

# Extension *Express*

## Livestock & Whole Farm Risk Management Awareness

Format: Zoom: Link will be emailed to registrants.  
When: Tuesday, November 17, 2020  
Time: 7:00PM - 9:00PM  
Cost: \$5 per farm  
RSVP: November 15, 2020  
Register at: <https://cnydfc.cce.cornell.edu/event.php?id=1349>



Are you aware of the RISK management programs available to livestock entities? Join us to learn about programs offered by USDA Risk Management Agency to help offset risk on the livestock and as a whole farm plan. This webinar is designed to assist producers in understanding and finding value in managing downside market disruption with risk tools available. We will have Tristan Peterson and his team members from Certified Crops Advisors on hand to educate our producers on the programs.

Central New York Dairy, Livestock and Field Crops Team is a Cornell Cooperative Extension partnership between Cornell University and the CCE Associations in Chenango, Fulton, Herkimer, Madison, Montgomery, Otsego, Saratoga and Schoharie Counties

## 4-H/CCE County Proclamation Reception

Thank you to Meghan Funk for accompanying Janet to today's County Board of Supervisors Meeting to speak about the impact 4-H has had on her and to receive our Proclamation, "October is 4-H/CCE Month" in Chenango County. Meghan did a FANTASTIC job explaining what she does in 4-H, how 4-H has helped her grow and how 4-H prepared her for this year's pandemic!

The Chenango County Board of Supervisors also recognized Janet Pfromm for all of her accomplishments with the Chenango County 4-H Program.

The Chenango County 4-H Program would like to thank the Board for all of their support of the program and for their dedication to growing the next generation of local leaders! Chenango County 4-H recognized the Chenango County Board of Supervisors as this year's "Friend of 4-H" at Achievement Day, Sept. 26.



Meghan Funk and Janet Pfromm presenting at the Board of Supervisors meeting.

Page 2

SNAP-Ed  
Newsletter Recipe

Page 4

4-H News

Page 7

4-H Achievement  
Day

Page 10

CNY Team  
Updates



**SNAP-Ed** wants to share ways to stay active this fall:

- ▶ Raking leaves can strengthen your core and upper body.
- ▶ Enjoy the crisp air while hiking or biking.
- ▶ Go for a walk, increase those steps while taking in the beautiful colors of fall.
- ▶ Have an adventure with a nature scavenger hunt.
- ▶ Visit an apple orchard or pumpkin patch.

Remember Adults need 30 minutes most days and youth need 60 minutes everyday! Let us know how you and your family stay active everyday!!! Share with us on CCE Chenango FB!



### Scavenger Hunt Ideas

>>> <<<

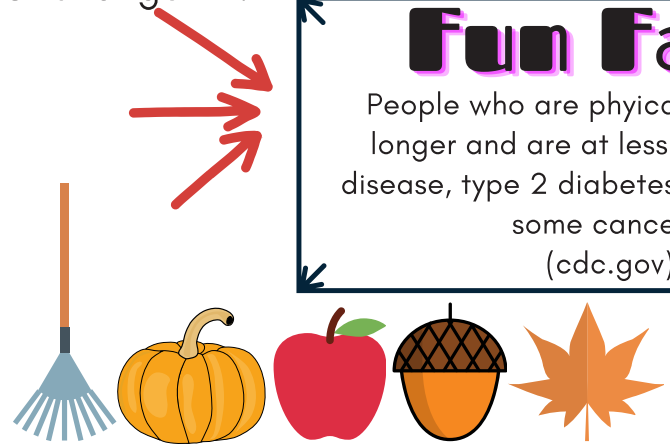
- Spider web
- Acorn
- woolly bear
- white pumpkin
- Pinecone
- Scarecrow
- Rake
- Pile of leaves
- Squirrel
- Mum flower
- Red leaf



## Fun Fact

People who are physically active live longer and are at less risk for heart disease, type 2 diabetes, depression, & some cancers. 

(cdc.gov)



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



# GREAT FALL RECIPE

Sometimes we are always making the same side dishes for the holidays which are not the healthiest choices but, try roasting different types of vegetables. The fall has a great selection of different types of vegetables to offer which can be found here: <https://snaped.fns.usda.gov/seasonal-produce-guide/fall>. When you roast vegetables, they bring out a completely different flavor. You can also switch up any seasoning you would like to use. Here are some examples: thyme, rosemary, oregano, balsamic vinegar, and lemon juice. Using herbs does not add any salt, which is very ideal for heart health! Check out this [wwwbasic Roasting Vegetable](#) recipe.

