

Extension *Express*

CCE WELCOME

CCE Chenango is pleased to announce the promotion of Craig Brown as their next executive director effective May 1st. From April 15th through April 30th, Craig will assume the role of Acting ED as retiring ED Ken Smith takes some much-deserved time off.



Craig is a military veteran who has nearly 5 years of experience working within the Cornell Cooperative Extension system. Most recently in his role as a 4-H Issue Leader, he coordinated the Chenango County 4-H Youth Development Program. Craig's responsibilities included fundraising, developing the county fair, implementing an Agriculture in the Classroom program, and leading local educational animal science initiatives. Craig is passionate about youth development, agriculture, community wellness, and ensuring that program offerings meet the diverse needs of the people he serves. He can be reached at cbrown@cornell.edu. Please join us in welcoming Craig to his new role!

Whitney Kmetz, newly appointed SNAP-Ed Supervisor for Chenango County brings creativity and innovation to the SNAP-Ed program. With over 9 years of experience as a previous nutrition educator, Whitney has worked for Chenango County Cornell Cooperative Extension bringing a positive, fun attitude to her team. In her previous role as an educator, she provided basic nutrition education to any SNAP eligible audience at various sites within the county using research based approved curricula. Whitney is passionate about nutrition, and she enjoys teaching about how to create a balanced lifestyle all while still enjoying special "treats". She can be reached at wgd43@cornell.edu. Congratulations Whitney on your new role at CCE Chenango!



WE WANT YOU to join the Chenango County Master Gardeners! The documented benefits of gardening are numerous and include: lifelong learning, environmental/scientific literacy, a sense of accomplishment, physical exercise, improved health, stress relief, physical rehabilitation, psychological rehabilitation, economic success, enhanced social relationships, community building and direct access to nutritious fresh food. Garden-based learning can serve as a catalyst for addressing food security and hunger; climate change; childhood obesity and nutrition; food safety; and youth, family and community development. Email: cliftonc@frontiernet.net to connect and join our next meeting.

Page 2 - 3

SNAP-ED

Stretch your food dollars
Springbrook and CCE

Page 4

GROW COOK SERVE

Healthy Living Series
AGRICULTURE
Ag plastics

Page 5

CALENDARS

Meetings / Events

Page 6-7

4-H NEWS

Activities
Events

SNAP-Ed is here to help you stretch your food dollars and budget throughout the month!



Left-Nutrition Educator, Neisa Pantalia; Right-Team Leader, Betty Clark ; who are at a food giveaway passing out materials for a class.

SNAP benefits decreased as of March 2023....

During the Covid-19 pandemic, additional benefits were provided to SNAP participants to help with the burden of food costs. Since benefits have ended it has left families struggling to purchase nutritious foods while on a budget.



SNAP-Ed NY provides a variety of topics:

- Healthy eating on a budget
- Smart shopping for vegetables and fruit
- Healthy meal planning
- Basic cooking and food safety skills
- Physical activity ideas and recommendations

If you receive SNAP benefits and are looking for ways to eat healthy on a budget, reach out to our team!!

Whitney Kmetz:
wdg43@cornell.edu
Neisa Pantalia:
nmp52@cornell.edu



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.benefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.

For more information, visit snapedny.org

Springbrook comes to CCE!



Springbrook participants come to CCE to learn new skills to gain independence with our SNAP-Ed Nutrition Program! They discover about the MyPlate and how to maintain a healthy eating pattern with small changes that can lead to a big difference. They learn how to prepare healthy meals that are low-cost, practice food safety skills, and see the value in being physically active. Springbrook participants see the importance of tasks that are essential with being in the kitchen such as cleaning up, and how to communicate within a group to decide who does what task with preparing recipes. PLUS... they love to sample the recipe that they prepared themselves.

WE ARE HIRING!!!!

Cornell Cooperative Extension (CCE) of Chenango County, is looking for two Nutrition Educators. These positions are responsible for delivering nutrition education programming in Chenango, Cortland and Madison County. The positions require an associate's degree or above in nutrition or a health related field, valid driver's license, and a reliable vehicle. The positions could be full or part time, and the pay is from \$18 to \$20/hr. For a full position description or to apply go to the QR code below or contact, Whitney Kmetz, 607-334-5841 Ext:1132.



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.nybenefits.ny.gov or contact 1-800-342-3339. This institution is an equal opportunity provider.

