

# Extension *Express*

## Join us in Welcoming Erica Clark

Erica Clark is our new 4-H educator, she will specialize in our afterschool programs and natural resource education.

Erica attended the SUNY Environmental Science and Forestry School, in Syracuse, NY, where she received her bachelor's degree in environmental and forest biology. Erica has worked for various state and non-profit agencies, conducting wildlife research on land and in the water.

She is most passionate about science and the natural world and sharing that knowledge with youth. She

loves animals and being outdoors, kayaking, hiking, fishing and exploring and would like to share her interests and experiences with the youth in Chenango County. She looks forward to meeting you at one of her 4-H programs!



## Inside this Issue:

Page 2-3  
Upcoming 4-H  
Programs

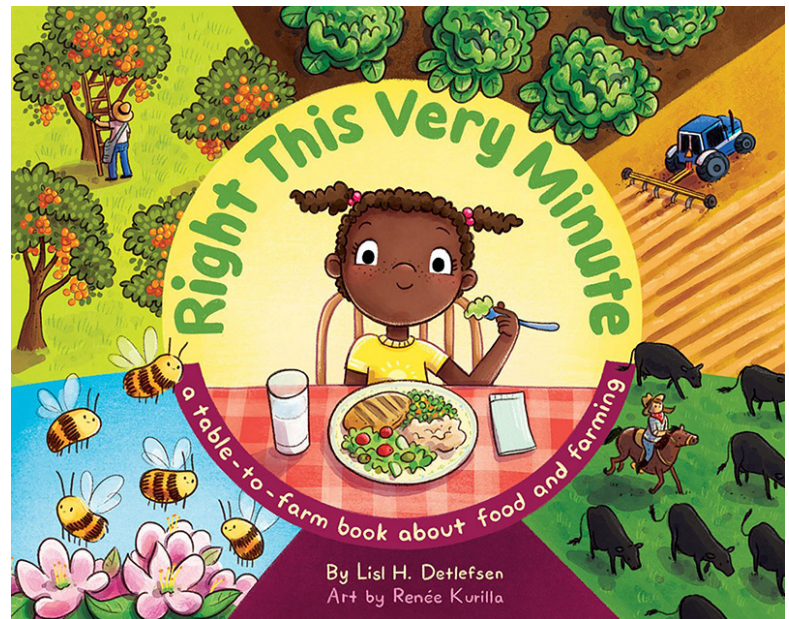
Page 4  
Stay Healthy over the  
Holiday

Page 6  
'Disaster averted,' A  
close call story from  
Staffer Rich Taber

## 2020 Ag Literacy Week March 16-20

What's that you say? You're hungry? Right this very minute? Then you need a farmer. You have the stories of so many right here on your table! Award winners Lisl H. Detlefsen and Renee Kurilla's delicious celebration of food and farming is sure to inspire readers of all ages to learn more about where their food comes from - right this very minute! This year's Ag Literacy Week book is *Right This Very Minute*: a table-to-farm book about food and farming.

We are hoping that YOU can help us place one book in each local school this year and have at least one volunteer reader sharing their farming experience with ALL of our K-2 classrooms! Book sponsorships are \$12 and include the lesson plans and supplies for each classroom to complete one hands-on activity after the 20 minute reading.



To volunteer to read or to become a book sponsor, please contact Janet by February 1, 2020 at 607-334-5841x1112 or [jl27@cornell.edu](mailto:jl27@cornell.edu).

**Cornell Cooperative Extension** | **Chenango County**



# 4-H Upcoming Programs



## 4-H Batiking Class • January 20<sup>th</sup>

Come learn the art of using fabric dyes and wax to create works of art! Each 4-H'er will make one muslin fabric picture of their choice. Open to members 8 and older. Please pre-register with Janet, [jlp27@cornell.edu](mailto:jlp27@cornell.edu) or 607-334-5841 x1112 by January 15.

