



Get Ready For Spring Calving

Be ready for the first calf of the season
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4-H Welcomes a New Educator

Chenango County 4-H is excited to welcome our new 4-H Educator, Holly Bowen, to our program. Holly grew up in Annapolis, Maryland, on the Chesapeake Bay. Her love of the Bay and the environment led her to pursue a degree in Environmental Science and Technology from the University of Maryland, with her research focused on the anaerobic digestion of dairy manure. She then went on to get her Master's degree in Soil Science from the University of Maryland, where she studied nitrogen cycling microorganisms and greenhouse gas emissions in agricultural and wetland environments.

During graduate school, Holly worked in public education and outreach, including the University of Maryland's 4-H Adventures in Science Program. "I'm excited to work for such a great organization as 4-H. I have always been passionate about teaching and I'm eager to start working with the youth of Chenango County. I hope to instill a love of science and a love of learning in the students I'm working with."

In her free time, Holly likes to hike with her fiancé and dog, go running, and root on the Baltimore Orioles and Ravens. Holly will be working with 4-H members and volunteers in the following project areas: horticulture, STEM, outdoor adventure, and consumer science.



Pictured above: Holly Bowen, new Chenango County 4-H Educator



Pictured above: Riley, a 4-H Cloverbud, gives an illustrated talk about her pet dog.

4-H Public Presentation Results

Chenango County 4-H Public Presentations were held on February 20 at Valley Heights Academy. A total of 37 4-H members participated with 8 youth being awarded a score which makes them eligible to continue on to the Regional competition this year. Members who will be continuing on to regionals are: Fiora Breese, Junior Division; Kristoper Deuel, Junior Division; Raichel Brandt, Junior Division; Kaleigh Collins, Junior Division; Dominic Eichler, Junior Division; Lily Marshman, Junior Division; Maddi Hafele, Horse Division; Stella Segal, Horse Division. Congratulations to all who participated. To see the rest of the results continue to page 11.



Raichel Brandt is one of 8 youth eligible to progress forward in the 4-H Public Presentations Competition.



Connect With Us!

www.cce.cornell.edu/chenango
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Get Your Equipment Ready for Spring Calving

Rich Taber is the Grazing, Forestry, and Ag Economic Development Specialist for CCE Chenango, and is an active beef, sheep, and poultry producer as well. He can be reached at ext. 21, or rbt44@cornell.edu.

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 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.



Thank You to our 2015 Donors

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SOUTHERN TIER REGION EAT SMART NEW YORK PROGRAM

Salmon Patties: A SNAP-Ed Update

SNAP-Ed Nutritionists Neisa Pantalia and Anna Kortright delivered a nutrition education lesson and a food demonstration for patrons at the Soul Food Kitchen located at the Emmanuel Episcopal Church on Thursday, February 12, 2016.

The lesson focused on lean sources of protein and whole grains. The Food Pantry also located at the church donated cans of salmon and the nutritionists prepared a Salmon Patty recipe that proved to be a huge hit. The patties were served on whole grain rolls that were also donated.

Volunteers at the pantry had expressed difficulty in getting patrons to take the canned salmon as part of their food allotment. They suspected that many people had no idea what to do with the salmon and therefore left it sitting on the shelf.

Neisa dressed up the Salmon Patties with a dill sauce made with low-fat Greek yogurt. Needless to say, it was obvious by the applause and cheers the nutritionists received as they ended their presentation, canned salmon won't be sitting on the shelves for long anymore.

The Soul Food Kitchen operates on the 2nd Thursday of the month from 5-6pm and is located at 37 West Main Street in Norwich. SNAP-Ed Nutritionists are planning to attend and continue delivering nutrition education and food demonstrations each month.

Salmon Patties

Ingredients

- 1 can salmon (15 1/2 ounce, drained)
- 1 cup cereal or crackers (whole-grain, crushed)
- 2 egg (large, - lightly beaten)
- 1/2 cup milk (1%)
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Notes: Replace the salmon with canned tuna fish. For fun, do a combination of the two! Other optional additions to patties: 1/2 teaspoon lemon pepper, 1/4 cup finely minced celery, 1 Tablespoon finely minced bell pepper, 1/3 cup chopped onion, and/or 4 green onions, finely chopped.

