

Extension *Express*

4-H MEMBERS ATTEND THE COOPERSTOWN LIVESTOCK SHOW

Several members 4-H member from Chenango County attended the 76th Annual Junior Livestock Show. Our 4-H'ers did an excellent job representing Chenango County. Congratulations you all did a wonderful job!

SHOWMANSHIP:

Dairy Showmanship

Grand Champion - Adrienne H.
Reserve Grand Champion - Cora H.

Dairy Goat Showmanship

Grand Champion - Skylar G.

OTHER DAIRY AWARDS:

Supreme Jr. Dairy Animal

Taylor H. - Holtmart Drone Olive

Guernsey Jr. Champion

Taylor H. - Holtmart Drone Olive

Reserve Sr. Champion & Reserve Grand Champion

Taylor H. - Holtmart Drone Olive

Jersey Jr. Champion

Taylor H. - Hammerdown
Victorious Spark



Recorded Grade Reserve Jr. Champion

Abbi-Lynn P. - Iv Creek GPD Sassafras

Beginner Division

3rd - Grace H.
6th - William D.

Junior Division

5th - Addison D.

Senior Division

1st - Elizabeth V.
6th - Taylor H.
8th - Lily M.



Chobani Ag. Leader Scholarship Awards:

Senior Award

Adrienne H.

Terra Jackson Award:

Molly G



DAIRY GOAT

Alpine Reserve Sr. &

Reserve Grand Champion

Skylar G. - Subrikar Justin's Barley

Saanen Reserve Sr. Champion & Reserve Grand Champion

Skylar G. - Subrikar Justin's Flurry



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SNAP-Ed: DOING GREAT THINGS!

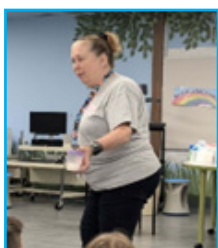
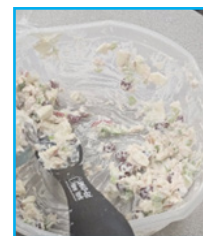
SNAP-Ed NUTRITION EDUCATORS & GROW COOK SERVE COORDINATOR JOIN FORCES



During the week of July 15th, SNAP-Ed Nutrition Educators Carrie Forward and Carol Lyons along with Grow Cook Serve Coordinator, Alexis Woodcock, brought expertise to the culinary week with the youth through LPP. Plus, they even had them getting active because of course along with food, we need to be ACTIVE!! Alexis taught the youth how to make whole wheat pitas and tortilla's which then were used when SNAP-Ed Nutrition Educator Carrie made homemade chicken waldorf salad with the children that was served on the pitas. Carrie talked about the importance of having at least three food groups into their meals to get a large amount of vitamins and minerals into their diets. The kids loved the whole combination. Then Carol played several different games outdoors to get the kids moving and having them understand that physical activity should be fun!!

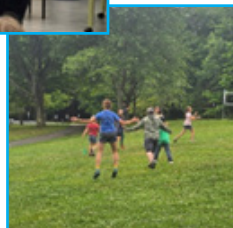
SNAP-Ed ASSISTING WITH 4-H CAMPING EXPERIENCE!

CCE Health and Nutrition Supervisor, Whitney Kmetz joined in the fun during the 4-Her's camping experience at Gilbert Lake on July 24th! Whitney talked to the children about the importance of being physically active. The children learned that being physically active can be so much fun with games that they learned. The children then made a tasty homemade fruited chicken salad to have for their lunch. It was a great experience for the children! Plus they got to work on skills with reading a recipe and using knives.



SNAP-Ed EMPOWERING YOUTH TO MAKE SMART CHOICES

SNAP-Ed Nutrition Educator, Carol has been going to Oxford Elementary School weekly during the Summer to provide education to the youth. On July 25th, she talked about sugar found in beverages. Sugar sweetened beverages are the leading sources of added sugars in our diets today. Especially with our youth, having extra added sugars into their diets can lead to negative health consequences such as type 2 diabetes, weight gain, more sedentary lifestyle, tooth decay and many more risks. The children are always so amazed at how much sugar is found in our drinks today. As a part of our education, we always talk to the youth about the importance of drinking more water and milk frequently. Plus, in the summertime, creating a twist with their water to add something such as cucumbers, oranges, mint leaves, anything to create a different flavor so water does not become boring for them!



