

Cornell University
Cooperative Extension
Albany County

2011 ANNUAL REPORT



Building Strong and Vibrant New York Communities

Dear Friend of Extension,

As 2011 draws to a close and I reflect on another successful year I would like to praise the exemplary work of our dedicated staff and volunteers. In fostering our mission, we continue to respond to emergent needs helping to educate residents, homeowners, youth, gardeners, consumers, producers and local businesses through a diversity of programs and outreach methods.

This year saw the inception of the formalized *Capital Area Agriculture and Horticulture Program (CAAHP)* which allows extension educators to respond to the changing agricultural and horticultural industry in a more specialized, technical and responsive manner. This regionalization will hopefully yield growth production, marketing, sustainability and economic advancement for producers in the region. Cornell Cooperative Extension also excelled in the tremendous growth of the *Weatherization Program*, reaching 200+ housing units via multi-unit buildings with a wide variety of energy conservation and safety repairs. Educators leading the Lead Renovator classes have responded to the continuously changing laws that are required for contractors and renovators, helping them achieve certified lead training requirements necessary to avoid stiff penalties. The *iChoose 600 Campaign*, in partnership with New York State Department of Health and the Albany County Department of Health, through multiple outreach methods, educated thousands of individuals and families in the benefits of choosing meal and menu options at or below 600 calories. Youth development educators have designed and piloted programs around building science, engineering and technology (SET) skill sets, offering various science nights, entomology projects and animal science related classes and projects for youth.

Please join me in acknowledging the many educational initiatives and outreach efforts made possible by all of our dedicated extension staff and volunteers who respond to the educational needs of residents by putting research knowledge to work for all of Albany County!

Sincerely,



Lisa V. Godlewski
Association Executive Director

Greetings,

Over the years, I've become more and more convinced of how much of an asset Cornell Cooperative Extension is to all of us. Whether strengthening households, nurturing our youth, promoting and helping agriculture, or providing community resource programs, Cornell Cooperative Extension is, and will continue to be, the most effective mechanism for delivering public services which genuinely make a difference.

Every day, and most evenings, the parking lot is full with folks from across the county being enriched by one or more of our programs. And during this period of economic stress, these programs are needed more than ever.

We remain committed to excellence by continuing well-established programs, as well as developing new ones to address emerging issues, all the while facing more limited resources. Over the past year, for example, we established a regional agriculture program in partnership with adjacent counties, which promotes greater efficiency and assures that our core programs remain strong.

I have been privileged to have been a part of all you've accomplished and am so proud to be affiliated with such a wonderful organization. My deepest thanks to the volunteers and staff who make this work. We are blessed with such a talented and professional staff who consistently deliver excellence, and I want to particularly recognize Lisa Godlewski and the Issue Leaders, who are so successful and devoted to leading our organization.



Kevin Millington
Association Board President

Board of Directors

Kevin Millington, President;
Joseph Viscuso, Vice President;
Joseph Koczaja, Treasurer;
Thomas Della Rocco, Secretary;
Honorable Herbert W. Reilly, Jr.,
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Kenneth Hunter, Benita Law-Diao,
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4-H

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Ellen Cooper, Maria DeLucia-Evans, Susan Pezzolla

Administrators

Thomas Dolan, Elmore Lawyer

Information Technology Coordinator

Michael Bartholomew

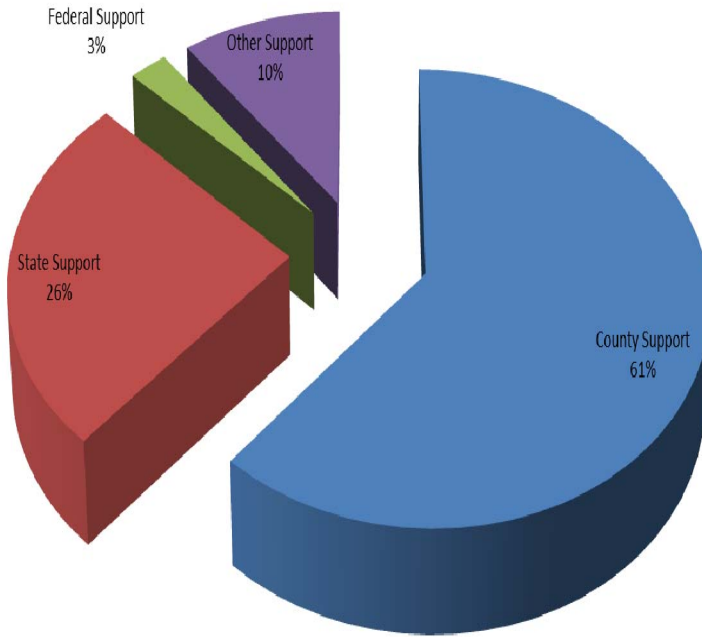
Program Educators

Duane Allen, Eric Amsler, David Appleby, Eileen DePaula, Douglas Easley, Kimberly Hall, Michael Lefebvre, Jeffrey Murtagh, Duane Nicholson, Nancy O'Donnell, Earl Oliver, Genny Pauley, Jonathan Poyta, Hannah Rawlings, Steffen Sarnacki, Adam Smith, Ruth Steel, Rick Stevens

