

Extension *Express*

WELCOME CARRIE FORWARD -

NEW SNAP-Ed NURTRITION EDUCATOR

My name is Carrie Forward. I reside in Bouckville, NY and have lived in the area my entire life. My husband and I have 4 children and 6 beautiful grandchildren. Morrisville State University is where I received my Nutrition Education degree. In my spare time I enjoy hobbies which include scrapbooking, reading and traveling with friends and family.

I am excited to start working at CCE Chenango County as a SNAP Nutrition Educator. For more than 25 years I have provided nutrition education in settings such as nursing homes and hospitals. Most of my experience with nutrition education was providing information to those who already were facing disease progression or health complications from lack of proper nutrition guidance. I am happy to be able to start my next career journey being able to have a more preventive approach in providing nutrition education in our communities.



Cornell Cooperative Extension

Central New York Dairy, Livestock and Field Crops

NEW YORK STATE FIBER CONFERENCE

June 9th: 9:30 - 4 pm

"Focus on Quality"

\$30. per person

Registration questions:

Dara Boudreaux tff24@cornell.edu

Beginners as well as more experienced fiber producers are sure to gain valuable hands-on skills and knowledge with respect to fiber quality, and what to look for. You will be physically touching, feeling and seeing the difference between various fiber and fleece types in the presence of an instructor. The instructor will show and demonstrate

what you need to look for in a quality fleece or fiber. You will also learn how to skirt a fleece and what the best uses are for the different fibers. There will be a sheep shearing demonstration with a commentary on what needs to be done at this stage to ensure the best quality.

Participants will go away with an understanding of the different certification programs and how they might be beneficial to their farm business.

***Registration fee includes free admission to the Central New York Fiber Festival on Sunday to explore during your 1 ½ hour lunch break. Food vendors will be on site for you to purchase food.

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CALENDAR

Meetings / Events



STRAWBERRIES GALORE!

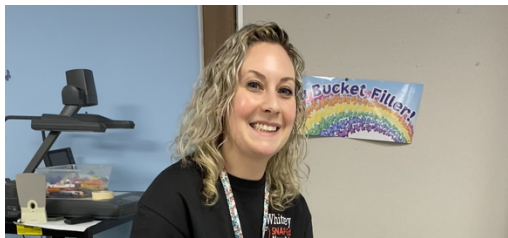


Whitney Kmetz, Community Health & Nutrition Supervisor partnered with Ag in the Classroom Educator, Shealyn Otto at Oxford Elementary School with their 2nd, 3rd, and 4th graders to celebrate Ag Literacy month in March.

Shealyn started each lesson by sharing how strawberries are grown and unique facts about strawberries such as explaining to the kids that strawberries are NOT real berries. The kids were blown away! Berries hold seeds on the inside while strawberries have seeds on the outside, cool right!

Whitney then taught students about the importance of “eating the rainbow” when it comes to fruits and vegetables and shared ways to shop for and store strawberries. She explained that you should always purchase or pick strawberries that are brilliant red, if there is a lot of white on the berries, they will not be tasty because they will not ripen anymore after they are picked!

Whitney also prepared a Strawberry Spinach Salad for the students to enjoy. Check out the recipe with the QR code below! Most students really enjoyed the salad and it was a great way for them to try something new. Plus, they got to take the recipe home to share with their families!



SOUTHERN TIER SNAP-ED IS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM- SNAP. SNAP PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. TO FIND OUT MORE, GO TO WWW.MYBENEFITS.NY.GOV OR CONTACT 1-800-342-3009. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

FOR MORE INFORMATION, VISIT SNAPEDNY.ORG

Spring Green Salad

Source: foodhero.org

Prep time: 15 minutes, Makes: 10 cups

Ingredients:

SALAD

- 6 ounces fresh **spinach** (about 7 cups)
- 3 **oranges** (any type)
- 1 ½ cups halved **strawberries**
- 1 cup **walnut** pieces (toasted, if desired)

DRESSING

- 1 teaspoon **sugar**
- ¼ teaspoon **paprika**
- 2 Tablespoons **orange juice**
- 1 Tablespoon **lemon juice**
- 1 ½ 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.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit snapedny.org



