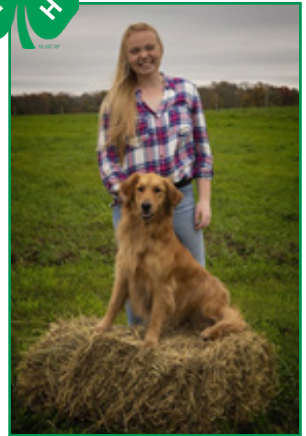


Extension *Express*

WELCOME JESSE HOWE

Meet our Newest 4-H Summer Intern: Jessie Howe!

Hello Chenango County! My name is Jessie Howe, a 2019 graduate of Oxford Academy. While in school I played softball, volleyball, and was very active in my school's FFA chapter. Currently, I attend SUNY Cobleskill and am pursuing a bachelor's degree in Agricultural Business with a minor in Agricultural Education. I serve as secretary for three clubs on campus (Block and Bridle Club, Ag Business, and NAMA Club). I also live and work on a beef farm of about 50 Herford and Black Angus cattle. I look forward to working with local youth and learning ways to work with the community to help promote Ag education! The 4-H staff is excited to begin working with Jessie on May 14th. If you see her, be sure to give her a warm Chenango County 4-H welcome!



A HUGE THANK YOU TO OUR VOLUNTEERS

April 18th - 24th was National Volunteer Week! Everyone at Cornell Cooperative Extension of Chenango County would like to send out a HUGE THANK YOU, to all of our amazing volunteers! Each of you are irreplicable and without your support it would not be possible to do all the work we do in the community. Whether donating your time or making a monetary donation, we want you to be confident that your support does make a difference. Every supportive thing you do means the world to us.

Looking for a way to get involved and have a positive impact? There are so many different volunteer opportunities within our association. We have the Master Gardeners, Master Preservers, the Vita Program, and Master Clothing and Textiles Program. You can also volunteer with our 4-H Youth Development Program supporting youth by engaging in club management, program delivery, and community service. Contact us to learn more about ways you can support the CCE Chenango mission.



Again, we want to express our deepest appreciation to our current volunteers and our warmest invitation to those who are seeking opportunities to make an impact. THANK YOU!

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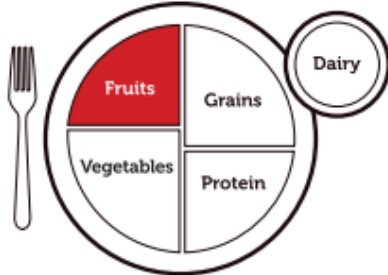
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STRAWBERRY

WHAT IS IT?

Available fresh in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.

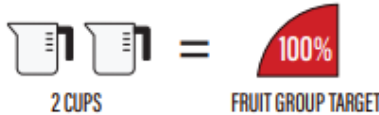


FOCUS ON WHOLE FRUITS

Strawberries are a lower-calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly toward your goal!



To find your food group targets, go to ChooseMyPlate.gov/Checklist

FUN FACTS & TIPS



Strawberries were first commercially grown in America in the 1800s.



Approximately 90% of America's strawberries are produced in California.



For a fun family outing, visit a farm that offers pick-your-own strawberries.



Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.

Strawberry Cucumber Salad

Prep Time: 20 Minutes

Makes: 4 cups

Ingredients:

- 2 tablespoons nonfat or low-fat plain yogurt
- 4 teaspoons apple cider vinegar
- 1 tablespoon honey or brown sugar
- ¼ teaspoon onion powder
- ¼ teaspoon prepared mustard
- ¼ teaspoon salt
- 1 tablespoon lemon juice
- 1 ½ teaspoons oil
- ¾ teaspoon poppy seeds (optional)
- 2 cups strawberries, sliced
- 2 ½ cups cucumber, sliced thinly into rounds

Directions:

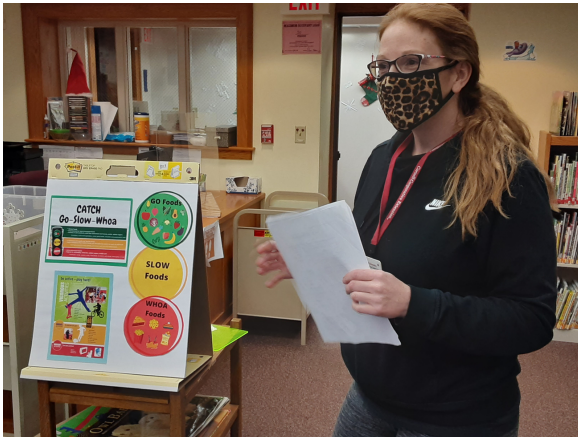
1. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds (if using). Mix well.
2. Gently mix the dressing with the strawberries and cucumbers until evenly coated.
3. Refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 2/3 cup (115g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 2%	Vitamin C 60%
Calcium 4%	Iron 2%
*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: 2,000 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit <https://www.snapedny.org/>

