



Extension *Express*

CCE WELCOMES THE NEW EFNEP EDUCATOR

My name is Mary Close a native to the Chenango County area and the new EFNEP Educator for Chenango County. Much of my life has been spent living in Preston. My husband and I have spent the last 14 months building our house. I am a wife and mother to two young teenagers, 3 canines and 7 cats. All my animals are rescues from a variety of locations, the furthest being Ellie Mae Clampett "Bineller" (Staffordshire Terrier) from a truck stop in New Jersey at 6 weeks of age.



My background includes a mix of education and experience. I graduated from Norwich High School in 1998, SUNY Morrisville (2004), SUNY Oneonta, (2007) and Kent State University (2011). I hold an Associate degree in Liberal Arts, a Bachelor of Science degree in Psychology and a Master degree in Education. My professional life has involved positions as a Counseling, Substitute Teacher, Vocational Education Specialist, Medicaid Service Coordinator (MSC), and Care Manager. Between my education and work experience there would be several opportunities to teach people across all age groups in a variety of content areas. I have a passion for learning and have many interests and hobbies.

Most notable hobbies would include bird watching, gardening, health education, dog walking, bonfires, photography, visiting zoos, collecting cookbooks, and spending time tracking my genealogy with the help of my 95-year-old grandfather.

I have traveled cross country on a big rig, having stopped in all but 7 states. Lifelong learning has always been a goal of mine that I intend on maintaining. Most recent quest for knowledge would involve improving my health through changes in lifestyle to eliminate my dependence on insulin and show my children the benefits of living a healthy and active life.

I am very excited about my new role as an EFNEP educator because my skills, knowledge and experience will directly serve diverse populations. Having a direct hands-on approach within the community is a wonderful way to give back. I look forward to growing the EFNEP program in Chenango County.



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SNAP-ED REACHES A NEW SCHOOL, BAINBRIDGE GREENLAWN

On May 31st SNAP-Ed Nutrition Educator Carrie Forward partnered with Ag Educator Emily Anderson at Bainbridge Greenlawn Elementary School for an all-day event to provide nutrition education to the second and third graders about fruits and vegetables. The goal of Emily's program is to connect youth to local agriculture and foods while learning more about agriculture in the community. Carrie did a short lesson with each class on fruit and vegetable consumption and then had each class help her prepare a delicious salad called, "Spring Green Salad". The children loved it and were quite surprised at how many fruits and vegetables they should be consuming. Plus, we were able to make another connection for new potential partners for this summer and coming school year within this district!



NEW YORK BEEF COUNCIL GRANT AWARDED

We are honored to have been awarded the beef grant through the New York Beef Council for the second year in a row. This grant allows us to provide beef education and recipe demonstrations with schools in Chenango County. This year, as was last year, they are going to pay for full recipes that the SNAP-Ed Educators can make with the students. This is great because it cuts down on our food demo line within our budget allowing us to serve even larger populations of young people and families. This year we are going to be preparing garlic ginger ramen with beef. Ramen noodles are a child's favorite, so this recipe shows how easy it is to provide more nutrition by adding vegetables, ground ginger, and beef. It also shows how flavorful a dish can be even if only using half of the flavor packet reducing the total sodium intake. It is a great way to add multiple food groups to a recipe!



DAIRY CELEBRATION AT GUILFORD ELEMENTARY SCHOOL

CCE SNAP-Ed Nutrition Educator, Carrie Forward along with Grow Cook Serve Coordinator, Alexis Woodcook tabled at a Dairy Day Celebration Event on June 10th to celebrate dairy at Guilford Elementary School. Carrie and Alexis displayed information about how much dairy children should be consuming daily, sharing what food sources dairy is found in, and displayed food models to represent actual amounts. The ladies also talked about the importance of consuming dairy to strengthen their teeth and bones at a young age! Alexis received a Chobani yogurt donation for the children to enjoy yogurt parfaits with blueberries and granola. The event was a great turn out!



