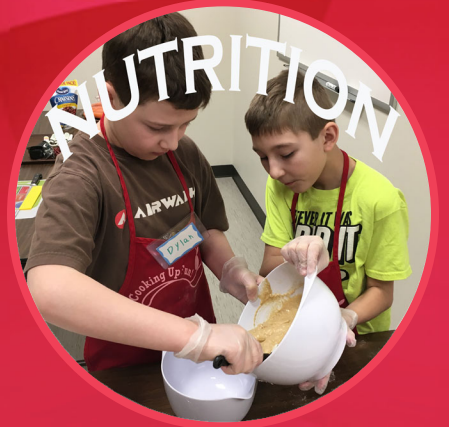


Cornell Cooperative Extension Steuben County



2022 ANNUAL REPORT

INNOVATION
ACTION
IMPACT

Executive Director Message



Dear Friends,

While many things have happened throughout this past year, CCE Steuben has been resilient and continued to serve the community with high quality education around the areas of agriculture, financial health, natural resources, nutrition and youth development. In 2022, we became the lead county for the Finger Lakes Shared Business Network, a service that provides Human Resources, Information Technology and Finance support to seven county Cornell Cooperative Extensions in the Finger Lakes Region.

We also reached thousands of people with new and ongoing education, distributed hundreds of container garden kits, supported 4-H youth with going to state and national competitions, and hosted our first successful Farm Trail Day and Veggie Van series. We could not have done this without the support of the Steuben County Legislature, community partners, CCE Administration, our funders, volunteers and our hard-working staff - we are grateful for their time, talent and treasure.

In 2023, we are looking forward to growing many initiatives, such as putting in a permaculture garden by the pavilion in Bath that was fundraised for in 2021. We also plan to expand our youth development program to include Agriculture in the Classroom education through Steuben County. CCE Steuben will continue to provide quality education and meet the needs of the community while doing this.

We want to hear from you! If you are interested in our programs, have questions, or want to learn more, you are welcome to call/email/visit us. Our program advisory committee and board meetings are also open to the public and dates and times for those can be found on our website at PutKnowledgeToWork.org.

We are grateful for your continued support of CCE and look forward to working with you in the future.

Tess McKinley,
CCE Steuben Executive Director

CCE
STEUBEN

20 East Morris Street
Bath, New York 14810
607-664-2300
steuben@cornell.edu
PutKnowledgeToWork.org



Cornell Cooperative Extension provides equal program and employment opportunities.

Board President Message

2022 started off much as 2021 ended, with COVID dictating a lot of what we could and could not do. With the governor's approval of an extension on remote and hybrid meetings, we were able to meet on schedule with a quorum. This allowed us to conduct all necessary business without interruption. The board in many respects enjoyed the flexibility hybrid meetings provided them. By mid-year we were back to in-person meetings only.

Some highlights:

- We prepared a new constitution that was passed at the annual meeting in November.
- A new Strategic Plan was created and implemented.
- Thanks to the efforts of board member Hilda Lando, we were able to get CCE to reverse its position on allowing only one legislator on an association's board of directors. We traditionally have had two members from the legislature. The board felt that the incredible level of support we receive from the legislature as well as Steuben being an agricultural county, we needed two members.
- The board approved Tess taking on the position as interim Executive Director of Livingston County's CCE. This was done with a degree of trepidation on our part but it worked out well. Tess was able to identify some best practices at Livingston that could be adopted for Steuben CCE.
- We approved CCE Steuben's acquisition of administering the Business Services Network for our region. This will increase revenue to the association.

Christine Towner will be rolling off the board. Her work with the 4 H'ers as well as the interaction she brought with the Department of Aging will be missed. We welcome Gabriel Smalt as our newest board member.

President: Stuart Sammis, Corning

Vice President: Beth Walter Honadle, Pine City

Secretary: Christine Towner, Cohocton

Treasurer: Bill Joint, Savona

Jason Jordan, Bath

Amey Rusak, Bath

Allison Lavine, Savona

Fred Potter, Troupsburg

Hilda Lando, Corning

2023 will be a year of challenges and opportunities. We will continue to work on the goals of our strategic plan. Executing its objectives will continue to align our services with the changing needs of our clients.

2023 will be my last year on the board. The longer I serve, the more I learn about the things CCE Steuben does. Also, the more amazed I am at the skill and dedication of the staff and board members to the community they serve. It is a pleasure to work with them and I extend my sincere thanks to all.



Stuart K. Sammis
President, Board of Directors



The container garden program has inspired continued agriculture activities making a positive impact on community food security and healthful food choices within households.



**Steuben County
Agriculture Program**

Home gardening can serve as an outlet for individuals to maintain a healthy, active lifestyle while supplementing dietary access to fresh foods. The Community Container Garden Kit Program, developed by CCE Steuben in 2020, has been a beneficial program for many community members throughout our county. The garden kits provide access to easy-to-follow instructions materials for growing your own foods regardless of physical or financial constraints, access to land, or gardening knowledge. Although this program began when the COVID-19 pandemic created challenges and intensified physical and economic barriers to food access, it continues to serve as a robust strategy for increasing access to healthy foods while stimulating interest in strengthening local food production.

During 2022, the NYS Agriculture and Markets SNAP-Ed Food Box and Community Growers Grant Program awarded grants to programs that will not only support New York State's agriculture industry but also expand access to fresh, affordable foods within underserved communities. With this grant CCE Steuben partnered with CCE Chemung to assemble and distribute 600 container garden kits, reaching 1,408 individuals in communities throughout both Steuben and Chemung Counties. Within the counties we employed broader outreach to connect these free gardening kits with anyone who wanted one while also partnering with Master Gardener volunteers and community and non-profit organizations such as family resources centers, public libraries, food pantries, senior housing facilities, Pathways, Inc., and churches to target individuals who would benefit the most from access to these easy to use and free tools to grow food. These partnerships enabled CCE to expand outreach efforts within communities, allowing us to serve a more diverse population. Each container garden kit contained four grow bags, potting soil, four herb and vegetable seed packets including parsley, basil, romaine lettuce, and yellow-wax beans, a food storage container, recipe books, as well as gardening and nutritional educational resources. Easy to follow instructions for growing each plant, an instructional video, gardening resources and tips, as well as SNAP-Ed New York recipes for the herbs and vegetables were provided to all participants. Throughout the growing season, CCE educators reached out to program participants, offering assistance with growing as well as obtaining feedback on the program.

