# EXTENSIONEXPRESS

The newsletter for

Volume 14 Issue 2: March-April 2017



Cornell University Cooperative Extension Chenango County

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## **GROWING TOGETHER WITH ALEXIS**



Alexis Woodcock building a raised bed.

Extension Cornell Cooperative Chenango of Chenango County has two programs looking for participants this year. We have 20 openings for the Grow Cook Eat program and are currently recruiting volunteers for Grow Cook Serve. Both programs are funded by Chenango United Way and are coordinated by Alexis Woodcock. Alexis is new to Cornell Cooperative Extension of Chenango County and is excited to continue both programs in 2017.

Grow Cook Eat is a 10-month program which helps people learn to grow their own food and preserve it, cook nutritious meals and set health related goals such

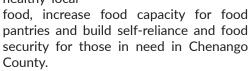
as increasing physical activity. participant is provided with a community garden plot, container garden or support

for gardening in their own yard. Requirements for graduation include 5 gardening taking classes, 6 cooking and nutrition classes, 3 food preservation classes, 3 physical fitness classes or group activities, goal

setting and evaluation activities, and completing 10 hours of volunteer work in the community. Registration is \$50 (nonrefundable) and those who complete all the required activities will receive a graduation gift certificate for \$75. Additional classes

can taken at the discounted rate of \$5 per class.

Grow Cook Serve is a program designed to provide healthy local



Volunteers are needed to grow an extra row in their garden of a crop, such as potatoes, winter squash, and carrots, which

has a long shelf-life and can be transported easily. The crop will be collected by Cornell Cooperative Extension of Chenango County and delivered to local food pantries and soup kitchens.



If gardening is not your thing, Grow Cook Serve also has an opportunity to train volunteers to do food preservation to donate food for year-round use. In addition, we are looking for participants to staff food pantries, and soup kitchens,

and to teach container gardening skills to clients at food pantries, soup kitchens, and head start centers.

If you are interested in participating in Grow Cook Eat or volunteering for Grow, Cook, Serve please contact Alexis Woodcock: asw239@cornell.edu (607) 334-5841 ext. 20 or download an application form at ccechenango.org/





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## MAPLE REVOLUTION MAKES SWEET OPPORTUNITIES FOR FARMERS AND LANDOWNERS

Technological improvements that have greatly increased maple syrup production have created new financial opportunities for farmers and landowners. The development of back check valves, 3/16ths tubing, and reverse osmosis technologies have helped sugar makers double the production of syrup a maple tree can make while dramatically reducing the cost to produce that syrup. The result is that maple sugaring is more profitable now than it has ever been.

Today, sugar makers regularly make more than half a gallon of syrup per year per tap, more than double the amount produced per tap just ten years ago. One technological innovation that has increased sap production back-check valves. These valves help keep bacteria from getting into the tap holes and helps tap holes from drying up during early warm spells. The result is that sap flows longer into the spring. Another recent technological improvement is the development of narrower diameter 3/16ths tubing. This tubing creates its own vacuum which can increase sap flow by more than 50%, and which costs a lot less to install. Reverse osmosis, has been around for a while, but it is the key technology in letting sugar makers process all of this sap without adding labor. Reverse osmosis also allows for gathering sap from red maple trees in addition to sugar maples. Often this means a doubling or more of the trees available to tap.

Farmers and landowners who own land with lots of maple can benefit from this maple production revolution in three ways: they can rent their land to sugar makers, they can produce sap, or they make their own syrup. For landowners interested in income from their forest, but without the time or interest in sugaring themselves, they could lease their land to sugar makers. Depending on the quality of the sugarbush, lease arrangements can generate from fifty cents per tap to more than a dollar a tap. For a large sugarbush, this could add up to thousands of dollars per year.

For those interested in working in the woods, but not in boiling syrup, selling sap can be a great option. The price of sap varies by sugar content and location but it is roughly fifteen to thirty cents per gallon. That could be from \$10 to \$60 per tap depending on sap quality. So a sugarbush of thousands of taps (a good sugarbush will have about 75 taps per acre) could gross

tens of thousands of dollars per year.

Finally, some might want to go the whole route and gather their own sap, boil it, and sell the syrup. This is a major commitment of money, time and labor (the cost of a large sugaring operation can be in the tens or hundreds of thousands of dollars to install), but the financial rewards are also there.

