



Program
Highlights
2011-2012

Cornell Cooperative Extension of Tompkins County

2011-2012 ANNUAL REPORT

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



Cargill Kitchen

Upgraded facilities result in a variety of new classes and volunteer opportunities.



EmPower New YorkSM

A statewide energy education program built by two CCE educators reaches more than 67,000 people in 7 years.



Junior Iron Chef

Gardens 4 Humanity holds a kids' cooking contest as part of the 2012 Food Justice Summit.

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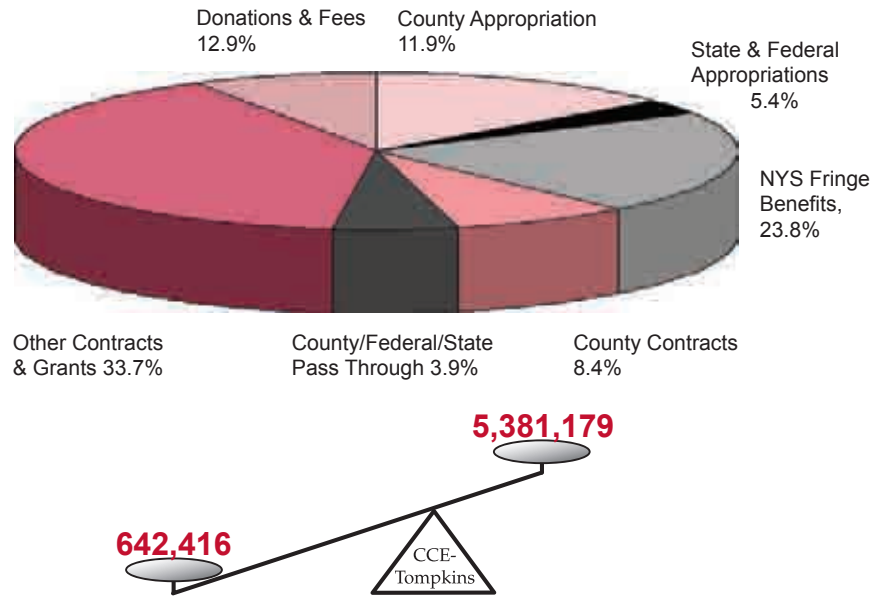


TOMPKINS COUNTY APPROPRIATION LEVERAGED THE FOLLOWING SUPPORT IN 2012

Cooperative Extension uses its unique partnership with federal, state, and local governments, adding volunteer involvement, fund raising and in-kind contributions to bring an 12-fold return in educational resources for each Tompkins County tax dollar received.

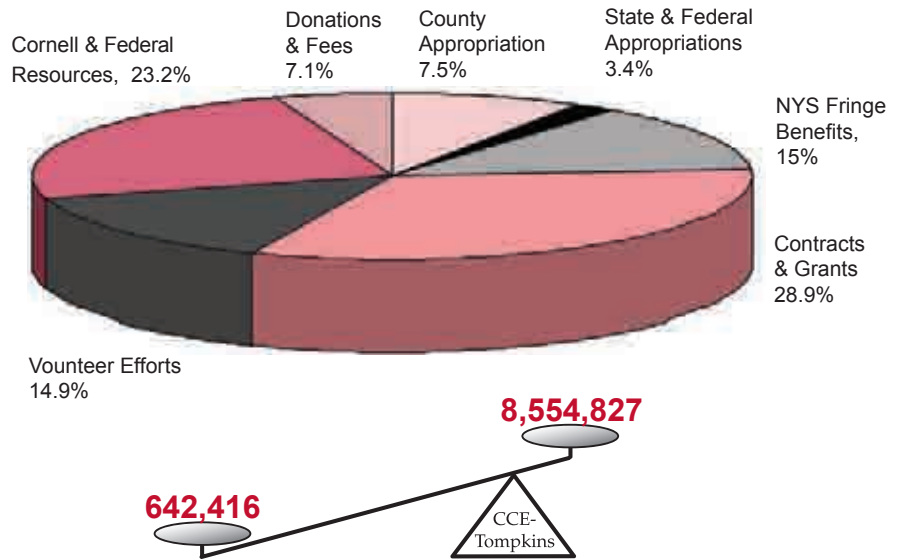
Direct Support Ratio 1 : 7.4

County Appropriation	\$642,416
State and Federal Appropriations	289,483
Fringe Benefits, NYS	1,281,815
County Contracts	450,994
County Fed./State Pass Through	207,681
Other Contracts/Grants	1,811,974
Donations & Fees	696,814
Total	\$5,381,179

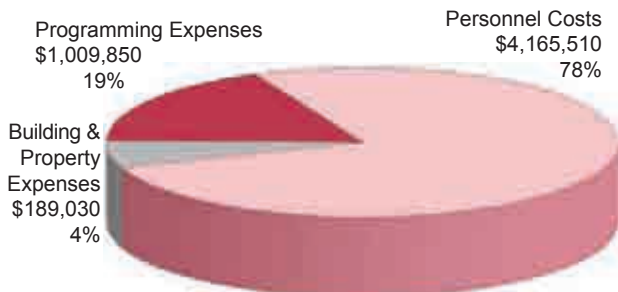


In-Kind & Direct Support Ratio 1 : 12

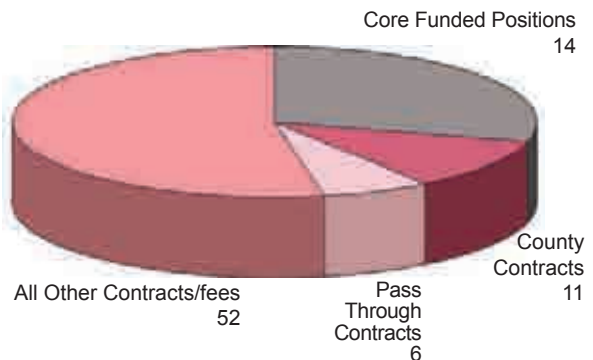
County Appropriation	\$642,416
State and Federal Appropriations	289,483
Fringe Benefits, NYS	1,281,815
Contracts/Grants	2,470,649
Volunteer Efforts	1,277,208
Cornell & Federal Resources	1,984,464
Donations & Fees	608,790
Total	\$8,554,827



2012 Expenses by Type



2012 Employees (FTEs) by Funding Source



BOARD OF DIRECTORS & PROGRAM COMMITTEES, 2011-2012

Service was for both years unless indicated.

Association Officers

Shawn Martel-Moore, *President (2011)*
Rebecca Sparrow, *President (2012), Vice President (2011)*
Marty Hatch, *Vice President (2012)*
Gayle Flinn, *Association Treasurer*
Ana Ortiz, *Secretary*

At-Large Board Members

Jeannie Barnaba
Carlos Gutierrez
Travis Brooks (2012)
Svante Myrick (2011)

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Don Barber (2012)
Wendy Fillmore
Chris Grant (2011)
Dennis Hartley (2012)
Dean Koyanagi (2011)
Brent Welch
LeGrace Benson
Sharon Garland (2011)
Mike Griggs
Jeanine Kirby
Jeff Piestrak (2012)
John Wertis (2012)

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Stephen Hopkins (2011)
Bonnie Richmond (2012)
Pamela Webster (2012)
Diane Dawson
Billie Nordby
Donna Scott (2012)
Patrick Woods

Environmental Issues

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Barry Goodrich (2011)
David Keifer
Stefan Minott
Marion Brown
Diane Cohen (2012)
Marty Hatch
Margaret McCasland
Tom Shelley

Family & Community Development

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David Rutherford (2012)
Rebecca Schwed (2011)
Maureen Waller (2012)
Satomi Hill (2012)
Teri Reinemann
Marie Sanford (2012)
Mya Thompson

Nutrition, Health & Safety

Denise Agati (2012)
Jean Bowering
Christina Culver (2012)
Ed Farmer (2012)
Suzanne Gervais
Lynnette Scofield (2011)
Andrea Smith
Ruth Williams (2012)
Srijana Bajracharya (2011)
Alexi Clinton (2012)
Jessica English (2012)
Amy Frith
Lisa Hoyte
René Senne (2012)
John Ward (2011)
Melynda Wissar (2012)

4-H Youth Development

Bruce Abbott (2011)
Stephanie Foulkes (2012)
Lauren Liotta
Monica Voionmaa
Susan Barr (2012)
Joann Gruttadaurio
Linnett Short
Jane Wells (2012)

Legislative Liaisons

Will Burbank, *Tompkins County Legislator*
Dave McKenna, *Tompkins County Legislator*



DIRECTOR'S MESSAGE

I am delighted to write today to bring you up to date on what *your* Cooperative Extension Association is accomplishing 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 here 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. We do this by working with county government, every town government, and more than 500 organizations and businesses in the county.

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. CCE-Tompkins, 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 2,100 volunteers give an equivalent of 25 years annually to programs such as 4-H, Master Composters, Consumer HelpLine, Master Gardeners, to our board and program committees, and others. More than 100 faculty from Cornell and Ithaca College are collaborating with us, and more than 1,000 students are involved in our programs.

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!

Ken Schlather
Executive Director

NEW TEACHING KITCHEN

CARGILL GIFT FUNDS RENOVATION

COOKING AND NUTRITION CLASSES offered at the CCE-Tompkins Education Center now will be held in a fully equipped and modernized teaching kitchen, renovated in Fall 2011 with grants totaling \$250,000 from Cargill Deicing of Lansing and Cargill Incorporated of Minneapolis.

at which small groups of class participants can cook together. It includes upgraded appliances and ventilation, a dish room, a large food pantry and laundry facilities. There is a 6-burner professional range in the demonstration area with an overhead mirror to provide groups with a better view of cooking demonstrations. Class members

can prepare recipes on either a gas or an electric range (there are 2 of each) just like they would use at home. Meals can be shared or recipes discussed at tables in the center of the kitchen while a shelf by the window holds books and toys to entertain younger children who may visit or take part in a class. The renovation project was designed and overseen by Schickel Architects.

“This new facility is like a dream come true for our nutrition educators, and will make a tremendous difference in what we are able to accomplish in our programs,” says Lara Parrilla Kaltman, Nutrition Program Coordinator at CCE-Tompkins. Already underway is a new program called “Community Chef” which trains volunteers to assist nutrition educators and to carry out community food projects – something that would have been difficult to offer effectively in the previous space. Other programs that will benefit from the renovation are Cooking Matters classes in which parents and children prepare meals together, and a new “Lunch & Learn” series for participants who are recruited at local food pantries.

Also being considered are ways in which the new kitchen may serve as a certified food prep location when not in use by the nutrition staff, to help new food businesses get off the ground here in our community. According to Ken Schlather, CCE-Tompkins’ Executive

Director, “It’s our goal to try to make the greatest possible use of this facility to benefit the residents of Tompkins County.”

For over 40 years, CCE-Tompkins has worked with families with limited resources to help them improve their skills in food preparation, food safety and healthy food choices. Educators now offer a number of

different free cooking, nutrition and breastfeeding classes for income eligible families. Food safety certification and food preservation classes are offered at various times throughout the year for a fee. Volunteer opportunities in nutrition include the “Community Chef” and Master Food Preserver programs. Information on these offerings can be found at cctompkins.org.



