

Cornell Cooperative Extension Steuben County



ANNUAL REPORT 2021



I'd like to share my gratitude to all of the people who have supported us this year to help us fulfill our mission of putting knowledge to work. I am so proud of the work CCE Steuben has done to give our various audiences the support they need to grow skills to thrive in our community. When I think of the work we do, I often refer to the quote "Give a man a fish, feed him for a day. Teach a man to fish, and you feed him for a lifetime." Our CCE staff are teachers, working every day to help the community to learn things they will use for a lifetime. I am honored to represent an organization that works to educate thousands of Steuben County residents on various important topics around youth empowerment, agriculture, natural resources, consumer health and nutrition. Our work is never done and we as staff are always learning new things from our national extension and Cornell partners to bring back to the county.

The CCE Steuben team has worked hard to grow connections with the community and we are grateful for the support we have received from various organizations, government entities, businesses, funders, individuals and volunteers. We could not do this work without you, and we appreciate your support. CCE Steuben continues to ask you – come to our workshops, read our newsletters, share our social media, and donate your time, talent and treasure as you can. Thank you for all that you do and please reach out to me at any time with ideas/questions/concerns at tsm223@cornell.edu or at (607) 664-2301.

A handwritten signature in black ink that reads "Tess McKinley".

Tess McKinley, CCE Steuben Executive Director

2021 was a year of challenges and changes for CCE Steuben's Board of Directors. I became board president in February, taking over from Pam Colomaio who rolled off the board after 6 years of service. Anyone who knows Pam knows this is a daunting challenge. We also said goodbye to Catherine Von Hagn and Maria Strinni: we extend our thanks for their service and dedication to the board. The board welcomed Bill Joint and Jason Jordan to our numbers. Some highlights from the Board of Directors include:

- We reviewed Executive Director (E.D.) Tess McKinley's appointment. Cornell requires that the E.D.'s performance is reviewed after completing their first two years. The Board was so pleased with Tess's performance that we renewed her appointment for the maximum term.
- We revised our constitution to bring it in line with new requirements from Cornell. This includes reconfiguring the board from nine voting members to eight with a ninth non-voting member appointed by the County Administration.
- We negotiated the minefield of changing meeting requirements. During the year we went from all virtual meetings to all in-person meetings, and finally to hybrid meetings. Regardless of what format we had, we always had quorum and got the association's business done.
- Anne Zschoche, the Extension's administrative assistant, now attends the board meetings as recording secretary, freeing up some of Robert's time.
- Tess continued scheduling CCE staff members to provide presentations on their department's functions at board meetings. This provides us with deeper insight into the organization.

I am thankful for all the support from board members and staff that make this organization a success.

A handwritten signature in black ink that reads "Stuart K. Sammis".

Stuart K. Sammis, President, Board of Directors



Cornell Cooperative Extension of Steuben County builds strong
areas of Agriculture and Natural Resources, Financial Literacy

2021 Board of Directors

President: Stuart Sammis
Vice President: Beth Walter Honadle
Secretary: Christine Towner
Treasurer: Maria Strinni
At Large Members:
Bill Joint
Steuben County Legislature
Representatives:
Hilda Lando
Fred Potter
State Extension Specialist
Adam Hughes
Community Health & Financial Well Being
Advisory Committee Rep:
Amey Rusak
Agriculture/Natural Resources Advisory
Committee Rep:
Allison Lavine
4-H/Youth Development Advisory
Committee Rep:
Christine Towner

2021 Advisory Committees

Agriculture/Natural Resources Advisory

Gary Mahany
Allison Lavine
Joe Castrechino
Chris Comstock
Kevin Costello
Cody Lafler
Ed Merry

4-H/Youth Development Advisory

Christine Towner
Laura Eckler
Julie Lawson
Alissa Cary
Hannah Bush
Valorie Whitehill
Melanie Coley

Community Health & Financial Well Being

Amey Rusak
Kathy Warren
Krystle Blencowe
Diana Sermonis
Stacey O'Dell
Walter Konopski
Lisa Zawrotny

Pictured on the front cover is Linwood Ford, a Steuben County farmer. Read more about him at putknowledgetowork.org/agriculture/farmer-feature

Cornell Cooperative Extension | Steuben County

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PutKnowledgeToWork.org





FLX
GIVES

\$15,680 Raised \$13,000 Goal 129 Donors



Thank you from the Langendorfer family!

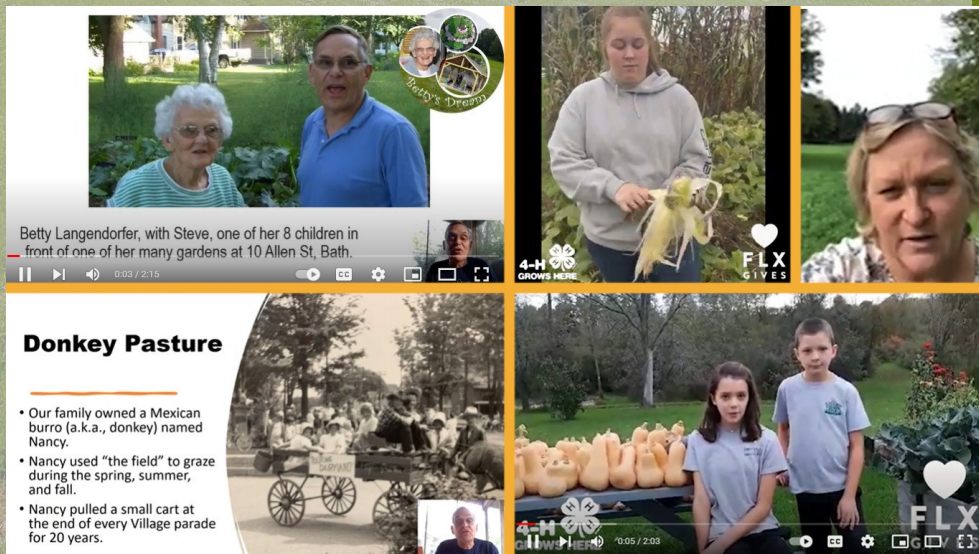
Cornell Cooperative Extension of Steuben County breaks records with its FLXGives Day!

CCE Steuben participated in their third annual FLXGives 24-hour giving day on November 12 along with 90 other regional non profit organizations and for the second year in a row came out on top with the most donors and the highest donation total for the day.

We raised over \$15,680 for Betty's Dream. Betty Langendorfer was a Master Gardener at CCE Steuben for many years. The Village of Bath is planning to create a community park on Betty's former property along Haverling Street in Bath, to include a dog park and a parking lot. CCE Steuben suggested a partnership with the Village to also build a teaching pavilion and permaculture garden on that space. The one day campaign to raise \$13,000 was more than successful!

