



# 2017 Program Highlights

Cornell Cooperative Extension - Tompkins County



# 2017 ANNUAL REPORT

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



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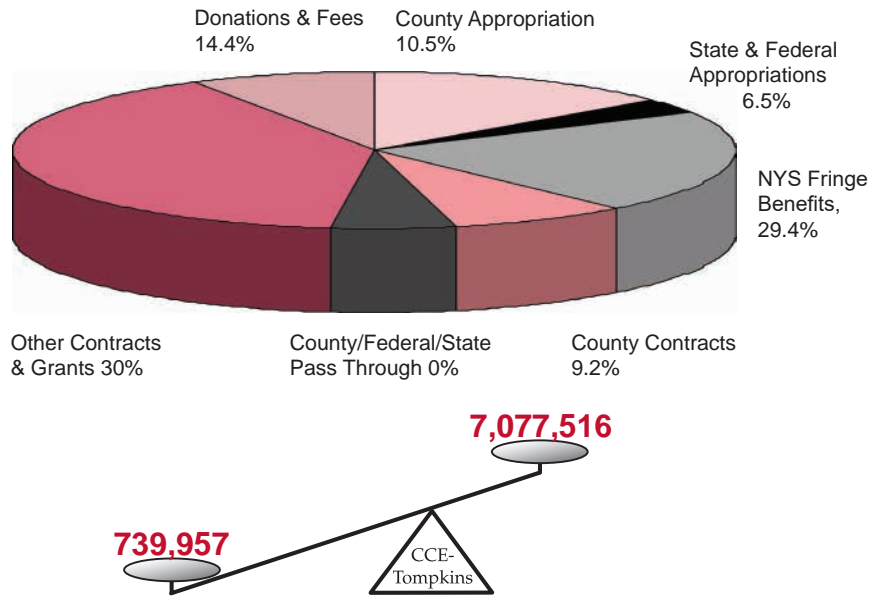


# TOMPKINS COUNTY APPROPRIATION LEVERAGED THE FOLLOWING SUPPORT IN 2017

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.

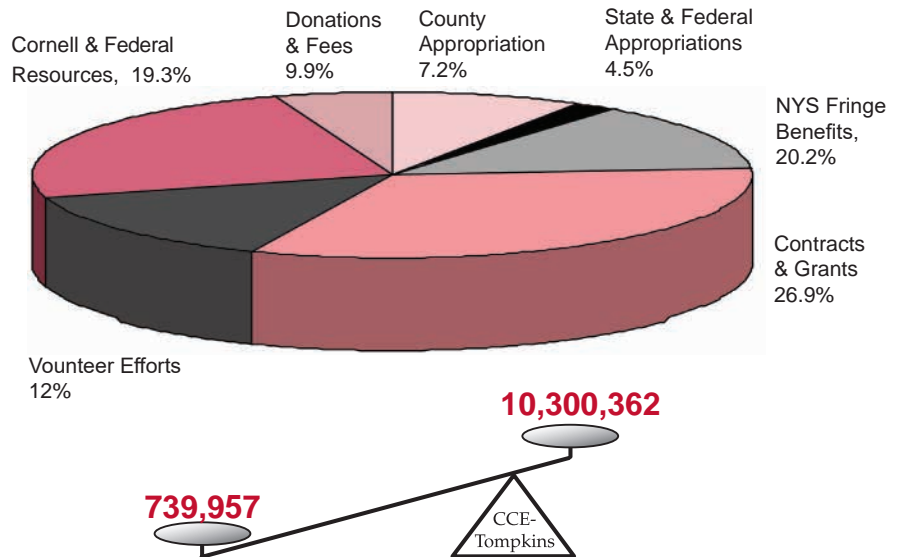
## Direct Support Ratio 1 : 8.6

<b>County Appropriation</b>	<b>\$739,957</b>
State and Federal Appropriations	461,363
Fringe Benefits, NYS	2,080,690
County Contracts	651,210
County Fed./State Pass Through	0
Other Contracts/Grants	2,122,749
Donations & Fees	1,021,547
<b>Total</b>	<b>\$7,077,516</b>