The new Cargill Teaching Kitchen at the CCE-Tompkins Education Center.

For many years, these hands-on classes were held in CCE-Tompkins’ former Room B, a large meeting room that included a wall of kitchen cabinets, a single cook top, and two wall ovens. While all participants could help with food preparation tasks, class sizes ranged from 6 to 10 or more which limited the opportunities for individuals to gain hands-on cooking experience. Since the space also was used by other CCE programs and outside agencies for meetings and workshops, nutrition educators needed to book the room for their classes several months in advance to ensure that it wouldn’t be taken by others, secure their food supplies and equipment at the end of each class, and they often needed to rearrange the room or clean up after those who had used it most recently.

All of this changed with the renovation of the space between August and November 2011, when the former meeting room was completely transformed into a commercial kitchen for the CCE-Tompkins nutrition staff. The new kitchen is equipped with 4 stations

“This new facility is like a dream come true for our nutrition educators...”

Renovation of the Cargill Teaching Kitchen is the latest and most generous expression of support by Cargill for nutrition education efforts at CCE-Tompkins, dating back to 2004. "We applied for a national grant offered through a partnership of 4-H and Cargill's corporate office in that year," explains Helen Howard, former Nutrition Program Coordinator at CCE-Tompkins, now retired. "Although our request was declined, the folks at our local Cargill plant liked what we had proposed and donated jump ropes and water bottles for use in a summer nutrition outreach program with youth."

Subsequent gifts from Cargill have supported Eat Fit nutrition and fitness workshops for middle school youth, provided training for youth workers at summer farmers' markets in rural communities, and enabled families with limited resources to increase their consumption of fresh, locally grown foods by providing them with subsidized community supported agriculture (CSA) shares through the "Healthy Food for All" program. Annual support from Cargill also has funded on-site child care and family meals

for parents with limited resources while they attend cooking and nutrition classes at CCE-Tompkins. "Because of strict limitations on how federal grant dollars can be used, we can't pay for these services, in spite of the fact that childcare is often what makes it possible for parents to attend and complete the entire sequence of classes," says Kaltman. "Our programs help to ensure that all children and families have resources available to make healthy food choices, as well as the tools they need to be able to lead active lives," she concluded.

"As an international provider of food products and services, Cargill is dedicated to promoting good nutrition and healthy lifestyles," said Russ Givens, Mine Manager at Cargill Deicing Technology in Lansing. "We are pleased to partner with Cornell Cooperative Extension of

Tompkins County to help make difference in the lives of families in our community." For more information about nutrition programs at CCE-Tompkins, contact Lara Parrilla Kaltman at (607) 272-2292, or visit <http://ccetompkins.org/nutrition>. ☼

Already underway is a new volunteer program called "Community Chef"...

BREASTFEEDING SERIES OPENS TO ALL

FOR SEVERAL YEARS, CCE-Tompkins nutrition educators have offered the six-week "Breastfeeding for the Health of It" workshop series free-of-charge to new or expectant mothers who met income eligibility guidelines.

In 2012, these classes opened to the public for a fee of \$30 for the series. "We've received so many calls from women who want to join our classes but who don't qualify for WIC, Food Stamps or similar assistance programs as required by our federal funder, and we've had to turn them away until now," says Tina Snyder, a Certified Lactation Counselor with the program. "We're pleased to be able to include all new or expectant moms who are interested in breastfeeding regardless of their household income," she says.

"Breastfeeding for the Health of It" classes are held at the CCE-Tompkins Education Center and are led by Snyder and her colleague Stacy Nembhard, a Nutrition Program Educator. Participants can choose from morning or evening classes on Mondays, and can join any time: class topics repeat in each series. Mothers receive a free nutritional



CCE-Tompkins' Nutrition Team Leader Lara Parrilla Kaltman (left) and Tina Snyder, Certified Lactation Counselor, staff an outreach table at the Breastfeeding Week rally in Ithaca's DeWitt Park in August 2011.

assessment at the first meeting, and then learn about why breastfeeding is important for their baby, changes their bodies undergo while pregnant, how to prevent sore nipples, how to pump and store breast milk how to breastfeed in

public, and laws that protect breastfeeding mothers.

For information on upcoming classes, please visit <http://ccetompkins.org/breastfeeding> or contact Tina at (607) 272-2202 or email tmf8@cornell.edu. ☼

EMPOWER NYSM CONTRACT ENDS

STATEWIDE PROGRAM REACHES MORE THAN 67,000

OVER 67,000 NEW YORK STATE RESIDENTS have learned strategies to reduce their energy use and manage their money through EmPower New YorkSM workshops, developed by Ann Gifford and Barbara Henza, CCE educators in Tompkins and

workshop goals, outlines, PowerPoint presentations, handouts, lists of potential incentives, recruitment strategies and materials to be used in program delivery. Their first two 2-hour workshops -- named "Save Energy, \$ave Dollars" and "Making Ends Meet" -- were piloted at CCE Associations before being finalized. Materials then were reviewed by Cornell University faculty for accuracy and submitted to NYSERDA for approval. Gifford and Henza also recruited and developed agreements with other CCE Associations to deliver the workshops, conducted annual in-service trainings, promoted workshop dates and locations, and reported on program accomplishments throughout the program's seven year duration.

To roll out the program, Gifford and Henza gave each participating CCE Association a target number of workshops to complete based on the size of the county's low income population. Eligible consumers with limited resources were referred from payment assistance programs run by the Niagara Mohawk and NYSEG utility companies in their service territories, and workshops also were open to the general public without regard for income status.

Although the contract for their first year required a total of 100 Energy Workshops and 200 Money Management Workshops with a total attendance of 1000, by the end of 2005 they had far exceeded those target numbers: 325 workshops with 3,015 attendees had been completed in the 29 counties of the target region.

Educators soon found that those attending the "Making Ends Meet" workshop had questions about credit issues that went beyond the scope of that curriculum. In response, Gifford and Henza developed an additional 2-hour workshop called "Exploring Credit

& Debt Management Issues" that focuses on strategies for the wise use of credit. This curriculum was approved by NYSERDA and introduced in September 2005.

CCE-Tompkins' experience providing financial management and energy education to limited resource households and its existing statewide system with many local community partners were instrumental in

the ongoing success of the program which continued to grow each year. By Fall 2006, New York City's CCE Association began offering programs in all 5 boroughs. With the 2007 contract, the EmPower



Ann Gifford of CCE-Tompkins (left) and Barb Henza of CCE-Cortland

Cortland counties. During the seven years of the program's operation -- from 2004 to 2011-- their message of saving money by reducing energy use reached significant numbers of some of New York's most vulnerable populations: up to two-thirds were female and renters, and approximately 64% had household incomes below \$30,000.

The program began in October 2004 when CCE-Tompkins was contracted to create and deliver workshops on money and energy use management as the educational component of the NYSERDA-funded EmPower New YorkSM Program. The target audience for the program was households with limited resources and high utility bills, who lived within the New York service areas of power providers NYSEG and Niagara Mohawk.

Leadership for this outreach effort was provided by Gifford and Henza, who previously had worked together to develop the "Power Partners" curriculum, a NYSEG-funded project to help utility customers who were behind on their bills learn to better manage their home finances. Together they developed the initial

With work now completed on the contract, Gifford and Henza can review their efforts with pride.

New YorkSM Program was expanded to include the payment challenged customers of all six of the major utilities in New York State. That year, 75 Educators representing 40 counties attended the inservice training. In Fall 2008, the EmPower New YorkSM Program partnered with then-Governor David Patterson's HeatSmartNY initiative. This new emphasis and support increased program numbers that year to 1,256 workshops and 15,477 attendees throughout New York State.

the CCE contract with NYSERDA ended on December 31, 2011, after several annual renewals and extensions since the fall of 2004. NYSERDA allowed remaining grant funds to be used to support workshops during the first quarter of 2012 in counties that had been affected by flooding from Hurricane Irene and Tropical Storm Lee during the previous Fall.

With work now completed on the contract, Gifford and Henza can review their efforts with pride. Over the seven-plus years of the program a total of 5,874 workshops were completed with 67,043 attendees in 58 counties including New York City. Nearly 900 different local agencies statewide partnered with Cooperative Extension by recruiting workshop participants, providing space and refreshments, and making referrals. Workshops were offered in more than 1,600 different locations. Nearly 300 workshops were conducted in Spanish. A few were presented in Chinese, two in Burmese, and one was signed for the hearing impaired.

Perhaps most important, the program consistently reached some of New York's most vulnerable populations. Self-reported demographic data provided by workshop attendees throughout the contract shows that two-thirds were female and renters, and approximately 64% had incomes below \$30,000 which made them income eligible for EmPower New YorkSM. Applications for enrolling in the EmPower New YorkSM Program were made available to all workshop attendees.

Workshops received high marks from participants, with approximately 98% of energy workshop participants saying they would recommend the workshop to others. Responses also showed that the majority of attendees

had used the handouts or resources they received at the workshops, and most had completed some of the steps in the "Action Plan" each had developed in the workshop.

The target audience for the program was households with limited resources and high utility bills.

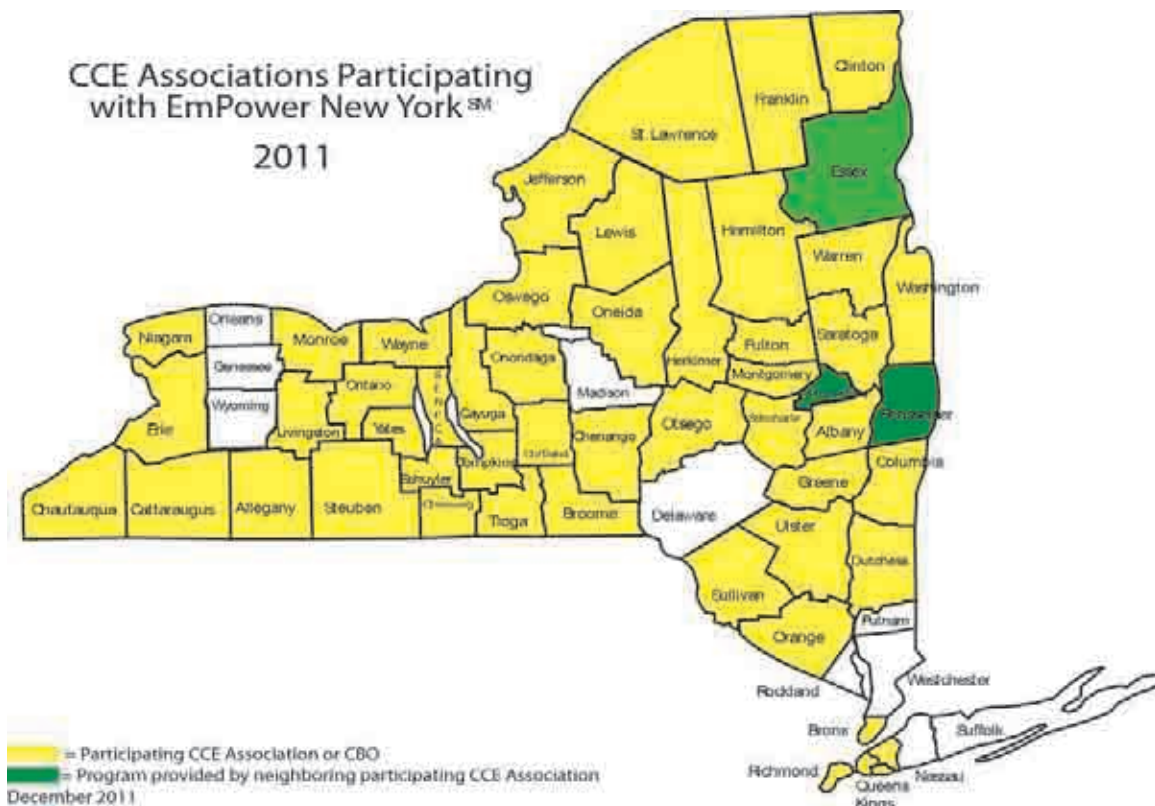
"It is very rewarding to hear about specific actions that people have taken as a direct result of attending the workshop," says Gifford, now retired. "Barb Henza and I are so very pleased to have had the opportunity to work with our CCE team of educators and community partners in the successful implementation of these workshops statewide through the CCE system. It is so very satisfying to work with

such dedicated educators and to see the difference these efforts have made in the lives of so many people."