What's? Cooking

USDA MIXING BOWL

Nutrition Information

Key Nutrients	Amount	% Daily Value *
Total Calories	110	
Total Fat	4.5 g	7 %
Protein	12 g	
Carbohydrates	5 g	2 %
Dietary Fiber	1 g	4 %
Saturated Fat	1 g	5 %
Sodium	270 mg	11 %

Makes: 9 servings

Source: Missouri Nutrition Network, Eat for Health Toolkit
Optional Additions from: ONIE Project & Colorado State University Extension

Find more recipes at www.usda.gov/whatscooking

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Chenango County

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The Cornell Cooperative Extension of Chenango County Board meets every third Tuesday of the month at 7 PM in the Satellite Room at 99 North Broad Street, Norwich, NY. Please feel free to join us!

Thank You to our 2015 4-H Chicken Cage Donors

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Wanted

Steam Canner for donation or loan to CCE Master Food Preserver Volunteers. Steam canning has been approved under certain conditions and we would like to practice it before we decide whether or not to teach it. Call Stacie for more information.

Pruning is Important: Do it Right!

Winter is an excellent time to learn about pruning. Pruning doesn't take a very long time once you get the hang of it and the results can mean:

- Better flowering
- Better fruiting
- Healthier shrubs and trees
- Handsomer shrubs and trees



Aren't those goals worth trying for?

Learning to prune involves only a few basic techniques and anyone can learn how to do it. But the key is

actually doing it. Once you do a bit of pruning and realize you aren't going to kill your shrub or tree after all, you can breathe a sign of relief and really dig in. Pruning has been documented as far back as 700 A.D. in China, when the Asian style of pruning called Bonsai began. Bonsai is what you might call an extreme use of basic pruning principals. Pruning can result in the major benefits listed above, but there are also side-effects that need to be considered such as:

- Buds you never even knew were there may sprout: think ahead and use some forethought.
- Water-sprouts: if you prune some trees too hard at one time, they will send up a lot of undesirable growth.
- Disease transmission: some trees & shrubs that are particularly susceptible to diseases need special care when pruning; alcohol swabbing in between cuts or at the very least after you finish one plant and begin another, is crucial.

Pruning is a way to manipulate your plants to get them to do what you want them to do or look the way you want them to look. So the next obvious question to ask is: What is it that you want from your shrub? What is it that you want from your tree? Plants have a 'mind' of their own so to speak but they can also be trained quite easily (depending on the species) to do what you want them to do.

To learn more about pruning, be sure to sign-up for the



second pruning workshop being offered here at CCE Chenango on March 23rd from 4-7pm. This three hour class will focus on pruning

ornamental trees and shrubs and we will have a general pruning learning session at the beginning. If you missed out on the fruit tree pruning workshop in February, feel free to email me with any questions. If I don't know the answer, I have many great fact sheets at my disposal and I'd be happy to send you a copy to learn from. Just call 607-334-5841 x16 or email patty.stimmel@cornell.edu to either sign-up for the class or ask some questions about pruning.

Horticulture HUB

The Place for Horticulture in Chenango County

Let's Talk Horticulture

Do you enjoy plants, veggies, bugs, weeds, flowers, houseplants, birds, pruning, eating, growing, learning, doing?

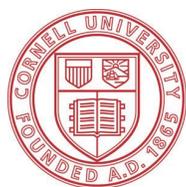
Subscribe to the Horticulture HUB

An e-newsletter about all things horticulture in Chenango County

Email: patty.stimmel@cornell.edu

For past issues of the HUB visit:

<http://chenango.cce.cornell.edu/gardening-horticulture/horticulture-hub>



Cornell University
Cooperative Extension
Chenango County

Funding for this project is provided by
a grant from the Chenango United Way



Grow Cook Serve is a program at Cornell Cooperative Extension Chenango designed to increase the capacity of food pantries and soup kitchens by recruiting volunteers to staff them; and by growing vegetables in the Community Garden for donation. We will also teach container gardening classes to food pantry and soup kitchen clients. We will process and freeze some vegetables for donation to food pantries and glean produce from home gardens, backyard apple trees, other fruit shrubs or local farms. Another goal is to increase consumption of fresh fruits and vegetables by food pantry and soup kitchen visitors and improve their access to healthy, low-sodium foods. Please fill out the form below and mail it to the address below by March 25. We will be in touch with you as soon as possible.