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Bringing the CATCH Curriculum to Local Schools: SNAP-Ed has been a part of Morrisville-Eaton Edward R. Andrews Elementary School since 2016. This district is one of our CATCH Program schools where we do food tastings once a month, water Wednesday's once a month, CATCH lessons during gym class, and we are invited to all events with families. On May 10th Morrisville invited our team to host a physical activity with their students during their Wellness Day. We played a game called "Zero In" from our CATCH curriculum. The objective of this activity is for 1 student to correctly guess a number with the aid of his or her classmates. The student does this by receiving movement clues from the class until she or he has "zero in" on the correct number. We used squats if they had to guess lower and calf raises if they had to guess higher! The children had BLAST! Our two SNAP Educators Carol and Carrie said their legs took days to recover from the thousands of squats and calf raises, but it was 100% worth it!



ENHANCED FOOD AND NUTRITION PROGRAM (EFNEP)

This year the Expanded Food and Nutrition Education Program (EFNEP) celebrates its 55th anniversary which started in 1969. Collectively, 76 Land-grant Universities conduct EFNEP and reach roughly 200,000 low-income adults and 450,000 low-income youth in rural and urban communities each year through Cooperative Extension. EFNEP is available in all states, U.S. territories, and the District of Columbia. We are looking to have a very successful program within our county that thrives! Our projections for our county will be 59 adults, 20 young adults, and 101 youth to serve each program year based on demographics. On June 25th Mary, Whitney, and Craig will be going to CCE Broome County for the celebration of events!



*****SNAP-Ed offers Nutrition education classes that are open to the public. The next classes will be July 25th and August 8th, 10:30am-11:30am. Please contact Whitney at: wdg43@cornell.edu for more information.**

Cucumber & Tomato Salad

Source: foodhero.org

Prep time: 10 minutes, Makes: 4 cups

Ingredients:

- 2 medium cucumbers, chopped
- 2 medium tomatoes, chopped (try Roma tomatoes)
- ¼ cup mayonnaise
- ¼ cup low-fat plain yogurt or sour cream
- 2 Tablespoons dry dill or 1 Tablespoon fresh chopped dill

Directions:

1. In a large bowl, combine cucumbers and tomatoes.
2. In a small bowl, mix together mayonnaise, yogurt and dill.
3. Stir sauce into vegetables.
4. Refrigerate leftovers within 2 hours

www.FOODHERO.ORG

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (106g)
Amount per Serving	
Calories	70
%	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes: 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 81mg	2%
Vitamin A 18mcg	2%
Vitamin C 7mg	8%

*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.

The logo for SNAP-Ed New York features a stylized green and red apple icon to the left of the text 'SNAP-Ed New York' in large, bold, black letters. Below the text, the slogan 'SAVE TIME. SAVE MONEY. EAT HEALTHY.' is written in a smaller font.

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

GROW COOK SERVE AND CHENANGO FAMILY FOOD CO-OP

INTRODUCTION TO BAKING SOURDOUGH BREAD

July 6, 2024

2:00pm-5:00pm

Unlock the secrets of baking with sourdough starter. We will go step by step in the baking process to create a delectable loaf of bread.

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



FLATBREADS AROUND THE WORLD

July 27, 2024

2:30pm-5:00pm

Learn how to craft masterful flatbreads from different parts of the world. In this class, we will explore flatbreads from a variety of cultures and prepare each bread from scratch.

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



INTRODUCTION TO FERMENTING FRUITS AT HOME

August 15, 2024

10:30-12:00pm

In this beginner class, Alexis Woodcock will walk you through the process of fermenting summer fruits. Fermenting fruit helps preserve the fruit for later use and adds interesting flavors and textures to your meals.

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



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

HEALTHY LIVING WORKSHOP SERIES

HEALTHY OUTDOOR COOKING

Thursday, July 11, 5:00pm-6:30pm

Join Grow Cook Serve and Eat SNAP-Ed to sizzle, season, and savor the summer.

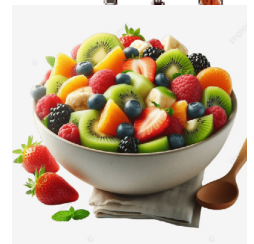
Learn tips and tricks to safely cook outside. Get fun ideas and recipes on how to add healthy ingredients to your cookout or BBQ.



