

# Extension *Express*

## JOB OPPORTUNITY



### Join our SNAP-Ed / EFNEP Team!

We are looking for two full-time educators. one SNAP-Ed Nutrition Educator and one EFNEP Nutrition Educator. These positions will be responsible for delivering nutritional education programs. These positions require a valid driver's license, and a reliable vehicle. \$20 / hr., 40 hours a week. Benefits include: NYS retirement benefits, competitive health insurance, and FREE DENTAL. For a full position description or to apply go to the QR code below or contact: Whitney Kmetz, 607-334-5841 x 1132.

**We're hiring.**

POSITIONS :  
**SNAP-Ed Nutrition Educator**  
**EFNEP Nutrition Educator**

CCECHENANGO.ORG

### Why join our team?

"I enjoy the excitement that individuals get cooking with others to create a flavorful, colorful dish loaded with vitamins and minerals. It's exciting to help people learn how to use basic skills in the kitchen giving them confidence in order prepare a balanced dish on their own" SNAP-Ed Team Leader, Whitney Kmetz.



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##### **SNAP-ED**

Beyond the Table  
Spring Green Salad

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##### **AGRICULTURE**

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4-H News  
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##### **CALENDAR**

Meetings / Events

## March is National Nutrition Month and this Year the theme is... “Beyond The Table”

“Beyond the Table” can mean many different things for individuals. This can range from ways we eat our foods, how we can reduce food waste in our community, and how we get the foods we eat, thinking of every aspect of “farm to fork”. Want to know how you can get involved? Check out some ideas below or create your own!



- Try a new fruit or vegetable this month
- Plan to eat more meals together as a family
- Give family members a role in meal planning
- If you watch tv, take breaks during commercials to be physically active
- Use herbs and spices to bring out the flavor in foods
- Try a meatless meal at home
- Practice mindful eating by eliminating screen time during meals

This is how our SNAP-Ed Nutrition Educators help celebrate National Nutrition Month:

**Whitney:** I use all of my leftover vegetable scraps and slow cook them with water all day to make homemade stock! This gives my soups a great flavor and I am able to reduce food waste!

**Carol:** My husband and I are trying new fruits and vegetables to add more variety to our meals, and I am trying food that I haven't liked in the past again to see if my taste has changed for them. We are also going to start eating one meal a week at the table together instead of on TV trays in front of the TV.



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](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider.

For more information, visit [snapedny.org](http://snapedny.org)

# Did you know that.... you can purchase seeds and plant starters using your EBT benefits?!!



Here is a list of several wonderful fruits and vegetables that are grown in the Spring to enjoy!



- Apples
- Apricots
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Herbs
- Kale
- Kiwi
- Lemons
- Lettuce
- Limes
- Mushrooms
- Onions
- Peas
- Pineapple
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Swiss Chard
- Turnips



Currently the Wednesday Farmer's Market in Norwich is accepting EBT. You can also check with surrounding counties to see what farmers markets are accepting EBT to take advantage of this opportunity!



## Spring Green Salad

### SALAD

- 6 ounces fresh spinach (about 7 cups)
- 3 oranges (any type)
- 1 1/2 cups halved strawberries
- 1 cup walnut pieces (toasted, if desired)

### DRESSING

- 1 teaspoon sugar
- 1/4 teaspoon paprika
- 2 Tablespoons orange juice
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons vinegar (any type)
- 1 teaspoon finely chopped onion
- 2 Tablespoons vegetable oil

### DIRECTIONS

1. Wash and dry spinach, tear into pieces and chill.
2. To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane.
3. In a small bowl or a jar with a tight fitting lid, add all dressing ingredients. Mix or shake well and set aside.
4. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts	
10 servings per container	
Serving size	1 cup (132g)
Amount per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 166mg	4%
Vitamin A 138mcg	15%
Vitamin C 56mg	62%

\*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.

