

Sullivan County Extension Annual Report

Forest Resources Program

- Ten individuals could use a GPS unit to map and determine the area of a property and mark and find locations through a Basics of GPS workshop.
- 64 Sullivan County Students learned about the value of Sullivan County Forests and learned about some of the products produced from Pennsylvania hardwoods.
- 74 woodland owners attended the annual woodland owners' conference at Penn College of Technology. They gained knowledge and practical information on maintaining forest health through proper stewardship practices. Several of the attendees own woodlands in Sullivan County.

Agricultural Program

- **Regional marketing of graded feeder calves** – a series of meetings to inform producers of opportunities to market cattle for more profitability. Drs. John Comerford and Dan Kniffen explained these opportunities to producers in the Northern Tier Counties. Additional programs on management needs and health issues for sound markets will be presented this winter.
- **Animal Science students from Beef Production 409** met with Tioga County Producer to develop long range plans, facilities and management practices for a family beef farm operation. This is the second year a program similar to this has been done cooperatively with Resident Education and County Extension. The producer will be hearing presentations on these findings at ANSC 409 Class in November.
- **Planning assistance and facility design** has been provided to ten beef producers in the last six months. Fact sheets and designs were discussed with these producers to make handling, management and health issues more effective.
- **Horse production and management programs** were presented at a number of regional events.
- **Sheep production and management programs** were given to N. E. Sheep and Wool Growers / Bradford County Sheep and Woolgrowers in the past year.
- **Crop Management Extension Group** – contributed to the statewide Extension effort of the CMEG with regular participation and contribution to the weekly CMEG Electronic Field Crop Newsletter and the development of educational materials for food plot farmers.
- **Master Well-owner Private Water Supply Clinics** - Cooperated with the MWON to promote, organize and deliver educational programs for private water supply owners. Thirty-six private water supply owners participated in the programs where they learned about the management and protection of their systems. John Fite of Eagles Mere became a Master Well-owner Volunteer serving Sullivan County. Throughout the year, over 50 persons called or visited the office with questions about private water supplies. Locally through the MWON, fifty-six (56) persons cooperated with a statewide study funded by the Center for Rural Pennsylvania. The CRP sampled for lead, total coliform bacteria, *E. coli* bacteria, pH, arsenic, nitrate and triazine pesticides and may use the information to fashion government policy. A ground water model was purchased for educational events. The model was funded by Chesapeake Bay mini-grant funds.

- **Sullivan, Bradford & Tioga County Crops Meetings** - Organized and presented information on new field crop pest management updates for the 2006 growing season. Cooperated with PDA to make information on crop risk management available to producers. Over 425 producers participated in these events.
- **Nutrient Management** - Fifty-six individuals attended NE Nutrient Management and Conservation Field Day at the Ben & Dean Jackson Farm in Springfield Twp Bradford County. Cooperating with the program was the Sullivan, Bradford and Lycoming County Conservation Districts. Participants learned about current regulatory requirements and fertility management techniques.
- **Sullivan County Chesapeake Bay Tributary Strategy** – In support of the Conservation District’s ‘Bay Trib’ strategy, helped to develop the funding request and plan of operations to implement the plans. No-till and improved nitrogen management in corn are the focus of these efforts.
- **Northern tier No-till Conference** – In cooperation with the advisory group, led the development and delivery of the NNC in Troy, Pennsylvania. Over 100 participated in the program where farmers could learn about the current science and management of no-till crop production.
- **Pesticide Safety** – provided educational presentations at 13 events reaching over 300 unique pesticide applicators in NE Pennsylvania. The main theme this past season was responding to pesticide emergencies (Fires and Public spills).
- **Forage Production and Management** - Hosted four corn silage harvester calibration clinics reaching over 36 producers who brought in samples for analysis. Producers were able to evaluate the suitability of their harvesting operations to determine if they were optimizing feed value from their chopped forages. Assisted with the organization and delivery of the Northern tier Grazing Conference in Troy with 68 producers in attendance.
- **On-farm Research** – A three-year Pasture Renovation Trial has been completed and the data is ready for presentation. A poster summarizing the work is available in the office. This study was replicated at 4 locations in NE Pa. Nitrogen Retention with Agrotain in a Dairy Manure Slurry is a study conducted at three locations around the state to evaluate the effects of using a nitrogen stabilizer (Agro-tain) with slurry manure. If proven useful, the material may lead to soil-N retention, better yields and fewer off-farm water quality issues. Initial results are inconclusive and a follow-up study is likely to take place in 2007. A Cover Crop Comparison has been established to compare and contrast various cover crops on NE farms. The comparison will evaluate fall growth, percent ground cover and spring soil temperature and moisture differences.

