

CORNELL

# Cooperative Extension

Tompkins County

Linking

Teaching  
Discovering

Applying

Timely

# People

Understanding

Informing

Strengthening

# Hands On

Adults

Families

Research

Involving

# Learning

Engaging

Training

Experience

# Community

Preparing

Partnering

Youth

Opportunities

Individuals

# 2003-2004

[cctompkins.org](http://cctompkins.org)

Dear Friends and Supporters of Cooperative Extension:

I am delighted to write today to bring you up to date on what *your* Cooperative Extension Association is accomplishing here in Tompkins County.

I hope that you will be pleased with the many useful and interesting programs that we bring to residents in towns all across our county, and that you may find among the following pages something new -- a class, workshop, or volunteer opportunity -- that will inspire your interest and encourage your further involvement in the work that we do.

County tax dollars provide a portion of our annual support and it is fitting that many of the offerings described herein help to promote our local economy, improve the quality of life for residents, or deliver contracted services that would be far more costly for the County to provide.

Cornell Cooperative Extension of Tompkins County (CCE-Tompkins) consistently delivers programs efficiently and at low cost, using County funds to match and attract other grants and contracts that multiply what we can accomplish with local tax dollars. Cooperative Extension, by our own calculations, saves the County an amount approximately equal to that which we receive in funding from it annually.

But perhaps our greatest resource is the people who support this work. *More than 2100 volunteers give an equivalent of 35 years of time annually* to programs such as 4-H, Master Composters, Consumer Help Line, Master Gardeners, to our board and program committees, and more.

It truly is your involvement and input that make Cooperative Extension's programs strong, and ensure that they reflect and respond to the needs of all citizens in Tompkins County.

If you haven't done so lately, I encourage you to visit our Education Center at 615 Willow Avenue, attend a board meeting, acquire a new skill through a class or workshop, or come and share your expertise as a volunteer. There's a lot going on at CCE-Tompkins, and there's a place for you in what we do!

Sincerely,



Kenneth J. Schlather  
Executive Director

**Our Mission:**  
To strengthen youth, adults, families and communities  
through learning partnerships that put knowledge to work.

# Board of Directors & Program Advisory Committees 2003-2004

Duane Shoen, President 2003  
 Rere Hassett, Pres. 2004 (*Deceased*)  
 Richard Coogan, Vice/President 2004  
 Joe King, Treasurer  
 Josephine Allen, 2004  
 Jim Mason, 2003  
 Kay Obendorf, 2003  
 Robin Schuttenberg, 2004  
 Ron Space, Sr., 2003  
 Martha Robertson, TC Legislator  
 Thomas Todd, TC Legislator  
 George Preston, State Representative

## Personnel

Chris Ashdown, 2004  
 Jeff Boles  
 Richard Coogan  
 Marian Deats, 2004  
 Steve Griffin  
 Shirley Jalso, 2003  
 Pamela Markham, 2003  
 Kay Obendorf, 2003  
 Lyle Raymond, 2003  
 Elizabeth Wolf, 2004

## Facilities Improvement

Deb Bush  
 Diane Hardy, 2004  
 Satomi Hill, 2003  
 Bob Hunt, 2003  
 Ron Space, Sr., 2003  
 Tom Todd, 2004  
 George Trutt, 2004  
 Dan Winch

## Strategic Planning

Josephine Allen  
 LeGrace Benson, 2003  
 Jeff Boles  
 Susan Durnford  
 John Fleming, 2004  
 Don Funke  
 Rere Hassett (*Deceased*)  
 Carolee Hughes, 2004  
 Jeanne Lawless  
 Susan Monagan  
 Kristina Nance  
 Ronda Porras, 2003  
 Ron Space, Sr., 2003

## Finance

Cathy Benson, 2004  
 Chaw Chang  
 Jeff Ketcham, 2003  
 Joe King  
 Paddy Redihan, 2004  
 Laura Shipman, 2004  
 Duane Shoen, 2003

## Nominating

Louise Raimondo  
 Carol Usefara  
 Tilly Garnett  
 Mary Harper, 2003  
 Mary Hicks  
 Teresa Robinson, 2004  
 Marie Vitucci, 2003

## Development

Cindy Noble  
 Mike May  
 Nelson Mead  
 Mary Harper  
 Jim Mason  
 John Sterling  
 Duane Shoen

# Friends of Extension

## 4-H Youth Development

Cyndi Brookhouse  
 Jeff Boles  
 Steve Colt, 2004  
 Susan Durnford  
 Tilly Garnett  
 Andri Goncarovs, 2003  
 Gabe Jerome, 2003  
 Pamela Markham  
 Robin Schuttenberg, 2003\*  
 Laura Shipman, 2004\*  
 George Trutt, Jr.\*  
 Marcia Wyant, 2003

## Agriculture & Environment

Christine Ashdown, 2004\*  
 LeGrace Benson, 2003\*  
 Dan Cerretani  
 Chaw Chang  
 Dan Carey  
 Heather Clark, 2004  
 John Fleming, 2004  
 Mary Jo Kelly, 2004  
 Cathy Kessler, 2003  
 KarenLee Marquis  
 Louise Raimondo  
 Lyle Raymond, 2003  
 Dan Winch\*

## Consumer & Financial Education

Catherine Benson, 2004  
 Marian Deats  
 Don Funke  
 Diane Hardy  
 Carolee Hughes\*  
 Bob Hunt, 2003  
 Shirley Jalso\*  
 Joe King, 2003\*  
 Raquel Mercado, 2003  
 Theresa Olaf-Bennett, 2004  
 Ronda Porras, 2003  
 Carol Usefara

## Family & Community Development

Christine Barksdale, 2004\*  
 Dee Cooper, 2003  
 Satomi Hill, 2003  
 Beth Jenkins, 2004\*  
 Susan Monagan, 2004  
 Kristina Nance  
 Teri Reinemann, 2003\*, 2004  
 Teresa Robinson  
 Chris Sanchirico, 2003\*  
 Marie Vitucci, 2003  
 Elizabeth Wolff, 2004



## Nutrition, Health & Safety

Joan Barber, 2003  
 Pastor Ronald Benson, 2004  
 Alison Buell  
 Deb Bush  
 Bonita Davis, 2004  
 Ardyth Gillespie\*  
 Steve Griffin\*  
 Mary Hicks  
 Jeffery Ketcham, 2003  
 Jeanne Lawless  
 Cherie Newell, 2003  
 Paddy Redihan

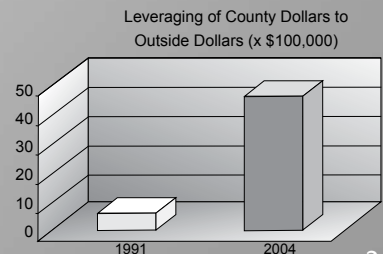
2004 "Friends of Extension," from left, Dianne Walter, Shirley Rockhill, Kenneth Robinson and Susie Hatch. Ruth Juracka was not present.

