



# Extension *Express*

## **CCE WELCOMES KRISTI GORRELL**

Congratulations Kristi! Next time you see her be sure to give her a big welcome as she has agreed to become part of CCE Chenango.

My name is Kristi Gorrell. I am pleased to introduce myself as the Ag in the Classroom Educator for Cornell Cooperative Extension. Having lived in Chenango County my entire life, the young people here mean a lot to me. I live in Columbus, NY on a small farm with my husband and children. My family has always been active with 4-H programming, and I have witnessed the



positive impact that stems from our involvement. Agriculture is everywhere and it lends itself nicely to students from every walk of life, ability and interest. I am excited for the opportunity to invest in the lives of area students by enriching curriculum with authentic learning and hands-on experiences. I believe teaching students how to care for the land and animals around them boosts their self-esteem in such a way that they become competent leaders and appreciative adults. I am honored to be a part of the CCE team and am looking forward to seeing what can be accomplished together.

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**Cornell Cooperative Extension | Chenango County**

"Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities."

# Food Safety Tips and Guidelines During the Holidays This Year!

The holiday season is a time of year filled with festivities, family, and LOTS of wonderful foods. Some of the fondest memories can be made around this time of year, however illness and poor health habits can put a damper on the holiday cheer if not addressed properly. Here at Cornell Cooperative Extension of Chenango County, we want to share some helpful tips and tricks concerning proper food safety in order to keep your holidays filled with laughter and fun!



1

## CLEAN HANDS AND SURFACES OFTEN

- Wash hands with warm water and soap for 20 seconds
- Rinse fruits and vegetables under running water
- Wash all surfaces with hot soapy water after each food prep
- Germs can survive and spread without proper precautions

2

## SEPERATION PREVENTS CROSS CONTAMINATION

- When shopping keep raw meat away from other foods
- In the fridge store raw meat on bottom shelf in containers
- Use separate cutting boards- raw meat and produce
- Don't wash raw meat- juices can spread germs on surfaces

3

## COOK FOODS TO PROPER INTERNAL TEMPERATURES USING FOOD THERMOMETERS

- Use a food thermometer to make sure foods are cooked safely
- Put thermometer in thickest part of meat, not near bone or grizzle
- Reheated leftovers need to reach 165 degrees
- Let microwave food sit a minute to prevent cold spots & to cook more

4

## REFRIGERATE PROMPTLY

- Refrigerate within 2 hours in shallow containers for quick cooling
- Keep food out of danger zone which is 40-140 degrees
- Fridge needs to be at 40 degrees or below, freezer at 0 degrees or below
- Thaw frozen food in fridge, in cold water (changed frequently), or in the microwave. Never thaw food on the counter!!

**Recommended Safe Minimum Internal Temperatures**



Steaks, roasts 145 °F	Fish 145 °F	Pork 145 °F	Ground beef 160 °F	Egg dishes 160 °F	Chicken breasts 165 °F	Whole poultry 165 °F
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Want to try a new and exciting recipe with leftover turkey this year from the holidays?!!



## Turkey Stroganoff

### Ingredients:

- 2 teaspoons oil
- 1 small onion, chopped
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 2 cups cooked turkey, 1/2 inch cubes
- 2 cups water
- 1 cup nonfat or 1% milk
- 1 can (10 3/4 ounces) cream of mushroom soup
- 1 package (10 ounces) frozen peas
- 2 cups dry macaroni
- 2 teaspoons dill weed
- 1/4 teaspoon black pepper
- 1 cup corn flakes
- 1/2 teaspoon garlic powder or 2 cloves garlic
- 1/2 cup nonfat sour cream (or plain greek yogurt)