Youth Programs

- **Quality Assurance and Ethics programs** were presented to over 150 youth in the Bradford, Sullivan and Tioga County 4-H and FFA Programs.
- **District events** were held for dairy and horse programs.
- **4-H Camping program** was held in Sullivan County. Over 130 youth from Bradford, Sullivan, Tioga, Wyoming and Susquehanna Counties participated in 4 Day Resident Camp program.

- **4-H Environmental Days program** was held at Sullivan County Elementary School. Over 50 youth participated in this event that was supported by Conservation District, Bureau of Forestry, Extension, PA Game Commission, Northern Tier Solid Waste, PA Parks – Worlds End, and Bat Preservation Group. Agencies cooperated to present programs on the environment and careers.
- **State 4-H Shooting Sports training programs** were held in Wellsboro over 80 leaders were certified as 4-H instructors/NRA Instructors. These individuals will help support the more than 3000 youth involved in the state 4-H Shooting Sports projects.
- **Learn Today Lead Tomorrow Program** on conflict resolution was presented to Bradford-Sullivan Childcare Advocacy Network, Leadership Susquehanna County, and 4-H County Council. This program (13 modules) was presented to Conservation District Leadership in Northern Tier previously.
- **Various State Youth programs** were supported through the office. Achievement Days, was one of these where staff had leadership responsibilities for the events.
- **Compost Training opportunities** were provided to individuals interested in learning more about proper composting techniques. Individuals attending received an Earth Machine Compost Unit to use at their residences.

Youth Development

Youth reached during the past year total 1211 participants.

- 4-H clubs enrolled 184 members taking over 406 different projects related to Agriculture, Nature, Science, and Family Living. These included 143 regular 4-H members and 41 school enrichment youth.
- Fourteen teen leaders and 49 adults helped teach these projects and run 4-H events.
- We collaborated with a variety of county groups to serve 1014 other youth, including Red Rock Job Corp students, Hunter Education participants, Earth Day activities, Environmental Day, and Sportsmen's Day.
- Sixty-seven youth were enrolled in projects through camps.

4-H Events- During the past year the following events were held:

- Leaders Recognition Breakfast (30 participants)
- Demonstration night (12 participants)
- Teen Retreat (2 participants and 1 leader from Sullivan attended with 45 total participants. Each participant completed a series of workshop on Diversity.
- Camp Counselor Training (6 youth and 2 agent from Sullivan County, 30 total)
- 4-day camp (19 youth and 1 adult volunteers, 3 agents from Sullivan Co. and a total of 160 youth) Regional 4-H camp evaluations showed that because of camp, youth were able to: 95% Appreciate Nature; 95% Take care of Personal Belongings; 76% Better Listening Skills; 91% Disagree without hurting someone; 85% Enjoy spending time with a diverse group; 81% Admit to mistakes; 82% Make Decisions; 80% Think about consequences of decisions; 93% Help others
- State Achievement Days (7 youth, 1 adults, 2 agents)
- Roundup and Awards Program (approx.60)
- Fair participation (184 youth)
- Achievement trip (26 participants)

Other Activities

- 4-H County Council took both the leadership and community service as projects for this year. Richard Smith led some of the leadership sessions using the Learn Today Lead Tomorrow curriculum. Jeannine Richlin and Linda McDonald did both leadership skills and helped plan and conduct the community service projects that included bird feeding, cards to nursing home residents, flowers and visitation at the nursing home in Laporte, and weeding the flower beds and socialization of the animals at the Bradford County Humane Society.
- School Enrichment programs taught on a weekly basis for six weeks included two school Embryology program at Turnpike this year. Many show and tells were done by the classes for other grades during the incubation process. A PowerPoint presentation done by the two classes taking the Embryology project was presented to the school board. Each of forty-two youth made a slide with their picture doing one of the many steps involved in hatching a chick. This was the first experience with using PowerPoint for many of them. The PowerPoint shows that these youth were really involved in hands on learning.
- Camp FLEA- Jeannine Richlin and the two summer assistants worked with Camp Family Life Enrichment Adventure again this summer. I have been attended the planning meetings and work on both the educational program committee and the food committee. I did fishing, and team building programs during camp. Sarah and Adam Brown, Summer Assistants helped with games, crafts and were team leaders.
- The agent is responsible for obtaining and managing funding for the Sullivan County 4-H Program. These included \$4000 obtained from writing two grant applications, \$1000. Leadership funds from Bow Festival, \$900 of special ear marked funds for camp food, \$2690. in fundraising for 4-H materials fees (this included games at fair, t-shirts sales, two flower bulb sales, and donations letter).

