

One Great Idea



Cornell University Cooperative Extension Onondaga County



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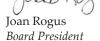
The Leadership Letter

It was a great pleasure to serve as your 2012 CCE Onondaga Board President. 2012 was such a great year and I can't help but look ahead with great anticipation. The gains we made as an Association were extraordinary. One of those gains was the hiring of a full-time Executive Director. After a two-year search, our Board voted unanimously to appoint Onondaga County native David Skeval as Executive Director. David's knowledge and dedication to the CCE mission has already benefitted Onondaga County.

Our Association continues to have a dedicated and amazing staff that exemplifies the Mission of CCE. We had a major presence at the New York State Fair resulting in outreach to 5,000 Onondaga County residents. Our 4H Program networked with the Syracuse City School District and Lockheed Martin to provide a Robotics Program. We reached out with our Master Gardeners, CommuniTree Stewards and 4H Programs with the combined efforts of 120 volunteers. New initiatives this year included outreach at the Lafayette Apple Festival, the Onondaga County Soil and Water District's Conservation Days and on the newly formed Onondaga County Ag Council. We enjoyed a great many partnerships and collaborations that make us even more effective in our outreach and education. You can find a list of our collaborators on the adjacent page.

Special thanks to Dr. Richard Halpin, who served as our interim Executive Director and helped us transition through some challenging times with his leadership, caring and knowledge. Dr. Halpin's guidance was indispensable to my role as President.

Finally, thank you to my fellow Board Members for your contributions of time and expertise to CCE Onondaga. You did a great job in discharging your duties in 2012. CCE Onondaga is a solid and vibrant Association because of you. I look forward to working with you all again in 2013. Onward!



The Executive Director's Letter

2012 was a dynamic year for Cornell Cooperative Extension of Onondaga County. CCE provided 28 different educational programs to the diverse citizenry of Onondaga County with equally diverse program topics. From nutrition to emerald ash borer to beef farming to youth development, CCE Onondaga has risen to the challenges of 2012. Doing so has paved the way for an even more dynamic 2013, our Centennial Year.

I was honored to be appointed the Executive Director for CCE Onondaga in July of 2012. The first half of the year we were led by Dr. Richard Halpin who provided inspiration and guidance to our administration and programing. Onondaga County was very fortunate to have Dr. Halpin serve as our Executive Director.

Our Educators brought a great stabilizing force to our Association. Having worked as a CCE Educator and, getting to know my fellow Educators and our Team Leaders, I know that CCE Onondaga is going to bring impactful programming to Onondaga County. The other reason for believing in imminent success is our Board of Directors, a group of talented people who believe in the CCE Mission.

I see the years ahead as a challenge to Onondaga County. People have more to do with fewer resources. The fact that the citizens and communities of our great County face these challenges is the whole point of Cornell Cooperative Extension of Onondaga County...to help people to help themselves. To bring the knowledge derived at Cornell University and apply it to everyday life to solve everyday challenges. That is what we have done for the last 99 years, and that is what we will keep doing.

It is an honor to do the work of Extension.

David Skeval Executive Director

Varied Skeval

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Our Mission

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Employment and program opportunities are offered to all people, regardless of race, color, national origin, gender, or disability.



Nutrition & Food Security

Nutrition Education Programs

Empowering Residents across the lifespan to Eat Smart!



Onondaga's Nutrition Education programs are relevant, research-based and responsive to the lifestyle challenges our residents face. As many face shrinking food budgets and expanding waist lines, residents are seeking

solutions to eat healthier for less. From youth to seniors, we bring our nutrition and cooking programs to schools, community centers, churches and community gardens across the county.

Our *Eat Smart New York* nutrition education programs reach and teach a broad range of culturally, racially and ethnically diverse county residents to make healthy food choices in a challenging food environment. Our educators assisted over 500 low-income adults, families, youth and seniors to make and sustain healthful food choices while stretching limited food dollars. Each program is a series of six-eight lessons that build on the previous skills learned and engage our participants in a dialogue approach to learning. As tasting is believing...we use food and food preparation as key teaching Our collaborations with staff and educators from schools, community and civic organizations, county and city government and churches are the key to our success!

Participants lost weight, reduced blood sugar and cholesterol levels, reduced trips to the local food pantry and are enjoying outdoor activities with their children. 45 Crouse Outpatient participants reduced sugar and caffeine while embracing breakfast, walking daily and eating more vegetables!