All eight of Betty's children showed up in Bath on campaign day to rally the troops for the project. They shared multiple stories of their childhood playing on that property. They shared the background of how their father helped the Mossy Bank Park get its start, and now their mother's legacy would remain in this Haverling Street property. CCE Steuben created videos of 4-H members who love gardening and of a current Master Gardener who is an occupational therapist at the Bath VA Center where, incidentally, Betty had also worked as an occupational therapist. There were fun stories about the family's donkey named Nancy that used to bring up the tail of the annual Steuben County parade and that grazed on that Haverling Street property. These videos are available at <https://bit.ly/thestorybehindbettysdream>.

CCE Steuben wishes to thank all 129 donors who contributed to the 2021 FLXGives campaign.





Successful Speaker Series

CCE Steuben offers a number of programs in the areas of Agriculture, Nutrition, Youth Development and Financial Literacy all year long. In an effort to reach an even larger audience with this knowledge, CCE Steuben invites speakers to present a free session to the public on various topics throughout the year.

In 2021 the CCE Steuben Environmental Nutrition Educator taught an online workshop on How to Lose the Quarantine 15 by learning healthy tips for snacks, meals, and physical activity. Erica Herman, the HeatSmart FLX South Campaign Director housed at CCE Schuyler, offered a class on what heat pumps are all about. And during the summer, Jeff and Leslie Jorritsma, owners of Autumn Mist Alpaca Farm and Fiber Mill, taught an in-person crowd the fundamentals of owning alpacas and gave a tour of their local fiber mill plant.



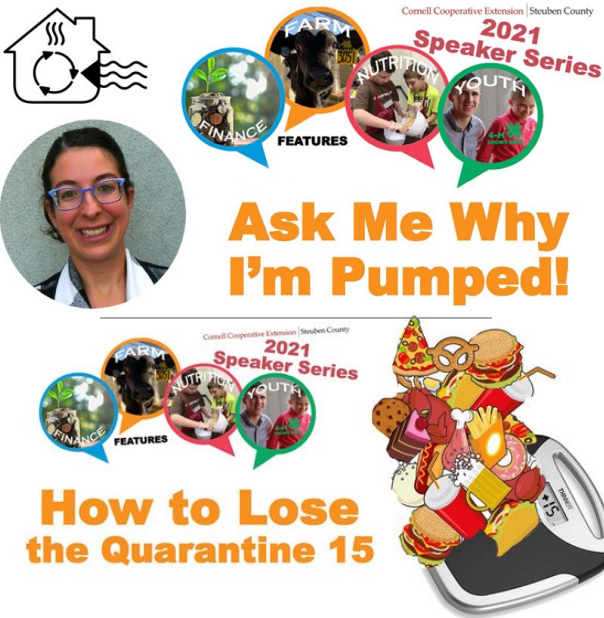
CCE Steuben Executive Director displays strong leadership

Tess McKinley, Executive Director of CCE Steuben, received two awards this fall that signifies her strong leadership of the organization.

The Corning Area Chamber of Commerce awarded Tess the 2021 Young Professional Leadership Award. The CCE staff nominated her by saying she took the helm of this organization in September 2019 and has brought her welcoming and transparent leadership style to create a comfortable, safe, and productive work environment. These same characteristics have helped establish solid working relationships and build confidence in our mission and programing throughout the community.

The Appalachian Regional Commission (ARC) named Tess to participate in the 2021-2022 class of the Appalachian Leadership Institute out of more than 115 qualified applications. As an Appalachian Leadership Institute Fellow, Tess will participate in an extensive, nine-month series of skill-building seminars featuring regional experts, peer-to-peer learning, and case study analysis. Upon completion of the program, McKinley will automatically become part of the Appalachian Leadership Institute Network, a peer-to-peer working group committed to Appalachia's future.

"I'm proud to be one of 40 fellows selected for **Appalachian Regional Commission's** Appalachian Leadership Institute! During this nine-month program, I'll be working alongside other #AppalachianLeaders to exchange ideas, expand my leadership skills, and make connections to move Steuben County and New York State forward," said McKinley.



Teaching the community how to garden

Cornell Cooperative Extension of Steuben County and the regional CCE Extension offices were eager to share gardening skills and nutrition knowledge with the entire community. Assisted by a second-year New York State Ag and Markets grant the staff created a do-it-yourself gardening kit, complete with everything needed to grow tasty and healthy lettuce and herbs indoors. The kit included three planting containers, potting mix, drain trays, planting and growing instructions, along with sweet Italian basil, green onion, and lettuce seeds. Additionally, this year CCE Steuben sourced 30% of the kit materials from NYS Certified MWBE (Minority and Women Business Enterprise) organizations.

The program assembled 1,000 kits that were distributed across Chemung, Schuyler, Steuben, Yates and Tioga Counties. Collaborations with other community organizations helped spread the word about the program and distribute the kits. CCE worked with Food Bank of the Southern Tier, Turning Point/Catholic Charities of Steuben County, S2AY Rural Health Network, local libraries, schools, and community centers. These partnerships extended our reach into the communities and allowed us to serve a more diverse resident population.

Along with instructions, the container gardening webpage on the participating CCE websites also offered instructional videos, SNAP-Ed New York recipes for the herbs and lettuce, and plenty of gardening resources. During the project, CCE Educators called participants and asked if they needed any growing help, and if they had any feedback for the program.

Of the 757 head of household respondents who received the container garden kits, 90 participants replied that they were eligible for SNAP-benefits and were heads of household. The benefits of the program expanded to over 1707 individuals, including other family members within the household. This exponential growth of knowledge and skill-building is a cornerstone of CCE's mission to provide the community with ongoing researched-based education leading to healthy communities.

The container garden project is an example of the type of work a Master Gardener Volunteer could play a role in. The Master Gardener Volunteer (MGV) program is offered through each of the same 5 regional county offices. The program offers an in-depth training on the many facets of gardening for anyone at any level or experience. After training, volunteers have a minimum amount of volunteer hours to accomplish within the community in projects such as presentations, Garden Hotline hours, community garden participation, workshops, and more.

Due to pandemic concerns, the training methods and curriculum changed to a virtual model in the 2021/2022 season. New sessions will begin in January with a Zoom meeting for the entire group on Saturdays until early May. The CCE Educators also plan events and in-person outdoor workshops for participants in the springtime in order to meet and engage with each other in a safe manner.



**Steuben County
Agriculture Program**

Tick Awareness Internship

Ticks and tick-borne diseases have become a significant public health issue in New York, with numerous tick species and diseases currently present and spreading around the state. A community-science benefit in monitoring for ticks is displayed at the Thangamani Lab in the SUNY Upstate Medical University where they investigate the geographic expansion of ticks and tick-borne diseases in New York.

