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2009

Cornell Cooperative Extension of Tompkins County



*Hit the Farm Trail
and learn about
local agriculture!
Meet the farmers
and see where
your food is
grown!*



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Our Mission:

To strengthen

youth, adults,

families and

communities

through

learning

partnerships

that put

knowledge

to work.

Cover: Simon LeRoux is impressed with what he sees on the 2009 Local Farm Trail.

Rural Youth Services Program Delivers Value to Communities

Making sure that 'tweens and teens have access to quality youth programs can present a big challenge for rural towns with limited funds and infrastructure to cover staff salaries, benefits, training and supervision.

Through a unique and cost effective partnership with 9 municipalities and the Tompkins County Youth Services Department, CCE-Tompkins is providing over 2,000 rural young people each year with a diverse assortment of fun and skill-building activities, right in their own communities.

Since 1995, the Rural Youth Services (RYS) program at CCE-Tompkins has offered after school and summer programs throughout the county, primarily for middle-school aged youth.¹ Most RYS programs happen right after school, and many are held at the school for easy access. Activities are open to all, and offerings change throughout the year, ranging from one-time events to those that meet for 6-to-10 weeks or longer.

98% of youth surveyed said their RYS adult leader was someone they could count on for advice and support

Activities are designed to appeal to young people and include topics such as cooking and fitness, outdoor skills, rocketry, crafts, stilt walking, sign language, photography, hiking, geocaching, animal studies, and more. Most are provided free of charge or with small fees requested from those who are able to pay. Special pro-

grams may be offered during school breaks and can include field trips to local sites of interest, and overnights. All activities are designed to be fun, promote healthy choices, and to encourage the development of positive social and life skills.

Though the day-to-day operations of RYS are handled by CCE-Tompkins, the individual programs are overseen by youth commissions or community councils in Caroline, Danby, Dryden, Enfield, Groton, Lansing, Newfield, and Trumansburg/Ulysses, and a Joint Youth Commission that serves the Town of Ithaca and the Villages of Cayuga Heights and Lansing.

This community-level involvement ensures that all offerings are in keeping with what each town believes its youth need and want. An annual Municipal Youth Services legislative appropriation to the Tompkins County Youth Services Department is matched by the rural communities, and CCE-Tompkins is contracted to hire, train and supervise the Youth Community Educators / Program Managers who plan and deliver RYS programs in each locality.

The Community Educators are supervised by Linda Schoffel, a veteran youth development professional who for many years ran the Trumansburg After School Program (TASP). The

RYS staff meets regularly to share program ideas, and has become a network of peers who work with the same age groups. To stretch RYS resources, they



Youth in the O.U.R.S. Program display dreamcatchers they have made. O.U.R.S. is offered by RYS in partnership with the Cornell Public Service Center and pairs college-aged mentors with youth who live in rural trailer parks in Dryden and Freeville. RYS educator Julie Newman, is at center right, in blue.

regularly invite colleagues from other CCE-Tompkins programs - in composting, food and nutrition, gardening and Primitive Pursuits -- to offer special activities at their sites.

RYS programs are much more than fun and games, however. While the common focus of RYS is on building strong communities by fostering life skills, the programs also "give back" to their communities in tangible ways. Community service is encouraged at all RYS sites.

In Danby, for example, youth volunteer at the Danby Farmers' Market, and have helped to develop trails at Jennings Pond. Caroline youth distributed garden plants and information on how to grow *continued on p. 14*

1. Exceptions are programs at Trumansburg's High School, Groton Elementary, and the O.U.R.S. program in Dryden. For more information on the O.U.R.S. program and a project they undertook with the Robert S. Smith Award, see page 12.

New Events Connect Regional Meat Producers and Consumers

In Tompkins County, local foods enjoy strong demand however the “Buy Local” movement here has focused largely on fresh seasonal produce. While picking a good local tomato at the farmers’ market is easy, buying local meats is often more daunting to

two events in 2009 to teach consumers more about local meats, including information on pricing, label claims, various cuts, yields, and weights, and the importance of knowing your farmer. The events in turn gave participating livestock producers an opportunity to connect with a targeted audience of people seeking locally raised meats.

questions from the audience.

Most of the 60 to 65 attendees were people who didn’t currently buy locally raised meat, but who were interested in learning more about it. A hand-out called “*Learn More About Local Meats*” was developed for this workshop, and is now being used by CCE offices in at least seven other counties. All evaluation survey feedback was positive, and the audience was eager for more programs of this kind.

locally raised meats.

In May, a “*How to Buy Local Meats*” class was offered as a pilot to gauge community interest in this topic. Matt LeRoux, Agricultural

In October, a “*Local Meats Tasting & Education Fair*” was held on a Sunday afternoon at the Women’s Community Building in Ithaca. In addition to a reprise of LeRoux’s “*What’s Your Beef...*” presentation, the event featured on-site meat sales, and a demonstration by Karma Glos of Kingbird Farm on how to divide a whole chicken carcass into individual cuts. Serendipity Catering of Ithaca prepared a dozen different meat recipes for tasting, and 13 volunteers (from CCE-Tompkins, students from Cornell’s Farm to Cornell Club, Hotel school and CALS dept. of animal science and from the Ithaca community) offered visitors samples kept at safe temperatures in chafing dishes.

Over 200 people attended the Fair, with an admission fee of \$5/ person to cover the cost of meat samples and their preparation. Participating farms reported that sales at the event exceeded their expectations, with 5 of the 17 farms reporting over \$1,000 in sales. Once again, the event enjoyed very positive feedback from both the farms and the public, with a high percentage of survey takers reporting that they intended to purchase locally-raised meats in the future.

Several other Cornell Cooperative Extension Associations *continued on p. 17*



Volunteers (left) offer tastes of “Blamb” - a combination of ground beef and lamb - to visitors at the first Local Meats Tasting & Education Fair in October 2009.

“We plan on buying meat from these farmers in the future on a regular basis.”

Visitor to the 2009 Meat Fair

consumers, who know less about livestock farming than they do about vegetable production.

Terms such as “natural” and “grass-fed” initially can be confusing to consumers, and many want to know whether locally raised meats carry the same concerns that they associate with commodity meats, such as antibiotic and hormone usage, feed sources, humane treatment, food safety, and health issues. Many have become vegetarians due to concerns about large scale livestock farming, however locally raised meats generally offer an alternative that wary and well-informed consumers accept.

With this background of demand for locally produced foods, Cornell Cooperative Extension of Tompkins County developed

Marketing Specialist at CCE-Tompkins and the event organizer, opened with a slide presentation called “*What’s Your Beef?: How to Buy Local Meats*”. LeRoux, whose background is in natural and grass-fed beef marketing, defined for the class the various terms applied to local meats, explained how and where to buy them, discussed cuts and pricing, and the economic advantages of buying in bulk. LeRoux counseled buyers to develop relationships with local farmers, to talk with them about how their products are raised, and to visit their farms when possible.

A panel of seven farmers who raise bison, beef, goat, lamb, pork, chicken and certified organic then described their farms and practices, and answered

Second Graders Learn about Local Foods with “Feast For Health”

The current childhood obesity epidemic has led many researchers to focus on sustainable environmental change in schools and other settings where children can be exposed to a healthier diet that includes more vegetables and fruits. Concurrently, citizens have learned that eating more locally grown foods can reduce the environmental costs of our present food system, while supporting the local economy.

FEAST for Health is a comprehensive school-based nutrition education program originally developed at CCE-Tompkins to address these issues. The program works with school food service staff to improve the school food environment by including more locally grown plant foods in their menus. Children are introduced to a seasonal vegetable in the classroom, and learn to prepare a recipe featuring it. The children then name the dish and promote it to the rest of the school. Finally, the dish is introduced on the school lunch menu and everyone is urged to try it.

