



Extension *Express*

WELCOME CAROLINE LAING

Help us welcome Caroline as part of the team at CCE.

My name is Caroline Laing and I am the Social Care Navigator with Cornell Cooperative Extension in Norwich. Our program works with individuals who are enrolled in Medicaid, providing an annual screening to determine whether you may be eligible for additional helpful services.

I am here to support you throughout the screening process and, if you qualify, to help navigate any additional services available to you. Participating in this screening will not affect your current Medicaid status in any way. Screenings can be completed in person or over the phone, whichever is more convenient for you.

If you would like to schedule an appointment or have any questions, please call us at 607-334-5841, ext. 1015. You can also reach Caroline at: cdl86@cornell.edu



As part of the New York State Health Equity Reform (NYH ER), the state has implemented the development of Social Care Networks (SCNs) across regions. These networks are tasked with delivering Health Related Social Needs (HRSN) services to the Medicaid population. By bringing together health care systems, community-based organizations, and behavioral health providers, SCNs aim to expand access to critical unmet needs. For our region, Care Compass Collaborative has been selected as the Social Care Network lead entity, serving Broome, Chenango, Delaware, Otsego, Tompkins, and Tioga Counties.

In Chenango County, one of the agencies providing a social care navigator is Cornell Cooperative Extension. We are available to help all Medicaid clients complete a free screening. If the screening shows that additional assistance is needed, we can connect clients to community-based resources such as transportation, health, nutrition, and housing services.

Medicaid clients: If you are in need of a free screening and support, please contact the Cornell Cooperative Extension office at 607-334-5841.

Together, we can strengthen our community by ensuring that everyone has access to the resources they need.

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EXPANDED FOOD AND NUTRITION PROGRAM (EFNEP)



This quarter, EFNEP celebrated the graduation of 26 parents and young adults, including 7 from our target audience and 2 from Madison County. Thirteen additional participants are currently enrolled and on track to graduate in April. In December, 12 youth completed the program, with 3 securing jobs in dietary and culinary fields. Participation continues to grow thanks to strong incentives provided by The Norwich Rotary, Walmart, Stewarts, and Price Chopper. A new class in Greene is underway, and our partnership with The Place inspired a mini Chopped competition that has proven to be a successful motivator for adult and young adult participants.



Youth programming expanded as EFNEP partnered with The Place's after-school programs in Bainbridge and Norwich. Three middle school students are set to graduate in March after completing six Teen Cuisine lessons and participating in the first-ever Chenango EFNEP youth Chopped competition. Community partners contributed prizes including three mountain bikes, helmets, and gift cards. EFNEP also delivered classes to Springbrook and Catholic Charities Supported Apartment residents and is exploring alternative formats to continue these partnerships. Looking

ahead, both Afton and Hamilton Central School Districts are exploring EFNEP programming opportunities. Recruitment efforts continue through pantry visits and participation in Hunger and Pantry Coalition meetings.



- Water Wednesdays & Fusion Fridays: Featured flavors this month were Raspberry Kiwi, Strawberry Pineapple, and Strawberry Kiwi. All schools participated except one that was closed for winter break.

- Unadilla Valley SADD Collaboration: SNAP-Ed presented on sugary drinks and energy drink risks for the first time. The group is preparing an awareness campaign using information gathered together.

- Sherburne-Earlville HUB: Launched its parent-student after-school cooking class. February's session included three students, focused on simplifying meal prep, and featured Broccoli Cheddar Soup.

- UV Staff Development Day: Provided an indirect education opportunity through a smoothie bar with Banana Berry, Blueberry Tofu, and Shamrock Power smoothies. Nutrition info and a comparison of the Shamrock Power Smoothie vs. McDonald's Shamrock Shake were available.



- UV ABC Night: SNAP-Ed, EFNEP, and Care Compass hosted a shared table with nutrition activities, program information, and giveaways such as 4-in-1 spoons, cutting boards, notepads, and cookbooks.

Pickles

Canning Class

Thursday, 11 June |
6:00PM

Learn the art of crisp, flavorful pickles in this hands-on canning class, perfect for beginners and seasoned home preservers alike. You'll leave with jars you made yourself, the confidence to safely can at home, and plenty of tips for customizing your own pickle creations.



Check out our website at cce.chenango.org/events for this event and future events!

