

Extension *Express*

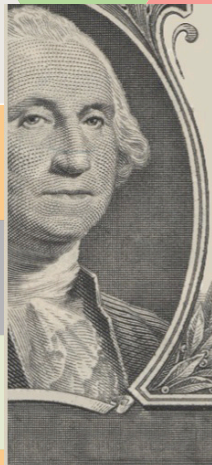
VOLUME 15 ISSUE 6: NOVEMBER-DECEMBER 2018

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Looking for Volunteers!



VITA
**Volunteer
Income Tax
Assistance**
in Chenango and Madison counties

Looking for a volunteer opportunity? Consider preparing tax returns in your community. You'll receive specialized training from an IRS certified VITA \TCE volunteer, so don't worry if you don't know that much about taxes! Volunteer roles include being a greeter, a reviewer, a tax preparer and more.

As a volunteer, you will interact with people who need help preparing their tax returns at no cost to them. We need volunteers to serve as Instructors, Site Coordinators, Tax Preparers, and much more.

If you are interested, please contact Alice Andrews by January 15th, 2018. For more information, Alice can be reached by phone at (607) 334-5841 ext. 18 or by email at ama42@cornell.edu.

*The VITA Program is coordinated by CASH Coalition of Madison and Chenango Counties and supported by NBT Bank

Don't miss the Firewood Drawing to Support 4-H!

Name: _____
Phone: _____
Address: _____

Chenango County 4-H Shooting Sports Fundraiser

Donate \$5 to be entered into a FIRE WOOD DRAWING!
Donate \$20 to be entered 5 TIMES!
Prize: 2 Face Cord Split Firewood

Drawing to
be held
January 18,
2019



Contact the 4-H office for more information! (607) 334-5841 ext. 15

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."

Cornell Cooperative Extension of Chenango Closed Dates

The CCE Chenango of County Office will be closed for the following days during the holiday season! We hope to see you all soon!

November 12th
November 22nd and 23rd
December 24th and 25th
January 1st



Have a great holiday season from everyone at Extension!

Cornell Cooperative Extension | Chenango County

Chainsaw Safety Training • Rich Taber, CCE Chenango

If you or any of your family members or employees ever work with chainsaws and the harvesting of firewood and timber, it is imperative that you receive the proper training. The logging industry has the highest injury rate of all industries in the United States. The best way to get this training is to attend one of the numerous "Game of Logging" events held around NY State.

The New York Center for Agricultural Medicine and Health (NYCAMH) partners with Bill Lindloff's ProCuts to offer Game of Logging trainings to farmers and interested landowners across New York State. NYCAMH subsidizes the cost of the class through a generous grant from the New York State Department of Health. Game of Logging is widely recognized as a leader in logging safety. The program combines lectures with a hands-on component, so students can put their

newly learned skills to the test. In the past few years, over 400 participants have been trained through this partnership between NYCAMH and ProCuts, a program they hope to continue as long as funding is available.

"Tailgate" workshops are also available through NYCAMH, covering safe chainsaw use which covers equipment, operation, and storage topics. This session is intended to be an introduction and is not adequate preparation for felling standing trees. Participants will not be using a chainsaw as part of the workshop; however, they might see a ham get mangled.

Contact NYCAMH directly at (800) 343-7527 or email info@nycamh.org for more information about Game of Logging and tailgate workshops. Similar forestry safety training courses are offered to members of the Empire State Forest Products Association.

Information on these trainings can be found at www.newyorkloggertraining.org.



ALICE, the Working Poor, in Chenango County

• The Chenango United Way

On many levels, New York is an affluent state. One with high median incomes, quality schools, and prosperous corporations. But look a little more closely at almost any New York community and you will find that within this affluence is a growing number of people who are barely getting by.

ALICE is a hardworking member of the community who is employed yet does not earn enough to afford the basic necessities of life- Asset Limited, Income Constrained, Employed- ALICE.

ALICE earns above the federal poverty level, but does not earn enough to afford a bare-bones household budget of housing, child care, food, transportation, and health care. ALICE cannot always pay the bills, has little or nothing in savings, and is forced to make tough choices such as deciding between quality child care or paying the rent. In Chenango County, 48% of our households fall below the ALICE threshold. That's almost 1 out of 2 families who are struggling to make ends meet every day.