Note: Although this NYSERDA contract has ended, CCE-Tompkins hopes to continue to offer the "Save Energy, \$ave Dollars," "Making Ends Meet" and "Exploring Credit & Debt Management Issues" workshops that Gifford and Henza developed. ☼

MORE ONLINE

Look for Tompkins County workshops in this article at cctompkins.org/calendar



HYDRILLA IN CAYUGA INLET

CCE-TOMPKINS COORDINATES EDUCATIONAL OUTREACH

WHEN THE INVASIVE AQUATIC WEED *Hydrilla verticillata* was discovered in Cayuga Inlet in August 4, 2011 by a student on the “Floating Classroom,” a group of scientists, water quality professionals, elected officials, and municipal and agency staff quickly convened as a task force to assess the situation and develop an appropriate response.¹

Prompt action was required. When conditions are good, hydrilla (or “water thyme”) can grow as much as a foot per day² and it spreads rapidly to new areas when it is cut up by power, sail or paddle boats. Each small piece can produce a viable plant that can form new infestations. Left unchecked, hydrilla completely changes the ecology of any water body it infests, preventing commercial and recreational use of waterways, and costing potentially millions in lost revenues and control efforts.

An initial assessment found approximately 9 densely populated acres of hydrilla growing in the Inlet and its tributaries, and many more acres of sparse growth. The Cayuga Inlet Hydrilla Task Force determined that applying herbicide would be the only feasible method to control plant spread and thwart the production of turions (small underground tubers that overwinter). In conjunction with assessment and treatment, outreach and education were needed to keep the public informed about management choices that were being made and to promote safe boating practices that could prevent hydrilla’s spread. The infestation in the Cayuga Inlet was the first occurrence

in the entire Great Lakes basin. If hydrilla escaped into this vast interconnected water system it could wreak environmental and economic havoc far beyond Ithaca. Task Force member Chuck O’Neill (director of the New York Invasive Species Clearinghouse and Coordinator of the Cornell Cooperative Extension Statewide Invasive

Species Education Program, or CCESIP3) agreed to lead public education and outreach efforts. By late August, O’Neill asked Sharon Anderson, Environmental Issues Leader at CCE-Tompkins, to sign on. The plan was for O’Neill and CCESIP to focus on preventing the spread of hydrilla through the Erie Canal system and Great Lakes, while Anderson and CCE-Tompkins would coordinate local outreach efforts.

“Cooperative Extension has the credibility, capacity and community connections that allowed us to respond quickly. We are known for providing reliable, research-based information and for being able to bring together community stakeholders in a neutral setting to discuss what often are highly controversial issues,” says Anderson, “So it made sense for CCE-Tompkins to coordinate local education and outreach efforts.” Anderson enlisted an Outreach Group that met for the first time on September



Photo of hydrilla in Linderman Creek on 8/5/11 by Roxy Johnson

13, 2011 and included representatives from the Cayuga Lake Watershed Network, the City of Ithaca, the Floating Classroom Program, Tompkins County Water Resources Council, Cornell University, and interested community stakeholders. In the following months, the group collaborated on creating *continued on page 20*

1. For a list of the various agencies involved in this local effort to eradicate hydrilla in Cayuga Inlet, see: <http://ccetompkins.org/hydrilla-leadership>.
 2. Glomski, L.A. and M.D. Netherland. 2011. Does Hydrilla Grow an Inch Per Day?, *Journal of Aquatic Plant Management* 49 (19-27) online at <http://ccetompkins.org/sites/all/files/factsheets/factsheet-2352.pdf>
 3. The Cornell Cooperative Extension Statewide Invasive Species Education Program (CCE ISP) was created in 2010 and is funded by the New York State Environmental Protection Fund under contract with the New York State Department of Environmental Conservation. The CCE ISP is managed by Cornell University Cooperative Extension, shares the NYIS.INFO website with the Clearinghouse, and is advised by the same Scientific Advisory Network that advises the Clearinghouse. For more information on the CCE ISP, please visit: <http://www.nyis.info/index.php>

FAMILY DEVELOPMENT CREDENTIAL

EMPOWERING FAMILIES TO SET THEIR OWN GOALS

A GROUP OF NUTRITION EDUCATORS is meeting around a table and Heather Ward shares a picture of a home in disarray – the sink is filled with dirty dishes, clothes are everywhere, groceries are not put away, the cat box needs changing. In short, the place looks like a disaster area.

But Ward takes a different approach. “Look closely and see what you can find that is *positive*,” she suggests, and in fact many strengths are apparent. Those grocery bags show that the family has food. They also have heat, electricity, a phone, and a washer. A bowl filled with fresh fruit offers a ready snack. Framed photos suggest a family support network.

A small child climbs up on a man carrying a lunch box, showing that this two-parent family is trying to save money by taking lunch to work. The list goes on.

“The first thing you or I might want to do is get in there, roll up our sleeves, and wash those dishes,” says Ward’s colleague, Stacy Nembhard, “but what would that accomplish except to embarrass the family and make them feel like they’re being judged? When we work with families, we acknowledge our differences and we meet people where they’re at. Then we build upon the strengths that family already has,” she continued.

This strength-based approach comes not only from the nutrition educators’ personal experiences – most are parents who have relied upon public assistance in the past – but also from Empowerment Skills for Family Workers -- commonly referred to as the Family Development Credential or FDC training -- that all nutrition educators at CCE-Tompkins receive.

The Family Development Credential training was designed in 1996 to provide front-line human service workers with “the knowledge, skills and values needed to coach families to set and reach their own goals.”¹ To earn the FDC, workers attend 80 class hours based on “Empowerment Skills for Family Workers” curriculum (Forest 2003), take part in 10 hours of portfolio advisement, complete a portfolio documenting their personal growth in the understanding and use of

concepts and skills, and pass a standardized test. Since 1997, more than 7,000 front-line workers in New York State have earned the FDC credential. The curriculum is endorsed by New York State and is nationally recognized.

The ten chapters in the training cover family development: a sustainable route to healthy self-reliance; communicating with skill and heart; taking good care of yourself; diversity; strengths-based assessment; helping families set and reach goals and access special services; home visiting; facilitation skills for family conferences/support groups/community meetings; and how to

collaborate with other agencies. But beyond offering new skill sets, it is the overall approach to working with families that sets the FDC apart. “FDC training offers a very different way to work with families that many

find to be extremely effective,” says Anna Steinkraus, Parenting Education Coordinator at CCE-Tompkins and an FDC instructor since 2001. “Historically, in a deficit-based *continued on page 23*

Depending upon where a person starts, FDC can result in a huge shift in thinking...



From left, Tina Snyder, Nancy Potter, Stacy Nembhard, Anna Steinkraus, Heather Ward and Jeannie Freese-Popowitch are enthusiastic supporters of the Family Development Credential.

1. The Family Development Credential emerged in 1994 from a research-policy collaborative between the Cornell University College of Human Ecology’s Department of Human Development, New York State’s Council on Children and Families, NYS Department of State, and the New York City Dept. of Youth & Community Development. See: <http://www.familydevelopmentcredential.org/>

JUNIOR IRON CHEF COOKOFF

GARDENS 4 HUMANITY DOES MORE THAN START GARDENS

FINDING CREATIVE WAYS to incorporate the “secret ingredient” (Sapsquatch Pure Maple Syrup) in a 4-course meal was the challenge for four teams of aspiring young chefs who took part in the 2nd Annual Junior Iron Chef Cookoff hosted by CCE-Tompkins’ Gardens 4 Humanity (G4H) program.¹

Iron Chef teams. Applications were available online and at New Roots Charter School, Lehman Alternative Community School, Greater Ithaca Activities Center, and the Southside Community Center. There was no charge to participate.

Based on the knowledge and skills of the contestants, Gardens 4 Humanity held two practice nights in the Cargill Teaching Kitchen at CCE-Tompkins Education Center to help familiarize the chef contestants with ingredients and to go over some basic cooking and food preparation skills. Gardens 4 Humanity intern Juliet Barriola worked with “Community Chef”² volunteers Emma Hileman and Elizabeth Boze to put on these sessions, in which youth created a dish in just an hour from a selection of farm-donated local produce.

The cook-off competition was held on Saturday, September 22, 2012 in the parking lot of the new Neighborhood Pride Grocery (former P&C) at 210 Hancock Street as part of the Food Justice Summit coordinated by Greenstar Community Projects with local partners that included CCE-Tompkins. Several prep areas were set up on folding tables under tents (in case of rain) near a “kitchen” consisting of two rented propane grills shared by the four teams. Contestants used equipment from CCE-Tompkins’ teaching kitchen, and some specialty tools brought by the visiting chefs. Fresh, seasonal produce was donated by local farms.

After donning their Junior Iron Chef aprons, youth were grouped into mixed-age teams and paired with either a local chef volunteer or an experienced adult cook who would guide and support their efforts. Teams first chose their names: “Northside Pittmasters”

(with Chef Ralph Moss formerly of Ralph’s Ribs), “Wildcats” (with Chef René Senne of Wegmans Markets), “Dinosaurs” (with Mark Thornton of G4H) and “The Team” (with Community Chef volunteer Emma Hileman and Damon Brangman of G4H). Allyn Rosenbaum, Farm-to-School

Coordinator/“Lunch Lady” at New Roots School, expedited the event.

Next, the “secret ingredient” was announced, and teams scrambled to gather the additional tools and *continued on page 24*



Members of the ‘Northside Pittmasters’ Junior Iron Chef Cook-off team prepare their appetizers with guidance from Chef Ralph Moss (formerly of Ralph’s Ribs) in the September 2012 competition.