For more information, visit snapedny.org



HEALTHY LIVING WORKSHOP SERIES

Get Active! Stay Hydrated!

May 11, 2023, Thursday, 5:00 PM - 6:30 PM

Join Grow Cook Serve and SNAP-ED to learn how and why to incorporate healthy movement into your day and stay hydrated while doing it. Discover how working in your garden will help you stay physically and mentally well. The workshop is free, but space is limited, so register soon!



Fabulous Fruits

June 8, 2023, Thursday, 5:00pm-6:30pm

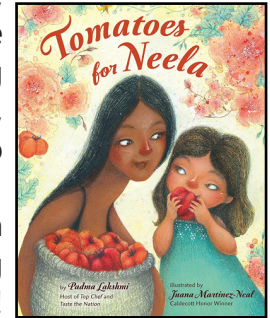
Join Grow Cook Serve and SNAP-ED to learn why fruit is an essential part of a healthy diet. Find new ways to incorporate more fruit into your diet. Plus, learn how to buy and preserve fruit to extend your grocery budget. The workshop is free, but space is limited, so register soon!



To register for these programs contact: Alexis Woodcock, 607-334-5841 ext.1120, asw239@cornell.edu

NEW YORK AGRICULTURE IN THE CLASSROOM coordinated with Chenango County Cornell Cooperative Extension for the nineteenth annual New York Agricultural Literacy Week. This year's program was held from March 20-24, 2023. Community members read "Tomatoes for Neela", by Padma Lakshmi in elementary classrooms. This book took students on an intergenerational journey full of delicious flavors to learn how we can connect to other cultures and build communities through food.

In Chenango County books and supplies, to plant basil and tomatoes were delivered to Otselic Valley, Greene, Sherburne Earlville, Unadilla Valley, Holy Family, Oxford Academy, Bainbridge Guilford, Norwich City Schools, and Calvary Church School. CCE Chenango 4-H Agriculture in the Classroom Educator Kristi Gorrell was essential to the program's success reading and planting with over 30 classrooms as part of the new 4-H Agriculture in the Classroom program. In total, we anticipate over 1,200 youth were served in this Ag Literacy Week initiative in Chenango County alone.



Cornell Cooperative Extension of Chenango County would like to extend our appreciation to Deb Dushko and Kate Cirello for the donations they provided so that each participating district incurred no cost by participating. We appreciate everything you do for our community!

CLEAN UP THAT AG PLASTIC!

By Rich Taber

Ag plastic films are used in a variety of agricultural operations. They cover silage piles, are used in ag bags, used to wrap round bales, big bale baleage, and as a mulch in vegetable operations. It takes a concerted effort to keep this plastic picked up and to keep it from littering the landscape. It can be very unsightly, oftentimes it ends up blowing all over the landscape. Not only is there just the plastic wrap itself, but you might have plenty of baling twine and net wrap as well.

A few years ago there was a promising initiative to recycle much of this plastic into useful products. However, that market has disappeared, and plastics must now correctly be disposed of in landfills. If you have questions about how to dispose of it, the best answer is to contact the landfill or recycling agency available in your area.

You will in all likelihood need a good-sized container available for a fee from a garbage disposal business. Typically, you sign a contract, then the containers are picked up, emptied twice a month, and hauled to a landfill. You must be very meticulous, however, in seeing that the container covers remain closed. High winds can blow them open, that's when you start to get bits and pieces of plastic blowing out and over the landscape.



Now that the springtime has arrived, lets all get out there and police up that plastic in order to keep our farms and homesteads looking beautiful!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Kids in the Garden Bird Walk	3	4	5	6
7	8 Teen Council 6:00pm	9	10	11 Healthy Living Series 5 - 6:30 4-H Fun Night	12	13 4-H Outdoor Cooking 10 am
14	15	16	17	18	19	20
21 4-H Shooting Sports 1:00pm	22	23 4-H Kids in the Kitchen	24 4-H Fish Series	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Animal Certificate Deadline	2	3
4	5	6 4-H Kids in the Garden	7	8 Healthy Living Workshop 5 - 6:30 4-H Fun Night	9	10 4-H Outdoor Cooking 10am 4-H Fish Series
11	12 4-H Teen Council 6:00pm	13	14	15 Riding Evaluations	16	17
18 4-H Shooting Sports 1:00pm	19	20	21	22	23	24
25	26	27	28	29	30	



4-H NEWS

OUTDOOR COOKING (Second Sat. every month)

At the last Outdoor Cooking Program members enjoyed cooking lasagna and pineapple upside down cake. We do our cooking using cast iron Dutch Ovens over charcoal. Our members learn that they can cook a variety of meals outdoors over an open fire.