The foundation for the *FEAST for Health* curriculum was laid in the mid-1990s through a Healthy Heart/Health Promotion grant from the NYS Department of Health. The grant enabled CCE-Tompkins and the Tompkins County Health Department to develop and pilot a 4-unit nutrition education project called *Field to Table*¹ which linked classroom instruction with cafeteria food service. From 2006-2008, new federal funds from Cornell

Cooperative Extension supported a partnership between Cornell Nutrition researcher Jennifer Wilkins and CCE-Tompkins to expand and revise the curriculum, and to pilot and evaluate it in second through fourth grade classrooms at Caroline and Groton Elementary Schools. The program was renamed *FEAST for Health*² and was revised and updated by CCE-Tompkins educator Carole Fisher.

In 2009, *FEAST for Health* was introduced to second-graders at Trumansburg Elementary School by CCE-Tompkins Nutrition Education staff with funding from the Carman and Sandra Brink Hill Fund of the Community Foundation of Tompkins County. An enthusiastic proponent was Trumansburg’s School Food Service Director, Deborah Bush, a Registered Dietitian with over 30 years of experience in school food service. Bush is strongly committed to serving healthy food to children, and has made many steps in that direction in her district’s school food program.

In November 2009, CCE-Tompkins staff and Bush met with the second grade teachers to introduce them to the program, review an introductory lesson, and set a schedule for implementing the project. At a second session, the Winter Squash lesson was reviewed. In the classrooms, teachers cut open several varieties of squash, children removed the seeds for roasting, and the cafeteria staff assisted by baking the squash *continued on p. 15*



Children sample “Mystery Delight” (squash apple crisp) at Trumansburg Elementary.

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1. The *Field to Table* curriculum was developed at CCE-Tompkins by Susan E. Travis, PhD, RD, CDN, now a faculty member of Cornell University’s Department of Nutritional Sciences; Cornell Extension Associate Tracy Farrell; Theresa Lyczko, TCHD Health Promotion Director; and Shirley Cuykendall, food service director at the Lansing Central School (now retired).
2. The acronym “FEAST” stands for Families, Education, Agriculture, and Schools Together. CCE-Tompkins educators, Myra McKinney, Karen Robinson, Carole Fisher and dietetic intern, Vanessa Hoffman, conducted the school pilots at Caroline and Groton. Helen Howard arranged for Feast to be delivered at Trumansburg Elementary by consumer and food safety educator Carole Fisher, nutrition educator Heather Bastian and CCE-Rural Youth Services program manager Carissa Mann Parlato.

Spreading the Message of Energy Efficiency, One Home at a Time

Demonstrating to local households the benefits of home weatherization -- with the idea that they in turn would “spread the word” -- was the focus of the 2009 Energy Conservation Corps, a grant-funded pilot project at CCE-Tompkins that trained

tially could reduce local energy consumption, keep more “energy dollars” in Tompkins County, and support local businesses by encouraging more homeowners to undertake home weatherization upgrades.

The idea for an Energy Conservation Corps arose from conversations between Peter Bardaglio, head of the Tompkins County Climate Protection Initiative (TC-CPI) and Ken Schlather, CCE-Tompkins’ Executive Director.

The Association already had created a “Path to Energy Ef-

iciency” web-site (at <http://cctompkins.org/energy/energy-efficiency-path>) that outlines steps to make a home more energy efficient -- from no-cost and do-it-yourself projects, to those requiring a skilled contractor. Bardaglio and Schlather thought that a streamlined version of an energy audit -- conducted by volunteers or interns -- could persuade homeowners to improve the energy efficiency of their homes. They also believed that participant word-of-mouth would encourage others to do the same.¹

A total of 34 undergraduates from Cornell University and Ithaca College took part in the Energy Conservation Corps in summer and fall 2009. The summer crew of 13 interns researched home energy improvements and designed the pilot program, under the supervision of Dominic Frongillo.

With the help of local home performance contractors and Mark Pierce (a Cornell Extension building science expert), the interns devised a process for conducting relatively quick and simple energy tests that could help homeowners identify the highest priorities for weatherization upgrades.

The process included a homeowner interview, visual inspection of the home and appliances, a whole-house blower door test for air infiltration, and a follow-

The average New York household spends over \$2,500 per year on energy... and 20-60% of that amount can be saved through home energy improvements.

up visit to review the results, all offered free-of-charge to the homeowners.² By August, the interns had performed 50 free energy tests on homes located throughout *continued on p. 18*



Members of the 2009 Energy Conservation Corps pose with the CCE-Tompkins banner with CCE staff Dominic Frongillo (center front) and Shawn Lindabury (center rear).

college students to perform free energy tests on local homes.

Home weatherization efforts can yield substantial savings. The average New York household spends over \$2,600 per year on energy for electricity, heat and hot water, and 20-60% of that amount (or up to \$1,500 a year) can be saved through home energy improvements.

To achieve these savings, however, homeowners must know specifically what upgrades are needed. Finding an easy and inexpensive way to identify home “energy wasters” poten-

1. Some earlier exploration of this idea was done in 2008 by Schlather and local home inspector Anne Korman, who together had photographed homes in Fall Creek with an infrared thermal imaging camera, to determine whether it could be an effective tool in a volunteer-based energy testing program.

2. Note that the resulting energy reports are for educational use and are not a Building Performance Institute (BPI) certified energy audit (as would be required for a renovation project to qualify for NYSERDA incentives). A full home energy audit assesses the home’s heating system, air infiltration, insulation (in floors, walls, ceiling and rim joists), utility consumption, hot water, appliances, windows and doors and lighting use and can cost \$200 or more.

Grant Supports Local Radon Education & Outreach Efforts

A \$2000 grant from the Central New York Coalition for Healthy Indoor Air enabled CCE-Tompkins to undertake a two-month, county-wide public information campaign in 2009 to encourage local residents to test for radon in their homes.

The campaign included the production and display of ten exterior bus posters on Tompkins Consolidated Area Transit (TCAT) buses slated to travel on a variety of different routes throughout the county in December 2009 and January 2010. Additional public awareness events have been planned for January in conjunction with National Radon Action Month.

"While many people test for radon when they are about to buy a house, it's important for homeowners and renters to be aware of what radon is, how to test for it, and to know that radon problems can be fixed", says Carole Fisher, a community educator with CCE-Tompkins who wrote the successful grant and implemented the radon education project. CCE-Tompkins has offered radon education programs and information on how to obtain low-cost radon test kits

for many years, in partnership with the Tompkins County Health Department, Fisher says.

During National Radon Action Month in January 2010, CCE-Tompkins also will be able to offer free radon test kits to Tompkins County residents while supplies last, thanks to another grant also obtained by Fisher.

Radon is an invisible odorless gas that is the leading cause of lung cancer among non-smokers. It results from the natural breakdown of uranium in soil, rock and water, and can enter your home undetected through cracks in walls or solid floors, through pipes entering your home, in your water supply, and other ways. Levels can vary widely, even from home to home in the same neighborhood. Tompkins County is considered a high radon risk zone, according to Fisher, and radon is present at elevated levels in about 34% of Tompkins County homes.

"Radon gas becomes a health hazard when it accumulates indoors and is breathed in," she explained. The radioactive energy bursts can irritate the lung tissue and damage DNA. The

U.S. Environmental Protection Agency estimates that radon is responsible for more than 20,000 lung cancer deaths per year. Radon levels can, however, be lowered through mitigation, and new homes can be built to be radon-resistant.

