

# Extension *Express*

## 4-H Livestock Auction Logo Contest

Put your creative talents to the test!

The Chenango County 4-H Livestock Auction Committee is looking for YOU to design a cool, new logo for the event!

Small artwork, using the 4-H Clover, youth and livestock animals desired!

Winner will receive complimentary 2020 Chenango County Fair Pass, complimentary week-long meal ticket to Chapman Hall, and a 4-H gift basket!

Please submit entries by email to  
Janet, [jl27@cornell.edu](mailto:jl27@cornell.edu)

**Submissions due May 31st**



## Protecting Your Family From Tick Borne Diseases

Thursday April 16, 7pm Cornell Cooperative Extension Conference Room

Ticks and tick borne diseases are becoming more common, but proper repellents, clothing, and property management can help protect you, your family, and your animals. Join us at Cooperative Extension to find out the latest information about tick borne illnesses and how to reduce your chances of getting tick borne diseases.



## 4-H Senior Dairy Scholarship

Members who are actively involved with the 4-H Dairy Program and will be graduating from high school are invited to apply for the 2020 4-H Senior Dairy Scholarship. The award for this scholarship is \$500 and will be received by the recipient following their first successful semester at a 2-year, 4-year, or accredited trade school. Applications can be found on the 4-H website and require the one page application, essay, and two letters of reference. Applications are due May 1, 2020.



Pages 4-5

Other Upcoming  
Programs at CCE

Pages 6-9

4-H Upcoming  
Programs & Info

Pages 10

Public Presentation  
Results

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

"Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities."



**MyPlate**  
**MyWins**

# Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



## Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



## Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



## Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



## Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



## Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



## List more tips

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# March: National Nutrition Month

## Find a Healthy Eating Pattern that Works for You with the New Dietary Guidelines

March is National Nutrition Month®, so it's a good time to reflect on how you're eating — and how you could make some improvements. Rather than looking for answers in the latest fad diet, try improving your overall eating pattern with tips from the Dietary Guidelines.

In January 2016, the U.S. Department of Health & Human Services (HHS) and U.S. Department of Agriculture (USDA) released the 2015-2020 Dietary Guidelines for Americans, which provides recommendations to help Americans adopt healthier eating patterns. The Dietary Guidelines recognizes that healthy eating patterns are adaptable and can be tailored based on personal, cultural, and traditional preferences.

Healthy eating patterns include a variety of nutritious foods like vegetables, fruits, grains, low-fat and fat-free dairy, lean meats and other protein foods and oils. They limit saturated fats, added sugars, and sodium. The Guidelines provide 3 examples of healthy eating patterns:

- **Healthy U.S.- Style:** Based on a 2,000-calorie diet, people following the Healthy U.S.-style eating pattern consume 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grain, 3 cups of dairy, and 5.5 ounces of protein each day.
- **Healthy Mediterranean:** Compared with the Healthy U.S.-style eating pattern, the Healthy Mediterranean eating pattern includes more protein and fruits and less dairy. People following the Mediterranean pattern who consume 2,000 calories a day get 6.5 ounces of protein, 2.5 cups of fruit and 2 cups of dairy. The Mediterranean and U.S.-style patterns both suggest 2.5 cups of vegetables and 6 ounces of grain per day.
- **Healthy Vegetarian:** Compared to the Healthy U.S.-style eating pattern, the Healthy Vegetarian eating pattern includes more legumes (beans and peas), soy products, nuts and seeds, and whole grains. It contains no meats, poultry, or seafood, and only recommends 3.5 ounces a day of protein for a 2,000-calorie diet — which still meets the recommended daily amount.

The information provided using this web site is only intended to be general summary information to the public. It is not intended to take the place of either the written law or regulations. From [health.gov](http://health.gov).

### Greens & Grapes

#### Ingredients:

- 2 cups seedless grapes (washed)
- 5 cups mixed salad greens (washed)
- 2 cups cooked chickpeas, or canned
- 2 cups orange segments
- 3 Tbsp vinegar (whatever preferred)
- 2 Tbsp olive oil

#### Instructions:

1. In a large bowl, combine grapes, salad greens, chickpeas, and oranges
2. In a small bowl, mix vinegar and oil.
3. Toss well and serve.
4. Refrigerate leftovers within two hours

Nutrition Facts: 10 servings per container (serving size 1 cup), Calories 60, total fat 2g, cholesterol 0mg, sodium 0mg, total carbohydrate 10g, total sugars 2g, protein 2g

### Shamrock Shake

#### Ingredients:

- 2 cups fresh spinach, rinsed well
- 1 cup skim milk
- 1 cup fat free vanilla yogurt
- 1 frozen banana (remove peel before freezing)
- 3 mint leaves

#### Instructions:

1. Put spinach, skim milk, yogurt, and mint leaf in the blender. Blend until smooth.
2. Add frozen banana to blender, and blend until smooth. Serve cold.