\*Board Liaison

## Leveraging Funds with County Dollars

In 2004, each Tompkins County tax dollar used to fund CCE-Tompkins grew to nearly 8 dollars in matching state, federal, volunteer, and fund-raising resources. For the \$588,580 allocated

to CCE-Tompkins in 2004, Tompkins County provided **over 5 million dollars in educational resources**. This is an increase of more than 8-fold from 1991.





# Nutrition Program is First Choice for Fun

Rising childhood obesity rates are alarming to parents and public health officials alike. Healthier food choices can help to reverse this trend, yet knowing about “good nutrition” alone is not enough to ensure that children or adults will make nutritionally sound choices. For the past three years, at the Beverly J. Martin Elementary afterschool program, CCE-Tompkins has been reaching youth with a fun, hands-on program that teaches them how to prepare a variety of tasty, nutritious foods – perhaps heading off future weight problems as well.

During Fall 2004, 5 boys and 13 girls in the BJM afterschool program chose *Cooking Up Fun!* as an activity they wanted to take part in for 6 weeks, 2 hours per week.

Lead by Nutrition Program Educators from CCE-Tompkins, each youngster prepared an entire recipe in each class.

Youth learned about healthy eating by making foods that they wanted to eat. Many youth in the school – which has a 93% free and reduced lunch rate – come from low-income households with limited food budgets. For this reason, the easy and nutritious snacks prepared by the youngsters emphasized use of common grocery items that could be found at home, and included whole grain pancakes, pita pizzas, cheese quesadillas and apple crisp.

One measure of the program’s success was reports of some youth preparing class recipes for their families at home. Children also gained confidence, as well as increased their skills in measuring, knife handling, using the oven, and washing dishes. Data from earlier sessions show that 71% of the children learned new skills, 68% said they would make the recipes again, and 62% percent said that they could teach a friend to make the recipes.

*Cooking Up Fun!* was developed by Patricia Thonney, Extension Associate in Nutrition Education in Communities program at Cornell University to teach youth food preparation and food decision-making skills. Instructors are encouraged to include young people in planning each session; to create conversations about food by asking open-ended questions that promote thinking skills; and to be flexible in meeting the unexpected needs or interests of youth. The instructors and youth also are encouraged to relax and have fun, which is evident if you visit BJM any afternoon that the program is in session.

*Cooking Up Fun!* lives up to its name, and many other local youth programs have asked for the program. An obstacle that CCE-Tompkins encounters is that collaborating afterschool and summer youth programs often want to put more children in the group than can be reasonably accommodated. The curriculum works best with groups of 6 to 8 children because children need plenty of adult supervision when they are reading recipes and using knives. Explaining the program and its results in detail, and being willing to teach additional groups so that all interested children can be served has been helpful in overcoming this barrier.



## Kid’s Harvest Festival

Now in its 5th year, the Kid’s Harvest Festival celebrates our local fall harvest by introducing youngsters to a variety of seasonal vegetables and fruits. Held in the parking lot of the Hancock Avenue P&C, this free event attracts families from the Northside neighborhood and beyond for games, activities and samples of nutritious foods they can make at home. Above, Marilyn Ford and granddaughter Equasia Griffin make “Peanut Butter Spiders” at the 2004 Festival.

# Seniors Grow Healthier Through *Eat Smart NY*

“Eileen” is a 67-yr. old woman who finds it a challenge to create healthy, nutritious meals within her limited income. When she first came to the *Eat Smart New York* (ESNY) nutrition education programs offered by CCE-Tompkins, Eileen wondered whether improving her eating habits could also improve her health. She enrolled first in a six-week class through Operation Frontline, then later in the Trumansburg Senior Cooking Club that met once a month for twelve months.

In these programs, Eileen and other low-income seniors gained an awareness of what is needed for wholesome, nutritious eating, and also learned how to prepare healthy meals with limited funds. The ESNY instructor provided them with budgeting lessons and economical recipes, making healthy eating a realistic option for these low-income individuals. The Methodist Church of Ulysses provided space for the classes, and the Operation Frontline series was a collaboration with the Food Bank of the Southern Tier and a volunteer chef. Eileen since has included more fiber in her diet by purchasing only whole wheat bread and brown rice, rather than white. She now uses olive oil instead of other fats and oils. She tried tofu in a class and found that she liked it and now she uses it in some recipes.

After a year of classes and applying their lessons each day, Eileen talks with excitement about how her newfound knowledge has changed her life. She reports that her cholesterol and blood sugar levels have decreased significantly, saying that they have “basically been lowered by my diet,” and says how much better she feels. Eileen says that her doctor is amazed at how much healthier she is today.

Eileen often cares for her young grandchildren and feeds them the nutritious foods that she now eats. To their

family’s surprise, the children enjoy these foods, including ones that are new to them. Eileen is teaching her grandchildren other new skills, relating how they read labels all the time now when they go shopping, even with their mother.

Eileen’s limited income also made it difficult for her to afford several prescription medications. Her Nutrition Program Educator introduced the Food Stamp Program in a positive light, and shared information on how much even the minimum Food Stamp benefit could increase food resources, helping to combat Eileen’s reluctance to apply for “charity.”

Many people believe incorrectly that only welfare recipients may apply for food stamps. In reality, many seniors also qualify for food stamps. Participants receive their food stamp benefits through an ATM-like debit card. A single elderly person can get up to \$1,788 a year in food stamps, depending on income and expenses. Greater food stamp benefits are available to people with high housing or medical costs, including homemaker and personal care services.

Although Eileen was hesitant to apply because she did not want to go to the DSS office, she overcame her reluctance, qualified for Food Stamps, and is now a program recipient. Eileen also has become a more informed consumer and now looks for ways to reduce the costs of her food and prescriptions.

Seniors interested in *Eat Smart New York* classes in Tompkins County should call 272-2292.