The United Way ALICE Project is more than an in-depth study. It is a multi-state grassroots movement that

ignites a dialogue about the financial hardship of all people who earn less than the true cost of living.

To find out more about ALICE go to www.unitedwayalice.org/home or to donate to programs that support ALICE and other members of our community contact The United Way of Chenango at www.chenangouw.org. To find out more about programs at Cornell Cooperative Extension of Chenango County supported by the United Way contact Alexis Woodcock at asw239@cornell.edu or (607)334-5841 ext. 20.



*Thank you to all of Our Supporters.
We Love Your Donations!*

Smyrna Fire Department
The Trophy Guy and Sports Connection
James Ruberg, In Memory of Mr. Lyale Warren
Shawn Warren, In Memory of Mr. Lyale Warren
Sharon Warren, In Memory of Mr. Lyale Warren
Karen and Dick Warren, In Memory of Mr. Lyale Warren

Wendy and Al Radek, In Memory of Mr. Lyale Warren
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Beverly and Ken Kinzer, In Memory of Mr. Lyale Warren
Kevin and Jean Schofield, In Memory of Mr. Lyale Warren
Gail and Robert Endress, In Memory of Mr. Lyale Warren



Butternut Apple Crisp • Eat Smart New York

Ingredients:

- 1 Small Butternut Squash
- 3 medium tart apples, peeled and sliced
- 2 tbsp. lemon juice
- 1 tbsp. cornstarch
- 1 tsp. cinnamon
- ½ tsp. salt
- ½ cup all purpose flour
- ½ cup quick-cooking oats
- ¼ cup brown sugar
- 6 tbsp. cold butter

Instructions:

1. Heat oven to 375°F
2. Peel squash and, cut in half lengthwise, discard seeds. Cut squash into thin slices.
3. In a large bowl, toss the squash, apples, and lemon juice.
4. In a separate bowl, combine the brown sugar, cornstarch, cinnamon, and salt. Stir into squash mixture.
5. Lightly spray 9x13 baking dish. Transfer squash mixture to baking dish. Cover and bake at 375°F for 20 minutes.
6. In a small bowl, combine the flour, oats, and brown sugar. Cut in butter until mixture resembles coarse crumbs.
7. Remove baking dish from oven and sprinkle topping over squash. Return uncovered dish to oven. Bake 25 minutes longer or until squash is tender and topping is lightly brown.

Southern Tier Eat Smart NY 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.

Holiday Gifts, from Garden to Friend • Alexis Woodcock

Whether to appreciate your mail deliverer, thank a coworker, enliven a holiday gathering, or to fill a stocking, a handmade, consumable gift can be a great expression of hospitality, generosity, kindness, and joy. There are many ways to give gifts of food, from a batch of cookies to a jar of homemade marmalade, but no matter what you give it is all about the love that goes into sourcing wonderful ingredients and then crafting it into something delicious.

Learn how to make your own holiday gifts here at Cornell Cooperative Extension! On November 15th, we will be hosting a hands on workshop for creating holiday gifts from garden to pantry. The workshop is from 6-8pm and the fee is \$15.00. For more information or to register please contact Alexis Woodcock at asw239@cornell.edu or (607) 334-5841 x 20.



Nutrition Facts

8 servings per container
Serving size 1/2 cup (162g)

Amount per serving
Calories **190**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 150mg **7%**

Total Carbohydrate 34g **12%**

Dietary Fiber 4g **14%**

Total Sugars 15g

Includes 7g Added Sugars **14%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 45mg **4%**

Iron 1mg **6%**

Potassium 287mg **6%**

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



An Update with Chenango County 4-H • Janet Pfromm, 4-H

Chenango County 4-H Receives Roger Follett Grant Award

In June, 4-H received a grant from the Roger Follett Foundation to help with the continuing renovations to the livestock areas at the Chenango County Fairgrounds. Thanks to Ben Izard and his crew, new floors were poured and to Steve Cummings for the electrical work in the barns and camping areas.

4-H Paper Clover Campaign at TSC

Thank you to all who supported the fall Paper Clover Campaign at the Norwich Tractor Supply Company Store. 90% of the money raised through this fundraiser stays right here in Chenango County and is used to send 4-H'ers to regional and state-level 4-H Programs.