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Amy Cai, Sherri Calabrese, Susan Coluccio, Lisa Cox, Harris Crawford, Margaret Espinosa, Janet Johnsen, Gale Kohler, NancyQuay Milner, Virginia Ray, Teresa Tymchyn, Patricia Wagoner

FINANCIAL REPORT

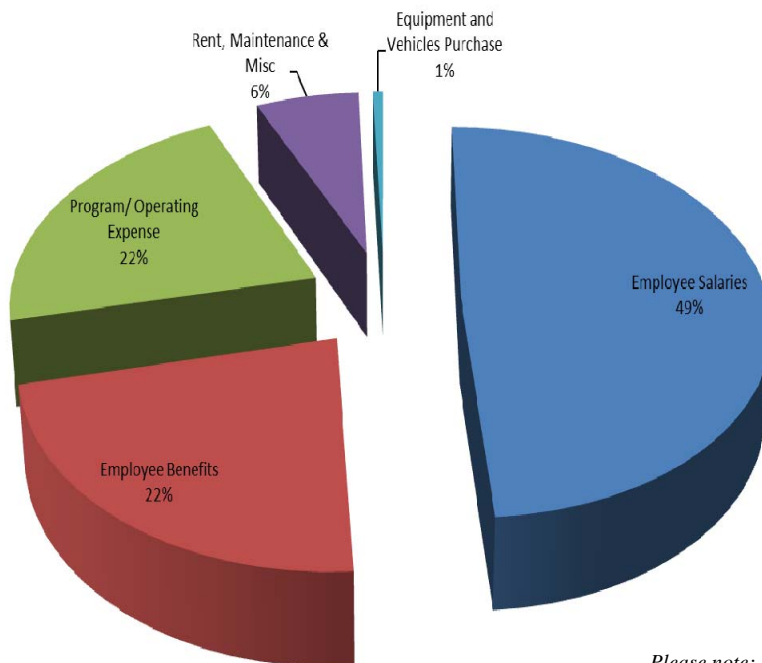


TOTAL COUNTY SUPPORT (61%)

TOTAL STATE SUPPORT (26%)

TOTAL FEDERAL SUPPORT (3%)

TOTAL OTHER SOURCES OF SUPPORT (10%)



Please note: data based upon most recent yearend data.



Agriculture, Horticulture

2012 Events

Basic Farm

Business Management Planning

January 14, 2012

9:30 am to Noon

Cornell Cooperative Extension
Washington County
415 Lower Main St
Hudson Falls, NY

Be Green Organic Yards NY

January 24, 2012

Cornell Cooperative Extension
Rensselaer County
61 State Street
Troy, NY

The Empire State

Fruit and Vegetable Expo

January 24 - 26, 2012

Convention Center at Oncenter
Syracuse, NY

The Winter Green-Up

Grass-Fed Beef Conference

Friday, January 27, 2012

10:00 am – 9:00 pm

Saturday, January 28, 2012

9:00 am – 4:00 pm

The Century House
997 New Loudon Road (Route 9)
Latham, NY

Bedding Plant Conference

January 31, 2012

Century House

997 New Loudon Road (Route 9)
Latham, NY

30-Hour Pesticide Class for Category

3a (Turf and Ornamentals)

7a (Structural & Rodent)