## Our Staff Nutrition, Health & Safety

Helen Howard  
Regional Nutrition Program  
Coordinator, EFNEP

Heather Bastian  
EFNEP Nutrition  
Program Educator, 2004

Tina Foster  
EFNEP Nutrition  
Program Educator

Jean Freese Popowitch  
EFNEP Nutrition  
Program Educator

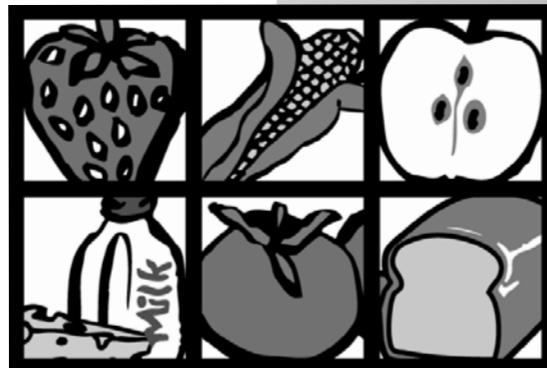
Ami Melendez  
EFNEP Nutrition  
Program Educator

Stacy Ntombela  
EFNEP Nutrition  
Program Educator, 2004

David Parker  
EFNEP Nutrition  
Program Educator, 2003

Yvonne Wilcox  
EFNEP Nutrition  
Program Educator

## Eat Smart New York!

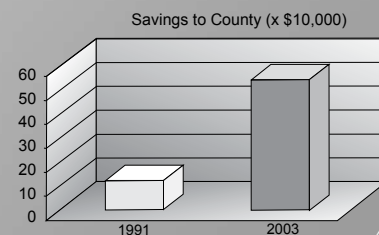


# ESNY

## Savings to County

As budgets get tighter and funds harder to come by, CCE-Tompkins strives to find ways to become more efficient as an organization. More importantly, our programming and mission are designed to **build stronger communities, strengthen**

**individuals and families and prepare youth for a vibrant future.** These forces have contributed to our local economy in measurable ways and to the county government budget bottom line, over \$500,000, about equal to our appropriation.



# Youth Connect with Cycles of Nature

*Primitive Pursuits* is a unique environmental education program in which youth learn about nature through close observation and hands-on activities involving traditional wilderness skills. The guiding concept of the program is that, through exploration of ancestral skills and nature awareness, students gain experiences that increase their self-confidence and also lead them to a closer connection with the cycles of life around them.

*Primitive Pursuits* began as an afterschool program in 1998 when David Hall, a Rural Youth Services Program Manager for CCE-Tompkins, decided to share his longstanding interest in the natural world. Hall offered wilderness survival skills to Dryden Junior High School students. The program was instantly popular, and he soon started bringing in other instructors from a small community of wilderness skills enthusiasts who had all been inspired by the teachings of Tom Brown, Jr. of the Tracker School,

and Jon Young, founder of The Wilderness Awareness School.

Topics and skills covered in the program include wild edibles and botany,



ecology and wildlife observation, storytelling, cordage and clothing making, bow-drill and hand-drill firemaking, making stone and bone tools, primitive clay crafts, tracking, scout games, knife safety and hide tanning. Youth also explore traditional survival skills such as finding water, building shelters and lodges, and wilderness safety.

Youth, program leaders and volunteers demonstrate these and other skills each spring at “*Primitive Pursuits Day*,” a day-long event held at 4-H Acres on Lower Creek Road. Now in its seventh year, *Primitive Pursuits* is offered to middle school youth from Dryden, Enfield, the Town of Lansing, and the Town of Ithaca in the context of Rural Youth Services and Joint Youth Commission afterschool programs. A special class for homeschoolers is held at 4-H Acres. Apprenticeships and leadership adventures are open to youth who have demonstrated their commitment to learning and teaching nature awareness skills.

Adults can look forward to workshops and overnights in the next year. For more information, or to get on the *Primitive Pursuits* mailing list, call David Hall at 272-2292 x 223 and leave your address, email and phone number.

## 4-H Urban Outreach

Youth from the 4-H Urban Outreach program at West Village take part in the National Urban Bird Watch Program through Cornell Lab of Ornithology, as seen in a new Lab of O. video on Citizen Science. From left, Hadi Shaikh, Program Manager Shari Haldeman, Grace Wang, and Amila Nuhodzhic.



Photo by Photosynthesis Productions.



# Youth Run Farmers' Markets, Summer 2004

Twelve youth from Danby, Groton and Trumansburg got their first work experience last summer running produce consignment stands at "satellite" farmers' markets, set up in their communities through the Rural Youth Services program of CCE-Tompkins.

The markets were held on Tuesdays in Groton on the lawn of the Center Village Court apartments; on Wednesdays and Saturdays in the Trumansburg Village Park (at Rts. 96 and 227), and on Thursdays in the pavilion between the Danby Market and Fire Hall on Rt. 96B. Leftover produce was donated either to the Danby Food Pantry or to the Red Cross Emergency Shelter in Ithaca.

The goals of the three markets were to increase opportunities for local consumers to buy from local producers, to enable Senior and WIC program recipients to redeem their Farmers' Market Nutrition Coupons conveniently, to educate youth about nutrition and agriculture, and to teach youth entrepreneurial skills.

Four youth, aged 14 to 17, were hired from each community to work at their local market, and were paid through Rural Youth Services. In addition to gaining basic money handling and customer service skills, the students learned about sustainable and local agriculture, good nutrition and healthy cooking— all while helping out local farmers who don't have time to be at the markets themselves, and bringing fresh produce to areas where there are often few markets.

Training for the markets included a cash transaction lesson and a visit to the Ithaca Farmers' Market, where the youth interviewed farmers on good selling techniques and strategies, and helped out behind the

counter to gain hands-on experience. They also toured small farms in their communities.

Most of the produce sold at the youth-run markets was consigned by vendors at the Tuesday Ithaca Farmers' Market, however other local gardeners and farmers often brought produce to sell.

A typical day at the market involved lugging tables, taking inventory, pricing items, weighing and bagging produce, interacting with customers, writing receipts, and giving change. On alternate weeks the youth also worked with CCE-Tompkins' Nutrition Teaching Assistant Jeff McCaffrey to prepare and taste different food dishes made from local, in-season fruits and vegetables. When possible the food samples also were given to the customers at the market, with recipes, to encourage customers to try new locally grown foods. Dishes prepared this year included blueberry smoothies, carrot apple salad, fresh tomato salsa, roasted herb potatoes, Mexican corn salad, and zucchini bread.



To celebrate the end of the season, youth in Groton and Trumansburg hosted Harvest Events for market vendors, area residents, and other market supporters.

## Dollars Brought Into County

CCE-Tompkins' direct effect on the local economy has increased dramatically over the past decade, **from \$500,000 in 1991 to \$2.5 million in 2004**. This is largely due to more funds being leveraged from out of the area and the effect of

increased programming these funds allow for the residents of Tompkins County. Not included are the tourism dollars or the increase in jobs influenced by our programming.