SNAP-Ed HAVING CHILDREN TRYING SOMETHING DIFFERENT, KOHLRABI!!

On Tuesday August 6th SNAP-Ed Educator, Carrie Forward, collaborated with 4-H Educators at the 4-H Summer Camp housed at Madison County CCE to provide a lesson on "Snacking on Vegetables". Carrie displayed many colorful vegetables and reviewed the importance of eating from a rainbow in order to get important nutrients, less salt, sugar and fat options in vegetables when you choose them as a snack choice.

Carrie had 12 youth at the 4-H camp help with cutting kohlrabi, bell peppers, carrots, and celery for dipping into a recipe of homemade tzatziki sauce that the kids also learned to make. Many of the vegetables as well as fresh herbs came from our share at CCE from Common Thread.

Kohlrabi, was tasted by the kids as well as by Carrie, SNAP-Ed Nutrition Educator, for the first time. The feedback from the kids was that kohlrabi was "different" reminded some of the texture of potatoes when cut fresh, reminded a few of a radish only bigger and outside texture was different. Each kid at camp tried all dippable vegetables and many were pleasantly surprised that they enjoyed the tzatziki sauce with the vegetables that they made. At a later event in the week, Carrie was approached at a school BBQ SNAP-ed attended by a mom and 2 of the 4 H campers from earlier in the week. The 4-H mom said the kids came home excited to tell her about the new recipe of tzatziki they had made at 4-H camp and how they were surprised by how much they liked the taste of it since it was new to them and that we all tried a vegetable together for the first time. We love hearing these stories from our participants and families!



WHOLE GRAIN LESSON DURING 4-H MOVIE NIGHT AT THE CHENANGO COUNTY FAIR!!

During the week of the Chenango County Fair on August 7th, SNAP-Ed Nutrition Educator Carol Lyons talked about a staple in many households during July and August, CORN! Carol talked about the nutritional benefits of eating corn, how it can be a whole grain, versus eating refined grains. She also talked about healthy cooking tips for corn and what were other cooking traditions for corn in other countries. After Carol did her lesson, she then did air popped popcorn with the 4-Her's and let them create their own homemade seasonings without butter or salt. It was a great way for children to see that they can naturally flavor the popcorn to their liking, and it is still enjoyable without butter or salt which are nutrients of concern especially as they get older!



FUN FALL RECIPE FOR THE WHOLE FAMILY

Jack-O-Lanterns (Pumpkin Pancakes)

Source: foodhero.org

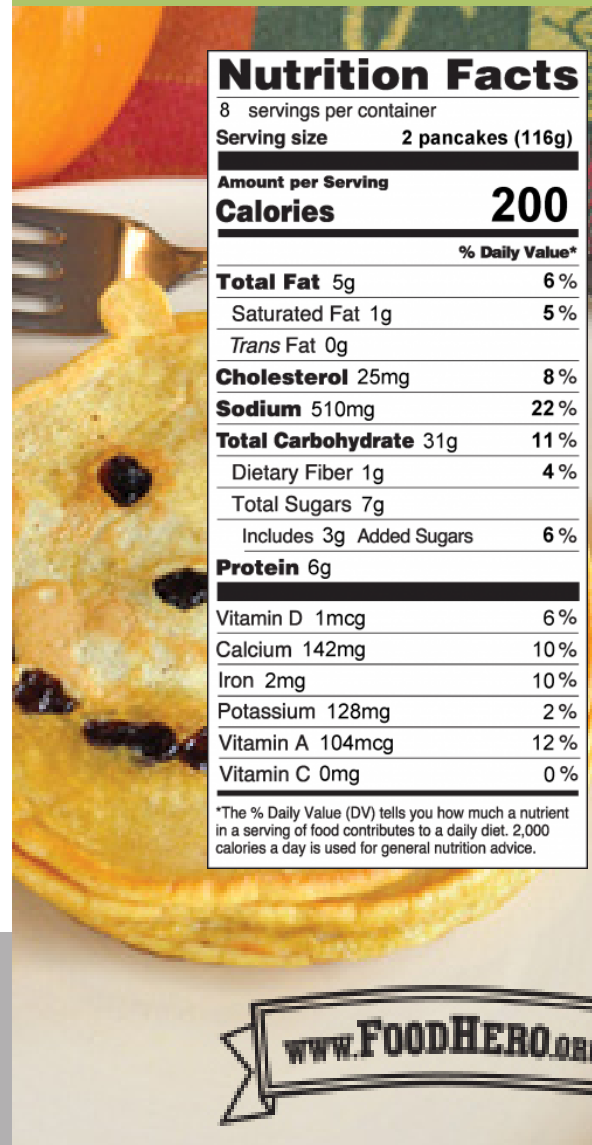
Prep time: 15 minutes, Cooking time: 5 minutes, Makes: 16 pancakes (4-inch round)