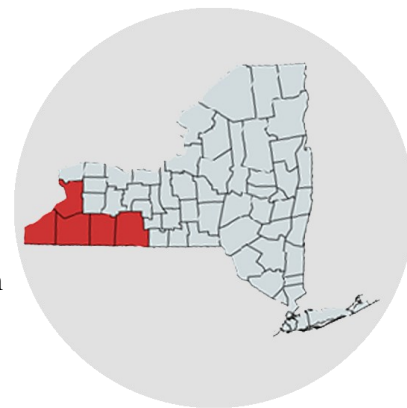
Understanding tick biology, behavior, and modifying our own behaviors to look for ticks has been a proven step in mitigating tick bites. CCE Steuben obtained a college level intern to assist in seasonal community education, and entomological tick monitoring and education for the 2021 summer season.

New Cornell summer research in 2020 showed that inadequate funding is the largest barrier to monitoring and control of ticks and thus tick-borne illnesses. The intern's goal was to highlight the importance of regular tick surveillance and education of tick checks and tick bite prevention through education and utilizing small behavioral changes. She performed regular tick monitoring by utilizing the drag method at public parks throughout Steuben County and educated the public about the importance of preventing tick bites. Identification of tick species and documented presence in common gathering locations underlined the importance of self tick checks and adopting new, easy behaviors to prevent bites and potential disease transmission.

Regional agriculture team assists Steuben County farmers

Helping Beginning Farmers Excel

SWNYDLFC's Livestock and Beginning Farms Specialist, Amy Barkley, provides support to beginning, current, and transitioning farmers through on-farm visits and in-person troubleshooting, workshops and trainings, and personalized support. Virtual programming like CCE Flock Talks, Virtual Pasture Series, and Pips to Peeps: Virtual Hatchery School for Small and Mid-Sized Farms, has brought access to high quality programming for free or low cost right from the comfort of a farmer's home – or tractor – or open field with cell phone service. Steuben County farmers participated in these events along with others like "Farm Business Foundations", "Critical Calf Care", "CORE Pesticide Training", and more.



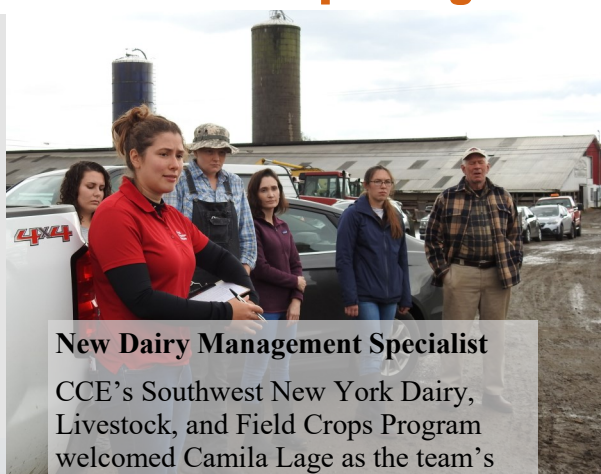
Southwest New York Dairy, Livestock, & Field Crops Program

Connecting Steuben Agribusinesses to COVID-19 Relief Funds

Farm Business Management Specialist, Katelyn Walley-Stoll, used her expertise to help over 50 individual farms in Steuben County access and navigate COVID-19 relief funds, as well as delivering broad spectrum awareness through interviews, press releases, social media, and newsletter articles. This included connecting farms with the Paycheck Protection Program and the Coronavirus Food Assistance Program. 122 Steuben County farms received \$4.4 million in PPP Loans, providing economic relief and stimulus throughout the pandemic. From one farmer who received a PPP loan after working with the team:

Thank you for sharing this information – I've heard about it on the news, but didn't know that I could qualify as a farmer. I liked having a real person to call and help walk me through the process.

This has also opened up continued conversations about structuring the farm for future sustainability, employee management, and profitability analysis.



New Dairy Management Specialist

CCE's Southwest New York Dairy, Livestock, and Field Crops Program welcomed Camila Lage as the team's Dairy Management Specialist. Camila works on programming related to herd health and management, calf and heifer rearing, milk quality, nutrition, and improving efficiency and environmental sustainability of dairies while working to identify the needs of the region.

Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. In 2021, the team:

- Continued to build relationships with SWNY farmers and agricultural stakeholders
- Connected Steuben County farmers with statewide experts and support along with individual troubleshooting
- 900+ consultations on topics related to Farm Business Management, Field Crops, Dairy Management, and Livestock Production
- 4700+ program participants that attended one of their 95 events/collaborations or have received direct email/mail updates
- 450+ website submissions, press releases, interviews, and Facebook posts providing timely information to a large audience

AGRICULTURE

Summer Twilight Meeting Brings Steuben Potato Growers Together

In August, the Cornell Vegetable Program (CVP), with the help of Mahany Farms and CCE Steuben County, were able to organize a twilight meeting in Steuben County for chipping potato growers. Steuben County is the second highest producing county of potatoes in New York State, primarily growing chipping varieties. With many grower meetings either moved to virtual settings or cancelled during 2020 and early 2021, CVP and CCE Steuben were excited to provide the opportunity of an in-person meeting for local potato growers.

Cornell Vegetable Program specialist Margie Lund shared a presentation on late blight monitoring tools and online forecasting systems available to growers. Cornell University potato breeder Walter De Jong walked growers through this season's chipping potato variety trial plots, showing growers examples of the varieties grown, sharing his thoughts on which varieties are most promising for NY potato growers, and answering grower questions about available varieties.



Cornell Vegetable Program

Cornell Cooperative Extension Cornell Vegetable Program 14-County Region

This region accounts for **more than half of all vegetable acres** in the state with **1,229 farms**, and a farm gate value **exceeding \$200 million**¹.

4,395

farm visits and crop consultations made by the Cornell Vegetable Program team

86

educational meetings and presentations given by Cornell Vegetable Program Specialists