### Our Staff

**4-H Youth Development**  
 JoAnne Baldini  
*Program Leader, 2003*  
 Barbara Baker  
*Interim Program Leader, 2004*  
 Megan Tiff  
*4-H Program Team Coordinator, 2004*  
 Brenda Carpenter  
*4-H Program Extension Educator*

Shari Haldeman  
*Urban 4-H Program Manager*  
 Frank Garguilo  
 Judd Olshan, 2003  
 Suzie Schlough  
*Urban 4-H Outreach*

Amy Rand  
*Reality Check Supervisor/  
 Evaluation Specialist*

Kimberly McRae  
*Cortland County  
 Coordinator, 2004*

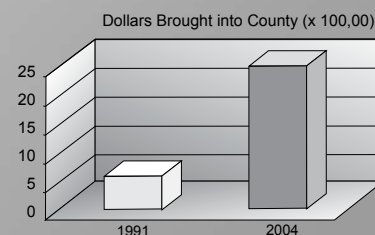
Emily Thompson  
*Tompkins County  
 Coordinator, 2004*

Linda J. Schoffel  
*Community Youth Development  
 Program Coordinator*

#### Program Managers:

Sephra Albert -  
 Town of Lansing, 2003  
 Ruth Baldwin - Danby, 2004  
 Beth Bannister-Enfield  
 Penny Boynton-Caroline  
 Micaela Cook -  
 Town of Lansing, 2004  
 Monica Dykeman - Groton  
 Viola Fitzgerald - Groton  
 Bridget Gaines -  
 Dryden, 2004  
 Kate Gross - Danby  
 David Hall - Dryden  
 Nancy Irish - Tburg/Ulysses  
 Carissa Mann Parlato -  
 Tburg/Ulysses &  
 Joint Youth Commission  
 Shannon McSurely -  
 Enfield, 2003  
 Susan Rausch - Groton, 2003

Shahab Farzanegan  
*CFF Program Director, 2003*  
 Richard Andrews  
*CFF Retail Ed. Coordinator, 2003*



# Group Promotes Regional Cuisine

It isn't just celebrity chefs who seek out the freshest, seasonal products from local growers to create their four-star dishes. Right here in the Finger Lakes, local restaurants and farmers are teaming up to create a unique cuisine that brings residents and visitors alike the best our region has to offer.

## Fresh Foods, Fine Wines From Right HERE!

That's the slogan of *Finger Lakes Culinary Bounty* (FLCB), a group founded in 1999 by small farmers and chefs — with the help of

Cooperative Extension staff — to promote Finger Lakes foods and wines locally, and beyond our region.

A major goal of the group is to get consumers to recognize, appreciate *and ask for* products that come from this area. Restaurants support the network by making a commitment to buy locally raised and made products. Chefs in turn emphasize to customers that dining in their restaurants supports local agriculture. The group has adopted a striking logo that members are encouraged to use on their menus and packaging to help consumers identify participating establishments and producers.

FLCB now boasts 130 members from a 14-county area that includes Cayuga, Chemung, Cortland, Livingston, Monroe, Onondaga, Ontario, Seneca, Schuyler, Steuben, Tioga, Tompkins, Wayne, and Yates counties.

Most are small farmers producing under \$250,000 of farm product annually. They include pastured livestock and poultry producers, organic and non-organic growers, dairy producers, herb farmers, as well as producers of cheese, hard cider, vinegar, maple syrup, ice cream, chutneys, bar-b-que sauces, and more. These latter, value-added products serve niche markets and are thought to be an important ingredient in New York's agricultural future. The online directory at [www.fingerlakesculinarybounty.org](http://www.fingerlakesculinarybounty.org) lists many FLCB members.

*Finger Lakes Culinary Bounty* sponsors regular events that help to inform chefs about what is available from these

local farms, and educate farmers about what products restaurants need most — as well as how to market to restaurants that wish to buy local products. Programs often feature chefs who successfully incorporate local and seasonal products into their menus.

Last year's annual FLCB Trade Show and Luncheon in Watkins Glen included 34 exhibitors, who networked as much with each other as with the chefs, restaurant owners and food buyers. The FLCB booth also has appeared at the Finger Lakes Wine Festival and the Sonnenberg Arts Festival. In September 2004, the group showcased Finger Lakes foods in our nation's Capital at the NY Farm Show, sponsored by the New York Wine & Grape Foundation and hosted by Senator Hillary Clinton.

Local economic development efforts like FLCB reflect a growing national interest in Ag tourism and the local food movement. Like other regional food campaigns, FLCB promotes the attractiveness of food grown on our small farms and vineyards in New York, rather than from large, corporate farms thousands of miles away. Examples of groups like FLCB include "Berkshire Grown" in Massachusetts, and the "Vermont Fresh Network."

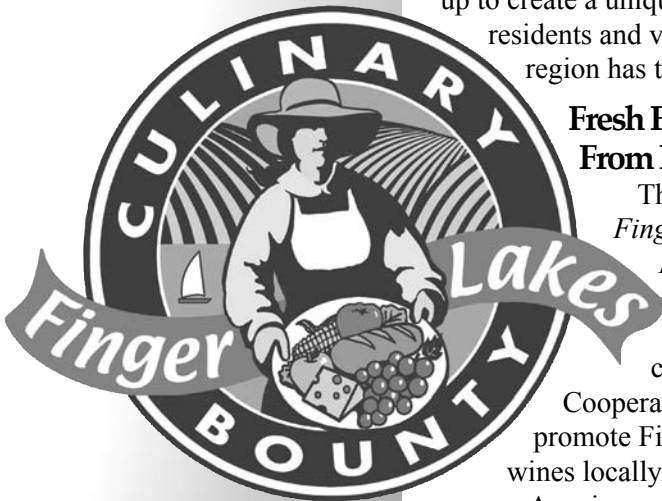
## Why go to so much trouble?

Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, and is shipped an average of 1500 miles before being sold. By keeping the distribution network small, less energy is used in transportation, money remains in the community to preserve farmland and strengthen the local economy, and — most importantly — end consumers get exceptional quality and freshness.

The economic impact of "buying local" is impressive. For instance, the Massachusetts group, "Berkshire Grown", states that just a 1% increase in local food consumption can bring as much as \$6 million into the local economy.

Programs like FLCB also boost local pride and offer regional visitors the unique "sense of place" they seek on vacations, as they connect with local farmers, restaurants and wineries to truly "taste" the great variety that the Finger Lakes has to offer.

For more information about Finger Lakes Culinary Bounty, contact Monika Roth at [mr55@cornell.edu](mailto:mr55@cornell.edu) or 607-272-2292.



## Our Staff Agriculture & Environment

Monika Roth  
*Extension Educator,  
Agriculture Program*

Tania Schusler  
*Environmental Educator,  
Environment Program*

Debbie Teeter  
*Agriculture Program*

Chrys Gardener  
*Community Beautification*

Adam Michaelides  
*Compost Education*

Pat Curran  
*Horticulture Program*

Meg Wahlig Cole  
*Ithaca Children's Garden  
Executive Director*

Leigh MacDonald  
*Ithaca Children's Garden  
Education Director*

Bart Auble  
*Youth Horticulture  
Apprentice Program, 2004*



# Farm City Day Invites the Public to the Farm

Tompkins County's Annual Farm City Day provides the non-farming public with an opportunity to learn about area agriculture while visiting a working farm. Agriculture plays an important role in our quality of life, contributing to our communities, our economy and our scenic landscape.

Farm City Day is family oriented and offers a wide range of agriculture-related exhibits and hands-on demonstrations with appeal for both children and adults. Especially popular are the guided wagon ride farm tours, the sheep and Border Collie demonstration and the animal exhibits. Farm City Day also features an auction offering an array of local goods and services to benefit the county *Ag in the Classroom* program.