Cooking Together for Family Meals

Bringing Families Together Around the Table

Kids chopping, cooking, and eating leafy green and dark orange vegetables to total ten or more different vegetables for dinner-how is this possible? The ten parents in our Cooking Together for Family Meals could hardly believe the transfor-



mation in their thirty-five children as youth and parents engaged together in meal preparation focusing on recipes that feature vegetables in short supply in the typical American diet. Cooking Together is a family-based cooking program that brings parents and youth together around the table, builds cooking skills, and encourages family communication-all key elements to this childhood obesity prevention program. As one Mom shared, "we are eating a lot more vegetables, my kids look forward to cooking dinner with me and eating all the food-even the vegetables they helped prepare! I trust them in the kitchen preparing food with me."





Smarter Lunchrooms

Small Changes, Big Rewards!

School lunch programs in six middle schools in Syracuse and surrounding suburbs piloted an innovative approach to nudging healthier food choices for over 3,000 students using a research model from Cornell's Food and Brand Lab. Simple changes to the school lunch line—like giving vegetable dishes creative names, moving the chocolate milk behind the white milk, and moving the healthier entrée to first in line help students by making the healthier choice the more accessible one. During 2013, the Smarter Lunchroom movement will include more school districts and include an online "Community of Practice" model to encourage and share best practices.



Helping Hands at the Grocery Store

Over 300 families gained tips to find low-cost vegetables, fruits, beans and grains to add to their shopping cart through interactive table events at area Price Chopper supermarkets. Tasty food samples provided by our Nutrition educators and interns, information to access local food assistance programs, and help finding healthy products in the grocery aisles were featured activities as part of this statewide partnership campaign.

CCE Nutrition Enhances Work- force Education at SUNY-EOC

Nutrition educators and volunteers brought local fall produce to a community wide celebration at the Equal Opportunity Center. Over 250 families and community members sampled the four specialty veggie-based recipes and registered for nutrition education workshops. Our comprehensive nutrition education program series is now integrated into their Certified Nurse's Aide Training program.



Choose Health—Food, Fun & Fitness

Supporting Healthy Living for Youth for Life

Eighty youth engaged in the Syracuse City Parks, Recreation and Youth "Fit-Kids" after-school programs with our new, research-based Cornell program the featured nutrition education program. Helping youth to engage in team work, employ math and reading skills, gain cooking skills and decision making skills are key components of the six-session series. Youth empowerment is a key component. Younger youth are mentored by older youth who help to lead the classes and act as role models for healthy living.



Agriculture & Food Systems

AGRICULTURE

We continue to reach out to all farms in Onondaga County—including dairy, crop, grazing, fruit, vegetable, hops, livestock and specialty farms. CCE's Agriculture Program not only helps with the production of food but the marketing of food as well.

The Agriculture Outreach Educator is the liaison between the producer and Campus. This is important because agriculture is an ever changing industry. Research can improve today's farming methods. The Extension educator can help farmers stay in the loop with all the new changes and progressions in the field.

Agriculture is a \$137 million industry in Onondaga County. It employs thousands of people and helps feed hundreds of thousands. Dairy is growing with all the yogurt production, and with the "Eat Local" push, many more producers are thriving. There are farms that are several generations old in our county, as well as new producers sprouting up every day. It is our mission to assist them all to be productive, efficient and thrive.

CCE Onondaga hosted its first Beef Quality Assurance Workshop in 2012, and there were 10 new BQA Certified producers in our county. The goal of BQA is to educate cattle producers on proper handling techniques, record keeping and vaccination.

The CCE Agriculture Program has a monthly segment on the local daytime program *Bridge Street*. The mission of these segments is to promote agriculture in the county. We've been able to gain exposure to thousands of homes through this forum.

Looking to the future, there are areas of agriculture with the potential to explode in productivity. One example is hops. Once a large part of our landscape in Onondaga County, there is again a demand for locally grown hops, with research behind certain varieties that will do well in Central New York. New producers are popping up throughout CNY and Onondaga County.

FOOD SYSTEMS

In 2012, the food systems group at CCE Onondaga worked to connect a new and growing market segment of ethnic and refugee communities in Syracuse with Onondaga County farmers through the production of several varieties of ethnic vegetables.

In partnership with two ethnic grocery stores, one local supermarket and individuals representing several refugee groups we identified a number of ethnic vegetables that are in demand in Syracuse and are able to be produced in Central New York. We worked with three small local farmers to plant pilot-level test plots of these vegetables. We also cataloged and profiled the vegetables to share best practices that included: how to package for sale, a full description of the product, and cooking suggestions for each vegetable. Our farmer partners had some success growing several non-traditional vegetables, including: gai lan, cilantro, batata, amaranth and fenugreek. We hope to continue this collaboration with a goal that a variety of locally grown ethnic produce will be available at several grocery stores in Syracuse and at local farm markets next year.





