

# Extension *Express*



## FARM TO FORK

Farm to Fork, a Taste of Chenango, was held for its fifth year at the fair on Saturday. The event was open to the public at the Chenango County Fair and offered fairgoers an experience of local agricultural products and flavors. This year's event was smaller than years past but offered up a lot of variety that the county has to offer. At the Creation Stations Joe Cornell brought a choice of two different dips to go with two varieties of potatoes he grows, Chobani served coffee and creamers, Cameron Cates Estate created sauteed mushrooms in his estate wine, Alexis Woodcock with Grow Cook Serve created caramelized shallot crostini, and 4H members Logan and Hunter McBride used their Dutch oven skills to create pizza and blueberry dump cake.

New to this year was the *Can you taste the difference?* table where Kutik's Honey offered up a large spread of various honey flavors, SUNY Morrisville brought sauces from their agricultural business student projects, Dairy Promotion served up a variety of cheeses and milks, Lamb's Quarter offered up goat butter and cows butter and finally a sampling of maple syrup.

The event was sponsored by the Agriculture Natural Resource Development Council and CCE Chenango as a way to promote local food based agricultural products. Chenango county is full of various roadside stands and small to large businesses that sell in season items like corn, potatoes, garlic, tomatoes and pumpkins. The display along with the samplings focused on a map including many of the places you can shop and support local farms. Highlighted on the map were over 50 local vendors along with over a dozen farmers' markets found throughout the county. The hope is to showcase buying local and the large variety of produce and products Chenango County has to offer. If you missed Farm to Fork this year be sure to look for it next year at the fair!

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### CALENDARS

Meetings  
Events

Tuesday, August 9<sup>th</sup> - Thursday, August 11<sup>th</sup>

This year’s SNAP-Ed New York’s School Wellness Summer Symposium was a dynamic event held on August 9 - 11, 2022 and was designed to bring together (virtually) school staff and administration from across NY to inspire, educate and engage. Through live virtual activities, participants gained knowledge, skills, and abilities to start, strengthen and/or expand school wellness efforts for staff, students and families. Chenango County’s SNAP-Ed Team Leader Betty Clark and her technical support/ Nutritionist Whitney Kmetz brought together school champions to share their experiences working with SNAP-Ed Nutritionist and the CATCH curriculum. On Wednesday, August 10<sup>th</sup> at 10am guest speakers Kaleigh Bowles, fifth grade teacher from the Monticello Central District along with Bryan Fairbrother, Elementary Principal and Susan Osborne, Physical Education Teacher and CATCH Team Leader both from Edward R. Andrews Elementary School shared experiences from single classroom CATCH lessons to a CATCH Training followed by food Tastings, Water Wednesdays, whole school classroom lessons and a school-wide Wellness Day event. The session was titled “Ready to Play CATCH? Taking you on a Coordinated Approach to Childhood Health Journey.”



**SNAP-ED TEAM LEADER BETTY CLARK AND NUTRITIONIST NEISA PANTALIA**

CATCH Team Leader Sue Osborne has been a true inspiration to all her colleagues at Edward R. Andrews Elementary in Morrisville, New York. Sue’s dedication to creating a healthy school environment has gone viral among the students, teachers, administrators, and support staff at the school. Bryan Fairbrother, Principal at the school shared how he feels the whole school approach is the reason why CATCH has been so successful at Edward R. Andrews.

While Kaleigh’s experience and determination has led to a great repertoire with Cornell Cooperative Extension and SNAP-Ed Nutritionists, she hopes that through the knowledge gained from the session, more schools including her own will see how dynamic CATCH can be and will take the steps to provide a “Whole School” CATCH Training in the upcoming 2022-2023 school year.

CCE of Chenango County’s SNAP-Ed team has been working at Edward R. Andrews with CATCH since 2017 when the school hosted the training. SNAP-Ed Nutritionist, Neisa Pantalia and Team Leader, Betty Clark have done many food tastings, infused water for “Water Wednesdays” along with both in-person and recorded CATCH lessons for students in grades 1st-5th. In the Spring during their monthly CATCH PLC Team meeting, committee members discussed having a wellness day event dedicated to overall wellness for students. On May 18<sup>th</sup>, 2022, with the collaborated efforts of students and the entire staff the very first Wellness Day event went off without a hitch. It goes without saying that CATCH has made a significant impact in the school community at Edward R. Andrews.

