

Cornell Cooperative Extension Chenango County

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Cornell Cooperative Extension Chenango County













Letter from the Director: Dedication. Resilience. Growth.

Cornell Cooperative Extension of Chenango County's mission is to empower and strengthen community members with the knowledge and tools to improve their lives through programs, experiences, research, and education. Our team members continue to offer quality educational programs and activities for youth in and out of schools, aid homeowners with energy solutions, provide research-based solutions to our local farmers, work with families to grow and cook nutritious tasty meals, and so much more! We love the work we do and are proud to provide the services our community members need to thrive.

This year has highlighted our staff and volunteers' dedication, resiliency, and growth. Three of our longstanding Cornell Cooperative Extension (CCE) leaders, Executive Director Ken Smith, SNAP-Ed Team Leader Betty Clark, and 4-H Volunteer Coordinator Richard Turrell retired. Additionally, our SNAP-Ed Nutrition Educator Neisa Pantalia transitioned to a new career in nursing and public health. While we miss them greatly, we are excited for each of them as they start the next chapter in their lives. Their combined *dedication* to CCE and the residents of Chenango County exceeded 52 years!



While transitions can be challenging, our team met them head-on. Throughout the changing composition of our staff, the CCE Chenango team remained committed to providing the programs and services our constituents depend on. We are excited to have retained all our essential programs and services while increasing our number of enrolled 4-H youth, adding a new school district to both our Ag in the Classroom and SNAP-Ed CATCH programs, hosting a Veterans on the Farm workshop and virtual sheep production series, and providing over 4000lbs of fresh produce to our local food pantries. Our team truly showed its **resilience** and adaptability.

As we look to the future, I can confidently say that our team remains strong and focused. This next year is all about **growth**. Professional growth, personal growth, and the growth of our programming areas/offerings. CCE Chenango is invested in our staff, our volunteers, and the community we serve. We will be conducting needs assessments, continuing to adapt to our county's changing needs, and looking to bring several adult-focused agriculture programs to our building. Please follow us on social media or check our website for our upcoming offerings.

I will close by thanking our constituents, community partners, the Chenango County Board of Supervisors, the entire staff of Cornell Cooperative Extension of Chenango County (past and present), our Board of Directors, and our incredible volunteers. Your dedication is unparalleled. It is truly a privilege to be the Executive Director of this exemplary organization.

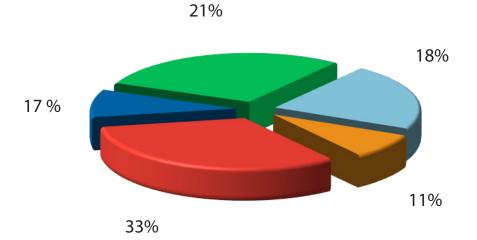


Estimated Revenue and Support received by CCE Chenango County during 2023

State and Federal SUPPORT includes the estimated value of services and educational access provided by Cornell, USDA, and NYS sponsored grants. Most of this is related to training and access to the research that is the basis of the programs we conduct. These services are available to CCE Chenango because of the memorandum of agreement and support provided by local government and are made available because of Chenango County's contribution to our funding.

REVENUE is the actual cash provided to CCE during the Fiscal year 2023, of which Chenango County provides approximately overall revenue and support of 33%.

"Other reflects income generated through, contributions, special projects and rental income."



	Total	Support	Revenue
County	290,074.00	\$0.00	\$290,074.00
State	\$571,297.12	\$422,550.33	\$148,746.79
Federal	\$232,277.36	\$63,158.00	\$169,119.36
Other	\$181,692.84	\$0.00	\$181,692.84
Grants	\$92,918.08	\$0.00	\$92,918.08
Total	\$1,368,259.40	\$485,708.33	\$882,551.07

SNAP-Ed Keeping Busy with Programming

In the 2022-2023 program year, our Southern Tier SNAP-Ed Region made a huge impact reaching 15,809 individuals with direct education events through various avenues. This accounted for 4,074 adults and 11,735 youth.