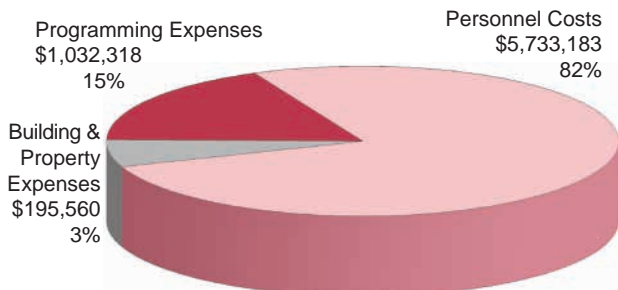


## In-Kind & Direct Support Ratio 1 : 12.9

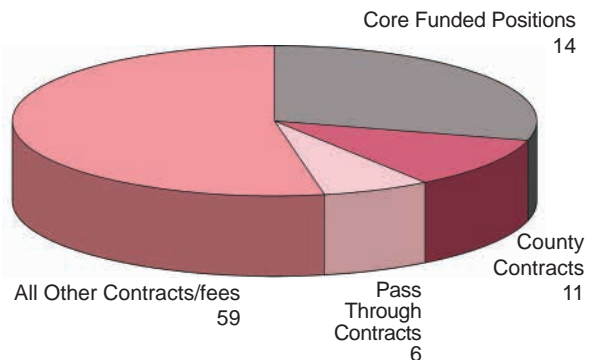
<b>County Appropriation</b>	<b>\$739,957</b>
State and Federal Appropriations	461,363
Fringe Benefits, NYS	2,080,690
Contracts/Grants	2,773,959
Volunteer Efforts	1,238,382
Cornell & Federal Resources	1,984,464
Donations & Fees	1,021,547
<b>Total</b>	<b>\$10,300,362</b>



## 2017 Expenses by Type



## 2017 Employees (FTEs) by Funding Source



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## DIRECTOR'S MESSAGE

What is Cornell Cooperative Extension? Many New Yorkers would answer this question by describing the array of useful workshops, information and support offered at your local association. CCE-Tompkins, like almost 3000 other extension associations across the country, the local face of a national network that for over a century has helped people "put university knowledge to work" to solve real-life problems.

Unique to the United States, Cooperative Extension's roots lie in the mid-19th century, when popular demand for agricultural and mechanical colleges led Congress to create the Land Grant University system. Designed to share agricultural research with rural farmers, this network now connects the public with university-developed educational programs and resources that address youth, family, community, agricultural and a host of other needs.

Our local association is a vibrant example of how CCE works to build a bridge between academia and people's lives. Currently about 200 employees and more than 2,000 volunteers work in communities around the county as well as in our Education Center at 615 Willow Avenue in Ithaca, offering a "wealth of useful, research-based information at your finger-tips" on our website ([at cctompkins.org](http://cctompkins.org)) and through free or low-cost workshops on topics that range from how to start an organic garden to making a home spending plan.

We operate on a \$7.34 million annual budget, with funds coming from county, state and federal appropriations, as well as through contracted services, donations and program fees. As the financial figures on p.4 show, our programs are delivered efficiently and at low cost, using county funds to attract and "leverage" other grants and contracts that multiply what can be accomplished with local tax dollars. Each county dollar invested with CCE-Tompkins yields over a 10-fold return in educational resources for our residents. The addition of in-kind support results in approximately \$10.5 million in community programming.

If you live in Tompkins County, your life likely has been touched by our initiatives. From our acclaimed Primitive Pursuits wilderness education programs, mapping the storm water run-off system, to advising local municipalities on achieving "Energy Smart Community" status (and thereby becoming eligible for state grant funding), to life skill training for those in alternatives to incarceration programs, and more – CCE-Tompkins bridges the town-gown divide to improve the quality of life for Tompkins County residents.

This publication profiles several programs offered at CCE-Tompkins in the areas of agriculture, environment, and family & community development-- but is by no means comprehensive. I invite you to stop by our education center or visit us online at [cctompkins.org](http://cctompkins.org) to find a class or workshop that interests you! We're here to help, with information -- and people -- you can trust!

Ken Schlather  
Executive Director

# SUSTAINABLE FOOD SYSTEMS

## LINKING LOCAL INITIATIVES AND UNIVERSITY RESEARCH

**What's the first thing that comes to mind** when you hear the words 'Cooperative Extension'? Probably something about agriculture and farms. Cooperative Extension has been working with farmers to help them improve production and marketing for over a century now, drawing on university agriculture research to do that.

Extension work today goes beyond improving production to encompass the broader goal of creating a strong and sustainable local food system able to provide food access and security for all residents. Cornell Cooperative Extension of Tompkins County (CCE-Tompkins) responds to this goal through a variety of educational efforts that increase farm profitability, create new connections between consumers and producers, and expand community access to local foods

The examples profiled here show ways that CCE-Tompkins helps people across the county access high quality food while protecting the land and the vironment and keeping agriculture vital as an industry. Together they demonstrate how this county and its people innovate and work closely

with Cornell University to address all aspects of our food systems to make them healthier, more accessible and more sustainable. ☀



Chaw Change (seated) of Stick & Stone Farm, talks with prospective subscribers at the CSA Fair.

## FARMER-CONSUMER CONNECTIONS

**To strengthen farmer-consumer connections**, CCE-Tompkins in 2007 started an annual Community Supported Agriculture (CSA) Fair to allow potential subscribers to meet with local CSA farmers and learn about the features and options offered by participating farms. The event has grown each year and an estimated 2500 Tompkins County households now subscribe to CSAs, resulting in an estimated \$1,357,000 in local food dollars going directly to producing farmers.