February 7 - 9 & 14 - 16, 2012

Cornell Cooperative Extension
Rensselaer County
61 State Street
Troy, NY

- ◆ **Pesticide Applicator Training**—Licensed pesticide applicators must attend trainings to receive recertification credits to remain licensed in New York State. A Capital District Pesticide Applicator Training was held to educate 110 local private and commercial applicators. This training provided important safety information on the use of pesticides which helps to protect residents of Albany County, the environment and pesticide applicators.
- ◆ **Master Gardener Consumer Helpline**—Over 6,400 contacts were made with the public through the helpline, e-mail, garden talks, and public events such as the Altamont Fair, Farmers' Markets and the Capital District Garden Show to answer gardening questions and help the public garden better with less chemicals.
- ◆ **Bedding Plant Conference**—Seventy-three commercial bedding plant producers participated in this capital district conference. Participants selected varieties to grow and made adjustments to their pest management programs and production based on information received at this conference.
- ◆ **Land Care Program**—Organic disease control education was provided to the Northeast Organic Farming Association as part of a five-day land care program. Thirty-six organic farmers attended, gaining valuable information and techniques to be implemented on their farms.
- ◆ **Grass Fed Beef Conference**—As consumers turn to purchasing more healthy foods, the demand for a quality grass-fed beef product has increased beyond the supply. To help meet the demand and educate beef producers about production practices that need to be followed to produce quality grass-fed beef products, the Third Annual Winter Green-Up Grass-Fed Beef Conference was held. Two hundred and ten producers attended the two-day conference of which 50% indicated they would change at least one production practice on their farm.
- ◆ **Beef Quality Assurance Program**—Consumers demand a safe, top quality product when they purchase their food. To help assure safety and quality, an on-farm seminar was held on a local beef farm and a local processing facility for 75 beef producers. At this seminar, a chute side training was held to educate producers on how to administer vaccines and antibiotics when needed. As a result of this training, all those in attendance will administer shots properly and be better able to grade their own finished cattle.
- ◆ **City of Albany Normanskill Farm**—Over five hundred students and 40 teachers and parents from several Albany City schools visited the Normanskill Farm to learn about the history of the farm as well as where milk comes from and how it is processed. Students participated in a milk taste test and discussed fat content in a variety of milks.
- ◆ **Farmers' Markets**—Capital area agriculture specialists assisted 15 farmers' markets throughout Albany County with start-up assistance, farmer recruitment, local specialty food producers, marketing and special events through the growing season from May to October. Master Gardener volunteers and nutrition educators provided exhibits and resource materials at many of the weekly markets where thousands of consumers received valuable educational information and seasonal produce fact sheets.
- ◆ **Truck School for Farmers**—A group of twenty five farmers attended a class on a local Albany County farm to review laws pertaining to the movement of farm equipment and vehicles on state and county roads. Many in attendance learned that they were not in compliance and could be ticketed if they did not make the appropriate changes.



Agriculture & Food Systems

- ◆ **Farmers Direct Marketing Conference**—Almost one hundred agricultural producers attended a one-day marketing seminar at Hudson Valley Community College to learn how to better market their products. The keynote speaker stressed how important it is to interact with customers one on one, and how products are packaged and displayed is key to successful marketing. Almost all who attended indicated they would be updating their marketing plan or developing a new marketing plan.
- ◆ **Agriculture Career Day at Albany High**—Quite often, students in urban schools are not thought of for careers in agriculture. To help urban students from Albany High School better understand the many jobs open to them, a career day was held at the school. Farmers, agribusiness personnel and Cornell Cooperative Extension staff discussed the many opportunities open in the agriculture field and the advanced education needed to apply for these jobs.
- ◆ **Raised Bed Implementation Education**—St. John's Center and one of Peter Young's Halfway Homes received Master Gardener volunteer assistance with building raised beds, two at each site. The gardens were planted and the Master Gardener volunteers have provided ongoing education and assistance.
- ◆ **South End Horticulture Workshop**—Master Gardeners volunteers taught a summer horticulture program for youth at Trinity Institute in the south end of Albany. Participants learned to prepare the soil, plant, and cultivate a vegetable garden.
- ◆ **Consumer Gardening Newsletter Contribution**—Monthly gardening articles are written for *The Spotlight* and *Root Concerns*. A recent addition has been *Capital Region Living Magazine*; these publications allow for a large educational outreach to the public to share Cornell's research based horticultural information.
- ◆ **Garden Education Day**—Master Gardener volunteers offered plants for sale and were on hand to help over 300 customers make good plant decisions for their gardens. Classes and demonstrations were offered throughout the morning and Master Gardener volunteers were available to answer gardening questions and take in soil samples for pH testing.
- ◆ **Agricultural District Review**—The Albany County Agriculture and Farmland Protection Board conducted its eighth year review of Agricultural District #3 encompassing the towns of Bethlehem, Colonie, Coeymans, Guilderland and New Scotland. As a result of the review, twenty-six tax parcels totaling 594 acres were added to the district and 894 acres were removed from the district. The district under review was approved by the County Legislature and certified by the Commissioner of Agriculture and Markets.
- ◆ **Commercial Agriculture and Horticulture Newsletters**—The *Capital District Growing Trends* newsletter is a monthly publication bringing timely information and course offerings to commercial horticulture businesses. The *Agricultural News* is a regional monthly newsletter that provides research based information to commercial agricultural producers. The *Part-Time Farmer* is a bi-monthly publication that serves the needs of new and smaller agricultural operations. In 2012, *The Agricultural News* and *The Part-Time Farmer* newsletters will be combined into a single publication serving nine counties in Eastern New York.
- ◆ **Nurserymen's Education**—Four separate events were held to educate local nursery and landscape workers. Classes on landscape construction, equipment use and pesticide safety reached over 200 commercial nursery landscape operators.
- ◆ **30-hour New York State Department of Environmental Conservation (NYSDEC) Pesticide Training**—During this six-day session, 24 commercial pesticide applicators learned about the safe and effective use of pesticides and qualified to take the NYSDEC pesticide applicators exam.

