

Volume 20 Issue 6, Nov. - Dec. 2023

Extension Express

FAREWELL MR RICHARD

Dear Chenango County 4-H,

For the last twelve years I have had the privilege to work with a great group of 4-H members and volunteers.

The youth of Chenango County hold a special place in my life. It has been a joy to watch youth grow and mature. I have been fortunate to observe some 4-H youth from their early years as a Cloverbud to seeing them grow into fine and upstanding adults. 4-H is one of those unique organizations that encourage youth to challenge themselves and then improve upon it. The hard work and passion Chenango County youth display is known state wide.

The 4-H Leaders and Volunteers of Chenango County are as dedicated a group of people as can be found anywhere. The time and effort that you put into the growth of the youth of Chenango County 4-H is exemplary. My years of working with these volunteers has confirmed the goodness that exists in this world.

It is with mixed emotions that I announce my decision to retire from employment with the Chenango County 4-H program. My years working with you will be a treasure for the rest of my life. Thank you and I know you will continue to "Make The Best Better".

Sincerely Yours, Richard Turrell













Whether it was Presentations, Teen Counsel, Sewing Camp, Hippology, Shooting Sports, Outdoor Cooking, or taking your 4-H forms, you rarely saw Mr. Richard in front of the camera, he was usually behind it taking pictures of what he loved, kids!

Even though you will not see Mr. Richard around the office anymore, you will continue to see him working as a volunteer. He has agreed to continue with Shooting Sports and his Outdoor Cooking programs. We may even talk him into sewing again! **THANK YOU MR. RICHARD!**

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Cornell Cooperative Extension

Chenango County

FOOD SAFETY DURING THE HOLIDAYS

The holidays bring families together to create traditions and celebrations follow these tips from our SNAP-Ed team help prevent food poisoning, or foodborne illness, during the holidays.

KEEP FOODS SEPERATE

Keep raw meat and eggs separated while at the grocery store and in the fridge. Prevent juices from leaking by using a container or sealed bag for meat and eggs can be stored in the original container in the fridge.



WASH YOUR HANDS WITH SOAP AND WATER DURING THESE KEY TIMES WHEN YOU ARE LIKELY TO GET AND SPREAD GERMS!!!

Before eating food

After using the toilet

Before, during, and after preparing food

After changing diapers or cleaning up a

Before and after caring for someone who is

After handling pets or pet food

child who has used the toilet

After touching garbage

Attention



COOK FOOD THROUGHLY

Use a food thermometer to make sure meat and eggs are cooked to a safe internal temperature to kill germs. Check out the proper temperatures here:





KEEP FOOD OUT OF" DANGER"

Bacteria grows rapidly between 40-140 degrees F. After food is prepared keep hot food hot and cold food cold .Refrigerate or freeze perishable food and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.

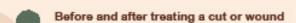




USE PASTERIZED EGGS

Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce. and Caesar dressing.









DON'T EAT RAW DOUGH

Dough and batter made with flour or eggs can contain hermful germs, such as E.coli and Salmonelle. Some stores sell edible cookie dough, Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.



THAW MEAT SAFELY

Them meat in the refrigerator, in a sink of cold mater (change the mater every 30 minutes), or in the





OR CONTACT 1489-942-9999. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDED









Ingredients

- 1/3 cup dry milk, non-fat
- 2 cups flour (all purpose)
- 1 teaspoon baking soda
- 2 1/2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/3 cup vegetable oil
- · 2/3 cup honey
- 1/2 cup orange juice
- 2 tablespoons orange peel (grated)
- 2 eggs
- 1 cup pumpkin (mashed)

Yield: 30 Serving Size: 1 2x3" piece, 1/30 of recipe (35g) Total Calories 88 Total Fat 3g Cholesterol 13 mg Carbohydrates 14 g Fiber 1g Sugar 7g Protein 2g

Tip: Practice being mindful while enjoying the fall scents as the bars bake!