These "farm shares" also reach families with limited incomes through Healthy Food For All (HFFA), a project begun in 2006 by CSA farmers in partnership with CCE-Tompkins' agriculture and nutrition programs. Through HFFA, WIC and Food Stamp eligible households can purchase a "share of a farm" at half the regular cost and receive a box of fresh, organic produce each week during the growing season. Farmers receive a subsidy from HFFA to cover the remaining cost of the share, from funds that HFFA raises through grants, donations, and special events. Additional funds raised this year will provide 50 families with winter CSA shares to help

them get through the toughest months when other food assistance programs (pantries, soup kitchens, etc.) rarely have fresh produce. Now ending nutritional hunger for close to 200 families, HFFA is recognized as one of our region's leading community food security programs.

2017 Participating Farms include the Full Plate Farm Collective (Stick & Stone Farm, Remembrance Farm and the Youth Farm), Ithaca Organics, Kestrel Perch Berries, Plowbreak, Sweet Land Farm, TC3 Farm, Six Circles Farm and Nook and Cranny Farm.

Healthy Food For All is made possible by generous donations from individuals and businesses, and support from: Park Foundation, United Way of Tompkins County, Community Foundation of Tompkins County, The Helen Thomas Howland Foundation as administered by the Community Foundation of Tompkins County, Catholic Charities and Share Our Strength – Ithaca Taste of the Nation, Social Service League of Tompkins County. For more information, please visit: <http://www.healthyfoodforall.org/> ☀

# CONSUMER FOOD ACCESS

## BULK BUYING, FREEZING AND GROWING YOUR OWN

**The Finger Lakes Meat Project (FLMP)** supports farmers, increases access to affordable meats, and conserves agricultural lands while protecting our water resources. Land in Tompkins County that is unsuitable for crops can be conserved as grassland for livestock farming. To help livestock farmers expand their more profitable “freezer trade” (direct bulk meat sales to consumers), CCE educators in Tompkins and Steuben Counties partnered in 2013 to create the Finger Lakes Meat Project (FLMP). The project offers consumers workshops on how to buy local meat in bulk, and a soon-to-be-statewide online directory at [www.meatsuite.com](http://www.meatsuite.com) of more than 200 farm listings shoppers can search to find farmers and specific products near them. Buying meat in bulk is less costly than buying it by the cut, yet many consumers lack home freezers to take advantage of these savings.

The FLMP secured grant funds for two community freezers or “Meat Lockers” (located in Ithaca and Corning) where consumers can rent inexpensive freezer space to store their bulk meat purchases. While many Meat Locker users are families without freezers, about one-third are senior citizens on fixed incomes. One retiree had been buying her organic meat by the cut at the farmers’ market. After taking an FLMP workshop, she did the math and now is saving \$200/year by buying a whole animal and freezing the cuts at The Meat Locker. In its short history, the FLMP has given residents access to more affordable local meat through this combination of consumer education, an online tool to find livestock farmers, and low cost community freezer rentals. To learn more about these projects, please visit the Finger Lakes Meat Project at: <http://fingerlakesmeatproject.com/> ☀



Meat Locker subscriber Fay Bunnell (left) and Matt LeRoux, FLMP Director, show the contents of her rented freezer bin. Bunnell saves an estimated \$200/year by purchasing her meat in bulk.

## SEED-TO-SUPPER CLASSES TAKE OFF

**The high cost of fresh produce** is also a barrier to healthy eating for many families with limited incomes, and growing their own food requires knowledge of garden planning, soil preparation and maintenance they may not have. In 2017, CCE-Tompkins offered a free series of 5 vegetable gardening classes for beginners on a budget using the University of Oregon’s “Seed to Table” curriculum, adapted to New York conditions by staff from CCE and Cornell University Horticulture Program.

CCE-Tompkins trained 34 volunteers to run classes in their own communities. Classes were offered in 11 locations across the county and were advertised through food pantries, laundromats, apartments and community center. Most of the 120 participants

said that the course met or exceeded their expectations, they were pleased with the results of their first gardens, and intended to have gardens in future years.

One positive outcome of the project was at Poet’s Landing, a low-to-moderate income apartment complex in Dryden. After seeing the residents’ interest in vegetable gardening at the classes, the management agreed to install a fenced vegetable garden at the complex. Residents helped design the new garden and build raised beds, and will manage the garden themselves. If not for having S2S classes at Poet’s Landing, the apartment management might not have realized that their residents were very interested in having this amenity on site. ☀

# FARMLAND PROTECTION

## BUILDING SUPPORT FOR LOCAL FARMS

The success and vitality of the local food systems depend in part upon keeping existing farm land in production, and having land use policies that support local farming. In addition to our ongoing work with local Ag and Farmland Protection boards, CCE-Tompkins hosts an annual bus tour of area farms for up to 50 municipal leaders, who have a chance to walk the fields, meet individual farmers and hear about their experiences and concerns first-hand. In 2017, the group visited producers on the west side of Cayuga Lake, and saw a range of the farming operations that make up our agricultural landscape in Tompkins County.