# Roasted Vegetables

Source: [foodhero.org](http://foodhero.org)  
Prep time: 20 minutes, Cook time: 15 minutes Makes: 1 cup

### Ingredients:

- 1 cup fresh vegetables per person (choose one vegetable or a mix of several – see list below)
- 1/2 teaspoon vegetable oil (per cup of vegetables)sprinkle of salt and pepper

### Directions:

1. Wash vegetables, peel if desired, and cut into similar sized pieces. Smaller pieces (about 1/2 inch thickness) brown more and cook more quickly. Long thin pieces (asparagus or beans) can be left whole
2. Preheat oven to 425 degrees
3. Prepare a baking sheet that will hold the vegetables in a single layer. A metal baking sheet without sides allows more browning. A covering of foil will make cleanup easy.
4. Toss the vegetable pieces with just enough oil to make them shine.
5. Spread the vegetables on the baking sheet in a single layer.
6. Roast until tender and slightly browned on the edges. Baking time will depend on the thickness of the pieces. Thin pieces (asparagus or beans) may take 5 minutes; pieces about 1/2 inch thick take about 15 minutes.
7. Stir or turn about halfway through the roasting to obtain more even browning.
8. Remove to a serving dish and sprinkle lightly with salt or seasoning of your choice.
9. Refrigerate leftovers within 2 hours.

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](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit [snapedny.org](http://snapedny.org)



**Nutrition Facts**  
Serving Size 1 cup (116g)  
Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories	70	Calories from Fat	25
<b>Total Fat</b>	3g	<b>5%</b>	
<b>Saturated Fat</b>	0g	<b>0%</b>	
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	320mg	<b>13%</b>	
<b>Total Carbohydrate</b>	8g	<b>3%</b>	
<b>Dietary Fiber</b>	4g	<b>16%</b>	
<b>Sugars</b>	3g		
<b>Protein</b> 3g			
Vitamin A	10%	Vitamin C	160%
Calcium	2%	Iron	0%

\*Percent Daily Values are based on a diet of 2,000 calories. 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

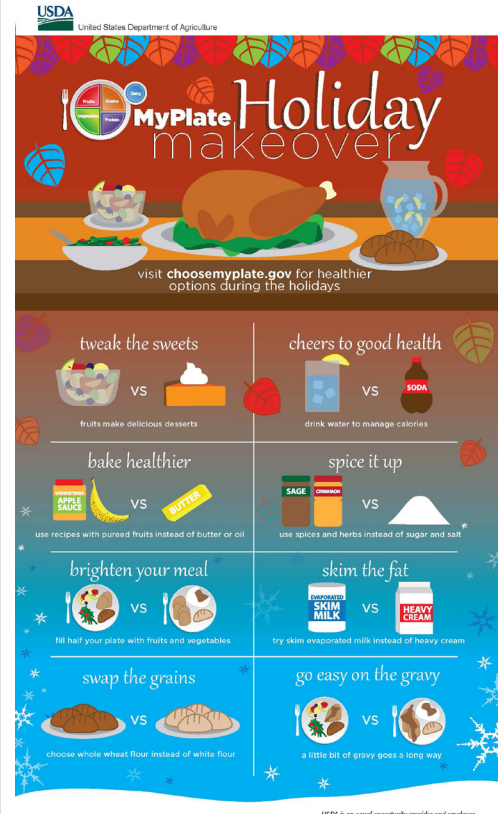


**SNAP-Ed**  
**New York**  
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This is the time of year when we all tend to start enjoying more comfort foods and holiday favorite meals. Even though they are always delicious they may have more fat, sugar, or salt than we really need. Try one of these options to make a healthier holiday switch this year!