Nutrition Facts: 4 servings per container (serving size 8oz.), Calories 110, total fat 0g, cholesterol 0 mg, sodium 65mg, total carbohydrate 17g, total sugars 15g, protein 9g

# Another year for Grow Cook Serve

**Alexis Woodcock, Program Coordinator**

Cornell Cooperative Extension of Chenango County is excited to announce that it received funding for the Grow Cook Serve Program for 2020 and 2021 from the United Way.

Grow Cook Serve is a program which provides access to fresh local produce, to income restricted individuals and families, by donating produce from local farms and gardeners and providing self-sufficiency education.

Our goal is to help economically challenged families and individuals adopt life-long healthy habits by donating fresh produce to people in need; teaching cooking and gardening skills for people to become more self-sufficient; and providing nutrition education to facilitate healthy choices.

Along with produce donations and gardening classes Grow Cook Serve is looking forward to partnering with SNAP-ED to provide nutrition education to adults. Nutrition Educators from SNAP-ED will travel to Food Pantries and Head Start Centers as well as provide a monthly "Cooking Matters" workshop at the Cornell Cooperative Extension of Chenango County Kitchen.

If you are interested in volunteering to grow, glean or donate fresh produce to the Grow Cook Serve program or would like to participate in a nutrition education workshop, please contact Alexis Woodcock at 334-5841 ext. 1120 or email at [asw239@cornell.edu](mailto:asw239@cornell.edu).

Grow Cook Serve Nutrition Education Workshops  
Come join SNAP-ED nutrition educators to learn the health benefits and how to prepare nutritious in-season produce.

- March 11: 5-6pm – 99 North Broad Street, Norwich NY 13815
- April 8: 5-6pm – 99 North Broad Street, Norwich NY 13815

**Please register at  
334-5841 ext. 1111 or  
email at [asw239@cornell.edu](mailto:asw239@cornell.edu)**



# Outdoor Emergency Preparedness Workshop: Skills and Equipment

March 24, 7-9PM

Are you an outdoors person? Do you like to hike, hunt, camp, fish, canoe, cross country ski, snowshoe, birdwatch, snowmobile, mountain bike, or participate in any other activities in the great outdoors? Each year many outdoor enthusiasts find themselves in an unexpected outdoor emergency. They get lost, injured, or stranded and suddenly find themselves cut off from the rest of the world. They have to depend upon their survival skills and equipment, before rescuing themselves or being rescued. Without the right preparation of knowledge, skills, and equipment, many of these situations end up in tragedy. Anyone who travels into wild areas near home or deep into the wilderness needs a good working knowledge of basic outdoor survival skills.

This two-hour workshop will outline the areas of knowledge, skills, and equipment that you should always have with you when you venture into the outdoors. Topics that will be touched upon will be the main pillars of outdoor preparedness: first aid, shelter, fire, water, communication, navigation, and food. Come and round out your knowledge on Tuesday evening March 24, from 7-9PM. at the Cornell Cooperative Extension Center at 99 North Broad Street in Norwich, NY. For more information about the event contact Rich Taber at 607-334-5841, ext. 1121, or email [rbt44@cornell.edu](mailto:rbt44@cornell.edu).

There will be no charge for attending but reservations are appreciated by 4PM. on Monday, March 23rd. Call 607-334-5841 ext. 1111 to register.

## USDA Service Center Open House

Please join us for the 3rd Annual Open House at the Chenango County USDA Service Center!

Visit our Service Center and explore the programs provided by the United States Department of Agriculture, Cornell Cooperative Extension and the Soil & Water Conservation District.