### Directions:

1. Heat oil in a large frying pan over medium-high heat (350 degrees in an electric skillet) and saute onions until transparent.
2. Add garlic and cook briefly, about 30 seconds.
3. Add turkey, water, milk, soup, and peas; bring to a boil.
4. Add macaroni, dill, and pepper; stir to combine.
5. Cover pan, reduce heat to low (225 degrees in an electric skillet) and cook 10-15 minutes until pasta is tender. Stir occasionally to prevent sticking.
6. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder and set aside.
7. Just before serving, stir in sour cream and top with corn flake mixture.
8. Refrigerate leftovers within 2 hours.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup (261g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10 %</b>
Saturated Fat 2.5g	<b>13 %</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13 %</b>
<b>Sodium</b> 380mg	<b>17 %</b>
<b>Total Carbohydrate</b> 35g	<b>13 %</b>
Dietary Fiber 2g	<b>7 %</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0 %</b>
<b>Protein</b> 19g	
Vitamin D 1mcg	<b>6 %</b>
Calcium 94mg	<b>8 %</b>
Iron 3mg	<b>15 %</b>
Potassium 313mg	<b>6 %</b>
Vitamin A 92mcg	<b>10 %</b>
Vitamin C 9mg	<b>10 %</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## HEALTHY LIVING SERIES

### JOIN SNAP-ED AND GROW COOK SERVE FOR THE HEALTHY LIVING SERIES

#### **NOVEMBER 10, 6:00pm -7:30pm**

Spice up your life! Learn how to use different herbs and spices to create delicious meals. Discover how switching up your seasonings can transform ordinary roasted vegetables and help you plan exciting weekly meals.



#### **DECEMBER 8, 6:00-7:30pm**

Rise and Shine! Come find out why they say breakfast is the most important meal of day. You will realize how easy it is to make a tasty, nutritious breakfast ahead of time, so your mornings can be stress free.

## GROW COOK SERVE CLASSES

#### **NOVEMBER 17 6:00pm-8:00pm**

Gifts from the Kitchen! Spend an evening with Grow Cook Serve checking off your holiday gift list. Learn how to make giftable creations in your kitchen using simple ingredients and get ideas on how to package, send, and display these delicious treats.

\*To register for any of these classes please contact Alexis Woodcock:  
asw239@cornell.edu or 607 334-5841 ext. 1120



## UPCOMING SHEEP EVENTS FOR VETERANS AND OTHERS

### RAISING SHEEP: IS IT FOR YOU?

Are you interested in raising sheep, but not sure where to start? The Cornell Small Farms Program's Farm Ops: Veterans in Ag Project and Cornell Cooperative Extension of Chenango County, in collaboration with the Chobani Foundation, will be hosting three online virtual seminars, and one in-person farm visit to introduce participants to different aspects of sheep husbandry. Non-Veterans are welcome to participate. All events are free!



### NOVEMBER 1, TUESDAY, 7:00-8:30 p.m.

Virtual Zoom Seminar: "Introduction to Sheep Farming, is it for me?" Longtime Livestock Educator, Rich Taber, of CCE Chenango will present information on general sheep management principles that you need to know to succeed in this enterprise.

To register for this online seminar, Introduction to Sheep Farming: is it for me?"go to:  
<https://tinyurl.com/2tvknffm>

### NOVEMBER 10, THURSDAY 7:00-8:30 p.m.

Virtual Zoom Seminar: "Managed Grazing for Sheep"

Karen Hoffman, NRCS Grazing Specialist and Resource Conservationist, will be speaking on grazing management for sheep. Feed costs are the largest cost involved in raising any type of livestock, and grazing can be a good economical source of nutrients for sheep.

To register for this online seminar, go to:  
<https://tinyurl.com/bdhnp5k6>

### NOVEMBER 16, WEDNESDAY 7:00-8:30 p.m.

Virtual Zoom Seminar "Lambing Management"

Betsy Hodge, recently retired Educator from CCE St. Lawrence, will present information on lambing management, one of the most critical and important management skills to have.

To register for this online seminar, go to:  
<https://tinyurl.com/2vyy2c2y>

### NOVEMBER 4, FRIDAY, 9:00 a.m. - noon. In-Person On Farm Visit

Participants will visit the Jensen farm at 1191 County Road 10, in Pharsalia, NY just outside of Norwich, in Chenango County. The Jensens' have a small flock of Dorper sheep which they started just a few years ago, and they will be sharing all their trials and tribulations that they have learned in their sheep enterprise. **There will be a cap of 25 participants with preference being given to Veterans, non-Veterans will be allowed on a space available basis. Light refreshments will be served. Please register by Wednesday, Nov. 2.**

To register for the on-farm event: By phone: Chenango County CCE, 607-334-5841 Ext. 1111.  
By email: [rbt44@cornell.edu](mailto:rbt44@cornell.edu).