Now is the time when family gathers to celebrate and, of course we always celebrate with food! Food safety is extremely important to keep you and, your family safe. Please take a look at these safety tips to refresh yourself and, it is also available to download here:

<https://www.cdc.gov/foodsafety/pdfs/rules-of-the-game-info-graphic-508c.pdf>



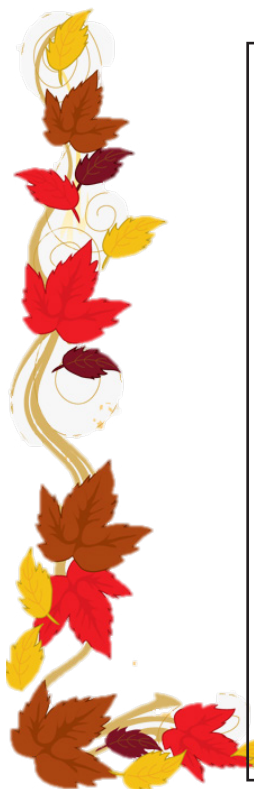
USDA United States Department of Agriculture

## MyPlate Holiday makeover

visit [choosemyplate.gov](http://choosemyplate.gov) for healthier options during the holidays

<p><b>tweak the sweets</b></p> <p>fruits make delicious desserts</p>	<p><b>cheers to good health</b></p> <p>drink water to manage calories</p>
<p><b>bake healthier</b></p> <p>use recipes with pureed fruits instead of butter or oil</p>	<p><b>spice it up</b></p> <p>use spices and herbs instead of sugar and salt</p>
<p><b>brighten your meal</b></p> <p>fill half your plate with fruits and vegetables</p>	<p><b>skim the fat</b></p> <p>try skim evaporated milk instead of heavy cream</p>
<p><b>swap the grains</b></p> <p>choose whole wheat flour instead of white flour</p>	<p><b>go easy on the gravy</b></p> <p>a little bit of gravy goes a long way</p>

USDA is an equal opportunity provider and employer.




## RULES of the GAME for Food Safety

<p><b>Keep it clean</b></p> <p>Before you eat or handle food, wash your hands, food prep tools and surfaces.</p>	<p><b>Cook to the right temperature</b></p> <p>Use a food thermometer to check that foods are cooked to the right temperature: 165°F for chicken and 160°F for ground beef.</p>
<p><b>Watch the clock</b></p> <p>Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's 90°F or warmer.</p>	<p><b>Serve at the right temperature</b></p> <p>Keep hot foods at 140°F or warmer, and cold foods at 40°F or colder.</p>

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

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# 4 - H NEWS

## Chenango County Ag-Stravaganza

By  
Janet Pfromm  
4-H Coordinator



Chenango County 4-H and the Chenango County Agricultural Society partnered together this summer to host a 2020 Ag-Stravaganza for youth and adult exhibitors in Chenango and contiguous counties. The show boasted 100+ exhibitors and 400 domestic projects and animals for competition.

Many thanks go out to the following people who made the show possible: John Marshman, Patsy Graham, Brian Graham, Scott Fairchild, Brittany Fairchild, Mary Weidman, Lee Hodge, Cindy Brace, Brenda McGowan, all of our judges and all staff of Cornell Cooperative Extension Chenango County and the Chenango County Agricultural Society.

This show would not have been possible without our generous sponsors: Midstate Veterinary Services, Brown's Feed Inc., Premier Select Sires, Inc, Leatherstocking Veterinary Services, Steve & Lee Perrin, McDowell & Walker, Inc. Afton, Tractor Supply Company, Norwich, Judy Ives, Trail Farm-Austin Family, Ray & Judy Crumb, Mara Seed, Inc, Curtis L. /Bailey Financial Services, Evans Auction Services: Bill Evans, Carol Franklin, Chenango County SWCD, Marilyn Carley, The Hodge Family: Ann P. Hodge, Jean Barrows, Paul Green, Ken Swift, Mrs. Thomas Flanagan, Kuhn's Equipment Repair, Inc., Mary Weidman, The Graham Family, Mr. & Mrs. Bill Davidson, Rudo Farm, Janet Pfromm, Rapp Dairy Nutrition, LLC, Marshman Farms LLC, SUNY Morrisville - Ag-business, Matthew's Auto Group, NBT, NYCM, M & T Bank, Linda Hofmann, Clipping Law Office, Robert Huot, Hoskings Hoof Care, Mirabito Holdings, Homestead Pet Supply, Zachary Meseck, White's Farm Supply.

### 4-H DOMESTIC PROJECTS

Judge's Choice Awards to: Maygan Roy, David Palmer III, Aidan Brown-Smith, Meghan Funk, Sarina Bell, and Amon Van Alst.

