



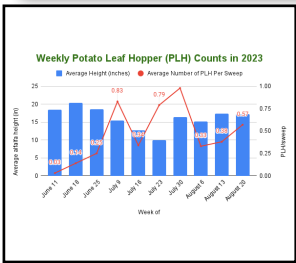
Extension *Express*

WELCOME TO CCE REGINA!



Hi! My name is Regina Arnold and I look forward to working with everyone at Cornell Cooperative Extension as a SNAP-Ed Educator. I am from Oklahoma, and I am an Oklahoma State University Alumni. I have a Masters of Education in Health and Physical Education. I began my career in nutrition at the Choctaw Nation of Oklahoma Wellness Center where I designed and implemented their afterschool program that included teaching nutrition and physical fitness to youth aged 4-14. I also taught senior nutrition and exercise classes. I moved from the Choctaw Reservation to New York in 2017. While in New York I taught nutrition and gross motor development to head start families. I am beyond excited for this new journey as a SNAP-Ed Educator.

CCE TEAMS UP WITH FFA



This summer 8 area FFA chapters worked hard on collecting samples to better support data being collected by Erik Smith and the CNY Dairy, Livestock & Field Crops Team. Students volunteered, with their advisors, to complete sweeps in local alfalfa fields while looking for the Potato Leafhopper (PLH). Students learned about sampling size (30 sweeps per field per week), how to properly sweep, measure average height of the field, and how to scout for signs of the PLH. Their data collected was then used to help advise the farms when to cut early or look into other options to limit the damage caused by the pest. The following graph shows average data for the samples taken this summer. Thank you to all participants. You are the next generation of progressive agriculturalists!

This project was made possible by grant funding through Chobani's Community Foundation.

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SNAP-ED

Farewell Neisa
Back to School Snacks

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SNAP-ED / FORAGES

Job Opening
Roller Coaster year / Forages

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CNY TEAM

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4-H NEWS

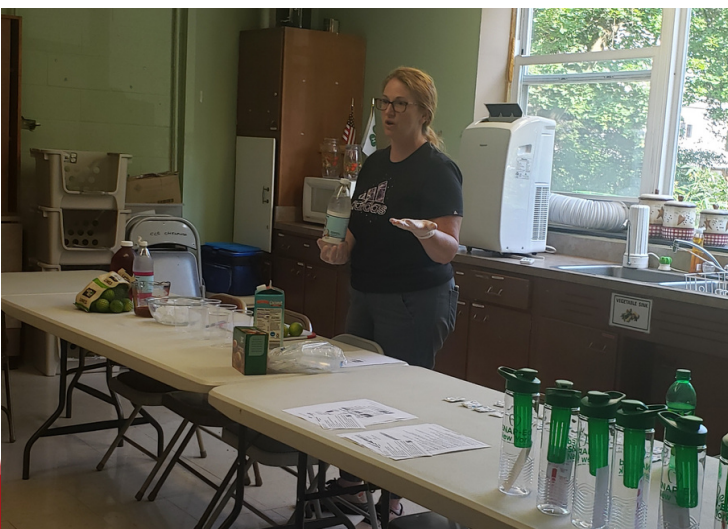
Jr. Livestock Show,
County Fair, & More

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CALENDARS

Thank you
Meetings / Events

It is with a heavy heart to say goodbye to such a valued and cherished member of our team, but we are also excited to see our friend pursue her dreams of being a nurse. Neisa, we will miss you but we wish you the most luck. Congratulations!



Children are headed back to school which means.... **SNACKS** all of the time or should we say "mini meals"! SNAP-Ed has great ideas to ease the stress of snack time.



- ➔ Build your own trail mix with unsalted nuts, seeds, dried fruit, popcorn, whole grain cereals, or a sprinkle of chocolate chips. Kids can be very creative with the combinations and this can be made to last for up to 1 week!
- ➔ Portion snack foods into baggies or containers when you get home from the store so they are ready to grab-n-go when they are needed, such as carrots, cucumbers, unsalted nuts, etc. Easy access is the key!
- ➔ Combine food groups for a satisfying snack- yogurt and berries, apple or banana with peanut butter, whole-grain crackers with turkey and avocado, or even a healthy muffin such as banana nut or zucchini raisin.
- ➔ Spice up raw vegetables with dips. Trying dipping bell peppers, carrots, cucumbers or zucchini in hummus, tzatziki, guacamole, or baba ganoush.
- ➔ Bring ready -to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.
- ➔ Lastly, let the children have involvement of healthy snacking options of what items they can pick. Remember that snacks should not take over meal time, they should be about 200-300 calories and have a good source of nutrients to keep you full until the next meal!

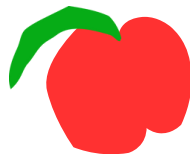
Join our SNAP-Ed Team!