Directions

- WASH HANDS WITH SOAP AND WATER.
- PREHEAT OVEN TO 350 °F. LIGHTLY GREASE OR SPRAY WITH NON-STICK SPRAY A 12X15 INCH. BAKING PAN WITH SIDES.
- IN A SMALL BOWL, COMBINE DRY MILK, FLOUR, BAKING SODA, AND SPICES. SET ASIDE.
- IN A LARGE BOWL, THOROUGHLY MIX OIL, HONEY, JUICE, PEEL, EGGS, AND PUMPKIN.
- GRADUALLY ADD FLOUR MIXTURE TO PUMPKIN MIXTURE, STIRRING UNTIL SMOOTH.
- SPREAD BATTER ONTO PREPARED BAKING PAN. BAKE FOR 15 TO 20 MINUTES, OR UNTILGOLDEN BROWN AND CAKE SPRINGS BACK WHEN LIGHTLY TOUCHED WITH YOUR FINGER, COOL, CUT INTO SQUARES.

This bar makes for a delicious fall snack or a grab and go breakfast!

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-pumpkin-bar











Chenango County 4-H teamed up with the Chenango County Youth Bureau to offer another summer series of outdoor programs. Youth enjoyed programs on first aid & wilderness preparedness, kayaking, nature photography, maps & compass skills, fishing and trail biking. The goal was to offer a diverse range of outdoor activities and skill building programs throughout the county. These programs were led by CCE staff Alexis Woodcock & Erica Clark. We look forward to working with the youth bureau again and hope to offer outdoor programming this winter!



CONGRATULATIONS DEBIE!

At this years Achievement Day Debie M. was awarded the 4-H Milestone Award. Debie has been a volunteer in 4-H for 50 years. Her dedicated service has made a significant impact on our youth, from being a big supporter of the County Fair, Hippology, Horse Bowl, Communications, and for anything horse. She has had amazing drill teams, an endless passion for community service, and a promoter of 4-H through her clubs participation in parades and signs around town.

Debie has and continues to serve our 4-H community and its youth. We are

pleased to bestow this Milestone Award upon her for her endless dedication to 4-H! THANK YOU DEBIE!



AUTUMN: THE PERFECT TIME TO ADD LIME TO YOUR SOILS

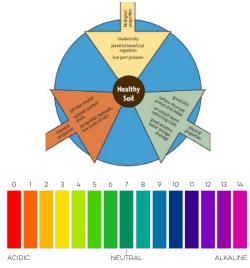
Rich Taber

One of the most critical components of a successful cropping or grazing program is to maintain soil pH at the right levels. Soil "pH" refers to the "power of the hydrogen ion", with hydrogen ions being acids. Too many of these acids are present then they lock onto clay and humus particles in the soil and prevent



nutrients from being available to the plants. So, you can add fertility elements in the form of fertilizers or manure and the nutrients that they would provide to the plants are not available, or not as much as they should be. Most crops need a soil pH range from 6.2 to 7.0 to flourish in, with 7.0 being neutral. Anything below 6.2 and the soil becomes too acid for the health of the plants. We would counteract this acidity by adding lime, which provides calcium and magnesium ions to displace the acids such as hydrogen and aluminum. Lime can take several months to react in the soil, so autumn is an ideal time to add lime, rather than in the springtime. In the springtime the soil is oftentimes wet, having heavy trucks in the land to spread lime can be difficult, in addition to getting all the other myriad jobs done. Lime can be very expensive and is oftentimes the most neglected input. If soil pH levels reach very low levels, you can be in for sticker shock when you find out how much lime must be added to the soil! The only way to correctly find out the pH of your soil is to have it analyzed in a lab, such as Dairy One, (www.dairyone.com). We can provide you with the information sheets that get sent along with your soil sample in our office. You go around your fields, sample your soils, mix them thoroughly, package them up, fill out the information sheets, and write a check for the appropriate fee and then mail the package to the lab. Be vigilant in maintaining your soil pH!





If interested in more written about soil health and management you can turn to this article from Cornell University titled "Comprehensive Assessment of Soil Health", The Cornell Framework.

https://www.css.cornell.edu/extension/soil-health/manual.pdf



HEALTHY LIVING WORKSHOP SERIES

GETTING CREATIVE WITH LEFTOVERS!