**MARCH 3RD 2020**

**10:00AM—3:00PM**

**99 N. BROAD ST, NORWICH**

Stop in Anytime Throughout the Day:

- ◆ Trade Show Displays
- ◆ FREE Refreshments and Lunch!
- ◆ Presentations Throughout the Day

**RSVP Requested By February 24th**

**607-334-3231 Ext. 2**

Contact the Farm Service Agency  
for More Information

**10:30AM: Crop Insurance Programs**

*KC Slade, Crop Growers*

**11:30AM: Weed Identification & Control**

*Kevin Ganoe, CNY CCE*

**12:30PM: Basics of Business & Succession Planning**

*Alexandra Erath, Hearth Financial Partners*

**1:30PM: Forest Legacy Planning**

*Kristina Ferrare, CCE Onondaga County*

**2:30PM: Forest Management**

*Paul Romanenko, NYS DEC Forester*

# 4-H Outdoor Adventure



Our 4-H Outdoor Adventure Ice Fishing program was a big hit! We went ice fishing on Guilford Lake and the kids set up tip-ups and jigged for fish, while testing out different bait. They were good at spotting the flag on the tip-ups and racing over to check for fish. Thank you to everyone for coming out! Thank you to NYS Environmental Conservation Officer, Mary Grose, who joined us and talked with the kids and parents. It was a fun event and we look forward to doing it again next year!



## Upcoming Outdoor Adventures:

### Maple Syrup and more at Schmidt's Scattered Maples:

March 28, 2020 12-2:30 (transportation available from CCE)

Come learn how maple syrup is made! Tap a tree, taste some syrup and more!

### Whaupanaucou Walkabout

April 11, 2020 9:30-12

We will explore Whaupanaucou State Forest and build shelters and a fire!  
Ages 8 and up



Parents are welcome to join in too! The space is limited, so please sign up as soon as possible. If you have any questions, call or email 607-334-5841 x1114 or [elc97@cornell.edu](mailto:elc97@cornell.edu)

## Guernsey Calf Scholarship

The Calf Scholarship Award Program is sponsored by the New York State Guernsey Breeders Association for the purpose of encouraging those who do not presently own Guernsey's to become involved with the Guernsey Breed. A pure-bred Guernsey Calf will be awarded to the applicant who shows interest in the Guernsey breed and who has demonstrated the capabilities of developing the animal to its fullest potential. Applicant must be age 9-15 as of January 1st of application year. You do not have to belong to 4-H, FFA, or a breed club to participate. Award will be presented to the winner at the New York State Guernsey Breeders' Annual Meeting in April.

Find the application on the webpage at [ccechenango.org](http://ccechenango.org). If you have any questions regarding this application, you may contact someone from the New York State Guernsey Breeders Association, or Guernsey Youth Advisor, Christel Axtell-607-761-9443 or 607-467-4365.



# Animal Crackers 2020: Dairy and Livestock • May 2, 2020

The Cornell University Department of Animal Science is pleased to announce Animal Crackers 2020, “Bovine, Sheep and Swine - How Devine!”, on Saturday, May 2, 2020 on the Cornell University campus. This year’s program will highlight dairy, beef, swine, and sheep topics. 4-H youth 9-12 years old or those with beginner to intermediate knowledge of the covered species are invited to participate.

Interesting, educational, hands-on activities are planned to make Animal Crackers a memorable learning event. Participants will have the opportunity to learn about dairy or livestock care, biology, and management while having fun participating in a variety of interactive activities, with 4-H’ers from across NYS.

There is a \$15 per youth cost to attend the program - adult chaperones are free. Attendees are asked to bring their own lunch. Registration for the event must be done through your local Cornell Cooperative Extension Office and must be completed no later than April 24, 2020. All groups must have at least one chaperone per species track. Chaperones are asked to review the chaperone information sheet on the Animal Crackers website: <http://4h.ansci.cornell.edu/events-2/animal-crackers/>. Additional information about the event, as well as the Cornell University campus, can be found on the same website. Mark your calendars for one of the most exciting animal science programs of 2020!

## 2020 4-H Sewing Camp • April 6-10

In an effort to better teach sewing skills and create lasting projects, this year’s 4-H Sewing Camp will offer the following projects to sew:

**Beginner (1-3rd year, dependent upon sewing experience):**

Fun Fish Tote (pattern/fabric provided)  
Plus a Fun hand sewing project

**Junior (3-5th year, dependent upon sewing experience):**

Pajama Pants or pajama shorts or elastic waist skirt

**Experienced (5+ years, dependent upon sewing experience):**

Dress, pattern choices will be available at CCE, to choose from Fleece pullover, pattern will be available

In addition to making your main project, campers will learn how to measure themselves to pick the right sized pattern, and create smaller sewing projects. Any questions contact Janet at the 4-H Office, [jlp27@cornell.edu](mailto:jlp27@cornell.edu) or 607-334-5841 x12.