Bus posters produced for the public awareness campaign were designed by CCE-Tompkins staff in September using the EPA's "Green Sox" campaign design, to which local contact information was added. The message stated, "Living Green Starts From The Ground Up. Test Your Home For Radon."

Grant funds were used to contract with RS Advertising, a Binghamton firm that exclusively handles advertising for the TCAT bus line, to produce ten posters and run them on TCAT buses for two months. Five buses had a sign in the tail light position and five other buses displayed a larger sign on their curb or "queen" sides. Because the buses traveled throughout Tompkins County on a variety of routes, the signs were seen by residents in all areas of the county.

An extra two weeks of display time were *continued on p. 16*

Tompkins County is considered a high radon risk zone, with radon present at elevated levels in about 34% of local homes.



Bus posters in two sizes appeared on TCAT buses throughout Tompkins County in December 2009 through January 2010, funded by a grant from the Central NY Coalition for Healthy Indoor Air.

Cornell "Greeks Go Green" With Help from CCE-Tompkins

Cornell's "Greeks Go Green" piloted a model composting and recycling program in three sorority and fraternity houses as part of a longer-term effort to support a culture of sustainability

practices could add up to big environmental impacts. About 30%, or 4000 Cornell undergrads are involved in Greek life. In the winter of 2009 an online survey of the 53 chapters with residen-

tial houses showed that over half of the respondents do not always recycle the hundreds of empty cans and bottles that are left after parties, nor do they have an everyday recycling program that members use consistently. About half also reported using disposable dishes the majority of the time.

Copeland's summer work plan included collaborating with Master Composter volunteers Tom Shelley, Valerie Ober, and Kristen Vitro to create a ten-minute presentation that would cover the basics of composting

By initiating composting practices in early 2010, Alpha Chi Omega expects to save \$64/month and reduce their trash pickups to two per week.

and steps needed to implement a program in a chapter house. She researched the available options (on-site, at Cornell, or by contract with Cayuga Compost) and the economics of choices that support waste reduction, such as loan payback time for buying reusable plates.

She also projected the potential savings from fewer trash pickups when a composting program is added. While reviewing her own sorority's trash invoices, Copeland was surprised to learn that they were paying over \$300/month for three weekly trash pickups. By initiating composting practices in early 2010, Alpha Chi Omega expects to save \$64/month and reduce their trash pickups to two per week.

At least five of these compost presentations were given at different Greek chapters in Fall 2009 by CCE-Tompkins' Master Composters, who will continue upon request to make presentations and consult with Greek houses on ways to set up or improve their *continued on p. 16*



Christina Copeland surveys kitchen disposal and sorting practices in Greek residential housing as part of the "Greeks Go Green" waste assessment project (photo provided).

and waste reduction on the Cornell campus. Some of the preliminary work for this pilot was accomplished at CCE-Tompkins during the summer by Christina Copeland, a Natural Resources major in Cornell's College of Agriculture and Life Sciences and a co-founder of Cornell's "Greeks Go Green" initiative.

Copeland had heard Ken Schlather, CCE-Tompkins' Executive Director, give a presentation on local Extension programs at a University Neighborhood Council meeting in March 2009 and contacted him afterwards about ways that CCE might assist with sustainability education among Cornell's Greek chapters.

A member of the Alpha Chi Omega sorority, Copeland knew that fraternities and sororities were an area where small changes in waste management

Clearly, there was room for improvement.

A grant from the Tompkins County Solid Waste Management Division (TCSWMD) and some additional funds from Cornell University enabled CCE-Tompkins to hire Copeland for six weeks as a 2009 Summer Intern. She worked concurrently with CCE-Tompkins' Environmental Issues team and Master Composter volunteers, and with staff from Tompkins County Solid Waste, to design the components of a fall waste management education pilot, and to develop the accompanying educational materials.

"This is a quintessential example of how Extension works with people to develop their ideas and interests into a form they can take back to their communities," Schlather said.

Over half of the 53 residential houses did not recycle empty cans and bottles after parties.

Primitive Pursuits Educators Co-Teach New Ithaca College Course

Two Primitive Pursuits educators have taken their wilderness expertise to another level – as co-instructors of the popular *Environmental Sentinels* class at Ithaca College. A core course within IC's new Environmental Studies department, the class is designed to help students develop a personal connection with the natural world - something that the Primitive Pursuits staff is known for bringing about in their day-to-day public programs.

The *Environmental Sentinels* class was conceived, co-created, and offered as a pilot in 2008 by Jason Hamilton, then a faculty member in Ithaca College's biology department, along with Jed Jordan and Tim Drake, two of three co-founders of the Primitive Pursuits 4-H program at CCE-Tompkins. Hamilton had encountered Primitive Pursuits six years earlier when his son enrolled in the program. Excited by the work that he saw, Hamilton joined the adult apprenticeship and continued on as an adult volunteer with the program.

“What’s exciting for us is that we’re working primarily with Environmental Studies majors who have a commitment to leadership in this field,” Drake says.

Primitive Pursuits first was offered to the community-at-large by Jordan and Drake in 2001, several years after it was started as an afterschool pro-

gram in the Town of Dryden by Dave Hall, a 4-H educator with CCE-Tompkins' Rural Youth Services Program. Hall had studied with some of the nation's leading wilderness skills instructors, and wanted to share his experiences with youth. Jordan and Drake came to the program along similar paths. Drake studied with some of the same teachers as Hall, while Jordan had spent many years travelling in wilderness areas of the U.S. As interest in the program grew, the three developed and refined the popular outdoor classes that now reach more than 600 youth and adults each year.

A shared principle of both Primitive Pursuits and the *Environmental Sentinels* class is for participants to learn how to use their senses, identify what they see and observe, and predict changes in the ecosystem. The course syllabus defines an “environmental sentinel” as a citizen and member of the community, who will be able to notice when changes start, understand what is causing the changes, and can then participate in developing solutions. Throughout, wilderness living skills are taught as a context for deeper connection. Drake describes the approach as, “Taking ecology out of the text book and going back into the forest to experience it.”

Requirements for the 4-credit course are rigorous and involve many hours of first-hand nature study. “We leave the classroom

within 15 minutes on the first day with no intention of going back” according to Jordan, “About 90% of the time is spent outdoors.” In addition to required readings, students complete an ongoing



Jed Jordan (left) and Tim Drake of Primitive Pursuits navigating in the National Forest, 2007. Photo by Carolyn Wiley.

journal assignment that requires them to spend at least three hours each week in the forest recording their observations, which counts for 40% of their grade. “Sometimes they go into the woods at night, and it’s initially really terrifying to them,” Drake recounts. “You can see it in their journal entries.” Students also must create resources such as maps of plant communities or trails at a location that they choose and observe over the semester. As members of “clans” into which they are grouped early in the semester, students also make individual and group presentations to the class on what they’ve learned.

Class projects change with the seasons and outdoor activities can range from identifying natural fiber plants and making rope from

continued on p. 17

About 90% of the class time is spent outdoors.

Way2Go Helps Residents to “Go Green and \$ave Green” on Travel

A new community resource designed to help Tompkins County residents “take charge of their transportation” was launched by CCE-Tompkins in 2009. Named Way2Go, this grant-funded program now offers a comprehensive website, free consumer workshops, educational materials, and trainings for employers and social service agency staff, all with the aim of helping local consumers make informed—and hopefully, sustainable—transportation choices.

Way2Go development began in 2008, with the hiring of Chrisophia Somerfeldt as program manager.

Somerfeldt compiled data on consumer transportation habits and needs, local services, money-saving and safety tips, individual planning tools, and more.

These resources now can be found on the Way2Go website (at cctompkins.org under “Community”, or at way2goinfo.org). Sections of the website target the needs and interests of specific groups such as newcomers, parents, seniors, people with disabilities, rural residents, households with limited economic resources, those who are interested in saving money, going ‘green,’ transportation equity, and other priorities.