**Healthy Living Workshop Series**

*Due to unforeseen scheduling issues please be advised that the Healthy Living Workshop series will be taking a break. Grow Cook Serve and SNAP-ED appreciate the participation in this series and look forward to a renewed and reenergized program in May.*



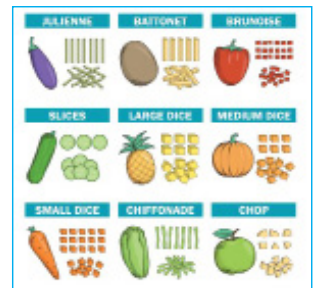
**Grow Cook Serve and Chenango Family Food CO-OP**

Grow Cook Serve is excited to announce a new partnership with the Chenango County Food CO-OP. As part of this new collaboration Grow Cook Serve will be offering adult workshops twice a month at the 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](mailto:asw239@cornell.edu) 607 334 5841 ext. 1120

**Becoming a Sharper Chef**

March 2, 2024  
2:30pm-4:00pm

Learn why knife skills are an essential tool for the home chef. Discover tips and tricks to help you chop, dice, and mince your way to healthier meals. You will put your new skills to the test when we create fresh salsa together.



**Bread Basics**

April 6, 2024  
2:30-5:00pm

During this workshop, you will learn why bread rises, how to shape dough, when bread is ready to be baked, and how to keep loaves tender and light. This is a class for bakers new to working with yeast or those who are looking for more consistent results.



**Home Food Preservation Safety and Science**

April 18, 2024  
10:00am – 11:30am

Join Master Food Preserver Alexis Woodcock to learn the basics of food preservation. Understand the importance of food safety and best practices when preserving food. Then discover the tools and recipes to create your food preservation kitchen.



# GRASS FED MILK AND GRASS FINISHING GRAZING: "ADDING MORE ENERGY TO THE DIET"

by Rich Taber CCE Chenango



## Facts:

1. Protein is not an issue in grass fed only diets. Good pasture during the grazing season, and high quality hay products for the non-grazing season, in the form of dry hay, hay-lage, or baleage, generally have more than enough protein to satisfy nutrient requirements
2. Energy is the key component in grass fed only feeding systems. Grass fed only animals need the highest quality and highest energy forages, in the form of pasture and stored forages.
3. Grazing at taller levels, (8-10" 8-12", as compared to "6-8" that has been done in the past is a strategy used by some farmers in getting higher energy forage into animals. More energy conducive fibers are found in the taller parts of the plant than lower on the stem.
4. Genetic selection for cows that do better in grazing systems has come into play in recent years. Cows with New Zealand and European genetics that do well in grass only systems have been introduced into the USA in recent years for crossbreeding purposes.
5. Conventional dairy cows typically get only about 60% of their nutrients from forages, and 40% from grains, which are high in energy. In grassfed only cows, the energy deficit has to be made up with top quality forages, and such forages are always a challenge to make in our rainy, humid seasons. Considerably more land may also need to be used for the extra forages needed.
6. It is a challenge to put up high quality forages in the northeast due to the frequent rainy weather that we have. Farmers have turned to high moisture haylage and baleage: "hay in a day" types of systems as compared to dry hay, which takes typically three dry and sunny days in a row to harvest, which is quite uncommon in the Northeast.

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## Cornell Cooperative Extension

Capital Area Agriculture and Horticulture Program



## BASKETS TO PALLETS

When: March 13 & 20, 2024, 10:00 AM to 3:30 PM

Where: CCE of Chenango Co., 99 N Broad St, Norwich, NY 13815

Are you looking to diversify sales beyond the farmers' market, CSA, and farm stand? Food hubs, grocery stores, restaurants and cooperatives are looking for your products to meet growing consumer demand for local and sustainably produced food. However, successful business with wholesale buyers requires planning and preparation.

Ensure your success by joining us for 'Baskets to Pallets,' a comprehensive two-day introduction to selling your farm products wholesale.

The 'Baskets to Pallets' course is designed for farmers of all types. This two-day workshop covers building relationships with buyers, customer management, record keeping, pricing, grading, packaging, uniformity and consistency, as well as food safety. Hands-on activities and opportunities for peer learning and small group discussion, along with one break-out session for livestock and produce farmers, are included.

The cost for the workshop is \$50.00 per person. This registration fee covers the cost of morning refreshments and lunch each day. Space is limited to 40 participants, so early registration is encouraged. For assistance with registration, contact Dara Boudreaux at [518-765-3518](tel:518-765-3518)/[tff24@cornell.edu](mailto:tff24@cornell.edu). For more information about the workshop, contact Steve Hadcock at [518-380-1497](tel:518-380-1497) or [seh11@cornell.edu](mailto:seh11@cornell.edu).

When: March 13 & 20, 2024, 10:00 AM to 3:30 PM

Where: CCE of Chenango Co.

99 N Broad St, Norwich, NY 13815

Register [HERE](#)

When: March 14 & 21, 2024, 10:00 AM to 3:30 PM

Where: CCE of Albany Co.

