Fundraiser Seed Kit sale.

The Master Gardener Volunteer Program:

Master Gardeners Volunteers in Warren County contribute many non-paid volunteer hours to the community. The coordination of a Master Gardener program has enabled an increase in the core number of Master Gardener Volunteers exponentially each year and helps to keep volunteers who have gone through the Master Gardener Training Program interested in volunteering within the community.

Some of the places where Master Gardeners have made positive differences in almost all segments of the local community include museums, historical sites, churches, libraries, hospitals, adult care facilities, gardens for people who have some physical and/or mental challenges, schools, day care centers, community gardens, etc.

Master Gardeners provide information about creating a good natural environment for the community by providing educational information about the soil, good growing practices for our local climate, insects and diseases that may harm home gardens, parks, open landscapes and woodlands and how to combat these problems.

Following are some examples of how the Master Gardener Volunteer program has assisted individuals and communities:

- Establishing a large Community Garden at the North Creek Outreach Center in Johnsbury, NY which benefits the people who use the services of the Outreach Center.
- Staffing Master Gardener booths and distributing educational literature for the Adirondack Park Invasive Species Awareness week, at the Warren County Youth Fair, at weekly Farmers' Markets, at local home and garden shows and at other venues.
- Reading to children at Head Start about gardening and teaching via hands-on gardening with the children and their parents.
- Establishing and maintaining park garden areas for use by the general public such as the Ski Bowl Park in North Creek and the grounds of Hovey Park in Queensbury, NY.
- Providing assistance to individuals who may come into the Cornell Cooperative Extension office in Warrensburg or call in with questions about maintaining their gardens or local areas responsibly.

Some NYS Community Horticulture Volunteer Survey results for 2008:

- Approximately 400 hours = No. of hours Master Gardener Volunteers (MGVs) spent researching and reporting on horticulture problems/inquiries.
- Approximately 300 to 400 = No. of people directly assisted by MGVs through responding to inquiries.
- Approximately 200 hours = No. of hours MGVs spent leading/co-leading educational programs for adults and children.
- Approximately 300 = No. of adults and children reached by MGVs leading or co-leading educational programs.
- Approximately 300 to 400 hours = the number of hours the MGVs spent gardening for public education or beautification.
- Approximately 150 to 200 hours = the number of hours MGVs spent in public communication/ promotion/ fundraising activities to directly or indirectly support CCE garden related educational efforts.

Submitted by Julie Nathanson, Consumer Horticulture Educator
Cornell Cooperative Extension, Warren County, NY
5/18/2009

CCE Warren County – Natural Resources Program Info (*last 4 months of 2009*)
Laurel Gailor – lrg6@cornell.edu

- 🌲 Forest Finances 101 – 87 individuals attended this day long program covering forest management planning, estate planning, property tax management (480-A), conservation easements, income taxes and planning. This program was developed in cooperation with New York Forest Owners Association (NYFOA).
- 🌲 Annual Maple School – (advanced maple producers) for 42 maple producers. Topics covered were: Home water purification Reverse Osmosis, Tips & tricks for increasing maple production, Cornell maple research updates, Maple tubing systems & tap hole sanitation, NYS Maple Producers Assoc. updates, non-native forest pests & their impacts.
- 🌲 NYFOA – SAC annual meeting at the Crandall Library – Mark Whitmore, Forest Entomologist from Cornell University spoke on invasive forest insect pests. 46 people attended this educational program.
- 🌲 Making Your Land Pay Workshop – 2 parts (Warren & Washington County); Part I (inside) overview of forest & field income opportunities. Part II (outside) woods & field walk. Total participants was 17 individuals
- 🌲 Maple Weekends held at several Warren County maple producers' sugar houses. We provided displays, educational materials for individuals attending the tours (more than 1,000 people attended).
- 🌲 Program presented on History of Tanning Industry in Warren County – part of many local history courses taught at Adirondack Community College for 12 students.
- 🌲 Healthy Trees / Healthy Views program – audience: town officials, residents, and concerned groups of tree removal within a watershed that 38 people attended.
- 🌲 Carbon Credit / Trading Workshop in cooperation with RC&D Council forestry committee. Topics covered: What is this thing called carbon, Regional greenhouse gas initiative (RGGI), Science of carbon sequestration, Chicago climate exchange, Carbon Tree, LLC for 24 individuals.
- 🌲 Master Forest Owner Volunteer training – with Gary Goff and Anita Deming (CCE Essex). May 2009 – 20 participants from Franklin, Clinton, Essex, Hamilton, Fulton, Warren, Washington, Saratoga, Albany, Cayuga, and Broome Counties. The training was held at Adirondack Ecological Center in Newcomb.
- 🌲 American Chestnut Foundation planting – program with 4-H – what the chestnut is (& importance), how to plant, care for seedling. (*Seedlings did not arrive until Arbor Day, so we did a May Day planting*)
- 🌲 Lake George Watershed Coalition Forum – May 26th, guest speaker from NC Extension (Dr. James Gregory), forest hydrology and silviculture - to address stream corridor buffers and forestry practices within watersheds.