2,506

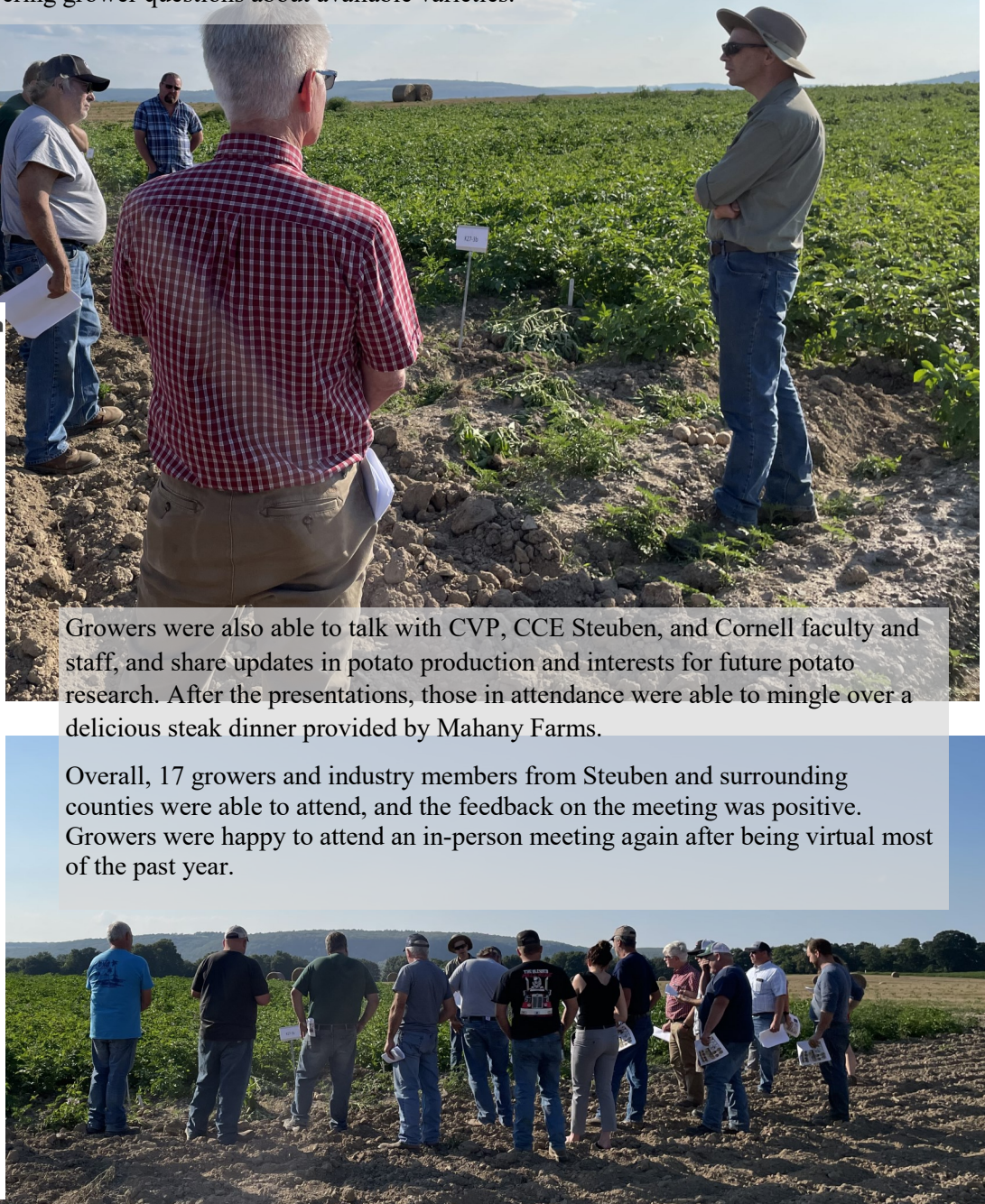
people increased their knowledge by attending presentations given by the Cornell Vegetable Program

39

research grants and projects managed by the Cornell Vegetable Program

Growers were also able to talk with CVP, CCE Steuben, and Cornell faculty and staff, and share updates in potato production and interests for future potato research. After the presentations, those in attendance were able to mingle over a delicious steak dinner provided by Mahany Farms.

Overall, 17 growers and industry members from Steuben and surrounding counties were able to attend, and the feedback on the meeting was positive. Growers were happy to attend an in-person meeting again after being virtual most of the past year.



FLGP Assists in Disaster Declaration, Giving Growers Access to Capital and Saving Farms

A major frost event in May 2020 resulted in yield and revenue losses for many Concord growers in the Finger Lakes. The FLGP helped to document the severity of the crop loss, which resulted in USDA approving a disaster declaration for Concord grapes in the region. The resulting low-interest loans were used by several growers in the Finger Lakes to carry them through until their payments for the 2021 crop. This included one large grower who would have had to significantly downsize his farm without the disaster declaration and the funding available to him.

In early May, 2020, a significant portion of the Finger Lakes region was hit with a late cold snap, which resulted in significant bud damage in many Concord vineyards, particularly around Keuka Lake where the coldest temperatures were found. Concord was affected more than other varieties in the area because they emerge from dormancy earlier and more rapidly when warmer temperatures arrive in late winter and early spring. Some vineyards in the area estimated the damage to be greater than 50%, which resulted in the loss of crop yield of that amount or more. This translated to hundreds of dollars per acre in lost revenue for these growers in 2020.

Extension Response

Shortly after the frost event, local representatives from USDA's Farm Service Agency contacted the Finger Lakes Grape Program to ask if the damage was significant enough to warrant a disaster declaration for portions of the region. The FLGP conducted field surveys in multiple vineyards in Yates and Steuben counties to document the extent of the frost damage and passed that information to the local FSA offices.

Accomplishments and Impacts

Based on the information gathered by the FLGP and representatives of Constellation Brands, and with help from the NY Wine & Grape Foundation, the USDA approved a disaster declaration for Concord growers in the Finger Lakes region. This declaration allowed growers who were significantly affected by frost damage to have access to low-interest financing from USDA, which helped them to continue to maintain their vines and their businesses until they received payment for the 2021 harvest. Local FSA representatives indicated that several growers took advantage of this program.

One of the larger grape growers in the region experienced so much revenue loss in 2020 due to the frost that he was about to start selling off equipment and a significant amount of vineyard acreage. However, he was able to secure one of these special loans from FSA as a result of the disaster declaration, and was able to continue farming all of his vineyards in 2021, which ended up being a higher profit year for Concord growers.

Collaborators: NY Wine & Grape Foundation, Constellation Brands Grower Relations staff, and Lake Erie Regional Grape Program

**100 attendees to the 2021
Tailgate Meetings**

**Over 470 people attended the
2021 B.E.V. NY Conference from
across the U.S. and Canada**



**Finger Lakes Grape
Program**

AGRICULTURE

SNAP-Ed Summer Youth Programs



Childhood obesity is a problem across the nation, and in New York State more than one-third of children are overweight or obese. In fact, according to New York State Department of Health, obesity among children and adolescents has more than tripled in the last 3 decades. In Steuben County, 36.8% of school-aged children are overweight or obese. Obesity can lead to a variety of health problems such as Type 2 Diabetes, High Blood Pressure, different Cancers, and asthma. Weight can also be a factor in mental health.

Throughout the summer, SNAP-Ed New York Nutritionists, Katie Weigle and Kelsey Monks, attended several summer youth programs throughout Steuben County to promote healthy eating and physical activity. Educators used the Serving Up My Plate, CATCH, and Power Up! curricula to provide information on different topics such as the benefits of fruits and vegetables, including whole grains and fiber, and decreasing sugar, fat, and sodium intake.

Topics also included “Go, Slow, and Whoa” foods, limiting screen time, and promoting 60 minutes of physical activity daily. The educators attended several locations for summer programming, including Hornell Area Concern for Youth, Canisteo Valley Youth Center, Addison Youth Center, Bath Youth Development Program, and Corning Youth Center. Ages of participants at the programming sites ranged from 5 to 18 years old. To reinforce the information provided in the lessons, educators included fun, hands-on activities as well as a physical activity component. Participants planned healthy recipes, created menus, played physical activity BINGO, competed in “Go-Slow-Whoa” relay races, played bone health memory, participated in reverse charades, and more.