Of general interest are pages on the many “Ways to Get Around” in Tompkins County, which detail how to access each

form of travel, and the financial and environmental pros and cons of each. Visitors can find useful tips on topics such as how to set up a successful carpool, what to look for when buying a bicycle, and ways to get around for less.

To ensure that the Way2Go website, workshops and promotional materials reflect and

by staffing a Way2Go display table and speaking with people at community events.

At workshops and events, Somerfeldt is fond of describing how the existing alternatives to private, single-occupancy autos can save consumers substantial amounts of money. One adult could, for a year, ride the bus,

commute by vanpool, drive an l t h a c a Carshare car for two hours a week, spend \$30 on taxis per month, buy \$150 walking shoes, invest \$350 in a bicycle, and rent a car for a full week’s vacation—and still

save over \$4,000 over the average cost of owning and using a car.

“While we hope that people will make sustainable choices,” Somerfeldt says, “Way2Go is here to show how our transportation choices can save money, support health and well-being, lessen pollution and climate change, and promote a strong and equitable community.”

Another important goal for the Way2Go program is to encourage communication between interested citizens, staffs of local businesses and organizations, and transportation providers, planner and advocates.

“Part of helping people to overcome transportation barriers is to make those barriers more apparent to the service providers,” s a y s *continued on p. 19*

Take Charge of Your Transportation!

Way2Go

Save money. Stress less. Go green.

Visit: way2goinfo.org

The graphic features icons for a bus, a car, a person on a bicycle, and two people walking.

respond to community needs, Somerfeldt recruited a diverse Community Team to guide the program. Members include social service agency staff, people of color, differently-abled people, and others with an interest in transportation issues.

The Team provided input and feedback as Somerfeldt developed a “Go Green, \$ave Green: Getting Around For Less” workshop for consumers, and a user-friendly packet of transportation information called the “Transportfolio” for human services professionals to use with their clients and program participants.

In the first year of the program, Somerfeldt delivered workshops to 60 participants, distributed “Transportfolios” to 125 human service professionals, and reached another 300 individuals

Way2Go web pages on the “Ways to Get Around” in Tompkins County detail how to access each form of travel and the financial and environmental pros and cons of each.

Safe Food Preservation Skills Taught in CCE-Tompkins Class

Tompkins County has experienced an upsurge of interest in food preservation. In January 2009, CCE-Tompkins cosponsored a community meeting -- with Sustainable Tompkins and IthaCan (a web-based social network for local food preservers) -- to discuss a variety of food preservation topics, including food storage, and the possible need for a shared community kitchen. Approximately 120 people attended the gathering.

With a long history of providing public workshops in home canning and drying according to USDA guidelines, the food preservation staff at CCE-Tompkins was concerned that any community-wide planning or education efforts should use and share only safe, reliable, and up-to-date information on home food preservation methods. Although many home canners have learned handed-down canning techniques that "have always worked", following the current safety guidelines will ensure that the foods preserved will always be of high quality, and safe for your family to eat.

CCE-Tompkins food preservation staff Ann Gifford and Carole Fisher next met with key representatives of the community groups to explore possible collaborations during the coming food preservation season. A result of that meeting was a 3-day Master Food Preserver training, offered April 15-17 at the CCE-Tompkins Education Center.

The class was instructed by a team of two Extension Food Preservation experts, Katherine Humphrey and Judy Price, and assisted by Ann Gifford and Carole Fisher from CCE-Tompkins. Humphrey and Price make up the CCE State Food Preservation Expert

Team, and have developed the New York State Master Food Preserver Manual which was used in the training. Twelve people enrolled in the training, including a nutrition educator from CCE-Tompkins who wanted to teach canning techniques to her program participants, and several people with an interest in becoming Master Food Preserver volunteers for CCE-Tompkins.

The workshop was fast-paced and covered a lot of information. It included many small group, hands-on activities so participants could practice what they had learned. During the first morning, the class learned about the economic and nutritional considerations of home preserved foods, studied the science behind food preservation, and watched a demonstration of canning basics and equipment.

That afternoon, they learned about high acid canning, and then rolled up their sleeves to prepare and can hot pack and raw pack tomatoes and unseasoned tomato sauce using the boiling water bath canning method. They also learning about techniques for freezing as a food preservation method, and reviewed the day's lessons.

On Day 2, the class was introduced to procedures for low-acid canning, and then prepared and canned both carrots and stewed tomatoes using a pressure canner. They learned about drying foods while waiting for their canned foods to finish processing, and learned how to unload the pressure canner before lunch.

Next covered were pickling techniques, and the group prepared and canned hot chili salsa, pickled green beans, and marinated peppers using a boiling water bath. Finally, they quickly reviewed *continued on p. 19*



Scenes from the Master Food Preservers Class in April 2009.

Robert S. Smith Award Supports Civic Leadership Development



Scenes from the Hanshaw Village Mobile Home Park Beautification Project, recipient of a 2009 Robert S. Smith Award.

A vibrant new weekly market in Southside, and an improved outdoor recreation area at a Freeville mobile home park are two of the inspiring community projects funded by *The Robert S. Smith Award for Community Progress and Innovation*, administered since 2008 by CCE-Tompkins.

The awards support partnerships between grassroots community leaders and area college students to jointly plan and carry out innovative projects that strengthen Tompkins County communities.

Awards can be as much as \$3,000 for project expenses. Proposals that involve people from local communities of color, immigrant communities, and/or low-to moderate-income communities as team members and project leaders receive priority in the selection process.

Congo Square Market

Longtime Ithaca resident and social worker Jhakeem Haltom conceived the idea for the weekly Congo Square Market after years of conversations with African-American community members. Located in the small park next to the Southside Community Center, the market provides a safe space where people of color from the community can have access to affordable healthy foods, and positive social interaction.

Named for New Orleans' famous Congo Square, the market honors African-American history. In the early 1800s, recently enslaved Africans and others could gather in Congo Square on Sundays for music, dance and stories.

Ithaca's Congo Square Market opened on June 12, 2009 and operates on Friday evenings from May to October. It features a weekly stall that sells local

vegetables and fruit, and other produce that is in high demand in the community.

Vendors sell ethnically diverse foods, clothing, and locally produced goods. All profits from vendor fees and the produce stand are reinvested in the Market as needed, and in Southside Community Center programs. Music, crafts, entertainment and

The Awards support partnerships between grassroots community leaders and area college students to jointly plan and carry out innovative projects that strengthen Tompkins County communities.

culturally relevant health/wellness will be added as the Market takes on its mission for the community.

The Robert S. Smith Award was one of several sources of support that helped Haltom to establish the Congo Square market. Haltom's partner on the proposal was Christian Duncan, a Cornell Business School student. Nonprofit partners were the Multicultural Resource Center, GIAC, the Southside Community Center, and the Whole Community Project. Local youth were hired through Youth Employment Services to work in the market during its first summer. Haltom and Jemila Sequiera of the Whole Community Project *continued on p. 13*

serve as co-managers of the weekly market.

Mobile Home Park Beautification

In another funded project, young people at the Hancock Village mobile home park in Freeville saw a need for a “green space” where youth could play safely and adults could watch them while socializing with one another. The youth believed that by beautifying their park, they also could increase its sense of community.

The mobile home park is a site of the O.U.R.S.¹ Program, a 4-H/Rural Youth Services afterschool and summer offering for youth who live in or near the Hancock Village and Congers mobile home parks in Freeville.