HAVE A FRUITFULL SUMMER

Thursday August 8, 5:00pm-6:30pm

Learn why eating a variety of fruit is an important part of a healthy diet. Make a delicious recipe using fresh fruit and discover how to prepare, preserve, and shop for fruit all year long.

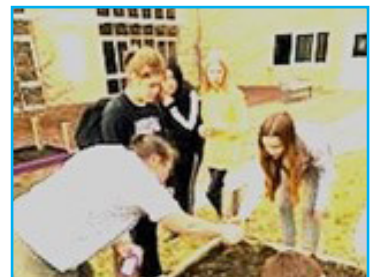


To register contact:

Alexis Woodcock, 607-334-5841 ext.1120, asw239@cornell.edu

GARDEN CLUB

Grow Cook Serve had its last Norwich Middle School Garden Club meeting for the school year. The students spent much of the Spring preparing the garden beds and planting vegetables for the summer. The crops the students are most excited about are strawberries, asparagus, and peanuts. The students were able to enjoy snap peas right out of the garden, radishes, and spinach salads. The summer program will start the second week of July.



PUBLIC HEALTH LEAD POISONING PREVENTION PROGRAM:

Grow Cook Serve along with the Department of Public Health and Afton/Bainbridge Libraries has been offering Lead Poisoning Prevention information sessions. In June families with young children met at the village green in Bainbridge for a Pop-Up reading group. Neisa Pantalia of Public Health read a children's book about protecting ourselves from lead poisoning and discussed with parents strategies to keep lead out of the home. Grow Cook Serve made a snap-pea salad for a snack and all families did a planting activity.

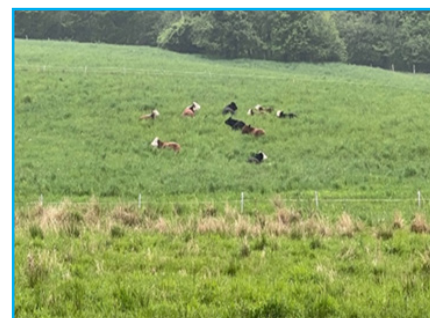


AGRICULTURE AND WOODLANDS

PUBLIC OUTREACH AND ASSISTANCE

Rich Taber

One of the main activities in the Agriculture Program at CCE Chenango is public outreach and assistance. We answer phone calls, emails, and walk-in clients and respond to their requests. Frequently we get requests from people who are purchasing land in Chenango County and are looking for ways to reduce tax burdens and to assist them in selecting different enterprises. If deemed appropriate, Rich Taber will make site visits. He often times responds to requests on woodlot and wildlife management. Another major request from clients is to learn the status of their soil for different crops and gardening. We recently purchased two small soil probes to loan out to people to help them with sampling their soil. We also offer guidance in using the Web Soil Survey, which has long replaced the old paperback soils manuals. One of my specialties is in grazing management and I frequently assist clients in making decisions about their grazing programs, and with a variety of livestock species.



SUPPORTING AMISH DAIRY FARMERS:

We recently responded to a request from one of the Amish dairy farmers in Guilford for assistance in planning a new free-stall barn for his 45-cow herd, instead of using a bedded pack system. We enlisted the help of Tim Terry, from Cornell University, and Daniella Gonzalez Carranza, Dairy Educator with the Central NY Regional Team. The three of us paid a visit to the farm and will be rendering assistance as needed throughout the project. I wrote a brief article about this project and put it in our CCE social media feed. I received a call from a reporter for the Norwich Evening Sun and she wrote an article about this effort and it appeared in the newspaper.



This is the Amish-owned bedded pack dairy barn which will be converted to a free stall barn with our planning assistance.

REINVIGORATING THE AGRICULTURE DEVELOPMENT COUNCIL (ADC)

The Chenango County Agriculture Development Council has been reinvigorated. We have had very active participation from the committee members, and everyone is working together to find creative ways to support our agricultural community. One of the main functions of the committee is to award small scholarships to outstanding high school members from schools in Chenango County and to award grants ranging from \$500-\$1,000 dollars for applicants looking to upgrade their agricultural operations. So far this spring we have several grants, for example ranging from maple syrup equipment, blueberry bushes, and honeybee operation upgrades.