Within Steuben County, 787 individuals were served through the distribution of 300 container garden kits -196 of these individuals being under the age of 17. Of the families and individuals who responded to feedback requests, 52 families that requested a container garden kit also receive SNAP benefits. Programs such as this not only educate but enable individuals to put learning into action and help foster the mission of CCE throughout Steuben and surrounding counties!

The Southern Finger Lakes SNAP-Ed region collaborated with the CCE Steuben Agriculture & Natural Resources Educator and Executive Director on the Community Container Garden Kit Program to provide nutrition education to participants receiving the container garden kits. SNAP-Ed provided eight free virtual garden and nutrition education workshops called **"From Your Garden"**, which highlighted the basil, yellow wax beans, parsley, and lettuce that were received in the kits. Each workshop included lessons from either the *Eating Healthy*, *Being Active* or the *MyPlate for My Family* curriculums and highlighted how to get the most out of your garden's harvest with tips for storage, preparation, tips on MyPlate and healthy eating, plus more! Each workshop also featured a healthy and tasty recipe highlighting one of the ingredients within the kit. Recipes included Spaghetti Squash with Tomatoes, Basil, and Parmesan, Skillet Green Beans with Peaches, Tabbouleh, Cobb Salad Pita Pocket, and more. Container garden participants also received free SNAP-Ed recipes, nutrition tip sheets, a summer programming calendar that highlighted free upcoming workshops in their County, and a SNAP-Ed program brochure. The Southern Finger Lakes Nutritionist in Chemung and Steuben Counties also referred SNAP-Ed participants and SNAP-Ed partner sites to sign-up to receive the Container Garden kits.



FARM DAY TRAIL

OCTOBER 8, 2022



CCE Steuben invited the public and families to visit five Steuben County farms on an October Saturday for an

up-close look at agriculture in our county on the first annual **Farm Trail Day**. The farms included:

- **Crooked Line Apple Orchard**, Bath with apples and apple cider for sale, u-pick apples, wagon rides and highland cows to feed.
- **Lowery Family Farms**, Campbell which had a coloring contest and pumpkin decorating.
- **Mud Creek Bison Ranch**, Savona which offered car rides and wagon rides through the grounds.
- **Stewart's Family Farm**, Hornell which did several tours during the day as well as a sheep shearing demonstration and watching the milking robot on their cow! They served apple pie ice cream had a free petting zoo.
- **ZiegenVine Homestead**, Savona which offered a hoof trimming demonstration, tours, a gift shop with goat milk soap, and other various farms tabling with their goods.

CCE Steuben partnered with Finger Lakes Farm Country so visitors could register their visits on the Farm Country app or could pick up stickers to place on a passport in order to register for door prizes. A basket of local foods from the farms and a basket of 4-H items were awarded. The farms were delighted with the many visitors to their farms that day. CCE Board members and Farm Bureau members in attendance applauded the event. CCE Steuben looks forward to including even more farms next year.



Veggie Van pilot project distributes produce to food deserts

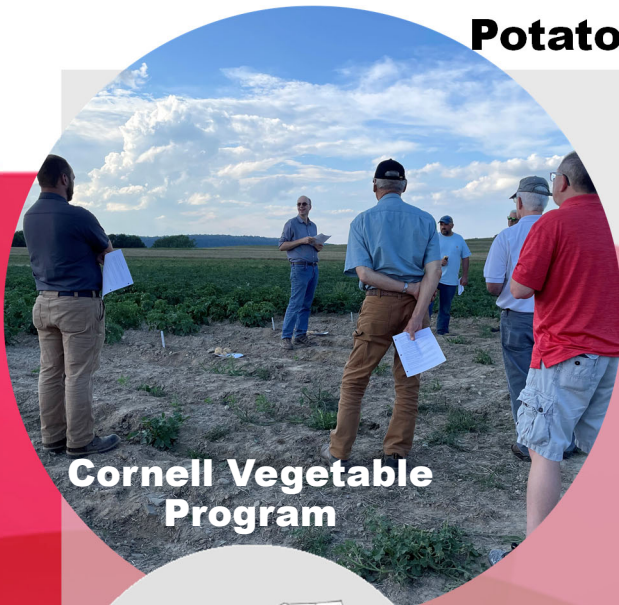
Not everyone can easily get to the farmer's markets located in the bigger towns and cities of Steuben County. Transportation and/or health challenges can often limit people's mobility and become an impact on their access to fresh fruits and vegetables. CCE Steuben partnered with the Office for the Aging, Corning Foundation, and Lowery Family Farms to provide a Veggie Van that could bring the produce stand closer to these communities in need. The Veggie Van was a nine week pilot project where one farm took produce directly to areas in Steuben County known to be food deserts. These were the towns of Caton, Addison, Greenwood, Campbell, Bradford, Wayne, Pulteney, Avoca and Cohocton. The van parked for two-hour time slots among the towns on a schedule of Wednesdays throughout the summer. The van accepted Cash/ Credit/Check/EBT and Farmers Market Nutrition Program Checks from its customers.



The van served 30-50 customers per day. Cornell Cooperative Extension of Steuben County's **SNAP Ed Southern Finger Lakes Program** and the **Expanded Food & Nutrition Education Program** provided resources and lessons on how to cook the produce that was distributed. The Office for the Aging and WIC distributed their FMNP checks at the Veggie Van sites so people could get produce with their FMNP checks in order to improve FMNP redemption rates.