A special THANK YOU goes out to the Anderson family for providing our Outdoor Cooking Program with a BBQ Grill Table! This table is awesome allowing us to use charcoal at a much safer level.

Join us monthly for this 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 educator, taught my "soil isn't a dirty word" composting lesson at OV this week and the kids were crazy about getting their hands dirty. Many of the kids were very interested in the idea of recycling food and nature for compost. I showed them how to make simple window sill composters out of soda bottles. They loved it! Thanks to all of you who shared insight for planning this lesson.



CAPITAL DAYS

The 88th annual 4-H Capital Days Program was held April 16-18, 2023. We are excited to have sent Molly Gorrell, Brayden Smith, and Megan Funk to be our three Chenango County Youth Delegates to represent us. Each participating youth had the opportunity to tour the state political facilities, speak directly with their state legislators, and see our state government in action. 4-H alumni from the event frequently refer to it as being "a life-changing experience" that frequently inspires them to be more civically engaged".



The objectives of the 4-H Capital Days program are: To achieve a better understanding of the New York State policy process. To gain a better understanding of state and local government connections. To provide delegates the opportunity to meet with legislators and tell their 4-H stories. To create an awareness of career opportunities within the New York State Government and Public Service, to meet and exchange experiences with delegates from other counties. Our 4-H'ers made us proud!



NY STATE HORSEBOWL

Saturday April 15th, 4-H'ers from around New York State gathered to compete in the 2023 Horsebowl competition. Chenango County was well represented by Junior competitor: Maria Funk along with senior competitors: Emilee Bennett and Sarina Bell. These young ladies joined forces with other youth in our region to make up the region 4 teams. Our Region 4 teams did an awesome job! Maria and her team took third out of eleven teams! Emilee received an individual 8th place.



4-H SEWING SPECTACULAR

What a great turn out for the Sewing Spectacular! Sewing camp 4-H'ers age 5 to 14, came out on April 13th to be honored for all of their hard work during sewing camp. It was a fun night showcasing all of their sewing achievements! This year was a huge year for Sewing Camp reaching 42 kids and having 27 volunteers come to help out. We could not have done this program without their help!



Many projects were completed and I'm sure you will see them at the County fair. Thank you to Mr. Richard for being our MC again this year and to the wonderful volunteers that helped to make the 2023 Sewing Camp a success!

TEEN COUNCIL (Second Monday every month)

Teen Council spent an evening with the Ambitious Lions 4-H Club building mouse trap race cars. This allowed them to complete a community service project while being a role model for youth of our county. The opportunity gave our teens the chance to interact with other clubs and to teach construction and technology principles. If you are interested in learning about the Teen Council Club contact Richard at: rlt229@cornell.edu or call 607-334-5841 ex1115



SHOOTING SPORTS

April's warm weather saw the Shooting Sports program move outdoors. We were able to run the archery along with air rifle events simultaneously and rotate the members between each discipline. We have also begun .22 training following the air rifles and archery trainings. If you are interested in our shooting sports program contact Richard at: rlt229@cornell.edu or call 607-334-5841 ex1115



KIDS IN THE GARDEN (May 2nd, and June 6th)

4-H along with Grow Cook Serve kicked off the season by making mini herb gardens, planting onions, making lavender sock rabbits and transplanting flower seedlings for birds and butterflies! Thank you to Alexis Woodcock and Grow Cook Serve for making this fun program possible! Sound like fun? Come to us on **May 2nd and June 6th**: 4:00pm to 5:00pm at CCE. To register contact: Erica at elc97@cornell.edu



4-H OUTDOOR ADVENTURE (May 2nd 6:30-7:30pm)

An almost full moon hike was held in April at Friends of Rogers Center. We hiked up the Pine Ridge Trail making our way to the Farm Tower. Along the way we found lots of animal signs, heard peepers, found skunk cabbage and even caught a few spring raindrops! No moon sighting, but a good time was had by all.