AG IN THE CLASSROOM

One of our May "Ag in the Classroom" lessons featured two baby goats. These first grade students from our newest school partner, Unadilla Valley, had some special visitors last month. The lesson touched on a dairy goat's diet, the housing requirements, and the products we enjoy that come from goats. The best part of the lesson was getting to pet the goats and feed them hay.

We've been busy learning about butterflies and the important role they play in the pollination of over 2/3rds of our crops! After discussing the butterfly life cycle and the problems caterpillars cause, we talked about pollinator gardens as a way to both provide habitat for many pollinators and help to keep caterpillars away from crops. We finished by making our own little seed bombs, filled with pollinator-friendly seeds, so the kids can have butterflies and more in their yards this summer! To wrap up the school year, we've been celebrating Dairy Month by making homemade ice cream and talking about NY's dairy industry. We've experimented with ice cream in a zip bag or in an old-fashioned, hand crank ice cream maker. Everyone has had an absolute blast, despite claims of frostbite and sore muscles! A successful and joyful end to our Ag in the Classroom program to be sure!



OUTDOOR COOKING PROGRAM

Even though Richard is retired he continues to lead the 4-H Outdoor Cooking Program. These 4-H'ers have had a great time learning how to cook on charcoal using cast iron pans. During cold rainy days, they do have to do some prep work inside, but all the cooking is done outside no matter the weather. In April the cold rainy weather did cause them to prep inside even though they had a tarp. The recipes that the kids made were Mountain Man Breakfast, with Apple cake and baked apples.

The weather was great for May's Outdoor Cooking, and it is always fun to see just what these kids create. This time around they prepared beef and biscuits with what were supposed to be blueberry cheesecake egg rolls. Everything tasted good but the egg rolls looked more like sea slugs. That was a great lesson! These kids have learned how to create great food from scratch over an open fire but more importantly how to improvise and change recipes depending on how they deem fit. They are always challenged to create everything, even the spices that they use. They then come up with their own tasty recipes to demonstrate at the Chenango County Fair.



4-H ANIMAL CRACKERS AT CORNELL

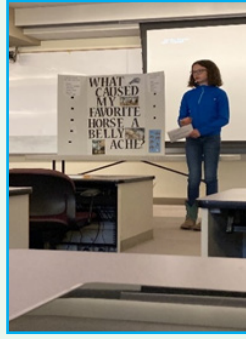
4-H'ers had a great time at the Animal Crackers program at Cornell. The program this year focused on swine, beef cows, dogs, and horses. 4-H'ers learned how to show pigs and took a try at getting the pigs to move where they wanted them to. They also learned about basic animal first aid and general animal care, about horseshoes & their importance, and wrapped up their workshops by learning how to keep cows healthy. They also got to watch competitive dogs in action. It was a wonderful event and all who attended learned something new.





NYS 4-H HORSE COMMUNICATION COMPETITION

On May 18th, our youth attended the NYS Horse Communication Competition. Chenango County had three 4-H'ers qualify for this competition. These young ladies did a super job representing the county and we are very proud of them for a job well done! Abigail M. received second place while Shaelan R. received 9th place, and Makayla C. brought home 10th place. All these young ladies did wonderful!



4-H CAPITAL DAYS

Sarina Bell and Skyler Graham were selected as the 2024 4-H Delegates representing Chenango County at Capital Days. This annual trip gives youth a glimpse into NY State policy processes, teaches them the connection between local and state government, and highlights all the many career opportunities in public service. Sarina and Skyler got to interview Assemblyman Joe Angelino and were able to tour the Capital Building and check out the NYS Museum. The pair had a chance to make new 4-H friends from all over the state. Congratulations ladies!



4-H SHOOTING SPORTS PROGRAM

Shooting Sports has continued to grow causing the schedule to increase, the team has added an extra hour to the day to accommodate all 4-H'ers interested. Richard heads up this program with the help of 4-H certified shooting sports volunteer instructors. These instructors must go through extensive 4-H Shooting Sports training in a specialty area before they are allowed to volunteer.

