



# Helping you put research knowledge to work.

Welcome to our 2010 Annual Report. Cornell Cooperative Extension has had county and statewide impact this past year in our youth, adult, senior, agriculture, and low income populations hitting residents in every town in Wayne County.

In the last month we celebrated the completion of the Eat Well Play Hard grant with presentations of organizations and schools impacted by the program, including huge accomplishments in the Lyons School District (see impacts on next page). Not only are students getting physical activity throughout the day, but teachers have reported less classroom problems from unruly students!

Our agriculture teams remain strong as we use shared services across a nine county area with access to more than 16 staff who have advanced degrees and are able to accomplish field research with Cornell faculty. Staff have provided education to growers to increase income in high tunnel systems (non heated greenhouses) and high density apple plantings, as two examples of the many projects our agriculture specialists share with growers.

In the coming year, several Finger Lakes counties are working together for shared business systems in Cooperative Extension Offices, where staff are working together to gain and share expertise in areas such as HR, accounting, regulations, purchasing, etc. When all the offices only have 1 person to cover all these business functions, specialization can be difficult. By sharing expertise across counties we can improve our operations and reduce expenses.

Our new shared 4-H program is moving full steam ahead with the hiring of a 4-H and Youth Development Issues Leader, Amie Cressman. She has been working hard on securing additional grant dollars, meeting with volunteers and planning for the future. We are confident that this Lake Plains 4-H Program will become a model for the state!

If you have any comments, please do not hesitate to contact a staff member or member of our board of directors, both listings can be found on our website: <http://ccewayne.org>

Carol Merrell  
*President, Board of Directors*

Elizabeth A. Claypoole  
*Executive Director*

## 2010 Annual Report

<b>Income:</b>	
County	\$424,647
State and Federal	\$78,711
State Fringe Benefits	\$128,055
Contributions	\$16,949
Grants	\$290,824
Program Fees, Fund Raising and Other Income	\$56,878
Total	\$996,064

<b>Expenses:</b>	
Salary and Wages	\$481,460
Employee Benefits and Employee Training	\$150,629
Specialist Support	\$166,241
Building and Grounds	\$42,851
Program Expenses	\$154,883
Total	\$996,064

## 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.

### Our Educational Focus:

- Strengthening the economic and social vitality of communities.
- Developing the competence and character of youth and adults in families and communities.
- Empowering individuals and enterprises in agriculture and food systems to thrive.
- Improving the quality and sustainability of human environments and natural resources.
- Improving the health, nutrition, and safety of communities and individuals.

**Address & Directions**  
**Cornell Cooperative Extension Wayne County** is located at: 1581 Rt 88N Newark, NY 14513. You can reach us by phone at 315-331-8415. Easy to find, we are located at the corner of Hydesville Rd and Rt 88. Just follow Rt 88N at the intersection of Rt 31 and Rt 88 in the center of the village of Newark. We are a one story gray building located about 1 mile north of the intersection on the west side of Rt 88.

CORNELL COOPERATIVE EXTENSION  
OF WAYNE COUNTY  
1581 State Route 88 North  
Newark, NY 14513

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# Woodlot Management is Growing Concern in Wayne County

A new project of the Master Gardener Volunteer Team has been developing the Master Forest Owner Program in Wayne County and providing training for potential volunteers and information on woodlot management to land owners. This past year over 20 Wayne County Woodlot owners attend the first workshop ever offered in Wayne County.

Wayne County Master Gardener and Master Forest Owner volunteers worked with DEC and NYSFOA to present a workshop that included information about main threats to woodlots, both human and natural, what owners could do to combat them; and how to maintain healthy and productive woodlots. Topics included how to protect your woodlot from timber theft and poor logging practices, how to recognize various invasive species and the effects they can have on a woodlot and how to develop a long term management plan that can potentially

improve woodlots for future generations.

Attendees of the workshop left with a better understanding of proper silviculture practices aimed toward protecting and enhancing woodlots and skills that will help them make good woodlot management decisions resulting in healthy woodlots with improved production.

Attendees of this workshop requested a second workshop. As a result a second workshop emphasizing three areas: safety, silviculture, and technique is planned. Participants will be able to learn how to inspect equipment and tools, utilize safe practices, understand basic silvicultural principles, and make appropriate tree selection choices for multiple ownership objectives. Participants will also learn how to create a felling plan, observe directional felling techniques and observe and discuss the use of an ATV and arch for moving sawlogs and firewood.