Other annual events such as AgStravaganza! on the Ithaca Commons and a new 2-day Open Farm Days event help the general public learn about local agriculture and better appreciate its contribution to the local economy. ☀

Scenes from 2017 AgStravaganza! on the Ithaca Commons. Photos by Allison Usavage, courtesy of the Ithaca/Tompkins County Convention & Visitors Bureau.





# TRUE COST TOMPKINS

## BALANCING HOUSING & TRANSPORTATION COSTS

Each day, 15,000 workers commute into Tompkins County. Many of these individuals have chosen to live outside the county in order to afford to purchase a home of their own, but when additional commuting costs are considered, is this a financially advantageous strategy?

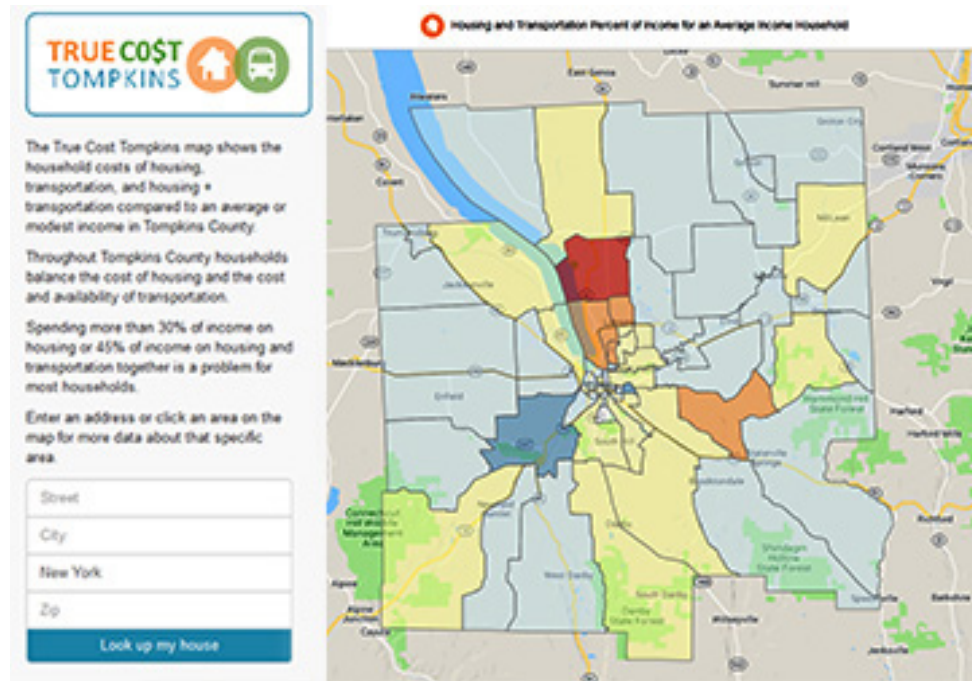
To gain a more accurate picture of how Tompkins County residents balance their housing and transportation costs, Way2Go partnered with Ithaca CarShare and other non-profits on the True Cost Tompkins (TCT) Project. Over the course of 2017, the TCT Project team surveyed transportation and housing professionals, interviewed local residents, and used the resulting data to develop tools to help community decision makers better understand and address local transportation challenges.

The Team initially reached out to partner agencies in transportation and housing to gain their perspectives on circumstances and needs of local communities in which they work. Next, True Cost Tompkins conducted one-on-one interviews to learn how county residents manage their combined housing and transportation costs. Twelve case studies were developed from these interviews that profile households that are diverse in location, life stage, socio-economic status, and family size. While all stories represent actual situations, some participant names have been changed to protect their privacy.

The profiled households reveal four specific strategies local residents use to balance the costs of housing and transportation: (1) choosing smaller living spaces, (2) sharing housing, (3) reducing the need to drive, and (4) living in locations where housing and or transportation are most affordable. These case studies bring to light the challenges that individuals and families earning \$45,000 or less face in Tompkins County, and can be read online at: <http://cctetompkins.org/resources/TCT>.

The TCT Project team also worked with developers to create the True Cost Tompkins Index Map, a locally calibrated online tool that uses census data, transportation surveys, home energy surveys, and real estate sales to estimate the transportation and housing costs that an average- or modest- income household would pay

when living in various communities throughout the county. The index map and case studies were shared in a series of community meetings directed primarily toward elected officials, planners, business leaders and economic development professionals who



Find True Cost Tompkins results and tools online at [cctetompkins.org/truecost](http://cctetompkins.org/truecost)

share concerns about the financial and environmental costs of continued sprawl development. Project information, with links to the index map, case studies, an online video, and the TCT Facebook page can be found online at: <http://cctetompkins.org/truecost>.

