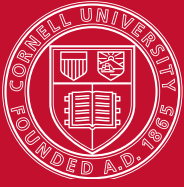


EXTENSION **EXPRESS**

The newsletter for

Volume 14 Issue 6: November - December 2017



Cornell University
Cooperative Extension
Chenango County

Grow Cook Eat Upcoming ProgramsPg. 2
4-H State Fair Results.....Pg. 6
Profit from Your Forest Opportunity Pg. 14

National 4-H Week Celebrated in Chenango County

A HUGE thank you to all who promoted 4-H in Chenango County during National 4-H Week, October 1-7, 2017. There were many displays, social media posts, and other creative things going on to get the Clover out there! Below are just a few examples of the many efforts made by our 4-H Clubs!



4-H Paper Clover Campaign At TSC

Thank you to all who supported the fall Paper Clover Campaign at the Norwich Tractor Supply Company Store. 90% of the money raised through this fundraiser stays right here in Chenango County and is used to send 4-H'ers to regional and state-level 4-H Programs.



Connect With Us!

www.cce.cornell.edu/chenango [YouTube.com/CCEChenangoCounty](https://www.youtube.com/CCEChenangoCounty) [Facebook.com/CCEChenango](https://www.facebook.com/CCEChenango)

Upcoming Programs with Grow Cook Eat



From Garden to Gift

Whether to appreciate your mail deliverer, thank a coworker, enliven a holiday gathering, or to fill a stocking, a handmade, consumable gift can be a great expression of hospitality, generosity, kindness, and joy. There are many ways to give gifts of food, from a batch of cookies to a jar of homemade marmalade, but no matter what you give it is all about the love that goes into sourcing wonderful ingredients and crafting them into something delicious.



Learn how to make your own holiday gifts here at Cornell Cooperative Extension! On November 14th, we will be hosting a hands on workshop for creating holiday gifts from garden to pantry. The workshop is from 6-8pm and the fee is \$15.00. For more information or to register please contact Alexis Woodcock at asw239@cornell.edu or (607) 334-5841 x 20.



Are You Prepared for an Emergency?

The significance of preparing ourselves for disasters is worldwide. Emergencies can happen anywhere and everyone must take action to prepare for them in the event that something unexpected happens. Getting prepared may sound difficult or time consuming but it is actually very doable.

Here are three easy steps to get started today:

1. Get a Kit - Learn the essential supplies to put in your family's first aid and survival kits.
2. Make a Plan - Plan effectively for you and your family in case of an emergency.
3. Be Informed - Understand which disasters are likely in your area and what you must know to stay safe.

If you are interested in more in depth emergency preparedness, or just want to extend your harvest for longer periods of time, join us for a lecture on long-term food storage on November 7th, 5-8pm, the fee is \$10.00.



This class will briefly cover "medium term" or "seasonal" methods meant to keep food stored from one harvest to the next, such as root cellars and lacto fermentation. Before concentrating more deeply on long-term "stockpiled" dry and canned goods. These methods will help participants take advantage of bulk purchasing opportunities. Topics include the enemies of food storage, storage vessels, methods to increase storage life, quick start methods, calculating needs, and how to label and organize stored foods.

If you are interested in more topics on Emergency preparedness please contact Alexis Woodcock asw239@cornell.edu or (607) 334-5841 x 20 and join us for a lecture on long term food storage.

Chainsaw Safety Part II: Personal Protective Equipment



A second article in a series on chainsaw safety and knowledge.

By: Rich Taber, CCE Chenango County

Through a grant with the New York Farm Viability, we have been encouraging farmers and woodland owners to develop forest based enterprises, many of which require the safe use of chainsaws. In the previous edition of our newsletter I discussed the necessity of chainsaw safety and listed the general requirements for Personal Protective Equipment, or “PPE”. To reiterate: head, hearing, eye and face, leg, foot, and hand protection needs to be present in order to safely and efficiently operate a chainsaw. This Part II article will discuss the specific needs of each category. Further information on this topic can be found in the books “To Fell a Tree: A Complete Guide to Successful Tree Felling and Woodcutting Methods,” by Jeff Jepson, and the “Chainsaw Operator’s Manual: Chainsaw Safety, Maintenance and Cross Cutting Techniques,” published by ForestWorks, from which much of this information is sourced.