PLEASE CUT OR TEAR OFF THIS FORM AND RETURN IT TO: Stacie Edick, CCE Chenango, 99 N. Broad St, Norwich, NY 13815

2016 Grow, Cook, Serve Volunteer Form

Name _____

Age _____ Phone _____

Address _____

E-mail _____

Please indicate your interests / availability:

- I would like to volunteer in a food pantry.
- I would like to volunteer in a soup kitchen.
- I would like to volunteer at the Community Garden.
- I want to donate vegetables from my home garden.
- I would like to help process & freeze vegetables at CCE.
- Circle the DAYS you are available: M T W Th F
- Circle the EVENINGS you are available: M T W Th F
- I would be willing to help process food on a Saturday morning or a Sunday afternoon in the summer/fall.

UPCOMING CLASSES AND EVENTS

Pruning Workshop Series Part 2: Ornamental shrubs and trees

March 23, 4:00-7:00 PM

Do your shrubs look like meatballs? Meat-balling your shrubs and topping your trees can not only be detrimental to the health of your woody plants but can become a bad habit that needs breaking. Don't take the easy way out. Learn a thing or two and get the best out of your ornamental trees and shrubs. We'll review basic pruning practices, why they matter and give you some confidence to ask more out of your under-achieving woody plants.

Register by Tuesday March 22nd by calling 607-334-5841 x 11 or x 16 Bring pruners if you have them.

Cost: \$10 per person. Garden Club members and Master Gardener Volunteers enjoy a reduced rate of \$7 per person.



Plan Your Garden and Starting Seeds Indoors

Tuesday, March 29 1:00 – 3:30 PM OR 6 – 8:30 PM

Learn how to plan your vegetable garden for best results including crop rotation. Learn about how best to start seeds indoors to produce your own vegetable transplants for your home garden. This class will be held in the CCE Chenango Kitchen. Call 334-5841 ext 11 to register and pay \$15 by Thursday, March 24. Leave your phone number in case of changes to class time, date or location.



Feed Your Vegetables

Tuesday, April 12, 1-3 PM OR 6-8 PM

Come learn about how to feed your vegetables so that they can feed you! Learn natural soil amendment techniques to improve the quality of your soil and in-turn the health and quality of your vegetables. This class will be held in the CCE Chenango Kitchen. Call 334-5841 ext 11 to register by Thursday, April 7. Leave your phone number in case of changes to class time, date or location.

Cost: \$5 at the door.



Garden Weed Control

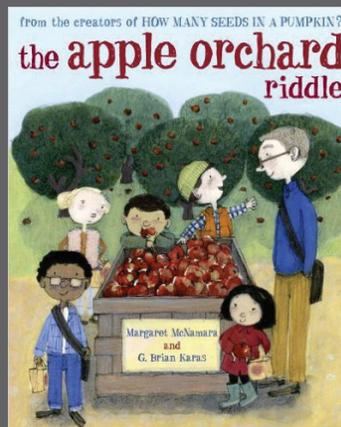
Tuesday, April 26, 1-3 PM OR 5:30-7:30 PM

Learn several techniques for managing weeds in the garden including mulching, smothering and good old fashioned hand-weeding! This class will be held at the Norwich Community Gardens on Hale Street so dress appropriately for the weather and to keep your feet dry and warm! Call 334-5841 ext 11 to register by Thursday, April 21, pay \$5 "at the door." Leave your phone number for alternate location in case of extreme weather.