While raw housing costs decrease as people move farther from urban areas, research by the Center for Neighborhood Technology shows that, when transportation costs are included, it often costs more to live several miles outside of a city than to live within the city itself. Local data confirmed this finding. The True Cost questionnaire yielded 64 valid responses that provided the following data: for 19 of the 27 respondents who earned less than \$40,000 per year, housing plus transportation costs are considered to be “unaffordable”. For 3 of the 37 respondents who earned more than \$40,000 per year, housing plus transportation are considered “unaffordable”.<sup>1</sup>

The TCT Project team learned that *continued on page 13*

1. According to the Center for Neighborhood Technology, the combined cost of housing and transportation is considered “affordable” when it represents less than 45% of a person’s income. See: <https://www.cnt.org/tools/housing-and-transportation-affordability-index>

# ENVIRONMENTAL ISSUES

## TOPICS RANGE FROM COMPOSTING TO SMART METERS

**Across New York State**, Cornell Cooperative Extension (CCE) is recognized by residents as a trusted source for how-to classes and workshops, science-based resources and advice on topics such as home composting and recycling, invasive species, hazardous waste disposal, water quality, natural resource conservation, home

you can see this reflected across many of our offerings.”

As smart meters are installed across Tompkins County, CCE-Tompkins educators are responding to residents’ questions about what it means to become part of an “Energy Smart Community” or ESC. Smart meters are natural gas or electric meters that can digitally send readings to the utility and are a way to increase renewables and move the community away from fossil fuel use. According to the NYS Public Service Commission and the utilities, smart meters help customers see exactly how much energy is being used at any time of day, and can assist them in making informed choices about moving their energy usage to off-peak hours when there is less stress on the system. Early focus groups conducted by CCE-Tompkins identified residents’ most common questions about smart meters, which will be addressed in upcoming programs that will explain how people with smart meters can access their data to make decisions that will result in reduced energy use.

Another way that CCE educators help people understand they don’t have to rely on fossil fuels for home heating is by providing information about reliable, effective alternatives, including heat pumps, pellet stoves and boilers. Working with Cornell University researchers, local elected officials, planners, builders and developers, installers, and community activists, CCE-Tompkins educators are creating resources to help dispel myths and provide unbiased information showing the real short and long-term costs and pros and cons of these highly efficient, non-fossil-fuel heating options.

Cornell Cooperative Extension has offices in every county statewide, helping people in their communities better understand issues that are important to them and giving them the tools they need to make positive changes. CCE-Tompkins has a particularly strong energy program that works regionally and provides resources statewide. Residents are encouraged to learn more by visiting <http://ccetompkins.org/energy>.

As with other program areas at CCE-Tompkins, an advisory group of local volunteers with interest or expertise in energy and environmental issues guides this local work. If you’d care to join the Environment Program Committee and contribute to these efforts, please visit <http://ccetompkins.org/program-committee> or contact Sharon Anderson at [ska2@cornell.edu](mailto:ska2@cornell.edu). ☀



CCE-Tompkins educators are responding to local residents’ questions on Smart Meter use.

energy efficiency, and more. Its programs are popular with the public not just for the utility of their content, but in part because CCE educators do not promote a specific course of action, instead providing people with unbiased, university-sourced information to help them understand the issues and their available options.

For example, when invasive hydrilla was discovered in Cayuga Lake in 2011, CCE-Tompkins educators joined the local task force to develop educational materials and events to inform the public of the crisis and possible responses to it. Prior to New York State’s 2014 ban on hydraulic fracturing, CCE-Tompkins hosted public forums around the county featuring legal and scientific experts who presented information on this controversial natural gas extraction method, and answered audience questions on gas leasing issues and health concerns.

“We try to provide programs and resources that respond directly to local needs and interests,” says Sharon Anderson, Environmental Team Leader at CCE-Tompkins. “Increasingly, this has moved our emphasis toward educating residents on ways to conserve energy resources and reduce fossil fuel use, and I think

# PARENTING EDUCATION

## REACHING OUT TO INCARCERATED PARENTS

‘**Strengthening Youth, Families and Communities**’ is a central part of Cooperative Extension’s mission. While many people know about 4-H clubs and programs that help youth acquire life skills, less familiar are Extension’s parenting skills classes which have achieved dramatic, documented results for families across Tompkins County for almost 40 years.