## Dairy Discovery at Cornell University, March 27 & 28, 2020

Dairy Discovery is a hands-on workshop held annually at Cornell University in late March. It is a state-wide program for youth ages 14-19 years old. Each year the youth spend the 1½ days (Friday afternoon until Saturday late afternoon) here on campus learning about dairy careers and rotating through a series of hands-on stations which focus on a specific aspect of the dairy field each year. The focus of the Dairy Discovery will be Calf and Heifer Production Management.

Due to the hands on approach of the sessions, participation is limited to the first 65 individuals to enroll by the deadline. Youth who are 14-19 years of age as of January 1, of the current year and have an interest in dairy cattle and production management are eligible and strongly encouraged to attend (with their parents or chaperones).

If you are interested in attending, please contact Janet for registration, [jlp27@cornell.edu](mailto:jlp27@cornell.edu) or 607-334-5841 x1112. Cost of the program is \$50 and spots fill up fast. 4-H Paper Clover Campaign funds will be used to cover the cost of Chenango County 4-H'ers attending this trip, providing they register through the CCE Office. Trip leaves CCE at 7am and returns between 5-5:30pm.



## Snowshoeing and Animal Signs • Jan. 11<sup>th</sup>

Join our new 4-H educator Erica for a fun day of snowshoeing! On your travels be on the look out for animal tracks. You never know what you might find as you hike around on snowshoes.

January 8th, 1:00 - 3:00

For more information - contact Erica at: 607-334-5841 x1114 or [elc97@cornell.edu](mailto:elc97@cornell.edu)



## Dairy Bowl and Horse Bowl Practices

Come to the CCE Office on Friday nights this winter to learn more about cows and horses! Rhonda Turrell will be leading horse bowl practices from 6-8pm and Janet will be leading dairy bowl practices 7-8pm. All practices will be hands-on and will cover the basic animal biology through industry events.

### Dates for practices:

January 3, 10, 17, 24, 31.

\*\*No dairybowl practice January 24.

February 7, 14, 21, 28

March 6, 13

Regional Contests: March 14

Contact Janet to register for 4-H programs at [jlp27@cornell.edu](mailto:jlp27@cornell.edu) or 607-334-5841 x1112



## 4-H Incubation & Embryology Program

The 4-H Incubation and Embryology Program is a great way for schools and families to help young people observe the mystery of life and learn some of the principles of reproduction. The project provides an opportunity for youth to work with living, growing chick embryos. A secondary but equally important objective is to provide leaders and teachers with an interesting and unique educational tool. Not only is the embryology project fun, but it also opens many opportunities for learning.



**Delivery for eggs is Monday, April 20. Orders must be received by March 1. For more information and to receive an order packet, please contact Janet Pfromm, 607-334-5841 x1112 or [jlp27@cornell.edu](mailto:jlp27@cornell.edu).**



### Ice Fishing Adventure • Feb. 8<sup>th</sup>, 10AM - 12

Join Erica for a frosty day of Ice fishing with hot dogs & hot cocoa!  
Food & a fun filled day on the ice! Contact Erica for more information:  
607-334-5841 x1114 or [elc97@cornell.edu](mailto:elc97@cornell.edu)

## 2020 4-H Craft Camp • Feb. 17-21, 9AM to 3 PM

Come spend the days during your February Break & Get Crafty with Miss Janet!