SNAP-Ed partners with 4H

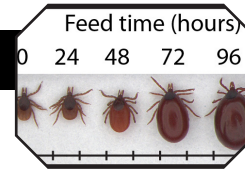


SNAP-Ed Educator Neisa Pantalia provides lessons based upon a coordinated approach to children's health, from a curriculum called CATCH. Its main focus is healthy eating and physical activity.

Youth participating in GO activities!



Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income.



Keeping Ticks Away - Naturally

The best way to avoid ticks is to avoid the brushy, weedy habitats that ticks like. However, when you can't avoid spending time in tick habitats, tick repellents are an effective way to avoid tick bites and the many diseases that can come with them. When we talk to members of the public, many of them express the wish to use natural repellents to avoid ticks. Fortunately, there are many tick repellents that are based on natural compounds. Here are some of the plant-based chemicals that have been scientifically tested by the U.S. Center for Disease Control and shown to protect from ticks:

Permethrin is a man-made chemical based on the naturally occurring compounds in chrysanthemums. Permethrin tick sprays are not for human skin (they are considered nontoxic, but they do not last long), but they are sprayed on clothes or shoes where they kill or immobilizes ticks. Permethrin is common in many livestock pesticides but should not be used on cats.

Picaridin is a man-made compound that is made to be similar to the chemicals in black pepper. Picaridin does not kill or injure ticks. It works by making hard for ticks to recognize potential hosts. Picaridin is sprayed on human skin.

IR 3535 is a man-made compound similar to the natural compound B-alanine- a component of vitamin B5. IR (IR stands for insect repellent) has been around since the 1980s. It is sprayed directly on skin and works by making it hard for ticks to recognize hosts.

Oil of Lemon Eucalyptus is a compound extracted from the leaves of the lemon eucalyptus. A manmade synthetic version can be applied to the skin. It works by masking the host scent and making it hard for ticks to recognize a host.



GET YOUR EQUIPMENT READY FOR SPRING CALVING

by Rich Taber, CCE Chenango

Late winter and early springtime are the times to get your beef cattle and your calving equipment ready for spring calving. With our relatively harsh winters, I prefer to have our cows calve no earlier than April, even better to start in May. That way you can avoid the worst of any winter and cold weather issues that might happen. Regardless of when you start calving, you need to have a certain amount of equipment and supplies on hand to get you through this sometimes nerve wracking period. Nothing is worse than needing an item and making a last minute rush to the farm supply store, only to find they are out of what is you need: "Oh, we can order it, it will be in three weeks, is commonly heard". So prepare well ahead of season. The following list was adapted from the website www.beefmagazine.com. Space limits how much discussion we can add for each item; suffice it to say that if you have most or all of these items on hand you should be in good shape.

Here are the must-haves for a successful calving season:

- Ear tags
- Markers
- Tagger (and a spare)
- Calving book for record-keeping
- A list: due dates and what they are bred to
- The veterinarian's number on speed dial
- Milk tuber
- Pitcher to milk the cow with
- Calf boost
- Syringe
- Scour pills
- Bolus gun
- Duct tape or ear muffs to pin ears down on cold nights
- Sled with ropes to pull calves out of the snow and to the barn
- Calf catch
- Scale and sling for weighing the calf
- Calf puller and chains
- Lasso
- Halter
- Plastic gloves
- Milk replacer, frozen colostrum, and/or powdered colostrum replacements
- A sedative of sorts for the occasional surly cow that needs milking out
- A list of potential culls based on poor udders, bad dispositions, tough calving, or old age.
- Sorting sticks or paddles
- Small square bales of hay for bedding and feeding when the cow/calf pairs are in the barn
- Coveralls, gloves, hats, boots, long johns, wool socks, etc.
- A hot box, heater or place in the basement bath tub for cold calves
- Clean towels
- Bander and bands for castration
- A good, safe handling system/squeeze chutes to handle cows.

*Beef cattle tend not to be handled nearly as much as dairy cattle so they can get quite ornery, even dangerous. Your vet will also be much more amenable to working on your cows if he or she knows they won't be risking life and limb when they come to your place.