Congratulations to the following youth who will be receiving 2020 4-H Sewing

Scholarships:

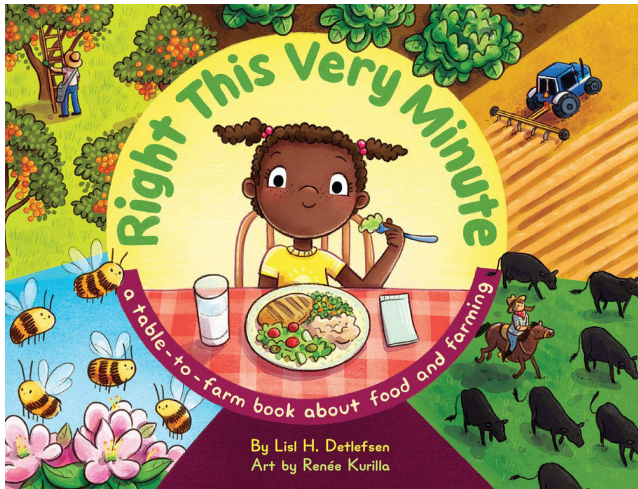
Katie Funk

Maria Funk

Cora Hodge



# Agricultural Literacy Week • March 16-20, 2020



This informative book introduces children to both local and urban greenmarkets and paints a warm picture of a strong, interconnected community.

Help your students make the connection between local farms and the food that they eat!

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.

- Each school will receive a complimentary book of Right This Very Minute, by Lisl H. Detlefsen.
- Each classroom will receive complimentary lesson plans from NY Ag in the Classroom that align with New York learning standards.
- Volunteers are available to read to your classroom as well as bring in produce and other learning aids.

**To schedule an Ag Literacy Week reading or to sponsor a book, please contact: Janet Pfromm, 4-H Educator 607-334-5841 x1112 or [jlp27@cornell.edu](mailto:jlp27@cornell.edu)**

For more information on Agricultural Literacy Day, visit: [www.agclassroom.org/ny](http://www.agclassroom.org/ny)

## Upcoming 4-H Events

March 1	4-H Livestock Scholarship Applications Due
March 6	4-H Sewing Trip to JoAnn's, Cortland, 9am-noon
March 6, 13	Horse Bowl and Dairy Bowl Practice
March 14	Regional 4-H Horse Bowl, Hippology, & Dairy Bowl Contests
March 16-20	Ag Literacy Week
March 28	Regional Public Presentations, Chenango Forks
March 27-April 7	Paper Clover Campaign, Tractor Supply Company Store, Norwich, NY
March 27-28	Dairy Discovery, Cornell University
April 6-10	4-H Sewing Camp
April 11	Cornell University Vet School Open House
April 15	4-H Animal Crackers sign-up deadline
April 18	4-H State Horse Bowl Contest, Cornell University
April 20	Incubation and Embryology Egg Delivery
April 25	4-H State Dairy Bowl Competition
May 1	4-H Leaders' Association & Senior Dairy Scholarship Applications Due
May 2	4-H Animal Crackers, Cornell University



## 2020 Pheasant Project

Since 2006, Chenango County has reared and released over 11,850 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project!

We are currently taking orders for the 2020 Project and hope to have 1,000 pheasant chicks reared this project year! All orders, no matter the size, will be taken in lots of 25 birds. A free-will donation of \$5 per order will be accepted to cover the mailing costs of this great program. Orders due March 20, 2020.

Please contact Janet Pfromm to place your order or to request more information, 607-334-5841 x1112 or [jlp27@cornell.edu](mailto:jlp27@cornell.edu)