One student shared that she was going to bring her healthy recipe home and ask her parents to buy the ingredients so she could make it with them. Another student said, “I have been trying to do more exercise every day.” When asked what they liked about the program, one participant said, “I really like when we get to do the exercises,” while another shared, “I like when you go around and ask us what our favorite foods are.”

The students were asked to complete surveys after lessons, so educators could evaluate if the lessons were making an impact. These surveys assessed intake of fruits and vegetables, high-fat foods, physical activity, and sugar-sweetened beverages. From the completed surveys, more than 80% said they already include, or will include 60 minutes of physical activity 4 days or more per week. More than half answered that would eat more fruits and vegetables!

With the school year starting back up, and educators returning for after-school programming, several students that were a part of the summer programs were able to share information with other students that they learned during the summer. They were able to share how much physical activity they need and why they need to be active, as well as explaining to other students what “Go, Slow, and Whoa” foods are, and that you need Calcium for strong bones. This is indicative that the lessons and activities the educators have been providing have been impactful, and the students have been retaining the information.



Virtual SNAP-Ed workshops teach cooking skills

Children in Steuben County have the opportunity to practice cooking skills thanks to online SNAP-Ed workshops. Nutritionists of the SNAP-Ed New York - Southern Finger Lakes Region are offering kids cook-along workshops where youth can learn about healthy eating and watch, or join in, during live cooking demonstrations over Zoom. The combination of nutrition education and hands-on kitchen time make it so kids are prepared to make healthy choices when it comes to meals and snacks.

In the Steuben County 2019-2021 Community Health Assessment, childhood obesity was highlighted as a problem to improve upon. Studies show that youth cooking classes improve diets and weight measurements of by empowering kids to make smart food choices.

With the goal of energizing kids to make healthy meal and snack decisions, SNAP-Ed New York Nutritionist, Kelsey Monks, offered two online classes of "Cooking Matters for Chefs and Kids." The free workshops were offered in mid-April and open to kids of all ages. Given the recipe in advance, participants were welcome to cook-along or just watch and learn. The first week featured a healthy breakfast recipe and in the second week, kids made a grab-and-go snack. Across the two classes, three excited young chefs learned about the importance of starting smart with breakfast, making healthy snack choices, and useful kitchen tips. Because of the cook-along classes, all the kids that participated gained experience with making a new and healthy recipe.

"It was a nice chance for my kids to get along and cook side-by-side. They had never mashed anything before, so it was an opportunity for them to learn a new skill, and they loved the healthy treats and are asking to make more," shared a parent of a participant.

Bath area youth are learning to live healthy with CATCH Kids Club



During the Bath Youth Development Program, area youth are learning nutrition and exercise tricks to be their healthiest from SNAP-Ed New York Nutritionists. The summer youth program hosted by Pro-Action features weekly visits from SNAP-Ed where the kids participate in engaging activities that cover topics on eating well and getting active. From the workshops, Bath area youth have the knowledge needed to make healthy choices when it comes to meals, snacks, and activity.

In the Steuben County 2019-2021 Community Health Assessment, childhood obesity was highlighted as an area of improvement for the county. Through increasing the knowledge needed to make healthy choices, nutrition education has been found to have an important role in shaping the eating habits of young people.

With the goal of increasing knowledge of healthy eating and physical activity among kids in Bath, SNAP-Ed New York Nutritionists, Kelsey Monks and Katie Weigle, planned several engaging nutrition and exercise lessons to deliver at the Bath Youth Development Program that were held at a drop-in youth center. Using the

Coordinated Approach to Child Health (CATCH) Kids Club curriculum, Kelsey and Katie alternated to deliver weekly one-time workshops from June through September to 23 kids in grades second through tenth.

During the lessons, area youth learned about a variety of nutrition and physical activity topics: bone health, healthy snacking, eating a balanced diet, nutritious drink choices, muscle strengthening exercises, reducing screen time, and the importance of fruits and vegetables. In addition to the lessons, kids would participate in interactive games and activities to apply what they learned. From a workshop focused on the benefits of fruits and vegetables, more than 75% of kids said they would eat more fruits and vegetables! Of the program, one participant said, "I learned to be healthy, you have to be

fit and exercise, and eat lots of different kinds of fruits and vegetables."



At the end of every lesson, each child completed a short survey based on the topic of the lesson. The survey themes are fruits and vegetables, high fat foods, physical activity, and sugar-sweetened beverages. Evaluation using one-time surveys helped to determine the success of the program.

NUTRITION

Taking EFNEP education back out to the public

As in person education started opening up again, EFNEP educator Pat Lamphier reached out to local agencies and programs to recruit families that wished to learn more about nutrition. She put recipes and EFNEP information in the 4-H STEM boxes. During the summer she dedicated time at the WIC drive through locations where they were handing out farmers market coupons, and she explained to the families how to utilize their coupons to create healthy meals and preserve the fresh produce. One mom said EFNEP really helped her find fun easy recipes and got the children involved in the kitchen. Pat also worked with the container garden program to hand out gardening kits to the WIC families.

Five 4-H families completed the six-week EFNEP lesson curriculum successfully. Families prepared easy meal recipes in the CCE kitchen, and during fair week they met at the 4-H building and learned about sugar sweetened beverages and snacks. During the fall they learned new ways to use apples and to buy local. This was followed by a store tour at the local TOPS where the youth took the \$10 challenge - "What could they buy with \$10 to put toward a healthy meal?"

Pat collaborated with the Bath & Hornell Family Resource Center to reach more families with EFNEP lessons as well as the Bath Youth Center. The youth enjoyed learning about calcium and label reading. Adults said they became more mindful of portions, looking at labels, and choosing more fruit and vegetable options. They also planned to make a conscious decision to get more physical activity.

Now in its 52nd year, EFNEP began updating its vision with new technology. Across the five-county western region, the educators created videos as part of a new marketing strategy for the EFNEP program.



One on one with finances

A referral from the AIM Independent Living Center Director sent a new client to CCE Steuben Financial Educator Nancy Reiglesperger. The woman had a Discover Card with a balance of \$7,863 with a minimum amount due of \$567 and being on Social Security income, she could not afford this amount. She had been paying on this account since 2005 without continuing to use her card. And if she continued to make minimum payments it would take her 23 years with a \$19,770 total.

Nancy placed a call to Discover Card and explained that the most the senior citizen could pay per month would be \$200 and reminded the account manager that Social Security is protected income from judgment and garnishment. The account manager was very helpful and offered a couple of different program possibilities. They selected a 72-month payout program where the client would only have to pay \$108 each month, but the payment would need to be automatically deducted from her checking and the credit card account would be revoked. The new interest rate would be .99% and no late fees would be charged!

The client said she felt a huge weight off her shoulders and was so relieved and thankful to have this account become manageable. "I feel like I can breathe again!" She was concerned that she would no longer have an emergency credit card, so Nancy suggested she take the \$90 difference from the \$200 she intended to pay on the card and put it into a savings account, and within a year, she would have \$1,000 to use for emergencies.