24 Martin Road, Voorheesville, NY 12186

Register [HERE](#)

## INTERESTED IN TAKING THE NYSDEC PESTICIDE APPLICATOR'S EXAM?

We will be joined by a NYSDEC representative who will go over the process of applying for and taking the exam, and will stay for a Q+A session to answer all of your questions about how to obtain and maintain your license. Afterward, CCE educators will cover the basic material of the Core exam, practice exam questions, test-taking tips, and provide take-home study materials.

And if there is enough interest, we will schedule an exam for course attendees to take place two weeks later at the local CCE office.

This course will be offered in two locations:

**March 27: Fulton-Montgomery Community College** (Allen House event room), 2805 State Hwy 67, Johnstown, NY 12095

**March 29: Poolville Community Center**, 7484 Willey Rd, Earlville, NY 13332

The course is from 10 AM - 3:30 PM (lunch provided)

Cost: \$40

Register now to reserve your place: [https://cnydfc.cce.cornell.edu/event\\_preregistration\\_new.php?id=2340](https://cnydfc.cce.cornell.edu/event_preregistration_new.php?id=2340)

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## LATEST CCE UPDATES

*Cornell Cooperative Extension Of Chenango County selects 2024 Leaders.*

The Board of Directors for Cornell Cooperative Extension of Chenango County held its annual organizational meeting on January 30th.

The meeting was held at the Cornell Cooperative Extension of Chenango County (CCE) building at 99 N. Broad Street, Norwich, NY.

At the meeting, Jacob Perrone was elected as the President of the Board of Directors, Yusuf Harper the association's Vice President, Grace Provance the association's Treasurer, and AnnaMarie Ward the association's Secretary.

Anyone who wishes can attend the meetings at the CCE Chenango building on 2nd-floor conference room on the 4th Tuesday of each month at 7 p.m., excluding July, August, and December.

The CCE Chenango annual meeting is additionally scheduled for December 5th. Stay tuned to [chenango@cornell.edu](mailto:chenango@cornell.edu) and social media platforms for the most up-to-date information.

### **PRESIDENT - JAKE PERRONE**

Jacob Perrone is a Norwich native who graduated from Norwich High School. Following graduation Jacob pursued his Bachelors in finance as well as an MBA in management from St. John Fisher University. Close to his family, friends, and community Jacob returned to his hometown of Norwich following college and began his career in the Banking Industry at NBT of which he has worked for over 4 years in their Commercial Credit Administration Division. He continues to be actively involved in the community volunteering and has served for the previous two years as the board of directors treasurer for Chenango County CCE.



### **TREASURER - GRACE PROVANCE**

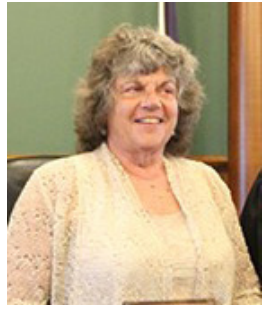
I am currently employed at NBT Bank, in Norwich, NY. I also work full time on my small farm, focusing on haying, raising grassfed beef cattle, some poultry, and planting fruit trees. mostly apple. I spent some time on a farm focusing on milking, feeding, cleaning occasionally, fixing the agitator in the silo. Also, a member of the CCFB for the past 16 years, also did some volunteer work with the CCHM mostly taking pictures and cataloging the artifacts in most of the rooms at the museum.



I also worked for Macys for 18 years, starting from Cleveland, OH. My last ten years was in Johnson City, where I worked as a Retail Sale Manager with the responsibility of recruiting and training new talent as well as new and existing employee coaching and conducting new product training.

## DIRECTOR AT LARGE - MARY WEIDMAN

Joining the CCE Board is Mary Weidman. Mary graduated from Oxford Academy and went on to receive her BA from Syracuse University. She has had a variety of employment opportunities throughout her career, starting as a Caseworker in Onondaga County DSS and then moving on to director of Chenango County Employment and Training. After that Mary became the Deputy Commissioner of Chenango County DSS and then became the first woman elected to the position of Chenango County Clerk, Chenango Commissioner of Jurors. Along with Mary's vast work experience she is currently the President of the Chenango County Agricultural Society, on the Northeast Classic Car Museum Board, and is involved with the Oxford Lions Club.