If you have woodlands are interested in ways that you can generate income from maple trees, drop us an email at kas294@ cornell.edu. We can help you evaluate the potential of your property and much more.

Images above: left to right, a large reverse osmosis machine cuts boiling time in half, newer spiles prevent tap holes from drying out in warm spells and narrow diameter tubing helps create a natural vacuum, Steve Childs works with a RO machine.

## A large thank you!

The CCE staff would like to say think you to all of our many volunteers who help and support the programming we do throughout the year. Thank you to our board of directors,

4-H volunteers,
Master Clothing
And Textile

Mention of the control of the contro

Volunteers, Master Gardeners,

Master Gardeners, Master Food

Preservers. Your

knowledge and support is greatly appreciated.



## General Donations

Judith C. Ives in memory of Albert Ives, Harold, Donna, Brian and Heidi Newton in memory of Orton and Orah Newton, Roberta Muzzy in memory of Kyle Muzzy, Curtis and Marjorie Bailey in memory of Ernie and Carol Tewinkle, Barry and Paula Lathrop in memory of Eugene Lathrop and in honor of Gertrude Lathrop, Philip Richmond in memory of Tracy M. Richmond Banks, Paul Orioli in honor of John and Jane Orioli, Carol Franklin in memory of Donald P. Franklin, Pearl T. Gilmour, Southern Tier Wool & Sheep, Marilyn Carley, Rachel Perry, Clark Ward, Charles Vigus, Jr., Candace Harrington, Michael A. Paino, Peter Guenzburger, Kathleen S. Haddad, Alan and Debra Davis, Carolyn and Larry McMaster, John F. Carpenter, Vic Westgate, David E. Farguhar, Jan and Joe Cornell, Johnnie and Paul Davis-Davis Farm, Fred Gaylord, William Beyer, Ken and Nancy Dibbell, Bruce and Elizabeth Vermeulen, Postma Brothers LLC, William Hallenbeck, David and MaryEl Emerson, Ken Swift, Dairy Farmers of America, Calvin Estabrook, Jeff Case, Mina Takahashi, Mary C. Weidman, John H. Carr, Janice Emrich, Yusuf Harper, Don Bosworth, Honorable Elizabeth Garry, Ed and Kathy Coates, Nick and Wendy Caldiero, Harold and Audrey Johnson, William and Audrey Aitken, Phil and Jane Clement, Mr. and Mrs. David Petley, Norwich Chapter Of Chenango County Home Bureau, Stephen and Lee Perrin and Jan O'Shea.

## 4-H Program Donations

Farm Credit East Sangerfield NY Office, In Memory Of Warren Eaton, Penny Wightman, Robert and Linda Marshman, Douglas Dutcher, Ted and Joyce Ellingsen, Don and Louise Perry, Robert Huot, Marion Ireland, Chenango Piecemakers Guild, Carol Johnson in memory of Ken Johnson, Pat and Lil Hawkins in memory of Isabelle and Ward Goodwin and Bonnie Goodwin Yager, Gary and Tracey Smith in memory of Ken and Jane Benson, John Hohl in memory of Walter McIntosh, Rockdale Rod and Gun Club for the 4-H Shooting Sports Program

## Agriculture Program

Ray and Judy Crumb, David Csejtey, Rev. Msgr. James F. Cox

# 4-H Engineering Camp

Want to learn more about how a small engine works or how to build your own robot? This spring break come explore the world of engineering.

Class will run from 11 to 3 each day at Cornell Cooperative Extension of Chenango County.

Date: April 10-14, 11am-3pm

**Topics: April 10-11** - Simple 4-H Robotics

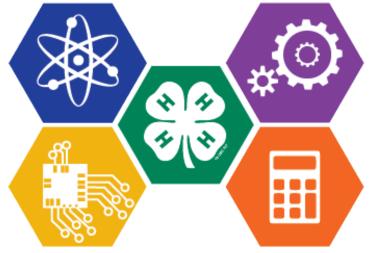
April 12-14 Small Engines

Instructors Betty and Peter Robinson will help quide you through small



engine repair, April 12-14. You will learn the ins and outs of taking apart and putting together a Briggs and Stratton snowblower engine. This camp is for those ages 13-19, with consideration of mature 12-year-old. **Please bring lunch.** 

Questions? Call or e-mail Janet: jlp27@cornell. edu or 607-334-5841 x12.