The event is based on the immensely popular Food Network series, “Iron Chef America” in which a weekly challenger competes against the show’s resident “Iron Chefs” to see who can prepare the best meal in an hour using a “secret ingredient” that is announced to the contestants as the timing begins.

For the local Junior Iron Chef Cookoff, youth aged 8 to 18 were chosen from applications received from throughout the community. Prospective contestants were asked to describe their previous cooking experience, their familiarity with local produce, and to state whether they had used a chef’s knife, grill, or other kitchen tools before. They also had to write a short essay explaining why each thought he or she would make a good addition to one of the Junior

The real purpose is to get youth excited about cooking and eating healthy food.

1. Gardens 4 Humanity (G4H) is a community-driven food justice organization that promotes economic, personal, and neighborhood empowerment, and health through education, urban gardening and local farm connections. For more information, visit <http://ccetompkins.org/g4h>.

2. Community Chef is a volunteer program at CCE-Tompkins that trains and empowers volunteers to become agents of change for healthier food in their communities. For more information, visit <http://ccetompkins.org/community-chef>.

COMPOST DEMONSTRATION SITE

MOVED TO ITHACA FARMERS' MARKET IN SPRING 2012

READING ABOUT HOW TO SET-UP A COMPOST BIN isn't quite as effective as seeing an active bin and having someone with composting experience tell you exactly how to get started. Since 1990, hundreds of local residents have learned the ins and outs of home composting at a model compost demonstration site at the Ithaca Community Gardens, established by CCE-Tompkins' Compost Education Program and maintained by trained CCE Master Composter volunteers.

Open to the public year-round, this demo site has featured as many as 8 different types of compost bins in active use, accompanied by signs explaining the pros and cons of each, the process of making compost, and how to get started at home. Since 1996, free "Compost with Confidence" workshops have been offered there one Saturday per month from June through October. Developed by Master Composter Randy Gielau and led by Master Composter volunteers, the workshops cover the basics of home composting and slightly more advanced topics such as how to tell when your compost is ready, ways to use it, and how to winterize your outdoor bin for year-round use. Workshop instructors also answer questions on bin problems or other issues posed by participants who already have active home composting setups.

In 2011, Project Growing Hope (the parent organization of Ithaca Community Gardens) needed to expand and plans were made for the Compost Demo Site to move outside the Community Gardens fence. Liz Falk, then-Compost Outreach Coordinator at CCE-Tompkins, saw this as an opportunity to consider other locations that might offer greater visibility for the composting program yet would be as convenient and accessible to the public as the existing site. The "Compost with Confidence" workshops already drew many participants from among shoppers at the nearby Ithaca Farmers' Market (IFM) so moving closer to the Market's Steamboat Landing location seemed like a good idea.

Discussions with the IFM board began in July 2011. In August, Falk and Aaron Munzer (IFM's Zero Waste Coordinator and a CCE Master Composter volunteer) walked the Market grounds and determined that the most appropriate potential location for a Compost Demo site would be Southwest of the main pavilion,

beside an existing parking lot and beneath some utility wires. The proposed spot was approved by engineers from NYSEG, the DOT and local water and sewerage officials, and would not interfere with future development of the Cayuga Waterfront Trail.

Several goals could be achieved by a move to this new location. It would offer a more prominent public location; beautify an unused and overgrown area of the Market; create a venue for public education on waste reduction and soil improvement (two issues that support the success of local farmers); and provide a new opportunity for collaboration between CCE-Tompkins and the IFM.

Since 1990, hundreds of local residents have learned home composting at the demo site.

A committee to develop the design, branding and graphics for the new site was assembled by Mila Fournier, who had been hired as Compost Outreach Coordinator in October after Falk took a position with Cornell's Garden Based Learning Program. Community members included Steve Austin, Travis Knapp, Dennis Mogil, Aaron Munzer, Marissa Weiss, and Rosemarie Zonetti.

The group was charged with designing an educational space with seating for visitors, and working examples of various compost setups. Only small amounts of compost would be used for demonstration, not the large quantities of compostable materials generated by Market vendors and patrons, so the display bins *continued on page 20*



Compost Outreach Coordinator Mila Fournier explains how to layer compost at a free "Compost with Confidence" class in October 2012 at the new Compost Demonstration site at the Ithaca Farmers' Market.

LOCAL BUILDING MATERIALS

NEW INITIATIVE CREATES PRODUCER DIRECTORY

“BUY LOCAL” HAS LONG BEEN A GUIDING PRINCIPLE for Tompkins County consumers when shopping for farm and food products. Now a new directory – compiled through the “Local Building Materials Initiative” at CCE-Tompkins – will allow individuals and businesses to source building supplies – from locally milled lumber to handcrafted metalwork – that have been produced within 100 miles of Ithaca.

As an undergraduate intern at CCE-Tompkins, Porcelli had helped organize the Ithaca Green Buildings Open House, an annual showcase presented in partnership with IGBA. Metz previously had worked as a carpenter and also built his own straw-bale house in Danby, so both were familiar with many local builders and construction issues.

To gauge the availability, use and perceptions of locally produced building materials Porcelli and Metz first developed a 20-question survey that was shared with a stakeholder group of 50 contractors, designers, architects and homeowners. Respondents were asked to list the local building materials they used, frequency of use, the value they place on using local materials, barriers to buying local, and materials they would like to see made more accessible (questions may be viewed at: <http://cctompkins.org/home/green-building/stakeholder-survey>.)

Twenty-one surveys were returned and revealed that 90% of respondents want more local materials and are willing to pay more and travel farther for them than for materials coming from further afield. The main barriers to purchasing local building materials were identified as a lack of information about sources and convenience.

Porcelli and Metz next had to establish criteria for what constituted a “local” producer. Their definition included businesses in which: 1) production and corporate headquarters were located within a 100-mile

radius of Ithaca; 2) at least 50% of the owners lived within 50 miles of the production site; 3) the business must be in charge of their own marketing, rent and other operating decisions; and 4) if listed as a raw materials supplier, at least 51% of their product must be sourced from within 100 miles of the production site.

Businesses identified in the stakeholder survey that met these criteria then were surveyed or interviewed to catalog their products and services, the extent to which they employ local distributors, net sales, raw materials used, barriers to reaching local customers, and their willingness to work with other local businesses as a vendor or supplier. Their responses documented the range of building materials being produced locally, including various lumber products, quarried stone, sand, clay, handcrafted tile and metalwork, wood finishes, and cabinet-grade sheet goods.

Although Porcelli initially planned to prepare a 1-page printout listing local building materials sources, strong consumer interest convinced her to compile and design a more comprehensive 18-page booklet. The “Local Building Materials *continued on page 24*



Apollonya Porcelli (left) and Guillermo Metz of the Local Building Materials Initiative.

“The benefits of buying locally produced building materials are many,” says Guillermo Metz, Green Building Program Manager at CCE-Tompkins. “Not only are significant environmental and transportation costs reduced but money is kept circulating longer in our community, directly and indirectly creating jobs.”

Begun in 2010 through a grant from The Park Foundation, the Local Building Materials Initiative (or LBMI) was conceived as a way to encourage localized economic development in the building materials sector, and as a resource for area contractors, builders, architects and homeowners seeking locally produced products. The project was coordinated by Apollonya Porcelli with guidance from Metz and input from members of the Ithaca Green Building Alliance (IGBA). Ej George, natural builder and sustainability educator, and her husband Aaron Dennis, a timberframer, had proposed a similar project to IGBA more than a year earlier but the group lacked the resources to take it on. CCE-Tompkins hired Porcelli as coordinator and contracted with George and Dennis as consultants.

FARM STANDS TEST MARKET VIABILITY

NORTHSIDE AND HOSPITAL ARE PILOT SITES

DEMAND FOR LOCAL FOODS IS RISING but not all consumers are able to shop when farmers' markets are open due to work schedules or transportation barriers. Fresh produce prices also can be prohibitive to some. CCE-Tompkins facilitated a pilot of two new farmers' markets in Summer 2011 to assess the potential viability of farm stands or markets at locations in Northside Ithaca and at the Cayuga Medical Center.

Using farm stands to pilot farmers' markets in Tompkins County is a technique that Monika Roth, Agriculture Issue Leader at CCE-Tompkins, has found to be effective. "Farmers don't have time to invest in setting up at a market location and hoping that customers will show up," Roth explains. "By facilitating a stand in a particular area, we can test that location to see if it can support an ongoing market." Pilots of this kind have led to the establishment of farmers' markets in Groton, Caroline and Trumansburg.

The Northside Ithaca neighborhood had lost its sole grocery store in 2010 so fresh local produce is not readily available to residents. The neighborhood is considered one of Ithaca's most diverse and has over 35% of residents living below the poverty line. Surveys have shown that neighborhood residents feel disenfranchised from the Ithaca Farmers' Market due to high prices and their perception that it is a "yuppie" market. At least 6 years ago, a mini-market was piloted in Northside and was utilized by residents but it was discontinued due to lack of funding support.

For this effort, CCE-Tompkins facilitated the development of a market in the parking lot of the neighborhood's former P&C grocery store. Produce was obtained on consignment from Sunday vendors of the Ithaca Farmers' Market who could offer discounted prices for saleable produce that remained after their weekend sales. Vegetables and fruits were stored overnight under refrigeration and were used to stock the pilot market which operated on Monday afternoons from 4:30-6:30pm. The pilot market ran for 2 months with minimal promotion beyond signage in the neighborhood and posters placed at residences and businesses in the surrounding community. The pilot market also was promoted via a neighborhood email listserve.

Most customers visited the stand by chance (walking or driving by) but there were approximately 15 regular customers who shopped at each market date. "We were pleasantly surprised by the success of the market with minimal promotion. Average weekly sales totaled around \$100," says Roth. With increased promotion in 2012, this

market could serve a neighborhood need, Roth believes.

Some customers at the Northside pilot market paid by EBT or redeemed their USDA-issued Farmers' Market Nutrition Program coupons (customers were able to pay with Food Stamps at both pilot market locations).

Several opportunities for neighborhood partnerships that could support this market were identified however its future may depend upon whether the new Neighborhood Pride grocery store (replacing the former P&C) meets the neighborhood demand for fresh, local, reasonably priced produce. Store owners have express interest in buying produce from beginning farmers who lack other market outlets, and summer programs potentially could engage neighborhood youth in cooking fresh produce for sampling. .

The impetus for the **Cayuga Medical Center (CMC) pilot market** originated with the hospital dining staff and a new farmer located nearby. CMC had made a commitment to promoting wellness and, with nearly 1200 staff plus visitors, a viable customer base seemed to exist. A mobile market pilot project was developed involving farms located near the hospital and Garden Gate, a home food delivery service specializing in local products. On Wednesday afternoons from late July through September, the Garden Gate delivery truck would set up a tent and sell products from local farms from the truck. "The truck was conceived as the basis for a 'mobile market', which would set up in various locations and sell for a few hours that were most convenient for the customers," Roth explained.