Contact Janet at 607-334-5841, x1112 or [jlp27@cornell.edu](mailto:jlp27@cornell.edu)

### Monday, Cloverbud Day

Milk Jug Piggy Banks, Popsicle Stick Snowmen, Tin Can Bird Feeders, Mitten Wreath, Heart Fingerprint Tree, Yarn Snowflakes, Acorn Crafts, Stain Glass Window

### Tuesday, General Day

Sock Snowmen, Glitter Pinecone Ornaments, Sharpie Plates, Mini Farm House Buckets, Pipe Cleaner Tulips & Daffodils, Wire/Bead Sculpture, Soda Bottle Planters

### Wednesday, General Day

Gnomes, Modge Podge Boards, Wooden Butterflies, Geometric Painted Flower Pots, Hot Glue Picture Frames, Bathroom Cup Monogram Letters, Spiral Art

### Thursday, Teen Day

Shower Pouf Painting, Chicken Wire Jewelry Holder, Woven Ribbon Clover, Tea Cup Candles, Wire Picture Frames, Wire Tea Light Holders, Glass Etching

### Friday, STEAM Day

Kinetic Sand, Fire Starting Pine Cones, Resistance Painting, Soap Bubble Painting, Wood Burning with Aluminum Chloride, Butterfly Houses, Ombre Paper Mobile



## 4-H Calendar

Jan 3, 10, 17, 24, 31 | Horsebowl and Dairybowl Practices @ CCE. No dairybowl on January 24.

Jan 2 | 4-H Sewing Scholarship Applications Due

Jan 22 | 4-H Livestock Committee Meeting, 7pm CCE

Jan 20 | 4-H Batiking Class, 9-1pm, CCE Kitchen

Feb 7, 14, 21, 28 | Horsebowl and Dairybowl Practices @ CCE

Feb 12 | 4-H Animal Science Committee Meeting, 7pm CCE

Feb 16 | 4-H Public Presentations

Feb 17-21 | 4-H Craft Camp, 9-3 @ CCE

Mar 1 | 4-H Livestock Scholarship Applications Due

March 6, 13E | Horsebowl and Dairybowl Practices @ CCE

Mar 6 | 4-H Sewing Trip to JoAnn's Cortland, 9:30am

Mar 14 | 4-H Horsebowl, Hippology, and Dairybowl Contests, Chenango Forks Elementary School

Mar 16-20 | Ag Literacy Week

Mar 28 | 4-H District Public Presentations Contest, Chenango Forks

Mar 28 | Dairy Discovery, Cornell University

# Stay Healthy Over the Holiday

**1** Make healthy habits part of your celebrations. Although food and beverages are a part of many events, they do not have to be the center of the occasion. Focus on activities that get people moving and allow people to enjoy each other's company.

**2** Make foods look festive Add a few eye-catching vegetables to a favorite dish or a new recipe. Add a sprinkle of herbs or spices to make the dish pop. Cut foods into interesting shapes.

**3** Offer thirst quenchers that please Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting.

**4** Savor the flavor Take time to pay attention to the taste of each bite of food. Make small, healthy changes to your recipes or try dishes from another culture to liven things up.

**5** Let MyPlate be your guide Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole-grain pasta or brown rice and veggies to make a savory, healthy salad.

**6** Make physical activity part of every event Being physically active makes everyone feel good. Dancing, moving, and playing active games add fun to any gathering.

**7** Try out some healthier recipes Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes on [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

**8** Keep it simple Have others participate by contributing a healthy prepared dish, helping with the cleanup, or keeping the kids active.

**9** Shop smart to eat smart Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

**10** Be a cheerleader for healthy habits It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.

## Yogurt Dill Dip

### Ingredients:

- 3 c. non-fat plain greek yogurt
- 1 c. mayo, light
- 3 Tbsp. dried parsley
- 3 Tbsp. minced, dried onion
- ½ tsp. salt
- ¼ tsp. garlic powder

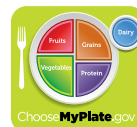
In a medium sized bowl, mix all the ingredients. Cover and refrigerate for several hours before serving. Enjoy!



United States Department of Agriculture

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.



**MyPlate**  
**MyWins**

DG TipSheet No. 20  
June 2012  
Revised October 2016

Based on the  
Dietary  
Guidelines  
for Americans



# CCE Annual Meeting

On December 4th, Cornell Cooperative Extension of Chenango County hosted their Annual Meeting in the community room at Morrisville State College. The luncheon was catered by the Ontario, and enjoyed by staff, board members, volunteers, and community partners.