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 607-334-5841 ext. 21, or email rbt44@cornell.edu.



2021 Farmers Museum Junior Livestock Show - Updates

A message from the JLS Committee:

The 2021 Farmer's Museum Junior Livestock Show will be taking place July 11-13! However, the show will look different this year (we are still working out those details). What we do know is that the shows will be one day, in and out shows (each species will show on a specific day which has not been determined yet) and no one and no animals will be spending the night on the show grounds. Be prepared to only be allowed a limited number of animals per participant and a limited number of spectators per participant. Not ideal, but a HUGE step in the right direction. We want our youth to have several opportunities to show off their dedication and hard work!

The Farmers Museum Livestock Show is a show sponsored and hosted by the Farmer's Museum. Guidelines set forth by the Farmer's Museum and New York State need to be followed to participate in Farmer's Museum events.

COVID GUIDELINES as of April 1st, 2021, are as follows:

- Masks are always required and with socially distancing of 6' apart. This includes in the show ring as well as outside of the show tent.
- As of April 1st, participants and chaperones arriving on the show grounds will need to show proof of vaccination or a negative COVID-19 test 3 days prior. All staff, volunteers, judges, participants, and visitors are required to comply with this health screening before entering The Farmers' Museum Junior Livestock Show. By complying with this NYS policy we can increase our indoor gathering capacity to 150 people and outdoor gathering capacity to 500 people. These policies are constantly changing, so we are constantly monitoring them for changes.
- All registrations this year will be done electronically, so you will not be receiving a show book in the mail.

Please keep an eye out for emails and posts for updates. As we learn more we will forward the information to you.



Show your 4-H pride and decorate your livestock or club booth area using this year's theme,

"4-H TODAY. 4-EVER. 4-EVERYONE."

Preregistration is required. Entries are in Fair Book.

GET READY, GET SET, your 4-H CHENANGO COUNTY FAIR is taking place AUG. 10th - 15th! It's time to dust your boots off, wash your whites, and start making sure you are completing the requirements to show and succeed this year. We want your crafts, your displays, your project animals, and most of all YOU to get recognized for all the hard work and dedication shown over these past two years.

4-H Animal Project Info: All 4-H members planning on exhibiting livestock at the Chenango County Fair must have an animal certificate on file with the 4-H Office on or before June 1, 2021. Registered animals must have a copy of their registration papers on file as well. Any animal not on file will NOT be eligible to show in the 4-H shows at County or State Fair.

Also, please be aware that the ownership deadline for all 4-H Project Animals for 2021 is June 1st. All registration papers must show ownership by this date to be eligible for show. Copies of registration papers are required when making 4-H County Fair entries.

NO PAPERS = NO 4-H ENTRIES

4-H Poultry Exhibitor News: A NYS Vet will be at the Chenango County Fair Grounds June 14th from 6-7pm, to complete Pullorum Testing for all nonwaterfowl entering County and State Fair. All poultry must have a current pullorum test or a whole flock test in order to be allowed to compete. Please **contact Craig: cbrown@cornell.edu , 607-334-5841 x. 1112**, to schedule your time slot for testing and to get the protocol for bringing your birds.

4-H Horse Riding Evaluations - June 17th, 6-7:30, at Norwich Fairgrounds. All youth intending to compete at the County Fair Horse Show, Qualifying Horse Show, or the State Fair Horse shows must complete a riding evaluation before being allowed to compete if:

The youth or horse are new to the Chenango County 4-H Horse Program

The youth has switched to a different project horse for this project year

The youth is moving up a level

The youth will be riding a different horse for Drill Team/Quadrille and has not been evaluated on the horse

The youth is entering in showmanship and has not been evaluated with the horse

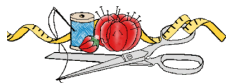
In addition to regular members, cloverbuds will also be evaluated. All decisions made by the evaluation team are final and will be held to by the Chenango County 4-H Program for all riding events.

You can find all the forms you need for the fair, including the Lease Policy and Livestock Auction Animal Enrollment forms, on the website at: www.ccechenango.org/4-h-fair



4-H NEWS

4-H SEWING CAMP



Our three day Sewing Camp was a big SUCCESS! Seventeen kids came over 3 days to complete three different projects. Day one our cloverbuds made fleece pillows and then practiced their hand sewing skills with yarn and plastic canvas. Day 2 the juniors sharpened their sewing skills making Merry Miniatures. Camp finished on Day 3 with fabric coil baskets.