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Farmers display their produce along the sidewalks at the DeWitt Park Farmer's Market (2009)

NAMASTE FRIENDS 4-H CLUB

CORNELL'S S.E.T. TOOLKIT SUPPORTS CLUB LEADERS

IF YOU DRIVE NORTH ON TRUMANSBURG ROAD some sunny day this summer, you may notice a group of very small gardeners busily tending a lush green plot of vegetables in front of the Namaste Montessori School. These youngsters are members of the Namaste Friends 4-H Club and gardening is just one of many

Neighbor Chaw Chang of Stick & Stone Farm across the street plowed a 50'x75' plot for the garden. Parents and children made mulch paths and lined the beds with stones found on the site.

In this region, a big challenge to the sustainability of public school gardens is the fact that classes let out shortly after the growing season begins, so students can plant and tend only those vegetables that can be harvested within a short time period. Since daycare and kindergarten students at Namaste attend year-round, the school is well-suited for a garden curriculum. 4-H members who are enrolled at the school take leadership on getting the beds prepared early in the season, and the club grows a wide range of crops including carrots, beets, zucchini, cherry tomatoes, lettuce, kale, string beans, peppers and pumpkins.

But gardening is just one of wide-ranging activities club members have explored. Other topics have included Bats, Sewing, Electricity, Fishing, Public Presentations, Pottery, Embryology, Goats, Bike Safety, Native Birds, Pond Life, and more. Since 2011, many projects have been chosen from the new 4-H SET (Science, Engineering, Technology) Toolkit and Beames is enthusiastic about using it for club programs. "4-H educators and Cornell University staff pulled together a collection of science activities that are perfect for

youth in grades 3-6 and that can be adapted for younger children. Lesson plans can be downloaded for free from the Cornell website, and each includes a 50-minute activity aligned to New York State Learning Standards," she reports. Subject areas covered in the S.E.T. Toolkit include Animal Science, Lost Ladybugs, Entomology, Geospatial Science, Flight, Astronomy, Climate, Water and Plant Science. Additional resources are being developed. [The 4-H SET Toolkit is online at: <http://sp.nys4h.cce.cornell.edu/about%20us/Pages/SETToolkit.aspx>].

The SET Toolkit is one resource that can make running a club easier for new leaders, and Beames offers encouragement for adults who may want to start a club but who don't know where to begin or who feel intimidated by the task. "The role of a 4-H leader is not being an expert, but being a resource," she says. "My job is to connect kids with the information they need, and there is so much support available through the 4-H office at CCE-Tompkins. You can go in not knowing anything and

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A Namaste Friends 4-H Club member cleans carrots just harvested from their garden.

activities this enthusiastic group has tackled in their quest to know more about topics that range from animals and bike safety, to public speaking and woodworking.

Bridgid Beames, head of the Namaste School and a parent of two of its students, started this 4-H club for "Cloverbud" aged youth (5 to 7) in Fall 2008 (*see profile, p. 21*). More program levels have been added as the original members – and the school – have grown (in 2011, Namaste Montessori added elementary grades at a second site just up the road in Jacksonville). Namaste Friends now has 19 members aged 5 to 12 years old. While most are current or former Namaste students, membership is open and several members are not affiliated with the school.

The club meets as a group one Saturday per month at the Namaste Montessori Elementary School in Jacksonville and additional special project meetings (for activities such as gardening) are scheduled as needed. The garden was created on the school grounds in Spring 2009 and is used jointly by 4-H Club members and Namaste classes.

The S.E.T. Toolkit is one resource that can make running a club easier for new leaders.

COMMUNITY CONVERSATIONS

‘BETTER TOGETHER’ PROJECT HOSTS RURAL CAFÉS

SOCIAL MEDIA AND CELL PHONES help us stay in touch with friends and family all over the world, but we often don't know our nearest neighbors. Families in Brooktondale and Groton recently bridged this divide by creating real-life social networks in their communities, with support from “Better Together! Community Conversations for Parents and Others.”

This new grant-funded effort helps interested community members organize and host informal community cafés where parents and their young children can gather to get acquainted and talk about ways to make their towns or neighborhoods more family friendly. “Better Together!” provides guidance on how to coordinate the event and assists with childcare, supplies, refreshments and hosts' expenses. The ultimate goal is to nurture new networks that will create a supportive community for the youngest residents.

“Sometimes getting just a few people together to connect and to share ideas is all it takes to spark a really creative project that benefits the community,” says Nancy Potter, Family & Community Development Issue Leader at CCE-Tompkins, who has been involved with this effort since its inception.

“Better Together!” evolved from discussions in 2010 among various human service agency staff on how to improve local supports for our area's youngest children and those who love them.¹ Seeking a new approach that could be done with minimal funding, the group identified “Strengthening Families™”-- a research-based strategy developed by the Center for the Study of Social Policy (www.cssp.org) that focuses on building protective factors -- such as parent social networks and connections to community resources -- to help families thrive. The community café model, used by The Community Café Collaborative of Washington, provided the structure for the parent conversations.²

The cafés create a safe and respectful environment where people can talk about things that are important to them. In this model, parents discuss three open-ended questions on the theme of early childhood development, and then share their thoughts on the unique challenges they have experienced as parents of young children. They then explore how they can use their strengths

to advocate for their families. The events typically are hosted by parent volunteers who live in the community, and are offered in partnership with at least one community group or organization. The most important component of the model is that parents drive the discussion topics and develop the activities for both the adults and the children.

The “Better Together! Community Conversations” are designed for parents of young children, who sometimes feel overwhelmed by the many challenges of parenting and isolated from meaningful contact with other adults. While their children participate in a free kid's café program, parents can socialize, share their knowledge on topics such as parenting and local resources; and perhaps find ways to collaborate on projects of common interest to make their neighborhoods better.

A Rural Communities Grant to CCE-Tompkins from the Community Foundation of Tompkins County supported a pilot of an initial two community cafés in two towns. Municipal leaders and early childhood partners were asked to *continued on page 22*

Parents explore how they can use their strengths to advocate for their families.



Janelle Alvstad-Mattson, baby Vanessa Downey and mom Christa Downey. Photo by Patricia Bhrel, used with permission from the June 11-17, 2012 issue of Tompkins Weekly newspaper.

1. The Early Childhood Development Collaboration includes representatives from Catholic Charities, Child Development Council, local childcare centers, CCE-Tompkins, Caroline Food Pantry, Family Reading Partnership, Franziska Racker Centers, T-S-T Even Start Family Literacy Partnership (ended due to lack of funding), Tompkins Community Action, Tompkins County Health Department, Tompkins County Department of Social Services, and parents and grandparents from the community.

2. For more information on the community café approach and how it is used both nationally and internationally, visit www.thecommunitycafe.com and www.theworldcafe.org.

INCARCERATED TEENS

CULTIVATE VEGGIES, CONFIDENCE, RESPONSIBILITY

FOR MANY OF THE YOUNG MEN at the Finger Lakes Residential Center (FLRC) in Lansing, N.Y., there is little escape from the daily constraints of being in residence at a secure juvenile detention center. The boys, ages 14-17, are segregated in the facility

pilot to encourage other facilities around the state to implement similar programs. Staff at CCE-Tompkins are developing a manual -- complete with lesson plans, activities and resource guides -- for garden-based learning, and they hope to hold training sessions throughout the state this year.

Since its launch, the program has provided about 60 FLRC residents with gardening lessons. Many of the boys come from urban areas and have no previous gardening experience.

This summer, the boys planted, nurtured and harvested such crops as salad greens, herbs, watermelon and grapes. Connie Bernard, a retired FLRC teacher, taught gardening skills as well as integrated pest management, soil and nutrient management, and composting in the classroom. After harvesting the crops, the young men learned how to preserve and prepare the food they grew.

Audrey Baker '09, who helps CCE-Tompkins coordinate the program, hopes to incorporate her work with institution-based food and garden-based learning when she enters the Cornell Institute for Public Affairs in January. She noted that the garden gives the young men responsibility and a sense of accomplishment when they see the fruits of their labor.

"The team aspect of it even goes across 'unit' lines, which is to say across gang lines," Baker said. The boys are not allowed to interact across units in the facility. However, after canning pickles, the boys taste-tested pickles from other units and commented respectfully on their recipes, she said. The program also gives the teens a chance to interact with such role models as Geoffrey Tam '13, who served as a summer intern coordinator for the project. The garden, he said, provided the boys with "a sink for their energy, creativity, frustrations, and it allowed them to create positive change in a way that granted them power and control over something tangible."

Olds believes the garden not only gives the young men a place to gain confidence and learn about healthy lifestyles but also tools to become productive members of society. Future plans, said Roth, include a greenhouse during the winter months and a hydroponic garden. *Written by Alexa McCourt '14, and reprinted with the permission of the Cornell Chronicle (originally appeared on September 27, 2012).* ☀



Youth participants in the FLRC gardening program harvested 200 pounds of vegetables from their garden for the Lansing Food Pantry as FLRC Culinary Arts teacher Harold Hingos (center) looks on.

in small units, and their daily routine is strictly regulated. However, this summer, many of them got to work each week in a garden supported in part by Cornell Cooperative Extension of Tompkins County (CCE-Tompkins).

Marjorie Olds, J.D. '76, consultant for the New York State Office of Children and Family Services at FLRC, along with the FLRC administrative team, wanted to start a program that would help the youths gain skills and interests necessary to prosper in their home communities. The Office of Children and Family Services offered to fund a garden program and enlisted the help of Monika Roth, agriculture and horticulture program leader at CCE-Tompkins, Roth said, because gardening was "healthy and attractive to kids and staff," and youth could be involved with it after they returned home.

CCE-Tompkins and FLRC staff members have been collaborating to implement a garden-based learning program at the center to teach the boys gardening skills in the classroom and through hands-on learning experiences since May. The program also serves as a

The program has provided about 60 residents with gardening lessons.

24 HOUSE PILOT PROJECT

LOCAL HOMES TIGHTEN UP, SWITCH TO BIOMASS

HOMEOWNERS WHO HEAT WITH OIL or liquid propane gas (LP) and take certain steps to weatherize their homes can receive a \$500 rebate toward a new qualified pellet stove, through “Warm Up Tompkins”, a demonstration project started in 2010 by CCE-Tompkins and Ithaca Neighborhood Housing Services (INHS) with support from The Park Foundation.

Although pellet stoves are cleaner burning and more efficient than woodstoves, relatively few homes have converted to pellet fuel as their primary heat source, mainly because the heat output of most pellet stoves doesn’t meet the heat demand of older, less energy efficient homes. “Warm Up Tompkins” was designed to document just how much the combination of weatherization and switching from oil or LP gas to pellet fuel could save the average homeowner. The basic premise was to show that a well-insulated, tight house can be heated most of the year with a pellet stove, enabling homeowners to switch to this cleaner, locally-sourced fuel.

“Pellet stoves are essentially space heaters”, says Guillermo Metz, Green Building & Renewable Energy Program Coordinator at CCE-Tompkins, “But once a homeowner undertakes energy efficiency improvements, the home will be easier to heat and will hold its heat better, making it possible for the homeowner to heat the whole house with a pellet stove most of the year. Pellets are renewable, locally sourced, and price stable, so they have the potential to save homeowners significant amounts of money while reducing carbon emissions and contributing to the local economy,” he continues.