CCE Steuben Executive Director Tess McKinley says "CCE Steuben learned a lot from this pilot project, and we look forward to expanding this program in 2023 with partnerships from various nonprofits such as Office for the Aging, Pro Action of Steuben and Yates Inc., the Institute for Human Services, and Cornell University. Without their support, we could not have done this program."

Potato growers come together on farm visit



Cornell Vegetable Program

In August, the Cornell Vegetable Program helped organize a Chipping Potato Twilight Meeting in Steuben County, with the help of CCE Steuben and Mahany Farms. Steuben County is the second highest producing county of potatoes in New York State, primarily growing chipping varieties, and local chipping potato growers look forward to this meeting as an opportunity to network with other growers and industry members as well as view the chipping potato variety trial.

This year, Cornell Vegetable Program specialist Margie Lund shared a presentation on insect pest management in potatoes, and Cornell University potato breeder Walter De Jong walked growers through this season's chipping potato variety trial plots. This gives growers the opportunity to ask questions about new and upcoming varieties and share their thoughts on what they would like to see in future potato varieties. 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, 24 growers and industry members from Steuben and surrounding counties were able to attend, and the feedback on the meeting was overwhelmingly positive.



Sour rot trial shows promising results

One of the major focuses of the Finger Lakes Grape Program (FLGP) over the past few years has been to find better ways to control late-season bunch rots, which negatively impact both the quality of the grapes and growers' revenues. We are particularly interested in practices that do not involve multiple chemical treatments because of their high cost and gradual ineffectiveness due to the development of pesticide resistance, which we have documented in Finger Lakes vineyards.



Finger Lakes Grape Program



Past research has shown that removing leaves opposite the clusters at the beginning of bloom can reduce the number of berries that form on a cluster, making them looser and less prone to cracking, which allows sour rot to develop. In addition, research at Cornell AgriTech has found that exposing clusters to UV light during the ripening period can reduce the incidence and severity of sour rot.

To evaluate if these practices can be beneficial for growers, the FLGP started a field trial this year with Dr. Katie Gold, grape pathologist at Cornell AgriTech, to evaluate both practices for their ability to reduce the incidence and severity of bunch rots compared to chemical applications. Our results from this first year showed that both practices resulted in less rot development than just the chemical treatment alone. This is an encouraging result, and based on it, the FLGP will be working with Dr. Gold and other Cornell scientists to develop a proposal for a more robust trial to determine if these new practices can be cost-effective treatments for growers to reduce bunch rots in grapes, while also reducing pesticide use.

Southwest Team meets regional ag needs

It's incredible to believe that our program celebrated our third year this summer. We're continually grateful for our farmer and agribusiness partners and contacts who support our efforts and help identify the regional needs of our dairy, livestock, and field crops producers. Our team of four specialists is dedicated to bringing low-cost, high-quality, research-based programming and resources to our five county region. We continue to grow, reach new farm audiences, and build our research and outreach capacity.

In 2022, we hired our new Field Crop Specialist, Katelyn Miller. Katelyn brings real-life experiences and connections within our region and is looking forward to next summer's growing season. Camila Lage, our Dairy Management Specialist, will be increasing our program's outreach to grazing dairies by partnering with the Dairy Grazing Apprenticeship program. Amy Barkley, our team's Livestock Specialist, continues to be a leader across the state as we battle another round of Highly Pathogenic Avian Influenza. Katelyn Walley-Stoll has been busy helping farms make business decisions that also reflect their holistic farm and personal goals. This looks like kitchen table business planning, text message coaching, and plain language guidance that's friendly and compassionate.

Leveraging the resources and experts from the CCE Regional Teams system, and our innovative campus leaders, SWNYDLFC was able to offer a virtual Field Crops Congress. This event featured 8 lunchtime sessions on topics related to pest control, weed management, forage production, economic considerations, soil health and fertility, challenges for the 2022 season, and more. We had over 50 farmers from our region participate in one or more of the presentations with overwhelmingly positive feedback.

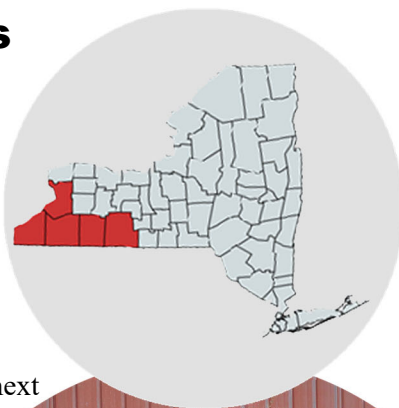
Camila Lage, in partnership with Lisa Kempisty (CCE Chautauqua), hosted a "Robotic Farm Tour" at Frontier Brook Farm that drew 45 people from across SWNY, including farmers from Steuben, Chautauqua, Cattaraugus, and Erie Counties. On this tour, farmers that adopted or are thinking about adopting AMS had an opportunity to tour the farm, talk to their peers about the new technology, interact with stakeholders and socialize over lunch. Camila, in partnership with MSU Dairy Extension Educator, Victor Malacco, organized a webinar on the opportunities and pitfalls of managing and feeding cows on automatic milking systems, aiming to bring to our audience the newest high-quality information delivered by researchers working with nutrition, management, and milk quality for dairy cows in AMS. We had 168 registrants for our webinar, and more than half attended live.

Amy Barkley has partnered with Nancy Glazier to lead state-wide communication efforts on Highly Pathogenic Avian Influenza (HPAI) as part of Cornell's Extension Disaster Education Network (Cornell-EDEN) response. This effort has reached numerous producers, farm businesses, farm service providers, and the general public across the state through webinars, media interviews, and the creation of original CCE resources. These resources have also been picked up and shared through our amazing team of CCE educators at the county level.

