

Extension *Express*

CCE Annual Meeting

On December 2nd, Cornell Cooperative Extension of Chenango County held their Annual Meeting via zoom at the offices on 99 North Broad St. in Norwich. Staff gathered for lunch and welcomed the zoom participants. It has been disappointing not being able to hold this meeting in person however it was nice to have our zoom participants join in.

This year's speaker was Sharon Pelosi, the founding member of the Chenango County Greenway Conservancy. The staff enjoyed listening to her talk about the work that the Conservancy has been doing throughout its conception, and getting a glimpse of the land in Chenango County that is open for public use to enjoy. Staff, along with Assemblyman Joe Angelino, recognized this year's volunteers of the year for 4-H, as well as all of our Master Gardeners for their work.

Friend of 4-H volunteer - Court Furst (Blue Seal representative)

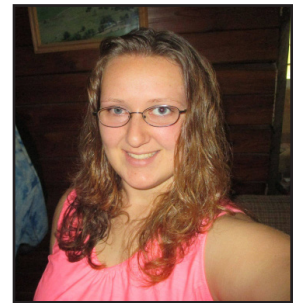
4-H Volunteer of the Year - Connie Penner

4-H Lifetime Volunteer of the Year - Debie Brown Moon

4-H Alumni of the Year - Susan Graham

This year CCE Chenango saw the addition of a new staff member, Craig Brown and new programs. The CCE Staff looks forward to another year of programming at Cooperative Extension. Thank you to all those who were able to join us whether in person or over zoom. We appreciate your support!

*A Special Thank You to all our Supporters and Volunteers!
Your commitment to CCE is greatly appreciated!*



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Something New For 2022!

If trying to be healthier for the new year is one of your goals, take a look at this:

- ❄️ Start with small changes. Try adding an additional serving of vegetables to your meals.
- ❄️ Try replacing a sugary beverage with water and when water just won't do, enjoy the beverage of your choice but just cut back.
- ❄️ Try to choose low-fat or fat-free dairy, like a glass of 1% milk with dinner.
- ❄️ Try to make half your grains whole grains, like oatmeal with some sliced up bananas. Start your day the whole grain way.
- ❄️ Try a meatless meal with some protein packed legumes, like a vegetarian chili or minestrone soup.
- ❄️ Choose whole fruit for a quick healthy on the go snack. Curb your sweet tooth the healthy way.
- ❄️ Try adding physical activity to your day, fun family ways! Go sledding, ice skating, or snowshoeing, every little bit adds up! Have fun when being active!
- ❄️ Celebrate goals with non-food rewards. Take a day trip or go see a movie.
- ❄️ Team up! Physical activity is more fun with friends or family.



Turkey Cranberry Quesadilla

Source: Food Hero

Prep Time: 5 Minutes, Cook Time 5 Minutes

Makes: 1 Quesadilla

Ingredients:

- 1 8-inch **whole-wheat tortilla**
- 2 Tablespoons shredded **mozzarella cheese**
- 2 Tablespoons **cranberry sauce** or dried cranberries
- 2 Tablespoons chopped or shredded **cooked turkey**
- ½ cup **spinach**

Directions:

1. Lightly grease and preheat a medium skillet over medium heat (300 degrees F in an electric skillet). Lay a tortilla flat on the skillet.
2. Sprinkle cheese evenly over one half of the tortilla. Add cranberry sauce, turkey and spinach. Fold empty half of tortilla over filling.
3. Cover and cook on each side for 2 to 3 minutes, or until outside is golden brown and inside is heated through.
4. Refrigerate leftovers within 2 hours.



Nutrition Facts


1 servings per container	
Serving size	1 quesadilla (116g)
Amount per Serving	
Calories	250
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 5g Added Sugars	10%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 2mg	10%
Potassium 149mg	4%
Vitamin A 94mcg	10%
Vitamin C 8mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



If this recipe sounds interesting and delicious to you, reach out to our SNAP-Ed team for more recipe inspiration and how to prepare healthy affordable meals at home with our easy lessons!!

Contact Betty Clark, blc28@cornell.edu or 607-334-5841 Ext: 1132

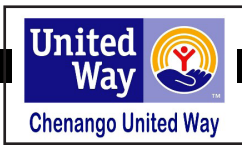


This is a MyPlate meal! If you want to learn what that means reach out to our SNAP-Ed team. Our program is both Free & Fun, so give us a call today!