Nearly 50 different exhibits and

demonstrations provide information about different types of agricultural enterprises, soil and water conservation, farm animals, compost education, livestock nutrition, wool spinning and the watershed. Visitors have a chance to speak with members of the agricultural community representing Farm Bureau, CCE-Tompkins, *Ag in the Classroom*, and Tompkins County Soil and Water Conservation District among others.

Area farmers add dimension to this wonderful event by participating as volunteers or just attending and speaking informally with non-farm visitors. The event is sponsored in conjunction with CCE-Tompkins and area agriculture businesses and organizations. For questions and more information, contact Debbie Teeter at [dlt22@cornell.edu](mailto:dlt22@cornell.edu) or 607-272-2292.

## Green Building Tour

Participants on the 2004 Green Building Tour view solar panels at Steve Nicholson's house in Berkshire. Almost 40 people took part in this year's tour, visiting 13 local homes and 2 businesses that use renewable energy sources and natural, non-toxic, recycled or salvaged materials.

## Bringing Ag-citement to the Classroom

CCE-Tompkins coordinates a popular and diverse *Ag in the Classroom* Program available to local elementary schools, public and private, and home school families.

The *Ag in the Classroom Lending Library of Agricultural Learning Kit*, available free of charge, offers 11 different topics: Apples, Dairy, General Agriculture, Precision Agriculture with the Global Positioning System, Lifecycles: Animals, Lifecycles: Plants, Lifecycles: Insects, Wildlife, Aquatic Resources, Waste Management and Forestry and Ecosystems. These Kits include books, videos, posters, games, music and a wide range of lessons and activities and are designed for grades K-5, with different Kits developed for different grade level ranges. Additionally, many activities are adaptable for older or younger children.

Two new *Learning Barns*, rolling bookshelves that close and are shaped and painted like barns, are currently being built

for use by the county's afterschool programs. A wide range of agricultural-themed books, videos, games and toys have been purchased to stock the barns, which will be available soon.

An *Ag in the Classroom Newsletter* for elementary educators is published quarterly in conjunction with Genex Cooperative, Inc. and distributed to all Tompkins County teachers. The newsletter features information about agricultural education opportunities and resources, upcoming events and ideas for classroom activities.

For more information about *Ag in the Classroom*, please contact Debbie Teeter at [dlt22@cornell.edu](mailto:dlt22@cornell.edu) or 607-272-2292.

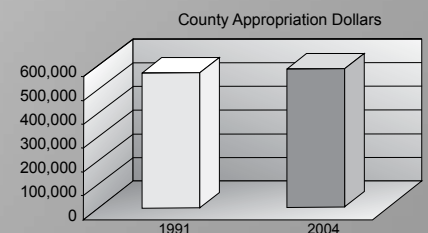


The tour was co-sponsored by CCE-Tompkins, Ithaca Green Building Alliance, Sustainable Tompkins, and the Northeast Sustainable Energy Association (NESEA).

## County Appropriation

The Tompkins County taxpayers provide significant funding that enables Cooperative Extension to use its unique partnership with federal, state & local government, and Cornell University to

deliver locally tailored programs to meet local needs. This funding has stayed relatively level over more than 10 years, though **CCE-Tompkins' value to the community has greatly increased.**



## Parents of Children with Eating Disorders

A local psychotherapist sought out CCE-Tompkins to address an emerging need: her practice had increasing numbers of young people with disordered eating diagnoses and she had found parent education and support to be a key part of effective treatment. With a colleague in nutrition counseling, she developed an e-newsletter for families and also referred

parents to workshops in Rochester and Syracuse, knowing that the travel put yet more stress on families. She asked, "How could this parent education and support be offered here in our community?" Her nutrition colleague recommended calling CCE-Tompkins. Working with CCE-Tompkins and

the Mental Health Association in Tompkins County, the *Parent Partner Program*<sup>™</sup> was launched in 2004.

Understanding that eating disorders are not about food is a concept that is both crucial for recovery, and the basis for a new workshop series and video for families and friends developed by the Parent Partner Program. Two 3-hour presentations were developed by local therapist Dr. Cris Haltom, in partnership with Susan Travis, a registered dietician and faculty lecturer on nutrition at Cornell, and pediatricians Dr. Marguerite Uphoff and Dr. Audrey DaSilva. The presentations were piloted in winter and spring 2004 at CCE-Tompkins, and will be repeated regularly in response to demand. A support group of parents and friends also has emerged from these first sessions and meets bi-weekly at CCE-Tompkins. For more information on these programs, call Nancy Potter at 272-2292.

## 25 Years of Service



Nancy Potter, Family and Community Development Educator (left), and Monika Roth, Extension Educator Agriculture Programs (right), both celebrated their 25th year with CCE-Tompkins in 2004.

## Food Safety Certification Now Offered Locally

Foodborne illness causes \$6.9 billion in lost productivity and medical costs each year in the United States alone. Until recently, local food service workers had to travel to Syracuse to complete the nationally recognized *ServSafe* food safety training program. Since 2003, CCE-Tompkins has partnered with the Tompkins County Health Department to offer this course and the accompanying certification exam in our area.

Created by the food service industry for its own use, the *ServSafe* program is one of the industry's strongest educational tools and is recognized by more federal, state and local health jurisdictions than any other food safety training program in the United States. While certification in food safety is not mandatory throughout NY State, the class is useful to anyone who works with food, and emphasizes food safety practices that managers and workers can implement on a daily basis.

Local participants have included employees of childcare and residential care facilities, hunger agencies, caterers and, of course, eating establishments. Tompkins County Health Department food inspectors

have been instrumental in publicizing the course among facilities they inspect.

CCE-Tompkins also plans to offer the *ServSafe* program as a credentialing option for at-risk youth in local Workforce Investment Act programs.

*ServSafe* classes are offered several times a year. The Worker training is offered in one-day or two half-day formats. The Manager course is two full days with the certification exam at the end of the second day of instruction. Costs are \$25 for the Worker and \$135 for the Manager Certification.

Topics covered in the class include identifying foodborne illness and its causes; ensuring proper personal hygiene; proper temperatures for food storage; thawing, cooling and reheating food; protecting food during preparation and service; avoiding cross-contamination; cleaning and sanitizing the food prep area; and safe pest management.

For more information, contact Carole Fisher at 272-2292 ext. 144.



# Saving Money by Saving Energy

Did you know that it's less expensive to reheat a cooler house than it is to keep the heat at a higher temperature 24 hours a day?

That's just one of the useful facts to help reduce home energy use provided to participants in the *EmPower New York*<sup>SM</sup> workshops offered through CCE-Tompkins.