Other issues: Biofuels – all aspects

PRISMs (2) ADK & Hudson Mohawk



***Cornell Cooperative Extension Warren County
Family & Consumer Science
Parent Education***

The Parent Education program area reaches Warren County residents through a variety of programs that make a significant impact on the lives of parents and children in our communities:

- The number of parents attending parent education programs nearly doubled in 2008 vs.2007.
- Over 50% of the parents attending parent education programs come from the Glens Falls/Queensbury area although residents from all parts of the county attend programs.
- 1/3 of divorcing parents and additionally those involved in child-centered litigation cases are mandated by the courts to attend the Parenting Apart program which is the only certified program in Warren County that supports families through conflictual transitions and focuses on the children.
- Programs were provided for agency personnel to obtain continuing education contact hours (CEU).
- Almost \$20,000 in grant monies in 2009 helped subsidize the parent education programs.
- In 2008, collaborating agencies included:
 - Warren County Family Court
 - Warren County Supreme Court
 - Warren County Department of Social Services
 - Warren County Health Services
 - 820 River Street (13 Crandall & 40 Lawrence)
 - Warrensburg, Queensbury, North Warren & Glens Falls School Districts as well as WSWHE BOCES

What parents have to say after completing a Cornell Cooperative Extension parent education program:

"Great program. I always learn a lot from your seminars. Thank you!"

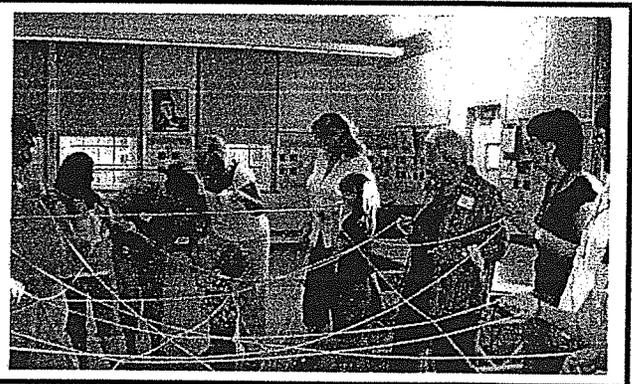
"It was well worth the time. A lot of 'aha' moments."

"Our relationship, I believe, has gotten much stronger. We both hear what one another has to say before 'blowing up' and we are trying harder."

"I plan to be a more patient and understanding parent. It was helpful and fun."

"Yell less, talk more."

I plan to "spend more quality time with my child so we can be a stronger family."



