



Extension *Express*

NEW FACES AT CCE - WELCOME

Victoria Ryan

We are proud to introduce Victoria Ryan as our new 4-H Animal Science and Agriculture Educator. Victoria grew up in 4-H right here in Chenango County showing dairy cattle. Prior to moving to NY, she was a part of 4-H in Pennsylvania. While in 4-H in NY, she was a part of NYS Junior Dairy Leaders, 4-H Dairy Bowl, Dairy Judging, and 4-H Public Presentations. Since aging out of 4-H, she attended SUNY Morrisville and graduated with a BBS in Agricultural Business Management and has worked a variety of different jobs all being agriculture related. In her free time, you will find her with her husband, Thomas and daughter, Harper or helping out on her family's farm. Victoria and her family have a dairy farm that has expanded into a 9-acre corn maze and pumpkin patch open weekends in the fall. Victoria is excited to be back in the program she grew up in. We are happy to have her as part of our team. Welcome Victoria Ryan!



Shaelyn Otto

My name is Shaelyn Otto and I'm so excited to join the team as the new Ag in the Classroom Educator! I grew up in the farmlands of western New York where some of my favorite childhood memories are learning to milk cows and volunteering as a strawberry picker at a local farm. My love of agriculture was fostered by my homeschooling mother who encouraged me in all my horticultural pursuits. Ultimately, I decided that the way I would make the most impact on my life would be through agriculture.



I graduated in 2022 from Cornell University with a degree in Plant Sciences, concentrating on the intersects between conservation, ecology, and agriculture. I then spent a year working for ECHO, an organization doing international agricultural development. There I participated in a farm internship and an ag development certification program, learning many regenerative agricultural techniques and community development strategies.

Throughout my education, I have realized that my true passion is community outreach and education, especially that of children. My goals are to highlight the importance of small-scale and community supported agriculture and provide ag resources for people of all ages and backgrounds.

When not working, you'll find me playing Beethoven on the piano, eating ice cream, or looking for mushrooms, birds, and interesting plants! Shaelyn joins our team with tons of experience and enthusiasm. Please help us give her a warm welcome to CCE Chenango!

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ANOTHER NEW FACE AT CCE - WELCOME



Carol Lyons

Hello! My name is Carol Lyons, and I am so excited to have the opportunity to work with all of you as a Cornell Cooperative Extension SNAP-Ed Nutrition Educator. I have lived in Chenango County my whole life and raised my family right here in Oxford; it is truly my home. I have a bachelor's degree in the science of educational studies with a minor in special education and a master's degree in educational leadership. My experience working with nutrition education comes from my former employment with the Head Start and Early Head Start programs, where I worked for over 7 years. I taught children and families about the benefits of eating healthy and the MyPlate Program, developed menus that were used for socialization, and worked with parents to better plan meals on a budget. I can't wait to work with you all!



Gingerbread Pancakes



A delicious way to enjoy this classic holiday flavor and eat your whole grains for breakfast.

Ingredients:

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1 egg
- 2 Tablespoons molasses
- 1 Tablespoon vegetable oil
- 1 cup low-fat buttermilk

(If you do not want to buy buttermilk, use 1 cup of milk and add 1 Tablespoon of lemon juice)

Directions:

1. Mix dry ingredients in a bowl.
2. In another bowl, beat egg. Stir in molasses, oil and buttermilk.
3. Pour milk mixture into dry ingredients; stir together lightly.
4. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil.
5. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.
6. Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
7. Refrigerate leftovers within 2 hours.



Nutrition Facts	
4 servings per container	
Serving size	2 pancakes (118g)
Amount per Serving	
Calories	210
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 580mg	25%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 7g Added Sugars	14%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 2mg	10%
Potassium 331mg	8%
Vitamin A 26mcg	3%
Vitamin C 1mg	1%

*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.

YEAR-END AGRICULTURAL TAX STRATEGIES

Rich Taber



As many that have farm businesses know, in order to get your agricultural property tax reduction, you must gross \$10,000 per year, two years in a row. You also must file a NY Form RP-305 with your township assessor, and they will determine how much reduction you will be eligible for. This is usually due sometime in March in order to get your deductions for September tax bills, and must be renewed each year. This leaves us with the task of actually showing an income of \$10,000 gross before December 31 of each year. Technically, you could purchase \$10,000 worth of livestock on December 30, and resell them for \$10,000 on December 31. Most of us are not going to resort to such tactics, as we will be attempting to sell products throughout the year. If for some calamitous reason you cannot reach your goal of \$10,000, you may be able to file for an exemption with your assessor. If he or she is amenable to your situation, you may still be allowed your reduction. Additionally, it is a good strategy to have an experienced tax accountant to assist you in preparing your income taxes; they are well worth the considerable sums that they charge for their services.



Cornell Cooperative Extension Central New York Dairy, Livestock and Field Crops

Serving Chenango, Fulton, Herkimer, Madison, Montgomery,
Otsego, Saratoga, and Schoharie Counties.