Approximately 8,500 homes in Tompkins County heat with oil or LP gas, the two most expensive fossil fuels for home heating. Since these homes are among the county’s oldest housing stock, they tend to be energy inefficient, making them expensive to heat, relatively uncomfortable for occupants, and high emitters of CO₂.

“The greatest energy and monetary savings are realized from energy improvements, such as air sealing (caulking around windows and doors, for example) and insulation upgrades,” says Metz. “At that point, for most people, their existing boiler or furnace is oversized for their new heating needs. Rather than spend up to \$10,000 or more on a new high-efficiency fossil fuel-fired boiler or furnace, a pellet stove can actually meet most of their needs, and they still have the old heater as backup for the

very coldest days”, he continues. This combination not only holds the greatest potential to save the homeowner money, but it can go a long way to helping residents meet Tompkins County’s goal of reducing carbon emissions by 80%.¹

Participants in “Warm Up Tompkins” made those improvements that an energy audit suggested could provide the greatest reduction in heat loss (and therefore heat demand from the heating appliance). These energy saving improvements enabled a properly sized pellet stove to cover ~85% of home heating needs, with the existing fossil fuel system kept in place as a backup. The work usually was financed through a low-interest loan. In addition to receiving a \$500 rebate for a new qualified pellet stove, participating homeowners realized energy savings in the first year of the project that ranged from breaking even to saving approximately \$100 per month after making loan payments.

“Warm Up Tompkins” was designed to include 24 homes representing the range of housing types and ages found in Tompkins County. The project began in April 2010, when homeowners who heated with oil or LPG were recruited from the around the county. Throughout the summer, home audits were performed by BPI-certified contractors² to identify *continued on page 22*



Participating homeowners received a \$500 rebate check toward the purchase of a new, qualified pellet stove.

1. In 2010, Tompkins County (NY) adopted a goal of reducing greenhouse gas emissions by at least 80% from 2008 levels by the year 2050. See: Tompkins County Energy Strategy online at http://www.tompkins-co.org/planning/energyclimate/documents/EnergyStrategy20208-20-10_2.pdf
 2. The Building Performance Institute, Inc. (BPI) is a national premier standards development and credentialing organization for residential energy efficiency retrofit work. Visit <http://www.upgradeupstate.org/> to find a BPI certified contractor in Tompkins and surrounding counties.

NEW BULB LABYRINTH PLANTED

CREATES LIVING MEMORIAL TO LOST CHILDREN

BY ERIANNA FLORES. The Ithaca Perinatal Loss support group approached the Ithaca Children's Garden (ICG) about creating a space to remember babies and children who have passed, while celebrating the lives that carry on. The Ithaca Children's Garden's daffodil labyrinth was in need of revitalization and the idea of a three-season, blooming bulb labyrinth to honor these children while celebrating the cycles of the seasons, was born, along with an inspiring community partnership.

The Ithaca Perinatal Loss Support Group first reached out to the Ithaca Children's Garden as a way to commemorate perinatal loss and educate the community about the impact perinatal loss has on families. "Losing a baby or child can be a very isolating experience for families," says Lauren Korfine, director of Birthnet of the Finger Lakes. "This garden is such a gift because it not only honors the unique grief that comes with such a loss, but also offers a place for families who have a child to come together to grieve, heal and remember."

ICG Executive Director, Erin Marteau, saw a further-reaching mission and felt clear that a three-season bulb labyrinth would be especially apropos given the garden's undertaking to promote stewardship of the natural world through garden-based learning. Lisa Machlin, director of the support group, is grateful to the ICG for its enthusiasm and support. "I'm envisioning a place where families can go to honor and remember their children, no matter what age they passed away," she says. "This blooming bulb labyrinth is perfect on

so many different levels." Child loss extends far beyond the families who have experienced the loss directly. Everyone in our community is touched by this tragedy in some way, and by raising awareness we all stand to benefit. During a memorial and luminary walk event to commemorate infant loss month last October, one community member who has experienced perinatal loss shared, "Just the idea of the bulb labyrinth has already brought comfort to bereaved parents."

The Bulb Labyrinth Memorial Garden began as an idea. From families who have publicized it, designers, volunteers, fundraisers and community professionals, the outpouring of support to make this place a reality is impressive. Approximately 320 volunteers labored to plan, fundraise and build for a total of 1187 volunteer hours. \$30,000 was raised through a variety of means, including the IndieGogo online crowd-sourcing fundraising platform, local fundraising gift fairs and old-fashioned donation requests. Additionally, in-kind donations from businesses and individuals have provided immense support to the project. Local artists Anesti Zakos, Jeremy Holmes, and Jerry Alonzo have supplied sculpture for the garden.

Bulbs symbolize hope and the cycle of life. Labyrinths have been used for centuries by many cultures around the world to promote healing and meditation. As a tool for creativity, team-building and problem solving, the labyrinth at the Ithaca Children's Garden will be used to cultivate the creative and cultural capital of our community. This garden will be a beautiful, uplifting and sensory experience for everyone to enjoy for many years to come.

The Labyrinth design team included Nicole Deister, graduate student in Cornell's Landscape Architecture program and intern with ICG, Dan Klein, Community Beautification Coordinator, Melissa Kitchen, Bulb Researcher, Jeanne Grace, Ithaca City Forestry Technician, and Erin Marteau, the labyrinth is 64 feet in diameter, and features 32,000 bulbs, approximately 300 perennials and a forest pansy redbud tree at its center. Bulbs and perennials will bloom from spring to fall; a wheelchair and stroller-friendly winding stone pathway takes one through the labyrinth; sculpture donated by local artists is viewed along the way and an open space in the center with a flowering tree and stone benches becomes a place for pause in the center of the labyrinth journey. Still to come is a living archway of coppiced willow branches at the entrance, gong, and peace pole featuring the words "hope, peace, love, remembrance" in 20 international languages.

The garden is a three-circuit labyrinth intended to provide a peaceful, meditative *continued on page 24*



Volunteers help plant over XXXXXX bulbs in the new Bulb Labyrinth at Ithaca Children's Garden.

TALKING CIRCLES ON RACE & RACISM

KELLOGG GRANT FUNDS EVALUATION AND PROTOTYPE

IN THE PAST 5 YEARS, MORE THAN 500 people from across Tompkins County have taken part in “Talking Circles on Race and Racism™”, a series of multi-week discussion groups organized and facilitated by the Multicultural Resource Center (MRC) with funding from The Park Foundation.

Now a \$225,000 grant from the W.K. Kellogg Foundation is supporting a three-year project to measure the impact of the “Talking Circle” approach and to create a prototype that can be shared with other communities.

“Talking Circles” provide participants with a safe space in which to have respectful dialogue on race and racism, share experiences, find support, and influence each other’s perspectives and attitudes. The outcome of this approach can be an increased awareness of and an ability to challenge racism in the community, according to the project’s organizers.

“Anecdotal evidence suggests that “Talking Circles” already have had a positive effect here in Tompkins County,” says Audrey Cooper, Executive Director of MRC. “This grant enables us to document not only their influence on individual attitudes and behaviors, but also their possible impact at the community level,” she continued. “We’re very excited and grateful that the Kellogg Foundation has given us the opportunity to move forward with this important work.”

MRC has offered “Talking Circles on Race and Racism™” free of charge to the public since 2007. Since then, special “Talking Circles” have been led for Ithaca City School District staff; City of Ithaca administrators and employees; Tompkins County staff; and Cornell University students, staff and faculty. More than thirty-five “Talking Circle” alumni have been trained as facilitators and receive ongoing training and support to continue to develop their skills. “Talking Circles” also have been offered as a one-credit course in Cornell University’s Department of City & Regional Planning.¹

Individual participants – of all races – describe the “Talking Circles” as deeply healing and profoundly life changing. For many, it is the first time they have had a focused conversation about race in a mixed-race group. For some white participants, it is the first time they have had an intentional conversation about race and racism at all. As “Talking Circle” participants become more comfortable with

the idea of engaging in serious discussions about race and racism outside of the safe group setting, some are moved to take personal and collective action to address structural disparities and barriers within the larger community.



Audrey Cooper, Executive Director of the Multicultural Resource Center (right), with Kirby Edmonds, Dorothy Cotton Institute Senior Fellow.

Dr. Sean Eversley Bradwell and Dr. Belisa Gonzalez of Ithaca College will evaluate the short and long-term impacts of “Talking Circles” on participants, community discourse and dialogue, and on concrete action for structural change. Laura Branca and Kirby Edmonds, two senior fellows at the Dorothy Cotton Institute who helped to design and have facilitated “Talking Circles on Race and Racism™” for many years, will create a program prototype that will distill transferable best practices for raising and managing “Talking Circles” in other communities.

The grant also includes support for further development and evaluation of the Round 2 “Talking Circles” developed by Branca and Edmonds for participants who want more in-depth discussion on particular themes. These include faith-based, work-group and school-based Circles, as well as Circles designed specifically for people of color. Work on this grant-funded project is expected to continue through November 2013.

The Multicultural Resource Center, *continued on page 25*

1. The course was offered in Fall 2011 and Spring 2012 as CRP 3106 *Structural Barriers to Equity in Planning* and CRP 5106 *Structural Barriers to Equity*, instructed by Kirby Edmonds, a senior fellow of the Dorothy Cotton Institute and managing partner of TFC Associates, a human relations training and consulting firm in Ithaca, NY.

Compost from p. 11

would need to be secured to prevent unwanted use. Since Master Composters would not be on-site at all times, signs were needed to describe the composting process and to direct visitors to the Market's designated compost/recycling/trash areas. Finally, since no upkeep would be done by IFM staff, the area also needed to be easy to maintain.

In January 2012, the new design was approved unanimously by the IFM board of directors and construction was allowed to go forward. Quick work was needed for the site to be ready when the Market reopened in early April. Compost Education staff and volunteers removed overgrown plants, being careful not to disturb the existing pawpaw and apple trees. They cleared approximately 500 sq. feet for an active demonstration area and some additional space near the road to serve as a welcoming bridge from the Market. The areas were mulched and landscaped using plants donated by Master Composters. Temporary reed fencing of various heights was used to define the area, which includes 8 compost bin display systems and several rustic wooden benches. Fournier designed new educational signs that are attached to the walls of the demonstration area during class dates. Permanent signage, a living willow fence, and a welcome sign will be added in spring 2013.

During the first season at the new site, attendance in the "Compost with Confidence" classes has remained constant but the number of casual visitors has increased dramatically. "The class still may draw 6-10 people," Fournier reports, "But we'll get an additional 20 visitors who stop by for composting information or with questions. In response to this demand, we'll try to have more Master Composter volunteers available to increase these casual contacts."

For more information on all aspects of home composting, please visit <http://ccetompkins.org/composting>. ☼

Hydrilla from p. 8

and distributing printed materials and press bulletins about hydrilla control in the Inlet.