Ingredients:

- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups nonfat or 1% milk
- 2 Tablespoons vegetable oil
- 2 cups flour
- 2 Tablespoons brown sugar
- 1 Tablespoon baking powder
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 5 Tablespoons raisins (optional, to make faces)

Directions:

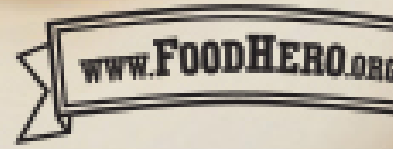
1. Combine eggs, pumpkin, milk and oil in large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (300 degrees in an electric skillet). Using a 1/4 cup measure, pour batter on hot griddle
4. Put a face on the jack-o-lantern, using raisins for eyes and teeth. Drop raisins in batter while it cooks
5. Pancakes are ready to turn when tops are bubbly all over, and the edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once. Continue to bake until bottoms are brown and dry.
6. Refrigerate leftovers within 2 hours.



Nutrition Facts	
8 servings per container	
Serving size	2 pancakes (116g)
Amount per Serving	
Calories	200
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 142mg	10%
Iron 2mg	10%
Potassium 128mg	2%
Vitamin A 104mcg	12%
Vitamin C 0mg	0%

*The % Daily Value (DV) 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.

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 snapedny.org



EFNEP MARKETING TO RAISE AWARENESS!

Enhanced Food and Nutrition Program (EFNEP) – Whitney Kmetz

Mary Close, EFNEP Nutrition Educator has been generating awareness of EFNEP programming available within Chenango County at Music in the Park Summer Series located in Norwich, NY. On July 25th, Mary did a hands-on activity which included talking about "Rethink your Drink" selections with sugar tubes and measuring spoons. Mary also had available coloring pages and a word search with a vegetable and fruit theme for the children. During the event the MC announced CCE's presence in the park for the remainder of the concert series, except fair week. Mary had several conversations where individuals were interested and inquiring about the start of classes. The concert on 8/1 included an interactive Food Sense Wheel game and targeted marketing to partnerships in addition to participants

EFNEP MARKETING AT THE CHENANGO COUNTY FAIR

Mary Close, EFNEP Nutrition Educator has been getting awareness out to the community about the EFNEP program that is available within Chenango County at CCE. Mary had a great deal of success during our Chenango County Fair from August 7th through August 10th seeing many families who are interested in future programming which include about 15 families! Each day Mary featured fruit infused flavored water for individuals to try, and she also had different games that families or children could play dealing with nutrition and wellness. On Saturday, she had homemade packages of trail mix for individuals to try that featured whole grain cereals, and dried fruit. Before the fair started, Mary was even able to get donations from local businesses which she raffled off during the fair. This created nice foot traffic for her! Plus, she had beautiful displays set up that were eye catching to everyone, so they were curious and wanted to stop by to check it out! If you are interested in learning more about EFNEP, please contact Mary Close at: mkc244@cornell.edu or 607-334-5841 Ext:1113.