The CCE Steuben Financial Program received a referral from Turning Point/Catholic Charities for a widowed female whose income had been cut in half with her husband's passing. With no life insurance, she was making payments for his funeral. She was without heat for three weeks during the winter, was working two part time jobs, and was struggling to meet her bills since her income did not allow for SNAP assistance yet was not enough to cover living expenses.

The assigned Master Money Mentor helped this widow develop a budget. They determined she was approximately \$1,000 short each month to meet her living expenses. Her home was in need of repairs with a leaky roof and a broken fence, and she was using credit cards and gift cards to bridge the gap in the shortage of her bills. She had reached out to Catholic Charities for help in making her mortgage payment as she was two months behind and facing foreclosure.

The Master Money Mentor helped her build a budget in Excel and connected her to a Victory Highway Wesleyan Church benevolence fund that could pay the balance of her past due mortgage payment. The Mentor gave her a list of local food pantries and helped her address her late water/sewer bill. The Mentor also connected her to Rethinking Debt in Rochester to consolidate all her credit card bills. She helped her look for changes in coverage on car insurance, cell phone plans, and utility company payment arrangements.

The Mentor indicated that each time she worked with the client, the woman expressed her gratitude for the assistance and was so thankful that her expression came out in tears. The Mentor stated that "things aren't perfect, but I can hear a change in the tone of her voice. She is very thankful for the help, and I think the education has been worthwhile, too."

Women's Financial Conference goes hybrid

The 7th annual Southern Tier Women's Financial Conference returned this year to The Center in Corning where it got its start eight years ago. Due to the pandemic, the conference was postponed in 2020, but the conference committee stayed in touch with its participants through an online monthly newsletter called "Money Moments." Each issue covered a variety of current financial topics for previous conference attendees and kept the momentum of the conference going.

The 2021 Conference did return in person, but was held as a "hybrid" version, letting attendees and speakers join in person or via zoom. The keynote speaker was Syble Solomon, international speaker and author of Money Habitudes. The day included a variety of women speakers on financial and health topics, including FBI agents who addressed scams and fraud. Acknowledgement was made to Nancy Williamson, CEO of ServU Credit Union and one of the original three organizers of the Conference, who is retiring at year end. Planning is already underway for the 2022 conference.





4-H learns how to think outside of the box

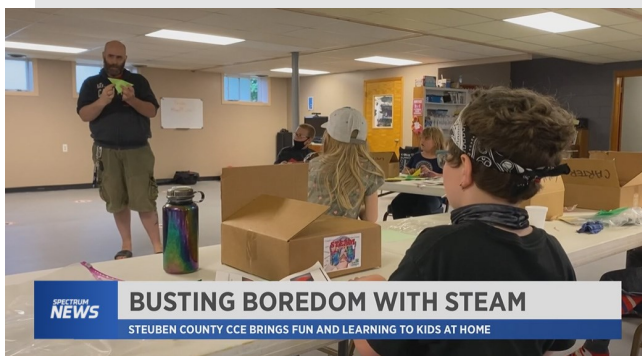
The Steuben County 4-H Program has been thinking outside of the box with their programming during the pandemic's lack of in-person educational time – or should we say, “inside” the box? Jenny Groen, Steuben County 4-H Program Leader, helped initiate several boxed kit programs that were sent to youth to do at home or school.

The monthly Boredom Buster Kits, an activity kit targeted for youth ages 8-12, were first made available in December 2020. Each kit offered 5 different activities involving STEAM (*Science, Technology, Engineering, Arts and Math*), Agriculture, Civic Engagement, Healthy Living, and general craft projects. Outside funding sources enabled costs to be kept low.

“We’ve found the kits have enabled us to serve our local community by offering new projects and programs while engaging youth who have not traditionally been a part of our 4-H Program,” Jenny said.

A Monarch Butterfly and Milkweed Kit, locally made in Dundee by IDEA Collective, was then added to the mix. It included a 16-piece wooden monarch puzzle with markers to decorate the project, instructions, educational activity booklet and seed packet. On the heels of the Boredom Buster Kit success, CCE Steuben was asked to offer 100 monthly afterschool kits to fill the gap created by limited in-person programming. For the past seven years CCE Steuben has provided afterschool programming to local youth in grades 2-8 in multiple school districts. So now they supplied 20 kits to each of the five school sites. The activities in the first monthly kit included a popsicle stick catapult, origami frog, protein peanut butter balls, snow volcano, and bird seed treat.

The program was so successful that the Addison school district requested 500 additional kits for May and 100 in June so that every student would receive a kit. In total, more than 1,000 4-H STEAM kits were created and distributed to Steuben County youth.



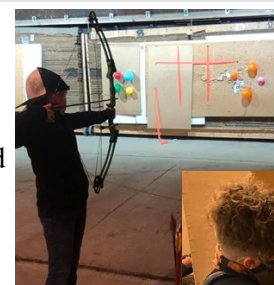
In addition to the boxed kits, Steuben's 4-H Staff provided activities for 250 Catholic Charities Community Easter Baskets and 500 bags as part of the ProAction Inc. Spring Family Fling. Jenny says that the interactive box kits have helped stimulate interest and engage kids in STEAM and other hands-on activities while providing a small glimpse into the vast programs and projects available in the 4-H Program.

As a bonus, the program even attracted television coverage.

Creating Positive Youth Development

The 4-H Shooting Sports program is a comprehensive non-formal education, recreation, and competitive program focused on positive youth development. It utilizes the safe and responsible use of firearms to address youth social issues related to STEAM, healthy living, and civic engagement. Youth are able to gain valuable skills, practice leadership, and build relationships with non-parent adults. These three critical factors are the building blocks that enable youth to achieve mastery, feel a sense of belonging, explore independence, and act generously.

The Steuben County 4-H Shooting Sports classes are held at the Bath Rod & Gun Club. This year nearly 30 youth completed courses in archery, air rifle, small bore rifle, hunting, and air pistol.



Building youth skills



The Tractor and Machinery Operation Program allows youth under the age of 16 who successfully complete the program to engage in agricultural work activities below if they are 14-15 even though the activities are listed as "agricultural work activities classified as hazardous for youth under 16." Youth must satisfy all the requirements for the Tractor Operation and must complete at least 24 hours of instruction including classroom instruction and hands on learning driving a tractor.

The Steuben County 4-H/Youth Development Program recently graduated nine 4-H members from the 2021 National Safe Tractor & Machinery Operation Certification Program. This certification allows youth 14 & 15 years of age to legally operate farm equipment for hire.

The 30-hour course over seven weeks was taught by 4-H Volunteers Dave Dockstader Sr., Dave Dockstader Jr., and 4-H Staff Member Ainsley Owens. It covered Grain Bin Safety, Safe Operation of a tractor & farm machinery, Respiratory Hazards, Working with Livestock, Fire Safety, Personal Dress, Risk Perception, Silo Safety, Tractor Controls, Pre-Operation Checks, Part Identification, and other related topics. After completing the training course, youth had to pass a written knowledge test and driving test to receive the certification. For 2021, grant funds covered the cost for each Steuben County 4-H Member.