Each week, volunteers from

the Cornell University Public Service Center’s Y.O.U.R.S.² Program work with the youth through mentoring, games, crafts, outdoor activities, and field trips. Established in 2005, the program now serves about 35 youth, ages 7-17, each year. Most participate in at least two programs each week during the school year as well as during the summer and school breaks.

For this project, Alice Connors-Kellgren (a Cornell student and Y.O.U.R.S

President) partnered with Sharon Patte (a Hancock Village resident and parent of an O.U.R.S Program student) and members of the O.U.R.S Teen Leadership Council to apply for this award.

The project was overseen by Julie *continued on p. 18*



In addition to fresh vegetables and prepared foods, vendors at the new Congo Square Market in Southside sell ethnically diverse clothing and crafts (photo courtesy of Jemila Sequeira).

1. O.U.R.S. stands for Opportunity, Understanding, Respect, Success
2. Y.O.U.R.S. stands for Youth Outreach Undergraduates Reshaping Success

About the Robert S. Smith Award

The Robert S. Smith Award for Community Progress and Innovation was endowed in 1994 by the Tompkins Trust Company in honor of the late Robert S. Smith, former bank chairman and W.I. Myers Professor Emeritus of Agricultural Finance at Cornell. In 2008, CCE-Tompkins was chosen to administer the awards program. While CCE-Tompkins oversees the program, the Robert Smith grant selection committee consists of representatives from the Tompkins Trust Company, Cornell Cooperative Extension-related faculty and staff from Cornell, and established leaders from the prioritized downtown communities.

The Natural Leaders Initiative (NLI), along with Cornell Work Study students, provide assistance and support to applicants, when needed, for writing proposals, matching student and community partners, and fine-tuning project ideas. Margo Hittleman, NLI Coordinator, says “The Robert Smith grant committee’s goal is to target these awards to “everyday” or “natural leaders” – members of the community who often have wonderful community-building ideas, passion and commitment, but who generally lack access to other established funding sources. NLI is a collaborative project of CCE-Tompkins, GIAC, the Multicultural Resource Center and TCAction.

Recognizing that many grassroots leaders do not have established relationships with college students, NLI and the Work Study students act as “brokers” to help community leaders with good ideas find and partner with students interested in helping develop those ideas into action projects. If needed, project teams can also get help linking with established community organizations already working in their areas of interest.

There are benefits even for projects that are not funded, says Ken Schlather, Executive Director of CCE-Tompkins. “The application process initiates student-community partnerships, and sometimes conversations with nonprofit community partners. Good ideas can result and we can help people to think about ways they might be implemented, even without the Smith funding. Our intention is that people also will learn from participating in the proposal process,” Schlather concludes.

The awards target “everyday” or “natural” leaders who often lack access to other funding sources.



Scenes from Rural Youth Services Programs from around Tompkins County.

Rural Youth, from p. 3

them to Caroline Food Pantry participants, and re-established a composting system near the Center. Enfield youth helped prepare for and run the Enfield Fall Harvest Fest, learning life skills such as how to raise large tents, cooking, and appropriate ways to interact with the community while enjoying their volunteer work. Lansing youth host an annual fishing derby at Myers Park, and help with the Harbor Fest.

These activities all provide experience that can help kids get their first jobs; other offerings directly address job readiness. RYS programs at several sites train participants for potential babysitting jobs. "Cool Careers", offered during lunch at Dryden Middle School, brought local professionals in to talk about their jobs and describe what they did, academically and experientially, to get where they are today.

In "Get a Job!" - another Dryden program - youth identified careers of interest, learned how to create a resume and fill out an application form, and practiced interviewing skills. Although the 6th graders in this program were too young to be employed, they focused on finding volunteer work that could help make them job-ready.

Perhaps the most visible job training and community service opportunity has been staffing the CCE-Tompkins youth stands at the summer Farmers' Markets in Danby, Groton and Trumansburg. Youth are recommended for positions at the markets by the RYS Youth Community Educators who know their abilities, help them apply and coach them on necessary skills. And, because RYS has established connections to youth throughout the county, new job opportunities for youth increasingly come their way; Community Educators often are contacted by individuals and businesses looking for youth to

help with "odd jobs", and have been able to quickly identify and refer income-eligible youth for summer TANF jobs, Joblink, and local grant initiatives.

Equally important are the opportunities RYS gives young people to develop a sense of belonging, while connecting with a caring adult mentor. Notices of upcoming programs are sent home with students, and the Youth Community Educators also spend time at the schools, get to know the youth, and are in a position to recruit them individually to programs. Many youth develop friendships with the adult educators and are drawn to try new things they might not have

Research on adolescent development shows how important it is for teens to interact with supportive adults from outside the family.

considered simply because they know, trust, and enjoy spending time with that adult. These youth often become leaders and role models in teaching skills to new participants.

Research on adolescent development shows how important it is for teens to interact with supportive adults from outside the family. Relationships with RYS staff - who are strong and positive non-parent role models -- may well be the most critical contribution that RYS makes to county youth. *In a recent evaluation, 35% of youth surveyed reported they did not have this support before entering the RYS program. At the program's end, 98% of youth reported that they could count on the Community Educator for advice and support.*

Many *continued next page*

Rural Youth, from p. 14

youth choose to join programs because the subjects interest them, or they know and enjoy the company of the adult educator. The Community Educators also make special efforts to include young people who aren't involved in other school activities or sports, or who are referred by school staff, and invite them to join. "They may notice a young person who consistently sits alone at lunch, or who they know has moved around a lot or isn't part of an established group at the school," says Schoffel. "Many times, this personal invitation is what gets the youth involved." This creates balanced groups that bring together a diverse range of youth, providing them with opportunities to learn from each other, appreciate their differences, and build new friendships and a sense of belonging.

Research also shows that youth who have these opportunities and have adult supports outside the family have better developmental outcomes. When these needs are met, they develop characteristics (or life skills) that protect them against becoming involved in risky behaviors.

"Adolescence is a time of change, and youth need to take risks by trying new things," concludes Schoffel. "Through RYS programs, they can do this in a safe place with adult support." ☀

FEAST, from p. 5

and seeds for tasting. Later each class made a Squash Apple Crisp recipe, again with help from the cafeteria staff.

Second graders named the squash dish "Mystery Delight" and created posters to promote it, that were displayed on the hall walls. A FEAST banner was hung outside the building to help



Guillermo Metz (center), Green Building and Renewable Energy Program Coordinator at CCE-Tompkins, talks with a visitor at the Home Wood Heat Expo, held in October at Cayuga Nature Center. Visitors to the event could learn about buying and stacking firewood, best burn practices and proper maintenance of wood stoves, and the latest in high-efficiency technology. Tours were given of Cayuga Nature Center's new high-efficiency wood chip-fired boiler.

generate excitement about the program and a FEAST for Health newsletter (customized for the Trumansburg school by CCE-Tompkins) was sent home with students. It contained information about the classroom activities, and provided the recipe used in the classroom, along with additional activities or readings about the food. The newsletter aims to encourage parents to ask questions about the program, and also to try the recipe at home.

Art teacher Katharine Sinko had all the second graders make squash hats which the children wore on the day that the recipe was served in the cafeteria. Many second graders chose the item on the lunch line, and Food Service Director Deb Bush encouraged children to taste the item even if they had not taken it on their trays. As a result, many children returned to the serving line to request a full helping. The entire cafeteria staff participated enthusiastically in the process.

Although most teachers appreciate the importance of including nutrition education in the elementary curriculum, incorporating this subject matter

while meeting existing learning standards can present a challenge. FEAST for Health offers eight educational units, developed for second through fourth grades, which can be integrated into curriculum goals, including math, language arts, science, and social studies. Classroom education is reinforced when the recipes prepared in the classroom are served as part of the school lunch menu, and the pilot showed that new menu items are more readily accepted when students have studied, prepared, and tasted the food already.