Head, eye, ear, and face protection can all be accomplished by wearing a good quality helmet specifically designed for chainsaw use, which is also required by OSHA, (Occupational Safety and Health Administration). The helmet style that is becoming the standard among tree cutting professionals is the “helmet system,” shown here. The helmet incorporates a face shield for eye and face protection, earmuffs to reduce ear noise to a safe decibel level, and of course, the helmet for head protection. Remember to also inspect your helmet daily for cracks, frayed straps, or other signs of damage to the shell, suspension, or helmet components. Repairing a helmet is NOT an option, and they should be replaced every two to three years.



Foot protection can be provided by a good work boot. Many woods workers use steel toed boots, which can protect feet from being crushed by rolling logs.



Game of Logging Instructor Bill Lindloff wearing full safety gear.

Leg protection is another necessity when working with chainsaws. The majority of chainsaw injuries occur on the legs and knees. It is imperative to wear protective pants, chaps, or bibs designed specifically for chainsaw use. Cheaply constructed pants are no bargain. Typically no leg protectors are cut-proof, instead the fabric of leg protection is designed to slow or jam the cutters of the chainsaw when contact is made. This protection can reduce the severity of the injury.

Hand protection can be provided by using gloves; such as traditional leather, latex covered “gripper gloves,” and styles that are chainsaw resistant. Gloves protect your hands from injuries such as cuts, scratches, splinters, and burns. They also provide a firm grip on the things you handle while working, for example limbs, logs, chainsaws, and rope.

If you have any questions, you can reach Rich Taber at (607) 334-5841 ext. 21 or by email at rbt44@cornell.edu.

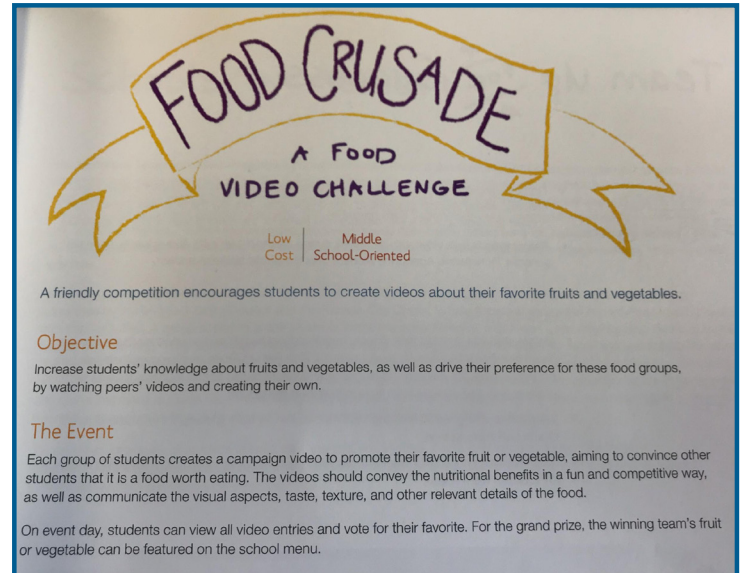
Southern Tier SNAP-Ed & Media Smart: Uncovering Media Influences

Media is having a huge impact on youth's psychosocial development. Television is one of the many forms of media that is limiting youth's time for physical activity. According to the American Psychological Association, youth spend over seven hours a day on some form of media. Media Smart's positive impact will help youth adapt healthy habits by reducing media exposure. Eat Smart NY is working to achieve this goal through a partnership with Oxford Academy's Health teacher, Mr. Mukhlis.

The goals are to:

- empower youth
- increase awareness and critical thinking through the relation of media to nutrition and physical activity
- build the skills to adapt healthy choices and stay active throughout their lives
- allow students to learn about media and have them create their own media products to educate peers

During this school year Eat Smart NY Educators Whitney Kmetz and Neisa Pantalia, will be doing different activities to promote healthy eating and physical activity with seventh graders at Oxford. Through education, food samples, and activities, they will be highlighting the positive relationship for youths overall health through their technological world.



FOOD CRUSADE
A FOOD VIDEO CHALLENGE

Low Cost | Middle School-Oriented

A friendly competition encourages students to create videos about their favorite fruits and vegetables.

Objective
Increase students' knowledge about fruits and vegetables, as well as drive their preference for these food groups, by watching peers' videos and creating their own.