## 4-H Helps Young Entrepreneurs Sow Success

Entrepreneurship is a combination of skill and spirit –the skill to start and manage a successful business and the spirit of creativity and risk-taking to actually do it. Cornell Cooperative Extension of Wayne County is proud to work with several young entrepreneurs in our 4-H Youth Development program. 4-H gives youth the opportunity to explore their interests and develop new skills through experiential learning and connections to the practical knowledge they need.

Michael Verstrate, a high school junior, has capitalized on the localvore movement. He raises Angus steers to market and sell as high quality, grass-fed beef to local families who want to know where their meat comes from and make sure the animals are properly treated. His business, now eight steers, started as a single animal and 4-H project. 4-H provided him with the experience he needed and connected him to local experts.

Heather Calmes, a 4-H leader and alumna, took over the family horse farm, Valley Stead Farms, in 2004 following her mother’s death. Drawing from everything she learned from her mother and 4-H, Heather teaches riding lessons and trains and shows horses. Her success –including expanding the farm—is the best tribute she could give her mother.

Garrett Williams, a sixth grader, grows vegetables on one acre of land that his father set aside for him. He dutifully cares for his garden—and his work pays off! Garrett sells his produce at three farmers’ markets each week in the summer. Even after the cost of renting a van and paying his cousin to drive, he still nets a considerable profit.

Through 4-H, youth gain skills valuable to whatever they choose to do –including starting a business. The 4-H motto is to make the best better, and in growing their businesses, these 4-Hers are definitely living that motto.

## Agricultural Specialists and Workshops Available to All

If you own any land, or grow any animal or crop for sale, you need to get connected with Cornell Cooperative Extension Regional Agriculture Teams! Wayne County residents have access to three separate and very specialized teams. The



Lake Ontario Fruit Team covers all tree and berry crops, The Cornell Vegetable Team covers all types of vegetables (which

include vine crops like melons), and the NWNY Dairy, Livestock and Field Crops Team covers just about everything else!

These teams offer monthly newsletters year round and special weekly newsletters during the growing season to help you in pest treatment and control. During the winter months many workshops and conferences take place on every topic from new varieties, pest management, land protection, labor regulations, quality control, and animal nutrition. During the spring, farm tours and on farm demonstrations are held. In the summer, you and your farm may even be able to participate in on farm research trials in which the teams collaborate with Cornell faculty.

Get in the know – check out our Agriculture Specialist website found under the “Agriculture” page at <http://www.ccewayne.org>



**Got Plants?  
Got Questions?**  
Call our Gardening Hotline  
(315) 331-8415 ext. 107.

During the winter months the Master Gardeners will continue to answer your

horticultural questions via phone or e-mail. Please leave us a voicemail message at (315)331-8415 ext. 107 or e-mail your question to [mgwayne@cornell.edu](mailto:mgwayne@cornell.edu). Remember to include a daytime number where we can reach you.

Each year, we are asked many questions about vegetables, perennials, annual flowers, houseplants, lawn care, and trees and shrubs. Questions are often about insect pests, plant disease id and what to do for control. In addition we give recommendations for control of insect pests and nuisance wildlife around/in your home.



# Cornell Cooperative Extension Educators Impacted Wayne County Residents by

**...improved access to healthy foods and physical activity for young children** in four child care centers/pre-schools. CCE's Eat Well Play Hard educators worked closely with the directors and staff of The Tot Spot, Creative Environment Day Care, Little Wonders Kid Center and St. Anne's Family Resource Center to implement practice and policy changes to reflect national standards in best practices. The project reached 500 young children.

**...increased healthy eating** of 242 adults from Eat Smart NY (impacting 1,103 family members) with 66% demonstrating adoption of recommended nutrition practices, 80% food safety practices, 62% food management skills and 59% physical activity practices.

**...improved high tunnel profits for growers.** Vegetable specialist worked with a cooperating farmer to maximize the economic return of their high tunnels. Tomatoes were transplanted in mid-April, and the petunias were potted into 12-inch hanging baskets, then spaced at a low density above the tomato crop. By June the flower baskets were sold and the tomatoes were starting to ripen. While we are still processing data, it looks like we can add \$1500-2000 dollars revenue per 120 ft tunnel and avoid chemical pesticides.

**...prevented soybean losses due to effective scouting techniques presented to growers.** Identified economic threshold levels of soybean aphids in fields during educational workshop on growing soybeans. Growers admitted that they would not have sprayed without this knowledge. Could have resulted in loss of \$50-\$80 an acre. Total losses of \$378,000 prevented for workshop participants.

**...prevented early maturing crops to go unpicked.** How do you manage a crop when it ripens early in 2010? Specialists provide the 'Apple Maturity Report', a weekly guide of both pear and apple ripening indexes of many varieties so growers and storage operators can determine the best harvest dates. Harvesting McIntosh one week late can result in fruit being diverted to process markets rather than fresh markets at a loss of \$84 per bin or \$4,200 per acre in a high density planting system.