A March 7th webinar co-hosted by Ag and Markets and CCE on the current outbreaks of Highly Pathogenic Avian Influenza, the threat it posed to NYS poultry production, and how we can protect our birds and stop the spread saw 546 registrants from across the state, with 330 individuals joining live and 160 watching the recording.

The CCE Farmer Tax School Series was an incredible success - with 4 courses, 6 webinars, 8 instructors, and 430 participants - this statewide, cooperative model will continue to lead Farm Business Management efforts forward in the spirit of virtual programming. Katelyn Walley-Stoll assisted with teaching and program oversight along with her Extension Farm Business Management Specialists and Educator colleagues to offer a series of educational courses designed to inform and empower farm managers to better understand their tax obligations, management strategies, and improve farm profitability. More

than 400 farm business owners and managers from across New York State participated in the program and gained knowledge and skills to improve their farm's tax management.



Southwest New York Dairy, Livestock, & Field Crops Program



SNAP-Ed and EFNEP collaborated to teach *Cooking Matters* series

With food insecurity among both adults and children continuing to be an area of concern in Steuben and Chemung Counties, it is imperative individuals obtain the information and skills needed to learn how to include healthy foods with limited financial resources, as well as tips to improve or maintain health through what they eat.



From February through June, SNAP-Ed collaborated with EFNEP to provide *Cooking Matters* series education for 5 different groups in Steuben and Chemung Counties utilizing the following curricula: *Cooking Matters for Families*, *Cooking Matters for Adults*, and *Cooking Matters at the Store* (CMATS).

Individuals were excited to experience in-person nutrition education following the COVID-19 pandemic and were especially eager to be able to observe food demonstrations and taste test samples of recipes. We received a grant from the Community Foundation of Elmira-Corning and the Finger Lakes to provide participants who attended a 6-week series with take home groceries for a recipe chosen each week. For those that attended all 6 weeks, they also received a small kitchen appliance as a graduation gift.

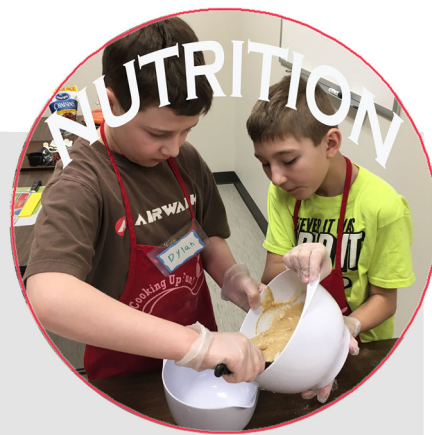
Nutritionists covered a variety of topics, including handwashing, food and knife safety, MyPlate portion sizes, reading food labels, and the types and importance of food groups. Topics also included making healthier choices when eating away from home, the difference between healthy and unhealthy fats, tips for planning, preparing, and purchasing foods, and making healthier beverage choices. Each week, participants were actively engaged with and participated in the lessons.

Towards the end of the series, participants were given a challenge to put all that they had learned into practice. Instead of receiving the provided take home groceries in week 5 of the series, participants received a gift card and were challenged to purchase ingredients to make a healthy meal including all 5 food groups within the allotted budget. Prior to the challenge, 4 of the groups participated in a mock grocery store tour in which they could put into practice the tips they learned over the previous weeks and practice choosing the healthiest and most cost-effective options. One group was able to do a live *Cooking Matters at the Store* grocery store tour at Tops Grocery Store in Bath. Nutritionists accompanied the group to the grocery store, going to different departments and reinforcing what they had learned during previous weeks. Participants were also each given the \$15 gift card and challenged to purchase items for a recipe of their choosing prior to ending the store tour. Almost all of the participants in all five groups were able to successfully complete the challenge while staying within the \$15 budget.

Overall, 67 individuals participated in the “What’s for Dinner?” program in Steuben and Chemung Counties. They learned how to make healthy meals and snacks, in addition to life skills such as knife safety, food safety, and menu planning. The food demonstrations allowed participants the opportunity to try new foods, and learn new, quick, low-cost recipes that can be utilized when life gets busy. This collaboration was successful in getting families to commit to 6 weeks of classes and helped SNAP-Ed and EFNEP educators in meeting their targeted programming goals.

Being in-person allowed for participants to share ideas with one another, and to provide and receive support from their peers. Providing the opportunity for participants to witness in-person food demonstrations and supplying the groceries for recipes allowed participants to try foods and recipes they may not have tried in the past.

Several individuals shared that they were cautious about spending SNAP benefits on trying new foods they may end up not liking, which leads to food waste. Overall, this collaboration was successful in getting families and individuals to commit to six weeks of classes and helped SNAP-Ed and EFNEP educators in meeting their targeted programming goals.



Cooking Matters can change lives

Nutritionists received a lot of positive feedback from participants throughout the course of the *Cooking Matters* series.

One gentleman shared that the classes have changed his life - he is now checking labels of the foods he is buying; and often putting things back if they contain too much added sugar. He is even turning down unhealthy foods that have been offered to him by friends and family members. Another participant shared that he switched from whole milk to fat-free milk. One participant would often joke about how much soda she would drink. Following the healthy beverages lesson, she stated she would cut back on soda and start including more water.

One gentleman was extremely thankful, stating how helpful this series has been for his whole work crew - and how exciting it was to receive the groceries and be able to try new foods they may have never had the opportunity to try in the past.

Several participants shared that they are now looking at unit price and comparing prices when food shopping to save money. Additionally, many participants were able to recognize that often times the reason they did not have a healthy dinner prepared was due to time constraints. They stated that they took away several tips for planning ahead to start making dinner even 1-2 nights per week. Families also recognized that their kids were more willing to try new foods if they had a hand in the planning and preparing of the meals. At least 2 families stated that their kids are now helping in the kitchen more.

At the end of the series, one father approached Nutritionists and stated that while he already knew a lot of the information presented, it was helpful and motivating to have it reinforced.