November 9th, Thursday, 5:00 PM - 6:30 PM

Join SNAP-ED and Grow Cook Serve as we discuss how to safely store, save, and repurpose leftovers. Then, together we will create a delicious meal using traditional thanksgiving leftovers. This workshop is free, but space is limited, so register soon!



HERBS FOR ALL SEASONS!

December 14th, Thursday, 5:00pm-6:30pm

Join Grow Cook Serve and SNAP-ED to learn how incorporating a variety of herbs and spices in your meals is a key to more delicious dishes. Discover tips and tricks on how to select, prepare and preserve herbs. Then learn how to use different herbs and spices to create unique holiday gifts. This workshop is free, but space is limited, so register soon! To register contact: Alexis Woodcock, 607-334-5841 ext.1120, asw239@cornell.edu



Farmer's Cheese

GROW COOK SERVE WORKSHOPS

BEGINNING CHEESE MAKING

November 30th, Thursday, 5:00pm-6:30pm

Join Cornell Cooperative Extension of Chenango County for a beginner cheese making workshop. Learn the basic tools, ingredients, and methods to create cheese at home. Then get to work as we make fresh farmers cheese and mozzarella together to take home. Plus learn a few tips to really make your holiday cheese plate special. To register contact: Alexis Woodcock, 607-334-5841 ext.1120, asw239@cornell.edu



Join our SNAP-Ed Team!

We are looking for a full-time SNAP-Ed Nutrition Educator. This position will be responsible for delivering nutritional education programs in Chenango, Cortland, and Madison Counties. The position requires an associate's degree or above in dietetics, nutrition, public health, education or nursing. It also requires a valid driver's license, and a reliable vehicle. \$20/hr., 40 hours a week. For a full position description or to apply go to the QR code below or contact, Whitney Kmetz, 607-334-5841 Ext:1132.

Why join our team? Let's ask our staff!



"I love being a part of the CCE team because the team is welcoming and full of knowledge. I particularly enjoy the diverse educational opportunities SNAP-ED allows me. It is fun being able to teach nutrition education to all ages." - SNAP-Ed Nutrition Educator, Regina Arnold



"I enjoy the excitement that individuals get cooking with others to create a flavorful, colorful dish loaded with vitamins and minerals. And learn how to use basic skills in the kitchen to feel confident on their own to prepare a balanced dish" SNAP-Ed Team Leader, Whitney Kmetz



4-H NEWS

AG IN THE CLASSROOM

Ag in the classroom is in full-swing! A new school year means new Ag lessons. Added this year are: The Apple Lifecycle, The Popcorn Process, John Deere Who?, Lavender Farming, Cotton: From Dirt to Shirt, The Roll of Farm Dogs, Barn Quilts, Strawberry Farms, and Sampling Dairy Products. We love our students and are happy to have this opportunity for another year. Our goal was to bring exciting and informative agriculture lessons to Chenango County students but it's definitely a bonus to see some of our school kids loving ag enough to become 4-H members!

SHOOTING SPORTS (ages 9 +)

There was a full house at shooting sports in September and again in October! The instructors focus was to work on firearm safety and skill. Members learned the fundamentals of archery, air rifle, and .22 training. It is great to see new kids joining this program. Richard will continue to run this program with his incredible instructors at the Rockdale Rod and Gun Club throughout the winter months. For information and to sign up contact Richard: rlt229@cornell.edu

BUĞ CLUB

4-H'ers worked on their Bug Club shirts at the Oxford Fab Lab in the Oxford Middle School. The kids drew some of the insects on the shirt and 4-H mom, Charity G. Made it into this incredible logo! Big thank you to Charity and the Digital Fabrication Lab for making this possible!! There was lots of behind the scenes work and planning for them to host us!

OUTDOOR COOKING (Second Sat. every month)

Mr. Richard will continue working with the outdoor cooking kids!

During Septembers Outdoor Cooking Program 4-H'ers cooked up a delicious "Son of A Gun Stew" and a "Chocolate Lover's Delight" cake. In October 4-H'ers made Chicken Pot Pie and Dutch Apple Torte. The Chicken Pot Pie was a huge success! If you 12 years old or older and would like to join our cooking project contact Richard: rlt229@cornell.edu

OUTDOOR ADVENTURE

Thank you to the Chenango Bird Club for inviting us to your Bird and Butterfly walk this week! 4-H'ers helped tag and release a Monarch butterfly at Solitude Farmz . We also enjoyed exploring the 100+ acre farm property. What a beautiful property!