Family Living

- Sullivan County Nutrition Education Program- NEP- This is the second year for this grant program which included hiring a part-time person.

Newsletters

- The same newsletter series consisting of 5 different newsletters were used with different audiences reaching 1354 different families. Newsletters went to: a county-wide newsletter that is mailed to residents upon request, senior series program participants, put in all food bags given out, sent home to Head Start Parents, and Meals on Wheels participants at the request of the Senior Center. Statewide newsletter surveys were conducted and submitted to the ME. These evaluations were hard to get because people would not return the long survey. Short surveys were done verbally at 2 different locations with the following results for the forty people completing the survey.

*93% (N=37 of 40) said they use the recipes from the newsletters

*100% (N= 37 of 37) said the newsletter helped them use more foods

*100% (N=37 of 37) said the newsletters had useful information

*100% (N=40 of 40) said the newsletter helped them make better choices at the store.

Senior Nutrition Series

Two four-week series of classes were conducted in different locations. Seventeen participants attended both the first and the last class of the series and completed both pre-test and the end of program questionnaire. Statewide post/pre surveys were used at several

locations and submitted to the ME throughout FY 2006 for scanning and analysis. Fruit and Vegetable one time surveys were used with that class.

4-H Nutrition Clubs

- We had two different 4-H youth clubs that held six meetings each in the county. We had over twenty participants but only twelve youth that completed both the pre and post test. The evaluation results indicated...
 - *50% (6 out of 12) improved on hand washing
 - *25% (3 out of 12) improved their exercise habits
 - *17% (2 out of 12) are eating less sugar
 - *8 % (1 out of 12) can now follow a recipe
 - *58% (7 out of 12) improved on handling kitchen equipment
 - *33% (4 out of 12) improved on food label readingYouth also made healthy county fairs. This resulted in sharing nutrition information that they learned with thousands of people who visited these events.

Food Pantries Food Demonstrations

- Food demonstrations were done at two food banks on a monthly basis. Tally sheets used from food bank food tasting participants indicated:
 - *Almost all of participants like the new foods being tried.
 - *Almost all of the participants would make the food items again.

Head Start Youth

- Two series of classes were done reaching all the Head Start Youth in Sullivan County. Twenty-four youth were involved with twenty youth completed the Drexel evaluation tool on the last day. This survey showed...
 - *20 liked the new food being introduced.
 - *20 could pick the healthy snack over an unhealthy snack
 - *20 recognized that they tasted a healthy snack.Sticker charts were also used throughout this program where youth identified new foods they tried and the food pyramid categories that they belong to.

Financial Skills Classes

- Eleven individuals participated in three classes about personal values before writing financial goals. They learned the parts of a basic budget and how to manage their financial records. They examined and found out about how credit is obtained and tracked. Participants were encouraged to start saving as a way to unexpected things that happen in life.
- Shopping Safely on the Internet Classes- Seven individuals participated in two classes on internet shopping. The classes included information on internet safety, and smart shopping strategies.
- Money and Personal Power Classes -Weekly workshops were held at Red Rock Job Corp Center on Money and Personal Power reaching over 300 youth. Using pre-post survey evaluations, I measured gains in knowledge based on program areas covered in the classes with the following results of one or more levels of knowledge gain on a random sampling of students completing the training :82% (N=47) Three parts of a money management System; 79% (N=56) Goal Setting; 63% (N=57) Deductions Taken Out of a Paycheck; 80% (N=55)

Spending Plans; 84% (N=57) Handling Financial Emergencies; 75% (N=52) Consumer Skills; 77% (N=53) Pay Yourself First Concept; 69% (N=42) Keeping Money Safe; 75% (N=53) Communication Within a Family About Money; 72% (N=47) How To Get and Keep Good Credit.

Family Living Advisory Board Activities

- Holiday Tea- This program attracted forty-nine participants and included two programs; Meal and Snack Magic and Philippine Traditions.
- Spring Tea- This attracted forty-six participants and included two different programs including one on Antique Household Items done by the Sullivan County Historical Museum and the other one Safe Use of Slow Cookers.
- Trips- the Family Living Advisory Board conducted two trips this year. One was to Penn's Cave and Mifflinburg, the other to Bethlehem and Easton.