All recordings/ slides are available on the CCE Orange website [Cornell Cooperative Extension | 2022 School Wellness Summer Symposium \(cceorangecounty.org\)](https://www.cceorange.org/2022-School-Wellness-Summer-Symposium).



Tyler Rodriguez  
SUNY Cortland Kinesiology - Student  
SNAP - ED Part- Time Summer Educator



July 27, 2022

Tyler Bryant Rodriguez is a Chenango county native that has been assisting the SNAP - ED Team this summer. Rodriguez graduated from Sherburne Earlville Central School District in 2016 and shortly thereafter enrolled in the School of Business at SUNY Geneseo. He attended Geneseo for 3 years after which he decided to pivot majors and transfer into SUNY Cortland as a kinesiology major. Rodriguez currently attends SUNY Cortland and studies the various aspects of exercise science and biomechanics.

One of Tyler's many passions is health and wellness; more specifically strength training in which he has invested several years learning and applying the craft. This originated and grew from his love of sports and competition, the first of which he sought to excel. Rodriguez participated in soccer, basketball, and track & field throughout his primary education, and it was here that he fostered these passions. During his free time you could catch Tyler at the gym working up a sweat or on the basketball court working on his step-back game. Tyler has also nurtured an affection for cooking and nutrition, which pairs well with his ambitions in the field of fitness.

In the long-term, Tyler hopes to finish up his last few years of schooling and knockout the various certifications needed to work as a strength and conditioning coach. Rodriguez seeks to work with professional or D1 athletes and believes that he can take their game to the next level through his regimens. Tyler is also looking to open up his own gym in the future, which is an aspiration he has held for many years.

At the present, Rodriguez is working as a part-time summer educator with the SNAP\_ED team based out of Norwich, NY. This position entails traveling to different programs throughout the county and teaching, primarily youth, about the tenets of health and wellness. Some topics include: physical activity, basic nutrition, MyPlate, and food/knife safety. Tyler enjoys being out in the field inspiring the next generation to lead health-centered lifestyles.



## 2022: LIVESTOCK PRODUCERS DEALING WITH DROUGHT!

By Rich Taber, CCE Chenango

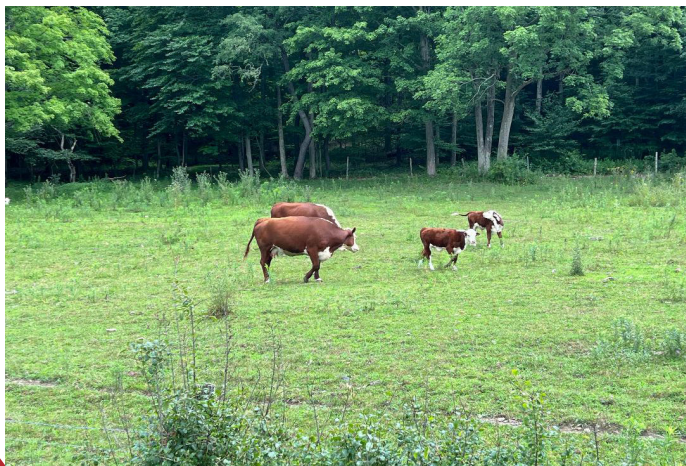
I have lived in Central New York for 43 years and do not remember a drought year as bad as this one! Yes, we've had a few drier than normal summers, but nothing like this year. The summer of 2021 was exactly the opposite! Last summer hayfields lay unmown for much of the summer because of the constant on and off rain that we had, and hay quality suffered for that. However, at least the pastures grew very well! The normal summer slump in grass production that occurs almost every year was minimal. This year, however, grass growth has all but stopped completely! How should we contend with this calamity which many of us don't have a whole lot of experience dealing with?