### PET SHOW JUDGE ERICA CLARK

Cloverbud Champion: Ava Kemmeren  
Beginner Champion: Sophia Bell  
Advanced Champion: Sarina Bell  
Costume Champion: Ava Kemmeren

### POULTRY SHOW JUDGE JAMIE MATTS

Novice Showmanship Champion: Annika Armstrong  
Reserve: Noah Brandt  
Junior Showmanship Champion: Amon Van Alst  
Reserve: Maria Funk  
Senior Showmanship Champion: Devon Fairchild  
Reserve: Raichel Brandt  
Master Showman: Devon Fairchild  
Reserve: Amon Van Alst  
Champion Bantam: Maria Funk  
Champion Standard: Amon Van Alst  
Champion Pigeon: Devon Fairchild  
Champion Waterfowl: Noah Brandt  
Champion Turkey: Amon Van Alst  
Best In Show: Amon Van Alst, Rhode Island Red

### RABBIT & CAVY SHOW JUDGE KASSIE RAMEAKA

Novice Showmanship Champion: Sophia Bell  
Reserve: Noah Brandt  
Junior Showmanship Champion: Sarina Bell  
Reserve: Mason O'Neil  
Senior Showmanship Champion: Raichel Brandt  
Master Showman: Raichel Brandt  
Reserve: Sarina Bell  
Champion American Fuzzy Lop: Sophia Bell  
Champion Holland Lop: Sarina Bell  
Champion Lionhead: Raichel Brandt  
Champion Mini Rex: Mason O'Neil  
Champion Netherland Dwarf: Ava Kemmeren  
Champion Silver Fox: Klarissa Cotten  
Champion Pet Rabbit: Phalen Hill  
Best In Show Rabbit: Phalen Hill, Pet Rabbit  
Champion American Cavy: Annika Armstrong  
Champion Abyssinian Cavy: Annika Armstrong  
Champion Peruvian Cavy: Noah Brandt  
Best In Show Cavy: Annika Armstrong, American  
Best In Show Overall: Phalen Hill, Pet Rabbit  
Reserve Best In Show Overall: Annika Armstrong, American Cavy



## DAIRY GOAT SHOW JUDGE DR. CYNTHIA SHELLEY

Novice Champion Showman: Annika Armstrong  
Reserve: Aidan Brown-Smith  
Junior Champion Showman: Skyler Graham  
Reserve: Abriauna Adams  
Intermediate Champion Showman: Cole Warren  
Reserve: David Palmer III  
Senior Champion Showman: Paige Warren  
Reserve: Devon Fairchild  
Master Showman: Paige Warren  
Reserve: Devon Fairchild

Alpine:  
4-H Jr. & Res. Jr. Champions ; Sr., Res. Sr., Grand & Res.  
Grand Champions : Abriauna Adams  
Open Jr. Champion : Abriauna Adams  
Res. Open Jr. Champion: Kaleigh Fairchild  
Open Sr., Res. Sr., Grand & Res. Gr. Champions : Abriauna Adams

LaMancha:  
4-H Junior Champion, Res Sr. & Res. Grand  
Champion: Maygan Roy  
4-H Senior & Grand Champion: David Palmer III  
Open Junior, Res. Junior Champion, Sr. & Grand Champion:  
Helen Powers

Open Res. Senior & Grand Champion: Susan Graham  
Nubian:

4-H & Open Jr Champion; Res Grand Champion: Cole Warren

4-H & Open Res. Jr. Champion: Paige Warren  
4-H & Open Sr. & Grand Champion: Meghan Funk  
Saanen:

4-H & Open Jr., Sr. & Grand Champions: Cole Warren  
4-H & Open Res. Jr. Champion: Skyler Graham  
4-H & Open Res. Sr. & Res. Grand Champion: Davia Adams  
Toggenburg:

4-H & Open Jr Champion; Res. Sr. & Res. Grand Champion:  
Devon Fairchild  
4-H & Open Res. Jr. Champion: Cole Warren  
4-H & Open Sr. & Grand Champion: Peyton Graham  
Recorded Grade:

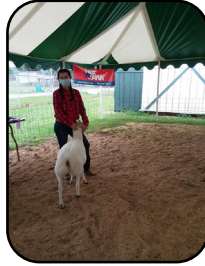
4-H & Open Jr. Champion: Peyton Graham  
Open Jr. Champion: Addyson Olsen  
4-H & Open Sr. & Grand Champion: Abriauna Adams  
4-H & Open Res. Sr. & Grand Champion: Skyler Graham

Nigerian Dwarf :  
Open Jr. Champion : Micaela Brandt  
Open Res. Jr. Champion : Lucas Meseck  
4-H & Open Sr. & Grand Champion; 4-H Res. Sr. Champion:  
Raichel Brandt