*EmPower New York*<sup>SM</sup> is a new program administered by the New York State Energy Research and Development Authority (NYSERDA) that is intended to assist low and limited income households in the 54 upstate counties served by Niagara Mohawk and NYSEG in reducing their energy costs by providing energy efficiency measures, energy use management education, and financial management education. Locally, referrals to *EmPower New York*<sup>SM</sup> will be made by NYSEG from eligible customers in their low-income payment assistance programs, and by the Tompkins County Office for the Aging. While targeting *EmPower New York*<sup>SM</sup> participants, the workshops are free and open to the general public. The program began in 2004.

CCE-Tompkins has created and facilitated energy conservation and financial management workshops for NYSEG in the past, and was contracted to oversee the development and implementation of these workshops for *EmPower New York*<sup>SM</sup> throughout New York State. CCE-Tompkins staff will train Extension Educators from other counties to deliver two workshops – “Save Money, Save Dollars” and “Making Ends Meet” -- in addition to providing them here in our area.

These free, two-hour workshops will be offered regularly by CCE-Tompkins at various locations in the county. Both are strength-based, meaning that participants

identify and build upon positive behaviors that they already have. Attendees receive a packet of energy saving items or money management tools at each workshop.

“*Save Energy, Save Dollars*” helps participants become aware of actual energy cost of various components of their homes; identify ways to reduce energy usage; become aware of energy programs and resources that are available; and identify 3 to 5 specific actions they are willing to take to reduce their home energy use.

In “*Making Ends Meet*,” participants identify their financial goals, analyze their current spending, develop a spending plan, and find resources and activities to make their plan work. The workshop also addresses how to save money by reducing home energy use.

Other free programs offered by CCE-Tompkins on these topics include: “*Money Work\$*” four two-hour workshops that offer solutions to the how-to's of money management and successful account maintenance; “*Exploring Credit Issues*,” and “*Saving Strategies*.” CCE-Tompkins also offers regular consumer issues programs addressing topics such as purchasing insurance, used car buying, tenant-landlord responsibilities, consumer frauds and scams, and more.

For more information on upcoming workshop dates, visit our website at [www.ccetompkins.org](http://www.ccetompkins.org) or call 272-2292.

## Our Staff Consumer & Financial Education

Ann Gifford  
Consumer, Financial &  
Food Safety Educator

Carole Fisher  
Consumer Outreach  
Program Manager

Claire Perez  
Financial Education  
Program Manager, 2004

Angela Northern  
Financial Education  
Program Manager



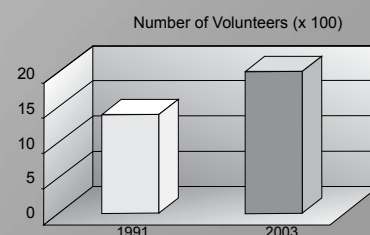
## Monthly Consumer Issues

Featuring an Assistant NYS Attorney General, this program is videotaped in front of a live audience and broadcast Mondays on local access Channel 15. Monthly topics included Landlord/Tenant Rights & Responsibilities, Home Improvement Scams, Consumer Credit, Ins & Outs of Insurances, and Scams Targeting Senior Citizens among others.

## Numbers of Volunteers

Volunteer leadership is a vital force of Cooperative Extension. The loyalty and hard work of volunteers greatly expands programming. In 2003, the **value of volunteer time totaled \$1,158,513**. Over 2,000 Tompkins County residents were

involved as Board members, Program Committee members, 4-H leaders, Consumer Educators, Master Gardeners, and other key volunteer positions. This number has been steadily increasing over the years.





## Our Staff

### Family & Community Development

Nancy B. Potter  
Family & Community  
Development Educator

Audrey Cooper  
Community Educator -  
Multicultural Resource Center

Michael Lefkowitz  
Job Placement &  
Employment Specialist,  
Alternatives to Incarceration

Barbara Logan  
Education/Employment Planner,  
2003

Wilma Martin  
Community Educator

Anna M. Steinkraus  
Parenting Skills Workshop  
Series Coordinator

## Families Coming Together, Staying Together

Growing caseloads and increasing government mandates for services are challenges that confront Departments of Social Services across New York State and have budgetary repercussions for county residents. Yet here in Tompkins County, a contract between the Children's Services Unit of DSS and CCE-Tompkins has helped preserve families and provide them with intensive services while saving the county \$176,000 or more in foster care costs each year.

CCE-Tompkins offers a range of parenting education programs to the community. Open to all parents, these classes, workshops and group meetings provide opportunities to learn and practice parenting strategies and communication skills, and to share individual successes and challenges in a supportive group with facilitators and/or other parents.

Offerings include the *Parenting Skills Workshop Series* (PSWS) and *Culturally Sensitive Parenting*—strength-based, interactive workshops that are free and open to anyone interested in developing positive communication with children. More than 400 parents took advantage of these and other parenting education programs at CCE-Tompkins in 2003 and 2004. Participants enjoy the classes and vouch for their value, with comments like, "I appreciated the chance to

speak openly, truthfully and voluntarily without feeling foolish or being judged. I learned a LOT from this program."

In both 2003 and 2004, the Department of Social Services contracted with Cooperative Extension to provide the *PSWS*, *Culturally Sensitive Parenting*, and *Facilitated Visits* (FV).

The FV program is unique in enabling parents and children with an open DSS case to receive support from a trained *PSWS* facilitator in the home. Families involved with the program either have children who

are in foster care, children who were recently returned from foster care, or children at risk of being placed in foster care.

The program provides one-on-one guidance on ways for parents and children to interact positively with one another, with the structure of the program based on the individual family's needs, goals, ages of children and understanding of the 5 parenting skills covered in the *PSWS* workshop series. Parents agree to participate in twelve 2-hour visits and three 1-hour goal-setting meetings, but the schedule and length of the program is geared to meet parents' needs. Some families extend to as many as 18 visits. A Certificate of Completion shows that the parents have complied with parenting education required by family court and Tompkins County Department of Social Services.

The results of the Facilitated Visits program have been dramatic, both for the families served and for the county. In 2003, parents who participated in the FV program were able to have 7 of their children returned to them from foster care as a result of the program. An additional 21 children who were destined for foster homes were allowed to remain with their parents. With the cost of foster care per child ranging from \$8,000 to \$125,000 depending on the circumstances of the case, these successful interventions saved the county a minimum of \$176,000 in foster placement costs in 2003. Additional savings were realized in 2004, when an additional 22 families participated in the program.

But the real proof of the value of the Facilitated Visits program comes from the participants themselves. As one parent said,

*"We have more control of ourselves and our children... We would like to keep using these skills and have the children use them when they have children."*

For additional information on parenting education programs at CCE-Tompkins, facilitator training, or on replicating parenting programs in other communities, call Nancy Potter at 272-2292.