For more details, please reach out to Whitney Kmetz at: 607-334-5841 Ext: 1003 or wkg43@cornell.edu

ADULT GARDENING CLASSES

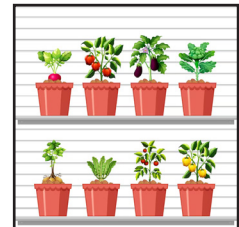
HERBS FOR ALL SEASONS - Monday, June 15, 2026, 6:00–7:30 PM

Discover the joy of growing fresh, flavorful herbs right at home with simple techniques that make indoor gardening easy and rewarding. In this hands-on class, you'll build your own indoor herb garden that brings vibrant greenery, delicious harvests, and a touch of nature to your kitchen year-round. Join us in person on Monday, June 15, 2026, from 6:00–7:30 PM at 99 North Broad Street, Norwich, NY 13815.



CONTAINER GARDENING CLASS - Monday, June 29, 2026, from 6:00–7:30 PM

Learn how to grow healthy vegetables in containers, whether your space is a porch, patio, balcony, or sunroom. Discover how easy they are to maintain and how anything from a recycled tub to a ceramic pot can become a thriving garden. Step by step, we'll guide you through getting started on Monday, June 29, 2026, from 6:00–7:30 PM.



GROW COOK SERVE HIGHLIGHTS

Grow Cook Serve will have several classes that will be happening over the course of this year, that are getting scheduled now. We just did a sour dough bread class in January and because the interest so high so we had a second session that we offered in March. We are continuing to see a large interest in growing, canning, and food preparation classes. We are also going to begin offering gardening classes that will start in June of this year. We are hoping to extended our reach this year to over 95 participants!



CHENANGO COUNTY FARM BUREAU

With spring right around the corner and many of us preparing to head back into the fields, the Chenango County Farm Bureau would like to take a moment to reflect on our efforts so far in 2026 and look ahead to the opportunities still to come. As the growing season approaches, we are also encouraging new involvement from individuals with an interest or background in agriculture, especially those interested in participating in our Young Farmer & Rancher programs.

While February brought cold and dismal weather, it also brought meaningful action. Local members traveled to Albany to meet with and lobby state legislators, advocating for issues that directly impact our agricultural community. These conversations focused on ensuring that the voices of Chenango County farmers are heard on topics such as farm viability, environmental regulations, labor challenges, and the future of rural communities. Advocacy remains a cornerstone of Farm Bureau's mission, and we are proud of the members who took the time to represent our county at the state level.

In addition to advocacy efforts, our organization continues to prioritize education, outreach, and community engagement. We are actively working to strengthen connections between farmers, consumers, and local partners while supporting the next generation of agricultural leaders. Programs like Young Farmer & Rancher provide valuable opportunities for networking, leadership development, and hands-on learning experiences for individuals ages 18–35.

We also look forward to connecting with our community at upcoming events. Please join us for our Pancake Breakfast at the Norwich Grande on April 18th from 8:00–11:00 a.m. Tickets will be sold at the door on the day of the pancake breakfast. This is a great opportunity to enjoy a delicious meal, support local agriculture, and spend time with friends, neighbors, and fellow Farm Bureau members.

We strongly encourage anyone involved in agriculture, whether you are a full-time farmer, part-time producer, agribusiness professional, or simply someone who cares about the future of agriculture, to consider becoming a member of the Farm Bureau. Membership helps strengthen our collective voice, supports advocacy efforts at the local and state level, and ensures that agriculture continues to have strong representation in the decisions that impact our industry and rural communities.

As we move into the busy spring season, we invite anyone with a passion for agriculture to get involved. Your voice, experience, and perspective are vital to the continued success of agriculture in Chenango County.

We look forward to a productive and safe growing season and appreciate the continued dedication of our members to keeping agriculture strong in our community.

For more information on how to get involved, please reach out to the Chenango County Farm Bureau.

2ND ANNUAL



PANCAKE BREAKFAST

Fundraiser



**CELEBRATE MAPLE SEASON
AT THE NORWICH GRANGE!**
167 CR-32A, Norwich, NY 13815

TIME	APRIL	\$13 AGES 12+
8-11 AM	18TH	\$8 AGES 5-12
		5 & UNDER FREE!

Chenango County Farm Bureau is hosting a pancake breakfast, featuring locally sourced products prepared by Cornell Cooperative Extension of Chenango County, Austin Farm Enterprises LLC, Cornell Farms, and Local FFA Chapters.

