

Cornell Cooperative Extension Association of Jefferson County at your service!



Cornell Cooperative Extension Association of Jefferson County is an educational agency for the residents of Jefferson County and beyond. We provide practical, research-based information that helps people in their everyday lives.

We offer something for just about everybody—including information about agriculture, gardening, home, nutrition, parenting, teen issues, and career opportunities, as well as programs to enhance the lives of our military families.

We serve thousands of people every year. These include parents, students, teachers, gardeners, farmers, families, business owners—all types of people who need or want more knowledge.

Through school and community programs, publications, new technologies, media coverage, and other means, we help people use knowledge to enhance the environment, strengthen families and communities, and increase economic development.

Cornell Cooperative Extension Association of Jefferson County is part of a nationwide educational system funded by national, state, and county organizations. We are part of the U.S. Dept. of Agriculture's network of community-based agencies throughout the country. We are affiliated with Cornell University, one of the world's premier research institutions and the land grant university for New York State. We also work closely with Extension offices in the other 56 counties of the state and New York City.

Along with our connections and programming expertise, Cornell Cooperative Extension Association of Jefferson County has many unique strengths:

- Practical education that can be applied to

everyday situations.

- A century of experience in providing high-quality programming.
- Community-based grassroots planning and advisory committees.
- Ability to network and cooperate with other community agencies.
- Highly qualified staff members who work with and offer support and guidance to users of Cornell Cooperative Extension resources.
- Access to technology such as the Internet and videoconferencing.

Cornell Cooperative Extension Association of Jefferson County produces several educational periodicals for our residents. If you would like to receive any of our offerings, please contact our office to be placed on our mailing list. Publications include:

- Agriculture and Natural Resources newsletter
- Horticulture newsletter
- Green Ink—4-H newsletter

In this brochure you will find a listing of many of our programs. If you would like more information about Cornell Cooperative Extension Association of Jefferson County, please call the Extension office at (315) 788-8450.

Cornell Cooperative Extension provides equal program and employment opportunities. Please contact our office if you have special needs or are unable to pay.

The Americans With Disabilities Act: If you are a person with a disability and require any auxiliary aids, services, or other accommodations for Extension program offerings, please contact Cornell Cooperative Extension Association of Jefferson County at 788-8450 and we will discuss what accommodations are necessary.

Photo captions (this side)

- 1) View of the Extension office at 203 North Hamilton Street.
- 2) 4-H Military Clubs offer a wonderful opportunity for our military youth to meet others at the various military posts.
- 3) Jefferson County farmers work at producing cold-hardy grapes.
- 4) Master Gardeners spruce up the front of our office.
- 5) Campers enjoy an afternoon on Millsite Lake on 4-H Camp Wabasso's paddleboats.
- 6) Monday Neighborhood Farmers Market farmers prepare CSA's.
- 7) Young fair attendee makes friends with a red and white Holstein calf.

Brochure updated 01/05/12

Contact Information

Administration

Executive Director Kevin J. Jordan.....	788-8450, ext. 233 or 319
Operations/Human Resources	788-8450, ext. 227 or 275
Finances	788-8450, ext. 226, 271 or 256
Information Technology	788-8450, ext. 225

Agriculture and Natural Resources:

Program Leader Mike Hunter	788-8450, ext. 266
Agronomy	788-8450, ext. 266
Agricultural Outreach	788-8450, ext. 252
Dairy and Livestock	788-8450, ext. 234
Farm Business	788-8450, ext. 260
Horticulture	788-8450, ext. 243

Community Development/Education:

Program Leader Stephanie Graf	788-8450, ext. 251
Energy Smart Communities	788-8450, ext. 320, 274, or 267
Community Mental Health Education.....	788-8450, ext. 321

Fort Drum Programs:

Program Leader Catherine Moore	772-2279
Army Emergency Relief	772-8873 or 772-2855
Employment Readiness	772-2737
Financial Readiness	772-8526
Mobilization and Deployment	772-0470
Relocation Readiness	772-5475 or 772-6902

Nutrition and Health:

Program Leader Catherine Moore	788-8450, ext. 233
Breastfeeding Support	788-8450, ext. 231
Community Environment and Health	788-8450, ext. 273
Nutrition	788-8450, ext. 230, 258, or 270

Youth and Family Development:

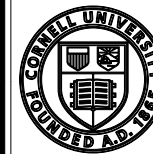
Program Leader Stephanie Graf	788-8450, ext. 251
Advantage Afterschool Program-LaFargeville	788-8450, ext. 244
Advantage Afterschool Program-Theresa	788-8450, ext. 244
4-H Animal Science	788-8450, ext. 247
4-H Camp Wabasso	788-8450, ext. 248
4-H Club Support	788-8450, ext. 229 or 269
4-H Military Clubs; Operation Military Kids	788-8450, ext. 232 or 272
Copenhagen STARS Afterschool Program	788-8450, ext. 251
Extended School Day Program-Belleville-Henderson.....	788-8450, ext. 332
Extended School Day Program-Lyme.....	788-8450, ext. 331
Indian River School District Family Liaison.....	788-8450
Parenting Education	788-8450, ext. 262, or 276
Safety Net	788-8450, ext. 251

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Cornell University
Cooperative Extension
Jefferson County

Educational Programs



*Cornell Cooperative Extension
Association of Jefferson County
educates youth, families, farmers,
and communities using research-
based knowledge for practical
application and lifelong learning.*

Agriculture and Natural Resources

Cornell Cooperative Extension of Jefferson County is farmers' and agribusinesses' link to the latest agricultural developments and innovative technologies at Cornell University and other research institutions.