4-H Youth Development



4-H YOUTH DEVELOPMENT

Onondaga County 4-H Program is a "learn by doing" education program for boys and girls ages 8-19. Central to the program is the link between groups of youth and caring adult 4-H leaders. Through planned series of learning experiences, known as 4-H projects, youth gain knowledge in animals, science and technology, healthy lifestyles, and citizenship. The established focus of 4-H Clubs in the County is on dairy and equine science, with new interest in robotics. This year, members participated in local Public Presentations, a 4-H communications event, hosted at Onondaga Community College. During March, youth also competed at Horse Bonanza Day, a multi-county competition in Equine Science. 4-H dairy youth actively showed their animals in the On-Wego Holstein Show. An Expressive Arts Show and riding competitions in English, Western, Dressage and Gymkhana were held at the 4-H Youth Fair. Many 4-H members then presented their projects at the New York State Fair for review.

4-H Robotics has come to Onondaga 4-H!

4-H programs in Onondaga and Tioga Counties shared a national Lockheed Martin Corporation grant to bring 4-H Robotics curriculum and equipment to over 80 youth in their communities. 4-H Program staff received training in LEGO Mindstorms platform through support offered by the National 4-H office and Cornell

University. The learning objectives included engineering and robotics, research, leadership and communication skills. Ten Onondaga 4-H Robotic members participated in the Robotic Challenge event during the NY State Fair in the Youth Building. The Say Yes to Education summer program at McKinley-Brighton Elementary School in the Syracuse City School District was also a host site for 4-H Robotics exploration. The Science & Technology Enrichment Class of 30 youth, ages 8 to 11, demonstrated to the school community their robots and programming in a culminating event in August. The robots started a Rube Goldberg machine in motion, that teams had also built using their engineering skills.

URBAN AGRICULTURE

CCE's Urban Agriculture program brings hands-on training and education into city neighborhoods. We provided technical support for the Southwest Community Farm, mentoring a youth team to build compost bins and prepare the ground for new raised beds. We led a raised bed building workday for neighbors to establish 16 community garden plots at the Farm. CCE provided ongoing educational training for the Urban Delights Youth Farmstand Project, including plant and insect identification, crop selection/planting, harvesting, and the importance of access to fresh produce. We wrapped up the year with a series of free public workshops topics such as season extension, sheet mulching and seed saving.





Natural Resources & the Environment

WATER QUALITY EDUCATION

Stream Study Program

- Students learn hands-on the biological, physical and chemical indicators of stream health.
- Classroom studies are combined with in-stream water quality monitoring.
- 845 youth and 114 adults participated in 2012.
- 11 streams in Onondaga County were monitored.
- We continued a partnership with the Izaak Walton League's Project Watershed.



• 10 high school students, in partnership with NY Sea

Grant, were trained to identify aquatic invasives on boats entering and leaving docks at Skaneateles Lake.

- 366 participants participated in workshops and attended speaking engagements including a Landscaping for Water Quality Boat Tour.
- Over 1000 people learned how they can improve water quality in the Skaneateles Lake Watershed while visiting our table at the Lockwood Lavender Festival, Curbstone Sidewalk Festival, New York State Fair, Carpenter's Brook Sportsman's Day, and Hobbit Hollow Farm.
- The watershed education program helps the city of Syracuse to retain its water filtration avoidance waiver, so that we can continue to safely drink unfiltered water from Skaneateles Lake.

FORESTRY

CommuniTree Stewards

- 20 new Communi-Tree Stewards were trained.
- 120 trees were planted in the City of Syracuse and the Town of Fabius with volunteer assistance.
- 350 trees were pruned, watered and mulched in the Village of Jordan and the City of Syracuse.
- We celebrated Arbor Day by planting ten trees with students at Hughes Elementary School.

Save the Rain

• We assisted Onondaga County's Save the

Rain program to assess 8400 sites for their suitability to receive new street trees.

• CCE educators worked with residents to gain homeowner approval for planting 1300 of these sites.





Community Tree Buy

- We facilitated reduced cost bulk order and delivery of 307 bare root trees to 13 municipal and community groups.
- CCE purchased and assisted with the planting of 31 trees with help from trained volunteers in the Community Development eligible areas of Dewitt, Fabius, Marcellus, Manlius and Minoa.



Forestry Workshops

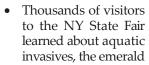
- We worked with experts from Cornell to provide a Beginner's Maple Workshop.
- We offered our Forest Resources Extension Sharing (FRESH) Workshop at Arnot Forest.
- We supported forest owners through the Master Forest Owners program.

Urban Ornithology

Youth from LACE (Latino Students, Advancement, Commitment and Excellence) worked with the Lab of Ornithology at Cornell University. The youth learned about birds in the city and helped to create new bird habitat at Lipe Art Park in Syracuse. Their involvement led to internships with the Lab of Ornithology to development multi-lingual public service announcements about birds for Nosotros Radio.



INVASIVE SPECIES EDUCATION



ash borer and Asian long-horned beetle.