<https://chenangocountymfarmbureau.com/>

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GET YOUR EQUIPMENT READY FOR SPRING CALVING

By Rich Taber

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

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

- Ear tags
- Markers
- Tagger (and a spare)
- Calving book for record-keeping
- A list for when everything is due and what they are bred to
- The veterinarian's number on speed dial
- Milk tuber
- Pitcher to milk the cow with
- Calf boost
- Syringe
- Scour pills
- Bolus gun
- Duct tape or ear muffs of some sort to pin ears down on cold nights
- Sled with ropes to pull calves out of the snow and to the barn
- Calf catch
- Scale and sling for weighing the calf
- Calf puller and chains
- Lasso
- Halter
- Plastic gloves
- Milk replacer, frozen colostrum, and/or powdered colostrum replacements
- A sedative of sorts for the occasional surly cow that needs milking out
- A list of potential culls based on poor udders, bad dispositions, tough calving, or old age.
- Sorting sticks or paddles
- Small square bales of hay for bedding and feeding when the cow/calf pairs are in the barn
- Coveralls, gloves, hats, boots, long johns, wool socks, etc.
- A hot box, heater or place in the basement bath tub for cold calves
- Clean towels
- Bander and bands for castration
- A good and safe handling system/squeeze chutes to handle cows. Beef cattle are not handled nearly as much as dairy cattle and get quite ornery, and dangerous. Your vet will also be much more amenable to working on your cows if he or she knows they won't be risking life and limb when they come to your place.



AG IN THE CLASSROOM

February- Popcorn Lesson- Students discover how popcorn is grown and explored the phenomenon of how popcorn pops. We talk about how water heats up and turns into steam. Steam takes up more space than water which this builds pressure inside the balloon. When the pressure is too much, the balloon explodes. Popcorn kernels work in almost the exact same way!

HIPPOLOGY / HORSEBOWL

The Hippology and Horsebowl program was off to a strong start, with a November 15th kickoff that included a tour of a Gypsy Vanner farm. Weekly Friday meetings began January 2, where youth learned a variety of equine related topics. During February break they took two field trips, the first to the Leatherstocking Veterinary Equine clinic to learn about parasites, then later that week they went to the Morrisville breeding barn, western barn, and equine rehab enter. From January through March, youth continued to study for their competitions. Thank you Leatherstocking for your generous donation to the Hippology program.

DAIRY BOWL

The Dairy Bowl program continues to grow, with 19 youth currently registered. Over the past several weeks, participants have explored a wide range of dairy science topics. including anatomy and dairy judging, biosecurity and common diseases, milking and dairy products, reproduction, and nutrition. We are incredibly proud of the group's dedication, enthusiasm for learning, and teamwork.

RABBIT CARE & SHOWMANSHIP CLINIC

On January 24th, we hosted a Rabbit Care and Showmanship Clinic at the CCE office, welcoming 19 youth for an afternoon of hands-on education. Participants learned essential skills such as proper rabbit handling and posing, how to prepare a rabbit for show, and what attire is appropriate for showmanship. Youth brought their own rabbits and were able to practice techniques in real time and ask questions throughout the session. Each family received a packet of educational materials to support learning at home. In addition, a generous donation from Blue Seal Feeds allowed us to send every family home with a bag of rabbit feed and a feed scoop.

MARCH DOG MADNESS

Three Chenango County 4-H teens attended March Dog Madness on March 7 at Cornell University, a NYS 4-H Animal Science event focused on canine care, behavior, and responsible ownership. The day opened with a virtual session on canine nutrition by Dr. Nancy Dreschel, followed by morning workshops on reproduction and breeding, canine learning, and hunting/sporting dogs. In the afternoon, youth rotated through hands-on stations including agility, canine body language, positive-training activities, and grooming for State Fair.

OUTDOOR COOKING

Outdoor cooking has had a slow start due to the weather and kids schedule. They did meet on January 10th and had a successful day making Cheesy Mac and Cheese with a Cherry Clafoutis dessert. Both of these dishes were delicious! Two of the group have decided to take the winter off but are really excited to come back once their schedules free up. It is fun having a new member join the group.

VALENTINE CRAFT NIGHT

Feb 13 Valentine's Day Craft Night was a big hit! 4-H'ers practiced their painting skills while decorating magnetic wooden hearts, picture frames, and door hangers. They also had the opportunity to create homemade cards for their friends and family. Programs like this give youth a chance to explore their creativity, express themselves through art, and take home thoughtful, handmade gifts to share with loved ones.