COOKING MATTERS®

Currently our SNAP-Ed team is offering a NEW series for SNAP and SNAP eligible families. Cooking Matters for Families teaches school-age children (ages 6 to 17) and their parents about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget.



Virtual Cooking Class with Grow Cook Serve

Cook a wholesome, tasty meal, with Grow Cook Serve and Nutrition Educator Whitney Kmetz. Our live online cooking class makes it easy, providing a recipe and free premeasured ingredients. Pick up your ingredients, put on your apron and log into zoom for a fun evening cooking with Cornell Cooperative Extension. Afterward, sit down and enjoy a meal you made for yourself.

Dates:

January 20, 2022 – 5:30-6:30pm

February 10, 2022 – 5:30-6:30pm

You can find the registration link at – ccechenango.org

This event is free, but space is limited so sign up soon.

For questions, please email Alexis Woodcock at asw239@cornell.edu



Important COVID-19 update 2021 taxes will be done remotely.

The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 yearsm offering free tax help to who need assistance in preparing their own tax return.

People whoe generally make low-to-moderate income threshold for FY 2022, Tax Year 2021, is \$58,000. The threshold is based on tax year 2021 EITC AGI limits as shown below:

Earned income and adjusted gross income (AGI) must each be less than:

- \$51,464 (\$57,414 if Married Filing Jointly) with three or more qualifying children
- \$47,915 (\$53,865 if Married Filing Jointly) with two qualifying children
- \$42,158 (\$48,108 if Married Filing Jointly) with one qualifying child
- \$21,430 (\$27,380 if Married Filing Jointly) with no qualifying child

The maximum EITC for 2021:

- \$6,728 with three or more qualifying children
- \$5,980 with two qualifying children
- \$3,618 with one qualifying child
- \$1,502 with no qualifying child

Persons with disabilities; and Limited English-speaking taxpayers

While the IRS manages the VITA and TCE programs, the VITA/TCE sites are managed by IRS partners and staffed by their volunteers who want to make a difference in their communities.

VITA/TCE services are not only free, they are also reliable and trusted sources for preparing tax returns. All VITA/TCE volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. In addition to requiring volunteers to certify their knowledge of the tax laws, the IRS requires a quality review check for every return prepared at a VITA/TCE site prior to filing. Each filing season, tens of thousands of dedicated VITA/TCE volunteers prepare millions of federal and state returns. They also assist taxpayers with the preparation of thousands of Facilitated Self-Assistance returns.

Chenango County Families:
607-334-5841 x1118

Chenango County Senior Citizens:
607-337-1770

BEEF CATTLE SAFETY



Each year, thousands of people throughout the USA are injured, and a few are killed when around cattle. Beef cows and bulls can be extremely large, heavy animals sometimes weighing upwards of a ton. Bulls can be extremely dangerous. They can be territorial and may attack you if you disrupt them when they are breeding. Several years ago, a former FFA student of mine was killed by a belligerent Jersey bull. That same year, I was attacked by a young Jersey bull that I was using to breed some dairy heifers. The bull had been fine and acted just like any other animal in the herd. Then one day out of the blue he came after me while I was in the back of an old manure wagon feeding hay. I came out of this unscathed; however, the bull soon left the farm. As a rule, beef bulls are not as dangerous as dairy bulls, but still can never be trusted. Cows with newborn calves can be very aggressive towards humans and you must never turn your back on them. If you're going out into the pasture to ear tag or check on baby calves, a bawling calf can trigger very hostile reactions from the mama cow, and its best to take someone with you for assistance.

I have some information here excerpted from Gempler's Tailgate Training Tip Sheet #98. "Dangers of Bulls and Other Cattle" and embellished with some of my own experiences.

- Often, injuries occur because an animal, such as a cow, appears to be gentle, and the person working with the animal is caught off guard. I recently read of an animal sanctuary farm taking in a mature bull that for about a year was the hit of the farm, as he let visitors rub his nose and forehead. Then the day came when he maimed and almost killed his handler in a twist of personality.
- Cattle are unable to see directly behind them, because of that, they can be easily startled. Speak gently and don't yell or scream at your cattle.
- If a cow has a newborn calf, be sure to keep your distance because the mother will be very protective and avoid walking between the cow and her calf.
- Its critical that you use extreme caution when you are around a bull. I make it a practice of always keeping note of where the bull is when I am out feeding my herd.
- Never beat your cattle with clubs, sticks, canes, etc. Keep your voice low and make loud noises that can startle animals. NEVER EVER run or chase animals!
- Always plan an escape route in case you run into trouble.
- Never mistreat cattle! If you see a co-worker beating or hurting an animal take remedial action!