May 2nd, we will hold a **BIRD WALK** with Chenango Bird club (4-H'ers 8 & up) on Chenango Greenway Trail in Norwich. Come learn about birds as we look and listen for birds on the Greenway Trail. Bring your own binoculars or borrow ours. Email Erica to register: elc97@cornell.edu



BUG CLUB

With our awesome volunteer Miss Jen!! We began with a trip to the Discovery Center in Binghamton, to see their Bug Squad Exhibit! 4-H'ers explored the interactive insect exhibit and had time to check out a lot of the permanent displays too. A fun time was had by all! A big thank you to the 4-H Leaders Association for splitting the admission costs with participants. INSECT FIELD TRIP happening in June! Email Erica for more info and to sign up at elc97@cornell.edu.



4-H LIVESTOCK RODEO - Poultry and Rabbits

This year's 4-H Livestock Rodeo was held in Cortland and featured three different clinic sessions, chickens, turkeys, and rabbits. Each youth received hands-on lessons from wonderful educators and visiting presenters! Chenango County 4-H was able to sponsor 10 youths to attend using the support from the Tractor Supply Paper Clover Campaign. We hope to get more families to join these educational clinics in the future as we continue to grow our animal science offerings. A huge thank you to the Cotton family for taking so many photos for us!



4-H Outdoor Adventure: Go Fish Series! Email Erica to register or for more info at elc97@cornell.edu
Do you like to fish or want to learn more? Check out this hands-on fishing series. Learn about freshwater fish in New York State and how to go fishing. Come to one or all three sessions.

Wed. May 24th 4pm to 5:30, Fish intro, knot tying, lure making

Sat. June 10th 12pm to 3pm, Fish Hatchery Tour at Otselic Fish Hatchery and picnic lunch

Sat July 8th 8:30am to 11:30am, GO FISH! Fishing at Millbrook Park in New Berlin



99 North Broad Street
Norwich, NY 13815

RETURN SERVICE REQUESTED

NON-PROFIT ORG
US POSTAGE PD
NORWICH, NY
PERMIT NO. 46

Connect With Us!

www.ccechenango.org



[Youtube.com/ccechenangocounty](https://www.youtube.com/ccechenangocounty)



[Facebook.com/ccechenango](https://www.facebook.com/ccechenango)



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



[pinterest.com/ccechenangocounty](https://www.pinterest.com/ccechenangocounty)



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

2023 BOARD OF DIRECTORS

Board Officers

Jessica Kelsey, President
Yusuf Harper, Vice President
Patsy Graham, Secretary
Jake Perrone, Treasurer

Board of Supervisor Representatives

Joe Henninge

Cornell Representative

Danielle Hautaniemi

Directors at Large

Grace Provance Nathan Funk
Heather Lathrop Jordan Fleming
Joe Cornell AnnaMarie Ward

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!

CURRENT STAFF (607) 334-5841

Craig Brown (Ext. 1112)

Acting Executive Director
cbrown@cornell.edu

Alice Andrews (Ext. 1118)

Finance & Operations
ama42@cornell.edu

Rhonda Turrell (Ext. 1111)

Administrative Assistant
rlt236@cornell.edu

Alexis Woodcock (Ext. 1120)

Grow Cook Serve Coordinator
asw239@cornell.edu

Rich Taber (Ext. 1121)

Ag/Livestock
Natural Resources
rbt44@cornell.edu

Dennis Madden

Building Custodian

John Palmer

Building Custodian

4-H Staff

Richard Turrell (Ext. 1115)

4-H Volunteer Coordinator
rlt229@cornell.edu

Erica Clark (Ext. 1114)

4-H Youth Educator
elc97@cornell.edu

Kristi Gorrell

4-H Ag in the Classroom
Educator

SNAP-ED NEW YORK- SOUTHERN TIER

Betty Clark (Ext. 1132)

Snap Ed
Program Coordinator
blc28@cornell.edu

Whitney Kmetz (Ext. 1133)

Nutritionist 1
wdg43@cornell.edu

Neisa Pantalia (Ext. 1134)

Nutritionist 1
nmp52@cornell.edu

CNY DAIRY, LIVESTOCK & FIELD CROPS TEAM

Dave Balbian

(518) 312-3592
Dairy Management Specialist
drb23@cornell.edu

Ashley McFarland

(315) 866-7920
Livestock Specialist
am2876@cornell.edu

Nicole Tommell

(315) 867-6001
Agricultural Business
Management Specialist
nt375@cornell.edu

Erik Smith

(315) 219-7786
Field Crops Specialist
eas56@cornell.edu