2012 Events

Direct Marketing Conference

February 10, 2012

9:00 am – 3:00 pm

Hudson Valley Community College
Troy, NY

Organic Turf & Landscape (a "Be Green" credit course)

February 28, 2012

Cornell Cooperative Extension
Rensselaer County
61 State Street
Troy, NY

Nursery Landscape Worker Training and CNLP Review Session

March 7, 8, & 23, 2012

Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

Pesticide Recertification Day

March 15, 2012

Century House

997 New Loudon Road (Route 9)
Latham, NY

Garden Center Training

March 27, 2012

Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

Basic Farm Business Management Planning

April 4, 2012

6:00 pm – 8:30 pm

Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

Basic Farm Business Management Planning

May 10, 2012

6:00 pm – 8:30 pm

Cornell Cooperative Extension
Greene County
6055 Route 23
Acra, NY



Children, Youth, Families & Com

2012 Events

On Target Day;

Outdoor Education Program

January 28, 2012

10:00 am - 2:00 pm

Cornell Cooperative Extension

Albany County

24 Martin Road

Voorheesville, NY

4-H School Vacation Program

February 21 - 24, 2012

Cornell Cooperative Extension

Albany County

24 Martin Road

Voorheesville, NY

4-H Public Presentations

March 2 & 3, 2012

Cornell Cooperative Extension

Albany County

24 Martin Road

Voorheesville, NY

4-H Fundraising Event

April 1, 2012

1:00 pm - 4:00 pm

Cornell Cooperative Extension

Albany County

24 Martin Road

Voorheesville, NY

4-H School Vacation Program

April 9 - 13, 2012

Cornell Cooperative Extension

Albany County

24 Martin Road

Voorheesville, NY

◆ **4-H Summer Scene**—2011 marked the 39th continuous year that 4-H Summer Scene has conducted a day camp experience for children in the city of Albany. The “*Footprints to the Future*” theme provided 149 young campers and 49 teen staff the opportunity to participate in several educational activities to increase their knowledge and awareness of issues related to recycling, energy conservation and reducing the carbon footprint. A “Trash ‘n Fashion” show was held to reinforce concepts of recycling and saving Mother Earth. A tour of the City of Albany Norman-skill Farm enhanced the learning experience by helping youth learn about bringing food from the farm to the table. Teen counselors also received twelve hours of job readiness programming and ongoing mentoring while working as camp counselors through the City of Albany Summer Youth Employment Program.

◆ **4-H Equine Program**—This 4-H horse program provides more than 100 youth with an opportunity to learn about a variety of topics related to equine care and maintenance, as well as develop skills in safe riding practices. Topics for 2011 included careers in therapeutic riding to assist individuals with disabilities as well as a program on equine digestion.

◆ **4-H Dog Program**—The seventh annual 4-H Kid and Dog Camp was held at the Albany Obedience Club in Glenmont during the month of July. Nineteen youth and their dogs participated in a number of hands-on sessions related to dog agility and obedience, holistic medicine, the dog rescue process, sheep herding, dog anatomy, rally obedience, and tricks. In addition, canine care and grooming was presented throughout the week.

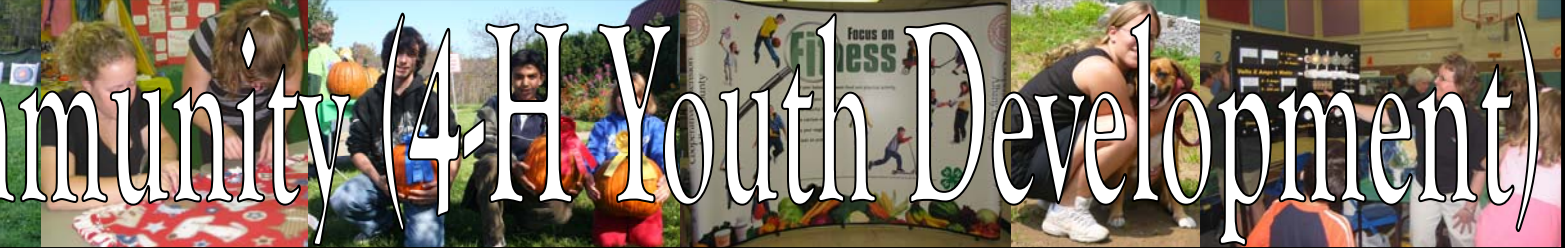
◆ **4-H Shooting Sports**—A total of fifty youth participated in various programs throughout the year, which included: archery, air rifle, environmental education, and other educational workshops related to living history.