A sampling of parent education programs offered in Warren County by Extension Educators:

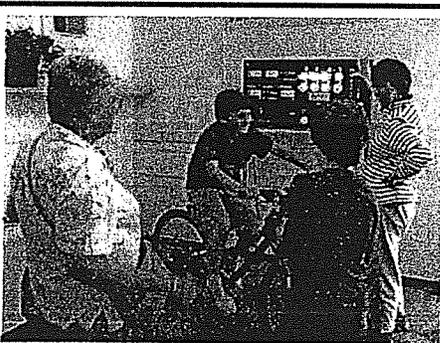
- Navigating The Teen Years With Love & Limits
- Parenting Apart
- Winning Ways To Talk To Children
- The Father Factor – Why Dads Are So Important
- Parenting Skills Workshop Series
- Strengthening Families Program
- Adolescent Brain Development
- Chaos and Children



Cornell Cooperative Extension Warren County Family & Consumer Science Energy/Financial Education Programs

Extension Educators work throughout Warren County to provide a variety of programming and outreach on energy efficiency/conservation and personal financial management.

- HeatSmart NY program is a cooperative effort between the New York State Energy Research and Development Authority (NYSERDA), National Grid Company, NYSEG and Cooperative Extension. Program is intended to assist low and limited income residents in reducing energy costs and financial management education. In one year, CCE met state initiated targets for workshops offered in Warren County.
- Programs under the HeatSmart NY umbrella include Save Energy Save Dollars and Making Ends Meet. Both programs are free and open to the public.
- Over 13,000 total impressions in 2008 for energy conservation/efficiency awareness.
- Extension staff participated in the Live United campaign by providing the energy efficiency/conservation educational outreach materials.
- A \$3,000 grant is provided to Warren County as part of the Consumer Education Program for Residential Energy Assistance (CEPRE). Educators work closely with Cornell University staff to provide research based information on energy education.
- Collaborating agencies include:
 - NYSERDA
 - United Way
 - Community Power Network of NYS
 - Hudson River Community Credit Union
 - North Country Outreach
 - Village Green Apartments & John Burke Apartments



Educators participate in the Annual 4-H Youth Fair bringing energy awareness to all ages.

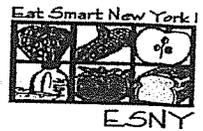
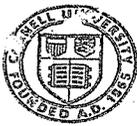
What are residents saying about the energy programs?

"The Save Energy \$\$ was excellent."

"Very helpful to both apartment dwellers and home-owners."

"I learned enough to make my apartment warm and my prices cheaper."

"Great job by educator. Very informative."



Eat Smart NY in Warren County

What is Eat Smart NY?

The *Eat Smart NY* nutrition education program helps families and individuals to:

- Learn how to make healthier food choices on a budget – make wise use of Food Resources (Food Stamps, WIC, School Food Programs)
- Save money at the grocery store!
- Learn tricks to keep the taste and slash calories, fat, and sugar (Increase nutritional value!)
- Learn how to prepare and store food *safely*
- Control your portions – Go from “Super-size” to “Just Right-size” – Stay in control!
- Make tasty, low-cost, quick recipes – that your family will eat and enjoy!



ESNY staff help parents celebrate learning & cooking together!

What participants are saying about ESNY!

“I just want to thank you again for your help in the program. It has really changed my and my family’s lives in eating and I have since lost 25 pounds and I thank you very much for your help in coming to my home and teaching me and giving me the updated things I can do.”

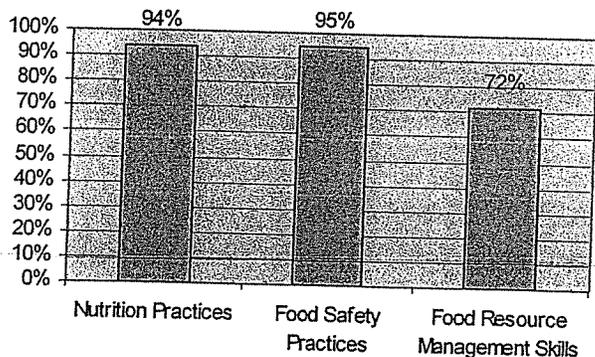
“I’ve learned a lot from the program. I feel I have more food on hand for dinners. I’m able to pack healthier lunches for my husband. I use leftovers and I’m able to save money by not buying fast food as often. This program is great.”