The Agricultural Outreach educator is a liaison between Extension and farm families, presenting information on educational program offerings and assessing the programming needs of the agricultural community.

Our Dairy and Livestock program provides education and information through on-farm visits, seminars, technical programs, discussion groups, and dairy profit teams.

Farm Business Management provides education and information pertaining to business management skills through programs such as Dairy Farm Business Summary, agriculture workforce training, farm tax management, and estate and retirement planning.

The **Field Crops Program** provides information and education about crop production; forage management; agronomic research and demonstration projects; pasture management; crop pest and weed control; soil fertility; and agricultural environmental management.



Horticulture programming provides information and education about gardening; weed, insect, and disease control methods; tree care; and soil testing. The Master Gardener program provides training to individuals who then help beautify the community's public areas.

Photo captions (this side)

- 1) CCE ag educators help farmers figure out the right time to prepare fields for planting and what crops to produce.
- 2) Our energy programs all promote saving energy and dollars.
- 3) Students at the LaFargeville Advantage Afterschool Program learned about a great new sport called skijoring.
- 4) At 4-H Camp Wabasso, youth learn the value of team building and working cooperatively with each other.

Community Development/ Education

Cornell Cooperative Extension Association of Jefferson County's Community Development work focuses on community collaborations such as regional renewable energy education, energy conservation education, energy audits, and community mental health education.

North Country Energy Smart Communities program offers local, accessible community-based access to the New York State Energy Research and Development Authority's (NYSERDA's) energy-efficiency and research and development programs. The program focuses on educating homeowners, community leaders, business owners, and the general public on the benefits of energy efficiency and renewable resources. Additionally, the program provides assistance to energy-related businesses and entrepreneurs through initiatives that increase awareness of local and NYSERDA business assistance services available to early-stage, clean-energy businesses.

The **Community Mental Health** program is a community collaboration providing education and resources to help recognize and support mental illness in military family members.



Nutrition and Health Programs

Cornell Cooperative Extension of Jefferson County provides education through programs that help families gain nutrition, fitness, and consumer awareness.

Food and Nutrition Education in Communities (FNEC) provides nutrition education opportunities to help families manage their food resources; and to improve dietary quality, food safety, and food security. Educators work to support the availability of abundant, nutritious, and accessible foods. Our adult and youth programs encourage physical activity and nutritious foods for a fit and healthy body. These programs are supported through Eat Smart New York and the Expanded Food and Nutrition Education Program.

Collaborations for Health, Activity, and Nutrition in Children's Environment (CHANCE) works with Jefferson

County communities to assist residents in discovering ways they can change their surroundings to encourage healthy lifestyles and prevent childhood obesity.

Community Environment and Health takes a broad look at the environment in which food, nutrition, and health decisions are made, and connects individual's efforts to make healthy choices with local efforts to create communities and environments that support healthy choices. Examples include Farmers' Markets, places where families can be active together, and employers that support wellness.

Healthy Children, Healthy Families teaches parents how to be healthy role models and how to teach their children to make healthy choices.

Maternal and Infant Nutrition helps mom make the healthiest choice for feeding her infant. Trained educators visit moms to provide support, education, and encouragement to help make breastfeeding baby a nurturing time.

Fort Drum Programs

Extension's Fort Drum programs assist and educate military families and federal employees at Drum.

Army Emergency Relief (AER) assists service members, retirees, and families with emergency financial assistance.

Employment Readiness educates military families in developing career and employment skills.

Financial Readiness provides financial education for military families including basic budgeting and investment counseling.

Mobilization and Deployment provides training and resources to help military families deal with the stress and family decisions brought about by deployments and reunions.

Relocation provides classes for military families who are arriving at Fort Drum, and those who are relocating elsewhere.



Family and Youth Development

Cornell Cooperative Extension of Jefferson County provides education, support, and resources to help build strong, self-reliant families, and to help children reach their full potentials.

4-H Camp Wabasso addresses the developmental needs of young people by providing opportunities for social, personal, and educational growth within the natural environment.

4-H Clubs are organized groups with geographic or subject matter boundaries at the community, neighborhood, or school level for youth ages 5 to 19.



The **4-H Military Club Program** provides a "slice of home" and consistency for youth with parents in the Armed Services.

Before and Afterschool programs, implemented in the Belleville-Henderson, Copenhagen, LaFargeville, Lyme, and Theresa schools, provide academic, social, and developmental activities for children as well as community programs.

Indian River School District Family Liaisons use a variety of methods to support and establish effective home/school partnerships that promote student learning and achievement.

Operation: Military Kids is a U.S. Army collaborative effort to support children of parents from any branch of the military who are called to active duty.

Parenting Programs, implemented by staff trained in child development and family life education, are held in classroom, individual, and in-home settings.

Safety Net will provide a variety of methods to support both military and non-military youth in the Watertown City School District to assist them before, during, and after deployment.

Youth Agricultural Education helps young people gain a greater awareness of the food and fiber system and its role in the economy and society.