First, let's consider hay for the winter. If you make hay for yourself, then I'm sure that your inventories are much less than last year at this time. First cutting seems to have been about normal, as the conditions in late May and June were not too catastrophic at that time. However, second and third cuttings of grasses are way down. Alfalfa seems to have done ok to an extent, but as mentioned, stands heavy in grasses have done very poorly. Whether you make your own hay, or buy it in, you need to be considering purchasing some this summer before the prices climb to high levels this winter. I see hay for sale frequently on social media for about the same prices as last year, so don't wait too long, as the prices have nowhere to go but up in the coming months! You might even consider selling a few animals to lower your feed needs but watch the markets carefully so that you don't take a bath on their prices! Much of the South, especially Texas, has been liquidating their herds because of an almost total lack of pastures and hay. Market prices will be in disarray for quite some time.

For grazing considerations, you may need to be feeding some of that precious winter feed to make up for grazing deficits. Resting intervals for paddocks will need to be increased drastically as well.

Some people have decided to brush hog some of their paddocks after the animals move through them, as the animals don't like to graze upon brown, dead, parched, weedy paddocks.

Another pet peeve that I have is that I see some animals grazing continuously grazed pastures right through the summer. Such pastures are a poor management strategy in the best of times, and in a drought year there is even less grass for the animals to graze. Remember, ruminants need to take in about 3% of their body weight daily on a dry matter basis to thrive. If this is what your pastures are like, then they animals need to be supplemented with extra feed. Good luck in the "year of the drought"!





# 4-H NEWS

Chenango County was well represented at this year's 74th Annual Junior Livestock Show. There was even an article in the Daily Star which highlighted two of our 4-H'ers.

## Article in the Daily Star

Tuesday July 12, 2022

74th Annual Junior Livestock show brings animals, kids to Farmers' Museum

For the first time in two years, The Farmers' Museum welcomed youth and families for the Junior Livestock Show, taking place at the museum just outside Cooperstown.

Amidst the aftermath of the COVID-19 pandemic, The Farmers' Museum modified the show the previous year, shortening it from a three-day event to one day. Show organizer Meg Preston said this year's was full of new participants from across Central New York.

Preston has worked for The Farmers' Museum for 25 years and has been in charge of the Junior Livestock Show for 20. She said that, over the last few years, there have been several difficulties with organizing the show as the pandemic put a damper on most community-organized events. The current rising gas prices also left farmers with tough decisions, one of them being whether they have the time and money to participate in the show. Although organizing the show has its challenges, Preston said there are many upsides to organizing the event. "It's just great to see how happy the kids and families are," she said. She also said she receives a lot of help from the community and from the 4-H volunteers and educators.

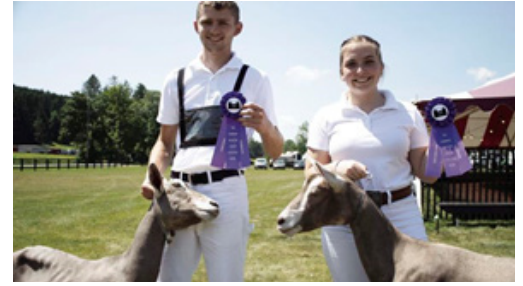
Local farms such as the Fairchild Family Farm and B & L showcased their animals including cows, goats, swine, and sheep. With more than 160 youth handlers and as many as 450 animals from across nine counties, the Junior Livestock Show is one of the biggest celebrations of youth agriculture and animal handling within the region, organizers said. Participants and families spoke about their preparation for the event, saying they worked hard to tend to their livestock and make sure that the animals are happy and healthy for the competition.

Two of the winners from the Dairy Goat Show Ring, Devon Fairchild from Fairchild Family Farms in Sherburne and Paige Warren from Cole Farms talked about hardships preparing for the show. Both winners said they have endured physical injuries, with Fairchild facing a torn muscle and Warren requiring surgery on her dominant arm.

Warren explained that preparing for the show with an injured arm made it difficult for her to perform physical tasks such as lifting and moving heavy objects, and that clipping her dairy goat for the competition also proved to be a challenge. Fairchild added that, although he faced physical hardships, another issue he came in contact with was the lack of doe kids available for him to prepare and select for the show.

Other participants and winners such as Molly Goblet-Schubert and Emma Slater also said they loved spending time and taking care of their animals, a common favored activity amongst competitors. Schubert and Slater both said they felt nervous upon entering the show, but once they were with their animals in the ring, anxiety transformed into excitement.