Open Res. Gr. Champion : Micaela Brandt  
Oberhasli :  
4-H & Open Jr. Champion & Res. Grand Champion: Maria Funk  
4-H Res. Jr. Champion; Sr. & Grand Champion: Jase Adams

Open Res. Jr. Champion : Jamie Funk  
Supreme Junior Doe of Show, 4-H & Open: Peyton Graham,  
Recorded Grade

Supreme Senior Doe of Show, 4-H & Open: Peyton Graham,  
Toggenberg  
Best Udder of Show: Jase Adams, Oberhasli



## SHEEP SHOW JUDGE ASHLEE YOUNG

Open Novice Champion Showman: Grace Walley  
Reserve: Anna Aukema  
Open Junior Champion Showman: Brycen Aukema  
4-H Junior Champion Showman & Res Open: Amon Van Alst  
4-H & Open Senior Champion Showman: Emma Peila  
4-H Master Showman: Emma Peila  
4-H Reserve: Amon Van Alst  
Open Master Showman: Brycen Aukema  
Open Reserve: Emma Peila  
Cheviot:  
4-H & Open Champion Ewe: Emma Peila  
Finn :  
4-H & Open Champion & Res. Champion Ram: Amon Van Alst  
4-H & Open Champion & Res, Champion Ewe : Amon Van Alst  
Shropshire :  
Open Champion Ram: Conner Kane  
Open Champion & Res. Champion Ewe : Conner Kane  
Southdown :  
Open Champion Ram & Res. Champion Ewe: Cassidy Miller  
Open Champion Ewe: Conner Kane  
Suffolk:  
Open Champion Ram: Aukema Family  
Open Champion & Res. Champion Ewe: Aukema Family  
AOV:  
Open Champion Ram & Ewe: Grace Walley  
Commercial White Wool Breed:  
4-H & Open Champion & Res. Champion Ewe: Amon Van Alst  
Commercial Natural Wool Breed:  
4-H & Open Champion & Res. Champion Ewe: Amon Van Alst  
Commercial White Meat Breed:  
4-H & Open Champion Ram: Emma Peila  
4-H Supreme Champion Ewe: Emma Peila, Cheviot  
Reserve: Amon Van Alst, CNWB  
4-H Supreme Champion Ram: Amon Van Alst, Finn  
Reserve: Emma Peila, CWMB  
Open Supreme Ewe: Conner Kane, Shropshire  
Reserve: Aukema Family, Suffolk  
Open Supreme Ram: Aukema Family, Suffolk  
Reserve: Conner Kane, Shropshire



# Chenango County Ag-Stravaganza

Congratulations to all exhibitors on their accomplishments! To learn more about the Chenango County 4-H Program, visit our website: <http://ccechenango.org/4-h-youth-development>, follow us on Facebook (chenango4h), call: 607-334-5841 x1112 or stop by 99 N. Broad St., Norwich, NY 13815.

## DAIRY CATTLE JUDGE DOUG WOLFE

Open Novice Champion Showman: Melody Van Gorder  
 Open Reserve: Garrus Van Gorder  
 4-H & Open Junior Champion Showman: Taylor Hodge  
 4-H & Open Reserve: Cora Hodge  
 4-H & Open Intermediate Champion Showman: Will Rumovicz  
 4-H Reserve: Owen Hill  
 Open Reserve: Chloe Davis  
 Open Senior Champion Showman: Mackinze Meisner  
 Open Reserve: Quinlan Davis  
 4-H Master Showman: Will Rumovicz  
 4-H Res. Master Showman: Taylor Hodge  
 Open Master Showman: Mackinze Meisner  
 Open Reserve: Quinlan Davis  
 Ayrshire:  
 Open Sr. & Grand Champion: Kyler Meisner  
 Brown Swiss:  
 Jr. Champion & Res. Grand Champion: Mackinze Meisner  
 Res. Jr. Champion: Anna Aukema  
 Sr. & Grand Champion: Chloe Davis  
 Guernsey :  
 4-H & Open Jr. & Res. Jr.; Sr. & Res. Sr.; Grand & Res.  
 Grand Champions: Will Rumovicz  
 Holstein:  
 4-H & Open Jr., Res. Jr., Sr. & Res. Sr., 4-H Grand & Res.  
 Grand Champions: Lily Marshman  
 Open Res. Sr. & Res. Grand Champion: Greenview Farm  
 Jersey:  
 4-H Jr. & Res. Jr. Champion; Open Res. Jr. Champion; 4-H  
 Res. Grand Champion: Cora Hodge  
 Open Jr. Champion: Adrienne Hodge  
 4-H & Open Sr. & Grand Champion: Taylor Hodge  
 4-H Res. Sr. Champion: Morgan Hodge  
 Open Res. Sr. & Res. Grand Champion: Chloe Davis  
 4-H & Open Junior Best in Show: Lily Marshman, Red &  
 White Holstein  
 4-H & Open Best In Show, Best Bred & Owned, Best Udder:  
 Lily Marshman, Red & White Holstein