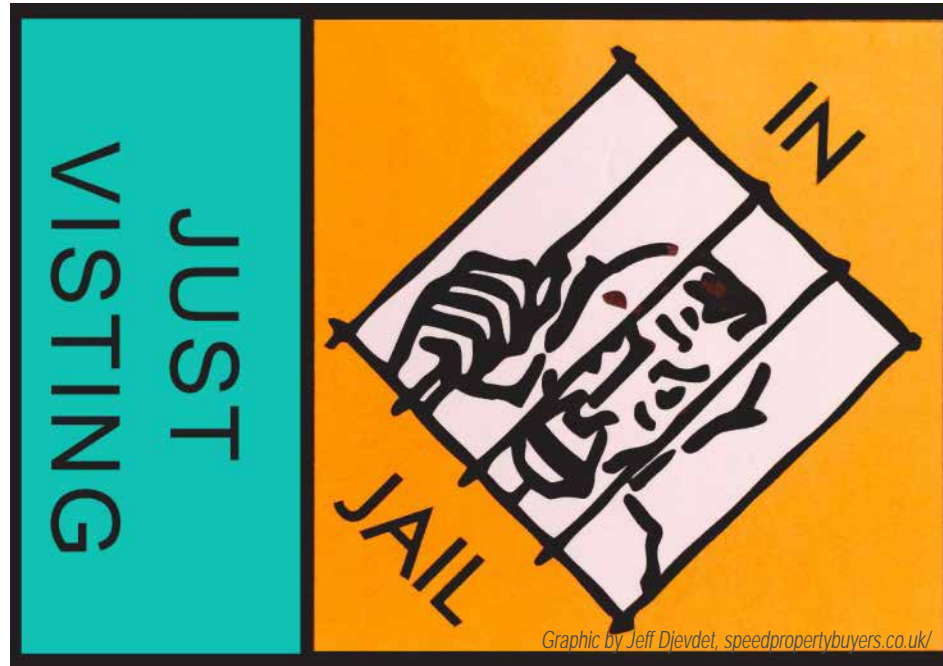
CCE-Tompkins’ Family and Community Development (F&CD) program offers free or reasonably-priced workshops designed to help parents understand the reasons behind their current parenting behaviors, and learn new, more effective parenting and communication skills. One highly effective class is Parents Apart®, begun at the request of local court officials who saw a need for education and support for families experiencing separation or divorce.

Research overwhelmingly shows that reducing parental conflict creates better outcomes for children. Parents Apart® class topics include how to minimize tension between parents by using specific strategies and communication skills, and how to parent when couples are separated or are experiencing high conflict. Developed by the University of Massachusetts, the 6-hour Parents Apart® curriculum helps parents and caregivers better understand how children of different ages experience the separation/divorce process, and how to keep kids out of adult conflicts. Registration is confidential and parents of the same child(ren) attend different sessions. Classes are available each month, as two weeknight sessions or a full day on Saturday. Approximately 120 parents enroll each year.

To assist incarcerated parents and those in re-entry to their local communities who must deal with new and different parenting arrangements, CCE-Tompkins brought its parenting education programs to adults in the local justice system. A “Healthy Family Relationships” class series was started in 2007 for Tompkins County Probation Day Reporting participants. In 2017, Parents Apart® was piloted with separate groups of incarcerated men and women in the Tompkins County Jail.

Response to the Parents Apart® class at the Jail was immediate and positive. Cathy Kinder, MSW, who led the first group of 10 men, recalled how participants shared their struggles in relationships with their children’s mothers, and the pain of separation from their children caused by incarceration. “They quickly started to open up in a conversational way, seeking affirmation, information and support from me and from each other,” Kinder recalled. “I was constantly adapting the material to

include their reality because they wanted to talk about their kids, the mothers of their kids, the way they are perceived by others and society, how trapped they feel and how hard it is to do things differently. One guy said that this class went beyond the subject matter in that it stirred their own need to talk among themselves in a way they don’t



often do - about their kids, their hopes and dreams and how they can try out some of the course information.” Participants recognized their need for more coaching on communication, not just with their children but with the mothers because “if something doesn’t work, they tend to give up or not know what else to do,” Kinder concluded. CCE-Tompkins currently is seeking funds to extend this Parents Apart® pilot in 2018.

The idea behind this work is that “Strong individual families are the building blocks of strong communities, and family-supportive communities help build strong families,” says Anna Steinkraus, CCE-Tompkins’ F&CD leader. Other F&CD offerings include professional training for human service providers who work with families; hosting a monthly Coalition for Families group that meets to discuss issues relevant to families; special opportunities (such as recent Community Café Host trainings offered to teach individuals to facilitate groups to advocate for community improvements) and parenting skills classes.

For more about CCE-Tompkins’ F&CD programs, visit [cctompkins.org/family](http://cctompkins.org/family) or [cctompkins.org/events](http://cctompkins.org/events), or call (607) 272-2292. ☀

# NATURAL LEADERS INITIATIVE

## TOPICS RANGE FROM COMPOSTING TO SMART METERS

**CCE's Community and Economic Vitality Program Goal** seeks to build "the capacity of [people] to engage in and direct their own futures." But people of color, those with low and moderate-incomes, immigrants and those without college degrees remain significantly

group of talented, passionate, committed adults to increase their confidence and skills, put ideas into action, build their networks and grow as community leaders.

Since January 2007 (after 1.5 years of development), the Natural

Leaders Initiative (NLI) has offered intensive, 6-month, 8-session "Natural Leaders" series, workshops. Twice each year, a diverse group of Natural Leaders are nominated to NLI by their neighbors, employers, agency professionals, and others. 18-20 are accepted in each cohort; about 15-18 begin each series. In these classes, participants build their confidence, self-esteem, and sense of being able to act; learn about community resources and initiatives; gain new leadership skills; receive support, mentoring and coaching from peers, established leaders and NLI staff; and explore new leadership roles.