SNAP-Ed Nutrition Educators Neisa Pantalia, Whitney Kmetz, and Regina Arnold have worked diligently to provide direct meaningful programs to diverse populations within Chenango County about how to budget and make the most of their food dollars using MyPlate as a guiding resource. Within our local hub which includes Chenango, Madison, and Cortland Counties of the Southern Tier Region, we have reached 3,285 individuals with direct education and 1,685 individuals with indirect education. Our team has had many successes throughout this program year, but we will highlight just a few! SNAP-Ed in Chenango County has created a great collaboration with Common Thread in Madison County. Common Thread donates a full and winter season share of fresh local produce to SNAPEd in Chenango County and we even got a full season share for Morrisville Eaton Elementary School too, which is valued at \$1,356.48. This helps SNAP-Ed significantly save on food cost since their program is grant funded. For the full season share, it was about 600 pounds of fresh vegetables that children and families were able to sample using SNAP-Ed approved recipes throughout the year. This greatly helps on our food budget line since we are a grant funded program. During the 2022-2023 school year, our SNAP-Ed program received a mini pilot grant from the New York Beef Council in May to provide beef education to our schools within Chenango County, which turned out to be a great success. We received \$500.00 dollars to provide beef education and then make a beef recipe with the children. The garlic ginger ramen with beef recipe seemed to be a hit with all children and relatable to traditional ramen that many families enjoy with more added nutritional value. On October 26th, our Morrisville Eaton Elementary School participated in the "Big Apple Crunch" event through Farm On and we won after sending in our photos. The elementary school combined with children, staff, and colleagues from Morrisville State College campus accounted for over 300 individuals that participated. In the picture below you will see we did a formation of an apple, and everyone had a choice to wear green, yellow, or red for their shirts. The one rule was we had to use New York State apples and that was easy enough for us to achieve. From winning this event, Morrisville Eaton Elementary School will be award \$1,000.00 for a victory garden at their school. We look forward to another victorious year with our SNAP-Ed program!



Master Gardener Volunteers

Master Gardeners is a national program of trained volunteers who work in partnership with their local Cooperative Extension Association to provide home gardeners and land owners with research-based information on topics like plant diseases and insect infestations. Each Master Gardener trainee commits to "give back" additional hours of service over a one year time period following training. After the first year, many Master Gardeners choose to continue to volunteer with local Associations. Here in Chenango County, we are grateful for our core group of Master Gardeners who volunteer hours of service each year.





2023 VITA Program

Again in 2023 for tax year 2022, CCE Chenango opened their doors to the Chenango and Madison Creating Assets, Savings, and Hope (CASH) Coalition to assist about 841 people with filing their taxes. The CASH Coalition of Madison and Chenango Counties uses volunteers to participate in the Volunteer Income Tax Assistance (VITA) Program. Each volunteer is an IRS trained and certified tax preparer and works to assist families who earn less than \$59,187 and individuals who earn less than \$53,057 in a tax year.

NBT Bank ensures this program is available for residents in Madison and Chenango County. CCE Chenango aids by lending space and becoming a busy site for the VITA program, as VITA's volunteer's aid residents with their taxes. In 2023, hundreds of families and individuals continued to take advantage of this program and had their income taxes prepared by the IRS-certified volunteers in Chenango and Madison Counties. Over 1.4 million was returned in refund and tax credits to taxpayers this past year.

To combat hunger and homelessness, help people file for their tax refunds.

#hhweek irs.gov/volunteer

CCE Central New York Dairy, Livestock and Field Crops

Our Year of Programming in Review!

By Nicole Tommell, Team Lead

The Central NY Dairy, Livestock and Field Crops Team was busy during our year to provide service and technical support to producers in the region. From research projects on IPM and field crop trials to mental health, the CNYDLFC Team has covered an array of topics that support our agricultural industry.

New ideas in programming to the producers brought a very notable programs with hands-on learning: "Calving and Dystocia Workshop". This workshop was delivered both in English and Spanish and provided high-level training for farm employees and small producers. Veterinarians from Cornell University were in attendance to simulate calving difficulties to participants in both languages. On the far end of the spectrum, Mental Health First Aid training was held in the region to deliver important content for first responders, key

Implementation of research and grant funds have also involved producers in Chenango County. Additionally, Dr. Erik Smith, Field Crops Specialist participated in the Chobani Community Impact Fund with youth in Chenango County.

industry professionals and extension professionals.

Over the next extension year, the CNYDLFC team is poised to continue field research, develop quality programs to fit producer needs, work to help formulate solutions to problems and be the champion for farm businesses in Chenango County.



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Ashley M. McFarland, PAS Area Livestock Specialist Cell: 315-604-2156 Email: am2876@cornell.edu Erik A. Smith, PhD. Field Crops Specialist Cell:315-219-7786 Email: eas56@cornell.edu

Central New York Dairy, Livestock & Field Crops Team serving Chenango, Fulton, Herkimer, Madison, Montgomery, Otsego, Saratoga and Schoharie Counties.