POULTRY CLINIC

On February 22nd, our 4-H poultry enthusiasts gathered for an engaging, educational poultry clinic focused on building confidence and skill in poultry care and showmanship. Youth participants learned the fundamentals of proper poultry husbandry, how to prepare their birds for show, and key techniques used in effective poultry showmanship. We were pleased to welcome APA-licensed judge Bill Post, who generously shared his expertise with our youth. We extend our sincere appreciation to Bill for coming to our program. One of our 4-H youth, Jake B., was also instrumental in making the clinic a success. All participants went home with educational learning packets, a special poultry treat bar for their birds, made possible through the generosity of Blue Seal/Kent Nutrition Group.



4-H CAKE DECORATING

On January 14th, 4-H was joined with a very special guest Kelly Banks, owner and head pastry chef of Kelly Banks Cakes. Kelly has over 20 years of experience hand-crafting delicious, beautifully presented cakes and baked goods and was thrilled to share her expertise with 4-H youth! Each participant learned about the art of frosting, pipetting, and making roses. Afterwards, they brought their beautiful creations home with them. This was a big hit and very popular program!



SHOOTING SPORTS

Shooting Sports has been going strong and continues to grow, thanks in part to the volunteers who successfully raised funds over the past few months to purchase much-needed equipment for the program, allowing them to serve even more youth. The 4-H'ers are actively developing their marksmanship skills in archery, air rifles, .22s, and air pistols, all while our certified instructors maintain a strong emphasis on safety throughout the entire program.



BREAKFAST FOR DINNER

On February 4th, 4-H celebrated National Blueberry Pancake Day. Youth learned how to make delicious homemade blueberry pancakes from scratch while practicing basic cooking skills like measuring, mixing, and safely using kitchen tools. Of course, we finished by enjoying our tasty creations together!



CRAFT NIGHTS

On January 23rd, 4-H hosted an Open Craft Night! 4-H youth had the opportunity to paint, decorate, and create. All participants opted to do a little bit of everything, from painting wooden boxes, to creating with origami. It was a great night of creativity for 4-H'ers!



EQUINE SHOWMANSHIP CLINIC

On March 8th, six 4-H youth participated in an engaging, hands-on Equine Showmanship Clinic hosted at Hidden Ponds Stables. This clinic provided an excellent opportunity for youth to strengthen their horsemanship skills and built confidence in preparation for the upcoming show season. We extend our appreciation to Hidden Ponds Stables for providing a supportive learning environment and generously hosting the event. Special thanks to Katelyn Brandt for leading the clinic.



PUBLIC PRESENTATIONS

On Saturday, February 28 we did our 4-H public presentations, and we had a fabulous turnout. We had about 40 youth showcase their skills some were first timers doing a public presentation and some were seasoned. The youth had a great time and have 6 youth that qualified to move on!



4-H HEALTHY BAKING

Healthy Baking continues to grow in popularity, with 11 bakers joining us! To accommodate everyone, we split into two groups whipped up a delicious, healthy banana bread recipe. Along the way, 4-H'ers practiced important kitchen skills like measuring, mixing, and working together as a team. This fun, hands-on program helps youth build confidence in the kitchen while learning how to make nutritious and tasty treats.



LEARN TO SEW PROGRAM

On March 11th our Cloverbuds (5-7 year olds) kicked off our Learn to Sew program. Eleven Cloverbuds gathered to try their hand using sewing machines. They first learn safe sewing skills, parts of the sewing machine, and practice sewing straight lines and curves. These kids were awesome, thanks to the help of a fantastic group of volunteers the first timers were able to complete a scissors holder. The second and third year Cloverbuds began a more difficult project, very colorful patchwork fish. Next week they will be learning how to safely use an iron, pattern placement, and on their way to completing their first project.



AG LITERACY WEEK

March marks Ag Literacy Week, a statewide celebration dedicated to helping youth and communities better understand the importance of agriculture in their daily lives. Each year, volunteers visit classrooms to read an agriculture-themed book and lead hands-on activities that spark curiosity about where our food, fiber, and natural resources come from. This year's featured book, "Seasons on a Farm", guides students through the rhythms of farm life, highlighting how agriculture changes throughout the year. In Chenango County we reached youth in every school district!