For more information about FEAST for Health, contact Jemila Sequeira, Whole Community Project Coordinator at CCE-Tompkins, at (607) 272-2292 x157 or es538@cornell.edu. ☀



Posters promoting home radon testing appeared on Tompkins Consolidated Area Transit (TCAT) buses on a variety of different routes throughout the county in December 2009 and January 2010.

Radon, from p. 7

received at no cost when the posters were installed two weeks early, on November 16. In addition, some of the bus posters remained on display beyond January and into February and March 2010.

The impact of the posters has been difficult to measure as other forms of radon outreach also were taking place at this time. However, calls to the CCE-Tompkins Consumer HelpLine for radon information more than doubled during the last quarter of 2009 compared to the previous quarter, Fisher reports. ☀

Greeks, from p. 8

composting programs.

Concurrently, Copeland worked with TCSWMD to create the waste assessment and reduction portion of the pilot program. She researched waste management practices of other universities, and reviewed the results of the free TCSWMD ReBusiness Program waste assessment performed two years earlier at

CCE-Tompkins. Copeland then shadowed Kat McCarthy and Dan Carrion of TCSWMD on a real assessment of a local housing complex. She used that experience to develop a step-by-step procedure for performing a waste assessment in a Greek house.

A short application was sent to the sustainability chairs of all Greek chapters at Cornell, inviting them to participate in a pilot waste reduction project. Two sororities and one fraternity (Kappa Delta, Kappa Kappa Gamma, and Phi Kappa Tau) were selected, through discussion with Kat McCarthy of TCSWMD, Adam Michaelides and Sharon Anderson of CCE-Tompkins, and Master Composter Kristen Vitro (Cornell Class of '11 and incoming president of the 2010 Cornell "Greeks Go Green" committee).

Copeland and Kat McCarthy completed two assessments in September, and a third in December. Participating houses each received a personalized waste report that included recommendations for establishing and strengthening a waste reduction program. Additional material was developed by Copeland on how to live sustainably in a house with a large group of people, and on resources in Tompkins County

that can help with that.

Adam Michaelides, Compost Education Program Manager at CCE-Tompkins, worked with Copeland and the Master Composter volunteers to develop strategies for educating the Greeks and for making the project sustainable.

Michaelides was familiar with fraternity life as a 1996 Cornell graduate and member of the Seal & Serpent Society. "I knew the project could have a great potential impact," Michaelides recalls, "But I also was concerned with helping Christina create a program that would be sustainable, that wouldn't simply end when its student originators graduated."

With sustainability of the program in mind, Copeland and Vitro recruited a "Greeks Go Green" committee of 24 members that had its first meeting in October 2009. The members divided into four project teams that focus on green purchasing, outreach, composting, and recycling. Each also is assigned to work with sustainability chairs at three chapters, so each house now has a contact to help them improve an existing recycling system or implement a new one, identify green solutions for their individual needs, and provide information on green purchasing and composting.

"I would say that the pilot program of doing waste assessments on Greek Houses was a success," Copeland reflected. "Many of the houses know that they could be doing things in a more sustainable manner, and this program really gives them the push they need to take action."

Thanks to Master Composter volunteers Valerie Ober, Tom O'Connell, James Rounds-Jones, Tom Shelley, Sarita Upadhyay and Kristen Vitro for their work on this project. Note: Greeks Go Green is a sustainability initiative for fraternity men and sorority women to participate in on college campuses across the United States. ☀

Primitives, from p. 9

them, to silk screening the class logo onto t-shirts using dye made from black walnut hulls the students have gathered. Finally, each student must pass a minimum competency test in four areas: tree identification, forest forensics, track identification and interpretation, and ancestral fire skills.

For Drake and Jordan, there are new challenges involved in working with a different age group, as well as a slightly different set of duties: their usual 4-H public programs don't involve the grading that accompanies a college course, or reading and providing feedback on 80 journals, for example. Both, however, are enthusiastic. "What's exciting for us is that we're working primarily with Environmental Studies majors who have a commitment to leadership in this field," Drake says. "While it's extremely satisfying to work with younger groups and introduce them to the Primitive Pursuits skills and ideas, when you're teaching at this level, you know they'll take this unique approach and experience with them into their lives and careers."

Graduates from the public Primitive Pursuits 4-H program already have gone on to share their skills and experiences. One former participant, now enrolled at Syracuse University, has started a "Primitive Pursuits Club" with 30 members. Another former participant, now at Tufts University, heads an outdoor club and coordinates and leads wilderness trips. According to Drake, IC students have been inspired to do the same, and several now are planning an "Environmental Sentinels Club" at Ithaca College.

While there are no Environ-

mental Studies graduates yet -- the first will come several years from now -- the connection with Ithaca College already has benefitted the Primitive Pursuits program. "Some former *Environmental Sentinels* students now volunteer with the program, and five students from another core *Environmental Studies* class fulfilled a required field placement as

Since its inception in 2008, the class has evolved from a pilot course with one section, to a core requirement for the Environmental Studies degree program.

interns with Primitive Pursuits afterschool programs," says Jordan.

Since its inception in 2008, *Environmental Sentinels* has evolved from a pilot course with one section, to a core requirement for the

Environmental Studies degree program, with 3 sections offered in December 2009. A fourth section is planned for 2010.

Primitive Pursuits offers a wide variety of public courses year round, which are described online at csetompkins.org/primitive-pursuits. For those who are interested, the 2009 reading list for *Environmental Sentinels* follows. Required texts: Wessels, T. *Reading the Forested Landscape*; Gibbons, D. *Stories in Tracks & Sign*, Farrar, J.L. *Trees of the Northern United States and Canada* and Localbirds.com. *Local Tracks of N. America: Quick Guide to Commonly Seen Animal Tracks & Scats.* ☼

Meats, from p. 4

in neighboring counties now are planning similar events as is a member of the Meat Science faculty at Penn State University. *This project was made possible, in part, by funding from the New York Farm Viability Institute.* ☼



Nancy Munkenbeck (standing) of Ellis Hollow Farm responds to a question from the audience at the "How to Buy Local Meat" class in May 2009. Other panelists from left are: Richard Sabol of Sabol Farm, John Wertis of BWW Farm, Tina MacCheyne of High Point Farm and Tom Quinn of Quinn's Irish Hill. Not shown: Greg Reynolds of Glen Wood Farm and Michael Glos of Kingbird Farm.

Energy, from p. 6

Tompkins County.

In fall 2009, 21 new interns were enlisted to work part-time on the project. They met with participating homeowners to review the initial test results, and to recommend energy conservation measures.

During these follow-up visits, interns also shared “path to energy efficiency” information, a deck of cards showing financing options and NYSERDA incentives, and a list of area BPI certified contractors who could be hired to perform energy upgrades³ (available online at: <http://ccetompkins.org/energy/home-energy-savings-0>).

Finally, interns talked with participants about the economic development potential of large scale energy efficiency retrofitting and how community leaders can help develop the education, financing, and workforce development programs needed to dramatically increase residential energy efficiency throughout the county.

To date, all 50 participating households have signed up for the project’s benchmarking program in which GECO (Green Energy Compass) software developed by Performance Systems Development of Ithaca will be used to compare their home’s energy use to that of similar homes. In a year’s time, energy bills for each participating household will be compared to see if energy usage has decreased.

There were no income requirements for households to enroll in the project. Participants were identified for this Leadership Education Program by Schlather and Frongillo with an eye toward including local government representatives and officials, and informal community leaders,

all of whom were thought likely either to share the information they received on home energy efficiency, or to contribute to local policy development.