The show opened on Sunday, July 10, and will conclude Tuesday, July 12.







# 4-H NEWS

## JUNIOR LIVESTOCK SHOW RESULTS:

Congratulations to all of our 4-H'ers! It takes a lot of work to prepare for a show and they all did an amazing job!

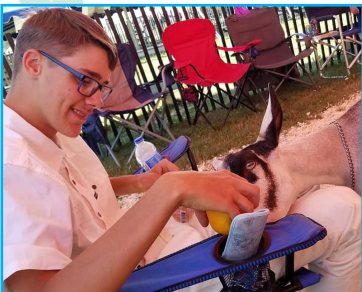
### SHEEP

Junior Showmanship - Noah B., 5th  
Senior Showmanship - Raichel B., 8th  
Commerical Ewe, 2 yrs + - Raichel B., 2nd place  
Commerical Ewe, 2 yrs + - Noah B, 3rd place

### DAIRY COWS

Junior Showmanship (1) - Taylor H. 3rd, Elizabeth V. 4th, Molly G. 7th  
Junior Showmanship (2) - Cora H. 1st  
Junior Showmanship (5) - Addison D. 1st, Sullivan D. 8th  
Senior Showmanship (1) - William R. 1st, Morgan H. 2nd  
Senior Showmanship (3) - Nate R. 1st, Phalen H. 4th  
Senior Showmanship (5) - Lily M. 1st, Adrienne H. 2nd  
**Master Showman** - William R.  
**Reserve Master Showman** - Morgan H.  
**Honorable Mention** - Cora H.  
Spring Brown Swiss Heifer Calf - Addison D. 2nd  
Winter Brown Swiss Heifer Calf - Elizabeth V. 4th  
Fall Brown Swiss Heifer Calf - Elizabeth V. 5th  
Summer Yearling Guernsey Heifer - William R. 1st  
Fall Yearling Guernsey Heifer - William R. 1st  
**Champion Junior Guernsey Heifer** - William R.  
**Reserve Champion Junior Guernsey Heifer** - William R.  
Spring Jersey Heifer Calf - Molly G. 2nd  
Winter Jersey Heifer Calf - Elizabeth V. 2nd  
Summer Yearling Jersey Heifer - Cora H. 1st, Taylor H. 4th  
Fall Yearling Jersey Heifer - Adrienne H. 1st  
Winter Holstein Calf - Taylor H. 4th, Sullivan D. 6th, Addison D. 10th  
Winter Holstein Heifer Calf - Lily M. 2nd, Gracie G. 5th  
Fall Holstein Heifer Calf - Lily M. 4th, Cora H. 7th  
Fall Holstein Heifer Calf - Adrienne H. 2nd, Morgan H 3rd, Ben G. 12th  
Summer Yearling Holstein Heifer - Cora H. 4th  
Summer Yearling Holstein Heifer - Lily M. 1st, Nate R. 8th  
Spring Yearling Holstein Heifer - William R. 5th  
Winter Yearling Holstein Heifer - Morgan H. 1st, Phalen H. 3rd