GROW COOK SERVE NEWS

CHENANGO FAMILY FOOD CO-OP

Grow Cook Serve offers adult workshops twice a month at the Chenango Family Food CO-OP. This partnership is a way to introduce community members to the Food CO-OP as well as offer an opportunity for more adult education. On July 27 Grow Cook Serve hosted a Flatbreads of the World workshop. Participants learned how to craft corn tortillas, roti, and pita bread. On August 15 Grow Cook Serve offered a Fermenting Fruit Workshop. The workshop went through the theory of lacto-fermentation, demonstrated the process of fermentation, and discussed the culinary uses of fermented fruit.

HEALTHY LIVING WORKSHOPS

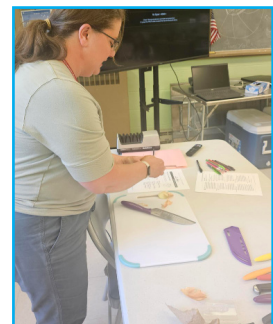
Grow Cook Serve and SNAP-ED offered a healthy Fruitful Summer workshop. We discussed how to properly shop for, store, and prepare fruit. We discussed all the ways fruit is an important and healthy part of your diet and how to add more into your day.

GARDEN CLUB

Grow Cook Serve started the Norwich Middle School Garden Club summer program. Starting July 8, every Monday, Garden Club participants meet up and tended the garden, harvest produce, and cook a recipe from the garden. In July and August, we made healthy ramen, fresh basil pesto, and did a pepper taste test, sampling all the peppers from the garden.

GROW COOK SERVE GLEANING PROGRAM

On July 2, Grow Cook Serve started its summer gleaning program in partnership with Norwich Meadows Farm. Every Tuesday Grow Cook Serve picks up produce from Norwich Meadows Farm, sorts it and delivers it to food pantries around the county.



HEAD START CSA

As part of a grant secured by the Rural Health Network, Early Head Start families receive a CSA share every two weeks over the summer. The shares are supplied by the Catskill Agrarian Alliance and picked up at the CCE building. On pickup days Grow Cook Serve offers a cooking workshop, plus tips and tricks on how to use the produce included in their shares. At the end of July, we offered a workshop on proper seasoning of vegetables and how to add more herbs to your meals to make them taste great.



GROW COOK SERVE AND CHENAGO FAMILY FOOD CO-OP



INTRODUCTION TO PASTA MAKING

October 12, 2024 2:00pm-5:00pm

Are you a pasta lover eager to learn the secrets of making delicious, homemade pasta from scratch? Look no further! Our Introduction to Pasta Making Workshop is the perfect opportunity for you to dive into the art of pasta making. Join us Grow Cook Serve at the Chenango Family Food CO-OP for a hands-on experience where you'll learn the basics of pasta dough, including ingredients, mixing, and kneading. We will guide you through techniques for rolling and shaping different types of pasta, tips for cooking pasta to perfection, and how to pair your pasta with the perfect sauce.

****Please note this class is held at the Chenango Family Food CO-OP**

HEALTHY LIVING WORKSHOP SERIES

A CUT ABOVE

Thursday September 12 5:00pm - 6:30pm

Are you ready to elevate your culinary skills and make healthier choices? Join us for a fun cooking workshop dedicated to mastering the art of meat cuts and exploring healthy protein options. Discover the different cuts of meat and their best uses and learn how to select the perfect cut for any dish.

UNDERSTANDING YOUR ROOTS

Thursday October 10 5:00pm-6:30pm

Join us for a cozy and motivating cooking workshop dedicated to the rich and hearty flavors of root vegetables and fall cooking. Gain insights into the health benefits of root vegetables and how to incorporate them into a balanced diet. Discover the diverse world of root vegetables, from sweet potatoes and carrots to parsnips and beets. Learn how to select, store, and prepare these versatile ingredients.

****All the workshops are free, but space is limited so sign up early. To register visit <https://ccechenango.org/events> or contact Alexis Woodcock asw239@cornell.edu 607 334 5841 ext. 1120**

EMBRACE THE COZY SEASON WITH THE ART OF BREAD BAKING!

