

Extension *Express*

WARM FAREWELL



On behalf of the Board of Cornell Cooperative Extension (CCE) of Chenango County, please join us in congratulating Executive Director - Ken Smith on his plans to retire effective April 30, 2023.

Ken has been with Extension for the past 13 years. In his time with the association he has been instrumental in the successful completion of a variety of initiatives – from a significant building renovation project to modernize the facility, to being an extremely skilled grant writer, which has benefited the CCE in not only expanding efforts to local farmers, 4-H’ers and communities, but has also allowed Ken to balance the bottom line via new opportunities and effective resource allocation.

Ken has been a dedicated and thoughtful leader; he has demonstrated, time and time again, his effectiveness at managing and administering daily operations, overseeing the diverse portfolio of programs and educators, ensuring financial stability, and maintaining a solid rapport with the Board. We have benefitted tremendously from Ken’s leadership, and we are truly grateful for his service.

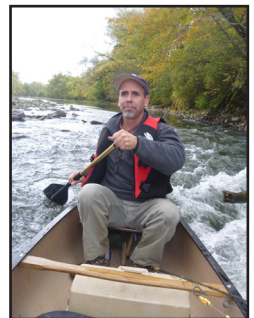
Ken’s care and stewardship of the association, as evidenced by providing this advance notice of his retirement, will certainly support a seamless transition for all, and for that we are very appreciative! Please join us in thanking Ken for his incredible contributions. We will certainly miss him, and wish him great joy, health, and happiness in his retirement.

In preparation for Ken’s impending retirement, a Search Committee has been appointed to administer the Executive Director recruitment process and to make a recommendation to the Board regarding final candidate selection.

FROM THE STAFF AT CHENANGO COUNTY CCE

We would like to give a warm farewell to our Executive Director, Ken Smith, who has served Chenango County during the last 13 years.

We understand you are now ready to move on to the next stage in your life to focus on family, and escape to the Canadian waterways for solo adventures. We wish you the very best for your life ahead and whatever ventures you may choose to pursue after this, and we sincerely hope that you would choose to keep us in your thoughts and communication. It has been an honor to work with and for you.



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BETTY CLARK



After nineteen years of service with Cornell Cooperative Extension, Betty is on to her new adventure of retirement in March! Betty has made an undeniable difference with the SNAP-Ed Program, from starting out as a Nutrition Teaching Assistant in Madison County Cornell Cooperative Extension to receiving a promotion with Chenango County Cornell Cooperative Extension as a Team Leader role. Betty feels the time she spent in a front-line educator position allowed her a greater success by providing strong leadership and guidance to her staff throughout the ongoing changes of dealing with a grant funded program. She also felt that she could relate to the participants because at one point, she was in their shoes working to eat healthily on a budget for herself and her family.

Betty received the Team Leader role at CCE Chenango in 2008, prior to this there had not been a nutrition education program for 10 years. Therefore, she was able to tailor the program to meet the community's needs. During her time at CCE throughout Madison and Chenango Counties she accomplished a great deal, from developing a diabetes education curriculum with Madison County to receiving recognition for a well-structured program that is still utilized today in Madison County.

While in Chenango County SNAP-Ed program formerly known as Eat Smart NY, Betty piloted different curriculums such as "Sugar Sweetened Beverages" and a "Diabetes" curriculum.

Betty is also a Master Food Preserver who loves teaching others how to preserve food for later use, helping with education to provide foods for families that are nutritious and delicious. In March, Betty is going to continue as a volunteer, teaching Master Food Preserver classes. We know for sure she is going to have the best gardens anyone can imagine this year! Her retirement is well deserved but she will be greatly missed! We wish her all the best for a long and happy retirement where she is enjoying her grandchildren to their fullest.