### Parenting Education Programs offered:

#### Workshops:

- Parenting Skills Workshop Series
- Parenting Skills for Literacy I
- Parenting Skills for Literacy II
- Culturally Sensitive Parenting
- Parent Education Network
- Stone Soup

#### One-on-One Coaching:

- Parenting Skills Facilitated Visits
- Parents Count

#### Professional Development Opportunity

- PSWS Facilitator Training

# Our Programs

## 4-H Youth Development

### Animal Science Programs

- 4-H Dog Obedience
- 4-H Rabbit Program
- 4-H Cavy Program
- 4-H Horse Program
- 4-H Dairy Program
- 4-H Goat Program
- Agriculture in the Classroom
- 4-H Dog Obedience

### Urban 4-H Programs

- West Village & Parkside Gardens
- 4-H Summer Day Camp
- 4-H Academic Excellence

### Natural Resources/ Outdoor and Environmental Education Programs

- 4-H Plant Science
- Community Fly Fishing
- Primitive Pursuits
- Youth Outdoor Education Programs
- 4-H Horticulture Team
- 4-H Plant Science

### 4-H Clubs and other activities

- Hidden Valley Camp
- 4-H Teen Exchange
- 4-H Teen Ambassadors
- 4-H Public Presentation Program
- Independent Membership
- Community Clubs
- Special Interest programs
- Summer Sewing Camp
- Each One Teach One
- Sewing Leader Training
- 4-H Youth Development Training
- Youth Leadership Training/Development
- Youth and Adult Recognition Events
- Youth and NYS Fair
- JobLink – Workforce Preparation
- Youth Community Action – Statewide

### Rural Youth Services

Rural Youth Services Programs in the following communities:  
*Caroline, Cayuga Heights, Danby, Dryden, Enfield, Groton, Town of Ithaca, Lansing, Trumansburg and Ulysses*

### Reality Check

Two-County program: New York's teen-lead anti-tobacco movement, which consists of education, events and action projects

## Family & Community Well-Being

### Family & Community Dev. Programs

- Community Development – VISTA Project
- Family Development Credential
- Culturally Sensitive Parenting
- Multicultural Resource Center
- Parenting Education Network
- Parenting Skills Workshop Series & Facilitated Visits
- TC Coalition for Families
- TST EvenStart Family Literacy
- Violence Prevention

### Consumer & Financial Ed. Programs

- Consumer HelpLine
- EmPower New York™
- Energy Education
- Healthy Homes
- Lead Poisoning Prevention
- Monthly Consumer Issues Programs
- One-on-One Financial Education
- Radon Education

### Nutrition Education Programs

- Eat Smart New York
- Community Food Security
- Food Line
- Food Safety Education

## Agriculture & Environment

### Dairy & Field Crops Programs

- Dairy Herd Mgmt.
- Farm Business Mgmt.
- Farm Estate Planning
- Farmer Discussion Groups
- Graze NY
- Integrated Pest Management
- Nutrient Mgmt. for Water Protection

### Area Agriculture Programs

- Finger Lakes Culinary Bounty
- Growing New Farms
- Ag Marketing
- Landscape Horticulture
- Livestock Production & Marketing
- Small Fruit & Tree Fruit
- Vegetable Crops

### Horticulture Programs

- City of Ithaca/CCETC Citizen Pruners
- Gardening classes, workshops, etc.
- GrowLine gardening info line
- Ithaca Children's Garden
- Master Gardener volunteers
- Soil testing, plant/pest diagnostic serv.
- Community Beautification

### Environmental Ed. Programs

- Compost Education
- Environmental Appreciation Days
- Environmental workshops, publications
- Curb Your Car Coalition
- Water Protection & Monitoring Resource
- Green Building and Renewable Energy

## Our Staff Administration

**Kenneth Schlather**  
*Executive Director*

*Ann Mathews*  
*Interim Executive Director, 2003*

**Heather Blinn**  
*Finance Assistant*

**Jim Blizzard**  
*Television Production Coordinator*

**Bea Brockner**  
*Finance Assistant*

**Sherron Brown**  
*4-H Youth Development Administrative Assistant*

**Maria Christian**  
*Family & Community Well-Being Administrative Assistant*

**Kathy Clements**  
*Ag/Env. Program Secretary*

**Theresa Emerick**  
*Administrative Assistant*

**Monica Hargraves**  
*Database Specialist*

**John Hill**  
*Marketing Coordinator*

**Brenda Bennett**  
*Education Center Manager*

**Sandy Repp**  
*Development Coordinator*

**Jack Ryan**  
*4-H Acres Caretaker*

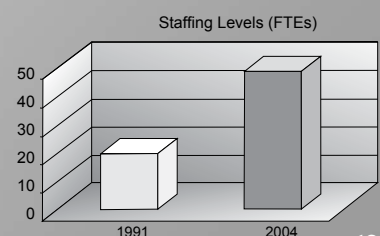
**Nancy Searles**  
*Finance Manager*

**Barb Sinn**  
*Information Center Manager*

## Staffing Levels

CCE-Tompkins, in 1991, consisted of 20 hard-working education and administrative staff. Through creative networking, identification of community needs, grant-writing, and fund-raising,

the CCE-Tompkins staff, today, includes **49 Full-Time-Equivalent (FTE) positions** and over 65 employees.



# A Thank You to our 2003 & 2004 Donors!

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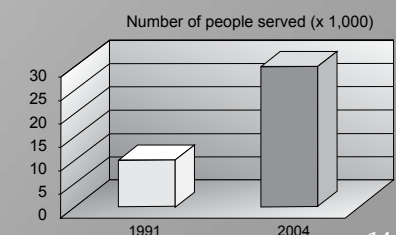
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 Ithaca Recreation Sports  
 Jes-Styles Salon  
 Johnson Museum of Art  
 Jo-Ann Fabrics  
 Just A Taste  
 K&H Concrete  
 Sharon Kahkonen  
 John Kramer  
 Lifestyles Bridal & Tuxedos  
 Lilley's Tack & Feed  
 Little's Greenhouse  
 Logos Bookstore  
 Ludgate Farms  
 Maguire Ford  
 Steve & Lois Maki  
 Mansour Jewelers  
 Maxie's Supper Club  
 McDonald's  
 Michaleen's Florist & Garden Shop  
 T.G. Miller's Sons Paper Company  
 Peter & Nancy Moore  
 Moosewood Restaurant  
 Museum of the Earth/PRI  
 Napoli Pizzeria  
 Margaret Neher  
 Neighborhood Reinvestment Corp.  
 NYBIC (NY Beef Producers)  
 NYSEG  
 O'Hara Machinery/AG Trac  
 P&C Foods  
 Performance Systems Contracting  
 Pioneer Hi-Bred International  
 Plenty of Posies  
 Purity Ice Cream  
 Quality Milk Production Services  
 RadioShack  
 Ramada Inn-Airport  
 Regal Entertainment Group  
 The Rink  
 RMS Gravel  
 Elizabeth Rowley  
 17th Century Suds  
 S&S Video  
 The Sciencenter  
 Sears  
 Serviente Glass Studios  
 ShurSave of Trumansburg  
 Silk Oak  
 Simeons On The Commons  
 Sola Prints & Framing  
 The Sub Shop  
 Triphammer Wines & Spirits  
 Tompkins County Health Dept.  
 Tompkins County Soil & Water  
 Conservation District  
 Tompkins County Solid Waste  
 Management Division  
 Turek's Country Bumpkin  
 Valentine Cafe/Etienne Merle  
 Veronica's Perennial Nursery  
 Waid's Apiaries  
 Wegman's Markets  
 Daniel M. Winch  
 Ruth Wobig  
 Mrs. Woodard  
 Steve & Sandy Wraight