Join our Fall Bread Baking Workshop Series and discover the joy of creating delicious, homemade bread. Whether you're a beginner or looking to expand your baking skills, our workshops offer something for everyone.

Workshop Schedule:

September 27, 5:00pm-7:00pm Bread Baking Basics: Learn the fundamentals of bread making, from mixing and kneading to proofing and baking.

October 11, 5:00pm-7:00pm Flat Breads from Around the World: Explore the diverse world of flatbreads, including naan, pita, and tortillas.

October 25, 5:00pm-8:00pm Pizza and Focaccia: Master the techniques for making perfect pizza dough and flavorful focaccia.

November 8, 5:00pm-8:00pm Whole Grain Bread Baking: Dive into the health benefits and unique flavors of whole grain breads.

November 22, 5-8pm Introduction to Sourdough: Get started with sourdough baking, including creating and maintaining your own starter.

All the workshops are free, space is limited so sign up early. To register visit <https://ccechenango.org/events> or contact Alexis Woodcock asw239@cornell.edu 607 334 5841 ext. 1120

AGRICULTURE

This past month, CCE Chenango sponsored an Artificial Insemination workshop, which was a great success. Principal Instructor was Mr. Xavier Cheang, a long time a.i. technician and trainer for the Genex breeding cooperative. They were assisted by Dr. Daniela Gonzales Caranza, DV, and Dairy Educator for the Central NY Dairy, Livestock, and Field Crops Team. The event was taught in a bilingual mode as there were several Spanish speaking attendees from dairy farms present. The participants traveled to the Kross Farm in Earlville, for both afternoons of the event, to practice a.i. techniques on live animals.



NYS AG SOCIETY CENTURY FARM PROGRAM

The New York State Agricultural Society prides itself on recognizing the best in agriculture. The Century Farm Program is one of the premier programs that recognizes farms when they reach the centennial mark. To date the Ag Society has recognized 408 Century farms, 59 Bi-Centennial farms, and 2 Tri-Centennial farms. The program rules are simple – the farm needs to have hit the centennial mark prior to the convening of the New York State Agricultural Society’s annual meeting on January 9, 2025. If your farm has hit this mark, we would love to recognize this amazing achievement. To register your farm as a Century Farm, go to the following link <https://www.nysagsociety.org/century-bicentennial-farm-award> and fill out the information requested. The information you provide documents the farm’s journey to 100 years. The deadline is coming fast – October 15 of 2024. If interested, please send in your information – we would love to see you and recognize you at our upcoming annual meeting.



ATTENTION: Looking to Start a Farmer’s Market in Norwich NY

The Chenango County Agriculture Development Council (ADC), under the auspices of *Cornell Cooperative Extension of Chenango County* is looking to develop a functioning farmer’s market in downtown Norwich on Thursday afternoons for the 2025 marketing season, from sometime in May until autumn.

We are also considering the possibility of an indoor winter market in the Norwich area, for the winter of 2024-2025.

We are planning on having an exploratory planning meeting in support of these two initiatives on Tuesday, September 10, 2024, at 12:00 noon at the CCE Center in Norwich, at 99 North Broad Street. We are welcoming any interested vendors and others who would like to see this project successfully implemented.

We will be hosting a complimentary light lunch and refreshments for the attendees. **If you would like to attend the luncheon, we will need a reservation no later than close of business on Friday, Sept. 6.**

For further information and to make a reservation call Rich Taber at 607-334-5841, ext. 1121, or email rbt44@cornell.edu

Rich Taber, CCE Chenango, and Chair, Chenango County Agriculture Development Council.

CHENANGO DESIGNATED CONTIGUOUS DISASTER COUNTY

On July 30, 2024, the New York State Executive Director of the Farm Service Agency (FSA), U.S. Department of Agriculture (USDA), requested a primary county disaster designation for seven counties in New York, due to damage and losses caused by a tornado, hurricane, high winds, flash floods, excessive rain, and hail that occurred from July 10 through July 16, 2024.