Beef cattle sooner or later require management activities to occur; this necessitates that the animals be restrained. Castrations, vaccinations, pregnancy checking, artificial insemination, and ear tagging are a few examples. If you're in the beef business for the long haul, you will need to invest in a handling system. A squeeze chute will be at the top of the list, as well as a corral system to handle the animals. "Bud boxes" have become quite popular in recent years to handle cattle in; they funnel the animals safely into the squeeze chute. Veterinarians will be much more conducive to coming to your place when needed if the animals can be safely restrained.

Rich Taber is Grazing, Forestry, and Ag Economic Development Specialist for CCE Chenango, and is an active beef, sheep, and poultry producer as well. He can be reached at [email rbt44@cornell.edu](mailto:rbt44@cornell.edu).



4-H NEWS

Our 4-H'ers have been busy with Club, County, and Community Service activities. It's great to see youth impacting our communities!

VALLEY BUSTERS

The Valley Buster 4-H Club has been busy. They started November off with a bang having a presentation clinic at their November meeting and making plans for a project meeting just before Thanksgiving break on the 21st.

At their project meeting they made woven jean baskets, pizza to enjoy, and finished the day with homemade bread to give to others as their community service project.



HIDDEN PONDS HORSE LOVERS

Hidden Ponds has had a busy couple of months. At the November business meeting they included an equine presentation clinic. Followed with plans for attending the 'Parade of Lights' in Norwich to promote 4-H. The parade float looked amazing! December brought a flurry of activity for them where they met, wrapped a total of 33 blankets to give to the residents in Valley View, Norwich Rehab, and Chase nursing homes along with a card for each of them.

STORM FAMILY

Thank you Storm Family 4-H Club for hosting this years Leaders/Volunteer Association Christmas Tea. They did a great job providing food and fun in appreciation to the Association. The auction is always the highlight of this event and the auctioneer did a fantastic job keeping the guest entertained.



OUTDOOR ADVENTURE

Hike with a Forest Ranger: Kids had fun exploring McDonough State Forest with Ranger Mike. They learned basic knots and how to identify a few common trees. The hiking day ended with a climb up the Berry Hill Fire Tower!

HIPPOLOGY KICKOFF

A group of 23 4-H'ers that LOVE horses gathered to start the season off with a kickoff where they had fun games all while learning a few gymkhana patterns. The youth had a great time and are looking forward to the regular meeting to take place starting in January.



AMBITIOUS LIONS

The Ambitious Lions are up and running again. they had a fun meeting at CCE. At this meeting they created sun catchers using leaves, wax paper, and tissue paper. We can't wait to see what else the club will be planning.



SHOOTING SPORTS

Shooting Sports has moved to our winter indoor range at the Rockdale Rod and Gun Club. November brought new excitement for the participants as .22 caliber training was added for youth 12 and older in addition to our already offered archery and air rifle. For information contact Richard: rlt229@cornell.edu



OUTDOOR COOKING

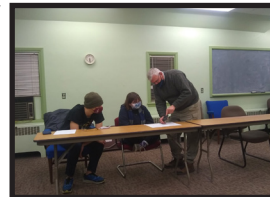
(ages 12 and up)

No matter the weather the Outdoor Cooking Project forged ahead with their November meeting. Wind and rain tried to hamper the project but the group stayed protected under popup canopies. As the wind blew members continued to do all of their food prep for making chicken and fruit spiedies on the propane grill. Members learn safe food prep and how to safely use different heat sources, all while enjoying tasty food experiences



TEEN COUNCIL (ages 14 and up)

This group of Teen Council members are taking their outreach seriously. They have already worked on problem solving strategies, came up with challenges for other clubs: baked goods drive and Christmas Craft Challenge, helped out at Roots n Wings, and met with Joe Angelino to learn about local government. Each meeting presents a new challenge for the teens to work on and a time to discuss ways to serve their community.





