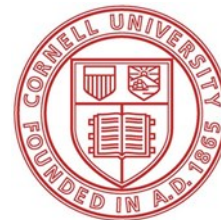
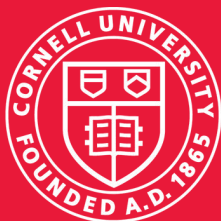


# Cornell Cooperative Extension Herkimer County



## 2023 Annual Report



### **Mission Statement:**

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

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Find us on Facebook:  
CCEHerkimer County

December 2023

### **Welcome to our 2023 Annual Report!**

We are happy to bring you our annual report summarizing a very busy year in Herkimer County. Herkimer CCE continues to enjoy having a dedicated staff and volunteer pool that are committed to delivering high impact, results oriented programs. Our programs are rooted in agriculture, youth development, nutrition and improving community health and prosperity. Herkimer CCE brings the best of Cornell University resources to educate and improve the lives of our citizens. Some highlights of our year include:

#### **4-H brings Dairy in the Classroom program to schools across Herkimer County**

This innovative agriculture based program that teaches elementary grade students about the importance of dairy farming for human nutrition and community development served 3,033 students in school districts across our region.

#### **Cultivate Herkimer local foods launches to promote our farm economy**

In June we launched an innovative new web resource so that people can find local farms and foods, learn about current issues in agriculture and nutrition and celebrate the contributions of farm families in Herkimer County. Available here: <https://cultivateherkimer.org/>

#### **Master Gardener Volunteers Build Community Gardens and Enhance the Environment**

Six county residents completed the rigorous seven-month Master Gardener Volunteer training program last Spring. They bring new enthusiasm and interest to our horticulture programs and are already helping to establish community gardens and helping county residents solve garden problems and grow their own food.

In 2024 we look forward to continuing our tradition of offering relevant and helpful information for Herkimer County residents with the help of our staff and community volunteers. You can keep track of our programs by checking in on our website, <https://blogs.cornell.edu/cceherkimer/> or Facebook page, <https://www.facebook.com/CCEHerkimerCounty>

Sincerely,

Garett D. Livermore  
Executive Director

*Building Strong and Vibrant New York Communities*

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

# 2022 Board of Directors and Committees

## Board of Directors

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 Greg Malta, Vice President (and Legislative Rep.)  
 Bernard Peplinski, Treasurer  
 Robin Whitcomb, Secretary  
 Garry Aney  
 Rebecca Cristman\*  
 Robert Drumm\*  
 Gwendolyn Miner  
 Cynthia Powers\*  
 Barry Spaulding  
 Sarah Alice Thomes\*  
 Mary Tomaso

*\*Committee Representative to Board of Directors*

## 4-H Program Committee

Stacey Day  
 Robert Drumm\*  
 Kate Hitchcock  
 Kathy Stalteri  
 Kiley Treen

## Agricultural Council

Sarah Hardy  
 Jessica Hula-Fredericks  
 Lorraine Lewandrowski  
 Bernard Peplinski  
 John Piseck  
 Cynthia Powers\*  
 Gail Rochette  
 Additional:  
 Eric Bugbee  
 Todd Heyn  
 Bryce Windecker

## Human Ecology Program Committee

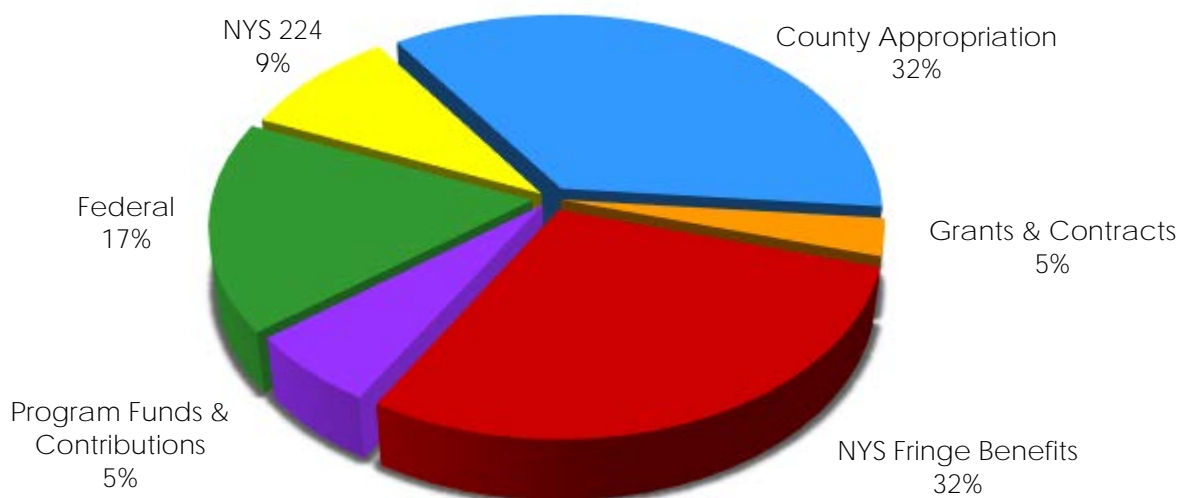
Vicki Brown  
 Rebecca Cristman\*  
 Pamela Gardinier  
 Rae Raffle-Maxson  
 Melissa Snyder  
 Sarah Alice Thomes\*