The Event
Each group of students creates a campaign video to promote their favorite fruit or vegetable, aiming to convince other students that it is a food worth eating. The videos should convey the nutritional benefits in a fun and competitive way, as well as communicate the visual aspects, taste, texture, and other relevant details of the food.

On event day, students can view all video entries and vote for their favorite. For the grand prize, the winning team's fruit or vegetable can be featured on the school menu.

The latest project is a food Campaign!

Save Money on Your Groceries!

Prices on the fruits and vegetables at the grocery store can be confusing. Many questions can come up, What is the best price? Should you buy a pound or five pounds? You want to eat healthier, but fresh foods are more expensive? How can you afford to eat better on your limited budget?

That's where SNAP Ed can help! We compare the best unit prices on ingredients, fresh, frozen or canned foods, and which is best for you and your budget. The Grocery Store Tour is an actual shopping trip through the store. Starting in the produce section and working through each area on an adventure that takes about 75 minutes. You also get to participate in the \$10.00 Challenge, where you receive a \$10.00 gift card to purchase a healthy meal. With the



At Walmart Liz Coffey, one of our SNAP-ED educators, leads a grocery store tour.

tour you also receive a workbook full of tasty recipes and simple tips on buying healthy low-cost meals and a reusable grocery store bag.

SNAP ED also offers the Virtual Pop Up Grocery Store Tour. This tour is set up just as a store would be with visuals from each department. Unit prices, ingredients, fresh, frozen, or canned foods are compared and discussed. Exactly like the Grocery Store Tour but not in the store, and you receive a \$5.00 gift card to purchase fresh fruits and vegetables. This can be set up at a variety of locations.

To set up a tour or if you have any questions please call the SNAP-ED program at (607) 334-5841 ext. 33. SNAP-ED continues to reach out and serve the community. If you want to save money at the store and buy healthy foods on a budget give SNAP ED a call.

Baked Squash with Sugar and Spice



SOUTHERN TIER REGION
EAT SMART NEW YORK PROGRAM

Source: Adapted from GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.



Ingredients:

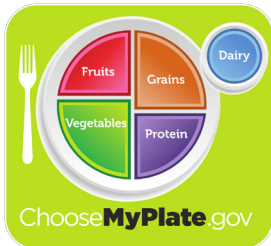
- Vegetable Cooking Spray
- 1 acorn squash, 4" diameter
- 2 tablespoons tub margarine
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger

Directions:

1. Preheat oven to 400. Cover baking sheet with foil and coat foil with vegetable spray.
2. Wash squash and cut in half lengthwise. Remove seeds and cut into 1/2 inch slice.
3. Place squash on baking sheet. Sprinkle with salt.
4. Melt margarine. Add brown sugar, cinnamon, nutmeg, and ginger.
5. Spread margarine mixture on squash.
6. Bake for 20 to 25 minutes, or until tender.

Yields about 5 servings

Nutrition Facts			
Serving Size 1/5 recipe (3.5 ounces)			
Servings Per Recipe 5			
Amount Per Serving			
Calories	100	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	17g		6%
Dietary Fiber	2g		8%
Sugars	9g		
Protein	1g		
Vitamin A	10%	Vitamin C	15%
Calcium	4%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
40% calories from fat			



Recipe analyzed using The Food Processor Nutrition Analysis Software from ESHA Research, Salem, Oregon

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

4-H Upcoming Calendar Dates

- | | |
|----------------------|---|
| Nov 4 th | 4-H Science Sampler Day, Cornell University |
| Nov 18 th | Outdoor Adventure: Fossil Expedition |
| Dec 16 th | Outdoor Adventure: Survival |
| Dec 6 th | CCE Annual Meeting, Norwich |
| Jan 5 th | 4-H Horse Bowl and Dairy Bowl Begin |



Chenango County 4-H State Fair Results

Chenango County 4-H was well represented in August at the NY State Fair! Many thanks to Louise Butcher, Christina Hall, Cindy Gardiner, and Kelcie Hofmann, for taking our domestic projects up to State Fair and setting up our county booth! All of our youth received ribbons and great comments on their domestic projects to get ready for next year!