The 5 series were extremely successful in providing nutrition education to individuals throughout Steuben and Chemung Counties. Nutritionists were able to help families start making healthier food choices, while saving time and money at the grocery store.



EFNEP (Expanded Food and Nutrition Program) and SNAP-Ed New York are programs that provide nutrition education and tips for physical activity to community members. SNAP-Ed and EFNEP have similar goals in providing information and resources to members of the community

SNAP-Ed New York is a federally funded evidence-based program that helps people lead healthier lives. SNAP-Ed nutrition education is free to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP). SNAP-Ed teaches people who receive or are eligible for SNAP benefits about good nutrition, how to make their food dollars stretch further, and the importance of being physically active.



EFNEP helps low-income families and youth improve health by teaching ways to eat more fruits and vegetables, drink fewer sweetened beverages, maintain a healthy weight, and be physically active. Those that are eligible are persons who are working to make ends meet, including those participating in SNAP, Medicaid, WIC, Head Start, and free or reduced-price school lunches.

Today 4-H Builds Leaders for Tomorrow



Cheyenne Murat has been a life-long 4-H member and reflects on her experiences as a Steuben County 4-Her in the hopes of inspiring current and future 4-Her's.

at the I have and rabbits. I

too vast to list, but it goes as far as woodworking to knitting to project records. I have placed anywhere from 1st place to last place, have shown in classes where I was the only exhibitor to classes filled with competition. What I have learned is showing, much like life, is about taking the good with the bad and to be humble in success and graceful in defeat.

I have had years where I went through struggle after struggle, but I continued to push through and continued my 4-H journey. Despite the struggles I faced, I never gave up on 4-H. There was always someone to lend a helping hand and didn't want me to give up. As I have come into my last year of 4-H, I wanted nothing more than to become the positive influence I had had the fortune to experience throughout my years in 4-H. I wanted to be the reason someone came back the following year to 4-H, even if they had a tough year. I wanted them to come back because of a positive person that could give them a different perspective.

I had many great years where everyone was supportive, and this past year was one of the best years I have had in 4-H. But as my time in 4-H ends, I hope to pass on the positive influence and can be the reason someone comes back to try again the following year. 4-H has given me a second family, I will never forget or lose touch with my goat barn family or my horse family, or my dog family. They cross together because all of 4-H is connected. I love that I could share my knowledge and supportive welcoming influence on all the people who were just beginning.

Personally, this fair was hard with work and trying to prep my goats, but I still took out the time to give the extra helping hand. I wanted to do this because I wouldn't have been able to be so successful in my first years without the assistance, I received from everyone. 4-H has given me a sense of community and even with the more challenging years, I continued to come back.

Because of my positive 4-H experiences, I will be volunteering because I cannot just walk away from my life for eleven years. I will continue to help the next generation of 4-H because we all started in a similar spot. Good years, bad years it's all about the memories you make, every experience adds value to your life. I will always look back on my 4H years with pride and am so thankful for everything it taught me."



To Make the Best Better

Madison Swan, (Blue Ribbon Roundup) finished her final year as a 4-Her on a high note. After some adversity early in the week, Madison persevered and chose to make the best of her 4-H & NYS Fair experience. Madison competed in every goat knowledge event that was offered. These events included the Fitting Competition, product I.D., Goat Knowledge Olympics, Goat Bowl, and Goat Judging Contest. She additionally competed in her respective Showmanship, Obstacle Course and the Breed show. At the conclusion of 4-H week, during their awards ceremony, aside from placing really well in these events, the last award to be given was The Carolyn Funk NYS Fair Youth Dairy Goat Achievement Award. This is awarded to the dairy goat youth exhibitor who best demonstrates the 4-H motto “to make the best better” through their actions, knowledge, and attitude. This award is one of the highest achievements you can earn in the Youth Goat Department. Madison had the honor of being named this year’s recipient! The beautiful tribute perpetual trophy is proudly displayed in the Goat Barn at the NYS Fairgrounds and will forever boast a Steuben County 4-Her! In Madison’s own words:



“I was beyond proud of myself, not just for placing well, but for being able to take a bad situation and make the best out of it. I wasn’t trying to get the award, I was just trying to have the most fun I possibly could in my time during 4-H week. This proved to me that even in bad times, where hope seems lost, you can always persevere and make the best better! I want to thank everyone that was there for me that week and made this possible as well. There is no way I could’ve done this without their help. Thank you to the Dininny family, the Warren family, the Mills family, and the Hines family! As well as a special thank you to Koralee Dininny and Kate (Momma) Dininny for always being there for me and pushing me to be the best version of myself! We call ourselves “The Herd,” and at fair we are all one big family. I love you all and thank you again for making my dreams a reality!”



Steuben County 4-H Youth Qualifies for National Shooting Sports Contest in Nebraska

On May 21, 2022 at the Bath Rod and Gun Club, Steuben County’s 4-H Program held the first ever New York State 4-H Shooting Sports Spring State Shoot. Almost 30 youth from across the state came to the area to compete and try to qualify in the disciplines of Shotgun, Muzzle Loader and Hunting, Conservation, and Outdoor Skills. Steuben County had 8 youth participate with each placing in the top 3 of the respective divisions and day. Korbin Herrington earned his way onto the New York State 4-H Shooting Sports Team that will be competing in June at the 2023 4-H Shooting Sports National Championships in Grand Island, Nebraska. Korbin will be representing Steuben County and New York on a team with 2 other individuals in the Shotgun discipline. Congratulations, Korbin!



NYS 4-H Horse Program takes on nationals



In early November, Steuben County Member Morgan Cheney represented the New York State 4-H Horse Program alongside 13 senior youth from across the state and over ten different counties to compete at the Eastern National 4-H Horse Roundup, the largest 4-H horse contest in the country. Youth, parents, coaches, volunteers, and state staff members loaded a bus on November 3rd to make the journey to Kentucky and competed in 4 different horse educational events including Horse Bowl, a jeopardy style equine knowledge game; Horse Judging, youth judging eight different classes of horses and provide four sets of reasons to a judge; Horse Communications, youth present on an equine topic of their choice; and Horse Hippology, which is compiled of stations, team problem solving, judging, a written test, and hands-on component.