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

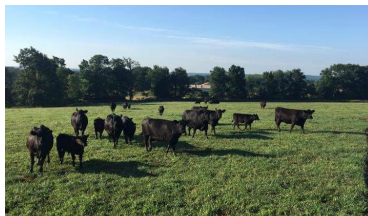


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...to malting barley variety trials



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A ROLLER COASTER YEAR FOR FORAGES

Rich Taber, Grazing



How ironic this summer of 2023 has been! Several years ago, I wrote an article “Making Hay While the Sun Shines”. Déjà vu into 2023! Earlier this year, it had been a dry spring. The tonnages harvested in May and June were quite paltry compared to what they should have been. It looked like the summer of 2023 would be short of rain, with pathetic grazing. However, not too long into June, it began to rain, rain, and rain, throughout the entire month. I have been making hay for 40 years in the Central New York region, and for most of June it was by far the wettest season that I have ever encountered. In June through early July, it was all but impossible to make dry hay in a timely fashion. Even making haylage and baleage (high moisture hay) was challenging. Not only was there so much rain that the soil was saturated with water so when a few brief periods of sunshine appeared, you would go out into the fields attempting to mow hay and sink into the ground causing permanent rutting damage to the fields. As July continued, it kept on raining right into August! The grazing was excellent, but good hay will be in short supply this year. The time to get ready for our long winters is now!!

As farmers, we stoically march on; but what are some strategies that we can employ to deal with this season? We have some field damage, and late, oftentimes rained on hay crops, with the subsequent lower quality of forages to sell or feed to animals.

1. Knowing that we may be short of forages, maybe this year might be a good time to sell a few animals that we had been planning on keeping, if we can't buy or make enough decent quality feed.
2. Maybe we can extend our grazing season; it has been a fairly good year for grazing with no shortage of rain. With pastures growing well this year, by extending our grazing further into the fall we can cut down on the amount of stored forages we need.
3. Try stockpiling some grazing; instead of trying to make second or third cutting hay, hold onto some of those cuttings and instead graze them later in the fall.
4. Look around and try to locate some decent hay for sale. Dairy quality forages will be in short supply, and expensive, but other classes of livestock can get by with somewhat lower nutritional value feeds. Much of the feed this year will be lower in quality than we would like. The old saying “the early bird gets the worm” so don't procrastinate and wait until the snow flies before you try to locate some more feed, only to find out that it has all been bought up.
5. If you do buy hay, inspect it zealously to make sure that it hasn't been spoiled. I have found that even making hay in the required three-day window this summer has still resulted in crops still being a little too moist for long term storage. Hay put up at too high of a moisture can spoil, be bad for animals, it can be a fire hazard, and it can contribute to respiratory diseases in both animals and humans.
6. If you are not feeding animals strictly for a grass-fed market, maybe you could locate some alternative grain by product feeds to help extend your forages, such as beet pulp.
7. With all the rutting damage out there, you may need to refit fields or plan for some new seedings next year; nothing is more aggravating than trying to drive machinery over deep ruts, causing damage to your machinery.
8. Inspect your tractors and hay making machinery for damage from having dragged them through wet spots. Washing all of the mud off of your machinery with a high-pressure washer would be time well spent.



4-H NEWS

COOPERSTOWN JUNIOR LIVESTOCK SHOW

4-H'ers took part in another year at the Cooperstown Junior Livestock show making Chenango County proud.

DAIRY GOAT CUP WINNER

Cole Warren - (Toggenburg) Ol' Kidd Cole Houston



DAIRY GOAT GRAND CHAMPION SHOWMAN

Cole Warren

JERSEY - JUNIOR CHAMPION

Cora Hodge - (Jersey) WF Cashells CCHIP Rolls Royce



DAIRY GOATS BEST UDDER -

Cole Warren - Ol' Kidd Cole Johanna

ALPINE:

Reserve Sr. & Reserve Grand Champion -

Peyton Graham - PJ-Bailey's Ascotch

LAMANCHA:

Reserve Jr. Champion-

Abbi-Lynn Page - Ivy Creek's GPD Sassafrass

NUBIAN:

Reserve Jr. Champion -

Margaret Hanehan - Ol' Kidd Cole Ruby

SAANEN:

Reserve Jr. Champion -

Cole Warren - Ol' Kidd Cole Ella

Sr. Champion, Grand Champion, & Best Udder -

Cole Warren - O;' Kidd Cole Johanna

Reserve Sr. Champion & Reserve Grand Champion -

Skylar Graham - Subrikar Justin's Flurry

TOGGENBURG:

Jr. Champion -

Cole Warren - Ol' Kidd Cole Rodeo

Sr. Champion, Grand Champion, Best Udder-

Cole Warren - Ol' Kidd Cole Huston

Reserve Sr. Champion, Reserve Grand Champion-

Peyton Graham - Subrikar Peyton's Jasmine

RECORDED GRADE:

Reserve Jr. Champion -

Cole Warren - Ol' Kidd Cole McQueen

DAIRY JUDGING CONTEST WINNERS

BEGINNER DIVISION:

Grace Hodge - 6th place

Sullivan Dickey - 8th place

JUNIOR DIVISION:

Addison Dickey - 1st place

Elizabeth Vincent - 3rd place

Taylor Hodge - 6th place

Ahnalee Kappauf - 6th place

Cora Hodge - 8th place

SENIOR DIVISION:

Colette Kappauf - 5th place

Abby Stone - 7th place

Lily Marshman - 8th place

Adrienne Hodge - 9th place

THE FARMERS' MUSEUM GOOD SPORTSMANSHIP AWARD

Will Rumovicz





MORE 4-H NEWS

4-H OUTDOOR ADVENTURE SUMMER UPDATES:

4-H'ers had an fun-filled and action packed camping trip at Gilbert Lake State Park in July! They pitched their tents, hiked the trails, swam in the lake, fished, cooked meals over the campfire and charcoal and made new friends!

We wrapped up the fishing series, with a fishing trip at Millbrook Reservoir. We hiked around the pond and fished along the way. 4-H'ers enjoyed catching sunfish and a few bass. We hope you can join the next 4-H Outdoor Adventure!



OUTDOOR COOKING was at the fair!

The County Fair was the perfect place to show case the Outdoor Cooking program. Five members shared their cooking skills with the fair goers. For two hours these youth prepared their fires and recipes to perfection. Hunter and Logan made Hamburger Helper and Strawberry Shortcake. Baily, Noah and Abby made Maple Glazed Salmon, Parmesian Potato Wedges and Fresh Squeezed Lemonade. All recipes were made from scratch allowing the members to show their cooking skills. The weather was tricky but the spectators all raved about how good the food was. Thank you to the members and their families for making this day a great success.



PICTURES FROM THE COUNTY FAIR.....





CHENANGO COUNTY FAIR RESULTS

CASE BUILDING AWARDS

Awards given for Outstanding work in the area of:

Horticulture: Alexis Stemke (Summer Squash)
 Clothing & Textiles: Maria Funk (Fleece Jacket)
 Home Environment: Owen Mace (Table Setting)
 Foods & Nutrition: Calista Kappauf (Chocolate Cake)
 STEM: Brayden Smith & Amon VanAlst (Robot)
 Photography: Meghan Funk
 Arts & Crafts: Ahnalee Kappauf (Woodworking)
 Natural Resources: Lilliana Gipp (Entomology)

SHIRLEY PROSKINE MEMORIAL 4-H YOUTH DAIRY AWARD

Addison Dickey
 Abigail Stone
 Daniel Beers

TERRY HODGE MEMORIAL HOLSTEIN MASTER SHOWMANSHIP AWARD

Grace Hodge

DON & BARBARA HODGE MEMORIAL PREMIER BREEDER / EXHIBITOR AWARDS

Premier Breeder & Exhibitor:

Addison Dickey (Brown Swiss)
 Zane Lathrop (Shorthorns)

Premier Exhibitor:

Cora Hodge (Jersey)

BEST OF SHOW SEWING AWARDS IN MEMORY OF DON & BARBARA HODGE

Maria Funk: Fleece Jacket
 Abigail Mace: Summer Dress

MOST OUTSTANDING EXHIBITORS IN MEMORY OF BARTON & CHARLOTTE SEAGER

Sr. Most Blue Ribbons: Meghan Funk
 Jr. Most Blue Ribbons: Abigail Mace

SEAGER BEST OF SHOW IN CASE BUILDING IN MEMORY OF BARTON & CHARLOTTE SEAGER

Best in Show Sr : Brayden Smith & Amon VanAlst
 (Competiton Robot)
 Best in Show Jr: Elizabeth Vincent (Tree ID Book)

BEST ANIMAL OF ALL BREEDS DAIRY CATTLE

Best Jr. & Sr. of All Breeds:

Cora Hodge

Best Bred & Owned:

Cora Hodge

Best Udder:

Cora Hodge

DECORATION CONTEST WINNERS

Southtown Dairy
 Horizon Holsteins and Jerseys
 Curious Kids
 Ribbon Wranglers
 Mace Family

RICHARD V. DAVIDSON MEMORIAL AWARD FOR EXCELLENCE IN HERDSMANSHIP

Lily Marshman

VOLUNTEERS OF THE WEEK

Funk Family
 Nikki Wellman

DAIRY JUDGING

Novice: Troy Stone, Caleb Holbert

Junior: Ahnalee Kappauf, Margaret Hanahan

Intermediate: Colette Kappauf, Lily Marshman

Senior: Owen Hill, Nate Rumovicz

Top Score: Ahnalee Kappauf

HERDSMANSHIP

Dairy Goats: Maria Funk **Sheep:** Beth Wilcox
Meat Goats: Daniel Beers **Swine:** David Palmer III
Beef: Julianna Tomcho **Rabbit:** Klarissa Cotten
Poultry: Aubrey Etter