Chenango County 4-H Receives County Proclamation

Chenango County 4-H Educator Janet Pfromm and 4-H Member Amon Van Alst met with the Chenango County Board of Supervisors (pictured left) in October to receive a proclamation from the Board naming October as "4-H and CCE Month" in Chenango County. Emilee and the Hidden Ponds Horse Lovers Club baked 4-H Clover cookies for all and each Supervisor received a 4-H year-end report as well as a color changing pencil as thanks for their continued support of 4-H!

4-H Camping Trip • Christina Hall, 4-H

On September 15th, 4-H held an overnight camping trip at Balsam Pond in the Balsam Swamp State Forest area in McDonough. Youth had a great time kayaking and fishing on the water en-route to their camp on the far side of the pond. At the camping area, youth were able to pick a spot they thought was suitable for their campsite and they pitched their tents and built a fire to cook their dinner over. Participants explored the woods around the camping area for salamanders and other critters, and told stories around the campfire in the evening. The group camped overnight, packed up their camp after breakfast, and transported the belongings back across the pond in the kayaks and canoe.



Chenango County 4-H State Fair Results • Janet Pfromm, 4-H

Chenango County 4-H was well-represented in August at the NY State Fair! Many thanks to Louise Butcher, Christina Hall, and Kelcie and Josh Hofmann for taking our domestic projects up to State Fair and setting up our county booth! All of our youth received ribbons and great comments on their domestic projects to get ready for next year!

The following members participated with the following 4-H results:

Meghan Funk – blue ribbon and Judge’s Choice Award for her Quilted Pot Holders

Lily Marshman – 2 blues in Youth Building; Dairy Judging; Youth Holstein Show: 1st Blue and Master Holstein Showmanship

Joe Thomsen – Youth Holstein Show: 7th Blue Holstein Showmanship

Anna Thomsen – Youth Holstein Show: 1st Blue and Master Showmanship

Nathan Bennett – blue in Youth Building

Phalen Hill – Dairy Judging; Youth Holstein Show

Owen Hill – Youth Dairy Show: 5th Blue Showmanship, 2nd Sr 2 Guernsey

Heavenly Mahaffey – 2 blues in Youth Building

Will Rumovicz – Youth Dairy Show: 1st Blue and Master Showmanship, 1st Sr 3 and Honorable Mention Champion Guernsey, 1st Winter Yearling

Paige Warren – 1st Blue and Master Dairy Goat Showmanship, 5th Sr High Individual Dairy Goat Bowl, 6th Sr Meat Goat Showmanship, Meat Goat Show, Dairy Goat Show: Res Sr and Res Grand Champion Saanen

Cole Warren – 1st Blue and Master Dairy Goat Showmanship, 3rd Jr High Individual Dairy Goat Bowl, 7th Jr High Individual Goat Knowledge Olympics, 4th Goat Obstacle, Dairy Goat Show: Res Jr Champion Saanen, Sr and Grand Champion Toggenburg

Raichel Brandt – 3rd Blue and Master Dairy Goat Showmanship, 9th Sr High Individual Dairy Goat Bowl, Dairy Goat Show

Katelyn Brandt – 1 blue Youth Building; 3rd Blue Dairy Goat Showmanship, 3rd Goat Obstacle, Dairy Goat Show: Jr Champion AOP, Sr and Grand Champion AOP

Justin Graham – 5th Blue Dairy Goat Showmanship, Goat Knowledge Olympics, Dairy Goat Show: Res. Jr Champion Alpine

Peyton Graham – 6th Blue Dairy Goat Showmanship, Goat Knowledge Olympics, 6th Goat Obstacle, Dairy

Skyler Graham – 2nd Blue and Master Dairy Goat Showmanship, Goat Knowledge Olympics, 5th Goat Product ID, 1st Jr Meat Goat Showmanship, Meat Goat Show, Dairy Goat Show, Youth Swine Show: 6th Jr Showmanship, 8th Feb Spring Gilt Crossbred

Wyatt Austin – 10th Blue Dairy Goat Showmanship, Dairy Goat Show: Sr and Grand Champion Alpine, Res Sr and Res Grand Champion Recorded Grade

Brianna Allen – Red in Youth Building; Rabbit and Cavy Show

Adrianna Palmer – Blue in Youth Building



Devon Fairchild – 4th Blue and Master Dairy Goat Showmanship, Goat Knowledge Olympics, 6th Goat Obstacle, Dairy Goat Show: Res Jr Champion Toggenburg; Youth Swine Show: 9th Sr Showmanship, 9th Market Hog, 1st January Spring Gilt & Res Champion Berkshire