**Please state if you are a Veteran or not when registering.**

11/01/22 : <https://tinyurl.com/2tvknffm>  
Introduction to Sheep Farming: "Is it for me?"  
11/10/22: <https://tinyurl.com/bdhnp5k6>  
Managed Grazing for Sheep  
11/16/22: <https://tinyurl.com/2vyy2c2y>  
Lambing Management





# 4-H NEWS

## AG-VOCATING FOR AGRICULTURE

This year we spotted many Chenango County 4-H'ers and alumni "ag-vocating" at the NYS Fair Dairy Cow Birthing Center. The NYS Fair welcomes the NY Animal Agriculture Coalition year after year to help provide a one-of-a-kind experience for their visitors. NYAAC hosts the Dairy Cow Birthing Center, where farms from across the state bring their pregnant dairy cows to give birth in front of a live audience. This experience not only allows individuals and families to witness the miracle of life it also allows farmers and animal agriculture industry professionals to talk with the public about their work and why they do what they do back on the farm. We were proud to see 4-H'ers from Oxford, Sherburne-Earlville, and Cornell with their local FFA chapters answering questions and tending to the newborn calves. Thank you for all the work you do!



## THE NYS 4-H HORSE COMMUNICATIONS PROGRAM is

one of our most beneficial programs as it allows youth to learn and practice public speaking skills that can be used in the future. The event is centered around the horse world, encompassing a wide variety of topics. This year we are excited to announce that Chenango County 4-H'er Abigail Mace placed first in New York State for the Junior Division. To say we are proud is an understatement! We want to recognize the support that Abigail's family provided her through the process and her personal dedication to learning. We are looking forward to seeing you continue to grow your communication skills even further.



## OCTOBER PROCLAIMED CCE AND 4-H MONTH IN CHENANGO COUNTY

Did you know that October was again proclaimed Cooperative Extension and 4-H Month by the Chenango County Board of Supervisors? Happy CCE and 4-H Month Chenango County! This year's 4-H youth speaker was Calista Beers, and she delivered an exceptional message about her 4-H experience. We could not be prouder of her! Following her message, Calista shared her homemade State Fair blue-ribbon brownies and Craig's favorite ginger cookies with our local representatives. It was heartwarming to hear her receive compliments on how well she could speak publicly from each member of the board and to have them express how far it would take her in life. A huge thank you to the Chenango County Board of Supervisors for their continued support and dedication to our youth, volunteers, and families. We appreciate all you do!



## COMMUNITY CLUB

4-H'ers had a blast launching rockets at Rogers! They hiked up to the farm tower at Friends of Roger Center and launched rockets in the field. They tested out different sizes and different types of rechargeable rockets. Everyone had fun watching the rockets soar into the sky and chasing after them. A BIG SHOUT OUT TO HackFab Hobbies, which generously donated all of the rockets for our 4-H program!! Thank you!!



## SHOOTING SPORTS

Another great day at shooting sports. With such great instructors along with the generosity of the Rockdale Rod and Gun Club our 4-H'ers have a fun time learning the different aspects of Shooting Sports. Archery, air rifle, and .22lr. are taught depending on the age of the 4-H'er. Safety and a respect for each discipline is of the utmost importance. Some of our 4-H'er have become pretty good at hitting those bullseyes.



## NYS FAIR

Chenango County was well represented at this years NYS fair. 4-H'ers had an awesome showing bringing home many ribbons that showed the culmination of all of their hard work. Some of the entries in the Youth Building included sewing projects, photography, arts & crafts, baked goods, and so much more. Chenango County 4-H'ers also showed livestock ending in great results for dairy cows, goats, poultry, and the miniature horse competition. These 4-H'ers did a fantastic job!