# STEM

Science · Technology Engineering · Math







## WORK BEGINS ON VALUE ADDED FOREST PRODUCTS INITIATIVE

Ny farm viability

INSTITUTE

BY RICH TABER, CCE CHENANGO

CCE Chenango has received a grant from the New York Farm Viability Institute titled "Increased Farm Viability and Diversification Through Value Added Forest Products". The impetus for this project was

due to the fact that 66% of New York Farms (23,576) have large amounts of forest lands which add significantly to the purchase prices and tax burdens, and yet less than 2,000 farms use their forest land to generate significant income. 60% of New York's 30 million acres, about 18 million acres, are covered with forests, and most of this land is owned by private forest landowners, and a good share of that by farmers. Much of this land has the potential to generate

income, but is currently underutilized. The purpose of this project is to help farmers and landowners become more profitable and diversified by developing a value-added forest (woodland) enterprise that compliments existing farm operations and which can generate more than \$10,000 per year.

The value added products that will be encouraged are maple sap and syrup products, firewood and sawtimber production, and woodland cultivated mushrooms. Possibilities for other potential forest value added products will be considered as well.

To achieve the goals of this project the following activities will occur:

1. Presentations will be given to farmers across the state to introduce them to farm-compatible forest enterprises that can gross more than \$10,000 a year.

\$10,000 is the minimum gross income level that is required to be generated per year in order for farms to be eligible for property tax reductions.

- 2. Videos will be produced on forest income producing enterprises and posted to internet and social media sites such as YouTube, Facebook, and Cornell Cooperative Extension Websites.
- 3. The project is developing a Forest Value Added Business Plan Template, and will provide one-on-one help for farmers/landowners developing plans for a value-added forest product enterprise.

More information will be developed this year on this exciting

project. New York State's forest resources are always at the risk of being sold and subdivided for development. This project aims to keep the landscape in forests by providing farmers and landowners with viable income generating possibilities.

Rich Taber is Grazing, Forestry, and Ag Economic Development Specialist with CCE Chenango. He lives on a farm in Madison County with his wife Wendy where they grow a variety of hay crops, graze, and raise beef cattle, sheep, and pastured poultry, on their steep, acid prone soils. He can be reached at 607-334-5841 ext. 21 or email: rbt44@cornell.edu.