This program is helping to engage 4-H'ers in learning the important skills needed for safe archery, air rifle, and .22 caliber rifle safety. It is a high priority for the instructors to have these 4-H'ers continue to improve and expand on their safety knowledge as well as their marksmanship. The month of May's good weather took shooting Sports outside. Being outside we can use the long-distance range. These kids are learning to shoot 100 yards targets with open sights. Archery is also adding distance to the practice developing their proficiency at 60 feet, soon will add 90 feet. This program is held once a month throughout the year. The Rockdale Rod and Gun Club has been very gracious over the years allowing 4-H to use their facility.



4-H FUSION FUN

The 4-H Fusion kids met to create succulent gardens. The youth began with a wood box they lined with fabric, added rocks for drainage, filled the box with soil, and then began planting. We talked about why succulents are drought resistant and the kids each got to decorate their boxes with woodland miniatures. The kids were encouraged to submit this 4-H project for the fair.





CHENANGO 4-H AND THE CHENANGO COUNTY YOUTH BUREAU

Chenango 4-H and The Chenango County Youth Bureau team up to bring youth outdoor programs in 2024! We held 2 winter programs and kicked off the spring with 2 sessions of compass and maps. For our second compass & map session we met with the County Planning Dept. We explored the Greenway Trails in Norwich, below the Stone Quarry. Youth used their compass skills to navigate the trails and map their route. We all enjoyed the woods and the beautiful places along the trail. Thank you to Allison and Matt, from the planning dept. for the map lesson and showing us around the trails!



Our most recent program included a river kayaking trip on the Chenango River. We paddled about 3.5 miles through a mix of calm water and small rapids. Youth worked on their paddling skills, while navigating downed trees and rocks. We were fortunate to view a mix of wildlife, like the bald eagle and many merganser chicks! Everyone made new memories while enjoying the adventure and changing landscapes as we paddled through.



KIDS IN THE KITCHEN

In May 4-H'ers cooked up fried rice with 4-H Kids in the Kitchen! They all received food packs and cooked in the kitchen at home. We meet monthly on Zoom and learn how to cook with Miss Neisa and Miss Alexis. the kids did a great job cutting peppers, onion & garlic, cracking eggs, and cooking fried rice. It looked delicious!



4-H Kids in the Kitchen had their final cooking event for the season in June. They made chili mac with a variety of veggies and seasonings! They all practiced their cutting skills, by dicing, chopping and rough chopping the peppers and onion. We will offer this program again in the fall.



4-H BUG CLUB

4-H Bug Club was held at the Chenango County Historical Society and Museum. We used their pavilion and yard to pin insects and look for more insects! Our session included pinning insects, identifying them, & starting insect collections. 4-H'ers did a great job being careful to pin their insects in the correct place, as to not damage or break the insect. Entomologist, Jen C., is our incredible volunteer who shares her passion for insects and enjoys teaching our 4-H'ers.



A BIG thank you to Jen for leading our Bug Club sessions! A BIG thank you to the Chenango County Historical Society and Museum for hosting us! We love being at your property!



NYS 4-H HIPPOLOGY COMPETITION:

Aug 25th is fast approaching, and Rhonda has met with some of the members of the region 4 state hippology team. Five of our Chenango 4-H'ers have qualified to go to the NY State Fair for this competition. She is trying to schedule another study session to help prepare these 4-H'ers for competition. These youth will be asked to take the Hippology test in conjunction with a horse judging session and they will be expected to give reasons for particular classes. It's usually a very long day for our youth but the Chenango County 4-H'ers are up for the challenge.



RIBBON WRANGLERS 4-H CLUB SPOTLIGHT

The Ribbon Wranglers came together to represent Chenango County 4-H in the New Berlin Memorial Day Parade. The kids were treated to ice cream sundaes while working hard to decorate their float. Special guest "Sprinkles" the goat joined them for the ride through town. The Ribbon Wranglers will be holding a bake sale at Tractor Supply in Norwich in June.