# Let's Explore in 2024!



Check out this **FREE** outdoor program series  
brought to you by **Chenango County Youth Bureau &  
Chenango County 4-H!**



- Gain life skills
- Learn about nature
- Make new friends
- Enjoy hands-on activities
- Leave each place better than we found it

**These programs are for Chenango County youth ages \*8 to 18**

- **Geocaching March 14th at Whaupanaucaw State Forest, N. Norwich**
- **Compass Games & Maps (Parts I & II) April 25th & May 2nd at Weller Park, Norwich**
- **River Kayaking June 1st on the Chenango River, Oxford. \*MUST BE AT LEAST 10 TO KAYAK**

Program Registration will open the month prior to program date  
on our website & facebook page





## AG IN THE CLASSROOM

Ag in the Classroom has been busy with many exciting new lessons! Some highlights have included learning about food preservation and making personalized jars of pickles. We've also learned about the importance of winter for farmers and perennial crops and read Snowflake Bentley, the true story of the first person to photograph snowflakes. Students then made their own beautiful and unique snowflakes out of paper! Additionally, we've added a new school: Unadilla Valley Central School! We're so excited to be sharing our love of agriculture with yet another great group of kids.



## SHOOTING SPORTS (ages 9 +)

During the February program we were glad to be at the indoor range and out of the rain. Our program includes archery, air rifle and .22 caliber rifle, with safety being of the utmost importance. Members learn how to safely use the firearm in addition to marksmanship skills. Our instructors all have completed the 4-H Shooting Sports Instructor Training Course. Each month more and more youth are interested in Shooting Sports, so the program has been split in order to accommodate more kids.



If you are interested in joining the shooting sport project or for more information contact: Rhonda at 607-334-5841 or [rlt236@cornell.edu](mailto:rlt236@cornell.edu) (Space is limited)

## LIVESTOCK SKILL-A-THON

4-H'ers had a great time at the Livestock Skill-A-Thon practices. Material covered was beef production and different cuts of beef. Big thank you to volunteer, Megan, for coordinating some great activities for the 4-H'ers! This contest is a new regional contest held in April and focusing on beef, swine, lamb and meat goats.



On Feb. 26, 4-H'ers gathered to learn about feed. A big THANK YOU to Heather OHara from Cargill and Nutrena feeds for coming. She went over how to read a feed label, feed quality, how to get quality feeds, and some of the processes and tests done on feeds. There is still room to join in on all the fun and learn what it is all about! Email Victoria ([vmr39@cornell.edu](mailto:vmr39@cornell.edu)) if you want to learn more!



## OUTDOOR COOKING (Second Sat. every month)

February's Outdoor Cooking was about making calzones and 'naner pudding in the Dutch Oven over a charcoal fire. To accomplish these delectable treats the members need to know how much charcoal to use to achieve the proper cooking temperature. Most of the recipes are made from scratch except they used a vanilla pudding for the 'naner pudding. Outdoor Cooking once a month is accepting new members age 12+. If you would like more information, contact Rhonda: 607-334-5841 x 1111 or [rlt236@cornell.edu](mailto:rlt236@cornell.edu)



## KIDS IN THE KITCHEN

4-H'ers cooked falafel and made a tzatziki sauce with our Kids in the Kitchen zoom program this week. They learned knife safety and helpful cooking tips from Miss Neisa and Miss Alexis! They mashed chickpeas and diced onion, garlic and cucumber for the falafel and dipping sauce. Great job cooking and being safe in the kitchen 4-H'ers!



## CHENANGO COUNTY 4-H AND YOUTH BUREAU

Chenango County 4-H and Chenango County Youth Bureau kicked off another outdoor program series for 2024! We went cross-country skiing at Friends of Rogers Center in Sherburne. There was just enough snow to test out the skis, play games and learn new skills. Everyone kept warm and had fun! Keep an eye out for our upcoming spring and summer programs for youth ages 8 to 19.



4-H'ers had fun exploring at our annual holiday hike at Lyon Brook State forest! They built a campfire, cooked lunch, and found a few local geocaches. Not as wintry as our typical holiday hike, but we all enjoyed seeing the green mosses and ferns in the woods







## LIBRARY PROGRAM

4-H was at the New Berlin Library and Museum this week! The kids learned about leavening and made pancakes to see what the baking powder can do! They did a great job reading the recipe, measuring ingredients and safely flipping their pancakes.



## DAIRY BOWL

In January and February, youth interested in learning more about dairy spent time working on hands-on skills, these skills include California Mastitis Test, giving injections and Biosecurity and more! Our teams are looking forward to competing in March at the Regional Contest.