 **SNAP-Ed**
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.



One of our SNAP-Ed Nutrition Educators, Carol Lyons has developed a great partnership with Chase Memorial Nursing Home in New Berlin, N.Y. Carol says "Working with the residents has been a fun experience". Once a month she has spent an hour with them discussing good nutrition, and healthy habits to improve their overall well-being. Then each month, she makes a new recipe they get to sample using the MyPlate principles. Carol states: "For me, one of my favorite lessons that I was able to do with them was ways for them to be able to add physical activity into their daily routine. Even if they are wheelchair-bound, using our Healthy for Life Curriculum: Exercise Within Reach lesson we discussed different exercises that they could do, but the best part was when I was able to give them a nutritional reinforcement of an elastic exercise band that each resident was able to keep" She says it is clear to see that they were very happy with the band because many of the residents were using it throughout the lesson.

When Carol came back the following month, several of the residents stated that they do try to use their exercise band as often as they can. Carol is very thankful for the collaboration with them!

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 607 334 5841 ext. 1120

INTRODUCTION TO WHOLE GRAIN BREAD BAKING

May 4, 2024 2:30pm-5:00pm

Learn the secrets of baking with whole grain flours. Discover invaluable tips for not only the baking process but also the proper storage of both your whole grain flour and the delectable breads you create.



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

INTRODUCTION TO HOME FOOD PRESERVATION

May 16, 2024 10:30am-12:00pm

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.



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

LET'S START A SOURDOUGH STARTER

June 1, 2024 2:30—4:00pm

Learn the step-by-step process on how to feed and maintain a healthy sourdough starter in order to create successful sourdough bread.



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

BREW KOMBUCHA AT HOME

June 13, 2024

10:30-12:00pm

In this beginner class, Alexis Woodcock will walk you through the entire process of making kombucha at home. We will discuss building a SCOBY, fermentation, flavoring, and bottling.



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



HEALTHY LIVING WORKSHOP SERIES

MAKING TIME FOR SELF-CARE!

May 23, Thursday, 5:00pm-6:30pm

In honor of Mental Health Awareness Month join SNAP-ED and Grow Cook Serve as we discuss the importance of self-care for your physical and mental health. We will discuss strategies to build a self-care routine and share tips on ways to add more "exercise" for your mental health. This workshop is free, but space is limited, so register soon!



BECOMING A SHARPER CHEF

June 13, Thursday, 5:00pm-6:30pm

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.

To register for these class please contact:

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



ATTENTION:

Chenango Farmers, Landowners, Agricultural Committees, and Agricultural Organizations

Microgrants are available from the Chenango County Agriculture Development Council (ADC)

Microgrants of up to \$1000 are available to farmers, forest owners, agricultural programs, and agricultural organizations looking to start or expand farming, agroforestry, and agricultural enterprises. This is a reimbursement grant. Grant payment will be disbursed within 30 days after receipt of the final ADC Grant Report Worksheet. Grants will be awarded based on merit and on the order of application (qualified grants will be awarded first-come first-serve). Preference is given to first-time applicants.

Eligible: Farms, agroforestry businesses, agricultural committees, and agricultural organizations in Chenango County.

Ineligible: Farms, individuals, and businesses outside Chenango County. This grant cannot be used to underwrite existing operations. We do not fund one-time jobs such as logging.

The applications must be submitted by email to Rich Taber of Cornell Cooperative Extension of Chenango County at: rbt44@cornell.edu or by mail to Cornell Cooperative Extension, ATTN: ADC, 99 N. Broad St., Norwich, NY 13815.

In order to receive funding the grant application must have the following:

- Your application must reflect how it will contribute to the Chenango County agricultural economy
- Applicants must provide a business or program plan

Note that additional supporting documentation is welcomed with your application.

Required Project Report:

Awarded farmers will receive their funding after the ADC has received a completed ADC Grant Report Worksheet.

Questions? Please call 607-334-5841 extension 1121 and we will be happy to assist you.