**Supreme Champion Dairy Cattle** - William R.



### DAIRY GOAT

**Master Showman** - Paige W.  
**Reserve Master Showman** - Devon F.  
Alpine Milkers 3-4 years - David P. 2nd  
LaMoncha Milkers 3-4 years - Noah B. 1st  
Nigerian Dwarf Milkers 2-3 years - Raichel B. 3rd  
Nubian Milkers 2-3 years - Raichel B. 4th  
Nubian Milkers 3-4 years - Raichel B. 2nd  
Oberhasli Milkers 2-3 years - Raichel B. 1st  
Oberhasli Milkers 5 years + - Raichel B. 1st  
**Champion Oberhasli Milker** - Raichel B.  
Saanen 3-4 years - Paige W. 1st, Skyler G. 2nd, Skyler G. 3rd  
Saanen 5 years + - Cole W. 1st, Skyler G 2nd, Skyler G. 3rd  
**Champion Saanen** - Cole W.  
**Reserve Champion Saanen**- Sklyer G.  
**Best Udder Saanen** - Cole W.  
Toggenburg Milkers under 2 years - Devon F. 1st  
Toggenburg Milkers 2-3 years - Devon F. 1st, Devon F. 2nd  
Toggenburg Milkers 3-4 years - Paige W. 1st, Devon F. 2nd  
Toggenburg Milkers 5 years + - Paige W. 1st, Peyton G. 2nd, Cole W. 3rd, Peyton G 4th, Devon F. 5th, Peyton G. 7th  
**Champion Toggenburg Milker** - Paige W.  
**Reserve Champion Toggenburg Milker** - Paige W.  
**Toggenburg Best Udder** - Paige W.  
Recorded Grade Milkers under 2 - Raichel B. 1st  
Recorded Grade Milkers 3-4 years - Peyton G. 1st  
Recorded Grade Milkers 5 years + - Sklyer G 2nd  
**Champion Recorded Grade Milker** - Peyton G.  
**Recorded Grade Best Udder** - Skyler G.



Ben G. won one of the Chobani Scholarships at the Junior Livestock Show.

# CHENANGO COUNTY FAIR

Thank you to all of the volunteers, families, and our 4-H'ers for coming together to make this years County fair a success! We had a great turnout and everyone did a fantastic job!

## CASE BUILDING AWARDS

Outstanding Horticulture: Jane L.  
Outstanding Clothing & Textiles: Thomas H.  
Outstanding Home Environment: Molly G.  
Outstanding Foods & Nutrition: Amelia P.  
Outstanding Science & Technology: Dagfinn K.  
Don and Barbara Hodge Best in Sewing: Thomas H.  
Photography: Megan F.  
Arts & Crafts: Amon V.

Decoration contest Winners:  
1st place - Lee Hodge Family  
2nd Place - Jesse Hodge Family  
3rd Place - Ambitious Lions

## BARTON AND CHARLOTTE SEAGER AWARDS

Best in Show Exhibit: Nate R.  
Best in Show Exhibit: Sophia B.  
Outstanding Senior Exhibitor: Amon V.  
Outstanding Junior Exhibitor: Josie P.  
Special Cloverbud: Lianne G.

## SPORTSMANSIP AWARD

Elizabeth V.

## VOLUNTEERS OF THE WEEK

Kelcie Hoffman  
Angel Whaley



## DON and BARBARA HODGE PREMIERE EXHIBITOR

2022 Premiere Exhibitor:  
Emma P. and Lily M.

## DON and BARBARA HODGE PREMIERE BREEDER EXHIBITOR

2022 Premiere Breeder:  
Lily M.

## HERDSMANSHIP WINNERS

Goats: Mathew Z-P.  
Dairy: Adrienne H.  
Beef: David P.  
Poultry: Alexis S.  
Sheep: Amon V.  
Swine: Devon F.  
Rabbit: Jase G.

## DAIRY JUDGING CONTEST

Novice: Sullivan D., Addison D., Collette K  
Junior: Adrienne H., Elizabeth V., Lily M  
Senior: Devon F., Nate R., Paige W.

## TERRY HODGE HOLSTEIN MASTER SHOWMANSHIP AWARD

Adrienne H.





## DAIRY GOAT MILKING COMPETITION

Cole W - (Johanna)

## PROSKINE AWARD IN MEMORY OF SHIRLEY PROSKINE

Special Thank you goes out to the Proskine Family for their generous donations, in memory of Shirley Proskine. Several kids in the Dairy industry were awarded monetary gifts. It was the intent of the Proskine Family to encourage and promote 4-H'ers to continue in the Dairy Industry. These gifts were handed out ring side during the Dairy Show as well as during our Awards night.

THE RECIENTS OF THE THREE TOP AWARDS

WERE:

Ben G.

Collette & Anna K.

Mariah L



## EQUINE SPORTSMANSHIP AWARD

The Annual 4-H Equine Sportsmanship Award sponsored by 4-H Equine Alumni, was given out to encourage Chenango County 4-H Youth that exhibit exemplary equine sportsmanship.

The 2022 recipient was: Emilee Bennett

## SUPER SHOWMANSHIP

Each year the "Best Of The Best", our Master Showman from Dairy, Meat Goats, Dairy Goats, Beef, Sheep, and Swine compete in a showmanship class to see who can show all these different species the best!