SAVE THE DATES:

May 10 – Control Garden Pests & Diseases
1-3:30 PM OR 6-8:30 PM, \$5

May 17 – Backyard Composting
1-3 PM OR 6-8 PM, \$5



Agricultural Literacy Week

March 14-18

UPCOMING 4-H OPPORTUNITIES AND EVENTS

4-H Sewing Camp April 25-29, 2016

In an effort to better teach sewing skills and create lasting projects, this year's 4-H Sewing Camp will offer the following projects to sew:



Beginner (1-3rd year, dependent upon sewing experience):

Pillow Case
Purse

Junior (3-5th year, dependent upon sewing experience):

Pajama Pants
Tote Bag

Experienced (5+ years, dependent upon sewing experience):

Clothing item or accessory with zipper or buttons
Clothing item or accessory with pleats, darts, or waistband

Members interested in sewing a project not on this list must contact Janet at the 4-H Office immediately to make arrangements, jlj27@cornell.edu or 607-334-5841 x12.

2016 4-H Sewing Camp Schedule April 25-29, 2016

9am	Sign-In & Sew
10:30am	Snack & Stretch Break
10:45-12pm	Sew



In addition to making your main project, campers will learn how to measure themselves to pick the right sized pattern, create smaller sewing projects to add to your sewing box, and make a project to donate as part of a community service project!

2016 Pheasant Project

Since 2006, Chenango County has reared and released over 6,100 pheasants into the wild for all to enjoy. Thank you for your past involvement in this project!

We are currently taking orders for the 2016 Project and hope to have 2,500 pheasant chicks reared this project year!

All orders, no matter the size, will be taken in lots of 25 birds.

A free-will donation of \$5 per order will be accepted to cover the mailing costs of this great program. Orders due March 15, 2016.

Please contact Janet Pfromm to place your order or to request more information, 607-334-5841 x12 or jlj27@cornell.edu



4-H Incubation & Embryology Program

The 4-H Incubation and Embryology Program is a great way for schools and families to help young people observe the mystery of life and learn some of the principles of reproduction. The project provides an opportunity for youth to work with living, growing chick embryos. A secondary but equally important objective is to provide leaders and teachers with an interesting and unique educational tool. Not only is the embryology project fun, but it also opens many opportunities for learning.

Delivery for eggs is Monday, April 18. Orders must be received by March 1st. For more information and to receive an order packet, please contact Janet Pfromm, 607-334-5841 x12 or jlj27@cornell.edu.



4-H Sewing Scholarships Available



Friends of 4-H is offering up to a \$25.00 in multiple funded scholarships for fabric and notions available to all 4-H Members in Chenango County (Cloverbuds will be offered up to \$10.00). Scholarships are awarded to help promote and encourage more youth to sew and create textiles throughout the county. 4-H members may purchase sewing supplies with this scholarship for any fabric project completed in this 4-H calendar year.

This scholarship will allow for recipients to purchase fabric, patterns, thread, and materials for their project from a place of their choice. However, all receipts from purchases need to be turned into the 4-H Office for reimbursement.

Awarded scholarship recipients are required to:

- Participate in Clothing Evaluations, Clothing Review, and exhibit at the Chenango County Fair this upcoming summer.

- Submit a photograph and thank you to the Master Clothing and Textile Group upon completion of the project. (The 4-H office can assist you with taking the photo)*

To apply eligible please fill out the application by March 15, 2015 and send by hard copy or email to:

Applications can be found at <http://chenango.cce.cornell.edu/4hsewingscholarship>

*No scholarship will be awarded until a thank you card is written.

4-H Senior Dairy Scholarship

Members who are actively involved with the 4-H Dairy Program and will be graduating from high school are invited to apply for the 2012 4-H Senior Dairy Scholarship. The award for this scholarship is \$500 and will be received by the recipient following their first successful semester at a 2-year, 4-year, or accredited trade school. Applications can be found on the 4-H website and requires the one page application, essay, and two letters of reference. Applications are due May 15th.

4-H Dairy Discovery



This year's 4-H Dairy Discovery will be taking place on Saturday, March 26 at Cornell University. This program, for teens, is designed to be hands-on learning at the college level. This year's program focuses on Quality Milk.

Milk quality and milk production represents the most critical enterprise of dairy production management. The tighter margins of today and the consumer concern about food quality make milk producers more aware than ever of the importance of milk quality.

Better milk means quality dairy products and more money. Dairy producer's today are in the business of making food. The producer's definition of quality milk is the level of quality, which provides the greatest value for your milk and provides the highest quality product for the consumer.