## YOUTH OUTDOOR PROGRAM SERIES

During the summer and fall of 2022 Chenango County 4-H partnered with the Chenango County Youth Bureau to offer numerous outdoor programs to local 4-H'ers and non-4-H'ers. Erica Clark and Alexis Woodcock led programming for youth ages 9 and up throughout Chenango County, to encourage physical activity while exploring the outdoors. Program offerings included: compass & map use, outdoor photography, fire and shelter building, kayaking, a fish and hike combo. These programs were held at Cook Park, Pharsalia State Woods, Friends of Rogers Center, Guilford Lake, and Bowman Lake. The final event to wrap up this series will be the youth taking their families on a hike. Youth will plan and prepare the hike while adults will be learning new cooking recipes with CCE staff.



## 4-H KIDS IN THE KITCHEN WITH GROW COOK SERVE

4-H'ers began another season of cooking this September and made a delicious pasta salad! This program aims to help youth and their families incorporate more fruits and veggies into their meals, while also learning cooking basics. 4-H'ers chopped lots of local produce to add into their pasta salad, as well as ham and cheese. Great job cooking, it looked tasty! We cook on the 3rd Tuesday each month, via zoom, and kids cook a dish in their home kitchens, to share with their families. Families pick up a food kit the day prior to cooking. Email Erica Clark, at [elc97@cornell.edu](mailto:elc97@cornell.edu), for more info and to sign up for the next program. We are planning to do a special in person cooking program for December.



## CHENANGO COUNTY 4-H FAMILY RECEIVES THE DAIRY OF DISTINCTION AWARD

Local producer Hanahan Farms has received the Dairy of Distinction Award! Since 1983, the Dairy of Distinction Award has been awarded to dairy farms that strive to maintain an attractive farmstead. The award is based on the premise that clean and attractive farmsteads promote a positive dairy industry image and encourage dairy product consumption. Qualifications for receipt of the award, which is a metal Dairy of Distinction sign that is displayed roadside, are as follows: completion of an application, farms must actively ship milk, and must score a 90 or above out of a possible 100 points on the evaluation. Here in New York, there are roughly 500 Dairy of Distinction farms. Congratulations to Hanahan Dairy! We feel blessed to have you as a part of our Chenango County 4-H Family.





# 4-H ACHIEVEMENT DAY 2021

A day to recognize all of the hard work our 4-H Clubs and individual 4-H'ers have accomplished throughout the 4-H year. 4-H'ers have an opportunity to send us their project record sheets that they have filled out for the year. They are reviewed by a panel and possibly recommended for County medals.

## **PUBLIC PRESENTATION RECOGNITION**

(Clubs that had at least 75% of their members participate in the County Public Presentation)  
Hidden Ponds Horse Lovers

## **EXCEPTIONAL CLOVERBUDS**

(Cloverbuds that filled out their record sheets)  
Liam Callan                      Grace Hodge  
Owen Mace                      Lily whaley

## **TOP NYS JR HORSE COMMUNICATIONS**

**AWARD**  
Abigail Mace

## **PROMOTIONAL CLUB AWARD**

(Clubs that participated in displays and community activities)

**PARTICIPANTES:**  
Ambitious Lions  
Teen Council  
Hidden Ponds Horse Lovers

**TOP Promotional Club**  
Hidden Ponds Horse Lovers

## **CHARLES AND PALMA GOODWIN COMMUNITY SERVICE AWARD**

(Clubs or individuals that report their participation in at least one community service project during the 4-H year)

**PARTICIPANTS:**  
Ambitious Lions  
Teen Council  
Hidden Ponds Horse Lovers

**Top community service club**  
Hidden Ponds Horse Lovers

## **AL AND THELMA EVANS TOP COUNTY FAIR CLUB AWARD**

(Club with the most in-depth participation at the Chenango County Fair)  
The Ambitious Lions

## **CLUB CHAMPION AWARD (Top 10 Clubs)**

Each club that has applied for this award will receive a certificate)  
Teen Council  
Hidden Ponds Horse Lovers  
Ambitious Lions