## ANIMAL FIRST AID

Twenty five 4-H'ers participated in an Animal First Aid Training. 4-H'ers learned skills such as properly restraining the animal for our safety and theirs, wound care and how to take vitals, how to properly give injections and also how to use a tool such as ultrasound in caring for animals. These skills are vital for all pet and livestock owners as making sure they are safe is the first priority but secondly, more and more of our local veterinarians are not offering emergency services.



## HIPPOLOGY / HORSEBOWL

Every Friday night starting in January and running into March, seventeen 4-H'ers gather to learn all about horses. We have focused on colors, markings, horse judging, bones, dentistry, feeds, nutrition, and a whole lot more. Meetings will continue until March 9th when these 4-H'ers will compete with others in the region.



## PUBLIC PRESENTATIONS

This year we had 30, youth participate in 4-H Public Presentations including Cloverbuds. This events provides a unique opportunity for youth to develop a positive self-concept and poise, gain self-confidence before a group, learn to express ideas clearly, respond spontaneously to questions, and gain subject matter knowledge.



We saw so many wonderful presentations and were proud of everyone who faced their fears and presented. Year by year, it is exciting to see how many confident youth people we have in our program. You should all be very proud of yourselves. The 4-H staff and evaluators couldn't be more proud!



## 2024 4-H Youth participants:

Jase Gorrell  
Emily Mace  
Owen Mace  
Molly Gorrell  
Lily Boudet  
Abby Mace  
Emilee Bennett  
Shaelan Ryan  
Sophie Ryan  
Makayla Camenga

Maria Funk  
Lily Marshman  
Mason Harmon  
Josephine Pierce  
Klarissa Cotton  
Aubrey Etter  
Chloe Fredenburg  
Colton Ryan  
Abbi-Lynn Page  
Katie Funk

Jamie Funk  
Amelia Pierce  
Maranda Schmidt  
Addisyn McDermott  
Isabella McDermott  
Aubree Beckert  
Braxton Harmon  
Wesley Beckert  
Kendall Cotten  
Rustyn Cotton



## VICTORIA

As some of you know, I will be out on maternity leave but starting in March but I know our Horse Bowl, and Dairy Bowl teams will do a great job representing Chenango County 4-H at the District level competitions! The District Level Livestock Skill-A-Thon event is happening April 5th at CCE Broome. For those interested in joining our super fun team this year please reach out to Coach Megan at wilcoxfamilyfarms2014@gmail.com. Skill-A-Thon is a knowledge-based contest set up very similar to Hippology but covers Beef, Meat Goats, Sheep and Swine.





# MARK YOUR 4-H CALENDAR

## 4-H KIDS IN THE KITCHEN

**March 12th and April 16th.** Tuesdays at 5:15pm

Cooking on zoom! We provide the food and youth cook a meal at home!

Email Erica to register for these programs at [elc97@cornell.edu](mailto:elc97@cornell.edu)



## 4-H KIDS IN THE GARDEN SERIES

**April 9, May 14, June 11, & July 9,** at our CCE building in Norwich.

Each program is from 4pm to 5pm. Learn gardening basics, about composting and how to grow veggies & herbs at home!

July 9th will be a field trip for those who have attended previous garden sessions.

Email Erica to register for these programs at [elc97@cornell.edu](mailto:elc97@cornell.edu)



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

Shooting Sports has moved to the indoor range now that the weather has turned cold.

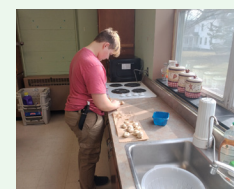
The third Sunday of the month. Our instructors concentrate on teaching firearm safety and marksmanship. We meet once a month at the Rockdale Rod and Gun Club. If you

would like to join our program contact Richard: [turrellr@protonmail.com](mailto:turrellr@protonmail.com) Please note Mr Richard's email has changed so be sure to check your junk mail for updates.



## OUTDOOR COOKING (Second Sat. every month)

This program gives 4-H'ers a chance to cook using cast iron over charcoal. Great opportunity for these cooks to experiment with recipes. You never have to worry about going hungry or your power going off due to weather with these 4-H'ers, they can whip up a tasty and nutritious meal over an open fire. If you are interested in joining the Outdoor Cooking Project contact: Richard at [turrellr@protonmail.com](mailto: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.