GIVE STOCKER BEEF CATTLE A CHANCE! RICH TABER, CCE CHENANGO

If you are new to farming, or just want to take a break from the normal paradigm of raising beef cows and calving them out each year, then you might consider raising stocker cattle. A class of cattle known as "stockers" utilize pasture to add weight inexpensively. These are generally young light weight calves that graze during the summer and are sold at the end of the grazing season to farmers that finish them to market weight. Growing stocker cattle requires minimal investment in machinery and buildings compared to other types of beef cattle enterprises. This low barrier to entry provides an exciting opportunity for beginning farmers, whether they be new to agriculture or farmers interested in diversifying. Access to land which can be leased and capital to purchase cattle are the major requirements.



"The deal", in a nutshell, is as follows. Come springtime, you go to livestock auctions and buy calves that were weaned the previous fall, bring them home, and graze them until sometime in the fall. Then you sell them and hopefully make some profit. There are several advantages to this method of husbandry.

1. You don't need expensive buildings to house the animals, as this occurs during the warmer months of the year.
2. You don't need a lot of expensive hay, as the animals will be grazing for most of their time with you. You will need a little hay to tide you over during dry spells.
3. You don't need to overwinter a bunch of hungry brood cows, thus negating most of the hay requirement.
4. You don't need much of any farm equipment to raise these kinds of cattle; maybe a smaller tractor and brush hog to keep pasture paddocks trimmed.

This is an excellent enterprise to "get your feet wet" so to speak, and to see if you like raising cattle. Give Stocker Cattle a try!

Its a new year, new you!
Begin to "Rethink your drinks"



DID YOU KNOW?



ONE 12-OUNCE
can of regular soda
contains about



10 TEASPOONS
of added sugars





Sugary drinks are the leading sources of added sugar. At SE, the Highschool Food and Consumer Sciences Classes were able to discover how much sugar is added to drinks they normally consume, they were quite surprised with their findings!



This Dunkin Donuts beverage contains 7.5 teaspoons of sugar!

This energy drink contains 12.5 teaspoons of sugar!

Water may sometimes get boring, try jazzing it up with fresh fruit naturally infused! Here are just a few fruits that go great in water!

- Limes 
- Lemons 
- Oranges 
- Pineapple 

OR

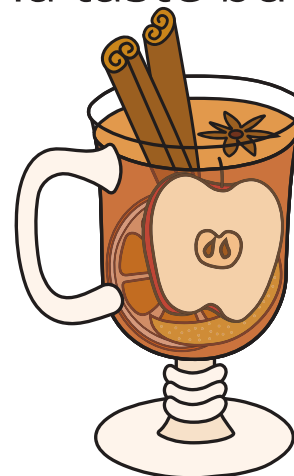
Focus on low-fat and skim milk to get a great source of Vitamin D and calcium!



— This recipe is warm, and comforting. Great for a cold day! You will have an instant mood booster via taste buds and aromatherapy with this hot cider!

Hot Apple Orange Cider

Source: FoodHero



Ingredients:

- 64 ounces 100% apple juice (8 cups)
- 32 ounces water (4 cups)
- 2 oranges
- 12 whole cloves
- 2 allspice peppercorns
- 6 cinnamon sticks

**You can use ground cinnamon in place of cinnamon sticks. And you can have cloves and allspice peppercorns as optional ingredients.

Directions:



1. In a 4 quart stock pot, add apple juice, water, oranges (cut in half) and all the spices.
2. Bring to a boil and simmer for 2 hours.
3. Serve hot and enjoy!
4. Refrigerate leftovers within 2 hours.

Nutrition Facts

12 servings per container	
Serving size	1 cup (249g)
Amount per Serving	
Calories	90
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 21g	8 %
Dietary Fiber 1g	4 %
Total Sugars 18g	
Includes 0g Added Sugars	0 %
Protein 0g	
Vitamin D 0mcg	0 %
Calcium 25mg	2 %
Iron 0mg	0 %
Potassium 108mg	2 %
Vitamin A 3mcg	0 %
Vitamin C 46mg	51 %
<small>*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.</small>	

DID YOU KNOW?