The following members participated with the following 4-H results:

Meghan Funk – blue ribbon and Judge’s Choice Award for her Orchid

Lily Marshman – blue in Holstein & Jersey Showmanship; Res. Novice Champion in State Novice Dairy Bowl; 6th Novice Dairy Challenge

Joe Thomsen – 2nd Holstein Winter Yearling; red Holstein Showmanship

Alex Evans – 7th Jr. 2 Yr.-Old Holstein

Phalen Hill – red Jersey Showmanship

Owen Hill – blue Guernsey Showmanship

Nate Rumovicz – blue and Master Showmanship Ayrshire; participated in Dairy Challenge and Dairy Judging

Will Rumovicz – 1st Guernsey Winter Calf, Junior Champion, and Jr. BBO; blue and Master Showmanship; Master Showman for the Guernsey Breed; participated in Dairy Challenge and Dairy Judging

Paige Warren – 1st & Master Goat Showmanship; 4th Goat Bowl & Knowledge Olympics; 3rd Goat Products ID; 10th Dairy Goat Judging; 3rd Meat Goat Judging; 1st & Top Jr. Kimber Hamm Goat Rancher Competition; Saanen Breed: 4th place Kid Under 5 mos., 1st & 2nd Yearling, 1st Aged Doe & Dam/Daughter; Recorded Grade: 3rd Kid 5-9mos.

Cole Warren – 1st Master Goat Showmanship; 6th Goat Bowl; 4th Goat Judging; Goat Olympics; 4th Goat Obstacle Course; 6th Goat Product ID; 6th Kimber Hamm Goat Rancher Competition; 7th Meat Goat Judging; Nubian: 3rd Doe 3-5yrs.; Saanen: 3rd & 5th Kid Under 5 mos & Yearling; Toggenburg: 2nd Kid Under 5mos., 3rd 3-5 Yrs

Raichel Brandt – 2nd & Master Goat Showmanship; 2nd Team Goat Bowl; 4th Team Goat Judging; Goat Knowledge Olympics; AOV: 3rd & 4th Kid 5-9mos., 1st Yearling in Milk, 2nd & 3rd 3-5 Years and Dam/Daughter

Katelyn Brandt – 1st Goat Judging; Blue Goat Educational Display and Showmanship; 3rd Oberhasli 2-3 Years; AOV: 1st

& 2nd Kid 5-9mos., 1st 3-5 Years, Aged Doe, & Dam/Daughter; 5th Hampshire Yearling

Justin Graham – 3rd Team Goat Bowl; 5th Goat Judging; Alpine: 1st Kid 5-9mos., 4th 2-3 Years, 6th Dam/Daughter; Saanen: 1st & 2nd Kid Under 5mos., 4th Yearling; Recorded Grade: 2nd 3-5 Years

Peyton Graham – Blue Goat Showmanship; 9th Goat Judging; Goat Knowledge Olympics; 7th Goat Obstacle Course; Kimber Hamm Goat Rancher

Competition; 4th Meat Goat Judging; Toggenburg: 1st & 3rd Kid Under 5mos., 2nd 3-5 Years, 1st Dam/Daughter

Skyler Graham – Res. Champion Novice Dairy Bowl Competition; 3rd Goat Showmanship; 8th Goat Judging; Goat Bowl; Goat Knowledge Olympics; 5th Kimber Hamm Goat Rancher Competition; 1st Meat Goat Judging; Saanen: 1st Kid 5-9mos; Recorded Grade: 4th 3-5 Years; Swine: 8th Novice Showmanship, 5th Crossbred Jr. Spring Gilt

Wyatt Austin – Blue Goat Showmanship; Goat Bowl & Goat Knowledge Olympics; 2nd Sr. Team Goat Fitting Competition; Alpine: 1st Yearling in Milk, 2nd 2-3 Years, 1st & 2nd 3-5 Years, 1 Aged Doe, 1st Dam/Daughter; Recorded

Grade: 2nd Yearling

Mason O’Neil – Red Rabbit Show

Kalvin Abrams – Carolyn Funk Award Winner; 1st & Master Showman (3 years in a row!!); Best Doe in Show; 8th Goat Bowl; 4th Goat Judging Over Mic & 2nd Team; 5th Goat Knowledge Olympics; 2nd Obstacle Course; 8th Goat Product ID; Toggenburg: 1st Yearling, 1st Aged Doe, Champion Doe





Kaleigh Fairchild – 4th and Master Goat Showman; Alpine: 2nd & 7th Kid Under 5mos., 3rd 2-3 Years, 5th & 8th Dam/Daughter; Oberhasli: 1st Aged Doe; Beef: 4th Showmanship, 3rd Shorthorn Cow/Calf, 1st Bull Calf & Champion Prospect Calf