These educational contests are what brings a group of youth together each November on that Nationals bus and watching them bond over weekend makes the experience so wonderful. These youth are encouraging, smart, dedicated, caring, and truly are remarkable examples of 4-H youth. The youth this year were able to not only compete in their contest areas, but were also able to tour Churchill Downs Racetrack, Hagyard Equine Medical Institute, and the Kentucky Horse Park. These tours were inspiring and educational, but the results that these NYS youth had during the awards banquet after the contests were complete was truly inspiring.





Building financial success

One EFNEP participant contacted CCE Steuben Financial Educator Nancy Reigelsperger indicating she was interested in taking the “Moving Forward” program. Once she completed the survey and we reviewed her “red” areas of concern, it was evident that she could benefit from some financial guidance and budgeting help.

We completed her money personality profile, and the results were a “*Carefree*” personality. She took the Money Habitude cards home to do with her husband and he also was “*Carefree*”. It opened conversation around finances and the importance of analyzing one’s spending.

We then discussed cash tracking, goal setting, and worked on a budget. She followed through on all the suggestions and was shocked at how much they were spending every week on eating out. We also discussed the importance of having an emergency fund and talked about paying down and “snowballing” credit cards. Their goal was to move from their apartment into a full house, and eventually purchase a home.

We had several meetings. She indicated that with the help of the nutrition classes, she is now cooking at home, using items she never would have dreamed of. As a result of cash tracking and analyzing her spending, she became aware of what their habits were costing them. She also indicated that they are no longer eating out on a regular basis and saving that money. They are watching their spending, paying down on credit cards and have a security deposit for their new home rental! She was very grateful for all we covered and felt it assisted her in her their financial success and securing a stable future.



Women’s conference builds confidence

Nancy Reigelsperger once again partnered with Amy Irvine, and Nancy Williamson to provide a women’s financial conference to the community. Speakers covered everything from types of accounts, and money personality to procrastinations and controls on credit cards. The participants were excited about the approachability of the presenters and the interaction among the crowd. One said, “Every single speaker nailed it - They were not just talking but their care shined through” Another said, “I got so many practical tips that I can apply to my life right away.”



We celebrate the many people who help us provide education to our community

Cornell Cooperative Extension of Steuben County (CCE-Steuben) celebrated their Annual Meeting in November with awards and trivia at the Main Place in Hornell. Thanks go to Farm Credit East and Charles F Oliver and Son for their sponsorship of the event and for the support that they provide CCE Steuben and the agriculture community. The TRIVIA competition called “**Putting Knowledge to Work (and Play)**” was led by Bob Smith of Bulldog Sounds DJ Services. The team named “We Probably Won’t Win” took away the top prize.

CCE Steuben also presented their annual Friends of Extension awards:

- **Campus Connection: Autumn Lavine** CCE Steuben’s 4-H Staff nominated Autumn Lavine for her critical work with coordinating 4-H at the New York State Fair for the first time since 2019.
- **Friend of Extension: Bath Rod and Gun Club** CCE Steuben recognizes the Bath Rod and Gun Club for the generous use of their amazing facility. They also agreed to host the 2022 NYS 4-H Spring State Shoot, a state-wide contest that brings youth from all across New York to compete and showcase their skills learned through their respective local 4-H Shooting Sports Program.
- **Outstanding Volunteer: Christine Towner** The purpose of this award is to recognize a volunteer who has selflessly donated their time and expertise to CCE Steuben. Christine’s connection to CCE traces back well over a decade when her daughter joined the Willing Workers 4-H Club in Cohocton. She has chaperoned 4-H members at the NYS 4-H Teen Action Rep Retreat (STARR), has been a public presentations evaluator at the county and district level, has served on the STARR Planning Committee, and has chaperoned youth to the Citizen Washington Focus conference in Washington, D.C. – using her connections to help youth gain access to unique tours and experiences. More recently, Christine has successfully served for two terms on the 4-H Program Advisory Committee and has been an active 4-H representative on the Board of Directors.
- **Outstanding Youth: Trinity Daley** This year’s recipient has been a Steuben County 4-H member for 7 years. Throughout the years, Trinity has shown the true meaning of 4-H and in her own way is working to “make the best better”. She hosted two sheep Showmanship and Shearing Clinics at her family’s farm. Not only did she lead the clinic, but she also allowed and encouraged others to practice with her animals and worked with each individual to help improve their skills. Trinity’s positive attitude, willingness to help others, and caring heart is what 4-H is all about.
- **Outstanding Producer: Kyle Lowery of Lowery Family Farms** Kyle is someone who took a chance on CCE Steuben. When CCE Steuben and Christine Towner wrote a small grant to see if a farmer could take their vehicle and sell produce in rural places in Steuben, Kyle became that farmer. He made it a family venture, had amazing customer service for everyone that came in, and communicated to CCE Steuben as needed. Kyle was also one of the farmers that helped with our pilot of Farm Trail Day. He was so willing to help, that he promoted the event himself as well in the newspaper and radio.