Any juice that says 100% means it is all coming from the actual fruit!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Hippology 6pm	4 Hippology Horsebowl Competition
5	6	7	8	9 4-H Fun Night	10	11 4-H Outdoor Cooking 10 am Dairy bowl Competition
12	13 Teen Council 6:00pm Sewing Camp mtg. 5p-6p	14	15	16 Cloverbud Sewing Camp 4:30 - 5:30	17	18 Sewing Camp Trip
19 4-H Shooting Sports 1:00pm	20 AG LITERACY WEEK MARCH 20-24	21	22	23 Cloverbud Sewing Camp 4:30 - 5:30	24	25
26	27	28 4-H Kids in the Kitchen	29	30	31	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Cloverbud Sewing Camp 9 - 12 Int. Camp 1p - 3:30p	4 Sewing Camp 9 - 12 4-H Kids in the Garden	5 Sewing Camp 9 - 12	6 Sewing Camp 9 - 12 4-H Fun Night	7	8 4-H Outdoor Cooking 10am
9	10 4-H Teen Council 6:00pm	11	12	13	14	15
16 4-H Shooting Sports 1:00pm	17	18	19	20	21	22
23 30	24	25 4-H Kids in the Kitchen	26	27	28	29



4-H NEWS

OUTDOOR COOKING (Second Sat. every month)

Have you ever had Pigs in a Cornfield? February's Outdoor Cooking kids made this tasty meal and finished with creating their own cake mix recipe. Blueberry Dump Cake is always a favorite but figuring out how much of any one ingredient was a challenge. These 4-H'ers rose to the challenge for a delicious end result!

January's menu consisted of Mile High Stew and No Knead Bread. This was the first attempt at making bread in cast iron. There is never a crumb left in sight! If you would like to join our project we meet on the second Saturday of the month at CCE. Members must be ages 12+. Contact Richard at 607-334-5841 x 1115 or email: rlt229@cornell.edu



4-H AG IN THE CLASSROOM

Our Ag in the Classroom students learned that Agriculture goes beyond food and drinks that nourish our bodies. Historically, people used various items from nature to create dye to add color to clothing and garments. Kristi Gorrell showed students some examples of clothing dyed from tree bark, beets, onion skins, blueberries and avocado pits. Students were able to dye their own 100% cotton fabric. The kids were surprised to learn that no artificial colors were added and were challenged to create dye at home using items from their kitchen or yard.



4-H FUN NIGHT (Second Thurs. every month)

4-H Fun Night continues to grow with creative activities, tasty treats, and 4-H friendships! These past few months our youth have played Pictionary, Charades, Mario Kart, Just Dance, made ChapStick, made lip balm, played musical chairs, learned about each other through icebreakers, played hide and seek, and so much more! This program is youth idea-driven and adapts to the audience we have. This program is held monthly on the second Thursday from 5-6:30 pm. Youth can be dropped off or parents are welcome to stay. We hope you come and join us!



HIPPOLOGY / HORSEBOWL

Throughout Jan. and Feb., 4-H'ers have gathered to learn as much as they can about horses. Their favorite evening was being able to make poop soup in order to see if their horses had parasites. A very educational time with a big impact on horse care. A different night we took our skeleton out of his closet to compare the horse bones to human bones. We have had some great sessions with around 25 awesome 4-H'ers at any given time! The kids are looking forward to March 4th, when they compete against other 4-H'ers from the region.



DAIRY BOWL

On February 5th, our Chenango County Dairy Bowl program 4-H'ers were invited to tour Southtown Dairy, LLC in South New Berlin with their Otsego 4-H peers. Amy Proskine led an incredible session packed with tons of learning opportunities including tube-feeding calves, wellness checks, manure safety/management, and more! This hands-on tour concluded with youth breaking into groups and practicing dairy bowl questions with their peers after eating some tasty pizza and homemade treats. Thank you so much for allowing everyone to come out and visit Dave and Amanda Dickey!