Application: Chenango County Agriculture Development Council Micro-Grant

Name:

Address:

Phone number:

E-mail address:

Website: <https://660c1383a88.site123.me>

Years in business:

Amount requested:

Please Briefly Describe the Project and its expected cost:

Please attach a completed business or program plan

MEET THE 4-H STAFF



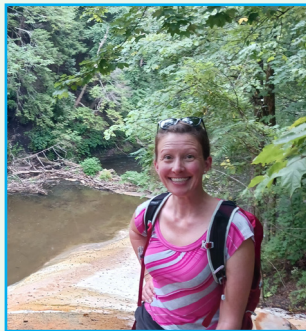
KRISTI GORRELL

Kristi is the 4-H Youth & Family Supervisor. She can answer any questions about club start-up, enrollments, and volunteer information, 4-H projects, 4-H Public Presentations, and any fair questions. Please reach out to her for help with any 4-H programming, fair questions, or 4-H trips. Email her at kg499@cornell.edu



VICTORIA RYAN

Victoria is our 4-H Animal & Livestock Educator. She is happy to answer all questions related to project animals, livestock scholarships, and the livestock auction. Reach out to her about animal health and clinics. Contact her at: vmr39@cornell.edu



ERICA CLARK

Erica is our 4-H Natural Resources Educator. She leads the 4-H Outdoor Adventure Program, STEM programming and regularly connects youth with other community groups, libraries, and parks. Reach out to her with questions about outdoors, cooking, camping, kayaking, or Cornell University programs at: elc97@cornell.edu



RHONDA TURRELL

Rhonda is our Administrative Assistant but also heads up our 4-H horse programming with Horse Bowl, Hippology, and Equine Presentations. She is also the Sewing Camp coordinator and does our 4-H newsletter. Rhonda can answer all questions regarding the fair and project registration. You can contact her at: rlt236@cornell.edu



SHEALYN OTTO

Shealyn is our 4-H Ag in the Classroom Educator. Her main duties revolve around classroom education and promoting Ag Literacy. She can also be contacted about our new 4-H Fusion Club, Garden club, or the fair. Shealyn's background is in plant Science and is available for any personal or school gardening queries. Reach out at so425@cornell.edu





BARN QUILT UPCYCLING PAINT NIGHT!

With the help of Golden Artist Colors, a few 4-H'ers learned a little history of barn quilts and got to turn an outdated thrift store painting into a unique barn quilt for themselves. Once we selected our pattern, a little math was involved to be sure the angles were symmetrical. We had fun seeing what paint colors complimented and contrast one another. Many kids asked about this program so we will try to do it again over the summer.



SEWING CAMP

This year's sewing camp was a big success! Wednesday nights in March our Cloverbud 4-H'ers (5-7 yr olds) met to learn how to use a sewing machine safely along with some hand sewing skills. These kids were fantastic and eager to learn. They ended their camp with some nice projects. Next came our older 4-H'ers during the first week in April. These 4-H kids are ages 8-14, this group reviewed skills some may already have along with introducing new projects and skills. All of the youth walked away with projects that can be shown at our County fair. We also had the Curious Kids and Hidden Pond Horse Lovers 4-H clubs come in to work on a hand sewn project. The highlight to end camp comes when we showcase these youth at a Sewing Spectacular held at the Norwich Arts Council, recognizing all of their sewing accomplishments.



NYS HORSEBOWL

The New York State Horsebowl competition was held on Saturday April 13th. Youth from all over New York State gathered to have their horse knowledge tested. Five youth from Chenango County made us proud. On the junior team was Maria F., Charlotter H., Sophie R., and Makayla C., this team placed 3rd overall with teammate Maria F, earning a 1st individual placing. Emilee B., was part of a mixed team from Region 4. That team placed 5th overall. Nice job ladies!



TRACTOR CLUB

At their last monthly meeting kids in the Tractor Club made get well cards for a teen that was badly injured in a farm explosion in a nearby county. The cards were delivered and appreciated. Kudos Tractor club!