Task Force members gave numerous interviews to print, radio and television journalists and offered hydrilla identification trainings. They provided speakers for community groups that wanted to learn about hydrilla and the proposed management plans, and held public information sessions, the first of which was at the First Unitarian Annex in Ithaca on Tuesday October 4, 2011 shortly after the Inlet was closed to boat traffic and about a week before herbicide treatment would occur. Linda Wagenet of the Tompkins County Water Resources Council moderated a panel discussion with members of the Hydrilla Taskforce. Lars Anderson, a plant physiologist with the USDA who specializes in Exotic and Invasive Weeds Research, joined

the session via remote connection.

Throughout the summer of 2012, "Hydrilla Happy Hours" were held at Corks & More to get input from interested residents as well as to provide monthly updates. These public information sessions typically included an overview of the hydrilla situation stressing the economic and environmental consequences of allowing hydrilla to become established, the pros and cons of possible methods to eradicate hydrilla, and the current status of herbicide treatments before taking questions from stakeholders in attendance. The last public session of the season, held November 7, 2012, covered hydrilla control efforts in 2012; protocol and results of monitoring for drinking water safety; and the protocol, results and interpretation of plant monitoring for herbicide effectiveness. At that session, a reception recognized the work of volunteer Hydrilla Hunters and others who monitored the lake and inlet all summer and who helped inform the community of ways to prevent hydrilla's spread.

"We are fortunate in Tompkins County to have so many people who care deeply about Cayuga Lake and other local water resources," Anderson affirms. "Our job is to provide them with accurate information about the issues at hand, so they can make informed decisions about this or any other issue that affects them."

To make documents and resources available to the public as quickly as possible, Anderson created pages about hydrilla on the CCE-Tompkins website (which can be found at StopHydrilla.org). Visitors will find listings of upcoming events; information on how to identify hydrilla and distinguish it from similar looking water weeds; safe boating practices to prevent the plant's spread; detailed analysis of herbicides used in Cayuga Inlet; a map of the application area; potential economic impacts of hydrilla on our community; a form to report possible new hydrilla sightings; a list of Task Force members/committees and their specific roles; and other educational materials related to hydrilla and other aquatic weeds. Within two months of its creation, the site received over 3,000 hits from a combination of new and returning visitors.

By the end of 2012, hydrilla had not been found in Cayuga Lake or any of the other Finger Lakes. In September 2012, however, hydrilla was discovered in the Erie Canal near Buffalo, NY. While this may complicate efforts to keep hydrilla out of the Great Lakes basin, the Hydrilla Task Force remains committed to destroying hydrilla in this watershed. Additional herbicide treatments will be needed annually, possibly until 2020, to eradicate the weed. Monitoring for new outbreaks will be on going.

Though the hydrilla is dormant during the cold weather months, the Outreach Group is not. Anderson and her colleagues worked on a communication strategy to keep the public informed as part of a long-term management strategy. Experiences in other states have made clear that continued education is critical to successful eradication efforts.⁴ To learn more about hydrilla and what's planned, visit StopHydrilla.org or call Sharon Anderson at (607) 272-2292. ☼

4. Northeast Monoecious Hydrilla Symposium, Syracuse NY, Sept. 11-12, 2012

Namaste Friends from p. 14

they can provide you with the support, the curricula, whatever you need. You just have to commit time to the effort, and one 3-hour meeting a month isn't a huge time commitment."

Meetings of Namaste Friends open with a brief group game, then a short business meeting, a 5 minute project introduction, then 1 hour project, 10 minutes of reflection, and 25 minutes of social/snack time. There are no membership dues or costs to join Namaste Friends, although each family is asked to sell 5 chances for the annual 4-H Duck Race which helps the countywide program maintain 4-H

Acres (a nature facility on Lower Creek Road that is used by all 4-H clubs and programs, and the community). Members also have taken part in community service projects, such as maintaining the trails at 4-H Acres or holding a penny and bottle drive that raised over \$200 to buy a school tent for children in Haiti after the 2010 earthquake.

Namaste Friends currently is looking for adults interested in becoming special project leaders or general co-leaders. For information about this club, contact Bridgid Beames at NamasteMontessoriSchool@yahoo.com. To learn about other 4-H Clubs in Tompkins County, visit: <http://ccetompkins.org/4hclubs>. For help starting a new 4-H Club, contact Brenda Carpenter at (607) 272-2292 or btc6@cornell.edu. ☀

Profile: BRIDGID BEAMES

Bridgid Beames is a past 4-H Member and speaks highly of the 4-H program she attended in Orange County, NY in the 1970s and 80s. Her mother was the club leader, and they did "just about everything", from public speaking, to chickens and embryology, to dog obedience. "We even had our own tv show – way before Martha Stewart, we were making crafts on television," Beames recalls. "The 4-H teen leadership programs also were an important part of my experience. These programs instilled a strong sense of responsibility, gave an opportunity to practice leadership skills and, as a teenager, allowed me to feel a part of an inclusive community." Beames remained involved with 4-H into her adult years, working as a summer assistant leader right through college. "My involvement with 4-H was the reason I went to Cornell," Beames says. "I attended a small school that didn't offer a lot of curricular choices in the sciences, so 4-H really opened up that world for me. And although my grades were good, my high school guidance counselor told me not to waste my time applying to a big school but to attend community college instead. However I had been to Cornell many times on 4-H trips and that was the image I had of what college could be. My county 4-H Agent Tom Davis really guided me and cheered me on, connecting me with his colleagues at Cornell and helping me through the early interview and scholarship application processes. I'm very grateful for all he did, and we're still in touch today."



Community Café from p. 15

nominate rural communities to hold the parent conversations and to identify parents and others who could host the events. Several towns expressed interest, and two nominations – from Brooktondale and Groton – included teams that were ready to begin. Each team had two parent leaders, a town-specific orientation for the conversations, and supportive community members and organizations to help plan and promote the events. Local coordinators and other interested people in each town took part in an orientation on the community café approach before the first cafés were held in these two communities between May and July 2012.

In Brooktondale, cafés were hosted by Janelle Alvstad-Mattson and Elissa Wolfson with Brooktondale Community Center, Brooktondale Food Pantry and Caroline Youth Commission as community partners. Ten parents (including two expectant families) attended the first event and talked about the various local resources that are available to parents of young children. According to Alvstad-Mattson, “As a result of this project, we were able to meet other parents with young children, discover the needs in our community and together we were able to come up with ideas on how to strengthen our community. Several of us wanted to learn about family and child activities that were going on in or around our area and each of us knew about things that someone else didn’t.”

One result of the Brooktondale cafés was the creation of a new community listserv with more than 20 subscribers that will help the group stay in touch and learn about activities and resources. Several small groups also were formed after the event; one new mom who attended organized a twice-weekly playgroup at the Brooktondale Community Center, and another group of mothers who were interested in getting more exercise started walking together with their children in strollers. Several parents expressed a need for a parent’s night out, and learned about free child care at a local church that enables parents to have a ‘free night’ every month.

In Groton, eleven parents attended the first community café, hosted by “Parents of Special Needs Children” (POSNC), a parent run support group founded through CCE-Tompkins’ “Groton’s Families!” program. Parents Dawn Loga and Lila Pierce facilitated the conversations, with TC Action’s Groton Head Start and Early Head Start programs and “Groton’s Families!” Program as partners. The conversations included sharing safe, free and fun places for families with young children. Participants also valued the time to have a frank conversation about community needs, and raised concerns about supports for families. Those who attended were grateful for a chance to listen to and be heard by other parents who understand the challenges and triumphs of raising special needs children. They agreed that having children with special needs is often isolating, but having the community café forum helped them feel less alone.

Organizers have found the community café model to be a successful one. The approach was well received by parent leaders

and attendees who wanted to continue community cafés past their two pilot sessions. Additional cafés and other events are being held by the Groton and Brooktondale parent groups.

To build upon this pilot phase of Better Together!, CCE-Tompkins applied for and received additional funds from The Park Foundation to expand the project to five more Tompkins County neighborhoods in 2013. Look for community cafés in spring 2013 in Dryden, Jacksonville, Newfield, and at Southside/GIAC/West Village in Ithaca. Anyone who would like to host community conversations in their town or neighborhood can contact Elizabeth Wolff or Dacia Leggé at Cornell Cooperative Extension of Tompkins County, (607) 272-2292. Learn more about the Early Childhood Development Collaboration’s support for families with young children at www.frct.org, Family Resource Connection Tompkins.

Special thanks to: Ashley J. M. Jones (CCE summer intern, College of Human Ecology, Cornell University), Steve Byers of Olympia, WA (www.helpinghumansystems.com) for generously donating his expertise while on vacation Generous support from the Community Foundation of Tompkins County, The Park Foundation and NYSPEP/Children & Family Trust Fund, helps with childcare, supplies, trainings, refreshments and hosts’ expenses for the events.☀

Pellet Stove from p. 17

improvements that would yield the greatest energy savings for the homeowners. Baseline energy use data was collected and specific work plans were developed for each house.

The BPI contractors helped participants apply for existing state and federal incentive programs and, if needed, project partner INHS offered financing for the remaining cost through a 5- to 10-year loan at 3% interest. From July through October 2010, energy efficiency improvements were made on project homes. Homeowners received a check for \$500 from “Warm Up Tompkins” toward the purchase of a new qualified pellet stove. In exchange, they agreed to provide energy use data for the two years before and two years after the work was done, and to share details of their experience to show others how they navigated the process and where they were able to realize the greatest savings.

From September 2010 through May 2012, home fuel was monitored, enabling the project to compile house-by-house energy analyses, figures on pre- and post-project fuel use, intervention costs and issues faced by homeowners and installers. CO2 emissions were calculated from fuel use. Educational materials including video clips, web pages and printed materials were developed throughout the entire project period with feedback from all major project partners.

According to CCE-Tompkins’ Executive Director Ken Schlather, who oversaw the project, the economic potential of the “Warm Up Tompkins” Project is huge. If just 1000 households (12% of local homes that heat with oil or propane) switched to pellet fuel, an estimated \$1M/year would be saved in local fuel costs, and between

5 and 10 full-time, permanent jobs would be created (in addition to new weatherization jobs and a boost to businesses supporting the biomass industry). Schlather also projects that 3000 fewer tons of CO₂ would be released into the atmosphere each year. The longer-term ramifications of the project for Tompkins County would be the growth of a local, biomass-based home heating industry with potential sales of nearly \$10 Million per year, potential reductions of nearly 30,000 Tons/year of CO₂ emissions, and savings of nearly \$8 Million/year in home heating costs.

"We're hopeful that the results of this demonstration project will encourage other communities across the state to undertake a project to systematically weatherize older homes" said Schlather. "By using this example, other municipalities could promote the combination of home energy-efficiency work and biomass combustion to save residents significant amounts of money while increasing the use of a renewable resource that can be produced locally for just about any rural community in the Northeast." he continued.

Additional funds for a \$500 rebate towards the purchase of pellet stoves are available for homeowners who heat with oil or LP gas and who are interested in participating in the program. More information can be found online at <http://ccetompkins.org/warm-up-tompkins> or by contacting Guillermo Metz, Green Building and Renewable Energy Program Coordinator at CCE-Tompkins, at (607) 272-2292 or gm52@cornell.edu.