# 4-H and Dairy Youth Show Eligibility for NY State Fair Dairy Youth Show 2020

- 1) All owned cattle must be personally owned and registered to the youth exhibitor as well as cared for by that exhibitor by no later than June 15 of the current year.
- 2) All non-owned cattle must be designated in the youth exhibitor's name and cared for by that exhibitor by no later than June 15 of the current year. Non-ownership is not available to youth already owning registered dairy cattle. Youth can either own or lease animals of the same species but not both. For example a youth cannot own a Jersey and then lease a Holstein.
- 3) A non-ownership certificates are available from county 4-H offices and <http://4h.ansci.cornell.edu/resources/project-animal-forms/> and must be properly filled out and supplied along with registration papers to prove designation. Youth are allowed 2 non-owned dairy animals of which both can be shown at the N.Y. State Fair if they have met all the qualifications. Dual designation of animal(s) is not permitted.
- 4) Dual ownership of a youth and a farm name is not allowed. Dual ownership with another youth or person is not allowed. Ownership with a syndicate are not allowed.
- 5) NEW Exception: Dual ownership between siblings will be allowed as long as all of the following criteria are met:
  - A) They are bona fide siblings(sister, brother, step-sister/brother, half-sister/brother, adopted)
  - B) All siblings on registration paper of animal(s) are of 4-H age and regular members as of Jan 1st of the current year. Cloverbuds are not eligible. For NY State Fair: entries entered through FFA or endorsed by a breed organization representative will need to follow 4-H rules on age also for the Dairy Youth Show
  - C) One sibling has to designate the animal as their project animal for the project year by June 15th of current year by filing and completing animal identification form.
  - D) Completed animal identification form(s) needs to be filed with appropriate organization (4-H Extension, FFA or Breed Organization) to state youth designation by June 15th . A copy of this form also needs to accompany State Fair Dairy Youth Entry form being mail to Dairy Youth Superintendent along with the other required documents stated on entry form.
  - E) Designation cannot change during the program year and animal must be shown and exhibited by designated sibling.
  - F) Bred and owned recognition can be given to designated youth as long as dual ownership is a current and legal partnership filed with breed organization.
- 6) No cattle may be entered or shown with papers pending.
- 7) All animals shown in the NYS Fair Youth Show must be registered by the Breed Organization of that animal.

## ATTENTION POULTRY EXHIBITORS

What: PULLORUM TESTING 2020

Who: Birds at least 4 months (16 WKS) old Chickens, turkeys, guinea fowl, peacocks, pheasants & quail eligible. (Pigeons and waterfowl are exempt from testing)

Birds obtained from an NPIP certified hatchery/flock (or from a feed store) may exhibit with a copy of the NPIP certificate or receipt showing the NPIP information. These expire in one year.

When: Monday, June 15<sup>th</sup>,  
from 6:00pm to 7:00pm

Where: Chenango County Fairgrounds,  
Case Building, Norwich, NY

Why: REQUIREMENT TO EXHIBIT AT  
THE COUNTY AND STATE FAIR  
Applications for complete flock tests for NPIP certification may be downloaded from the website; [www.agriculture.ny.gov/AI/poultry/AI\\_473\\_NPIP\\_Application\\_122009.pdf](http://www.agriculture.ny.gov/AI/poultry/AI_473_NPIP_Application_122009.pdf)

## THERE WILL BE NO TESTING AT THE FAIR

FOR A LIST OF OTHER AREA CLINICS OFFERED GO TO: [https://www.agriculture.ny.gov/AI/Pullorum\\_Clinic\\_Schedule.pdf](https://www.agriculture.ny.gov/AI/Pullorum_Clinic_Schedule.pdf)

Questions Contact:  
Debra Toth, Animal Health Inspector  
(607)760-5989  
Janet Pfromm Cooperative Extension  
(607)334-5841

# 2020 County Public Presentations Results

## Cloverbud

Grace Hodge  
 Ruby Lupo  
 Maranda Schmidt  
 Weston Smith  
 Natalia Whaley

## Junior

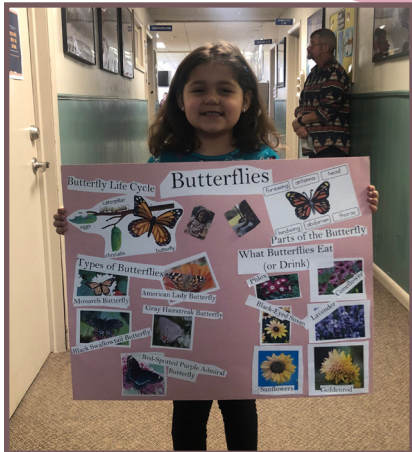
Cora Hodge, Gold, Regional  
 John Smith, Silver, Regional  
 Lily Marshman, Silver, Regional  
 Lillianne Squires, Silver, Regional  
 Peyton Dibble, Silver, Regional  
 Cadence Lanfair, Blue, Regional  
 Robert Smith, Blue, Regional  
 Allie Whaley, Blue, Regional  
 Fiora Breese, Blue  
 Meghan Funk, Blue  
 Jaden Webb, Blue  
 Gregory Russell, Red  
 Amon Van Alst, Red  
 Dakota Miles, Red