Devon Fairchild – 8th Goat Knowledge Olympics; Swine: 2nd Jr. Showmanship; Berkshire: 3rd February Spring Gilt, 2nd & 3rd Jr. Spring Gilt; Spot: 1st Sr. Fall Gilt, 2nd Jr. Spring Gilt; 9th Medium Weight Market Hog

Josh Hofmann – 1st & Best of Breed Velveteen

Lorraine Buser – 3rd Equitation Over Fences; 5th Equitation on Flat & Working Hunter; 10th Hunter Under Saddle

Maddi Hafele – 1st Working Hunter; 5th Hunter Under Saddle, 7th Equitation Over Fences; 8th Equitation on Flat & Hunter Hack

Chenango County Jr. Goat Bowl Team - 4th, Paige, Cole, Peyton, Skyler

Chenango County Jr. Goat Judging Team - 2nd, Paige, Cole, Peyton, Skyler

Chenango County Senior Goat Bowl Team - 3rd, Calvin, Justin

Chenango County Jr. Fitting Team - 1st, Paige, Cole, Peyton, Skyler

Chenango County Sr. Fitting Team - 3rd, Calvin, Justin, Devon



Achievement Day 2017



Congratulations to all of the 4-H members and volunteers who completed the 2016-2017 4-H year! Chenango 4-H and special guest, Town of Guilford Supervisor George Senek, gathered at the Sherburne American Legion to celebrate the year at the annual 4-H Achievement Day Celebration.

4-Her's participated in a rocket building activity at this years Acheivement Day. Pictured here is the group with their rocket.

4-H Achievement Day Recognizes Those for Their Hard Work and Contributions

Club Secretary Recognition

Blue Ribbon Secretaries: Emilee Bennett, Amon Van Alst

Public Presentation Recognition

Clubs being recognized include:

Chenango Calico Clovers	Ambitious Lions
Hidden Ponds Horse Lovers Club	Guilford Carry-On Storm Family



Promotional Club Awards

Clubs that participated in displays and community activities (such as floats, parades, and other displays) that promote 4-H.

Participating clubs:

Chenango Calico Clovers	Top Promotional Club:
Ambitious Lions	Hidden Ponds Horse Lovers

Al and Thelma Evans Top County Fair Club Award

The club with the most in-depth participation at the Chenango County Fair receives a trophy in memory of Albert and Thelma Evans.

Storm Family



Jr. Champion Awards

Based upon the amount of their participation; the top members ages 9-13 receive a certificate and \$100 scholarship to attend 4-H camp next summer.

Emilee Bennett
Amon Van Alst

Julie K. Blanchard Jr. Achievement Award

Emilee Bennett

Charles and Palma Goodwin Community Service Awards

Participating clubs:

Storm Family	Ambitious Lions
Jolly Green Giants	Hidden Ponds Horse Lovers
Chenango Calico Clovers	

Top Community Service Club:

Hidden Ponds Horse Lovers

Club Champions

Ambitious Lions
Guilford Carry-On
Storm Family
Chenango Calico Clovers
Hidden Ponds Horse Lovers

Harry L. Case Top Club Award

This award is presented to the club that completed the highest level of club work.

Hidden Ponds Horse Lovers

Exceptional Cloverbuds

These awards are presented to youth between the ages 5-8 year who have participated in a project area and have completed excellent project records.

Maria Funk - Goats
Gwendolyn Breese - Arts and Crafts, Sewing & Public Speaking

County Medals

Wyatt Austin: Goats
Emilee Bennett: Horse, Public Speaking, Community Service
Shea Breese: Public Speaking, Arts & Crafts, Photography
Lorraine Buser: Horse, Public Speaking, Community Service
Nathan Rumovicz: Dairy
William Rumovicz: Dairy
Amon Van Alst: Poultry, Sheep, STEM, Public Speaking, Sewing, & Achievement

Sr. Champion Awards and Warren Achievement Award

Based on the amount of their participation the top members' ages 14-18 receive a certificate. The top two members will also receive 60% of their trip to Career Explorations at Cornell University next summer paid for.

Wyatt Austin

Milestone awards

Just like our 4-H members work towards yearly certificates and pins, we present certificates and pins to our volunteers who have reached milestone years in their 4-H volunteering experience. We are proud to present 20 milestone awards this year. Your energy and dedication is tremendous and we are inspired by the work you do.