◆ **Altamont Fair**—Each year, the Altamont Fair provides a venue for the public to view what 4-H members have learned during the year as they prepare and show their animals and enter exhibits of projects they have completed. For the 2011 fair, 133 youth exhibited over 700 projects in a variety of areas including animal science and showmanship, communication, vegetables, ornamental horticulture, nutrition, natural resources, photography and the arts.

◆ **4-H Career Exploration Program**—Thirteen 4-H teens from Albany County participated in a three-day conference at Cornell University to learn about college life and explore a number of careers available to them. The youth lived on campus and participated in an in-depth overview of career opportunities in teaching, engineering, animal science, and technology.

◆ **Agriculture Literacy Week**—Students at several area schools learned about the importance of agriculture to our food supply as well as the economy. The book, *Chicks and Chickens*, was read by volunteer readers to more than 400 youth who discussed the life cycle of a chick embryo and how to care for baby chicks. Participating schools included Berne-Knox-Westerlo, A.W. Becker, Pieter B. Coeymans, Bethlehem Children’s School, Clarksville Elementary, Voorheesville Elementary, and TOAST (Thomas O’Brien Academy of Science and Technology in the city of Albany).

◆ **4-H Public Presentations Program**—Sixty-four youth participated in the Public Presentations Program where 4-H members researched, created and presented on a wide variety of topics to volunteer evaluators. Five of the youth who gave outstanding presentations were chosen to represent Albany County at the Capital District Public Presentation contest.



Community (4-H Youth Development)

- ◆ **“Claws, Paws and Hooves” Program**—A new partnership was formed with the Heldeberg Workshop in Voorheesville to present a week-long series to help young people learn about animals. The “Claws, Paws and Hooves” workshop was attended by 14 students in grades 3-5 and provided an opportunity for youth to gain knowledge in the care and maintenance of sheep, goats, rabbits, poultry, llamas and draft horses. Each day of the week, a different animal was studied, and several activities helped the youth learn about what the animals eat, how to tell when they are ill, and what the life span is for each species.
- ◆ **Albany County’s Government Intern Program**—This program provides an opportunity for high school juniors and seniors to learn about county government. Led by Cornell Cooperative Extension educators, the school year program is comprised of educational sessions, meetings with local officials, tours of county facilities, and observation of the monthly county legislature meetings. Participating students complete an independent project before receiving credit for the program. Since 1972, the partnership between Cornell Cooperative Extension, area high schools, the County Executive Office, and the County Legislature has helped more than 1,200 youth learn about county government.
- ◆ **What is Your Money Personality?: Understanding How Our Money Values Impact Financial Decision Making and Communication**—In this workshop, participants reflect on personal money values and understand how these impact financial decision making. Through discussion and exercises, we identify money personalities, enabling us to make financial decisions more effectively and easily. Topics include, the relationship between money and happiness, examining personal financial habits, the impact of money values on personal financial security, how our money personality impacts our ability to spend and save, and how these values affect communication between family members. This program was presented twice at the annual conference for the Capital Region RSVP Program, which is part of the University at Albany’s School of Social Welfare. It has also been presented at Trinity Institution, the Homer Perkins Center, and the Senior Companion Program.
- ◆ **CHOICES Program**—The CHOICES program in Ravena provides community residents and Albany County agencies with educational support and outreach. CHOICES acts as a community resource center offering energy, social services, nutrition, and community programs. Energy-related programs include: Home Energy Assistance Program (HEAP), Weatherization Referral and Packaging Program (WRAP), the Last Resort program, Care & Share program, and the Global Oil program. Food Stamp and Medicaid applications are accepted each month with 1,923 Department of Social Services (DSS)-related (non-HEAP) contacts made last year. Individual and group nutrition classes were offered. The program also offers Toys for Tots, Summer Youth Employment Program (SYEP) for 20 youth at six sites in Coeymans, and clothing and household items for community members.
- ◆ **4-H Youth Development Mission Mandates**—The 4-H program provides meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas or mission mandates – citizenship and community service; healthy living; and science, engineering and technology (SET). These areas all intertwine and can be integrated across project areas and activities. The content development of the mission mandates is closely tied to the research and teaching of the land grant university. The Albany County 4-H program will continue to focus its educational efforts on these three areas through the coming year, thus providing the educational foundation of the program.