Mason O’Neil – Rabbit Show

Josh Hofmann – Rabbit Show

Olivia Palmer – Red in Youth Building

Jessup Ross – Blue in Youth Building

Amon Van Alst – 5 Blues in Youth Building; Youth Sheep Show: 1-3 places in Other Registered Breed



Classes, 1st Flock

Emilee Bennett – 2 Blues in Youth Building

Adrienne Hodge – Blue in Youth Building

Morgan Hodge – 3 Blues and 1 Red in Youth Building

Taylor Hodge – Blue in Youth Building

Kerry Johnson – 3rd Equitation on the Flat, 4th Hunter Hack, 5th Working Hunter, 6th Hunt Pleasure, 7th Equitation Over Fences, Hippology

Hailey Capiello – Hippology

Anna Thomsen – Dairy Judging

David Palmer III – 3rd Blue and Master Dairy Goat Showmanship, 4th Jr High Individual Goat Knowledge Olympics, Excellence in Goat Educational Display, Dairy Goat Show: 1st LaMancha 3-5 Doe

Maygan Roy – 11th Blue Dairy Goat Showmanship, 7th Sr High Individual Dairy Goat Bowl, Goat Knowledge Olympics, Dairy Goat Show: 3rd LaMancha two yr. old

Torie Smith – Livestock Skillathon and Judging, Youth Sheep Show: 1st and Champion Columbia Ewe, 3rd Natural Colored Wool Ewe

Chenango County – 8th Novice, 13th Junior Dairy Goat Judging Teams; 4th Jr, 3rd Sr Dairy Goat Bowl Teams; 1st Jr and Sr and 3rd Sr Goat Fitting Competition



From the NYS Fair website



4-H Achievement Day • Janet Pfromm, 4-H

Congratulations to all of the 4-H members and volunteers who completed the 2017-2018 4-H year! Chenango 4-H and special guest, Town of Guilford Supervisor George Seneck, gathered at Galena Park, North Norwich, to celebrate the year at the annual 4-H Achievement Day Celebration.

Promotional Club Awards

Clubs that participated in displays and community activities (such as floats, parades, and other displays) that promote 4-H.

Participating clubs:

- Chenango Calico Clovers
- Ambitious Lions
- Guilford Carry-On

Top Promotional Club:

- Hidden Ponds Horse Lovers

Al and Thelma Evans Top County Fair Club Award

The club with the most in-depth participation at the Chenango County Fair receives a trophy in memory of Albert and Thelma Evans.

- Ambitious Lions
- Guilford Carry-On
- Chenango Calico Clovers
- Hidden Ponds Horse Lovers
- Club Champions:**
- Ambitious Lions

Charles and Palma Goodwin Community

Service Awards

Participating individuals/clubs:

- Amon Van Alst
- Jaryn Price
- Matt Skinner
- Chenango Calico Clovers
- Ambitious Lions
- Hidden Ponds Horse Lovers

Top Community Service Club:

- Hidden Ponds Horse Lovers

Harry L. Case Top Club Award

This award is presented to the club that completed the highest level of club work.

- Hidden Ponds Horse Lovers

Club Secretary Recognition

Blue Ribbon Secretaries: Emilee Bennett, Brianna Allen

Public Presentation Recognition

Clubs being recognized include:

- Chenango Calico Clovers
- Hidden Ponds Horse Lovers Club
- Ambitious Lions
- Guilford Carry-On

Jr. Champion Awards

Based upon the amount of their participation; the top members ages 9-13 receive a certificate and \$100 scholarship to attend 4-H camp next summer.

- Brianna Allen
- Amon Van Alst

Julie K. Blanchard Jr. Achievement Award

Amon Van Alst

Exceptional Cloverbuds

These awards are presented to youth between the ages 5-8 year who have participated in a project area and have completed excellent project records.