First Year - Bronze

Myria Allen	Nate Funk
Patricia Lamandia	Nathan Turrell
Carrie Anderson	Nicole Garrison
Kristal Russett	Jody Whaley
Enrico Ferrotta	Vern Harvey
Ryann Straley	Katy Kemmeren
Jennifer Funk	Amy Hill
Tracey Thornton	Rebecca Hubler

Five Years – Silver

Karen Cappiello	Karl Graham
Jennifer Hendrickson	Kenneth Van Alst
Rachel Farrow-Beers	Kathy Hafele
Philip Myers	Nadine Van Alst
Sarah Goldstein	Rebecca Hargrave
Robin Pierson	

Ten Years – Gold

Jean Brooks
Nanette Myers

Fifteen Years – Pearl

Rhonda Turrell

Thirty Years – Ruby

Jay Graham



Outstanding Volunteer Awards

4-H Volunteer of the Year Award

This is presented to an individual who has given 10 years or less of dedicated service to the Chenango County 4-H program.

Volunteer of 2017, Angel Whaley

4-H Lifetime Volunteer Award

This is presented to an individual who has given more than 10 years of dedicated volunteer service to the Chenango County 4-H Program.

Lifetime Volunteer of the year, Della Ericksen

4-H Alumni Award

This is presented to a 4-H Alumnus who has given back to the Chenango County 4-H Program through volunteer, monetary, and/or skilled labor support.

Alumni of the Year, Jesica Warren

Friend of 4-H Award

This award is presented to an individual, group or business that has supported the Chenango County 4-H Program through their contribution of time, materials, service, and or monetary support.

Friend of 4-H, Baillie Lumber



Above: Ambitious Lions 4-H Club receiving the 'Friend of 4-H Award' for Ballie Lumber. In thank you for their support of Chenango County 4-H this year.

Left: Susan and Patsy Graham are pictured receiving the 'Thirty Year Volunteer' Award for Jay Graham (not pictured).

4-H Outdoor Adventure

In the next year, look for 4-H's new Outdoor Adventure Weekends! During the third weekend of every month there will be a different outdoor activity that gets kids out into nature and having fun while learning new skills and lessons. This year's calendar will include: Wilderness survival, Kayaking, Hiking, Fishing, Wild Edibles, Snowshoeing, and more!

Coming Up:

FOSSIL FINDING EXPEDITION
SATURDAY NOVEMBER 18th to 1 PM

Explore our fossil-rich region by going on a local fossil hunt to see all of our preserved history.

WILDERNESS SURVIVAL CHALLENGE
SATURDAY DECEMBER 16th to 1 PM

Join in for fire starting and shelter building challenges. See if you have what it takes! Age 10 and up. Dress warm! Contact Christina with any questions at (607) 334-5841 ext. 14 or clh262@cornell.edu

Chenango County 4-H Receives County Proclamation

Chenango County 4-H Educator Janet Pfromm and 4-H Member Emilee Bennett met with the Chenango County Board of Supervisors in October to receive a proclamation from the Board naming October as "4-H and CCE Month" in Chenango County. Emilee and the Hidden Ponds Horse Lovers Club baked 4-H Clover cookies for all, and each Supervisor received a 4-H year-end report as well as a color changing pencil as thanks for their continued support of 4-H!



November - December

FEATURED

STEM Activity

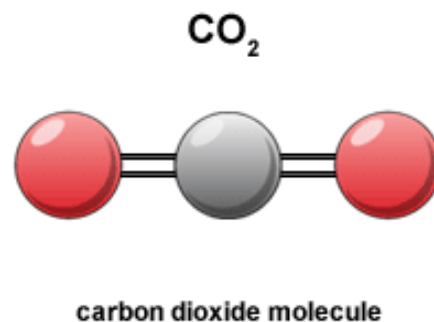


CO₂ Sandwich Bag (Idea from Utah State Cooperative Extension)

Materials: Measuring cup and spoons Re-sealable bag Baking soda
Vinegar (a quart-size zipper-lock bag) Toilet Paper

Instructions:

1. Tear off a square of toilet paper. Twist or fold the toilet paper around the pile of baking soda making a small packet.
2. Open the zipper-lock bag and measure a ¼ cup of vinegar into the bag. Add a ¼ cup of warm water to the bag.
3. Zip the bag almost all the way closed. You want a small opening just large enough to sneak in the wrapped up baking soda.
4. Move the experiment to the sink, or better yet OUTSIDE! Drop the baking soda bundle into the bag and quickly seal the bag closed. Place the bag on the ground (or in the sink if you're indoors) and get out of the way. Watch closely as the bag begins to puff up... it gets bigger and bigger until... BAM! Pop goes the sandwich bag.