2012 Events

4-H Shooting Sports Program

Archery

May 9, 16, 23, 30, 2012

Archery/Air Rifle

July 11, 18, 25, August 1, 2012

Cornell Cooperative Extension

Albany County

Voorheesville, NY

4-H Dog and Kid Day Program

July 9 - 13, 2012

9:00 am - Noon

Albany Obedience Club

Glenmont, NY

4-H Summer Scene

July 9 - August 10, 2012

Monday - Friday, 10:00 am - 3:00 pm

Ridgefield Park

Albany, NY

Altamont Fair

August 14 - 19, 2012

Altamont Fairgrounds

Altamont, NY



2012 Events

EPA Lead Renovation, Repair, & Painting (RRP) Initial Training

January 11, 2012
8:00 am - 5:00 pm

Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

Radon Workshop

January 19, 2012
6:30 pm - 8:00 pm

Voorheesville Public Library
51 School Road
Voorheesville, NY

EPA Lead Renovation, Repair, & Painting (RRP) Initial Training

January 31, 2012
8:00 am - 5:00 pm

Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

EPA Lead Renovation, Repair, & Painting (RRP) Initial Training

February 15, 2012
8:00 am - 5:00 pm

Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

- ◆ **Weatherization Assistance Program**—Funded through the New York State Homes and Community Renewal (HCR) weatherized 73 buildings with 78 units 5-2 unit buildings, 10 mobile homes, and 58 single-family buildings during the 2010-2011 contract year, again exceeding the established program goals.
- ◆ **Empower New York**—Funded through the New York State Energy Research and Development Authority (NYSERDA) provided electric reduction measures to ten buildings.
- ◆ **Additional Energy Services**—Twelve buildings funded by the Albany County Rural Housing Alliance (ACRHA), six buildings funded by the Albany Community Development Agency (ACDA), and one building for the South End Improvement Corporation (SEIC) received energy conservation improvements.
- ◆ **Emergency Cooling Program**—A cooling program was implemented for Albany County Department of Social Services (ACDSS) and Office for Temporary & Disability Assistance (OTDA) which resulted in a total of 24 air conditioners being installed for clients with medical conditions.
- ◆ **American Recovery and Reinvestment Act (ARRA) Weatherization Program**—A funded project through the New York State Homes and Community Renewal (HCR) weatherized 178 housing units making the cumulative total of 197 housing units (for the program).
- ◆ **Lead Prevention Education**—In response to the U.S. Environmental Protection Agency (EPA) Renovation, Repair & Painting (RRP) Rule, Cornell Cooperative Extension Albany County (CCE) has implemented a variety of trainings. These educational sessions help workers and employers comply with this federal mandate. In the past year, more than 1,000 participants successfully graduated from Lead Safe Work Practices, Renovation, Repair, & Painting Initial, or Renovation, Repair, & Painting Refresher trainings. Classes were offered in six counties in New York State. In addition to the required EPA trainings, CCE offered informational trainings about lead and the new laws. An application is pending with the EPA for CCE to be an accredited training provider.
- ◆ **Radon Education**—With support from the New York State Department of Health and Albany County Department of Health, Cornell Cooperative Extension Albany County (CCE) educators continue to teach residents about radon. Two hundred-nineteen homes were tested with free test kits provided by CCE Albany County and more than 600 individuals learned about radon through a variety of educational classes, presentations, and radon displays which were held for the Capital District Child Care Council, at the “Go Green Day” in Voorheesville, at the Jewish Community Center’s Health Fair, and at the Renewable Energy Expo in Altamont.
- ◆ **Consumer Education Program for Residential Energy Efficiency (CEPREE)**, a statewide partnership between the Department of Design and Environmental Analysis at Cornell University and the New York State Energy Research and Development Authority (NYSERDA). With unique teaching tools such as an energy bike, an energy light meter, and a quiz board filled with energy questions, thousands of youth and adults a year apply the basic energy concepts they’ve learned from this educational program to save money.