2024 CNY Corn and Dairy Days - Register Now!

Full agendas and sponsorship information available (see links below)

Corn Day - February 21, Otesaga Resort, Cooperstown, NY

9:30am - 2:30pm (sign-in begins at 9:30, program begins at 10:30)

Dairy Day (same program at both locations)

- April 3, Otesaga Resort, Cooperstown, NY

- April 4, CCE-Saratoga, Ballston Spa, NY

10am - 3pm

Attendee Registration (scroll up for agenda): [Pre-Registration Form - Corn and/or Dairy Days 2024-Central New York Dairy, Livestock & Field Crops- Cornell University - Cornell Cooperative Extension](#)

Sponsorship Registration: [corn and/or dairy days 2024 Sponsorship - Central New York Dairy, Livestock & Field Crops - Cornell University - Cornell Cooperative Extension](#)

GROW COOK SERVE

Grow Cook Serve is a program which provides access to fresh local produce to income restricted individuals and families. Our goal is to help economically challenged families and individuals adopt life-long healthy habits by donating fresh produce to people in need; teaching cooking and gardening skills so people can become more self-sufficient; and providing nutrition education to facilitate healthy choices. All funding for Grow Cook Serve is provided by the United Way. In its ninth year, Grow Cook Serve gleaned over 4,000 pounds of fresh produce to donate to 7 Food Pantries in Chenango County. The produce was donated by Norwich Meadows Farm, and home gardeners. Additionally, Grow Cook Serve donated 60 vegetable transplants and 300 packets of vegetable seeds. Grow Cook Serve has sustained its partnership with Head Start by offering not only gardening workshops but classes for food preservation, cooking, and help with picky eaters. Grow Cook Serve expanded its partnership with the Healthy Gardens Club to provide monthly taste tests at Norwich Middle School; Monthly cooking workshops with the Norwich High School Life Skills class; and weekly education at the Norwich Middle School Garden club meeting



The Kids in the Kitchen continued to flourish in its third year. The goal of this program is to teach children how to create healthy inexpensive meals. Families pick up their meal kits and cook along with Grow Cook Serve educators virtually. We hosted 9 classes. Along with Kids in the Kitchen, Grow Cook Serve, held 3 Kids in the Garden Workshops to teach 4-Her's how to grow their own vegetables at home. Additionally, participants learn how gardening can contribute to physical and mental wellbeing. SNAP-ED and Grow Cook Serve joined forces again in 2023 to offer a Healthy Living Series of classes. The goal of the workshops is to provide a fun way for adults to learn about how to make healthy choices easier every day. We provide a short lecture, have a hands-on cooking demonstration, and then share a meal together. We have hosted 7 workshops. Every year Grow Cook Serve continues to evolve and adapt by adding new partnerships and collaborations. We look forward to serving the community of Chenango County in 2024. Keep an eye out for upcoming events and activities. for information contact: Alexis at asw239@cornell.edu





AG IN THE CLASSROOM

The Ag in the classroom program is back to doing what it does best—providing Chenango County students with a better understanding and appreciation of how agriculture remains a thriving industry in New York State. In more than 30 classrooms this year students will learn the agricultural connection between the pencil in their hand, the t-shirt on their back, and the milk served to them at lunch. Now this year, our roughly 700 students will discover careers related to agriculture and explore more hands-on connections to where our food, fuel, and fiber comes from. Our first days back in classrooms were met with tons of happy and smiling faces indicating that the students shared our excitement to begin another year of Ag in the Classroom.



SHOOTING SPORTS (ages 9 +)

During the 2022-2023 project year shooting sports moved their entire program to the Rockdale Rod and Gun Club. This program concentrates on teaching and learning about firearm safety and marksmanship. Our program incorporates archery, air rifles and .22 caliber rifles. It is great to see these youth progress in their skills. We reached 31 youth this year. Shooting sports meets once a month throughout the 4-H year. Now that the weather has turned cold we will be working inside.



OUTDOOR COOKING (Second Sat. every month)

Who doesn't love to eat!! The 4-H Outdoor Cooking program meets monthly preparing delicious, nutritious meals using cast iron and charcoal. These youth have prepared Shepards pie, chicken pot pie, pizza, mile high stew, salmon, Mississippi Mud Cake, cheesecake, strawberry short cake, just to mention a few. The members showcased their skills at the Chenango County Fair putting on a demonstration while providing samples to the fair goers. November's Outdoor Cooking members prepared Cornish Game Hens, Crispy Potatoes with Mushroom Gravy followed by a Graham Cracker Crust Cheese Cake. Food was delicious. All items are prepared using cast iron over charcoal.



OUTDOOR ADVENTURE

What a fun morning! 4-H'ers went geocaching in the Norwich area. We looked for caches and picked up trash along the way, making each location a little cleaner than how we found it. We were excited to find all 4 of the geocaches we went hunting for! We impressed some members of the community with our trash pick-up. They generously made donations to 4-H! One specific donation was money to take the kids to get donuts. So we all enjoyed a delicious donut at the Donut Hut in Norwich! Thank you to our newest 4-H supporters we met today.