UPCOMING 4-H ACTIVITIES

HIKING CLUB - (Every first Saturday of the month)

Getting out to hike is a great way to stay active, build outdoor skills, and connect with the natural world, one hike at a time! This month's hiking club is open to youth beyond 4-H, thanks to the Chenango County Youth Bureau, so bring a friend and help spread the word! Registration is required to be emailed with hike details.

4-H INTRODUCTION TO SOAP MAKING - April 7th, 4:30pm – 5:30pm

Our first soap making class was so popular we decided to offer it again! 4-H youth will measure ingredients, follow a recipe, and explore the process of melt-and-pour soap making using all-natural, earth-friendly materials. Participants will get creative with colors and scents and take home their own handmade bars of soap to use or share! Spots are limited!

4-H HEALTHY BAKING – APPLESAUCE BROWNIES April 9th, 5:30pm – 6:30pm

Healthy baking continues! Join us on April 9th to make delicious and nutritious applesauce brownies. 4-H'ers will discuss the importance of healthy eating, practice following a recipe, measure ingredients, and of course, sample their creations!

OUTDOOR COOKING - April 11, 10:00 am Second Saturday every month

4-H'ers, get your taste buds ready for another round of Outdoor Cooking! Mr. Richard is firing up the cast iron and sharing new recipes for this hands-on program. For more information or to sign up, contact Richard at turrellr@protonmail.com

4-H PLANT APPRECIATION DAY - April 13th, 4:30pm – 5:30pm

Come celebrate International Plant Appreciation Day on April 13th! 4-H youth will explore the life cycle of plants, learn what plants need to grow and thrive, and discover why they're so important to our world. Participants will then get hands-on by planting and growing their own flowers to take home and care for. It's a fun, educational way to welcome spring and nurture a love for gardening!

4-H KIDS IN THE KITCHEN - April 14th, 5:30pm – 6:30pm

Cooking on zoom! We provide the food and youth cook a meal at home! Youth learn cooking basics and how to incorporate more veggies and fruits into their meals. Food will be provided! Pick-up instructions will be given prior to the zoom class. Adult supervision required. Please register as a family. If you have any further questions, feel free to email Whitney at: wgd43@cornell.edu

4-H SHOOTING SPORTS - April 19th, 1:00pm – 3:00pm Every third Sunday of the month

The 4-H Shooting Sports program teaches youth the fundamentals of firearm safety using archery, air rifle and .22 rifles. Our newest instructors are now certified in air pistols so qualified youth will be able to add this to their experience. For more information or to sign-up, please contact Richard: turrellr@protonmail.com.

BUG CLUB - April 21, 4:30pm - 5:30PM at CCE, May 12, June 17, July TBA (different locations)

“Interested in the world of entomology? Join Bug Club with Rhonda and entomologist Jen! This exciting program is a great opportunity to learn about insects, their habitats, and their importance in our ecosystem. Participants will also begin building their own bug collection while developing observation and identification skills. Perfect for curious minds who love exploring the outdoors!”

EARTH DAY GARDEN CLEANUP - April 22nd, 4:30pm – 5:30pm

Let’s roll up our sleeves, throw on some gloves, and help clean up the raised garden beds at CCE! In celebration of Earth Day, youth will work together to prepare the garden for the growing season. This hands-on service project is a great way to give back, learn about caring for our environment, and get excited for another season of gardening! This event is open to the public thanks to the Chenango County Youth Bureau, so tell a friend!

DISCOVERING THE WORLD OF CASHMERE: 4-H TOUR OF KATO EN FARM Sunday, April 26, 2026, 11:00



4-H families are invited to explore the fascinating world of Cashmere goats during a special farm tour at Kato En Farm in South New Berlin. For more information contact Micaela: mm3589@cornell.edu

4-H OWL PELLET DISSECTION W/ CHENANGO BIRD CLUB - April 28th, 5:00pm – 6:00pm

Join members of the Chenango Bird Club for an exciting program all about the owls of New York! 4-H’ers will learn about these fascinating nighttime hunters and then become wildlife scientists by dissecting owl pellets to discover what owls eat. This hands-on activity is a fun way to explore local wildlife and science in action! This program will take place at Rogers Environmental Education Center’s Bird Cabin.