We had a great paddle on the Susquehanna River last week! We saw a bald eagle, osprey, king fisher and cormorants. The kids were speedy kayakers and paddled from Sidney to Bainbridge in record time! We appreciated all of the help from parents and volunteers getting the boats moved, unloaded and loaded again.

IN THE NEWS

Today these brave 4-H'ers had a chance to tell their 4-H story for all to hear. We met with Townsquare Media to record promotional radio ads to be aired next week highlighting National 4-H Week.

KIDS IN THE KITCHEN

Our 4-H chefs were successful! They made stuffed peppers for the first Kids in the Kitchen of the season! Some of the peppers for this recipe came from the CCE veggie garden and some were from Common Thread farms. This program is made possible by Grow Cook Serve. We look forward to cooking again next month. Youth learn cooking basics and cook a meal for their family, from home on zoom. Email Erica to get details and register your child(ren), at elc97@cornell.edu

4-H PROCLAMATION

Officially "Cooperative Extension and 4-H Youth Development Month" in Chenango County! We sincerely appreciate the continued support of our local legislators and all the work they do for our community members. A special shout out to 4-H'er Elizabeth Vincent for her inspiring public presentation as our youth representative! #4HGrowsHere















NEW YORK STATE FAIR!



Some of our 4-H'ers represented Chenango County at the New York Sate Fair!



NYS FAIR YOUTH BUILDING

Calista B. - Ginger Spice Cookies

Sophia B. - Container Garden, Cake Decoration

Sarina B. - Container Garden

- Blueberry Rhubarb Pie (Special Recognition)

Erik B. - Wooden Cutting Board

Makayla C. - Nature Craft, Recycled Horseshoe Craft

Kendall C. - Muffins

Addison D. - Knitted Sweater

Gage E. - Herb Potted Basil

Maria F. - Fleece Jacket

Lilliana G. - Insect Collection

Natalie I. - Pillowcase

Ahnalee K. - Wooden Sign, Printed Shirt



DAIRY

Showmanship: Youth 1st half of the fair

Class 1: Grace H. - 1st Blue Master - Holstein

Class 4: Cora H. - 1st Blue Master - Holstein

Class 5: Taylor H. - 4th Blue Master - Holstein

Class 6: Adrienne H. - 1st Blue Master - Holstein Lily M. - 2nd Blue Master - Holstein

Class 7: Morgan H. - 1st Blue Master - Holstein

Grand Master Showman Holstein: Morgan H. **Reserve Master Showman:** Adrienna H.

11 11 11 6

Honorable Mention: Cora H.

Master Showman Red & White: Adrienna H.

Showmanship: Youth 2nd half of the fair

Class 1-8 yr olds: Grace H. - 2nd Blue Master - Jersey

Class 2-8 yr olds: Macie V. - 1st Blue Master - Ayrshire

Addison D. - 3rd Red - Brown Swiss

Class 4-12 yr olds: Cora H. - 1st Blue Master - Jersey Ahnalee K. - 6th Red - Jersey

Class 5-13 yr olds: Elizabeth V. - 1st Blue Master - Jersey

Taylor H. - 2nd Blue Master - Jersey

Class 6-14 yr olds: Colette K. - 10th White - Jersey

Class 8-16 yr olds: Julianna T. - 3rd Blue Master - Jersey

Jersey Master Dairy youth showmanship: Cora H.

Youth Colored Breed Champions:

Brown Swiss:

Honorable Mention: Addison D. - Winter Calf

Jersey:

Junior Champion: Adrienne H. - Spring Calf Honorable Mention: Cora H. - Summer Yrl.