USDA reviewed the Loss Assessment Reports and determined that there were sufficient production losses to warrant a Secretarial natural disaster designation; therefore, I am designating all seven New York counties as primary natural disaster areas. Enclosed you will find documentation that provides a detailed list of all primary and contiguous counties impacted by this disaster.

A Secretarial disaster designation makes farm operators in primary counties and those counties contiguous to such primary counties eligible to be considered for FSA emergency loans, provided eligibility requirements are met. Farmers in eligible counties have 8 months from the date of a Secretarial disaster declaration to apply for emergency loans. FSA considers each emergency loan application on its own merits, taking into account the extent of production losses on the farm and the security and repayment ability of the operator. Local FSA offices can provide affected farmers with further information.

Cornell Cooperative Extension of Chenango County asks local farms and agricultural producers to please report any damages to property, livestock, or crops during severe storms to us so we can share the information immediately with New York State Agriculture and Markets. By reporting directly, we can aid in getting designations quickly and efficiently, so support and resources become available. Please email us at chenango@cornell.edu or call 607-334-5841.

NEWS

AG IN THE CLASSROOM

Unadilla Valley's summer school program was a huge success! We learned about cheese making, photosynthesis and plant structures, rangelands and grazing, soil, and seeds. We planted seeds, ate seeds and leaves and cheeses, and did cool art projects with leaves. One of the highlights was a soil painting lesson, where we talked about how soils change colors depending on their nutrient and organic matter content. We then took five different soils and used them to paint mini canvases! This summer was amazing because I saw kids go from being utterly uninterested to having so many questions about each topic! Sometimes I barely made it through half of what I'd planned because I was answering questions and having really thoughtful discussions about agriculture with the students. After we wrapped up summer school, we headed to the Fair where I continued to teach mini lessons as the weather allowed. We revisited soil painting, which was a huge success!



LEADERS / VOLUNTEER ASSOCIATION

Submitted by Louise Goodwin Butcher

4H Alumni, 4H Leader/Mom, 4H Officer of Leaders/Volunteer Association, a member of one of the oldest 4H Families in Chenango Co.

The Chenango County 4H Leaders/Volunteers Association is "Honoring our Traditions as we go into the Future". We would like to thank all our volunteers present and past who ran and worked at our Chapman Hall/Snack Shack at the county fair.

This is our largest fund raiser which helps our 4H youth in many ways. We help send our youth to National 4H Competitions, State-wide 4H Career Trips, Regional 4H Camps, provide 4-6 yearly scholarships to deserving 4Hers heading off to college, and help with start funding for new clubs.

One of the many things that we have done is updates and repairs at the fairgrounds which included, new bathrooms/showers, new lighting in the Case Building, and this year we purchased the Crowd Control Barriers that divided the club displays. Janet got a grant that updated our kitchen with stoves, refrigerator/freezer and a handicap ramp in Chapman Hall. We have already received a "Wish List" for next year that will improve our working area. We also purchased the new Rabbit Cages this year. Another thing the association has done over the years is provided paint when buildings have needed sprucing up.

Harry L. Case, first 4H Agent in Chenango Co. in 1921, has instilled leadership and pride in working with our 4H youth. Chenango County is one of a very few counties in New York State that have this type of Leaders/Volunteers organization. The Leaders/Volunteers Association meets five times a year on the first Wednesday of October, January, March, May and July, please join us at our next meeting. If you would like more information about the Leaders / Volunteers Association, contact Richard (president): turrellr@protonmail.com



CHENANGO COUNTY FAIR FUN!

County **4-H'er, Calista**, led an interactive cooking session at the county fair! She showed participants how to safely chop veggies and cook a delicious ramen stir-fry. Everyone enjoyed cooking and tasting! This program was made possible with the support of Grow Cook Serve!

Chenango County **4-H'er, Colton**, gave a 3-D printing presentation and demo at the fair! Thank you very much for leading this interesting presentation and showing us the incredible things, you can print! People of all ages stopped by to learn and watch the 3-D printers in action. Thank you to Colton, Shaelan, Sophie and Patrick for buying 4-H, our very own 3-D printer for programs!