## **HARRY L. CASE TOP CLUB AWARD**

(Presented to the club that completed the highest level of club work)  
2021-2022 Recipient:  
The Ambitious Lions

## **COUNTY MEDALS**

(Presented to youth that have participated in a project area, excelled, and turned in record sheets. Chosen by a review committee)

- Calista Beers – Arts & Crafts, Reading, Gardening, Food & Nutrition
- Cora Hodge – Communications, Dairy Judging
- Skyler Graham – Meat Goats
- Emerie Callan – Arts & Crafts, Clothing & Textiles
- Noah Harrington – Arts & Crafts
- Dillon Eichler – Arts & Crafts, Clothing & Textiles
- Natalia Whaley – Arts & Crafts, Clothing & Textiles
- Gregory Russell – Arts & Crafts, Clothing & Textiles
- Aleecia Lance – Arts & Crafts, Clothing & Textiles
- Lilly Squires – Leadership, Community Service, Arts & Crafts, Clothing & Textiles
- Alma Micklas – Clothing & Textiles
- Ruby Lupo – Arts & Crafts, Clothing & Textiles
- Emilee Bennett – Equine, Gardening & Horticulture, Communications
- Makayla Camenga – Equine
- Lily Boudet – Equine
- Heavenly Mahaffey – Gardening, Equine, Arts & Crafts, Communications, Photography
- Haley VanValkenburg - Equine
- Abigail Mace – Clothing & Textiles, Arts & Crafts, Food & Nutrition, Communications
- Amon Van Alst – Community Service, Achievement, Cooking, Arts & Crafts, Poultry, Sheep, Goats, Agriculture, Judging, Communications

## **JR. CHAMPIONS**

(Based on the amount of participation)  
Natalia Whaley  
Lillian Squires

## **SR CHAMPION AWARD & WARREN ACHIEVEMENT AWARDS**

Amon Van Alst

## **JULIE BLANCHARD JR. ACHIEVEMENT AWARD**

Natalia Whaley



# 4-H UPCOMING PROGRAMS

## OUTDOOR COOKING (ages 12+) (2nd Sat./month)

Don't let the cold weather scare you the Outdoor Cooking program will still be taking place throughout those chilly months. Outdoor Cooking provides a monthly opportunity to learn to prepare food items using propane, charcoal, and wood fires. The next program is Nov. 12th, 10:00am @ CCE. If you are interested in this program and would like more information contact Richard: [rlt229@cornell.edu](mailto:rlt229@cornell.edu) or call 607-334-5841 X 1115



## HIPPOLOGY/ HORSEBOWL KICKOFF (Nov. 13th, 1pm-3:00pm)

Come join the fun as we kickoff another season of Hippology/Horsebowl. On November 13th from 1:00pm-3:00pm, 4-H'ers interested in learning about horses are welcome to attend this afternoon of fun. This event will be held at Hidden Ponds Stables. Starting in January we will meet every Friday night from 6-7:30pm to learn many interesting and different things as it pertains to the noble equine. To register for this event contact or for more information contact, Rhonda at: [rlt236@cornell.edu](mailto:rlt236@cornell.edu) or 607-334-5841 X 1111



## TEEN COUNCIL (ages 14 and up)

As the new 4-H year begins our Teen Council will be meeting on the second Monday of every month. The Teens primary focus is on Community Service, Leadership, and Civics. They do different activities centered around these goals all while doing things like team building exercises, planning their next community service project, problem solving activities, and more. If you are interested in joining or would like more information contact Richard: [rlt229@cornell.edu](mailto:rlt229@cornell.edu) or call 607-334-5841 X 1115



## 4-H HOLIDAY CRAFTING!

November 17, Thursday 6pm to 8pm

December 10, Saturday 9am to 12pm

Contact Erica: [elc97@cornell.edu](mailto:elc97@cornell.edu) for more information on these events.