The NLI curriculum includes: identifying and building on personal and communal strengths; understanding leadership; developing community visions; moving from vision to plan to action; setting SMART goals; public speaking; networking skills; building relationships for effective action; finding and connecting with resources; meeting community leaders; and supporting the leadership of

others. Dinner, child care, and if needed, help with transportation are provided.

Most participants in the Natural Leaders groups (by design) are those who have had fewer educational and leadership opportunities. Over 95% have low- or moderate-incomes. About 60% are people of color; about one-quarter are immigrants. Over 80% are women. The majority do not have a college degree. Most have faced and overcome significant life challenges, including poverty, early parenthood, chronic or acute illnesses, their own or family members' addictions or incarceration, etc.

Some come to NLI with clear ideas about what they want to accomplish; others have the desire to "get involved" but are not sure how or where. Many -- accustomed to being seen as "service recipients" -- want to know why someone else thought they were a "leader." All are talented community-builders with innovating ideas who are passionately committed to building a stronger, more inclusive, more resilient community for their children, families and neighbors.

Over the past decade, NLI has *continued on page 13*



Natural Leaders Initiative (NLI) Program Graduates, 2015 Cohort

under-represented in public decision-making and leadership in New York State. CCE Associations have struggled to successfully engage these groups in civic decision-making, particularly in leadership roles.

Yet numerous talented natural (i.e., informal, grassroots or "everyday") leaders in these demographics exist in every community. They are a huge untapped asset. A Kellogg Foundation study concluded that investing in deliberate, proactive, consistent and targeted leadership development among low-income citizens "has come to be viewed quite widely as the most effective mechanism to address the outcomes of healthy communities." It found that the leadership development needs of these grassroots leaders are different than those of positional leaders. And it demonstrated that this work increased community well-being and long-term problem-solving by building people's innate resilience and fostering social ties, a sense of agency and skills for civic engagement and active citizenship.

For 10 years, the Natural Leaders Initiative (NLI) at Cornell Cooperative Extension of Tompkins County has supported a diverse

# 4-H STEM PROGRAMMING

## LOCAL GIRLS & YOUNG WOMEN ARE WELL-REPRESENTED

**Scholars and policy makers have noted** that the STEM (Science, Technology, Engineering, Math) fields have been predominantly male occupations, with historically low participation and representation by women. Only 6.7% of women now graduate with STEM degrees versus 17% of men, with the result that men are 2.5 times more likely to enter these high paying fields. According to the U.S. Department of Commerce, women currently hold less than 25% of STEM jobs.

Tompkins County 4-H offers a multitude of offerings and resources to help youth build interest and skills in the STEM area. While our 4-H Program cannot specifically target the female segment of the population, more than 50% of youth documented as being involved in STEM programs are girls and young women.

4-H programs throughout the country use hands-on activities based on the experiential learning model in robotics, rocketry, computer science and electrical engineering to teach problem solving, creative and critical thinking, and to build excitement for engineering and technology. Additional offerings include agricultural science topics such as veterinary science, biotechnology, and raising and training animals.

The following 4-H Programs have been offered on a regular and ongoing basis in Tompkins County, and their attendance figures reveal strong participation by girls and young women:

**4-H Club Programs:** a number of clubs in Tompkins County incorporate STEM knowledge and activities; The Namaste Friends has 11 members, who participate on a First Lego League Robotics Team as the theme of their club; six of the team members are girls (55%) who are passionate about being involved in STEM activities.

**Kritter Kamp:** this annual animal science program offers hands-on opportunities for youth aged 8 to 13 to work with dairy, sheep, rabbits, poultry, and dogs. The youth are mentored by experienced teens as they learn about animal behavior, health and nutrition, basic animal care and safe handling procedures; guest presentation from a Dairy Nutritionist expands their knowledge of feeds, feeding and nutrition; 29 youth participated in 2017; 14 participants were female (48%)

**Animals and Medicine:** students in grades 9 -12 participate

in a weekly six-session program taught by Cornell University Veterinary School graduate students. Youth participants learn how to provide and practice a physical exam, discover the inner workings of a cow's rumen, learn about different anatomy and



Baby chicks are part of a 4-H Poultry Club display.

physiological systems, take part in dissection, and learn about different careers and how they can prepare for a career in veterinary science. In 2017, 16 participants were female (78%).

**Dairy Quiz Bowl:** Six students participated in an intense 8-week study program to prepare for the 4-H Dairy Quiz Bowl in which they learn and later are questioned on all aspects of the dairy industry, dairy anatomy, health and nutrition, physiological systems, and care of animals. Presentations by dairy industry professionals, veterinary students, and farm managers enhanced their learning opportunities. There were 3 female participants, or 50% of this program in 2017.

**4-H Youth Fair and NYS Fair STEM exhibits:** Sixteen 4-H members exhibited STEM projects at the 4-H Youth Fair; 7 of these exhibitors were female (44%); 14 members exhibited STEM projects at the NYS Fair; 9 of these exhibitors were female (64%).