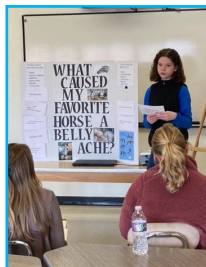
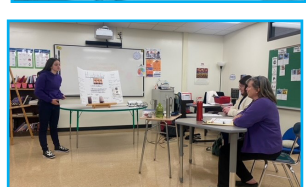
CURIOUS KIDS JOINED HIDDEN PONDS HORSE LOVERS

These two 4-H clubs gathered at CCE to work on a hand sewn owl project. It was nice to see two clubs come together to work on a project together. These young people learned four hand stitches in order to complete their projects.



REGIONAL PUBLIC PRESENTATIONS

On Saturday, April 20th, we had eight 4-H'ers represent Chenango County at the Regional Public Presentations contest. Colton R., Abby-Lynn P., Maranda S., Owen M., and Katie F., presented a general presentation covering a variety of topics. Abigail M., Shaelan R., and Makayla C., did equine presentations, where the topic had to be horse related all within a specific time requirement. All of these 4-H'ers did an awesome job!





AG IN THE CLASSROOM

For the entire month of March, we celebrated Ag Literacy by learning about strawberries! Students really enjoyed this year's book, "I Love Strawberries" by Shannon Anderson. For our lessons, we talked about strawberry growing requirements, the life cycle of a strawberry plant, and the biggest pests and pollinators of strawberries. Additionally, we talked about the parts of a strawberry plant that make it unique: the crown that holds enough energy to keep plants alive, the runners that create clones (the most common form of strawberry propagation!), and the fruits themselves. We talked about how strawberries have their seeds on the outside...and how in order to be a real berry, a fruit needs to have its seeds on the INSIDE! Students then had a wonderful time thinking of fruits that qualify as berries: bananas, grapes, watermelons, and limes to name a few! In April, I'm being joined by Mr. Charles, the cutest bunny in Chenango County! Together we're teaching kids about the different uses rabbits can have on farms and rabbit care and behavior. Thus far, everyone has greatly enjoyed watching Charlie explore, and he's been kind enough to let everyone pet him!



SHOOTING SPORTS (ages 9 +)

Chenango County 4-H Shooting Sports participation continues to grow. During the winter months we have added several new members and volunteers. We have been running about 15 youth at each session. Our youth continue to improve their safety knowledge and marksmanship.

Thank you to Rockdale Rod and Gun Club for their continued support.

Shooting Sports is for youth ages 9+ and meets the third Sunday of the Month.

For more information contact Richard: turrellr@protonmail.com



KIDS IN THE KITCHEN

We had a fun 4-H Kids in the Kitchen program this April. 4-H'ers cooked fried rice! They all received food kits, from Grow Cook Serve and cooked in their kitchens. We meet monthly on zoom and learn how to cook with Miss Neisa and Miss Alexis!! 4-H'ers learned how to cut and cook safely. For this recipe they had to cut peppers, onion & garlic, crack eggs and cook the veggies for their fried rice. It was delicious! Thank you to Grow Cook Serve for sponsoring this program.

Join us for our next cooking program on May 21st at 5:15pm. Email Erica for info at elc97@cornell.edu



OUTDOOR COOKING (Second Sat. every month)

4-H Outdoor Cooking continues to find culinary delights to cook in their Dutch Ovens over charcoal. April's rainy weather forced some prep work to be done inside but that didn't stop them from creating some pretty amazing dishes. Over the last two months they have made a Calzone, Mountain Man Breakfast, Nanner pudding, Baked Apples, and Apple Cake. After each session these 4-H'ers take time to critique their creations and suggest changes to the recipes.

Outdoor cooking is for youth ages 12+ and meets the second Saturday of the Month.

For more information contact Richard: turrellr@protonmail.com



DAIRY BOWL

A huge shout out to all our 4-H Dairy Bowl competitors! Chenango County participated in the Regional Dairy Bowl competition. Chenango County 4-H'ers did an awesome job placing 3rd in beginner and 4th in the junior team competitions.

Congratulations to our beginner individuals Emma Jane B., for taking 10th place, Grace H., for placing 8th, Jake B., for placing 3rd, and Eleanor H., for placing 2nd! We would also like to recognize our junior participant Thomas H. for placing 8th and Maria F., for placing 3rd. Nice work 4-H'ers!



FUSION

In April, 4-H Fusion had its first club meeting at our CCE building! We brainstormed ideas for county fair projects and future club activities, planted flower seeds and did a mini craft!