The environment, nutrition, cow comfort, milking equipment and milking procedures all affect milk quality and milk production.

The cost of the program, including lunch, is \$45. To register for the event, contact Janet at the 4-H Office, 607-334-5841 x12 or jlp27@cornell.edu.

4-H Camp Shankitunk Scholarship

Opportunity for Chenango Co. Youth, DEADLINE: MARCH 31ST

The Owen Kelly Memorial Campership pays the complete cost of camp for one child each week during the summer.

Who: Eligible boys and girls ages 8-16 in need regardless of where they are from.

Requirements:

1. Complete the application available on the website: <http://www.campshankitunk.org/camperships>
2. Write a short essay on why you want to attend 4-H Camp Shankitunk and require financial assistance to do so
3. Submit a letter of recommendation from a teacher, clergy, 4-H Leader, or friend of the family on how camp will help the applicant grow as a leader, learn skills, and make friends at camp when they may not otherwise have the opportunity.



More about this Campership:

Owen absolutely loved everything about Shankitunk, and even though it was only a few weeks each summer, Shankitunk was part of his life year round. Owen made numerous 'forever friends' and lifelong memories at this magical place. Owen would want everyone to share in the Shankitunk experience; so this campership has been created for deserving children in need who would enjoy Shankitunk as much as he did.

March Dog Madness

March Dog Madness is an annual conference for adult and teenage 4-H volunteer leaders. Workshops engage participants in science based information training. Current animal health, animal behavior, industry trends and youth development issues are addressed. Since 2002, guest presenters have included stakeholders, extension professionals, community and youth experts.

When: Typically held in March on the first Saturday of Cornell's "Spring Break".

Where: Morrison Hall and the Livestock Pavilion on Judd Falls Road, Cornell Campus, Ithaca.

Who: All interested staff, adult and teen 4H leaders are invited to attend this one day information packed program. Dog project leaders engaged in local community training programs are strongly encouraged to attend. Presentations from a variety of experienced professionals may include: Cooperative Extension Staff, County Volunteers, Cornell University Veterinarians, community collaborators, etc.

Why: This program helps community leaders understand and practice principles that they can take back and share with 4-H members at the local level. Adult and teen leaders gain networking skills, exchange ideas and have an opportunity to work together in a university setting.

March 2016 topics:

Pet Loss Support – Ariana Boltax, Cornell Vet Student

Preparing for Agility – Max 200 Performance Dog Equipment

Dental Health – Dr. Carolyn McMaster, Briar Patch Vet Clinic

Updates from the Baker Institute on Canine Flu & Common Dog Allergies

The Beginner Novice Class – What's new since 2012? – Penny Haynes

Canine Nutrition Fun – Clair Seely, Cornell Class of 2017

...and so much more!



To cover the cost of lunch and program materials, there is a charge of \$30.00 per person. There is a limit of 20 people per concurrent workshop. Registrations and payment are due by March 11. Space is limited to the first 100 people whose PAYMENT is received by March 11. Online registrations will require payment by credit/debit card. Paper registrations must be accompanied by a check. Multiple paper registrations may be grouped together and paid for by a single check if desired. LUNCH will be provided. To find out more: <http://4h.ansci.cornell.edu/events-2/march-dog-madness>

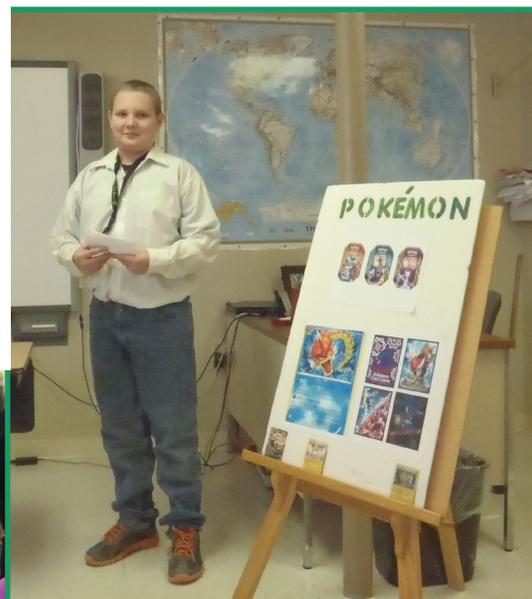
4-H Super Science Fair

Congratulations to all of our 4-H Super Scientists! Our group had a wonderful morning at Morrisville State, Norwich Campus, presenting our science experiments to our judges!