**...increased physical activity of youth at Lyons Elementary School** by awarding a mini-grant to the Physical Education department to purchase "Take 10!" binders for each classroom. Teachers lead children in 10 minute physical activity breaks that support language arts, social studies, math and science. Eat Well Play Hard funds made possible from the NYS Department of Health were matched with funds from the Lyons Central School District to make this possible.



Rena Haigh, Executive director of Creative Environments, accepting award for completion of healthy child care project.



First to complete all 16 trails!  
Congratulations Debbie Wagner!

**...certifying 30 beef operators in the Beef Quality Assurance Program** through educational workshops offered by CCE ag specialists. Participants are now aware of the formulations and proper handling of vaccines, housing, feed, and nutritional needs of cattle, ensuring a safe supply of beef for consumers.

**...reduced the damage of pests in apples from 20% to less than 1%** by implementing insect sex pheromones and improving spray timing to reduce the mating potential of codling moth and oriental fruit moth. This results in a potential increase in income of over \$400 per acre for a high yielding Idared block.

**...engaged growers to implement more productive rootstocks and planting systems.** Growers break even in 10 years in new production systems with better fruit yields and quality compared to 15 years using low density systems. Process apple growers can break even in 21 years at 670 trees per acre versus breaking even in year 28 at 156 trees per acre.

**...increased independent cooking skills** of 98% of the 128 youth, 9 to 16 years old, who participated in the "Cooking Up Fun, Vary Your Veggies" project

**...fueled an increase in winter farm markets.** This project provides much needed information for farmers who are looking to tap into new winter farmers market or winter CSAs that are gaining popularity in the state. Growers have stated they are looking for production information and evaluation of new and old varieties that will fit the rigors of storage and winter conditions. Farmers want varieties that taste good and appeal to consumers. Plantings of beets, turnips, rutabagas, winter radishes, parsnips, and salsify were tested in 2009

**...improved use of onion insecticides.** Due to on farm research of the vegetable team it was determined that the efficacy of onion insecticides was reduced by 50% when used with a spreader-sticker found in Bravo Weatherstik, a finding which could have severe consequences for the crop. It is critical that the onion industry understand how to achieve the most effective and economical control of onion insects and disease

**...increased use of trails in Wayne County** by distributing 10,000 Passports to Family Wellness. The Passports include descriptions of 16 trails that were mapped by Trail Works. Wegman's funded the printing of the passport, incentives and the grand prize. Local resident, Donna Blondell, wrote to us, "While the actual hiking of trails is not new to our family, hiking trails in Wayne County is and if it wasn't for the Passport program none of us would have discovered many of our local gems!" New Passports are available from town halls, libraries and CCE.

## NEW! "The Emerald Ash Borer and Your Ash Trees"



"The Emerald Ash Borer and Your Ash Trees" presentation will be available to groups in Wayne County in 2011. During this presentation you'll learn how to identify ash trees and symptoms of EAB infestation. You'll also learn about management options so you can make informed decisions including pesticide treatment or removal and replacement. Please call to get on our schedule.

## Calling All Garden Enthusiasts!

Would you like a gardening presentation or information about our Master Gardener Program? For information about becoming a Master Gardener Volunteer or to schedule gardening presentations for your group or school contact the Wayne County Master Gardeners at (315) 331-8415 Ext. 107 or E-mail: MGWayne@Cornell.edu





# Activities Calendar

## From Nov 2010 - Feb 2011

**Diabetes Health Fair** on **November 10, 2010** from 4:00 to 7:00 pm at the Palmyra Town Hall, Route 21 South, Palmyra. The featured speaker is Dr. Zachary Freedman, endocrinologist from GHS Endo-Diabetes.

**4-H Leader Trainings** – Mandatory for all 4-H leaders to come and learn about updates & changes to the New York State 4-H program for this year. Focus on ages and stages and how to select projects appropriate for different age groups. Plus, cool new project idea to take home with you! **6:30-8pm November 10** – CCE Wayne or **November 17** CCE Monroe.

**Cooking with Miss Daisy**, come to Save-A-Lot grocery store in Newark to taste samples of low-cost and tasty recipes from noon to 2:00 pm on **November 12, December 3, 2010 and January 7, 2011.**

**Ag Career Camps** – CCE 4-H Educators are sponsoring a series of one-day (9am-3pm) agricultural career ‘camps’ for young adults in 7th-12th grades to be held on one Saturday each month during the 2010-2011 school year. Each month one county in the five-county region will host a food & agricultural career day session, focusing specifically on career fields in our region with in-depth, hands-on activities. Next session is **November 13 – Cows, Cuts & Spuds, visit website [ccewayne.org](http://ccewayne.org) for more info.**

**4-H Holiday Special** – Come and create a series of decorations that will make your home festive for late fall and winter. **November 13** at the CCE office in Newark. We are currently seeking new creative workshops for this year. If your club would like to share a favorite activity, please contact Margo [mcd25@cornell.edu](mailto:mcd25@cornell.edu) or 585-461-1000.