CHENANGO COUNTY EQUINE CLINIC AND 4-H EVALUATIONS

We held our Equine Clinic and Evaluations on June 15th. There was a big turnout of 22, 4-H'ers and a few more horses. A couple of kids wanted to be evaluated on two different horses. Heather Whitten was our clinician sharing her expertise in all things horse. Heather covered showmanship, equitation, for English and Western riders. She also gave advice on doing barrels, jumping, and driving. It was a full educational day. We even had two of our Hippology kids join us and said they learned a lot by just being able to watch. We included a few of our Cloverbuds for the day's activities as well. All in all, it was a truly beneficial day that parents asked if we could offer more of these clinics.



4-H 3D PRINTER SERIES

Our first 3-D Printing Series was a success! We had volunteers Patrick and Colton teaching our 4-H'ers about 3-D printers and making designs in Tinkercad. 4-H'ers began designing their creations and printing them in the second and third sessions. A HUGE THANK YOU TO Patrick, Colton, Sophie, and Shaelan for donating a beautiful 3-D printer to 4-H! They even assembled, modified, tested, and delivered it. We are so happy to have this addition to our program!



4-H BIRDING WITH CHENANGO BIRD CLUB (CBC)

We joined the CBC for an evening of birding, ID birds and had fun exploring the trail! As a group, we heard or saw 14 birds! Some of the highlights were Carolina Wren, Gray Catbird, Song Sparrow, American Redstart and the Yellow Warbler. We used Cornell's Merlin Bird app to help us learn bird calls & follow along with the seasoned birders. Everyone enjoyed the evening, and we were not completely eaten alive by mosquitos.



CCE OUTREACH

4-H and SNAP-Ed were represented at the Unadilla Valley ABC night. Carol & Erica had a table with the letter K. Kids and families tried kiwi and learned about SNAP and 4-H programs. 4-H and CCE were also represented at the annual South Otselic Fishing & Heritage Day. Alexis, Erica & Rich had a booth. Kids and families practiced their fish casting skills with a backyard casting game and learned about CCE & 4-H programs.



SCHOLARSHIP WINNERS

Each year the Chenango County Leaders & Volunteers Association awards 4-H scholarships to deserving 4-H'ers that have been in 4-H for at least two years prior to their graduation and exemplify the true spirit of 4-H.



This years winner of this scholarship is Amon VanAlst. Amon has grown up in 4-H and has taken every opportunity to experience all aspects of 4-H, including: showing animals, public presentations, domestic arts, outdoor cooking, Capitol Days, Teen Council, and community service. He has also been very active in various school activities: track, swimming, FFA, robotics. All of his experiences have helped to shaped him into the deserving young man that will accomplish great things in his future endeavors at Kentucky State.

The runner up for this scholarship is Phalen Hill. Phalen has been active in 4-H for a number of years focusing on dairy and helping to mentor the younger 4-H'ers in her club. She has also been very active volunteering for differnet things in her community, playing socceer, FFA, and tutoring younger students. Her experiences with helping others is one reason she is choosing to go to Marywood University for nursing hoping to focus on pediatrics. Phalen will also be recieving a 4-H Dairy Scholarship.





LIVESTOCK MARKET PROGRAM MEETING

Our Livestock Market Auction Youth met for the first time on June 11th. They worked on being an advocate for their industry and learning the power and value of that. The first step to marketing your animal is knowing how to advocate for your industry. Meetings to come are the Youth for the Quality Care of Animals Training on July 13th and Marketing Your Stock on July 16th.

EXCITING CHENANGO COUNTY FAIR ADDITIONS

In an effort to keep our opportunities relevant and more aligned with the New York State Fair, we are excited to announce two new fair categories for 2024. The first will be the addition of our first ever, dog show. The show will cover handling basics, tricks, and more. Youth are encouraged to participate in our dog preparation clinic held in July. The second is a tractor show, featuring a wide range of youth agricultural mechanic projects. Kids can enter tractor projects ranging from beginner level all the way up to advanced. Both events will be held at the start of the fair on Tuesday. See the fair book for more information.