## **CALENDAR**

**Mar 1** - 4-H Livestock Scholarship Applications Due

Mar 3 - Horsebowl and Dairybowl Practices @ CCE

**March 8 -**Winter Dairy Managment, 10am to 3pm @ CCE Broome, Binghamton

**March 9** -Backyard Maple Sugaring, 7pm to 9pm @ CCE

Mar 10 - Horsebowl Practices @ CCE

**Mar 11** - 4-H Horsebowl, Hippology, and Dairybowl Contests,

Chenango Forks Elementary School

Mar 17 - 4-H Sewing Spectacular, 7pm

**Mar 18** - March Dog Madness, Cornell University

Mar 20-24 - Ag Literacy Week

Mar 25 - Dairy Discovery, Cornell University

**April 1-** 4-H Regional Public Presentations Competition, Chenango Forks

**April 1**- Cornell University Vet School Open House

**April 8** -Trout Fishing Basics for Chenango County. 10am to Noon @ Rogers Environmental Education Center

**April 8** - State 4-H Horse Bowl Contest, Cornell University

**April 10-14** - 4-H Engineering Camp, featuring small engines, CCE Chenango

**April 15** - State 4-H Horse Judging Contest, SUNY Morrisville

**April 15-30** -Chenango County Celebrates 4-H National Day of Service

**April 17**- Incubation & Embryology Egg Delivery

April 23-29 - National Volunteer Week

**April 26-May 7** - 4-H Paper Clover Campaign at Tractor Supply

**April 29**- State 4-H Dairy Bowl Contest, Cornell University

April 29 - National 4-H Day of Service

**May 1** - Chenango County Leaders' Association and Senior 4-H Dairy Scholarships Due



ANNUAL TREE AND SHRUB SALE: The Chenango County Soil and Water Conservation District is hosting their annual Tree and Shrub Planting Sale again this year! The District offers several different kinds of conifer seedlings, conifer transplants, deciduous trees and shrubs, ferns, flowers and grasses. A variety of conservation packs including Bird & Butterfly, Edible Fruit, Evergreen and Ornamental Flowering. Edible fruits including blackberry, strawberry, blueberry and apples trees are also available. We also offer supplies to get your trees and shrubs the best possible start once they are in the ground. For an order form call 607-334-8634 ext 5; stop in our office at 99 North Broad St, Norwich; email ka.kem@frontier.com or visit us on the web at www.chenangoswcd.org. The order deadline is Monday, April 10, 2017, and the pick-up date for the orders is Friday, May 5, 2017 from 2-6pm at the Chenango County Fairgrounds in Norwich.

### BACKYARD MAPLE SUGARING

March 9 ● CCE Chenango, Norwich, NY

Come learn to tap trees and make your own syrup. The program will cover how to identify maple trees, how to tap them, how to set up a simple sap collecting system, boil sap into syrup and how to bottle your syrup. Come and learn how to get started in this fun family activity. 7pm to 9pm. Cost \$5 per family.

### TROUT FISHING BASICS

April 8 ● Rogers Environmental Education Center, Sherburne, NY

Come join us to learn how to catch trout in Chenango County and how to clean and cook them. We will cover good fishing locations in Chenango County, and we will teach and demonstrate which parts of the streams and rivers to fish, the proper way to fish with bait, lures, and flies. We will also demonstrate how to clean and cook your fish. 10am to Noon. Fee \$5 per person or \$7 per family.

## DAIRY DISCOVERY

March 25, 2017 • Cornell University

This year's topic will be: WHOLE FARM MANAGEMENT AND ANALYSIS

Dairy Discovery is an opportunity for dairy interested youth of various knowledge levels to come together and learn about many aspects of the dairy business and production management. It is bringing the future of the industry together in one location to share knowledge and experience's to better prepare and gain a broader perspective of the dairy field. Having a general understanding of nutrition, reproduction, milking procedures, animal health, housing, and financial management is important for operating or owning a dairy business and preparation for dairy careers. Along with having an understanding of these areas, it is important to apply this understanding to the real world of a working dairy business.

If you are interested in attending, please contact Janet for registration, **jlp27@cornell**. edu or **607-334-5841 x12**. Cost of the program is \$45 and spots fill up fast. Trip leaves CCE at 6:30am and returns between 5-5:30pm.



# 4-H SEWING SCHOLARSHIP WINNERS

Congratulations to the following youth who received scholarships to help with their winter sewing projects:

Baily Anderson - stuffed puppy

Shea Breese - bag

Taylor Hodge – stuffed alligator

Emilee Bennett - PJ pants

Maria Funk - t-shirt dress

Fiora Breese - bag

Adrienne Hodge - tunic shirt

Gwen Breese - t-shirt dress

Morgan Hodge - long-sleeved shirt

## SEWING CAMP KICKS OFF

This year's sewing camp is off to a great start. Participants started the camp with a review of sewing machine components and the basics of how to operate a sewing machine. More experienced sewers moved right into laying and cutting out their patterns while beginner and intermediate sewers made mini projects like a snake neck heating pad and felt pouch.





**WHAT:** An annual conference for adult and teenage 4-H volunteer leaders. Workshops engage participants in science based information training. Current animal health, animal behavior, industry trends and youth development issues are addressed. Since 2002, guest presenters have included stakeholders, extension professionals, community and youth experts.

WHEN: March 18, 2017

**WHERE:** Morrison Hall (507 Tower Rd, Ithaca, NY 14853) and the Livestock Pavilion on Judd Falls Road, Cornell Campus, Ithaca.

**WHO:** All interested staff, adult and teen 4-H leaders are invited to attend this one day information packed program. Dog project leaders engaged in local community training programs are strongly encouraged to attend. Presentations from a variety of experienced professionals may include: Cooperative Extension Staff, County Volunteers, Cornell University Veterinarians, community collaborators, etc.

**WHY:** This program helps community leaders understand and practice principles that they can take back and share with 4-H members at the local level. Adult and teen leaders gain networking skills, exchange ideas and have an opportunity to work together in a university setting.