The 2022 competitors were:

Adrienne H. - Dairy Cattle

Jake B. - Beef Cattle

Raichel B. - Dairy Goats

Amon V. - Meat Goats

David P. - Swine

Emma P. - Sheep

THE 2022 SUPER SHOWMANSHIP WINNER:

Emma P.



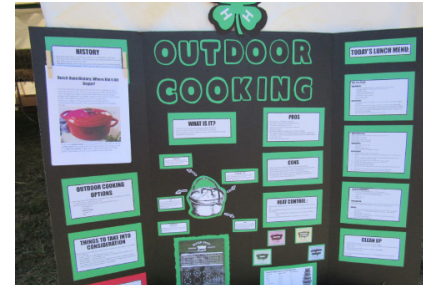




# 4-H UPCOMING PROGRAMS

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

Outdoor cooking provides a monthly opportunity to learn to prepare food items using propane, charcoal, and wood fires. The next meeting will be on Sept. 10th, 10:00am @ CCE. If you are interested in this type of program and would like more information contact Richard: rlt229@cornell.edu or call 607-334-5841 X 1115



## TEEN COUNCIL (ages 14 and up)

The Teen Council meets on the second Tuesday 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 or call 607-334-5841 X 1115



## SHOOTING SPORTS

Our shooting sports program is now housed out of the Rockdale Rod and Gun Club.. This gives us more space and opportunities for more training. Outdoor training helps the participants learn to compensate for the wind blowing and the changing dynamics of sun light and shadows. Our dedicated instructors concentrate on skill development while being ever mindful of safety. For information about the Shooting Sports Program contact Richard arlt229@cornell.edu or call the office.



## 4-H COMMUNITY CLUB (ages 8 and up)

**Rogers Center** - Sept. 5th, from 4:00 to 5:30pm

Join in our fun outdoor 4-H program, at Rogers Center in Sherburne, ages 8 and up. We will explore the property and different habitats. We will meet the 1st Wednesday of each month. Email Erica to register at elc97@cornell.edu

## KAYAKING (ages 10 and up)

Sept. 15th (Thurs), 4:00 - 5:30pm

Fun paddling trip at Guilford Lake in Guilford. We have the kayaks and gear. Join in this introductory paddle and learn basic paddling techniques, while we explore the lake and play a few games on the water. Contact Erica to register: elc97@cornell.edu



## FOSSIL HUNT (all ages)

Oct. 15th (Sat), 10:00am to 12:00pm

Come dig for fossils and find sea creatures that are millions of years old! Use our guides to help identify what you find. Sign up with Erica: elc97@cornell.edu



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



| Sunday                       | Monday                        | Tuesday | Wednesday | Thursday              | Friday | Saturday                 |
|------------------------------|-------------------------------|---------|-----------|-----------------------|--------|--------------------------|
|                              |                               |         |           | 1                     | 2      | 3                        |
| 4                            | 5<br>4-H<br>Community<br>Club | 6       | 7         | 8                     | 9      | 10<br>Outdoor<br>Cooking |
| 11                           | 12<br>4-H Teen<br>Council     | 13      | 14        | 15<br>4-H<br>Kayaking | 16     | 17                       |
| 18<br>4-H Shooting<br>Sports | 19                            | 20      | 21        | 22                    | 23     | 24                       |
| 25                           | 26                            | 27      | 28        | 29                    | 30     |                          |

**LEADERS/VOLUNTEERS ASSOCIATION MEETING-**

The Leaders Association is a group of 4-H Leaders and Volunteers that meet approximately six times a year to aid in the success of 4-Hers throughout Chenango County. Their goal is to assist the extension educators, provide a forum in which leaders may discuss and exchange ideas, and raise money that will benefit 4-Hers' and leaders as determined by the Association. Past monies raised have gone toward College Scholarships, 4-H Camps, 4-H National Competitions, Startup monies for new clubs, Sewing Awards, and more. It is the mission of this Association to help in any way to promote 4-H in Chenango County.