## Numbers of People Served

For nearly 100 years, CCE-Tompkins has been a unique community resource, blending the wealth of local community experience with current research. No other organization provides youth and adults with direct access to university research

and information in the vast array of areas like the Cooperative Extension system. Nearing the end of our first century of community outreach, we are **touching the lives of more Tompkins County residents than ever, 1 in every 4 residents.**

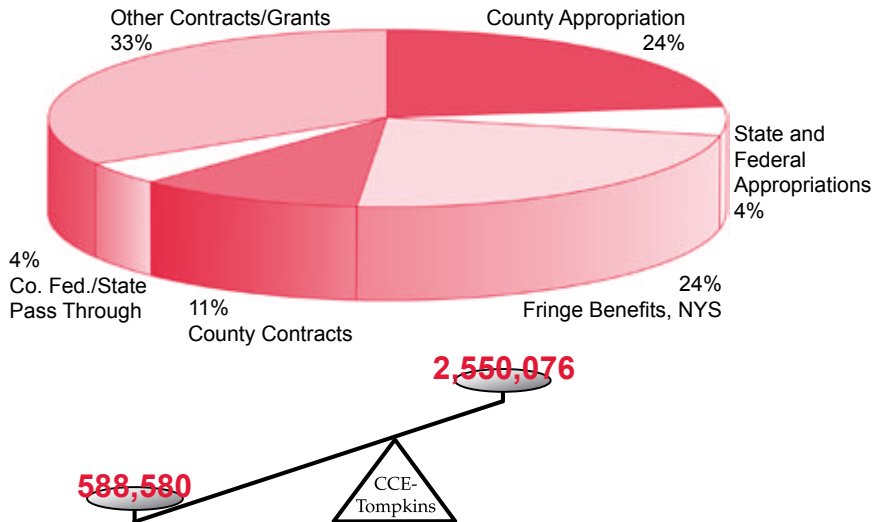


# County Appropriation Leveraged the Following Support in 2003 & 2004

Cooperative Extension uses its unique partnership with federal, state, and local governments, adding volunteer involvement and fund raising, to bring a nearly 8-fold return in educational resources for each Tompkins County tax dollar received.

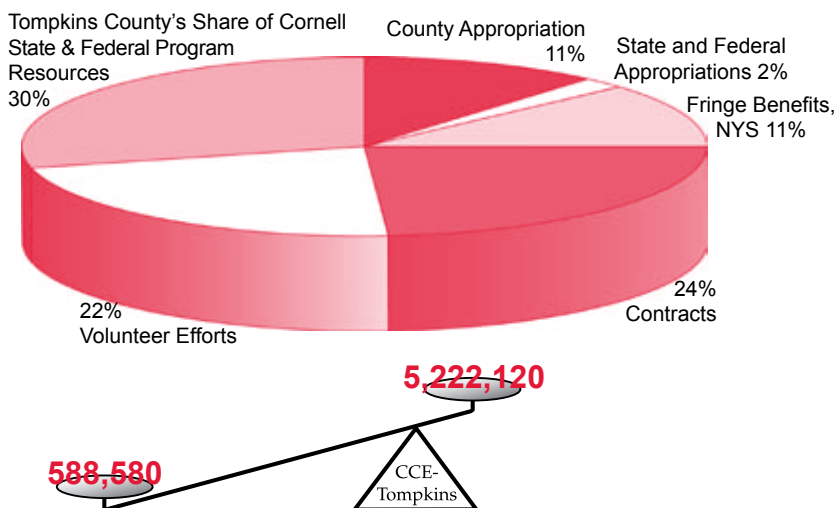
## Direct Support Ratio 1 : 3.3

	2003	2004
<b>County Appropriation</b>	<b>\$588,580</b>	<b>\$588,580</b>
State and Federal Appropriations	104,483	106,959
Fringe Benefits, NYS	486,545	588,333
County Contracts	267,748	267,408
Co. Fed./State Pass Through	137,881	160,865
Other Contracts/Grants	754,809	837,931
<b>Total</b>	<b>\$2,340,046</b>	<b>\$2,550,076</b>

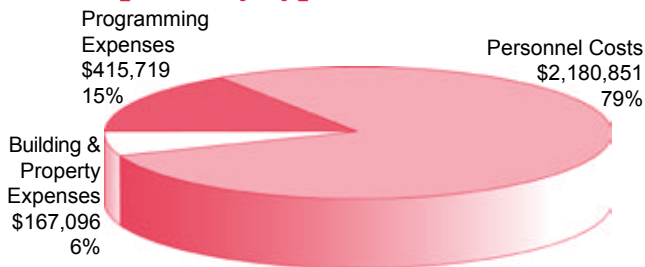


## In-Kind & Direct Support Ratio 1 : 7.9

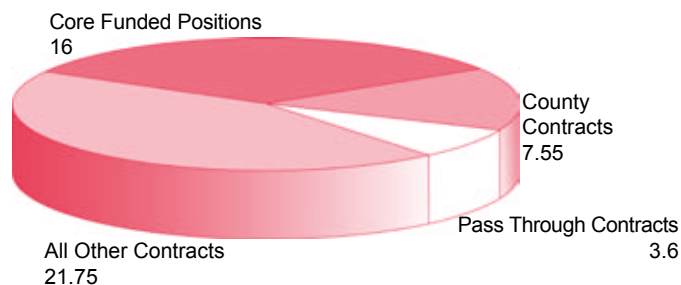
	2003	2004
<b>County Appropriation</b>	<b>\$588,580</b>	<b>\$588,580</b>
State and Federal Appropriations	104,483	106,959
Fringe Benefits, NYS	486,545	588,333
Contracts	1,160,438	1,266,204
Volunteer Efforts	1,158,513	unavailable
Cornell & Federal Resources	1,465,224	1,513,531
<b>Total</b>	<b>\$4,963,783</b>	<b>\$5,222,120</b>



## 2004 Expenses by Type



## 2004 Employees (FTEs) by Funding Source



## The Effect of Inflation

When viewed through the lens of inflation the improvement over the last 15 years in what CCE-Tompkins accomplishes with the money that the

county appropriates is even greater. The county appropriation of 2004 was about \$200,000 less than the appropriation of 1991, when measured in 1991 dollars.