Holstein:

Lily M. - Fall Yrl. in Milk

Calista K. - Cake

Abigail M. - Fish Wall Hanging

- Dress (Special Recognition)

Owen M. - Table Setting, Hat, Pillowcase

Emily M. - Tote Bag (Cloverbud)

Amelia P. - Cabbage Head Dog

Brayden S. - Robot

Lillian S. - Solar Lamp

Alexis S. - Summer Squash

Amon V. - Robot, Succulent

Elizabeth V. - Squash, Tree Identification

Macie V. - Pan Baked S'mores

DAIRY GOAT

David P. received Junior Champion Alpine Reserve Champion Alpine Grand Champion LaMancha

Cole W. received Junior Grand Champion Recorded Grade

Skylar G. received Grand Champion Saanen with Flurry

HORSE

Abby D. - Huntseat Megan H. - Huntseat Macie V. - Driving, mini





DOG SHOW

Grace H. - First time showing her pup, nice Job!

Congratulations Morgan H. on being named Master Showman of the NYS Fair. Way to end your 4-H career by going out with a bang and to have your sister (reserve) and cousin (honorable mention) standing along side you. We couldn't be more proud or happy for you with the passion you have had. Bittersweet moment, but cherishing the memories we have made along the way. You are a role model and your passion is contagious. We feel blessed to have had you in our program, and look forward to seeing where life takes you.



ACHIEVEMENT DAY 2023



CLUB SECRETARY RECOGNITION

Shaelan Ryan - Hidden Ponds Horse Lovers

HORSE COMMUNICATIONS

Abigail M. - 1st Place Speech "Hope For Americans" (Seabiscuit)

PROMOTIONAL CLUB AWARD

Participated: Ambitious Lions

Hidden Ponds Horse Lovers

Top Promotional Club: Hidden Ponds Horse Lovers

CHARLES & PALMA GOODWIN COMMUNITY SERVICE AWARDS

Participated: Amon Van Alst Ambitious Lions

Hidden Ponds Horse Lovers

Molly Gorrell

Top Community Service Club: Hidden Ponds Top Community Service 4-H'er: Molly Gorrell

AL & THELMA EVANS TOP COUNTY FAIR CLUB AWARD

The Curious Kids

HARRY L. CASE TOP CLUB AWARD

The Ambitious Lions

CLUB CHAMPION AWARD

Hidden Ponds Horse Lovers

EXCEPTIONAL CLOVERBUDS

Theia B. - Poultry participant

Rinoa B. - Poultry participant

Beth W. - Sheep, Poultry, Members Portfolio

Liam C. - Communications

Emily M. - Sheep, Poultry, Communications, Members Portfolio, Sewing & Textiles

Natalie B. - Members Portfolio



SPECIAL RECOGNITION 4-H'ERS

Abbi-Lynn P. - Goat, Poultry

Molly G. - Goat, Dairy, Communications

Dylan P. - Goat

Amon V. - Sheep, Poultry, Rabbits, Communications, Foods & Nutrition, Arts & Crafts, Gardening, Photograph, Felting, STEM

Noah B. - Poultry, Rabbits, Clothing & Textiles, Arts & Crafts, Photography, Reading, Shooting Sports

Zack P. - Goat, Sheep

Abigail M. - Sheep, Poultry, Communications, Food & Nutrition, Clothing & Textiles, Arts & Crafts, Photography, Reading, Maple

Jake B. - Poultry

Owen M. - Sheep, Poultry, Communications, Food & Nutrition, Arts & Crafts, Clothing & Textiles, Photograpy, Reading, Maple

Alexis S. - Rabbits, Food & Nutrition, Arts & Crafts, Gardening

Haley V. - Communications, Arts & Crafts, Horse

Chloe F. - Communications, Woodworking, Horse, Arts & Crafts

Makayla C. - Communications, Horse

Josie P. - Communications

Emma C. - Communications, Clothing & Textiles, Arts & Crafts

Emmerie C. - Communications, Clothing & Textiles

Natalia W. - Communications, Clothing & Textiles, Arts & Crafts

Dillion E. - Communications, Clothing & Textiles, Arts & Crafts

Lillianne S. - Communications, Clothing & Textiles, Arts & Crafts

Calista B. - Food & Nutrition, Arts & Crafts,

Gardening, Photography, Reading

Macie V. - Food & Nutrition

Lily B. - Horse

Sullivan D. - Arts

Addison D. - Clothing & Textiles

JR. CHAMPION

Natalia W. Lillianne S.