## MEAT GOAT SHOW JUDGE ASHLEE YOUNG

4-H & Open Junior Champion Showman; Master Showman: Skyler Graham  
 4-H & Open Senior Champion Showman; Res. Master Showman: Peyton Graham  
 4-H & Open Res. Senior Champion Showman: Jaryn Price  
 4-H Junior Champion: Jaryn Price  
 Open Junior & Res. Junior Champion: Jake Beers  
 4-H Sr., Res. Sr., Grand & Res. Grand; Open Res. Sr. Champion: Skyler Graham  
 Open Sr., Grand & Res. Grand: Jake Beers

## SWINE SHOW JUDGE ASHLEE YOUNG

Junior Champion Showman: Skyler Graham  
 Senior Champion Showman: Devon Fairchild  
 Reserve: Peyton Graham  
 Master Showman: Devon Fairchild  
 Reserve Master: Skyler Graham  
 Champion & Res. Champion Berkshire: Devon Fairchild  
 Champion Market Hog: Devon Fairchild  
 Supreme Market Animal: Devon Fairchild, Hog

## BEEF SHOW JUDGE ASHLEE YOUNG

Junior & Master Champion Showman: Ricky Pegg  
 Champion Shorthorn & Supreme Bull: Brittany Fairchild  
 Champion & Res. Champion Shorthorn Cow & Supreme Cow: Brittany Fairchild  
 Champion AOV Cow: Ricky Pegg  
 Champion Commercial Cow: Jake Beers  
 Champion Market Beef: Ricky Pegg

## HORSE SHOW

Walk/Trot-Jog Champion: Leena Harmon  
 Reserve: Micah Medovich  
 11 & Under E & W Champion: Marley Goedel  
 12 & Over E & W Champion: Kerri Johnson



# 4-H ACHIEVEMENT DAY

Achievement Day is a great time to recognize all of the hard work our 4-Her's completed throughout the year. Since Covid threw us all a curve ball the 4-H team decided to hold this years Achievement Day at the Chenango County Fairgrounds on September 26, 2020. The afternoon was filled with things like homemade pumpkin launchers, and a potato cannon. The kids had a great time running to check the distance their veggies had flown. After a fun filled day of activities our 4-H kids were recognized for their achievements. The evening ended with a free drive-in movie for our families. This day also gives us an opportunity to thank our 4-H volunteers without their help we wouldn't be able to do what we do for the kids in our region.

## CLUB SECRETARY RECOGNITION

Emilee Bennett

## PUBLIC PRESENTATION RECOGNITION

Hidden Ponds Horse Lovers Club  
Ambitious Lions



## CHARLES AND PALMA GOODWIN COMMUNITY SERVICE AWARDS

Participating clubs:  
Hidden Ponds Horse Lovers  
Amon Van Alst  
Chenango Calico Clovers

**Top Community Service Club:**  
Hidden Ponds Horse Lovers

## PROMOTIONAL CLUB AWARDS

Hidden Ponds Horse Lovers



## AL AND THELMA EVANS TOP COUNTY FAIR CLUB AWARD

Storm Family 4-H Club

## HARRY L. CASE TOP CLUB AWARD

2019-2020 Recipient: Chenango Calico Clovers

## EXCEPTIONAL CLOVERBUDS

Kendall Cotten  
Owen Mace  
Klarrissa Cotten  
Grace Hodge  
Weston Smith  
Natalia Whaley  
Maeleigh Lum