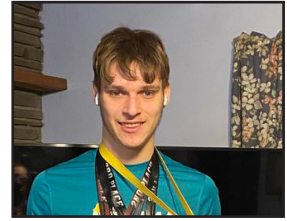
SHOOTING SPORTS

4-H Shooting Sports is designed for youth ages 9 and up to provide firearm safety training and marksmanship. Youth begin with archery and air rifles and can progress to air pistols and .22's. Our program currently meets once a month at the Rockdale Rod and Gun Club. For information contact: Richard Turrell at 607-334-5841 x 1115 or email to rlt229@cornell.edu



TEEN COUNCIL (Second Monday every month)

4-H Teen Council is for youth aged 14 and up. The focus of the program is community service, citizenship, and civics. During the next few months, the group will be leading a 4-H project for clubs, writing a letter to their legislators, and participating in community service Earth Day. If you would like to join teen council contact: Richard: 607-334-5841 x 1115, email to rlt229@cornell.edu



PUBLIC PRESENTATIONS

Twenty five 4-H youth participated in the recent Public Presentations Contest. Youth had the opportunity to select a topic of their choice to present to a team of judges. Public speaking is a great skill we offer for our 4-H'ers. 4-H'ers as young as 5 years old came out to present. High scoring youth are selected to attend the regional competition in April. All of the kids did a great job!



4-H COMMUNITY CLUB

4-H'ers cross-country skied at Friends of Rogers (FOR) Center in February. They learned basic ski skills and tested them out on the trail! It was a fun winter program for all! 4-H'ers 8 and up can join our next program, on the first Wednesday of each month. Youth under 8 can join with a parent. Email Erica for more information, at elc97@cornell.edu.



KIDS IN THE KITCHEN

4-H Kids in the kitchen is back! Cook from your kitchen (on zoom) and make a meal for your family! Learn cooking basics and ways to incorporate more fruits & veggies into your meals. Adult supervision is required during the program. The program and food are free! Food pick-up info and zoom link will be provided when you register for each program. Our next programs are March 28th and April 25th, at 5:15pm. REGISTER with Erica at elc97@cornell.edu



4-H SEWING CAMP (March 13, 16, 17, 23, April 3, 4, 5, 6)

Sewing Camp will be held again this year. Cloverbuds, Intermediate I & II, and Advanced, will be getting together to learn many different sewing skills. We will start off with a Sewing meeting on March 13th for the Intermediates and advanced. Then on March 16th our sewing fun begins with our Cloverbuds, its never to young to learn how to sew! We will end our camp with a wonderful Sewing Spectacular! We have a whole schedule planned, so if you are interested in having your 4-H'er learn to sew or you are a proficient with your sewing skills and are interested in helping out, please contact Rhonda for information:



607-334-5841 x 1111 or email rlt236@cornell.edu

4-H OUTDOOR ADVENTURE May 2nd, 6:30pm to 7:30pm. (Rain date May 3rd). Birding with the Chenango Bird Club! For 4-H'ers 8 and up. Join us for a spring bird walk in Norwich, as we look and listen for birds that have made their way back north. We will be exploring part of the Chenango Greenway trail. Space is limited. For more info and to sign up email Erica at elc97@cornell.edu.



Kids in the Garden April 4, 4:00pm-5:00pm

Join 4-H and Grow Cook Serve as we set off the Spring season right. Learn about starting seeds and growing your own vegetables, herbs, flowers in your own backyard. Discover new ways to use your harvest at home! Location: 99 North Broad Street Norwich NY 13815. To sign up contact Erica Clark. elc97@cornell.edu or call (607) 334-5841 x 1114



UPCOMING EVENT:

Pheasant Game Farm Tour, in Ithaca, NY. Saturday in April 22, time TBA.. We will get a tour of their incredible facility. Come learn about the process from egg to adult and everything in-between! Email Erica for details at elc97@cornell.edu.





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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!

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Building Custodian

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