SR. CHAMPION AWARD

Amon V.

INSPIRATIONAL YOUTH AWARD

Calista B.

JULIE K. BLANCHARD ACHIVEMENT AWARD

Molly G.

FUNDRAISER EXTRAORDINAIRE AWARD

Maranda S

OUTSTANDING VOLUNTEER AWARDS

4-H Volunteer of the year Award- Jen C.

4-H Lifetime Volunteer Award- Jen and Nate F.

4-H Alumni Award - Shelby B.

The Friend of 4-H Award - Tractor Supply



4-H ACTIVITIES





4-H AFTERSCHOOL (1st Wed each month)

Nov 1st. (Wed) At Friends of Rogers in Sherburne - 4pm to 5:00pm Youth 8 and up can join without a parent. For information Contact Erica: elc97@cornell.edu



We provide the food and youth cook a meal at home! REGISTER with Erica at elc97@cornell.edu

OUTDOOR COOKING (Second Sat. every month)

October started the new 4-H year and with it comes more outdoor cooking with Mr. Richard. He really enjoys teaching youth how to cook outdoors with cast iron over charcoal. What new yummy treats will these kids create. If you are interested in joining this program contact Richard: rlt229@cornell.edu

Fun Fact: To bake in a cast iron dutch oven over charcoal you need 25 briquets, 17 on the lid and 8 under the dutch oven, in order to achieve a 350 degree cooking temperature?

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

Shooting Sports will continue to use the outdoor range until the weather turns cold and wet. Our instructors concentrate on teaching firearm safety and marksmanship. We meet once a month at the Rockdale Rod and Gun Club. If you would like to join our program contact Richard: rlt229@cornell.edu

4-H AFTERSCHOOL

These programs offers a mix of STEM and nature programs with hands-on components. Sherburne Library 3:30 to 4:30. 4th Monday of the month New Berlin Library 3:30 to 4:30 3rd Wednesday of the month

PRE-TURKEY GEOCACHING!

Cache in Trash out! Save the date: Wed. November 22nd. 9:30am to 12pm

HIPPOLOGY KICKOFF - NOV. 18TH.

We will be starting off the Hippology / Horsebowl season with a kickoff, so if you love horses and want to learn more about them join us for a fun day at the Janson Farm.

We will carpool, meet in the CCE parking lot at 11:00 am, Then pick up more kids in the Sherburne Big M parking lot 11:20

Please bring a bag lunch and a helmet if you own one. We will not be riding! Back in Norwich aprox. 3:15 pm. For more information and to register for this event contact: Rhonda: rlt236@cornell.edu or 607-334-5841 x1111



















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
¥	Novel	ler	1 4-H Afterschool	2	3	4
5	6	7	8	9	10 CCE CLOSED	11 Outdoor Cooking 10am
12	13	14	15 New Berlin Library Afterschool Sm. Flock Poultry Production CCE Madison Co.	16	17	18 Hippology kickoff 11 - 3:15 pm
Shooting Sports 1pm	20	21 Kids in the Kitchen	22	CCE CLOSED	CCE CLOSED	25
26	27 Sherburne Library Afterschool	28	29	30		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	De	Cembe	R		1 Leaders Association Christmas Tea	2
3	4	5	6 4-H Afterschool	7 CCE Annual Meeting	8	9 Outdoor Cooking 10am
10	11	12 Kids in the Kitchen	13	14	15	16
Shooting Sports 1pm	18	19	20	21	22	23
24 31	25 CCE CLOSED	26 CCE CLOSED	27	28	29	30

From all of us at CCE Chenango, we wish you a wonderful Holiday Season!

Cornell Cooperative Extension

Chenango County

99 North Broad Street Norwich, NY 13815

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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

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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

SNAP-ED NEW YORK-Southern Tier

Whitney Kmetz (Ext. 1132) Snap-Ed Team leader wdg43@cornell.edu

Regina Arnold (Ext. 1134) Snap-Ed Nutrition Educator rka49@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