Reflection:

How does it work?

What are variables that you can change that would affect the reaction?

What's Happening?

When vinegar and baking soda are combined, it produces a gas called Carbon Dioxide (CO₂). The bag begins to inflate because the gas produced begins to fill it up. The bag will become so full that it will eventually explode! Sometimes the bag breaks, and sometimes the zipper just pops open - if your bag didn't break, reuse it over and over! When we wrap the baking soda in the toilet paper, it takes the reaction longer to work because the toilet paper has to dissolve before the vinegar can reach the baking soda.

Extensions:

Repeat the experiment using cold water instead of warm water.

Wrap the baking soda in two or three pieces of tissue.

How will these changes affect the reaction?

Try other baking soda/vinegar reaction activities

Chenango County 4-H'ers Participate in The Farmers' Museum Harvest Festival

Local 4-H'ers Wyatt Austin, Katelyn Brandt, Meghan Funk, and Amon Van Alst participated in the Farmers' Museum's Harvest Festival in September. All were invited back to take part in the Parade of Champions at the Museum as they were Champions at the Junior Livestock Show in July. Wyatt, Katelyn, and Meghan participated with their goats and Amon with his sheep.

Wrapping Up a Season of Kayaking

In the last two months, Chenango County 4-H has organized two kayaking trips at different locations in the county. Though our season is over for this year, we look forward to hosting more trips in the coming year.

Nineteen Chenango County youth and adults participated in the 4-H kayaking trip on Sunday, September 17th. Our trail of kayakers could be seen from Route 12 as we paddled the Chenango River from Halfway House Road to the town of Oxford. The beautiful day made for a great trip.

On October 14th, 4-H took a flatwater kayak and fishing trip at Balsam Pond between Pharsalia and McDonough. We had ten participants floating and fishing in the 153 acre pond. After the float, executive director Ken Smith led us through cleaning and cooking our days catch.

The kayaks have been used this year by 4-H families and by Grow Cook Eat participants, and it's our hope that in the next year we can increase use of the kayaks in our programming. While also making these types of outdoor activities more accessible, specifically to local youth.

For more information about upcoming 4-H outdoor adventure events contact Christina at (607) 334-5841 ext. 14 or clh262@cornell.edu.



A trail of kayakers enjoying the float down the Chenango River.



4-H'ers go on a float and fish at Balsam Pond



4-H'ers cook a filleted bass after fishing it out of Balsam Pond

Teen Go-Karting Trip

Our 4-H teens had such a great time go-karting on Saturday, September 30th! While the weather was a little cold, the competition really got heated. Teen member Wyatt A. was our champ of the day. Thank you to our awesome teens for attending.

Keep an eye out for our next teen event! 4-H members ages thirteen and up are welcome to join in. Interested but not a 4-H member? Contact us or visit the Chenango County CCE website for enrollment forms, it's free to join!



4-H Summer Reading Program Update

4-H Intern, Susan Graham, wrapped up another successful summer reading/STEM program with her 2017 Chenango County Little Farmers program. Susan took agriculture literacy and hands-on science activities around the county and had 461 participants undergoing 41 hours of direct education about farming, food-to-table, and science. This program was generously funded by the Otis Thompson Foundation.

Chenango County Dairy Promotion Scholarship

The Dairy Day Committee is now accepting applications for their Chenango County Dairy Promotion Scholarship, to be awarded in January of 2018. Its purpose is to promote leadership within the agriculture sector and encourage students to pursue careers in agriculture.

In order to apply students must:

- have completed at least one semester of college
- have a GPA of at least 2.7
- be pursuing a degree in an agricultural related study
- and have participated in Chenango County Agriculture in some way

The deadline to apply for this scholarship is January 5th, 2018. You can find the scholarship application at <http://ccechenango.org/agriculture/dairy-day>. For more information or a paper copy of the scholarship contact Ashley Russell by email at anr72@cornell.edu or by phone at (607) 334-5841 ext. 16.