**LUNCH** will be provided. To cover the cost of lunch and program materials, there is a charge of \$30.00 per person. There is a limit of 20 people per concurrent workshop. Registrations and payment are due by March 11. Space is limited to the first 100 people whose PAYMENT is received by March 11.

Online registrations will require payment by credit/debit card.Paper registrations must be accompanied by a check. Multiple paper registrations may be grouped together and paid for by a single check if desired

For more info: http://4h.ansci.cornell.edu/events-2/march-dog-madness/



## 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 2017 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 requires the one page application, essay, and two letters of reference. Applications are due May 1.





## 4-H CAMP SHANKITUNK

## SCHOLARSHIP OPPORTUNITY FOR CHENANGO CO. YOUTH

**DEADLINE: MARCH 31ST** 

The Owen Kelly Memorial Campership pays the complete cost of camp for one child each week during the summer. Who: Eligible boys and girls ages 8-16 in need regardless of where they are from.

#### Requirements:

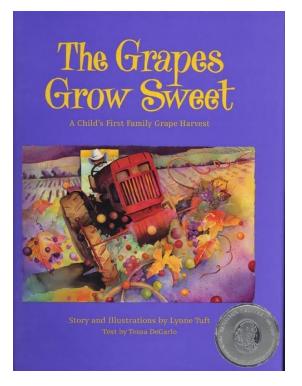
- 1. Complete the application available on the website: http://www.campshankitunk.org/camperships
- 2. Write a short essay on why you want to attend 4-H Camp Shankitunk and require financial assistance to do so
- 3. Submit a letter of recommendation from a teacher, clergy, 4-H Leader, or friend of the family on how camp will help the applicant grow as a leader, learn skills, and make friends at camp when they may not otherwise have the opportunity.

#### More about this Campership:

Owen absolutely loved everything about Shankitunk, and even though it was only a few weeks each summer, Shankitunk was part of his life year round. Owen made numerous 'forever friends' and lifelong memories at this magical place. Owen would want everyone to share in the Shankitunk experience; so this campership has been created for deserving children in need who would enjoy Shankitunk as much as he did.

# Agricultural Literacy Week

March 20-24, 2017



Help your students make the connection between local farms and the grapes that they eat! Winner of the Benjamin Franklin Award.

Perfect for Pre-K—2nd Grad Classrooms

For the first time, four-year-old Julian is old enough to take part in the grape harvest on his family's vineyard. Through Julian's wonder, *The Grapes Grow Sweet* offers a captivating glimpse of growing up on a family vineyard in wine country. Readers follow the development of the grape from bloom to harvest, and see up close the animal and plant life of the vineyard.

- Each school will receive a complimentary book of *The Grapes Grow Sweet* by Lynne Tuft and Tessa DeCarlo.
- 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 697-334-5841 x12 or jlp27@cornell.edu

Cornell University Cooperative Extension Chenango County For more information on Agricultural Literacy Day, visit: www.agclassroom.org/ny









# 2017 Pheasant Project

Since 2006, Chenango County has reared and released over 9,400 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project!

We are currently taking orders for the 2017 Project and hope to have 1,500 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, 2017. Please contact Janet Pfromm to place your order or to request more information.

607-334-5841 x12 or jlp27@cornell.edu

### **ANIMAL CRACKERS**





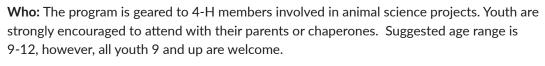
Where: Cornell University

When: May 6, 2017

**Topic:** Canine & Equine

The annual Animal Crackers program provides New York youth with fun, hands-on, science-oriented learning experiences on Animal Science topics. This workshop is for 4-H members interested in learning more about their favorite livestock, companion or pet animal species; emphasis on different species groupings and activities varies annually. Participants will learn about different aspects of animal care, interact and exchange information with faculty, staff, students, professional producers, industry experts, and more, utilizing the unique facilities of Cornell University. Hands-on workshops are planned for each species group.

**Start Time/Where:** Morrison Hall – 507 Tower Rd, Ithaca, NY 14853. Check-in begins at 9am



**Why:** This is a unique opportunity for youth to experience hands-on activities in a university setting, explore career options in animal science, and expand their knowledge through scientific inquiry.