**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 or 607-334-5841 x 1118

**LIVESTOCK AUCTION COMMITTEE MEETING-**

The Livestock Auction Committee is made up of a group of volunteers that provide support for 4-H youth interested in raising animals. The group offers Scholarships for 4-H'ers to try their hand at raising species that they don't already have knowledge of. They also help in setting up the Livestock Auction at the Chenango County Fair. If you are interested in more information about this group please contact: Craig at: cbrown@cornell.edu or call: 607-334-5841 x 1112





| Sunday                       | Monday                    | Tuesday | Wednesday | Thursday | Friday | Saturday                 |
|------------------------------|---------------------------|---------|-----------|----------|--------|--------------------------|
|                              |                           |         |           |          |        | 1                        |
| 2<br>Achievement<br>Day      | 3                         | 4       | 5         | 6        | 7      | 8<br>Outdoor<br>Cooking  |
| 9                            | 10<br>4-H Teen<br>Council | 11      | 12        | 13       | 14     | 15<br>4-H Fossil<br>Hunt |
| 16<br>4-H Shooting<br>Sports | 17                        | 18      | 19        | 20       | 21     | 22                       |
| 23<br>30                     | 24<br>31                  | 25      | 26        | 27       | 28     | 29                       |

## ACHIEVEMENT DAY - OCT 2, 2022

This year 4-H Achievement Day will be held at the Rockdale Rod and Gun Club. Come join us as we celebrate and recognize all of the accomplishments our 4-H'ers have made throughout the year. Rockdale has been home to our shooting sports program so this is a fitting place to end our 4-H year and to begin our new year with a great day for all. More information to follow.





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Danielle Hautaniemi

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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

### Kenneth Smith (Ext. 1119)

Executive Director  
[kas294@cornell.edu](mailto:kas294@cornell.edu)

### Alice Andrews (Ext. 1118)

Finance & Operations  
[ama42@cornell.edu](mailto:ama42@cornell.edu)

### Alexis Woodcock (Ext. 1120)

Grow Cook Serve Coordinator  
[asw239@cornell.edu](mailto:asw239@cornell.edu)

### Rich Taber (Ext. 1121)

Ag/Livestock  
Natural Resources  
[rbt44@cornell.edu](mailto:rbt44@cornell.edu)

### Rhonda Turrell (Ext. 1111)

Administrative Assistant  
[rlt236@cornell.edu](mailto:rlt236@cornell.edu)

### Dennis Madden

Building Custodian

### Jon Palmer

Building Custodian

### 4-H YOUTH DEVELOPMENT

#### Craig Brown (Ext. 1112)

4-H Community Educator  
[ctb98@cornell.edu](mailto:ctb98@cornell.edu)

#### Richard Turrell (Ext. 1115)

4-H Volunteer Coordinator  
[rlt229@cornell.edu](mailto:rlt229@cornell.edu)

#### Erica Clark (Ext. 1114)

4-H Youth Educator  
[elc97@cornell.edu](mailto:elc97@cornell.edu)

### SNAP-ED NEW YORK- SOUTHERN TIER

#### Betty Clark (Ext. 1132)

Snap Ed  
Program Coordinator  
[blc28@cornell.edu](mailto:blc28@cornell.edu)

#### Whitney Kmetz (Ext. 1133)

Nutritionist 1  
[wdg43@cornell.edu](mailto:wdg43@cornell.edu)

#### Neisa Pantalia (Ext. 1134)

Nutritionist 1  
[nmp52@cornell.edu](mailto:nmp52@cornell.edu)

### CNY DAIRY, LIVESTOCK & FIELD CROPS TEAM

#### Dave Balbian

(518) 312-3592  
Dairy Management Specialist  
[drb23@cornell.edu](mailto:drb23@cornell.edu)

#### Ashley McFarland

(315) 866-7920  
Livestock Specialist  
[am2876@cornell.edu](mailto:am2876@cornell.edu)

#### Nicole Tommell

(315) 867-6001  
Agricultural Business  
Management Specialist  
[nt375@cornell.edu](mailto:nt375@cornell.edu)

#### Erik Smith

(315) 219-7786  
Field Crops Specialist  
[eas56@cornell.edu](mailto:eas56@cornell.edu)