For more information about the above-mentioned 4-H STEM program opportunities, contact Brenda Carpenter, 4-H Youth Extension Community Educator at [btc6@cornell.edu](mailto:btc6@cornell.edu) or (607) 272-2292 ext. 142. ☀

# PRIMITIVE PURSUITS

## RESEARCH PROJECT WITH BRONFENBRENNER CENTER



**As youth development educators,** Primitive Pursuits staff members strive to be intentional about facilitating experiences where youth feel heard and valued, and where they can grow into competent, resilient adult learners. To develop and adopt best practices that help them articulate and evaluate this process for one another, Primitive Pursuits staff collaborated on a project

with a research team from Cornell University's Bronfenbrenner Center for Translational Research, led by Clinical Psychologist and Research Associate, Charles Izzo.

For the last two years, during the late winter and early spring programming blocks, Izzo's research team video-taped staff interactions with youth during regularly scheduled youth programs, and then reviewed the footage to discuss how to engage more positive and trans-formative connection practices.

The research team confirmed that, prior to this project, Primitive Pursuits program staff already were implementing many of the proscribed practices, but without a common language to draw on.

The project provided staff the ability to articulate the practices and share them with one another, while more intentionally engaging the practices in more difficult programming situations, thereby improving overall program delivery. Staff now have a powerful experience to look back on and utilize in their daily interaction with youth at programs. For more information about Primitive Pursuits programs, visit: <http://primitivepursuits.com/> ☀



## Natural Leaders from p. 10

supported, catalyzed and/or accelerated the growth and impact of a diverse group over 200 Natural Leaders. About 75% of those who begin the Natural Leaders series complete it.

Past program evaluations have shown that almost all participants increased their self-esteem; self-confidence; leadership skills and knowledge; ability to share their ideas and put them into action; and social networks. 90% changed how they saw “leaders” and “leadership,” with most indicating a change from seeing leaders as “authority figures,” “highly educated” or “arrogant” to being people like themselves. 73% first saw themselves as a “leader” after taking part in the NLI program. 70% took greater civic action, speaking up about issues they care about, helping link others to community resources, joining community development projects, creating new projects for unmet needs. About 25% took on new, formal civic leadership roles within 2 years of completing the series, joining organizational boards and committees, public commissions, civic grant review teams, and more. Many increased their economic self-sufficiency, returning to school, re-entering the work force, or applying for new jobs or promotions.

NLI’s track record shows that with recognition, support and leadership development opportunities, natural leaders are eager to share their talents, experiences, insights and passion for creating long-term solutions to complex social challenges. The impact: personal empowerment; greater civic engagement and leadership; enhanced economic self-sufficiency; and myriad “ripple” effects on participants’ families, friends and communities. By building strong relationships and increasing community capacity, this leadership development work bridges and strengthens CCE’s efforts across all issue areas and programs.

In addition to its Natural Leaders series, NLI offers professional and organizational workshops for community members who want to strengthen their capacities to build diverse relationships with Natural Leaders, cultivate diverse leadership for their organizations and leverage the power of diverse teams. NLI’s two staff members support over 100 community members each year with one-to-one coaching and mentoring, help accessing resources, assistance building new relationships, and other leadership development support.

NLI was originally co-founded and co-administered by the Greater Ithaca Activities Center, the Multicultural Resource Center, and Tompkins Community Action. It is now based solely at CCE-Tompkins. 2017 funders include: Community Foundation of Tompkins County (general, Women’s Fund); City Federation of

Women’s Organizations; CCE-Tompkins’ county government funding; individual donors and business sponsors/champions. For additional information, please contact Margo Hittleman or Michelle Jones at (607) 272-2292. ☀

## True Cost Tompkins from p. 7

case studies and the visual mapping tool were helpful ways for the community to understand the affordability of housing and transportation within our county. As Tompkins County Legislator Martha Robertson said, “We know that affordable housing is an issue, but understanding and seeing it in this way makes it easier to take a stronger stance and move forward with more urgency.” Project participants also gave positive feedback and appreciated the opportunity to contribute to this discussion on understanding and managing the combined costs of housing and transportation.

Project team members included staff from CCE-Tompkins’ Way2Go program, Ithaca Carshare, Randall + West, Inc., and ThinkTopography, which developed the locally calibrated Housing & Transportation map tool. An advisory committee was comprised of representatives from Ithaca Carshare, the Ithaca Tompkins County Transportation Council, Tompkins County Housing, and Tompkins Consolidated Area Transit. Project funds were provided by New York State Energy Research Development Authority (NYSERDA) and New York State Department of Transportation (NYSDOT). For more information about this project, please contact Norma Gutierrez, Way2Go Community Educator, at ng32@cornell.edu or (607) 272-2292 ext. 162. ☀



Participants in a Community Cafe Host Training, offered in 2017 by the Family & Community Development Program

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