- CCE educators created an informational brochure about Asian clam. In June, a resident trained by CCE to identify aquatic invasives positively identified a new infestation of Asian clam at Otisco Lake. CCE helped to report the finding and work with agency officials to further investigate.
- CCE educators offered five workshops/trainings on forest and aquatic invasive species identification, mapping and management throughout the year.
- Emerald Ash Borer Education and Outreach:
 - CCE facilitated a county-wide emerald ash borer task force to address management options and plan for the arrival of emerald ash borer. Participation involved state-wide, county-wide and local partners.
 - CCE volunteers helped with the tagging of 450 ash trees at Onondaga Lake Park to increase awareness of EAB and ash in our community.
 - CCE educators completed ash tree inventories in Baldwinsville and North Syracuse to inform their community ash tree management strategies.
 - As part of Cornell University's Wasp Watchers program CCE volunteers and educators helped to identify wasp (*Cerceris fumipennis*) colonies in Onondaga County that can be monitored as a form of biosurveillance of emerald ash borer. Volunteers monitored colonies at four sites and found no sign of EAB.





Community Horticulture

MASTER GARDENERS

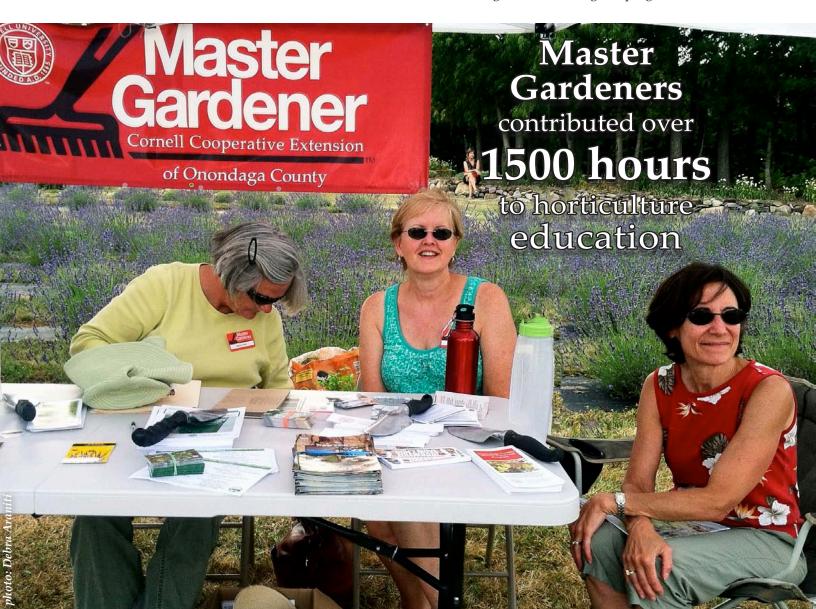
Thirty-seven Master Gardeners donated over 1500 hours assisting CCE Onondaga with our Horticulture Education program. The Horticulture Hotline and information tables at markets, festivals and the fair are the anchors of our horticulture outreach, helping to solve horticulture and pest problems.

Master Gardeners developed presentations for garden clubs and community groups on topics including: the birds and the bees, composting with worms, colonial gardens, and wildlife pests. The highlight was our fall garden workshops on pumpkins and garlic. They were timely and very well received.

St. Camillus Rehabilitation Center benefited from their help. It is very satisfying to see the pleasure that access to beautiful gardens brings to nursing home residents. The Gardeners helped with community and food pantry gardens throughout the county, including the Southwest Community Farm, helping youth and residents learn gardening skills.

Master Gardeners brought gardening to Ed Smith School via the Say Yes to Education Program. Students read about gardening and nature. They made birdhouses and rainsticks, raised worms for compost, and planted trees at their school. As a grand finale, youth made paper models to dramatize the story of the Three Sisters (corn, beans and squash) and the Native American Boy.

Delivery of programs is often short and intense for the gardeners. The background work developing those programs is the hidden work. They have represented us well and we would like to thank them for all the hard work that goes in to making our programs shine.





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Cornell University Food and Brand Lab



Cornell University Lab of Ornithology



Cornell University WaspWatchers



Jubilee Homes



Near Westside Initiative



New York State Department of Agriculture & Markets



New York State Department of Environmental Conservation



New York State Department of Labor



New York State Parks, Recreation & Historic Preservation



Onondaga County
Community Development Division
Department of Aging & Youth
Environmental Health
Health Department
Social Services Department
Water Environment Protection



Onondaga County Soil & Water Conservation District



Onondaga Lake Partnership



Project Watershed



Say Yes to Education



Syracuse Grows



Syracuse Latino students, Advancement, Commitment and Excellence (LACE)



The Pennsylvania State University



USDA Supplemental Nutrition Assistance Program



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