“My family is now aware of appropriate serving sizes for each family member and we’re reducing the portion sizes of meat, substituting whole grains for other less nutritious starchy products and we’re increasing our fruit and vegetable intake.”

ESNY is an educational program available to food stamp recipients and other income-eligible residents. ESNY is a program of Cornell Cooperative Extension of Warren County in partnership with the Warren County Department of Social Services. USDA’s Food Stamp Program provided funds for this resource. This institution is an equal opportunity employer and provider.

Eat Smart New York! Results of Computerized Participant Assessments

% Graduated Participants who Demonstrated Desired Knowledge, Behavior and Skill Practices



Participants who completed the 6-week series of lessons “Eating Right Is Basic” program reported *improvements* in these knowledge and skill practices based on exit behavior checklists and food recall reports.

Food Resource Management: 72% demonstrated acceptable practices such as meal planning and/or comparing prices.

Nutrition Practices: 94% more often thought about healthy food choices when deciding what to feed their families and/or improved their ability to read nutrition labels; 47% ate healthier foods such as whole wheat bread and 44% increased the variety and amounts of their fruit and vegetable intake. **All graduating participants** consumed 100% or more of the RDA’s for iron and vitamins C & B-6.

Food Safety: 95% followed recommended practices, e.g., thawing & storing protein foods properly.

Eat Smart New York
10/08-5/09 (66% of the program year)

Eat Smart NY is a nutrition education program that is delivered through Cornell Cooperative Extension and is a collaborative effort with the Warren County Dept. of Social Services. Funding is provided by the federal government (pass through program). The program educates families on how to eat healthier, shop wiser for more nutritious and less expensive foods and teaches skills that help families be more self sufficient.

Families enrolled in Eat Smart New York: 172 participants with 155 children taught over the past 8 months; (184 participants enrolled in 2008).

688 formal lessons taught to eligible individuals since 10/08.

Break down of enrolled families in Warren County:

Q-bury 39 GF 121 Northern Warren County 12

Collaborate with at least 31 different agencies in Warren County. Examples are:

Department of Social Services: Eat Smart New York is offered to every food stamp recipient in Warren County. We offer lessons in healthy food choices and stretching food dollars, and planning meals.

(For every dollar of food stamp money spent, another 1.84 goes back into the community).

WIC: WIC is required to offer nutrition education to their participants. Eat Smart New York educators are available at many WIC clinics throughout Warren County every month and provide nutrition education opportunities for this population.

CWI: One of Warren County's largest employers. Eat Smart New York educators work with consumers in group homes or in their family's homes.

GF Hospital: Registered dieticians with GF Hospital refer patients to the Eat Smart New York where they teach and assist the patients with reading food labels, planning healthy meals, and budgeting their food dollars.

820 River Street INC. Eat Smart New York educators work with residents of the half way house to assist them with meal planning, stretching food dollars, and maintaining an active lifestyle.

Community Action Eat Smart New York educators have assisted people using Community Action in selecting healthy pantry items which could then be used in easy to prepare and tasty recipes. How to prepare less expensive healthy foods such as dried beans is also taught during lessons.

Day Care Providers: There are 31 day care providers enrolled in Child and Adult Care Food Program in Warren County. There are 16 group homes and 12 day care centers enrolled in CACFP. Eat Smart New York can provide nutrition education to the staff of these centers to help them meet the number of hours of training required by the state.

Eat Smart New York
10/08-5/09 (70% of the program year)

Eat Smart NY is a nutrition education program that is delivered through Cornell Cooperative Extension and is a collaborative effort with the Warren County Dept. of Social Services. Funding is provided by the federal government (pass through program). The program educates families on how to eat healthier, shop wiser for more nutritious and less expensive foods and teaches skills that help families be more self sufficient.

Families enrolled in Eat Smart New York: 172 participants with 155 children taught over the past 8 months; (184 participants enrolled in 2008). # lessons taught over last 18 months is 1688

Break down of enrolled families in Warren County this year:

Q-bury 39 GF 121 Northern Warren County 12

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