You can still join us! If you're in a club, 4-H Fusion can be your secondary club or if you are an independent member come join the fun!

Reach out with questions to Kristi or Erica at KG499@cornell.edu or Elc97@cornell.edu



MARK YOUR 4-H CALENDAR

4-H Bug Club

Our annual Bug Club series is back! Come learn about insects with entomology expert Miss Jen! Check out this year's schedule:

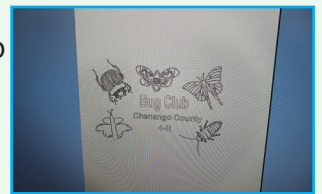
April 24 from 6pm to 8pm at CCE office in Norwich: Kick-off Bug Club by watching the movie Bugs Life movie with popcorn!

May 8, from 6pm to 7:30pm Come learn about the awesome world of insects!! Practice netting for insects.

June 5, from 6pm to 7:30pm Learn how to pin, point & preserve insects. Make a box to keep your insects.

July Date TBD Insect netting and picnic at Jen's farm in Guilford!!

**Register at: https://reg.cce.cornell.edu/Entomology_208



4-H 3-D PRINTING SERIES

Session 1: Tuesday April 30, 6:00pm - 7:30pm at CCE

Session 2: Tuesday May 7, 6:00pm - 7:30pm at CCE

Session 3: Tuesday May 14, 6:00pm - 7:30pm at CCE

We are really excited to offer this 3-D printing series! The sessions are currently FULL, but you can get on the waitlist by emailing Erica at elc97@cornell.edu

This is a great STEAM (Science, Technology, Engineering, Art, Math!) series and youth will learn how to design objects on the computer, how 3-D printers work, & how to print. We have the equipment & supplies for this program. Space is limited. If it fills up, we will make a waiting list. Each session builds upon the previous one, ****please only register if you can attend all 3 sessions.**



TEEN COUNCIL

May 23rd, 7:30pm at CCE

Teen Council is back on so mark your calendars! This will be for 4-H'ers ages 14 and up. For more information contact Kristi: kg499@cornell.edu



Annual 4-H Camping Trip!!

July 23-25 at Gilbert Lake State Park

Make new friends while tent camping, outdoor cooking, swimming, exploring, games and more!!





MARK YOUR 4-H CALENDAR

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

May 19th and June 16th, at the Rockdale Rod and Gun Club

Shooting Sports has been held at the indoor range because of the cold weather but they are looking forward to sunny days so that they can hold classes outside. They meet the third Sunday of the month. Our instructors concentrate on teaching firearm safety and marksmanship. If you would like to join our program contact Richard: turrellr@protonmail.com Please make sure you let Mr. Richard know if you are attending



4-H KIDS IN THE KITCHEN

May 21st. at 5:15pm

Cooking on zoom! We provide the food and youth cook a meal at home! Youth learn cooking basics and how to incorporate more veggies and fruits into their meals. Free program. Adult supervision is required. Email Erica to register for these programs at elc97@cornell.edu



4-H KIDS IN THE GARDEN SERIES

May 14, June 11, & July 9

4-H Kids in the Garden Series, at our CCE building in Norwich. May & June we'll meet 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. July 9th we'll meet from 2pm to 5pm.



Register at: https://reg.cce.cornell.edu/Kidsingarden_208

OUTDOOR COOKING (Second Sat. every month)

May 11th and June 8th, 10:00am at CCE.

This program gives 4-H'ers a chance to cook using cast iron over charcoal. This has been a great opportunity for these cooks to experiment with recipes. These 4-H'ers have enjoyed creating all sorts of goodies outdoors in their cast iron cookware. So, if you are interested in joining the Outdoor Cooking Project contact: Richard at turrellr@protonmail.com, this is for ages 12 and older.



4-H POST SCHOOL DAY PROGRAMS

These programs are a mix of STEM and nature activities, with hands-on components. For more info, reach out to Erica at elc97@cornell.edu



4-H at Friends of Rogers, in Sherburne.

May 1st. 1st Wed each month, 4pm to 5:30pm. We will explore different parts of the property & habitats and each month will have a new focus. Next program Wed. Youth 8 and up can join without a parent.