Our volunteers

Paulette Adams
Ashlee Allington
Joshua Allington
Donna Andrews
Darlene Apgar
Sarah Baker
Amanda Ballam
Deborah Baran
Darlene Barrett
Ronald
Bartholomew
Chad Bixby
Jennifer Bixby
Krystle Blencowe
Victoria Bolton
Pamela Bolton
Brandi Bottum
Peggy Jo Braden
Avery Brandow
Paula Brewer
Rhonda Burdin
Hannah Bush
Chelsie Cansdale
Darrell Cary
Alissa Cary
Amanda Cessna
Laura Chandler
Christopher
Chapman
Teresa Chapman
Jonathan Chase
Sabrina Chilson
Melanie Coley
Christopher
Comstock
Angel Conklin
Kendall Conti
Jason Corey
Kevin Costello
Kara Daley

Bonnie Dekay
Scott Dekay
Kate Dininny
David Dockstader
Vicky Dockstader
David Dockstader Jr
Laura Eckler
Sabrina Elliott
Victoria Farley
Kelsey Folckemer
Raven Foote
Susan Gois
Robert Goodison
Laura Goodison
Elizabeth Gorman
Gwen Gottschall
Karen Hargrave
Regina Hargraves
Katrina Harkleroad
Amy Havens
Daryl Havens
Jennifer Heagy
Addie Herrington
Zachariah Hill
Lydia Hoad
Betty Holden
Beth Honadle
Shelby Hosmer
Stacy Housworth
Rachel Hurd
Joshua Hurd
Amy Irvine
Renee Jacobson
Kyra Jacobson -
Evans
Edith Johnson
William Joint
Jason Jordan
Leslie Jorritsma
Jane Kaszczynek

Richard Kelly
Penny Kephart
Jessika King
Jacklin Knoll
Elizabeth Knowles
Paul Knowles
Walter Konopski
Mackenzie Krisher
Cody Lafler
Pamela Lally
Allison Lavine
Pepi Leids, DVM
Amanda Lewis
Sarah Mack
Gary Mahany
Wendi Mann
Denise Mays
Michelle McCarthy
Joseph McCarthy
Amy Murat
Robert Nadjadi
Stacy Nadjadi
William Nieves
Anna O'Brien
Steve Olix
Ainsley Owens
Jade Marie Perkins
Maggie Place
Krystal Potter
Jack Potter
Darlene Pound
Richard Pound
Gwen Quigley
Phyllis Rathbun
Julie Reep
Jacob Rheinstein
John Ricci
Eric Robarge
Robin Robarge
Amey Rusak

Stuart Sammis
Ilean Schultheiss
Susan Schwingel
Linda Sherer
Diane Shinebarger
Erin Slayton
Jonathan Slayton
Jessie Slayton
Gabriel Smalt
Brian Smith
Meghan Smith
Pamela Sonnefeld
Darlene Spencer
Paula Stark
Kim Marie Staron
Jerald M. Stewart
Kristen Stewart
Alice Stillman
Laura Thorne
Joan Tichenor
Christine Towner
Heaven Travis
Erin Underhill
Erica Unterman
Michelle Van De
Bogart
Bridget van Otterloo
Donna Walker
Karen Welch
Lynn Wetherill
Heather White
Valorie Whitehill
Stacey Wing
Lisa Zawrotny
Ashlee Zschoche
Philip Zschoche
Valorie Zyla

Building a garden in Betty's memory

Cornell Cooperative Extension of Steuben County participated in a ribbon cutting for the new community park on Haverling Street in Bath in November at the site of the new dog park, teaching pavilion, and food garden. CCE Steuben raised over \$15,680 for their FLXGives campaign in November 2021 – Betty's Dream. Betty Langendorfer was a Master Gardener at CCE Steuben for many years. The Village of Bath placed the park on Betty's former property along Haverling Street to include the dog park and a parking lot. CCE Steuben's funds built a teaching pavilion, and a permaculture garden is planned for the spring of 2023.

The planned food forest garden project is a planting method that takes advantage of beneficial relationships between plants, resulting in a beautiful highly productive garden that doesn't require a lot of space and is a virtually self-sustaining ecosystem. A food forest garden attracts beneficial insects, deters wildlife and repels pests, suppresses grass and weeds, and creates living mulch, compost and fertilizer among other benefits. The Haverling Street garden area will include a root zone planter where children will be able to look through the plexiglass exterior to observe the soil layers and see how roots grow. The teaching pavilion will be a place where Master Gardeners and 4-H members can learn about



Creating partnerships with our community

CCE Steuben decided in 2022 to help a local organization with their FLXGives campaign rather than run their own campaign. They partnered with the Hornell/Steuben Office for the Aging, the Avoca United Methodist Church and Hornell Partners for Growth to raise over \$1,600 for the Ramp Guys.

Can you imagine what it is like to be trapped in your own house? To not have the mobility to get out the door and down steps to the car? To have to wait for someone to come carry you to the car just to get to a doctor's appointment? That is the reality for more and more people in our area who are limited by wheelchairs or canes. The

Ramp Guys have heroically built hundreds of ramps to allow some of these folks the ability to get out of their homes and live again. But both the cost and the need has risen so that to date there are 16 local residents who need ramps but the Ramp Guys have no funding to supply those ramps. Campaign funds will help the Ramp Guys continue to build those ramps.



In 1998 a group of men from the Centenary United Methodist Church in Bath and the Avoca United Methodist Church in Avoca came together to build a handicap ramp for a person in need of safe access to their home. That was the beginning of The Ramp Guys. The satisfaction they realized from helping someone in need prompted them to move forward. They volunteer their time, tools, labor and knowledge. The joy they see from the people they help is all the pay they need.