**Holiday Greens Workshop** – Join the Wayne County Master Gardeners on Saturday, **November 27, 2010** from 9:00 AM – Noon at Casey Park, Ontario. Pre-registration by November 12 is required by calling 315-331-8415. Participants make a fresh wreath, an evergreen swag, and a 15 inch tall tabletop tree or centerpiece.

**“Save Energy, Save Dollars”** a two hour workshop sponsored by NYSERDA and presented by Cornell Cooperative Extension, provides practical skills and tools to home owners and renters. Registration required by calling 315-331-8415, ext. 114: **January 10, February 7 or March 6 from 6:00 to 8:00 pm at Cornell Cooperative Extension OR January 4, February 1 or March 1 from 1:00 to 3:00 pm at Finger Lakes Works in Lyons.**

**Exploring the Small Farm Dream – webinar.** Later this winter an online workshop will be facilitated by Beth Claypoole and other Cornell faculty for those wishing to start a farm. Specific dates were unavailable at press time but please contact [eac9@cornell.edu](mailto:eac9@cornell.edu) if you are interested for future workshops communication.

**Steps to a Healthier You...** if you want to manage your weight, have more energy, and prepare your favorite meals in a healthy way. Eligible to join this series if you receive Food Stamps, HEAP, WIC, Medicaid, SSI free or reduced school meals; **Thursdays from 2:00 to 3:30 pm from January 6 to February 24** at Cornell Cooperative Extension. Call 331-8415, ext. 108 to register. This is an Eat Smart NY program

**4-H Public Presentations** – A GREAT way to learn how to speak in front of others, gain confidence, help with school and your future! 4-H Public Presentations is fun from age 5 to 19! It’s the number one program 4-H alumni share that helped them the most to gain educational, career and life skills. Presentation Workshops: **Saturday, January 8th** CCE Wayne and **Wednesday, January 12th** at CCE Monroe. Public Presentations events will take place on: **February 16** – Public Presentations – Monroe CCE, **February 19** – Public Presentations – Wayne CCE, **February 26** – Public Presentations – Monroe CCE, **February 28** – Public Presentations – Wayne CCE.

**FL Corn Congress is January 13** at Holiday Inn - Waterloo, opportunity to hear new research and gain credits for certified pesticide applicator license.

**FL Soybean/Small Grains Congress is February 10** at Holiday Inn - Waterloo, opportunity to learn from other soybean growers and researchers from around the state. Pesticide credits also available.

**Grocery Store Tours** at Loson’s Big M in Lyons to learn how to choose the best products for shoppers watching calories, fat, sugar or salt. Meet at the service desk on either **February 14 or 21 at 10:00 am** for an hour tour. Call 331-8415, ext. 203 to register for a grocery store tour. This is an Eat Smart NY program.

**Pregnant and breastfeeding mothers** – ongoing support, information and groups, call 331-8415, ext. 205.

# Ag Career Camps Offered for Wayne County Youth

The Cornell Cooperative Extension 4-H Educators in the five county region are sponsoring a series of one-day (9am-3pm) agricultural career ‘camps’ for young adults in 7th-12th grades to be held on one Saturday each month during the 2010-2011 school year. Each month one county in the five-county region will host a food & agricultural career day session, focusing specifically on career fields in our region. Each event will be in-depth, hands-on activities allowing participants to get a good feel for careers in one aspect of the agriculture industry specific to that county. More information is available through Amy, [anr32@cornell.edu](mailto:anr32@cornell.edu), Beth [eac9@cornell.edu](mailto:eac9@cornell.edu) or Margo [mcd25@cornell.edu](mailto:mcd25@cornell.edu). Cost is \$50 for all six sessions or \$10/session! Come join the fun!

**November 13: Cows, Cuts & Spuds** Steuben county – Visit a rotating parlor and learn how it has Increased milk production and visit a gourmet potato business.

**February 5: Greenhouse and Gears** Genesee County – Learn how to grow tomatoes all year round explore new specialized farm equipment and machinery.

**February 26: Into the Laboratory** Ontario County – Explore first hand what it’s like to look at cells under high powered microscopes and work along side Cornell Scientists.



Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.