## Senior

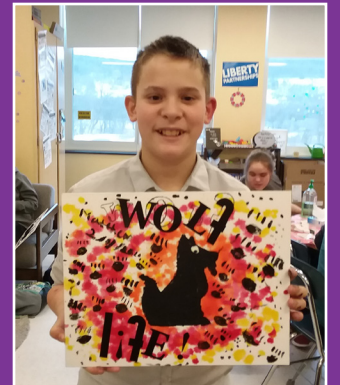
Michael Harvey, Red  
 Tanner Webb, Red  
 Cheyenne Miles, Red  
 Nathan Bennett, Red  
 Shea Breese (Interview), Red

## Horse

Lara Tefft, Red  
 Heavenly Mahaffey, Red  
 Kora Johnson, Red  
 Evelyn Thomas, Red  
 Makayla Camenga, Blue, Regional  
 Phiona Osborne, Silver, Regional  
 Kerri Johnson (Sr), Red  
 Emilee Bennett (Sr), Blue, Regional



RECENT 4-H FUN



# 2020 NYS 4-H STEM Camp

Friday, June 19 - Sunday June 21



Youth ages 10 & older, do not need to be a 4-H'er to attend 4-H Camp Shankitunk, Delhi, NY

## AG-CITING SCIENCE OF FIBER FOOD & FARMS

Take a look at the science of fiber, food + farms! We will delve into questions such as, "why is wool itchy?," "How does milk become more than just a drink?," and "How does tilling soil effect soil health?" You'll take a look at agriculture under the microscope, get your hands dirty and find the answers to the above questions. We will find answers to questions you never knew you should be asking.

## CODE EXPLORERS

Do you like to code or want to learn how? Have fun exploring computer programming during this course. We will go on virtual reality field trips, learn coding basics, and do some cool maker activities. Learn how you can take these activities home to teach others. All levels of coding experience are welcome!

## OUTDOOR SURVIVAL

Do you have what it takes to survive in the wilderness? In this course we will practice skills that are necessary for staying alive. We will spend the weekend outside learning fire and shelter building, cordage making, and other outdoor skills that will leave you better prepared for the unexpected. Dress for the weather – rain gear is a must-have!

Q: Who can attend camp?

A: Any youth 10 years old and older.

Q: Can my parents stay at the camp?

A: Yes. \*\*Must pass background check\*\*

Q: What does it cost to attend?

A: \$75 per participant, sibling, and adult who attends.

Q: Where will I sleep?

A: In the bunks/cabins used during summer camp.

Q: What will I eat?

A: Delicious & nutritious meals prepared by the volunteers and educators.

Q: What will I need to bring?

A: Sleeping bag, pillow, personal care items, flashlight, extra shoes, swimsuit, towels, etc.

## ROCKETRY I & II

Do you want to build and launch a rocket that will fly over 400' into the air? How about a water and air powered rocket as well? Experience the remarkable principles of how rockets work and the science of aerospace with fun activities.

-Rocketry I = beginners.

-Rocketry II = must have taken Rocketry I

## GPS/GEOCACHING

Do you like to hunt for treasure? Do you like to go on Scavenger Hunts? Then this class is for you! Learn the fundamentals of geocaching along with some other fun and amazing aspects of geospatial science."

## MICROORGANISMS

The good, the bad, and the ugly...In this course you will learn about all the different types of microorganisms, perform numerous fun and exciting experiments, and grow your own culture!

## POLLINATOR POWER

This class is the perfect pick as pollinator week comes to an end. A series of hands on activities will teach youth the importance of pollination, how it occurs, natural pollinators, how to create a bee friendly backyard, and more!

## How Does NYS 4-H STEM Camp Work?

STEM camp has eight courses to choose from. Each camper chooses one course to learn about for the weekend. You may choose from Ag-Citing Science of Fiber, Food & Farms; Code Explorers; GPS/Geocaching; Microorganisms; Pollinator Power; Rocketry I or II; and Outdoor Survival. Class sizes are limited and will be filled on a first come, first-serve basis.

Please contact Emily Roach with any questions at 607-865-6531 ext. 107 or [esc33@cornell.edu](mailto:esc33@cornell.edu)



99 North Broad Street  
Norwich, NY 13815

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Nate Funk Jordan Fleming  
Mike O'Reilly

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!

## CURRENT STAFF (607) 334-5841

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Building Custodian

### Tammy Dayton

Building Custodian

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#### Erica Clark (Ext. 1114)

4-H Youth Educator  
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#### Neisa Pantalia (Ext. 1134)

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#### Ashley McFarland

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