*A Celebration of Agriculture
in Chenango County*

Profit From Your Forests: a Video Series

As a part of a grant through the *New York Farm Viability Institute*, Cornell Cooperative Extension of Chenango County is working towards helping farmers gain a profit from their forest businesses. This grant is allowing staff at CCE Chenango County to create a series of forest business outreach videos, and to help farmers start forest business plans. These projects will demonstrate the opportunities farmers have to gain a profit from their forest.

Rich Taber and Ashley Russell have been busy collecting footage of forest businesses in Central New York for the short informative videos. Recently these videos have featured maple production, marketing, and sawmill businesses. In the future they are hoping to also feature other lumber and mushroom businesses. Pull up our YouTube Channel, Chenango CCE, to see the latest videos yourself!

Forest land has the opportunity to generate significant income for the farmer, and CCE Chenango aims to help you get started doing this by developing a Forest Value-Added Business Plan today! If you are interested in starting a forest business to supplement your income, contact Rich Taber at (607) 334-5841 ext. 21 or at rbt44@cornell.edu.



Rich talks to Pete Walrod following an interview on his maple syrup business.



Ashley prepares for an interview with Mike Davis on his sawmill business in Georgetown, NY.



Are you a New York Farmer interested in starting a Forest Business such as a sawmill or maple syrup?

Cornell Cooperative Extension
of Chenango County can get you started
on a

Free Business Plan!

Find out more by calling
(607) 334-5841 ext. 21





Come in from the cold and join us for our



2017 Annual Meeting



On

Wednesday, December 6th

at

12:00 PM

Taking place in the Satellite Room at

Cornell Cooperative Extension of Chenango County
99 North Broad Street, Norwich

A light lunch and beverages will be served preceding the start of the meeting at Noon. Our meeting will include highlights of 2017 at CCE Chenango, recognition of the volunteers of the year, and have the opportunity to enjoy CCE Board Members and Staff!

Also enjoy a short talk by this years guest speaker,
 Senator Fred Akshar.

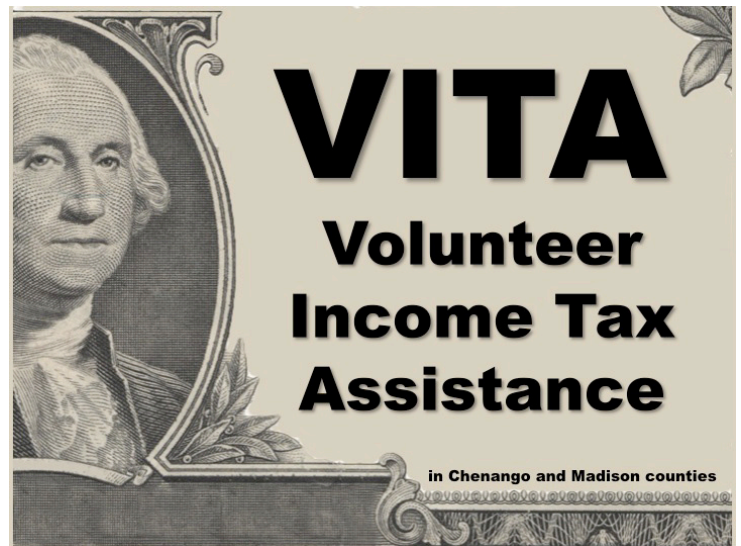
Please RSVP by Monday, November 27th,
 with Cindy Gardiner at (607) 334-5841 ext. 11

Volunteers Needed!

Looking for a volunteer opportunity? Consider preparing tax returns in your community. You'll receive specialized training from an IRS certified VITA\TCE volunteer, so don't worry if you don't know that much about taxes! Volunteer roles include being a greeter, a reviewer, a tax preparer and more.

As a volunteer, you will interact with people who need help preparing their tax returns at no cost to them. We need volunteers to serve as Instructors, Site Coordinators, Tax Preparers, and much more.

If you are interested, please contact Alice Andrews by January 15th, 2018. For more information, Alice can be reached by phone at (607) 334-5841 ext. 18 or by email at ama42@cornell.edu.





Cornell University
 Cooperative Extension
 Chenango County



99 North Broad Street
 Norwich, NY 13815

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 Chenango County
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*The Cornell Cooperative Extension of
 Chenango County Board meets every
 third Tuesday of the month at 7 PM
 in the Satellite Room at 99 North
 Broad Street, Norwich, NY. Please
 feel free to join us!*

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