## 2023 Financial Support

Federal Smith-Lever & EFNEP Allocation	17%	\$128,850
State 224 Allocation	9%	\$ 64,604
County Appropriation	32%	\$236,600
Grants & Contracts	5%	\$ 35,212
NYS Fringe Benefits	32%	\$236,000
Other Sources	5%	\$ 38,678
<b>Total Financial Support:</b>	<b>100%</b>	<b>\$739,944</b>



**2023 CCE Annual Meeting**



# Agriculture ~ Horticulture



24<sup>th</sup> year of partnership between CCE Herkimer County, NY FarmNet, and Herkimer County Mental Health with the **Farm Family Assistance Project**.

## 2023 Herkimer County Local Foods Map



Cornell Cooperative Extension Herkimer County

The purpose of the collaboration has been to provide improved support and assistance to the Herkimer County farm community affected by the stresses of operating a farm business and farm life. Funds from the Farm Family Assistance Project helped support the printing of the 2023 **Herkimer County Local Foods Map**, as well as an information brochure to help connect agricultural workers with health promoting services.

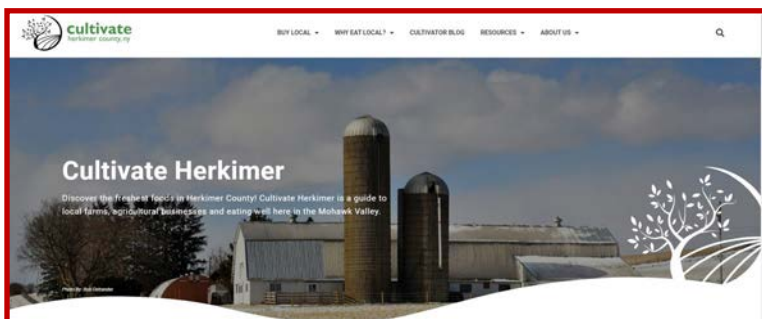


Two CCE Herkimer County staff were among the graduates from the **Master Gardener Volunteer Program Training**.



Gareth Livermore held a **Seed Starting Workshop** this spring at the CCE office.

**cultivateherkimer.org** website is a project of the Herkimer Agricultural Council which is dedicated to promoting the farm economy in Herkimer County, managed by Cornell Cooperative Extension Herkimer County. Additional support from the Community Foundation of Herkimer and Oneida Counties and the Herkimer County Industrial Development Agency made this website possible.



**Perspectives on the Opportunities and Impacts of Solar Installation in Agricultural Areas** webinar series explored the continued push for development of solar energy projects in agricultural areas of the Northeast as a collaboration between Cornell Cooperative Extension, Penn State, and Farm Bureaus of Ohio, Pennsylvania and New York, addressing the topic from multiple perspectives. You can find the recordings from this very popular series on YouTube.





# 4-H Youth Development



CCE 4-H Youth Development Program recruits students to participate in the **4-H Government Intern Program**. Special emphasis is on the participants "youth voice" in working for solutions to community issues in Herkimer County. The students meet four times in the fall, and another group of students meet four times in the spring. In addition, students travel to Albany to meet local state representatives. The program is sponsored by the Herkimer County Legislature.



**Tractor and Machinery Safety Certification** training held at the VFW in Clinton, supported by Clinton Tractor, allows 14 and 15 year-olds to legally operate tractors and machinery while off the family farm. Farm safety awareness is a major focus.