Thank you to **Friends of Rogers Environmental Education Center, Inc.** for joining us in the 4-H Case Building at the fair! The kids enjoyed making acorn caps into whistles and learning how to make cordage and drill rocks by hand. What a fun booth you had! We appreciate your partnership and support!

Chenango County **4-H'er, Alexis**, led a bracelet making session at the fair! She showed others how to make colorful rubber band bracelets on their fingers! Thank you Alexis!

Thank you to the **Chenango County Historical Society and Museum** for having an interactive activity at our 4-H Case Building 2 different days at the fair! Everyone enjoyed learning about the historical tools and ag related items you brought and the fun bingo game! We also enjoyed looking at the historical fair signs! Thank you for your partnership and support!

Thank you to **Hidden Ponds Horse Lover's 4-H Club** for leading a fun farm animal craft in our 4-H Case Building during fair! The kids really enjoyed making the cute magnets with the older 4-H'ers! Thank you!

A big thank you to the **Ribbon Wranglers 4-H Club** for leading 2 different activities over 2 days in our 4-H Case Building! The kids loved making stress balls and the cloud dough!! Thank you for the fun activities!!!



OUTDOOR COOKING PROGRAM

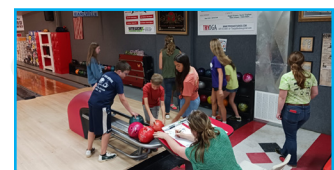
Six outdoor cooking members demonstrated their cast iron culinary skills at the Chenango County Fair Saturday afternoon. Using cast iron dutch ovens over charcoal each group made a main course and a dessert or bread. The chili mac and beef stew were delicious followed by a no knead bread and chocolate cake. The members were able to interact with the public as the fair goers sampled their cooked items.

Thank you to the Outdoor Cooking members, parents and spectators who made this event successful.



TEEN LEADER PROGRAM

We kicked off our Teen Leader Program at the Greene Bowlodrome! We plan to meet again this fall and continue the discussion of what this Teen Leader Program will be and plan further events and activities. Email 4-H staff with questions at elc97@cornell.edu or kg499@cornell.edu.



KUTIK'S HONEY TOUR

In August our 4-Hers suited up and learned all about how to 'Bee' a Beekeeper at the largest apiary on the East Coast, Kutik's! Thank you Alinne, Octavio and the whole team at Kutiks for giving our local youth this experience!





CHENANGO COUNTY FAIR!

CASE BUILDING AWARDS

Awards given for outstanding work in the area of:

- Horticulture: Aubree B. (Hanging Flower Pots)
- Home Environment: Abby M. (Flower Quilling)
- Food or Nutrition: Amelia P. (Fruit Leather)
- STEM: Sane L. (Hayfield Model)
- Photography: Alice H. (Kitten in Clover)

BEST OF SHOW SEWING AWARDS

(in memory of Don & Barbara Hodge)

Abbi-Lynn P. (Pillow Case)

MOST OUTSTANDING EXHIBITOR

(in memory of Barton & Charlotte Seager)

- Sr. Most Blue Ribbons: Meghan F. & Josephine P.
- Jr. Most Blue Ribbons: Amelia P.

SEAGER BEST OF SHOW IN CASE BUILDING

(in memory of Barton & Charlotte Seager)

- Best in Show Sr: Amon V. (Sheep Record Book)
- Best in Show Jr: Maria F. (Denim Overalls), & Abby M. (Peacock painting)

DECORATING CONTEST WINNERS

- Dairy Cow Exhibit: Vincent & Lathrop Families
- Beef Exhibit: Beth & Kay W.
- Goat Exhibit: Aubree & Wesley B.
- Poultry Exhibit: Brandt Family
- Sheep Exhibit: Beth & Kay W.
- Rabbit Exhibit: Cotten Family
- Case Building: Ribbon Wranglers

TERRY HODGE MEMORIAL

HOLSTEIN MASTER

SHOWMANSHIP AWARD

Abby S.