Our donors

ANNUAL GIVING

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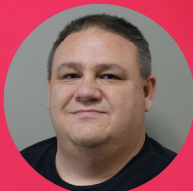
“Alone we can do so little; together we can do so much”

Helen Keller

Team



Tess McKinley
Executive
Director



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



John Bouwens
Finger Lakes SBN
Finance Lead



Kelsey Janes
Finger Lakes SBN
HR Lead



Scot Mantell
Finger Lakes SBN
IT Lead



Carla Dawejko
Outgoing
Communications
Coordinator



Melissa Edwards
Incoming
Communications
Coordinator



Anne Zschoche
Administrative
Assistant



Jenny Groen
4-H Youth
Development Program
Leader



Michelle Chase
4-H Youth
Development Educator



Nancy Reigelsperger
Financial/Energy Educator



**Justine (Cobb)
Patterson**
Director
SNAP-Ed New York
So. Finger Lakes



Olivia Stutzman
Senior Nutritionist
SNAP-Ed New York
So Finger Lakes



Kelsey Monks
Regional
Environmental
Nutritionist
SNAP-Ed New York
So Finger Lakes



Katie Weigle
Nutrition Educator
SNAP-Ed New York
So Finger Lakes



Brooke Shaffer
Nutrition Educator
SNAP-Ed New York
So Finger Lakes



Patricia Lamphier
Nutrition Educator
Expanded Food &
Nutrition Education
Program



Susan Walker
Agriculture Educator



Margaret Lund
Cornell
Vegetable Team



Hans Walter-Peterson
Viticulture
Finger Lakes Grape Program



Katelyn Walley-Stoll
Business Management
SWNY Dairy
Livestock & Field Crops



Amy Barkley
Livestock Specialist
SWNY Dairy
Livestock & Field Crops



Camila Lage
Dairy Management
SWNY Dairy
Livestock & Field Crops



Katelyn Miller
Field Crops & Forage
SWNY Dairy
Livestock & Field Crops

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**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

**Steuben County Legislature
Representatives:**

Hilda Lando

Fred Potter

State Extension Specialist

Adam Hughes

President: Stuart Sammis

Vice President: Beth Walter
Honadle

Secretary: Christine Towner

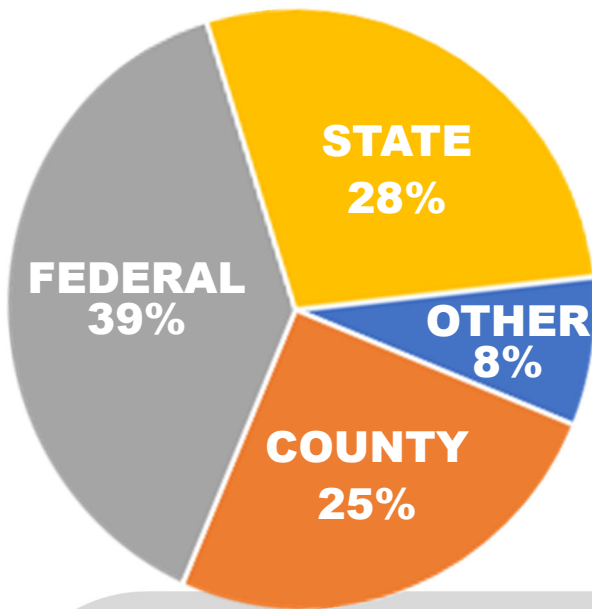
Treasurer: Bill Joint

At Large Members:

Jason Jordan

2021 Funding Sources

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



FEDERAL - 39%

Smith-Lever	\$ 15,862.00
SNAP Ed Program	\$672,258.00
Moving Forward Grant	\$ 1,012.00
EFNEP Nutrition Program	\$ 58,212.00
TOTAL FEDERAL SUPPORT	\$747,344.00

STATE - 28%

County Law 224 Formula	\$ 57,605.00
Container Gardening Grant	\$ 47,759.00
Heat Smart FLX South	\$ 3,000.00
State Fringe Benefits	\$432,135.00
TOTAL STATE SUPPORT	\$475,882.63

COUNTY - 25%

Appropriation And Space Allocation	\$409,000.00
In-Kind Value of Space Allocation	\$ 65,000.00
TOTAL COUNTY SUPPORT	\$474,000.00

OTHER SOURCES OF SUPPORT - 8%

Enrollment and Program Fees	\$ 8,112.00
Sale of Equip, Printing Reimbursement, Rental Income, Sale of Publications, Fundraising and Dividend/Interest Income	\$ 61,399.00
Contributions	\$ 28,525.00
Specialist Contract Support from Cornell University	\$ 4,583.00
Special projects (funded by local agencies or other sources)	\$ 48,026.00

TOTAL OTHER SOURCES OF SUPPORT

\$150,645.00

TOTAL SUPPORT - 100% \$1,912,488.00

Advisory Committees

Agriculture/Natural Resources

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

4-H/Youth Development

Christine Towner
Laura Eckler
Jerry Stewart
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

2022 Impacts



\$84,000 sold by 4-Hers animals at the Livestock sale at the county fair

\$47,000 raised by 4-Hers through fundraising

300 4-Hers benefitted from programming provided by

50 leaders and volunteers



6,800 received nutrition education by our two nutrition programs

Participant Comments:

"This gave my kids and I a healthy educational activity to do together"

"These classes changed my life"

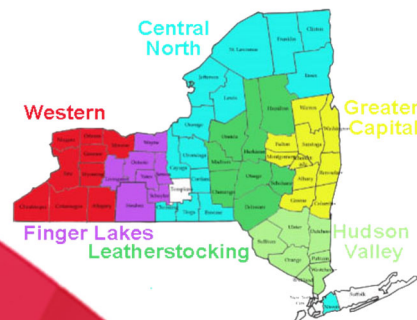
"Today I learned why it's important to take care of yourself and what you eat"

"Menu planning prevents food waste"

"Great information for utilizing foods to get the most out of your grocery budget, especially important now that grocery prices are much higher"



400+ benefitted from our financial education programs



CCE Steuben County became the lead organization of the Finger Lakes Shared Business Network (SBN) in 2022. The Finger Lakes SBN consists of Cooperative Extension associations in the counties of Steuben, Livingston, Yates, Wayne, Ontario, Schuyler and Seneca. The shared business functions include IT, Finance and HR. CCE Steuben Executive Director Tess McKinley also assumed the interim Executive Director position at CCE Livingston for part of the year.

400+/- served by Veggie Van

250+ attended Farm Trail Day

600 Container Garden Kits distributed

150 growers benefitted from Finger Lakes Grape Program

2,343 growers worked with our Cornell Vegetable Team

1,480 worked with The Southwest New York team

6,000 attended Ag program educational classes