Accessibility: We are committed to providing universal access to all of our events. Please contact Barb Jones, 607-255-7712 or bjj6@cornell.edu before the registration deadline to

request disability accommodations. Advance notice is necessary to arrange for some accessibility needs.

**Registration:** Participants must register with the local 4-H Youth Development program through

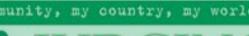
your county Cornell Cooperative Extension Office. Registration opens in Feb/March and will close in April (approximately 1-2 weeks prior to the event) or when programs are full, whichever happens first. Counties will be billed directly for the registration fee.

**Cost:** \$15 per youth participant. No fee for chaperones. 4-H members must register with Janet NO LATER THAN APRIL 15, jlp27@cornell.edu.

Participants must bring their own lunch and drinks. The closest place to purchase food is a 5 minute drive from campus.







# 2017 County Public Presentation Results

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## Cloverbuds

Riley Benedict Gwendolyn Breese Cora Hodge Caleb Holbert Clifford Russett Viola Russett

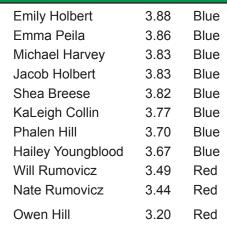


U car access		
Brianna Allen	5.00	Gold,
Lily Marshman	4.95	Gold,
Dakota Miles	4.90	Gold,
Madisyn Peck	4.76	Gold,
Meghan Funk	4.57	Gold,
Amon VanAlst	4.45	Silver,
Fiora Breese	4.41	Silver,
Kaden Collins	4.18	Blue
Dominic Eichler	4.11	Blue
Nija Fuller	4.09	Blue
Joseph Thomsen	4.06	Blue
Shawn Fuller	4.03	Blue
Anna Thomsen	3.99	Blue
Braiden Youngblood	3.91	Blue



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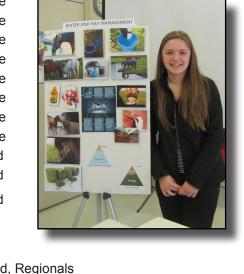




Alex Leggett	4.62	Gold,
Wyatt Austin	4.58	Gold,
Cheyenne Miles	4.10	Blue
Edwin Thomsen	3.87	Blue
Victoria Peila	3.17	Red



Lorraine Buse	77%	Bronze
Emilee Bennett	76.6%	Bronze
Jordan Peck	70%	Bronze











# Cornell University Cooperative Extension Chenango County

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Cornell Cooperative Extension Chenango County 2017 BOARD OF DIRECTORS

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to be elected February 2017

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Danielle Hautaniemi

#### **Directors at Large**

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Jennifer Ryan
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Greg LaMonica
Julie Ives

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!

## Cornell Cooperative Extension Chenango County 2017 **STAFF** (607) 334-5841 OR 334-9972

Kenneth Smith (Ext. 19) Executive Director kas294@cornell.edu

Alice Andrews (Ext. 18) Finance & Operations ama42@cornell.edu

Dave Balbian (518)-312-3592 Area Dairy Management Specialist Central NY Dairy & Field Crops Team

drb23@cornell.edu

Alexis Woodcock (Ext. 20) Grow Cook Eat / Serve Coordinator

Kevin Ganoe (315) 866-7920 Field Crop Specialist Central NY Dairy & Field Crops Team khg2@cornell.edu **Cindy Gardiner** (Ext. 11) Administrative Assistant cag255@cornell.edu

**Dennis Madden**Building Custodian

Rich Taber (Ext. 21) Grazing/Ag Economic Development Specialist rbt44@cornell.edu

#### **4-H Youth Development**

Janet Pfromm (Ext. 12) 4-H Coordinator jlp27@cornell.edu

**Richard Turrell** (Ext. 15) 4-H Volunteer Coordinator rlt229@cornell.edu

#### Eat Smart New York-Southern Tier

Betty Clark (Ext. 32) Eat Smart NY Program Coordinator blc28@cornell.edu

**Elizabeth Coffey** (Ext. 33) Nutrition Teaching Assistant eac253@cornell.edu

Whitney Kmetz (Ext. 33) Nutrition Teaching Assistant wdg43@cornell.edu

Neisa Pantalia (Ext. 33) Nutrition Teaching Assistant nmp52@cornell.edu