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. Our instructors continue to emphasize firearm safety and shooting fundamentals. We have added dueling trees in both air rifle and .22's. For more information or would like to join our program please contact Richard: turrellr@protonmail.com



COOPERSTOWN JR LIVESTOCK SHOW JULY 7TH-9TH

The Junior Livestock Show, a summer tradition in Central New York. Celebrating its 76th season, the event is a salute to youth in agriculture as it tests the skills of young handlers ages eight to eighteen who present animals (dairy cows, beef, swine, dairy goats, meat goats, and sheep of various breeds) that they own, care for, and have prepared for competition. Since 1947, The Farmers' Museum has collaborated with the Cooperative Extension's 4-H program to produce the show. It is conducted in cooperation with Cornell Cooperative Extension County 4-H educators and clubs throughout Central New York.

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

4-H Outdoor Cooking continues to find culinary delights to cook in their Dutch Ovens over charcoal. These 4-H'ers will be showing off their culinary skills at the Chenango County Fair in August so be sure to swing by the fair on Saturday, Aug. 10th, to see what these talented kids have created. They always share their yummy samples! If you are interested in joining outdoor cooking or for more information contact Richard: turrellr@protonmail.com



FAIRGROUNDS CLEAN UP AND PEN SET UP: JULY 22ND

As the Chenango County Fair approaches preparations need to take place. Many hands make light work so it is important that people come and help out with cleaning up the fairgrounds and helping set all of the pens up for the animals that will arrive for the fair. Contact Victoria if you are willing to help out: vmr39@cornell.edu

ANNUAL 4-H CAMPING TRIP!! July 23-25 at Gilbert Lake State Park

Learn how to tent camp, make new friends, swim, cook over campfires, play games, explore the park and more! 4-H'ers 10 and up can attend without an adult. The cost is \$15 per youth or \$30 per family. The cost will help offset food and supplies for our trip. Drop off is at 2:30pm on July 23rd and pickup is at 10am on July 25th.

Register at https://reg.cce.cornell.edu/Campout_208



4-H FIRST AID HIKE at Friends of Rogers, in Sherburne. July 3rd, 4pm to 5:30pm. This program will cover 1st aid basics while we hike! We will explore different parts of the property & habitats and each month will have a new focus. Youth 8 and up can join without a parent.

Register at https://reg.cce.cornell.edu/4HRogers_208

CHAPMAN HALL FOOD BOOTH

As 4-H gets ready for the County Fair so are the folks running Chapman Hall. The Leaders Association has planned a few new things for the menu this year. They are reaching out looking for volunteers to help staff with the running of the food booth. If anyone has an extra hour or two or would just like to make a donation please reach out to Richard: turrellr@protonmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4-H Airport Tour	2	3 4-H First Aid Hike	4	5	6 Intro to Sourdough Bread 2pm-5pm @ Family food Coop
7	8 4-H Babysitting Course Cooperstown Jr Livestock Show	9 Kids in the Garden 2pm-5pm	10	11 Healthy Living Workshop 5pm-6:30pm	12	13 4-H Outdoor Cooking 10am Livestock Market Mtg.
14 4-H Dog Show Clinic	15	16 4-H Livestock Market mtg.	17	18	19	20
21 Shooting Sports 1pm	22 4-H Fair Clean up / Pen Set Up	23	24	25 Snap-Ed Nutrition Class 10:30-11:30am	26	27 Flatbreads around the World 2:30pm-5pm @ Family food Coop
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4-H Water Safari	2	3
4	5	6	7	8 Snap-Ed Nutrition 10:30am-11:30am Healthy Living 5pm-6:30pm CHENANGO COUNTY FAIR Aug. 6th - 11th	9	10 Outdoor Cooking Demo @ County Fair
11	12	13	14	15 Fermenting Summer fruits 10:30am-12pm @ Family food Coop	16	17
18 Shooting Sports 1pm	19	20	21	22	23	24
25	26	27	28	29	30	31
<i>NY STATE FAIR AUG. 21 - Sept. 2</i>						

***SNAP-Ed offers Nutrition education classes that are open to the public. Please contact Whitney at: wdg43@cornell.edu for more information.



Connect With Us!



www.ccechenango.org



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