EVERYONE did an AWESOME job!



4-H OUTDOOR ADVENTURE

4-H Outdoor Adventure is a program that offers different outdoor opportunities each month. It varies with the seasons and is designed to encourage our youth to appreciate, enjoy and respect our outdoor environment. We hope to inspire new interests & hobbies.

We began the spring season with a Vernal Pools program in Pharsalia State Woods, looking and listening for amphibians & aquatic insects! It is always fun to explore & look for signs of spring.



4-H KIDS IN THE KITCHEN

4-H teamed up with Grow Cook Serve to offer 4-H Kids in the Kitchen! These cooking programs are offered via zoom and teach the kids how to safely prep & prepare simple healthy meals. The kids have been enjoying cooking with their families and trying the new recipes. They have made broccoli & bean quesadillas, a veggie stir-fry and peanut butter banana pockets!



4-H PUBLIC PRESENTATIONS

A nice turnout for public presentations this year! 4-Hers' met in person at CCE and sent videos to present to a panel of judges. Three kids qualified to go on. Good job everyone! Congratulations to Abby, Makayla, and Shea! They will be competing at the regional competition.



STEWARTS HOLIDAY MATCH PROGRAM



We are excited to announce that Cornell Cooperative Extension of Chenango County's 4-H Youth Development Program is a recipient of the 2021 Stewart's Holiday Match Program. This Stewart's Shops program collects donations in their stores from Thanksgiving to Christmas and then matches the donations before distributing them to local organizations making a positive impact in the community. This year CCE Chenango was one of 1,752 applicants and was honored to receive a \$1000 donation to aid in the continuation and development of new afterschool programming for Chenango County youth.

With so many programs and activities being canceled throughout the pandemic, it is more important than ever to provide safe hands-on activities for our local youth. Chenango County 4-H Youth Development is focused on encouraging and inspiring our youth to take ownership of their learning outcomes. All 4-H youth hold an important role in determining what programs are being offered annually. This year we intend to use our donated funds to provide opportunities in the areas of healthy living, STEAM (science, technology, engineering, arts, and mathematics), civic engagement, agriculture, and animal science. These funds provide opportunities from crafting to cooking and fishing to friendships.

We are so thankful for Stewart's Shops' support and will ensure these funds are used to support our local community.





UPCOMING 4H PROGRAMMING:

4-H DAIRY BOWL, HIPPOLOGY, HORSE BOWL

Hippology/Horsebowl 4-Hers' have been working hard learning all they can about horses. Some of the kids will be competing on April 24th against other 4-Hers' from around the region.

The Dairybowl kids are studying about dairy cows as they prepare for the regional competition that takes place on May 8th.

We wish them all well as they continue to prepare for their competitions!



Calendar:

- April 24** - 4-H Horsebowl/ Hippology Competition
- May 8** - 4-H Regional Dairy Bowl Competition
- May 22** - 4-H Regional Presentations
- May 24** - 4-H Edible Gardening-
- June 1** - Animal Non-Ownership paperwork Due
- June 12** - 4-H Waterfall Hike & Explore
- June 14** - 4-H Pullorum Testing
- June 17** - 4-H Ridin Evaluations
- June 26** - 4-H Survival Skills Challenge



4-H EDIBLE GARDENING WITH GROW COOK SERVE

4-H Edible Gardening, with Grow Cook Serve!

Monday, May 24th from 4pm to 5pm

Learn gardening basics and grow plants you can eat! This is a very hands-on & interactive program. Ages 5 and up. Come grow with us! We will meet at our CCE building in Norwich. Email Erica to register or for more info at elc97@cornell.edu



OUTDOOR ADVENTURE

MAY 8th - (Sat) Make your own lure & go fish!

Location: the Friends of Rogers Center

Time: 1pm

JUNE 12th - (Sat) Water Falls Hike & Explore!

Location: Chittenango State Park

Time: 10am to 1pm

JUNE 26th - (Sat) Survival Skills Challenge

Location: Millbrook Park, New Berlin

Ages 10 and up

For more info. or to sign up for these programs:

Erica at elc97@cornell.edu



4-H FUN!



CORNELL COOPERATIVE EXTENSION JOINED FORCES WITH FRIENDS OF ROGERS CENTER

Cornell Cooperative Extension joined forces with Friends Of Rogers Center, in Sherburne, to provide outdoor programming, for kids and adults, this past winter and spring. We offered ice fishing, emergency shelter building, animal tracks & sign, maple sugaring, and have more to come this spring!





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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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