## JR. CHAMPION AWARDS

Amon VanAlst

## JULIE K. BLANCHARD JR. ACHIEVEMENT AWARD

2019-2020 Winner is Amon Van Alst



## CLUB CHAMPION ROSETTES

Hidden Ponds Horse Lovers

## COUNTY MEDALS

Phiona Osborne – Public Speaking  
Lara Tefft – Public Speaking  
Emilee Bennett – Public Speaking  
Evelyn Thomas – Public Speaking  
Jaryn Price – Foods & Nutrition  
Natalie Dibble – Arts & Crafts  
Lilly Squires – Arts & Crafts  
Abby Mace – Arts & Crafts, Food & Nutrition  
Amon Van Alst- Foods & Nutrition, Public Speaking,  
Poultry, Sheep, Agriculture, Achievement



# Awesome 4-H Volunteers

# Thank You Volunteers

## 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 23 milestone awards this year. Your energy and dedication is tremendous and we are inspired by the work you do.

### FIRST YEAR - BRONZE

Jessica Buchanan, Chenango Calico Clovers  
 Tracy Henne, 4 Leaf Clovers  
 Cathryn Cargill, 4 Leaf Clovers  
 Michelle O'Neil, Independent  
 William Clark, Independent  
 Doug Rifanburg, Independent  
 Amanda Cotten, Ambitious Lions  
 Madeline Stone, Ambitious Lions  
 Jake Cotten, Ambitious Lions  
 Sheridan Stone, Ambitious Lions  
 Dustin Gage, Independent  
 Fred Vroman, 4 Leaf Clovers  
 David Green, Independent  
 Sarah Grisolini, Groovy Goat Getters



Ron hard at work helping out beginners during Shooting Sports.

### FIVE YEARS – SILVER

Dan Funk, Chenango Calico Clovers  
 Susan Graham, Valley Busters  
 Sarah Roy, Groovy Goat Getters

### TEN YEARS – GOLD

Kathy Austin, Independent  
 Brian Graham, Valley Busters  
 Kristin Rumovicz, Storm Family

### FIFTEEN YEARS – PEARL

Elise Robinson, Valley Busters



Elise working the table during 4-H As-Stravaganza



Brittany enjoying the goat show @ Ag-Stravaganza



Janet & Meghan addressing the Board of Supervisors during the 4-H/CCE County Proclamation Reception

### TWENTY FIVE YEARS – EMERALD

Ed Gnau, Valley Busters

### THIRTY YEARS – RUBY

Oscar Robinson, Valley Busters

### FIFTY YEARS – RUBY

Ellen Coughlin, Independent

### VOLUNTEER OF THE YEAR AWARD

Volunteer of 2020, Ron Meek  
 4-H Shooting Sports Program

### LIFETIME VOLUNTEER AWARD

Lifetime Volunteer of the year  
 Elise Robinson, Valley Busters

### ALUMNI AWARD

Alumni of the Year  
 Brittany Fairchild, 4-H Livestock Program

### FRIEND OF 4-H AWARD

Friend of 4-H  
 Chenango County Board of Supervisors



# COMING 4-H EVENTS



## BOO BASH

ATTENTION ALL 4-H Families!!!!  
Come join the FUN for a 4-H BOO BASH in the Cooperative Extension parking lot!

October 31 from 12:00 to 4:00pm.

There will be creepy crafts, goblin goodies, pumpkin pitching, a munchkin march, and lots of

of  
SPOOKTACULAR FUN!!!

RSVP Janet-jlp27@cornell.edu

## OUTDOOR ADVENTURE PROGRAMS:

Sat. November 7th, 3pm to 4:30/5pm :  
Wolf Communication Program at Wolf Mountain in Smyrna. \$8 per person.



Tues. December 29th, 10am to 1pm: Hike and shelter build at Whauapaunaucau State Forest.



Sat. January 23rd, 10am to 12pm: Snowshoeing!  
Location TBD



Please email Erica @ [elc97@cornell.edu](mailto:elc97@cornell.edu), to get more info about any of the programs and to sign up.

**\* Chenango County 4-H Receives Otis A. Thompson Foundation Grant**  
Thanks to the Otis A. Thompson Foundation, the Chenango County 4-H Shooting Sports Program will be receiving some upgrades this fall. The grant, in the amount of \$871, will be used to purchase additional archery equipment and to provide training for additional 4-H Shooting Sports volunteers.



# CNY TEAM UPDATES

Cornell Cooperative Extension  
Capital Area Agricultural & Horticultural Program

## PRICE RISK MANAGEMENT FOR DAIRY FARMERS

November 3 & 10, 2020 7:00 – 9:00 PM EST

Online via Zoom.