Renters were not targeted for the pilot in 2009, however a landlord-tenant pilot is planned. Developing a replicable, intern-based program that can be used in other communities, and providing students with weatherization-related summer work experience have been two early benefits of the project.

In 2010, interns will reach out to the broader public through workshops, tabling, efficiency competitions, and other efforts. It is hoped that leaders who have been through the leadership education program will help the project reach the broader public by publicizing and organizing educational programs over their networks of community contacts.

Funds for the Energy Conservation Corps project have been provided by Tompkins County Climate Protection Initiative (TC-CPI), The Park Foundation and CCE-Tompkins. Shawn Lindabury was co-coordinator of the Energy Corps interns during Fall 2009.

Special thanks to: The Park Foundation, TCCPI, Mark Pierce of Cornell University Cooperative Extension; John & Elisabeth Harrod of SnugPlanet; Paul Myers of Upstate Energy Solutions; Conrad Metcalfe, Rich Andrulis and Alywn John of Performance Systems Development; Stacey Murphy & Jaime Hazard of Tompkins Community Action; Ian Shapiro of Taitem Engineering, and Anne Korman of Every Square Inch Home Inspections, LLC; Interns: Josh Betances, Dan Bogan, Alexandra Bond, Jason Button, Naomi Childs, Rachel Cluett, Keegan Ebbets, Justin Finkle, Tristan Fowler, Jake Friedman, Kevin Gill, Bari

Greenfeld, Lindsey Hardy, Dana Hills, Alexis Izor, Shene James, Sofia Johnson, Matt Lowe, Sherry Martin, Ariane Moss, Clayton Munnings, Angelica Romeo-Hall, Nick Roscoe, Alex Rosenblatt, Andrea Sanders, Kimberley DC Schroder, Roy Segura, Ariana Shapiro, Noah Slovin, Kimberly Standridge, Reed Steberger, Alyssa Y. Tsuchiya, Ann Velazquez, Nancy Webster and Shay Yu. ☀

Smith from p. 13

Newman of the Rural Youth Services Program at CCE-Tompkins, with approval from the Hancock Village landlord. Project work was done by the applicants, 50 Cornell University student volunteers, 35 O.U.R.S youth from Hancock Village and Congers mobile home parks, and Hanshaw Village residents.

Elements of the project design were conceived by the youth, who surveyed residents to get their input and involvement. An area near tenant mailboxes was redesigned, and on four weekends in May and June, youth and adult residents and volunteers built and installed two picnic tables, two locust benches, a “bus shelter” where residents can wait for a community van, a tire swing and an 8’ x 15’ geo dome climber suitable for youth of all ages. The park landlord provided ice cream and new swing sets on the project’s first day, and residents of the park celebrated with a potluck dinner and barbeque funded by the grant when the redesign was completed.

“I’m always impressed by the passion, commitment and ideas of the many ‘everyday’ leaders throughout Tompkins County,” said Ken Schlather, CCE-Tompkins Executive Director. “While we could only provide monetary grants to some, we will look for other ways to help all interested applicants turn their ideas into action.” ☀

3. The Building Performance Institute (BPI) establishes the standards for the building performance contracting industry, providing an integrated certification, accreditation, and quality assurance program. In order to qualify for NYSERDA incentives, homeowners must contract with BPI contractors.

other preservation methods such as preserving garlic in oil, making flavored vinegars, curing, fruit cellaring, and techniques for preserving without using salt and sugar.

Day 3 began with a lecture on jams and jellies, followed by hands-on preparation of freezer-jam, and boiling water bath canning of pectin-added jam, low-sugar jam, sugar-free jam, and artificially sweetened jam. That afternoon, the class took the Master Food Preserver examination, and received their Master Food Preserver certificates documenting class participation and passing of the exam. Those wishing to become certified Master Food Preservers have to complete specific further training activities under the direction of local CCE staff and take another exam. It usually takes another food preservation season to earn certification.

“I had expected to learn the science behind what I was already doing, and I did. But I learned a whole lot more that will change the way I do food preservation.”

2009 Class Participant

Evaluations of the class were enthusiastic and CCE-Tompkins hopes to hold another Master Food Preserver Training course in the spring of 2011. Please check our Calendar of Events in early spring for details and registration information. ☀

Somerfeldt. To this end, she welcomes comments, suggestions and even complaints about routes, schedules and other transportation issues at her workshops, and the Way2Go website is designed to allow users to submit feedback.

General feedback thus far has concerned the challenges of rural households with limited resources to meet their transportation needs, the lack of familiarity many consumers have with Ithaca Carshare, vanpooling, ridesharing strategies, and questions about ways to overcome barriers to bicycling or riding the bus.

“TCAT and other service providers are very interested in hearing from the public and in making their services more responsive to community needs,” Somerfeldt says.

In 2010, Way2Go will begin to target professional and employer audiences with information on the benefits of sustainable transportation to an employee workforce. The Way2Go website already

offers pages on commuting options, employer opportunities, and commuter tax incentives.

Way2Go is funded by a Job Access and Reverse Commute (JARC) grant from the Federal Transit Administration (FTA) ad-

Our transportation choices can save money, support health and well-being, lessen pollution and climate change, and promote a strong and equitable community.

ministered locally by the Tompkins County Department of Social Services. Employers, Human Resources professionals, and non-profit agency staff who would like to schedule a meeting or workshop, may contact Chrisophia Somerfeldt at (607) 272-2292 or css17@cornell.edu. ☀



Beekeeper Mike Griggs gives visitors a tour of White Dog Apiary during the 2009 Farm Trail Open House. The event was held on Saturday and Sunday, August 1 & 2, with half the farms open each day. Participating farms included Cayuga Pure Organics/Earthly Mirth Farm, Farmer's Choice Blueberries, Heaven Llama Farm, Lew-Lin Farm, Littletree Orchards, Locust Woods Blueberries, Plantasia Nursery, Quinn's Irish Hill Farm, Settlement Stables, Three Sisters Farm (out of business) & White Dog Apiary.

Ithaca Children's Garden YHAP Program



Participants in the Youth Horticultural Apprentices Program at ICG during summer 2009.

The Youth Horticulture Apprentices Program (YHAP) at Ithaca Children's Garden is a six-week youth development and workforce preparation program that teaches job skills, fosters personal growth, and introduces youth to career opportunities in the horticulture

industry. This program is well known in the Ithaca community for providing high quality experiential learning and employment opportunities to underserved youth during the summer. Most participants are 14 and 15 year olds seeking first-time work experience.

In 2009, the program employed 13 youth. Their wages were funded by a grant from the Dryden Youth Commission and a partnership with the Ithaca Youth Bureau's Youth Employment Service (YES).

The YHAP apprentices performed daily garden maintenance and worked on the following projects: design and installation of the Bird Habitat Garden and kid-sized bird's nest; construction of gates, pergola and deer fencing in the Edible Garden; renovation of 4 bench swings; entryway beautification, seed starting and

garden replanting.

In addition to these site development projects, the apprentices also piloted an ICG farm stand and developed farm entrepreneurship skills. They spent one day on The Ithaca Commons with the Community Beautification Coordinator and mulched planter boxes throughout the area. Fifteen community members shared their expertise by introducing garden-related topics and careers in the green industry.

This year, the YHAP also welcomed weekly visits from a CCE-Tompkins Farmers' Market Program representative who provided lessons on nutrition, local foods and produce identification. YHAP also was highlighted on the Cornell Lab of Ornithology's Celebrate Urban Birds Program Partners' webpage. ☀

Multicultural Resource Center (MRC)



Members of the Community Unity Music Education Program entertain guests at the 2009 Sister-Friends Luncheon.