**4-H Conservation Field Day** School Enrichment Program hosted over 600 sixth grade students.



Nineteen Herkimer County 4-H families volunteered to weed and plant flowers and vegetables at the **Utica Zoo Garden** in the spring, then harvested and cleaned out the beds in the fall.



**4-H Public Presentations/ Horse Communications:**

Learning to be a good speaker is something that will be useful throughout a 4-H member's lifetime.



Herkimer County 4-H members have the chance to be a part of NY State 4-H events and opportunities. One of those events is the **State Teen Action Retreat (STAR)** at the 4-H Camp Shankitunk in Delhi, NY. Another is the **Agri-Business Career Conference** in Cobleskill.



**Animal Crackers** held at Cornell University, offered participants to learn about different species while having fun participating in a variety of interactive activities with 4-H'ers across NYS.



# 4-H Youth Development



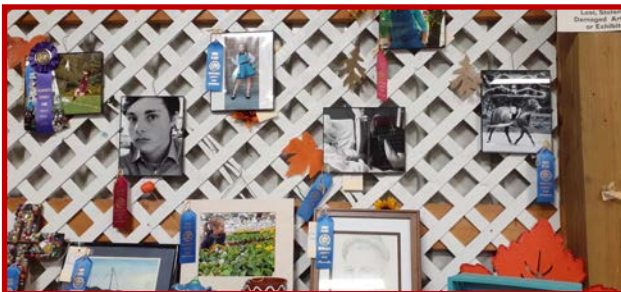
Through a grant with NY Ag in the Classroom, Herkimer County 4-H Youth Development was able to offer **Dairy in the Classroom** lessons to classrooms to over 3000 students in 152 classrooms and events this year. Farm tours at Insight Dairy provided opportunities for two schools to learn about milk production first hand.



**Veterinary Science Exploration** series was offered in collaboration with CCE Oneida County, ending with a session at the Cornell University College of Veterinary Medicine Open House in Ithaca.



Clinics included **Dairy Judging** at the Atrass Farm and **Beef** at the Hardy Family Farm.



4-H'ers showcase their animal and non-animal projects at the **Herkimer County Fair** and the **NY State Fair**!



The Annual **Farmers' Museum Jr Livestock Show** is another way Herkimer County 4-H'ers showcase their animal projects.



Herkimer County 4-H members represented NY State 4-H at the **National 4-H Livestock Judging Competition** in Louisville, KY at the North American International Livestock Exposition



The **Ag Literacy** book read to 2nd grades around the county this year was *Tomatoes for Neela* by Padma Lakshmi.





# Nutrition Education



The **Expanded Food and Nutrition Education (EFNEP)** will be known as **Building Healthy Habits** moving forward. This rebranding initiative is designed to amplify the program's visibility and extend its impact. Our Nutrition Program Educators (NPE) deliver education to low income adults as well as youth education in schools. We reached over 200 family members this past year as well as over 220 youth.



**Valerie**, who has been an educator for fifteen years with the EFNEP program, was recognized by Cornell University as #1 in the state for accuracy in collecting nutrition-related data at the recent EFNEP Fall Update.

**Diane** is a former registered dietician who has been with CCE Herkimer just over a year, and is passionate about diabetes education, which is one of the curriculums offered.



Nutrition staff were found at many Herkimer County Farmers' Markets this year as they participated in the **Farmers' Market Nutrition Program (FMNP)** outreach. WIC participants as well as low-income seniors are eligible to receive coupons to spend at participating farmers' markets and farm stands.



CCE continues sessions at **RISE Recovery Community and Outreach Center**, where nutrition education can play a crucial role in substance use prevention and intervention by addressing the interconnected factors that contribute to healthier lifestyles. Adopting a nutritious diet can positively influence mental health, potentially serving as a protective factor against substance abuse.

Outreach plays a vital role in keeping the program running. This year the NPE's visited many schools, agencies and events to spread the word about the Building Healthy Habits education opportunities.



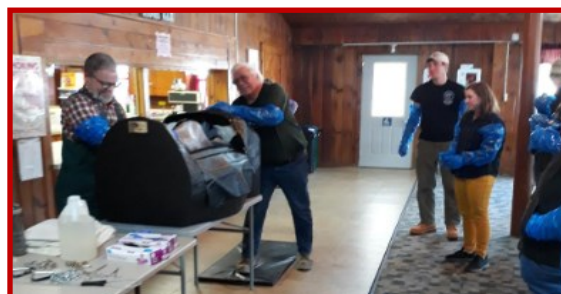
# Central New York Dairy, Livestock & Field Crops Team



Three trainings on **Mental Health First Aid** were taught. Participants included first responders, industry professionals and producers who learned the signs and symptoms of mental health and how to approach and assist those experiencing a mental health challenge.