Register: <https://tinyurl.com/PriceRiskMgtDairyFarmers>

\$10.00 per farm for both sessions

MANAGE YOUR MILK PRICE



Following the abrupt downturn in milk markets during the spring and summer of 2020 and nearly an entire year of lower-than-expected milk prices resulting from the global pandemic, dairy farmers have a renewed interest in managing the price side of the business.

Please join CCE Capital Area Ag & Hort Program's Farm Business Management Educator Dayton Maxwell, FSA Executive Director David Holck, Tristan Peterson from Crop Growers Insurance, and Dr. Chris Wolf of Cornell University for an informative, fun, and educational program.

November 3, 2020

- ⦿ Dairy Margin Coverage – David Holck, Farm Service Agency
- ⦿ Forward Contracting and Such, Part 1 – Dr. Chris Wolf, Cornell University
- ⦿ Determining if Risk Management is Right for My Farm – Dayton Maxwell, CCE CAAHP

November 10, 2020

- ⦿ Dairy Revenue Protection – Tristan Peterson, Crop Growers Insurance
- ⦿ Forward Contracting and Such, Part 2 – Dr. Chris Wolf, Cornell University
- ⦿ Forward Contracting Dairy Farmer Experience – Dan Sheldon, Woody Hill Farms, Salem, NY

Program activities are supported by and coordinated with Cornell's Pro-Dairy Program and NY Farm Net.

## NAVIGATING FARM FAMILY RELATIONSHIPS DURING BUSINESS SUCCESSION PLANNING

November 5, 2020 7:00 – 8:15 PM EST

Online via Zoom.

Register: <https://tinyurl.com/NavigatingFarmFamilyZoom>

\$5.00 per farm



Farming with family members can be one of the most emotionally taxing experiences a person may encounter, especially when familial relationships get in the way of managing and leading the business. A Northeast farmer once jokingly said, "Working with family should be against the law."

Please join Cornell Cooperative Extension Albany County and the Capital Area Ag & Hort Program's Farm Business Management Educator Dayton Maxwell, Chris Tauzel of the New York State Agricultural Mediation Program and members of NY FarmNet's staff to learn how families can improve relationships to facilitate succession planning and long-term business continuation.

Program activities are supported by and coordinated with NYSAMP and NY Farm Net.



Cornell Cooperative Extension | Albany County | Capital Area Agriculture & Horticulture Program  
24 Martin Road, Voorheesville, NY 12186

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**10** 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. Please contact the Cornell Cooperative Extension Albany County office if you have any special needs.

Please join  
*Cornell Cooperative Extension of Chenango  
County Staff and Board  
Members*

*for the 2020  
Annual Meeting*

*on  
Tuesday, December 1st @ 1:00pm  
via zoom*

*Meeting will include guest speaker  
Eric Smith (NY Dairy & Fields crop Team),  
program updates, and recognition of volunteers.*

*Register in advance for this meeting:*

*[https://cornell.zoom.us/j/9490114149011\\_Hakf2MawY0mt2xt6tl](https://cornell.zoom.us/j/9490114149011_Hakf2MawY0mt2xt6tl)  
After registering, you will receive a confirmation email containing information  
about joining the meeting.*



## *CHRISTMAS TEA*

*Chenango County 4-H Leaders / Volunteers Association would  
like to extend an invitation to their annual  
Christmas Tea and Auction. The Tea is a fundraiser event as  
well as a Thank you for all of the folks that donate their time to  
the 4-H program.*



*Proceeds raised at this event got toward college scholarships, summer scholarships, county fair supplies & building updates, 4-H activities, end of year awards for kids, & so much more.*

*HOSTED by The Hidden Ponds Horse Lovers 4-H club*

*LOCATION is TBA*

*DATE : Sunday, December 6th*

*TIME : 1:30-3:30*

*Because of COVID if you would like to donate a gently used or new item, gift basket, or hand crafted item for the auction, please contact Rhonda @ [rlt236@cornell.edu](mailto:rlt236@cornell.edu) to let her know what you plan on bringing. This way we can reassure those friends and family members that plan to attend the safest and most enjoyable event.*

*This event is for the adults! The only children in attendance will be the 4-H club members that will be hosting the event.*

*MASKS ARE MANDATORY FOR THIS EVENT TO ENSURE A SAFE FUN TIME FOR ALL ATTENDING.*

*Thank you for understanding.*



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## 2020 BOARD OF DIRECTORS

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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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