### New Berlin Library

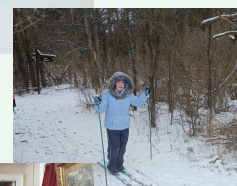
**March 20th**, Wednesday, 3:30pm to 4:30pm.

All ages! We meet on the 3rd Wednesday of each month.



### 4-H Afterschool at Friends of Rogers

**March 6th**, (1st Wed each month) 4pm to 5:00pm. Youth ages 8 and up can join without a parent.



### Sherburne Library

**March 25th**, Monday, 3:30pm to 4:30pm. Youth ages 8 and up. We meet on the 4th Monday of each month.



## DAIRY BOWL - Mar. 16

4-H'ers have been meeting on Saturdays learning different things about dairy cows, to get ready for competition in March. At the March competition youth gather from around the region testing their knowledge of what they have learned throughout the winter months. If you are interested in joining next year contact: Victoria at, [vmr39@cornell.edu](mailto:vmr39@cornell.edu)



## HIPPOLOGY - Mar. 9th Competition



January and February has gone by quickly as our horse kids have been getting ready for competition. These 4-H'ers will be competing against other horse crazy kids in our region. The contest consists of a knowowledge portion (Hippology) and a question session with buzzers (Horsebowl). Over the last two months we have had a couple of guest speakers covering topics like horse judging, teeth, and nutrition. THANK YOU Robin, Kylie, Jennifer, and Court for the areas of expertise you have shared with our 4-H'ers.



For more information or you would like to join us next season, contact Rhonda:

[rht236@cornell.edu](mailto:rht236@cornell.edu) or 607-334-5841 x 1111



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hippology	2 Dairy Bowl
3	4	5	6 Afterschool at Rogers Center	7	8 Hippology	9 Regional Hippology / Horsebowl contest Outdoor Cooking
10	11	12 Dairy Day mtg. 1p ADC mtg. 2p Kids in the Kitchen	13 Cloverbud sewing camp 4:30-5:30	14	15	16 District Dairy Bowl Contest
17 Shooting Sports 1p	18	19	20 Cloverbud sewing camp 4:30-5:30 Afterschool New Berlin	21	22	23
AG Literacy Week -----						
24 31	25 Afterschool Sherburne	26 Program Com.6p CCE Board mtg. 7p	27 Cloverbud sewing camp 4:30-5:30	28	29	30
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sewing Camp Int. I 9-12 Int. II 1-4	2 Sewing Camp Int. I 9-12 Int. II 1-4	3 Sewing Camp Int. I 9-12 Int. II 1-4 Afterschool Rogers Center	4 Sewing Camp Int. I 9-12 Int. II 1-4	5 Sewing Camp extra day  Skill-a-thon	6
7	8	9 Dairy Day mtg. 1p ADC mtg. 2p Kids in the Kitchen	10	11	12	13 Outdoor Cooking
14	15	16 Kids in the Kitchen	17 Afterschool New Berlin	18	19	20 District Presentations LPP Community Service Day
21 Shooting Sports 1p	22 Afterschool Sherburne	23 Finance Com. 6p CCE Board mtg. 7p	24	25	26	27
28	29	30				

Cornell Cooperative Extension  
Chenango County



99 North Broad Street  
Norwich, NY 13815

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[instagram.com/ccechenango](https://www.instagram.com/ccechenango)

## 2024 BOARD OF DIRECTORS

### Board Officers

Jake Perrone, President  
Yusuf Harper, Vice President  
AnnaMarie Ward, Secretary  
Grace Provance, Treasurer

### Board of Supervisor Representatives

Jeremiah Micklas

### Cornell Representative

Danielle Hautaniemi

### Directors at Large

Patsy Graham  
Heather Lathrop  
Joe Cornell  
Nathan Funk  
Jordan Fleming  
Mary Weidman

## CURRENT STAFF (607) 334-5841

### CCE Staff

**Craig Brown (Ext. 1119)**  
Executive Director  
[cbrown@cornell.edu](mailto:cbrown@cornell.edu)

**Alice Andrews (Ext. 1118)**  
Finance & Operations  
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**Rhonda Turrell (Ext. 1111)**  
Administrative Assistant  
[rlt236@cornell.edu](mailto:rlt236@cornell.edu)

**Rich Taber (Ext. 1121)**  
Agricultural Specialist  
[rbt44@cornell.edu](mailto:rbt44@cornell.edu)

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