This year's speaker, Amanda Hewitt, came to us from Nelson Farms, in Nelson, NY. The group enjoyed the talk about Nelson Farms and the way they help farmers bring their visions to life in the form of recipes. Staff, accompanied by Assemblymen Cliff Crouch, recognized this year's volunteers of the year for 4-H, Grow Cook Serve, and Master Gardener programs.

This year CCE Chenango saw the addition of new staff members, new programs, and more excitement. Staff looks forward to another year of programming at Cooperative Extension. Thank you to all who came to celebrate at this year's meeting. Happy Holidays and Happy New Year to all!



Friend of 4-H volunteer Chris Wilcox, 4-H Volunteer of the Year Ambitious Lions Club Leader Margo Whaley, Lifetime Volunteer of the Year Louise Butcher, and Assemblymen Cliff Crouch.

CCE Staff beautifully decorated this years event space.

Thank you to all our Supporters!  
We love your donations!



Harold & Audrey Johnson  
Cathy & Edward Honrath  
Patrick & Sandra Ryan  
Debra & Alan Davis  
Douglas & Debra Dutcher  
Alice & William Hallenbeck  
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Gale Hamstra  
Kathleen Haddad  
David & Irma Petley  
Martin & Evelyn Baker  
Kathleen Schlernitzauer Smyrna  
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Peter Taggart  
Henry Drexler  
Carol Franklin  
Alan & Jane Seacat, A to Z  
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Wicks  
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David Farquhar  
Lathrop Meadows Farm, Barry &  
Paula Lathrop  
Edward & Jeanmarie Piotrowski  
Jr.  
Donald & Louise Perry

# Disaster Averted!

## A close call from one of our own

By: Staff member Rich Taber



Anyone that hauls heavy agricultural loads has to be vigilant in preventing machine failures. I am no stranger to ordeals, mishaps, and minor accidents with farm machinery. Even with the best of intentions, and safety in mind, accidents can occur. I have been hauling loads for years, both dry hay and baleage. A load of hay on a hay wagon can typically weigh between six and eight tons, a lot of weight to be barreling down the road with.

As many of us have experienced, when I was younger I was forever dealing with old dilapidated flatbed hay wagons that were blowing tires or front ends getting mangled around tight corners. I have come a long way, after saving and borrowing a little, I was able to purchase a nice, safe, steel round bale wagon with four tires in the rear and two in the front. An improvement to what I have been use to in the past, and I could haul hay much safer.

However, buyer beware! In order to keep the costs down, many of these newly manufactured wagons come with used truck tires instead of good rugged implement tires. I didn't have this wagon long before the tires started blowing out. The purpose of a new wagon was to avoid perpetual breakdowns, so I took my wagon to a

tire dealer and had all six tires replaced with new 12 ply implement tires.

For the last 3 years I have been buying baleage from a farm that is about 12 miles from mine. I have always limited myself to only loading 10 bales of baleage on this wagon for safety's sake, seldom going faster than 30-35mph.

One day this fall, I hauled the wagon home with its 10 bales of baleage on it, unloaded the bales like I have done innumerable times, and then hooked the wagon to a tractor to haul it across the road for storing. As I was hauling the now empty wagon across the road one of the rear wheels failed and fell completely off! Not just the tire; the whole wheel and rim snapped right off! Luck was in my corner.

After just hauling about six tons of baleage 12 miles, I was extremely lucky the wheel failed in my yard, after being unloaded. I can only imagine what could have been, had the wheel failed while barreling down the highway! The forces of the weight would have sent the wagon and truck careening all over the road, into the path of oncoming traffic, or into a ditch.