The CNYDLFC team held a **Calving & Dystocia Workshop** for both English and Spanish speaking participants using a “model cow & calf” to depict various difficult birth situations and how to manage them. Participants had the opportunity to practice various situations, gaining knowledge through class/lecture and hands on learning.



The Team organized an **Artificial Insemination (AI)** training for cattle at Insight Dairy, LLC. which featured a classroom session covering the intricacies of reproduction as well as a full day of hands-on training with live cattle, aiming to equip the attendees with the skills to perform AI and understand the key steps for success.



**Dave Balbian** retired as the CNYDLFC Team Dairy Management Specialist after over 30 years with CCE!



The team conducted weekly **first cutting alfalfa monitoring** this spring on fifty fields across providing producers with detailed optimal harvest dates for lactating cow forage quality.



**2023 Dairy Day** event had a record number of attendees this year. Rather than new research information, two local dairies presented information on how they achieve a high level of productivity using 2X milking. They also heard information on economics, and from nutritionists and veterinarians.

Initial data and forage analyses were collected for the NYFVI project. A summer meeting addressed project goals, explained forage analysis interpretation, and reviewed preliminary data. The focus was on assessing how varying forage quality impacts growth rates and cost per pound of gain.



# Cornell Cooperative Extension Herkimer County Staff

**Garet D. Livermore**

*Executive Director / Agriculture Issues Leader*

**Jennifer Collins**

*4-H Youth Development / Program Manager*

**Wendy Richardson**

*4-H Program Educator*

**Cameron Burke**

*Nutrition Program Leader / Local Foods*

**Veronique Stormes**

*Finance Administrator*

**Barbara Johnson**

*Administrative Assistant*

**Mary Franklin**

*Administrative Assistant*

**Valerie Pettengill**

*Nutrition Program Educator: EFNEP*

**Diane Ford**

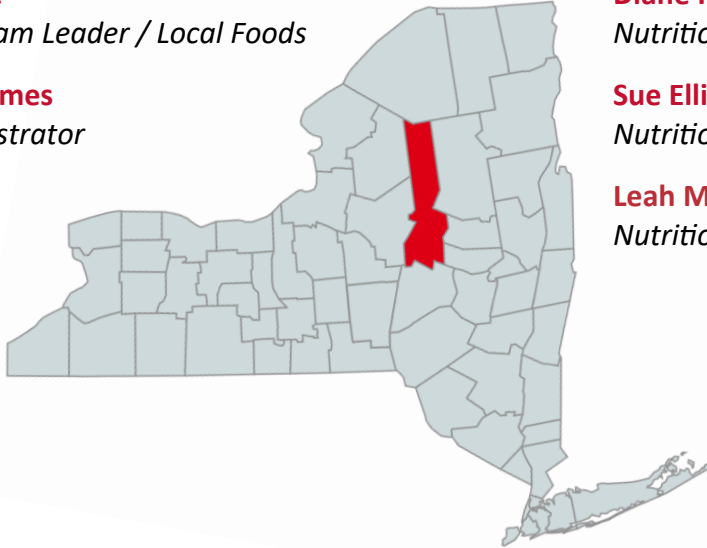
*Nutrition Program Educator: EFNEP*

**Sue Elliott**

*Nutrition Program Educator: SNAP-Ed*

**Leah McCaskey**

*Nutrition Program Educator: SNAP-Ed*



**Central New York Dairy, Livestock and Field Crops Team, a regional partnership between Cornell University and the CCE Associations in Chenango, Fulton, Herkimer, Madison, Montgomery, Otsego, Saratoga and Schoharie Counties:**

**Nicole Tommell**

*Team Leader / Farm Business Management Specialist*

**Ashley McFarland**

*Livestock Specialist*

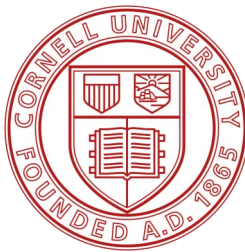
**Erik Smith**

*Field Crops Specialist*

## Cornell Cooperative Extension (CCE) Herkimer County

**Your Source for Information on  
Agriculture, Nutrition, 4-H**

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