KIDS IN THE KITCHEN

4-H'ers were busy in the kitchen! They made guacamole and fresh salsa for the taco bar. After our group dinner, they decorated gingerbread houses and made ornaments! Lots of fun and many sweets!

Thank you to Grow Cook Serve for making our 4-H Kids in the Kitchen program possible. A BIG THANK YOU to Alexis and Brandon Woodcock for cooking with the kids, they had a fun night!!!!



CHRISTMAS TEA

The Curious Kids 4-H club hosted the Annual Leaders and Volunteers Association, Christmas Tea. At this event items are auctioned off as a fundraiser. The club did an amazing job and had some pretty great auctioneers! **THANK YOU CURIOUS KIDS!**

The Leaders Association is a group of 4-H Leaders and Volunteers that meet six times a year to aid in the success of 4-H'ers throughout Chenango County.





MARK YOUR 4-H CALENDAR

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

Shooting Sports has moved to the indoor range now that the weather has turned cold. The third Sunday of the month. Our instructors concentrate on teaching firearm safety and marksmanship. We meet once a month at the Rockdale Rod and Gun Club. If you would like to join our program contact Richard: turrellr@protonmail.com Please note Mr Richard's email has changed so be sure to check your junk mail for updates.

4-H OUTDOOR ADVENTURE (Information contact Erica: elc97@cornell.edu)

December 28th, Thursday 4-H Holiday Hike! 10:00am to 1:00pm. Come explore the outdoors with other 4-H'ers! Location to be announced soon. Limited transportation available from CCE.

Jan 20th, Sat. 4-H & Youth Bureau. Cross Country Skiing 10am to 11:30am, at Friends of Rogers. Intro to XC skiing. Skis/boots available at Rogers. If there's no snow we will pick a trail to explore!

Jan 27th, Sat. 9am to 11:30am Ice Fishing Location TBD. Come learn about ice fishing and go fish! Warm up by the campfire and cook a hot dog! We have the gear and equipment for you to use. Youth 16 and up will need a fishing license.

Feb 6th, Tues. Snowshoeing 4pm to 5:30pm 4-H & Youth Bureau at Cook Park in Greene. We have snowshoes for you to borrow! Come learn how to snowshoe and have fun! Limited transportation available from our CCE office.

OUTDOOR COOKING (Second Sat. every month)

A warm December day for the Outdoor Cooking project. Our menu was venison meatloaf, drop biscuits, and bread pudding. The bread pudding was not a hit. Everything else was delicious. This program gives 4-H'ers a chance to cook using cast iron over charcoal. Great opportunity for these cooks to experiment with recipes. If you are interested in joining the Outdoor Cooking Project contact:

Richard at turrellr@protonmail.com, for ages 12 and older.

4-H AFTERSCHOOL

4-H After-school is a mix of STEM and nature activities, with hands-on components.

Jan 3rd, Wed. 4-H Afterschool at Friends of Rogers, in Sherburne. First Wed. each month, 4pm to 5:00pm. Next program Youth 8 and up can join without a parent.

Jan 17th, third Wednesday of each month. New Berlin Library 3:30pm to 4:30pm. for all aged youth.

Jan. 22nd, Fourth Monday each month. Sherburne Library 3:30pm to 4:30pm. for youth 8 and up.

Dairy Bowl - Jan. 13th - Mar. 16th

Calling all dairy enthusiasts or anyone wanting to learn about dairy science! Prior experience is not required!

Come join us for our dairy bowl practice sessions 1-3pm on Saturdays starting January 13th. Practices are open to all 4-Hers and cloverbuds. Lessons will be fun hands on with a variety of topics including nutrition, vaccinations, and more!

Email Victoria to register: vmr39@cornell.edu


HIPPOLOGY - Jan. 5th -Mar. 8th

We started our year off with a Hippology kickoff at the Janson farm, learning different types of saddles, bridles, and checked out her horses conformation.

Come join the fun as we begin another year of Hippology and horsebowl! We will meet every Friday night at the CCE building from 6 pm - 7:30pm. We are hoping for some fun field trips, guest speakers, hands-on and all around horse crazy fun learning all we can about horses.

Hippology/Horsebowl is open to all 4-H'ers, cloverbuds included. For more information contact Rhonda: rlt236@cornell.edu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Afterschool at Rogers	4	5 Hippology	6 Dairy Bowl
7	8	9	10	11	12 Hippology	13 Dairy Bowl Outdoor Cooking
14	15	16	17 Afterschool New Berlin Library	18	19 Hippology	20 Dairy Bowl Cross Country Skiing
21 Shooting Sports 1pm	22 Afterschool Sherburne Library	23	24	25	26 Hippology	27 Dairy Bowl Ice Fishing
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Hippology	3 Dairy Bowl
4	5	6 Snowshoeing	7	8	9 Hippology	10 Dairy Bowl Outdoor Cooking
11	12	13	14	15	16 Hippology	17 Dairy Bowl
18 Shooting Sports 1pm	19	20	21	22	23 Hippology	24 4-H Presentations
25	26	27	28	29		



**From all of us at CCE Chenango, we wish you a wonderful
Holiday Season!**



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Chenango County



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