Without community partnership support and volunteers, this opportunity would not have been possible. We thank Monroe Tractor Campbell; Steuben County Sheriff's Department; Howard Fire Hall; Slayton Crest Farm; Crystal Spring Farm; NYCAMH-New York Center for Agricultural Medicine and Health; and Paul Knowles.

71 years of volunteering

It's not very often that a nonprofit organization has the opportunity to recognize and celebrate someone as special and impactful as Phyllis Rathbone. **As of October 1, 2021, Phyllis has begun her 71st year of volunteering as the leader of the Willing Workers 4-H Club!**

Phyllis started her club when she was just 16 and a freshman in college, coming home weekends to hold meetings. She averaged 25 members at first, but the club quickly grew to an annual membership of 40-60 members. As the 4-H program has changed, so has Phyllis' club. Originally an all-girls club, boys began joining in the 70's and later Cloverbuds. The club focuses on cooking & nutrition, sewing, home environment, and public speaking projects while also incorporating additional life skills, such as self-sufficiency, courage, tenacity and service towards others.

The Willing Worker's 4-H Club has one of the strongest junior leader programs within the county as she encourages teens to help teach the younger members in the foods and nutrition projects. At the county level, her members attend the clothing revue, participate in county public presentations, and volunteer to be judge's assistants in the youth building at county fair.

Over the years, many members have taken top honors in the county, and have been selected for district, state, and national leadership events, contests and award trips. Phyllis has also volunteered her expertise to judge county public presentations, clothing, and exhibits in the youth building at the county fair. She has also served on multiple subcommittees as well as the 4-H Program Advisory Committee.

In 2004 Phyllis was the recipient of the New York State Salute to Excellence Lifetime Volunteer Award. Selection was based on her positive impact and demonstrated ability to work with youth, her dedication to youth empowerment, recruitment of 4-H volunteers, her professional attitude, character and morals, and her advocacy of the 4-H youth development program. In 2006 Phyllis was recognized at the New York State Fair as the Volunteer of the Day as a result of her commitment, recruitment and advocacy in her 55 years as a leader. At this year's CCE Steuben Annual Meeting Phyllis received the CCE Steuben Lifetime Achievement award.



We thank our generous donors!

ANNUAL GIVING

Platinum

Corning Inc. Foundation
Invest in Others Charitable Foundation
National Fuel Gas Charitable Foundation
The Gilstrap Foundation
Donna Walker
Cindy D. Wilkinson

Silver

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Shooting Sports

Bath Rod and Gun Club
Michael Hanna
Steuben County Women
The Force Family

FLXGIVES 2021

Platinum

June LeRay & Larry Bates
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Gold

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Joanne & Michael Hastrich
Knights of Columbus Council
5147 Home Association
Charles Langendorfer
Steve Langendorfer
St. Thomas Episcopal Church
Mission Team
Kathy & Randy Weidner

Silver

Michaelene Ahrens-Schultz
Bunnie, Jim, Heather Lynch & Eloise Bowers
Caroline Langendorfer
Broeren
Nancy S Cole
Robert & Pam Colomaio
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Susan DeMey
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Renee Ivison Golder
Joan Hamilton
Alyssa Hastrich
Casey Hastrich
Courtney Hastrich
Mike Hastrich
Ryan & Katie Hastrich
Taylor Hastrich
Beth Honadle

William Joint
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Peter Langendorfer
Tom & Sue Langendorfer
Ed, Barb, Norb & Shelley Logel
Ben McMillan
JoAnn Mitchell
Carol Mozes
Julia Nist
Molly Peck
Roman Pollak
MaryAnn Robinson
Robert Shirley
Thomas Simms
Andrea Smith
David Taylor Smith
Joseph Striano
Cynthia Taylor
Denise Thompson
Greg & Faith Tidd

Bronze

AAUW – Bath Branch
Anonymous
Charlie & JoAnn Betty
Colby Burke
Laurie Burkland
David Catherman
Judy Batlan Clack
Megan Bidner
Caroline Broeren & Family
Colton Cicon
Lisa Cogswell
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Mary Lee Crosby
Craig & Lisa Cundy
Kyle Cundy
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Sloand Deeter
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Lisa Mascherino
Susan McNroy
Carter McKinley
John McKinley
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Sean McKinley
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Stephanie Miller
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Nop Lee Family
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Ainsley & Bryan Owens
Owens Farms, LLC
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Julianne Reid
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Rachel Simons
Sally Stapley
Bonnie Taggart
Max & Vickie Tobias
Martha Treichler
Martin VanDerGrinten
Sandy VanKirk
Mary Carol Wall
Sarah & Tim Welker
Karen Whalen
Mary White
Linda Zavacky

Our volunteers are amazing!

Paulette Adams
Ashlee Allington
Joshua Allington
Donna Andrews
Darlene Apgar
Samantha Atherton
William Atherton
Sarah Baker
Deborah Baran
Holly Baroody
Darlene Barrett
Ronald Bartholomew
Marlaina Bennett
Chad Bixby
Jennifer Bixby
Krystle Blencowe
Pamela Bolton
Victoria Bolton
Kathleen Bossard
PeggyJo Braden
Avery Brandow
Christie Brothers
William Brown
Hannah Bush

Chelsie Cansdale
Spencer Carter
Alissa Cary
Darrell Cary
Joe Castrechino
Laura Chandler
Christopher Chapman
Teresa Chapman
Michelle Chase
Michelle Cheney
Sabrina Chilson
Laura Cobb
Melanie Coley
Chris Comstock
Angel Conklin
Kendall Conti
Cayla Coots
Jason Corey
Tom Cortright
Kevin Costello
Kara Daley
Lorraine Dennis
Kate Dininny
David Dockstader

Vicky Dockstader
David Dockstader(jr)
Laura Eckler
Mark Eckler
Sabrina Elliott
Linda Fields
Kelsey Folckemer
Scott Folckemer
Susan Gois
Deanna Good
Laura Goodison
Robert Goodison
Elizabeth Gorman
Gwen Gottschall
Lisa Haight
Teresa Haight
Alexandria Hakes
Susan Hamilton
Jennifer Hammond
Guy Hammond,VMD
Karen Hargrave
Katrina Harkleroad
Amy Havens
Daryl Havens

Daryl Havens
Cynthia Herrington
James Herrington
Janice Hoad
Jeremy Hoad
Betty Holden
Beth Walter Honadle
Shelby Hosmer
Adam Hughes
Joshua Hurd
Rachel Hurd
Amy Irvine
Angella Jacobs
Renee Jacobson
Kyra Jacobson Evans
David Javarey
Edith Johnson
William Joint
Leslie Jorritsma
Jane Kaszczyne
Richard Kelly
Penny Kephart
Jacklin Knoll
Elizabeth Knowles