Sherburne Library

May 20th, Monday, 3:30pm to 4:30pm. Youth 8 and up.

New Berlin Library

May 22nd, Wednesday 3:45pm to 4:45pm. All age youth!

FUSION

May 23rd and June 18th, 6:00 pm - at CCE

The definition of FUSION: the act of fusing together a combination of things to form a new whole! Our new community club, 4-H FUSION kicks-off this month. Led by the 4-H educators, this club will normally meet at CCE and will feature a little bit of everything. Come bring your suggestions and tell us your ideas! Our goal is to help our 4-H'ers find a sense of belonging, try different things, and meet new friends. Come join us for some fun! Email Kristi or Erica with questions or to RSVP.

Who: Open to all 4-H members, ages 8 and up. Youth can be independent members or existing club members who want to learn a little bit about everything!

What: A new club led by your 4-H Educators. Projects, trips, and topics will be youth inspired!

Where: Our "homebase" will be at CCE but we plan to use other parks, farms, and local favorites too.

When: Our Kick-off meeting will be April 18th at 6:00. We are looking forward to seeing everyone!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4-H Friends of Rogers 4pm-5:30pm	2	3	4 Animal Crackers
5	6	7 3-D Printing 6pm-7:30-pm	8 Bug Club 6pm-7:30pm	9 **SNAP-Ed Class 10:30am	10	11 Outdoor Cooking 10am
12	13 **SNAP-Ed Class 11am	14 Kids in the Garden 4pm-5pm 3-D Printing 6pm-7:30-pm	15	16	17	18
19 Shooting Sports 1pm	20 **SNAP-Ed Class 11am Sherburne Library 3:30pm-4:30pm	21 Kids in the Kitchen 5:15pm zoom	22 New Berlin Library 3:30pm-4:30pm	23 GCS/ 4-H Fusion 6pm Teen Council 7:30pm	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 **SNAP-Ed 9:30am	5 Bug Club 6pm-7:30pm	6	7	8 Outdoor Cooking 10am
9	10	11 Kids in the Garden 4pm-5pm	12	13 **SNAP-Ed 10:30am	14	15
16 Shooting Sports 1pm	17 **SNAP-Ed 11am	18 4-H Fusion 6pm	19	20	21	22
23 30	24	25	26	27	28	29

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

Cornell Cooperative Extension
Chenango County



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Norwich, NY 13815

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Mary Weidman

CURRENT STAFF (607) 334-5841

CCE Staff

Craig Brown (Ext. 1119)
Executive Director
ctb98@cornell.edu

Alice Andrews (Ext. 1118)
Finance & Operations
ama42@cornell.edu

Rhonda Turrell (Ext. 1111)
Administrative Assistant
rlt236@cornell.edu

Rich Taber (Ext. 1121)
Agricultural Specialist
rbt44@cornell.edu

Dennis Madden
Building Custodian

John Godfrey
Building Custodian

Grow Cook Serve

Alexis Woodcock (Ext. 1120)
Community Educator
asw239@cornell.edu

4-H Staff

Erica Clark (Ext. 1114)
4-H Youth Educator
elc97@cornell.edu

Kristi Gorrell (Ext. 1112)
4-H Youth and Families
Supervisor
kg499@cornell.edu

Victoria Ryan (Ext. 1115)
4-H Animal Science
Ag Educator
vmr39@cornell.edu

Shaelyn Otto (Ext. 1113)
Ag in the Classroom Educator
so425@cornell.edu

SNAP-ED NEW YORK- SOUTHERN TIER

Whitney Kmetz (Ext. 1132)
Community Health &
Nutrition Supervisor
wdg43@cornell.edu

Carol Lyons (Ext. 1133)
SNAP-Ed Nutrition Educator
cll264@cornell.edu

Carrie Forward (Ext. 1134)
SNAP-Ed Nutrition Educator
cf543@cornell.edu

CNY DAIRY, LIVESTOCK & FIELD CROPS TEAM

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

Daniela Gonzalez Carranza
(315) 749-3486
Dairy Management Specialist
dg647@cornell.edu