& Natural Resources

- ◆ **Wasp Watcher Research Project**—The Albany County 4-H office is currently participating in a project with Cornell University and the New York State Department of Environmental Conservation. Environmental scientists have been on the lookout for the Emerald Ash Borer, a beetle recently introduced to New York State. This beetle has been responsible for the death of millions of ash trees in the Midwest. Last year, the beetle was located in Cattaraugus and Greene Counties. The *Cerceris fumipennis* wasp is a ground wasp that stocks its nest with buprestid beetles, including the Emerald Ash Borer. During July and August, Cornell Cooperative Extension staff and volunteers searched for wasp colonies in Albany County. The goal for 2011 is to identify as many wasp colonies in New York State as possible. Following the location of colonies, staff will then utilize biosurveillance tools to determine what kinds of beetles the wasps are bringing to their nests. All information will be reported back to the New York State Biomonitoring Technician.
- ◆ **4-H Science, Engineering and Technology Programs**—The 4-H program provides youth with hands-on learning throughout their 4-H career, and includes topics related to animal science, gardening, shooting sports, public presentations, environmental education, and a host of other experiences. Science, engineering and technology (SET) programming is one of the mission mandates as put forth by 4-H at the national level. Albany County 4-H staff will continue to provide new initiatives in these areas to further enhance the youth development aspect of the 4-H program.
- ◆ **Home Energy Assistance Program (HEAP)**—A federally funded program that issues heating benefits to supplement a household's annual energy cost and also offers an emergency benefit for households in a heat or heat related energy emergency. This year, Cornell Cooperative Extension assisted over 3,000 Albany County residents in applying for these benefits.
- ◆ **Save Energy, Save Dollars**—A program which seeks to assist households in reducing their energy bills through low cost or no cost energy conservation methods. Class participants learn about low-cost and no cost ways to save energy and reduce energy bills. They also learn about programs that can help them afford energy efficiency improvements with subsidies, low-interest loans, or free services to qualifying households. Participants can then decide which ideas will work for them and how much they can save. This workshop is conducted as part of the Empower New York Program, as a component of the HeatSmart NY Initiative which is sponsored by the New York State Energy Research and Development Authority (NYSERDA).
- ◆ **"Go Green" Day**—This successful community event was held at the Cornell Cooperative Extension office in Voorheesville in collaboration with the Capital Region Recycling Consortium (a partnership with the City of Albany, New York State Department of Environmental Conservation (DEC), Town of New Scotland, Village of Voorheesville, Cornell Cooperative Extension Albany County and surrounding communities). The event focused on educating over 600 county residents about the importance of recycling, composting and other methods to reduce the carbon footprint. Several hands-on activities were offered for youth and their families related to water quality, composting, recycling, green shopping and energy conservation, making it a fun and interactive learning event for all who attended.
- ◆ **Rain Gardens**—Two demonstration rain gardens were installed in Colonie. The gardens will collect the rainwater coming off main parking areas before it enters the storm drain system. Signage at the site describes the function of the garden and cites contact information for Cornell Cooperative Extension as the source for more information on installing a rain garden.

2012 Events

Radon Workshop

March 2, 2012
5:00 pm - 7:00 pm
Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

Radon Workshop

March 3, 2012
9:30 am - noon
Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

EPA Lead Renovation, Repair, & Painting (RRP) Initial Training

March 8, 2012
8:00 am - 5:00 pm
Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY

Lead Safe Work Practices (LSWP) Training

March 20, 2012
8:30 am - 4:30 pm
Cornell Cooperative Extension
Albany County
24 Martin Road
Voorheesville, NY