## HOLIDAY HIKE

December 28, Wednesday 10am to 1pm

Contact Erica for more information: [elc97@cornell.edu](mailto:elc97@cornell.edu)

## SHOOTING SPORTS

We are very thankful to call the Rockdale Rod and Gun Club our home for 4-H Shooting Sports. This gives us more space and opportunities for more training. Outdoor training throughout the warmer months helps the participants learn to compensate for the wind, changing dynamics of sun light and shadows. We have dedicated instructors that concentrate not only on skill development but reinforce safety as well. For information about the Shooting Sports Program contact Richard: [rlt229@cornell.edu](mailto:rlt229@cornell.edu) or call the office.



## SPECIAL THANK YOU!

We really want to thank all of our volunteers and appreciate everything they do for us. Each year a few special volunteers are selected for recognition at the 4-H Achievement Day.

**4-H Volunteer of the Year Award - Faith and Wayne Penner**

**4-H Lifetime Volunteer Award - Della Ericksen**

**4-H Alumni Award - Madeline Stone**

**Friend of 4-H - Rockdale Rod and Gun Club**

**Be sure to check the write ups about each activity listed for more details**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Intro. to Sheep Farming	2	3	4 Sheep Farm Visit 9:00-12:00	5
6	7	8	9	10 Managed Grazing for Sheep Healty Living Series 6-7:30p	11	12 4-H Outdoor Cooking 10am
13	14 4-H Teen Council 6pm	15 Kids in the Kitchen	16 Lambing Management	17 4-H Holiday Crafting 6pm-8pm	18	19
20 4-H Shooting Sports 1pm	21	22	23	24 CCE CLOSED	25 CCE CLOSED	26
27	28	29	30			

### **AFTER-SCHOOL PROGRAMS IN THE COMMUNITY**

These programs are free and open to all youth (you do not need to be enrolled in 4-H to attend the library programs). Each month we have a different, hands-on, science, nature, or craft activity at the following locations!

Bainbridge/Afton Libraries (All ages)  
Starts Oct. 20 at Afton  
2:30pm to 3:30pm  
3rd Thursday each month  
Rotates from Bainbridge to Afton

Sherburne Library (age 8+)  
October 24th  
3:30pm to 4:45pm  
4th Monday each month

Friends of Rogers Center, Sherburne  
(for 4-H'ers 8+)  
November 2nd  
4:00pm to 5:30pm  
1st Wednesday each month

New Berlin Library (All ages)  
November 16th  
3:30pm to 4:30pm  
3rd Wednesday each month

### **CCE BOARD MEETINGS -**

The CCE Board meetings are open to the public. These meetings are usually held on the third Tuesday of each month at 7pm, unless otherwise stated. You should call ahead if you are planning on attending. Contact Alice at: [ama42@cornell.edu](mailto:ama42@cornell.edu) or 607-334-5841 x 1118

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RSVP CCE Annual Meeting 12:00-2:00	2	3
4	5	6	7	8 Healthy Living Series	9	10 Outdoor Cooking 10 am Holiday Crafting
11	12 4-H Teen Council 6:00pm	13	14	15	16	17 Gifts from the Kitchen Class 6-8:00p
18 4-H Shooting Sports 100pm	19	20 Kids in the kitchen	21	22	23	24
25	26 CCE CLOSED	27 CCE CLOSED	28 Holiday Hike 10am-1pm	29	30	31

**You are cordially invited to join the  
 Cornell Cooperative Extension of Chenango County  
 Staff and Board Members for the  
 2022 Annual Meeting**

**December 1, 2022, 12-2:00pm**

**At the  
 Canasawacta Country Club  
 (261 County Rd 44, Norwich NY)**

**RSVP by  
 November 15th  
 607-334-5841 X 1111  
 rlt236@cornell.edu**

**Meal catered by the  
 Country club with  
 Guest speaker:  
 George Seneck**



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## Connect With Us!

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## 2022 BOARD OF DIRECTORS

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Jake Perrone, Treasurer

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### Cornell Representative

Danielle Hautaniemi

### Directors at Large

Grace Provance Patti Von Mechow  
Robert Davis Jordan Fleming  
Joe Cornell

*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

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Building Custodian

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