"Warm Up, Tompkins" was overseen by Ken Schlather, Dan Burke was temporary Field Manager, and Mark Pierce, Senior Extension Associate in Energy Efficiency with Cornell University provided additional technical expertise in energy efficiency as needed. Collaborators on the project included pellet stove retailers and BPI certified energy efficiency contractors, Ithaca Stove Works and Snug Planet. Ithaca Neighborhood Housing Services (INHS) was the main financing source for homeowner projects. A grant from The Park Foundation supported a \$500 per pellet stove rebate to participants and covered the cost of a staff person at CCE-Tompkins to promote and document the project's work. ☼

Family Development from p. 9

approach, the family worker assesses 'what's wrong' and tells the family what they need to do to fix it. FDC can help both practitioners and agencies adjust their perspectives to be more empowerment oriented in working with families and with colleagues."

The picture of the messy house cited at the beginning of this article is an exercise in the FDC training that helps participants to recognize how they currently process what they see and begin to adopt this more strength-based approach. According to Steinkraus, it offers a striking illustration of the change in thinking that occurs when the focus is on looking for strengths. "FDC is as much a personal growth process --with each participant expanding, thinking about, increasing awareness and growing in their understanding of empowerment -- as it is about adding skills and tools," she says.

"Depending upon where a person starts, FDC can result in a huge shift in thinking, particularly if someone is coming from deficit-based practice. We are reminded/learn that we cannot empower anyone else. However we can interact in ways that help others become empowered," Steinkraus concludes.

Jeannie Freese-Popowitch, another nutrition educator at CCE-Tompkins, enthusiastically concurs. "The FDC influenced the way I look at the world personally and in my work, from then until forever," she says. "In our culture, most of us are raised to see what's wrong. We go to social services and convince them how 'bad' we are so they'll help us. The FDC provides a way of looking at yourself, your neighbor, or your client and seeing what's already working, what's going right, and then asking them what *they* would like to improve. The client participates in setting their own goals and we help them to recognize the strengths they already have. It's all based on mutual respect," Freese-Popowitch says. "It was so beneficial for us to go through the training. It's just the greatest thing since sliced bread," she concludes.

Research supports this claim, with families, front-line workers and agencies all reporting positive outcomes from the FDC program.² Families better recognized their strengths, set goals and made plans to reach them, and were empowered to interact more with agencies, schools and organizations. Workers reported increased self-esteem, confidence, and assertiveness in helping families, and better communication and relationship skills in their personal and professional lives. The agencies where they work reported higher staff morale, lower turnover and increased interagency outreach and networking capacities among FDC recipients.

"It's a tremendously beneficial program for all who are involved", says Nancy Potter, Family & Community Development Issue Leader at CCE-Tompkins and an FDC instructor. CCE-Tompkins has offered the FDC training since 1997, with groups of 12 to 18 people taking the training in each of the past several years. Participants have included a wide range of people who work in human services, as well as Extension educators and others. Successful completion results in the FDC credential issued by the University of Connecticut, and 9 CEUs through Tompkins-Cortland Community College and/or Excelsior College credits. The credential can be an alternative to a college degree or a supplement to formal education in social work, human development, and related fields.

The Family Development Credential training is offered annually in Tompkins County depending upon enrollment numbers. For more information, visit <http://ccetompkins.org/family/training> or call Anna Steinkraus at (607) 272-2292 if you would like to add your name to a list and be contacted when the next FDC training is scheduled. ☼

2. Crane, B. (2000). Building a theory of change and a logic model for an empowerment-based family support training and credentialing program (Doctoral dissertation), Ithaca, NY: Cornell University.

Jr. Iron Chef from p. 10

ingredients they would use to create what each hoped would be the winning menu. An hour later, beautifully plated dishes were assembled at the judging table in categories of appetizer, salad, main dish and dessert. Instead of having celebrities or food experts evaluate the entries as on the Food Network show, judging was done by members of the public who each made a \$5-\$10 donation for a ballot that allowed them to line up and sample all the entries, and vote on each course.

When all the votes were tallied, "The Wildcats" team guided by Chef René Senne had won 2 out of 4 possible categories and had received the most overall votes, followed closely by last year's champions, "The Northside Pittmasters". Members of the winning team received cookbooks donated by Moosewood Restaurant.

"The contest is a lot of fun, but it's real purpose is to get youth excited about cooking and eating healthy food," says Jemila Sequeira, head of the "Whole Community Project" at CCE-Tompkins. "Many studies have shown that when you get children involved in preparing healthier foods, they enjoy those foods more and learn to make healthier food choices, so activities like this can help change or reinforce that positive mindset toward healthy eating,"

Josh Dolan, Food Gardening Educator with G4H and an organizer of the cookoff, agrees. "The competition is a lot of work to coordinate but it is very gratifying to see how much each of the kids gained from the experience," he recalls. "The event also shows that gardening is only one aspect of what Gardens 4 Humanity does. Our program also recognizes that people need access to practical cooking skills so that they can enjoy their harvest."

Toward this end, the Gardens 4 Humanity program will hold "pop-up" kitchens and other events throughout the year to raise funds for a mobile teaching kitchen, and for neighborhood gardening hubs that will serve as outdoor classrooms for gardening and nutrition education. More information on these efforts is available online at <http://gardens4humanity.peaksoverpoverty.org/>.

NOTE: a contest to design a Junior Iron Chef logo was held in September with the winning entry submitted by Mary Anne Williams who won a \$50 gift certificate from Standard Art Supply in Ithaca. Gardens 4 Humanity thanks all the contestants, parents, chefs and volunteers who came out to support and take part in the event; G4H intern Juliet Barriola who helped organize the cook-off and facilitated many activities before, during and after it; Audrey Baker; Greenstar Community Projects. Special thanks to the following producers for donating produce or products for the cook-off or practice sessions: Blue Heron Farm, Buried Treasures Farm, Daring Drake Farm, Early Morning Farm, Eddy Dale, Humble Hill Farm, Ithaca Bakery, Littletree Orchards, Muddy Fingers Farm, Sabol's Farm, Sacred Seed Farm, Six Circles Farm, and Wood's Earth Farm. ☀

Building Materials from p. 12

Directory" includes contact information for 78 suppliers in 11 product categories: finishes, general supply, landscaping, lumber, masonry, metal work, salvaged materials, stone, structural forms, tile, and windows/glass. Each listing includes a brief description of products and services offered, and icons denote whether the business supplies raw materials or manufactured products and whether it is locally owned (just being locally owned is not sufficient to be included).

The Directory's target audience is homeowners, contractors, architects, and other building industry professionals. In 2011, copies were provided to IGBA members, visitors to the Tompkins Cortland Homebuilders Show, and individuals attending the annual Green Building Seminar Series. Additional copies were distributed through local businesses including Finger Lakes ReUse, Baker-Miller Lumber, Significant Elements, Cayuga Lumber, The Plantsmen Nursery, and others. More than 700 copies were printed and distributed by December 2011, with copying costs offset by ad sales.

The Directory is available online at <http://ccetompkins.org/lbmi-directory> and includes a description of the main objectives of the LBMI and the importance of buying local. An online searchable database that would allow visitors to quickly identify specific materials within a set geographic area is part of the project's second phase, and is projected to launch in spring 2013. Metz also will work with local manufacturers, economic development professionals, and other stakeholders to promote the use of locally produced building materials and to capitalize on opportunities for local entrepreneurs. For more information on the LBMI, contact Guillermo Metz at gm52@cornell.edu or (607) 272-2292. ☀

Bulb Labyrinth from p. 18

place for the community to celebrate life while remembering those that have passed. It provides opportunities for community engagement and healing and allows individuals to bring their own interpretation and meaning to the labyrinth experience. It is intended to be a joyful place for families, children and community members alike. The labyrinth promotes intimate interaction with abundantly blooming plants, provides a unique community space for gathering, and contributes aesthetic beauty to the Ithaca Children's Garden. Opportunities for supporting this legacy are available. Please contact ithacachildrengarden.org for more information.

The Ithaca Children's Garden is a separate and independent 501(c)(3) organization that is housed at Cornell Cooperative Extension of Tompkins County. ☀



Student volunteers at Ithaca City Hall with then-candidate for Mayor, Svante Myrick, 2nd from right. In October 2011, 600 student volunteers from Cornell University visited 7,000 households in the City of Ithaca to deliver free bags containing a compact fluorescent light-bulb and information on ways to save money on energy across four sectors: Local Foods, Transportation, Waste Reduction and Heating/Electricity. The students were participants of "Into the Streets," Cornell's annual day of community service sponsored by the Cornell Public Service Center. The energy savings bags were part of a new county-wide campaign launched in early 2012 called "Get Your GreenBack Tompkins".

Markets from p. 13

Visibility and promotion problems resulted in lower than expected traffic, however since one goal of the effort was to build community partnerships, the CMC market did succeed in creating a new partnership between the hospital, Cooperative Extension, Garden Gate Delivery and local farmers who all made the idea for a market become reality. Next steps for this site may include surveying hospital staff and market customers about what they liked best and what they feel could be improved about an on-site market. Alternative ways to get fresh local produce to CMC affiliates are being considered.

Results: Overall the 2011 pilot market project had several positive outcomes: it raised awareness of local foods in two communities; built new partnerships; and generated an estimated \$3000 in additional sales for local farmers. According to Roth, "The project created visibility and interest in the farm stand idea, and creates some momentum to further explore the viability of these locations to improve access to healthy foods."

Collaborators on this effort were: Cayuga Medical Center, Garden Gate Home Delivery, Tree Gate Farm, Red Tail Farm, Stick & Stone Farm, Summer VISTA program staff, Tony Petito, First & Adams Corporation (parking lot owner) and Creating Healthy Places Coordinator Jeanne Lecesse. Project expenses were provided by a Creating Healthy Places NY State grant subcontract with the TC Human Services Coalition with the goal of bringing healthy food to low income neighborhoods, and VISTA funds which supported summer staff. ☀

Kellogg from p. 19

housed at CCE-Tompkins, is a non-profit organization that provides education, creates dialogue and supports community leadership around ethnic and cultural diversity issues in Tompkins County (NY). For information about MRC or "Talking Circles on Race and Racism™", contact Audrey Cooper at (607) 272-2292 or ajc39@cornell.edu, or Chibo Shinagawa at shinagawa@cornell.edu.

The Dorothy Cotton Institute (DCI), founded in 2011 as part of Cornell University's Center for Transformative Action, honors the legacy of Civil Rights activist Dorothy Cotton. The DCI includes a program and fellowship for teaching communities and potential leaders about the civil rights movement and other successful social justice struggles.

The W.K. Kellogg Foundation, established in 1930, supports children, families and communities as they strengthen and create conditions that propel vulnerable children to achieve success as individuals and as contributors to the larger community and society. Grants are concentrated in the United States, Latin America and the Caribbean, and southern Africa. For further information on the foundation, please visit www.wkkf.org.

The Multicultural Resource Center is a separate and independent 501(c)(3) organization that is housed at Cornell Cooperative Extension of Tompkins County. ☀

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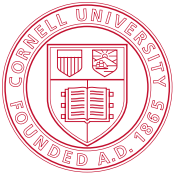
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