DON & BARBARA HODGE

MEMORIAL PREMIER BREEDER/

EXHIBITOR AWARDS

- Brown Swiss: Addison D.
- Holstein: Lily M.
- Milking Shorthorn: Zane L.

PREMIER EXHIBITOR

Jersey: Julianna T.

SHIRLEY PROSKINE MEMORIAL

4-H YOUTH DAIRY AWARD

- Abigail B.
- Jackson B.

SPORTSMANSHIP AWARD

Maranda S.

THE GOLDEN BROOM AWARD

HERDSMANSHIP

- Dairy Goats: Hanehan Family
- Meat Goats: Beckert Family
- Dairy (Richard V. Davidson Memorial): LaClair, Hartman & Windsor Families
- Beef: Holbert Family
- Poultry: Beckert Family
- Sheep: (sponsored by Peila Farm): Wilcox Family
- Swine: Tetrault Family
- Rabbit: Cotten Family

SUPER SHOWMANSHIP

Participants:

- Dairy Cattle: Cora H.
- Beef: Emily H.
- Dairy Goats: David P.
- Meat Goats: Jake B.
- Swine: Skylar G.
- Sheep: Klarissa C.

Super Showmanship Champion: Emily H.

BEST ANIMAL OF ALL DAIRY BREEDS

Best Jr animal: Taylor H.

Best Sr animal, Best Bred & Owned, Best Udder:

Lily M.

BEST DAIRY GOAT AWARD

Best Jr & Sr animal, Best bred & owned, Best

Udder:

Maria F.

BEST LIVESTOCK ANIMAL

Zach T.

4-H'ER OF THE WEEK

Zane L.

VOLUNTEERS OF THE WEEK

- Amy Bell
- Megan Wilcox



MARK YOUR 4-H CALENDAR

4-H RIVER KAYAKING September 19, 4:30pm to 630pm (Ages 10+)

We will paddle the Susquehanna River from Sidney to Bainbridge. We have kayak equipment and life jackets. Transportation is available from our CCE building in Norwich. Email Erica with questions at elc97@cornell.edu
Register at https://reg.cce.cornell.edu/SusRiverKayak2024_208



SHOOTING SPORTS (ages 9 +) Please let Richard know if you are coming

Shooting Sports is for youth ages 9+ and meets the third Sunday of the Month. 4-H Shooting sports teaches youth the fundamentals of firearm safety using archery, air rifle and .22 rifles. Our instructors must complete an intensive 16 hour 4-H training program. We meet on the third Sunday of the month between 1:00 and 4:00 depending on their shooting discipline. For more information contact Richard at turrellr@protonmail.com



OUTDOOR COOKING (ages 12 +) (Second Sat. every month)

4-H Outdoor Cooking emphasizes the use of cast iron and charcoal teaching youth to cook nutritious meals without kitchen stoves. We meet from 10:00-12:00 on the second Saturday of the month, always completing the program with a discussion of what was good and what could be better. Outdoor Cooking is for youth aged 12+. If you would like to join us contact turrellr@protonmail.com



ACHIEVEMENT DAY

Keep an eye out for upcoming information on Achievement Day, October 18th, rain date October 25th.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8	9	10 ADC Mtg 12:00pm	11	12 Healthy Living Workshop Series 5:00-6:30pm	13	14 4-H Outdoor Cooking 10:00 am	
15 Shooting Sports 1:00 pm	16	17	18	19 4-H River Kayaking 4:30-6:30pm	20	21	
22	23	24	25	26	27 Art of Bread Making Workshop 5:00-7:00pm	28	
29	30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 Healthy Living Workshop Series 5:00-6:30pm	11 Art of Bread Making Workshop 5:00-7:00pm	12 Outdoor Cooking 10:00 am
13	14	15	16	17	18 Achievement Day	19
20 Shooting Sports 1:00 pm	21	22	23	24	25 Art of Bread Making Workshop 5:00-8:00pm	26
27	28	29	30	31		

*****SNAP-Ed offers nutrition education classes that are open to the public. Please contact Whitney at: wgd43@cornell.edu for more information.**

Cornell Cooperative Extension
Chenango County



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