Joshua Knowles
Paul Knowles
Walter Konopski
Cody Lafler
Pamela Lally
Jillian Lamphier
Hilda Lando
Allison Lavine
Julie Lawson
Tracy Lederman-Updike
Pepi Leids,DVM
Amanda Lewis
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Gary Mahany
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Ed Merry
Bonnie Milliman
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Amy Murat

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Shawn Murat
Robert Nadjadi
Stacy Nadjadi
Anna O'Brien
Stacey O'Dell
Bryan Owens
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Jennifer Patrick
Jade Marie Perkins
Fred Potter
Jack Potter
Krystal Potter
Darlene Pound
Richard Pound
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Phyllis Rathbun
Dylan Reep
Julie Reep
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Christina Richards
Eric Robarge
Robin Robarge
Amey Rusak

Stuart Sammis
John Schanbacher
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Susan Schwingel
Diana Sermonis
Erika Sherer
Linda Sherer
William Sherer
Diane Shinebarger
Rebekah Sirianni
Gabriel Smalt
Penelope Smigiel
Toni Smigiel
Brian Smith
Tracy Smith
Darlene Spencer
Amanda Sprague
Paula Stark
Kim Marie Staron
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Terri Lynne Stewart
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Philip Zschoche
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Director



Ariel Kirk
Agriculture Educator



Margaret Lund
Cornell
Vegetable Team



Hans Walter-Peterson
Viticulture
Finger Lakes Grape Program



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Dairy Management
SWNY Dairy
Livestock & Field Crops



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Livestock Specialist
SWNY Dairy
Livestock & Field Crops



Robert W. Shirley III
Deputy Director/ Director
Finance/Operations

Katelyn Walley-Stoll
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SWNY Dairy
Livestock & Field Crops



TBA
Field Crops & Forage
SWNY Dairy
Livestock & Field Crops



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Coordinator



Katie Weigle
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SNAP-Ed New York
So Finger Lakes



Kelsey Monks
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So Finger Lakes



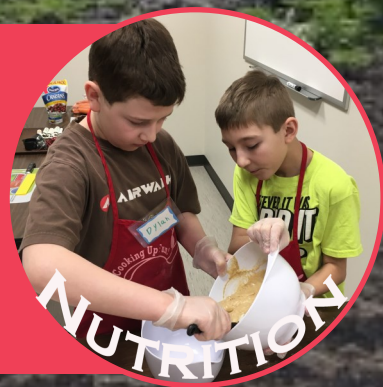
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Administrative
Assistant



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Financial/Energy Educator



Jenny Groen
4-H Youth
Development Program
Leader



Ainsley Owens
4-H Youth
Development Educator



Our Funding Sources

Where does Cooperative Extension get money to operate in Steuben County?

FEDERAL - 41%

Smith-Lever	\$ 16,014.66
FLESNY SNAP Ed Program	\$671,471.76
Census Grant	\$ 11,603.48
EFNEP Nutrition Program	\$ 50,399.92
TOTAL FEDERAL SUPPORT	\$749,489.82

STATE - 26%

County Law 224 Formula	\$ 63,430.46
Container Gardening Grant	\$ 47,815.72
NYS Farm to School Grant	\$ 18,730.09

State Fringe Benefits	\$362,636.45
TOTAL STATE SUPPORT	\$475,882.63

COUNTY - 26%

Appropriation And Space Allocation	\$474,000.00
TOTAL COUNTY SUPPORT	\$474,000.00

OTHER SOURCES OF SUPPORT - 7%

Enrollment and Program Fees	\$ 12,958.07
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Sale of Equip, Printing Reimbursement, Rental Income, Sale of Publications, Fundraising and Dividend/Interest Income	\$ 51,263.00
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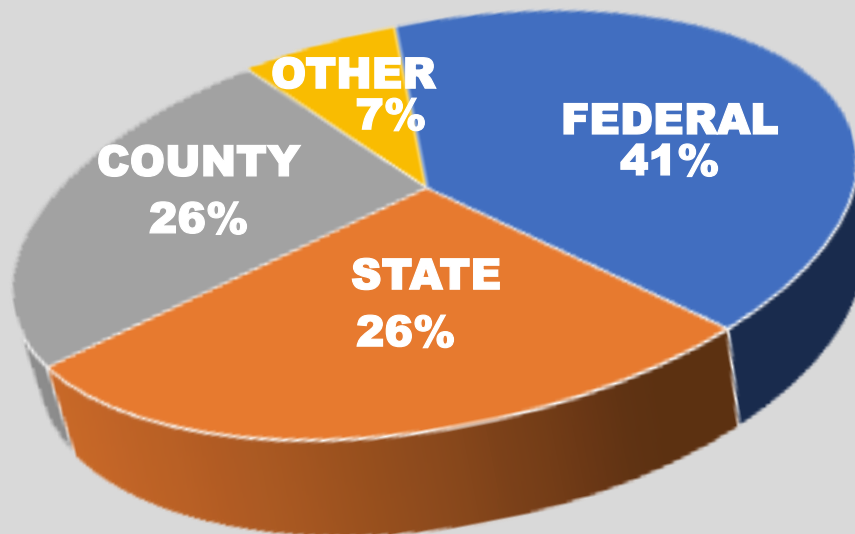
Contributions	\$ 12,536.73
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Specialist Contract Support from Cornell University	\$ 5,413.00
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Special projects (funded by local agencies or other sources)	\$ 36,589.96
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TOTAL OTHER SOURCES OF SUPPORT	\$118,760.76
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TOTAL SUPPORT - 100% \$1,818,133.21



25 Master Gardeners
62 direct workshops
304 agriculture, horticulture and natural resources phone calls
25,140 Finger Lakes Farm Country website users

1,542 Steuben County Farms
397,157 acres in agriculture with 2,633 farm producers
#1 in state for hogs
#3 in state for cattle
76,000 dairy & beef cows
1,500 goats
3,000 sheep
\$195,950,000 products sold with 98% being family farms

4-H
GROWS HERE



15 Steuben County Clubs
324 Enrolled 4-Hers
30 Independents 72 Cloverbuds
450 Youth Participants
Afterschool ~ School Enrichment ~ Kits

21 Master Money Mentors
48 Women's Financial Conference attendees
362 Workshops
44 Individual Sessions



191 Steuben County Volunteers



SNAP-Ed
New York
 SAVE TIME. SAVE MONEY. EAT HEALTHY.

2,708 Participants
501 Sessions
408 Hours
184,067 Estimated Reach
10,607 Newly reached
61 Changes adapted
168 Partnerships

31 Steuben Adults
18 Steuben Youth
591 WIC Families & Farmers Market
22 Family Resource Center Families

EFNEP
 Expanded Food and Nutrition Education Program



Over 16,000 reach with just these Facebook posts
Over 200 posts in 2021
Over 50 Instagram posts in 2021

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