DAIRY GOAT AWARDS

Best Junior Doe: Cole Warren
Best Senior Doe: Karter Moon

SPORTSMANSHIP AWARD

Cole Warren

EQUINE SPORTSMANSHIP AWARD

Abigail Daneau

COWBOY AWARD

Sullivan Dickey - Project in Case Building

SUPER SHOWMANSHIP

Participants:

Taylor Hodge: Dairy Cattle
Daniel Beers: Beef Cattle
Cole Warren: Dairy Goats
Matthew Sinone-Powers: Meat Goats
Skylar Graham: Swine
Grace Hodge: Sheep

Super Showmanship Champion:

Cole Warren



UPCOMING 4-H EVENTS !

SHOOTING SPORTS (ages 9 +)

Summer is a great time to have our Shooting Sports program. Being outdoors allows us to have more participants and to break our units into age categories. Members 12 and over are successfully learning to use the .22 rifles while younger youth are becoming accomplished with the the air rifles. Shooting at paper is fun but everyone enjoys breaking the clay pigeons.

The archery units concentrate on stance and technique. Using a bow without sites is a challenge and these members quickly learn where to aim to find success. Balloons are great to shoot at and provide instant reinforcement of their skills. If you would like to join our program contact Richard at: rlt229@cornell.edu or call 607-334-5841 x1115

4-H AFTER-SCHOOL

SEPT 6TH. 4pm to 5:30pm. at Rogers (8 & up w/o an adult) We meet the first Wednesday of the month and explore the trails and different ecosystems at Rogers Center. Contact Erica to register: elc97@cornell.edu

OUTDOOR COOKING (second Sat. every month)

Come find out what outdoor cooking is all about. These kids do an amazing job creating and cooking food that is delicious every time. All of this cooking is done outside rain or shine over charcoal using cast iron cookware. You can look to these kids if your power ever goes off, they know just how to prepare a great meal in that kind of a situation! Join us monthly for this project! Members must be ages 12+. Contact Richard: 607-334-5841 x 1115 or email: rlt229@cornell.edu

OUTDOOR ADVENTURE

SEPT.13TH. 6pm to 7pm in McDonough
Birding with Chenango County Bird Club

Sept. 20th. 4:30pm to 6:30pm in Bainbridge
River Kayaking (age 10+)
Email Erica for details and to register your 4-H'er at elc97@cornell.edu

KIDS IN THE KITCHEN (Sept. 19 th & Oct. 17th)

4-H Kids in the kitchen is back for its third season! Connect with Grow Cook Serve from your kitchen (on zoom) and make a meal for your family. Learn cooking basics and ways to incorporate more fruits and vegetables into your meals. Adult supervision is required during the program. The program and food are free. Food pick-up info and zoom link will be provided when you register for each program. September 19th and October 17th, 5:15pm-6:15pm
REGISTER with Erica at elc97@cornell.edu



SPECIAL THANK YOU TO OUR CHENANGO COUNTY FAIR SPONSORS!

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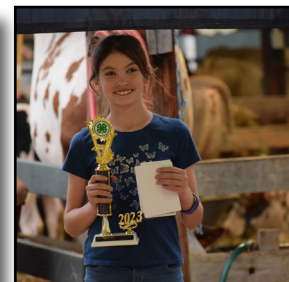
Kathleen Hodge in Memory
of
(Don & Barbara Hodge)

Alan Proskine in Memory
of (Shirley Proskine)

Ann Hodge in Memory of
(Terry S. Hodge)

William & Alette Davidson
in Memory of
(Richard Davidson)

Myers Family in Memory of
(Charlotte & Barton Seager)



NEW YORK STATE FAIR is underway. We will have State Fair news in our next edition but we wanted to share a special highlight. Congratulations Morgan Hodge 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	 SEPTEMBER				1 STATE FAIR	2	
3 STATE FAIR	4	5	6 4-H After School 4-5:30pm	7	8	9 4-H Outdoor Cooking 10 am	
10	11	12	13 4-H Birding 6-7pm	14	15 4-H Project Record Sheets Due	16	
17 4-H Shooting Sports 1:00pm	18	19 Kids in the Kitchen	20 Kayaking 4:30-6:30pm	21	22	23	
24	25	26	27	28	29	30	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 4-H Achievement Day	2 Ag in the Classroom Begins 	NATIONAL 4-H WEEK					7
8	9	10	11	12	13	14 4-H Outdoor Cooking 10 am	
15 4-H Shooting Sports 1:00pm	16	17 Kids in the Kitchen	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	 OCTOBER				

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