2022 CALENDAR

- Jan. 3- Sherburne Library After-school**
- Jan. 5 - New Berlin Library After-school**
- Jan. 5- Leaders Association**
- Jan. 6 - Find your Spark**
- Jan. 7, 14, 21, 28 - Hippology/Horsebowl**
- Jan. 8, 15, 22, 29 - Dairybowl**
- Jan. 8 - Outdoor Cooking**
- Jan. 10 - Teen Council**
- Jan. 16 - 4-H Shooting Sports**
- Jan. 19 - New Berlin After-school**
- Jan. 20 - Find your Spark**
- Jan. 25 - 4-H Kids in the Kitchen**
- Jan. - 29 - 4-H Ice Fishing**

- Feb. 2 - New Berlin Library After-school**
- Feb. 3 - Find your Spark**
- Feb. 7 - Sherburne Library After-school**
- Feb. 12 - Outdoor Cooking**
- Feb. 4, 11, 18, 25 - Hippology/Horsebowl**
- Feb. 5, 12, 19, 26 - Dairybowl**
- Feb. 16 - New Berlin Library After-school**
- Feb. 17 - Find your Spark**
- Feb. 18 - 4-H Craft Camp**
- Feb. 19 - County Public Presentations**
- Feb. 20 - shooting Sports**
- Feb. 26 - Maple Program**

MARK YOUR CALENDARS

TEEN COUNCIL (Ages 14 and up)

Jan. 10th - Feb 14th, 6pm @ CCE

Chenango County 4-H Teen Council is a club for youth aged 14 and up. This group meets the second Monday every month with the focus being: Community Service, Leadership, and Civics. If any teen age 14 and over would like to join Teen Council please contact Richard at: 607-334-5841 or rlt229@cornell.edu

OUTDOOR COOKING (Ages 12 and up)

Jan. 8th and Feb. 12th, 10am @ CCE

We meet outdoors monthly at 10am.. If you are 12 and older and want to learn to cook outdoors. Contact Richard at: 607-334-5841 or rlt229@cornell.edu Space is limited

COMMUNITY CLUBS - FIND YOUR SPARK

Jan. 6th @ 99 N Broad St., 5pm-6:30pm

(All enrolled 4-H/Cloverbuds) Join us for one of our monthly hands-on educational programs led by 4-H Educator Craig Brown. Held every 1st Thursday of the month, unless otherwise specified on a holiday. Registration is required. Visit our web page to learn more or contact Craig at: cbrown@cornell.edu or 607-334-5841 X 1112

HIPPOLOGY/HORSEBOWL

Fri. night starting in Jan., 6:00 - 7:30pm @ CCE

Do you LOVE horses and can't wait to learn more? Come join the fun every Friday night as we explore the ever-fascinating equine. From head to tail, inside and out, with fun projects, guest speakers, and field trips. You will be amazed at how much there is to learn about the world of horses. Register with Rhonda at: 607-334-5841 or rlt236@cornell.edu

DAIRY BOWL

Jan 8th, 5pm - 6:30pm @ 99 North Broad St.

Hello 4-H Dairy Enthusiasts! Looking to increase your dairy knowledge and represent our county at district/state competitions this year? Join our Dairy Bowl teams! We are looking for novice, junior, and senior members to be part of what promises to be a fun and educational experience. Led this year by Megan Peila and Victoria Ryan, you can expect guest speakers, extension knowledge, and endless fun.

KIDS IN THE KITCHEN with GROW COOK SERVE

Jan. 25th and Feb. 22nd, from 5:15 to 6:15. Cooking via zoom.

Learn cooking basics and ways to incorporate more fruits & veggies into your meals. The program & food are free! Adult supervision is required. Contact Erica at elc97@cornell.edu

OUTDOOR ADVENTURE

Jan. 8th, 9:30 am - 12 pm @ Balsam Swamp

Do you like to fish? Come join in the fun & fish through the ice! We have the gear. Learn about different kinds of equipment and tackle. We will have a campfire and hot cocoa. Wear your warmest outerwear and boots and bring your sense of adventure!

haveregister with Erica: elc97@cornell.edu

AFTER SCHOOL PROGRAMS

These after-school programs are offered at the New Berlin and Sherburne Libraries. For more information or to register, contact Erica: elc@cornell.edu

For up to date programming information check Facebook.



99 North Broad Street
Norwich, NY 13815

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Patsy Graham Jordan Fleming
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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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