- Abby Mace: Pet Care
- Addison Powell: Woodworking

County Medals

- Nathan Bennett: STEM
- Emilee Bennett: Horse & Special Horse Award
- Tatum Constantini: Arts & Crafts
- Aadian Constantini: Arts & Crafts
- Ayden Engelbrecht: Woodworking
- Meghan Funk: Horticulture
- Justin Graham: Literacy
- Peyton Graham: Goats
- Skyler Graham: Goats
- Heavenly Mahaffey: Arts & Crafts, Horse, Horticulture & Special Horse Award
- Phiona Osborne: Arts & Crafts
- Mackenzie Robbins-Van Valkenburg: Woodworking
- Dawson Robinson: Shooting Sports
- Jessup Ross: Shooting Sports
- John Smith: Shooting Sports
- Robert Smith: Shooting Sports
- Amon Van Alst: Poultry, Sheep, Rabbits, Foods & Nutrition, STEM, Public Speaking, Community Service, Sewing, & Achievement



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

First Year - Bronze

Herb Allen
Connie Penner
Kaleigh Fairchild
Jill Bennett
Faith Penner
Rita Longman
Scott Bennett
Wayne Penner
Jane Rink
Craig Champlin

Deborah Pierce
William "Coot"
Connelly
Lexi Pierson
Jeannine Engel-
brecht
Ashley Whaley
Kelly Tillotson
Brandon Woodcock
Ashley Osborne
Kelcie Hofmann

Five Years – Silver

Hannah Collins
Brittany Fairchild
Robin Price

Ten Years – Gold

Kelly Whitehead
Sarah Robinson
Jessica Warren
Eric Warren

Fifteen Years – Pearl

Rhonda Turrell

Thirty Five Years – Sapphire

Marilyn Carley

Forty Five Years – Emerald

Debie Brown-Moon

Outstanding Volunteer Awards

4-H Volunteers of the Year Award is presented to an individual who has given 10 years or less of dedicated service to the Chenango County 4-H program.

Volunteers of 2018, Nate and Jen Funk.

4-H Lifetime Volunteer Award is presented to an individual who has given more than 10 years of dedicated volunteer service to the Chenango County 4-H Program.

Lifetime Volunteer of the year, Vicky Gregory

4-H Alumni Award is presented to a 4-H Alumnus who has given back to the Chenango County 4-H Program through volunteer, monetary, and/or skilled labor support.

Alumni of the Year, Nathan Turrell

Friend of 4-H Award is presented to an individual, group or business that has supported the Chenango County 4-H Program through their contribution of time, materials, service, and or monetary support.

Friend of 4-H, The Trophy Guy, Mike Chase



Join the 4-H Gettysburg Trip • April 15, 16, and 17

Come join us for a joint trip with Seneca County 4-H'ers for a guided trip to the Gettysburg Battle Field. 4-H'ers will learn first-hand about this turning point of the Civil War and American history. 4-H'ers will visit Little Round Top, the site of Pickett's Charge, the Devils Den, and other famous locations on the battlefield along with the National Gettysburg Battlefield Museum. The group will depart at 10am, on Monday April 15th. The day of the 16th will be spent on the battlefield, and then depart for home on the 17th. All 4-H'ers must be accompanied by a family member or guardian. Ave Bauder, Civil War Historian will guide the trip. For more information call Ken Smith at (607) 334-5841 ext. 19.



4-H trip to the Gettysburg Battlefield in March 2018

National 4-H Week Celebration in Chenango County

A HUGE thank you to all who promoted 4-H in Chenango County during National 4-H Week, October 7-13, 2018. There were many displays, social media posts, and other creative things going on to get the Clover out there!

Pictured here is the Hidden Ponds Club selling baked goods at the local Tractor Supply!



4-H Upcoming Calendar Dates

Nov 10 th	4-H Science Sampler Day, Cornell University
Dec 5 th	CCE Annual Meeting, Norwich
Jan 2 nd	Sewing Scholarship Due
Jan 4 th	4-H Horse Bowl and Dairy Bowl Begin

Join us for the

*Cornell Cooperative Extension
of Chenango County Annual Meeting*

at the

Northeast Classic Car Museum

24 Rexford Street, Norwich NY 13815

Wednesday, December 5th at 12:00 pm

Enjoy the company of our Board Members and Staff for a catered lunch being served at Noon. To be followed by an introduction of new board members, recognition of volunteers, program updates and a guest speaker.

**Please RSVP by Wednesday, November 28th,
with Cindy Gardiner at
(607) 334-5841 ext. 11**





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Cornell Cooperative Extension | Chenango County

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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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