The following 4-H'ers participated in this year's 4-H Super Science Fair:

- Baily Anderson – Gak
- Natalie Benenati – Pasta: Can We Save Water
- Meghan Funk – Ocean Zones
- Lily Marshman – Tooth Decay
- Amon Van Alst – Fossils: Our Living History

Many thanks to our judges, Betty Robinson and Joe Cornell, and to Jason Zbock and Morrisville State for their hospitality!



2016 County Public Presentation Results

Cloverbuds

Riley Benedict
 Gwendolyn Breese
 Madisyn Peck
 Zayden Pollack

Junior

Fiora Breese
 Kristoper Deuel
 Raichel Brandt
 Kaleigh Collins
 Dominic Eichler
 Lily Marshman
 Taylor Homann
 Amon Van Alst
 Meghan Funk
 Shea Breese
 Phalen Hill
 Anna Thomsen
 Will Rumovicz
 Owen Hill
 Joe Thomsen
 Nathan Rumovicz
 Levi Robinson
 Mason Harvey
 Emma Peila
 Michael Harvey
 Natalie Benenati

Gold Regionals
 Gold Regionals
 Gold Regionals
 Gold Regionals
 Gold Regionals
 Blue
 Red
 Red

Senior

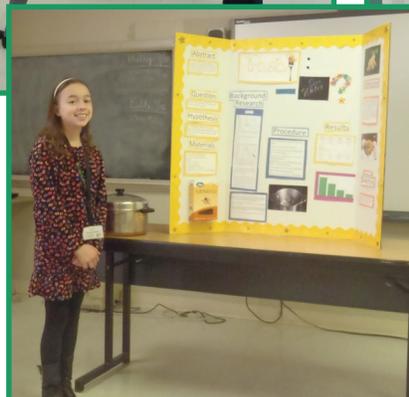
Alex Leggett
 Danny Wade
 Megan Peila
 Eddie Thomsen
 Spencer Meade
 Elijah Brandt

Blue
 Blue
 Blue
 Blue
 Red
 Red

Horse

Maddi Hafele
 Stella Segal
 Lorraine Buser
 Emilee Bennett
 Daisy Fairbanks
 Emma Hodge

Gold Regionals
 Silver Regionals
 Bronze
 Bronze
 Bronze
 Bronze





Cornell University
Cooperative Extension
Chenango County



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RETURN SERVICE REQUESTED

Looking for something to do in the winter months? Come take one of our new classes at CCE Chenango!

Classes offered at CCE Cheanngo

Pruning Workshop Series Part 2:	March 23, 4:00-7:00 PM
Plan Your Garden and Starting Seeds Indoors	March 29, 1:00 – 3:30 PM OR 6 – 8:30 PM
Feed Your Vegetables	April 12, 1-3 PM OR 6-8 PM
Garden Weed Control	April 26, 1-3 PM OR 5:30-7:30 PM
Control Garden Pests & Diseases	May 10, 1-3:30 PM OR 6-8:30 P
Backyard Composting	May 17, 1-3 PM OR 6-8 P

4-H Events

Regional Hippology Contest, Chenango Forks	March 12
Regional Horse & Dairy Bowl, Chenango Forks	March 12
Ag Literacy Week	March 14-18
4-H Sewing Scholarships Due	March 15
March Dog Madness, Cornell University	March 19
Cornell University Youth Dairy Judging Contest, Cornell University	March 19
4-H Sewing Trip to Jo-Ann Fabrics, Vestal	March 25
Dairy Discovery, Cornell University	March 26
4-H Regional Public Presentations Competition, Chenango Forks	April 2
State 4-H Horse Bowl Contest, Cornell Univ.	April 9
State 4-H Horse Judging Contest	April 16
State 4-H Dairy Bowl Contest, Cornell Univ.	April 23
4-H Sewing Camp, CCE	April 25-29
4-H Sewing Spectacular	April 29