The lessons you can learn from:

- Be cautious of hauling heavy loads of hay long distances, especially on busy state and county roads. If need be, hire a trucker to haul the hay.
- This wagon had sealed bearings which are not supposed to fail. In conferring with others, it was suggested that grease fitting holes be drilled into the hubs and fittings added. This way grease can periodically be added to prevent bearing failure.
- Do not let bale strings or baleage plastic accumulate around your wheel hubs. This can also cause bearing failure.
- Remember: Always be thinking of safety!



An image of the broken tire and rim.

Farm Safety is important. If you are looking for resources, visit Cornell Cooperative Extension or call your local extension office.

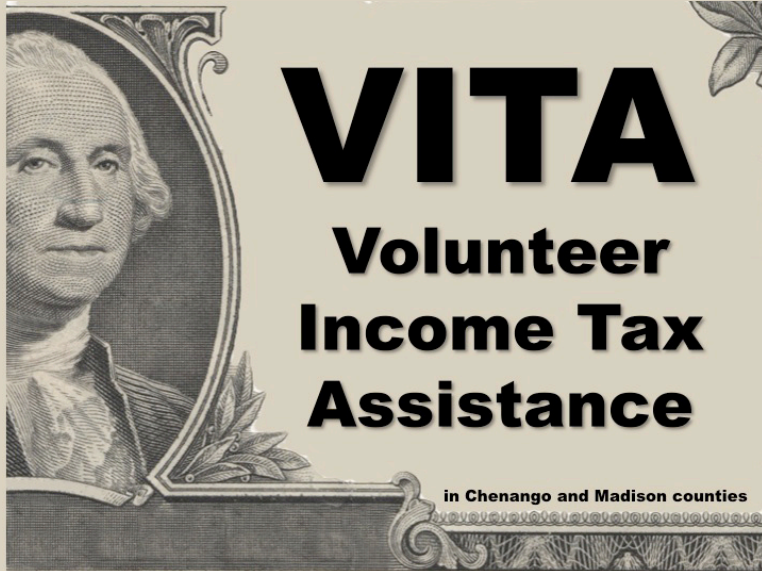
## An Opportunity with NYCAMH: The John May Farm Safety Fund

The John May Farm Safety Fund has been established by NYCAMH for New York farmers needing financial help to improve safety on their farms. This cost sharing program will allow farmers to make lifesaving safety upgrades. The John May Farm Safety Fund honors Dr. May's dedication to the agricultural community by providing financial assistance to make necessary safety improvements on small and medium-sized farms.

More information and applications can be found on NYCAMH's webpage:  
<http://www.nycamh.org/programs/john-may-farm-safety-fund/>.

**Apply today!**





# VITA

## Volunteer Income Tax Assistance

in Chenango and Madison counties

We will be making appointments on January 16<sup>th</sup>, No Earlier!  
First available appointment is February 6<sup>th</sup>.

If your household income was less than \$56,000 through employment in 2019, you may qualify for FREE tax preparation.  
Call (607) 334-5841 ext.1111 to see if you qualify!

Appointments available from February through April 2019.  
\*Returns are electronically filed

**Seniors should call 607-337-1770 first, there is no income requirement.**

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

- \$50,162 (\$55,952 if Married Filing Jointly) with three or more qualifying children
- \$46,703 (\$52,493 if Married Filing Jointly) with two qualifying children
- \$41,094 (\$46,884 if Married Filing Jointly) with one qualifying child
- \$15,570 (\$21,370 if Married Filing Jointly) with no qualifying child

**The maximum EITC for 2019:**

- \$6,557 with three or more qualifying children
- \$5,828 with two qualifying children
- \$3,526 with one qualifying child
- \$529 with no qualifying child

Chenango County Families:  
(607) 334-5841 ext. 11

Chenango County Senior Citizens:  
(607) 337-1770



**EARN IT.  
SAVE IT.  
KEEP IT.**

Madison County Families:  
(315) 697-3588 ext. 17

Madison County Senior Citizens:  
(315) 684-3001

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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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