2012 Events

Weight Management for Life

January 20, 2012

1:00 pm - 2:00 pm

Bethlehem Senior Services

445 Delaware Avenue

Delmar, NY

Warm up the Winter With your Slow Cooker

January 24, 2012

6:30 pm - 8:00 pm

Cornell Cooperative Extension

24 Martin Road

Voorheesville, NY

Nutritional Concerns Conference

March 13, 2012

Marriott Hotel

189 Wolf Road

Albany, NY

- ◆ **SNAP Ed. (Supplemental Nutrition Assistance Program: Nutrition Education)**—This program, designed to help those eligible for or receiving food stamps to improve their nutrition practices, graduated 750 adults and 300 youth participants during 2011. The program engages individuals for a series of six lessons which focus on dietary quality, food security, resource management, food safety and physical activity. Despite a 40% midyear cut in funding, the program remained extremely successful.
- ◆ **Expanded Food and Nutrition Education Program (EFNEP)**—This federally funded nutrition program, is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. The program successfully provided over 980 interventions throughout the year.
- ◆ **Community Nutrition Education**—These programs respond to the needs and interests of Albany County residents. Popular workshops over the past year have focused on topics such as weight management, mindful eating, going green and saving money in the kitchen, heart health, safe home food preservation, and healthy cooking classes based on current trends. These interactive community nutrition programs were delivered in 39 different locations throughout the county and served over 900 Albany County residents.
- ◆ **Nutritional Concerns Conference**—This annual conference, chaired by Albany County staff, hosted 325 nutrition professionals and paraprofessionals from New York and New England. The conference features workshops by nationally known experts on timely and research-based nutrition topics. This year's workshops focused on the evidence behind using social media to communicate healthy nutrition messages, dietary guidelines, the hunger/obesity paradox and emerging research and controversy around celiac disease and gluten sensitivity.
- ◆ **Preserving the Bounty**—Classes on safe home food preservation were offered throughout the summer and fall to 107 Albany County residents. These hands-on classes provided training in safe methods of freezing, canning and dehydrating many types of foods. In addition, canning demonstrations were provided at the Altamont Fair, impacting about 150 people.
- ◆ **4-H Choose Health Initiative**—The Choose Health Program is a new initiative for the Albany County 4-H program that uses a peer educator approach to promote healthy living concepts to youth. Six 4-H teens were trained in important concepts related to healthy eating and regular exercise. The teens then presented a series of six lessons for 45 students at the Montessori School in Albany and the after-school site at Berne-Knox-Westerlo. Students were able to identify healthier alternatives when choosing snacks or when eating out, and learned about the importance of drinking water and milk instead of sugary drinks. The peer teaching concept is an excellent delivery method for providing critical health information to younger youth.
- ◆ **Youth Nutrition Programs**—More than 400 Berne-Knox-Westerlo students in grades pre-k through five participated in hands-on activities to learn about the importance of good nutrition and regular physical activity. In addition, 450 students and 50 teachers and parents from several Albany City schools visited the Norman-skill Farm to learn about the history of the farm as well as where milk comes from and how it is processed. A demonstration on sugar content in soda and a discussion of healthier alternatives were also highlighted.

& Health



◆ **Family Mealtimes Matter**—The Capital Region Nutrition Education Program has partnered with Price Chopper to promote healthy family meals for the past three years during the month of October. Years one and two featured a special supplement section in Price Chopper's *Active Families* magazine that contained articles and resources submitted by Cornell Cooperative Extension nutrition and parenting educators. The piece provided families with information on shopping with children, money saving strategies, cooking once and eating twice, ideas for stress free meals and non-traditional meals, the division of responsibilities, conversation starters, healthy recipes, and creating a special environment. The magazine was directly mailed to 70,000 families in eastern New York each year. In addition to this resource, Cornell Cooperative Extension staff, along with Price Chopper dietitians, were present in the capital region stores over the course of two days promoting the Family Mealtimes Matter Challenge, a month long commitment to eating together as a family unit. One thousand-eight hundred-three (1,803) people in 25 Price Chopper stores throughout the region signed a pledge to eat a combined 17,300 meals together as a family. Cornell Cooperative Extension nutrition educators also used the in-store events to recruit participants for the Eat Smart New York program, and promoted other Cornell Cooperative Extension programs and resources to shoppers. In 2011 a strong social media component was added to the Family Mealtimes Campaign, which significantly broadened our reach.

◆ **Parenting in Context**—Numerous parenting programs were presented to hundreds of individuals throughout the county this year. These programs covered such topics as helping children with social problem solving skills; responsive discipline; and discipline is not a dirty word, all focusing on parent-child communication, nurturing relationships, setting limits, and respectful discipline practices. Cornell Cooperative Extension's parenting education programs benefit families of infants, pre-school, and school-aged children and are designed to assist professionals who work with families as well.

◆ **Eat Well Your Weigh**—A successful new six-week weight management series based on mindful eating, was developed and offered on two separate occasions during 2011. Participants reported that the series enabled them to make positive health changes that they expected to maintain in the future.

◆ **iChoose600**—This outreach campaign to combat the obesity epidemic by promoting good choices at fast food restaurants was undertaken as a collaborative effort between Cornell Cooperative Extension staff and the New York State and Albany County Departments of Health. Albany County is one of five areas in the state with local laws making calorie information more accessible in restaurants. By using menu labeling as a tool and demonstrating strategies for eating fewer calories when dining out, hundreds of program attendees were given the skills to help them maintain or lose weight and be healthier long-term. Helping individuals eat a sensible number of calories at each meal can help control over \$8 billion in obesity-related costs.

2012 Events

Fishing for Health

March 20, 2012

6:30 pm - 8:00 pm

Cornell Cooperative Extension

Albany County

24 Martin Road

Voorheesville, NY

DASH to your Garden to Lower your Blood Pressure

April 24, 2012

6:30 pm - 8:00 pm

Cornell Cooperative Extension

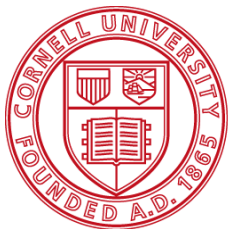
Albany County

24 Martin Road

Voorheesville, NY

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*The Cornell Cooperative Extension educational system
enables people to improve their lives and
communities through partnerships that put experience and research knowledge to work.*



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