The Multicultural Resource Center (MRC) started in 1987 and is a small, grassroots 501(c)(3) non-profit organization housed at the CCE-Tompkins Education

Center in Ithaca NY. MRC offers a variety of programs and cultural celebrations throughout the year, diversity workshops and trainings, and a lending library with resources on undoing racism and diversity education.

In the area of diversity education, MRC served 987 people in 2009. These included 678 adults, and 309 teens and youth at area schools, community centers and workplaces.

MRC collaborates with other local groups and institutions to offer the community special events that enhance local knowledge and appreciation of cultural and racial diversity. Events in 2009 reached 1,526 people and included: The Martin Luther King, Jr. Day of Celebration, the annual Sister Friends luncheon celebrat-

ing women and their relationships, The Diversity Roundtable, and others. Community partners for these events included Cornell University, Ithaca College, Greater Ithaca Activities Center (GIAC), Cornell Cooperative Extension of Tompkins County, Tompkins County Public Library, City of Ithaca, the MLK Community Build, and others.

MRC's Talking Circles on Race and Racism enrolled 167 people in 2009; 40 people attended an Interfaith Talking Circle; 35 people attended a Talking Circle Brunch; and 38 people attended Talking Circle Think Tanks.

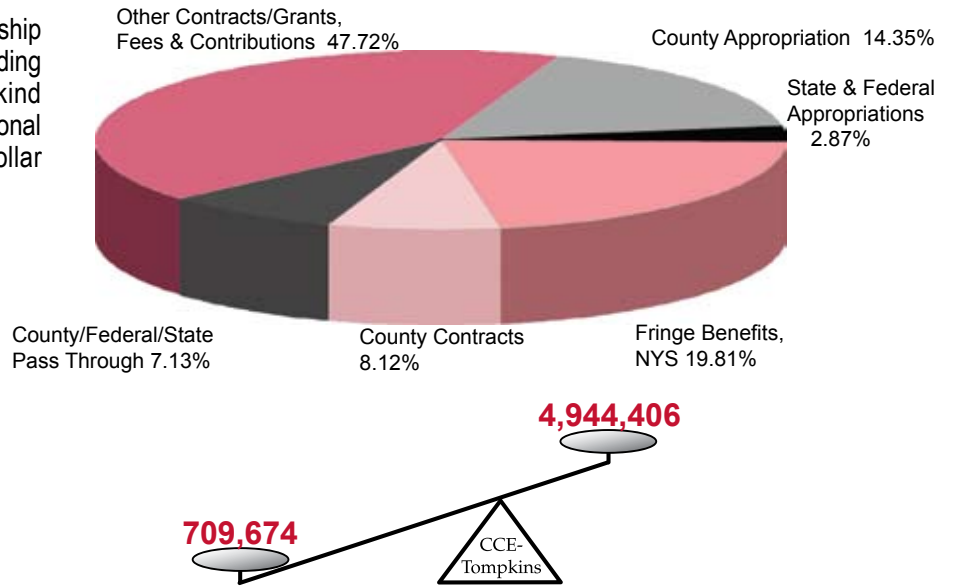
To learn more about any of these programs, contact MRC at (607) 272-2292 or visit <http://multicultural-resource.org/> ☀

Tompkins County Appropriation Leveraged the Following Support in 2009

Cooperative Extension uses its unique partnership with federal, state, and local governments, adding volunteer involvement, fund raising and in-kind contributions to bring an 11-fold return in educational resources for each Tompkins County tax dollar received.

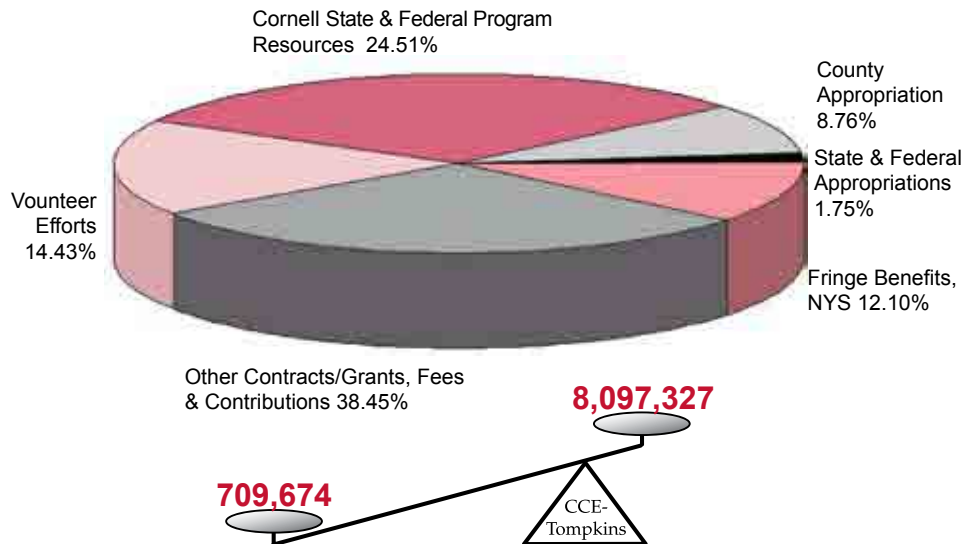
Direct Support Ratio 1 : 7

County Appropriation	\$709,674
State and Federal Appropriations	141,969
Fringe Benefits, NYS	979,480
County Contracts	401,557
County Fed./State Pass Through	352,714
Other Contracts/Grants, Fees & Contributions	<u>2,359,012</u>
Total	\$4,944,406

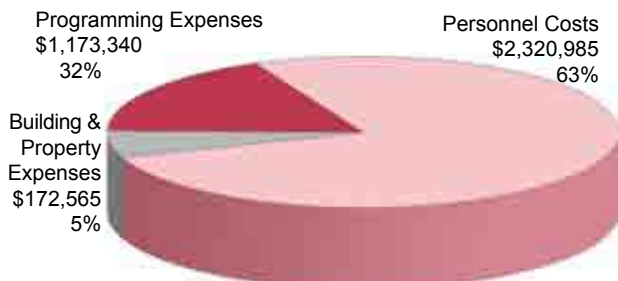


In-Kind & Direct Support Ratio 1 : 11.4

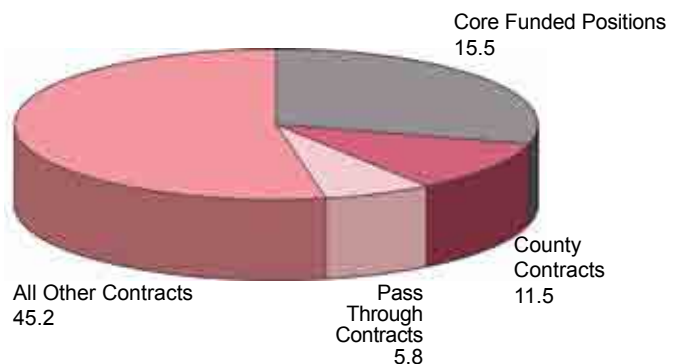
County Appropriation	\$709,674
State and Federal Appropriations	141,969
Fringe Benefits, NYS	979,480
Cornell State & Federal Resources	2,551,846
Volunteer Efforts	1,168,457
Other Contracts/Grants, Fees & Contributions	<u>2,359,012</u>
Total	\$8,097,327



2009 Expenses by Type



2009 Employees (FTEs) by Funding Source



Thanks to our 2009 Donors! Gifts to 12/31/09

2009 Tribute Gifts

In Honor Of:

Marie Layer
Darlene Moody
Barbara Stewart

In Memory Of:

David & Rosemary Abbott
C. Biesdorf
Elma Canfield
Jennifer Guyer
Fred Morris
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