Check out our Webpage or Facebook page for more upcoming events for the months of April and May!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4-H One Day Sewing 4:30-5:30pm	2	3	4
5	6	7 4-H Intro. to Soap Making 4:30-5:30pm	8	9 4-H Healthy Baking 5:30-6:30pm	10	11 4-H Outdoor Cooking 12+ District Presentations
4-H Learn To Sew 6th - 10th						
12	13 4-H Plant Appreciation Day 4:30-5:30pm	14 4-H Kids in the Kitchen 5:30-6:30pm	15	16	17 Skill-a-Thon contest at CCE Broome	18 NYS Horsebowl Farm Bureau Pancake Breakfast
19 4-H Shooting Sports	20	21 4-H Bug Club 4:30-5:30pm	22 4-H Earth Day Garden Clean up 4:30-5:30pm	23	24 Hippology 6:00-7:30pm	25
26 4-H Discovering the World of Cashmere	27	28 4-H Owl Pellet Dissection	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4-H Sewing Spectacular 6:00-8:00pm	2 Youth Hiking Club 9:00am
3	4	5 Youth Wild Edibles Ages 12+ 4:30-5:30pm	6 Mother's Day Craft 5:00-6:00pm	7	8 Hippology 6:00-7:30pm	9 4-H Outdoor Cooking 12+ 10am
10	11	12 4-H Bug Club 4:30-5:30pm Kids in the Kitchen 5:00-6:00pm	13	14 Youth In the Garden 5:00-6:00pm	15	16 NYS Horse Presentations Youth Mtn. Biking 101
17 4-H Shooting Sports 1pm	4-H Capitol Days 17th - 19th		20	21	22 4-H Open Craft Night 5:00-6:00pm	23
24 31	25 CCE CLOSED	26	27	28 4-H Astronomy Night 5:00-6:00pm	29	30 4-H Wolf Mtn. Outing 7:00-9:00pm
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4-H Candle Making ages 10+ 5:00-6:00pm	2	3	4	5	6 Youth Hiking Club 9:00am
7 NYS Regional Hippology/ Horse Judging	8	9 Kids in the Kitchen 5:30-6:30pm	10	11 Pickle Canning Class	12	13 4-H Outdoor Cooking 12+ 10am Youth Kayaking 10:00am 8+
14	15 Adult Gardening Class	16 4-H Healthy Baking 5:00-6:00pm	17 4-H Bug Club	18	19	20
21 4-H Shooting Sports 1pm	22	23	24 4-H Astronomy Night 5:00-6:00pm	25	26	27
28	29 Adult Gardening Class	30				

**Cornell Cooperative Extension
Chenango County**

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Norwich, NY 13815

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CURRENT STAFF (607) 334-5841

CCE Administration

Craig Brown (Ext. 1001)
Executive Director
ctb98@cornell.edu

Alice Andrews (Ext. 1002)
Finance & HR Coordinator
VITA
ama42@cornell.edu

Whitney Kmetz (Ext. 1003)
Association Team Leader
wdg43@cornell.edu

Rhonda Turrell (Ext. 1000)
4-H Administrative Support
Specialist
rlt236@cornell.edu

**AGRICULTURE &
NATURAL RESOURCES**

Rich Taber (Ext. 1025)
Agricultural Specialist
rbt44@cornell.edu

**HEALTH & WELLNESS
PROGRAM**

Mary Close (1020)
EFNEP Educator
mkc244@cornell.edu

Carol Lyons (Ext. 1021)
SNAP-Ed Nutrition Educator
cll264@cornell.edu

Caroline Laing (Ext. 1015)
Social Care Navigator
cdl86@cornell.edu

4-H YOUTH DEVELOPMENT

**Nicole Starkweather
(Ext. 1010)**
4-H Youth Educator
nrs98@cornell.edu

Micaela Meseck (1011)
4-H Youth Educator
mm3589@cornell.edu

**BUILDINGS & GROUNDS
MAINTENANCE**

Dennis Madden
Building Custodian

**CNY DAIRY, LIVESTOCK
& FIELD CROPS TEAM**

Erik Smith
(315) 219-7786
Team Leader
Field Crops Specialist
eas56@cornell.edu

Ashley McFarland
(315) 604-2156
Livestock Specialist
am2876@cornell.edu

Heer Patel
(315) 866-7920
Program Aide
hp485@cornell.edu

Raevyn Saunders
(680-316-2357
Farm Business Mgmt.
res422@cornell.edu