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Agriculture, Grazing, and Ag Economic Development



John and Sheila Marshmann discuss their farm in Oxford during the Legislative Agriculture Tour



Chobani agronomy grant staff out sampling insects at the Lathrop farm in Sherburne



Attendees from the Veterans Sheep event observe sheep and fencing at the Jensen farm in Oxford.

Agriculture and Natural Resources Accomplishments in 2023

This past year saw many activities in the Agriculture and Natural Resource arenas here at CCE Chenango. We wrapped up the Chobani Livestock Grant, with several videos, news articles, and on farm activities completed. Late last fall we sponsored an on farm workshop for Veterans at the Jensen farm in Oxford, in collaboration with the Cornell Small Farms Armed to Farm program. We have a large number of YouTube videos from over the years, and from different grants, which have legacy values as they continue to receive views, and oftentimes on a global basis. We also sponsored three zoom presentations on sheep production, for not only veterans, but for the general public, with cooperation from CCE St. Lawrence and Oneida. Rich has authored a column on beef husbandry which has appeared 4 times a year in the Cornell Small Farms Quarterly, as well as having written articles of interest in the bi-monthly Extension Express. We have been involved in another Chobani grant involving CNY team member Eric Smith and former and part time CCE employee Emily Anderson. This was an insect monitoring project in alfalfa fields in Chenango and surrounding counties.

We also provide support to the general public with their inquiries, whether it be walk ins, phone calls, or emails. We cover the length and breadth of the agriculture industry and natural resources arenas. We have had several inquiries from landowners on how to manage their woodlands and wildlands in a sustainable manner.

The New Order Amish community in Guilford continues to flourish in the Guilford area. CCE Chenango diligently supported the Amish in getting this community established, and which remains an asset to Chenango County. We support the community members whenever they request assistance.

Grow Cook Serve

Grow Cook Serve is a program which provides access to fresh local produce, to income restricted individuals and families. Our goal is to help economically challenged families and individuals adopt life-long healthy habits by donating fresh produce to people in need; teaching cooking and gardening skills so people can become more self-sufficient; and providing nutrition education to facilitate healthy choices. All funding for Grow Cook Serve is provided by the United Way.



In its ninth year, Grow Cook Serve gleaned over 4,000 pounds of fresh produce to donate to 7 Food Pantries in Chenango County. The produce was donated by Norwich Meadows Farm, and home gardeners. Additionally, Grow Cook Serve donated 60 vegetable transplants and 300 packets of vegetable seeds. Grow Cook Serve has sustained its partnership with Head Start by offering not only gardening workshops but classes for food preservation, cooking, and help with picky eaters.

Grow Cook Serve expanded its partnership with the Healthy Gardens Club to provide monthly taste tests at Norwich Middle School; Monthly cooking workshops with the Norwich High School Life Skills class; and Weekly education at the Norwich Middle School Garden club meeting.



This is the normal sight in the CCE kitchen. Produce of all types could be found piled high waiting delivery to local food pantries in Chanengo county.



Alexis meeting with the kids from the Healthy Garden Club.

If you are interested in participating any programs in 2024, please contact Alexis Woodcock at (607) 334-5841 x 1120 or asw239@cornell.edu.

Kids in the Kitchen

The Kids in the Kitchen continued to flourish in its third year. The goal of this program is to teach children how to create healthy inexpensive meals. Families pick up their meal kits and cook along with Grow Cook Serve educators virtually. We hosted 9 classes.

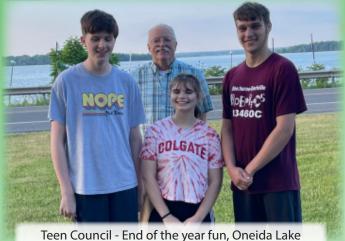
Along with Kids in the Kitchen, Grow Cook Serve, held 3 Kids in the Garden Workshops to teach 4-Hers how to grow their own vegetables at home. Additionally, participants learn how gardening can contribute to physical and mental wellbeing.

SNAP-ED and Grow Cook Serve joined forces again in 2023 to offer a Healthy Living Series of classes. The goal of the workshops is to provide a fun way for adults to learn about how to make healthy choices easier every day. We provide a short lecture, have a hands-on cooking demonstration, and then share a meal together. We have hosted 7 workshops.

Every year Grow Cook Serve continues to evolve and adapt by adding new partnerships and collaborations. We look forward to serving the community of Chenango County in 2024.

















Corn Maze Kids - One of their first club meetings



Ribbon Wranglers - Project meeting





Bug Club - On a hunt for bugs

To Make the Best Rest Rest



Jolly Green Giants - Two of their members at the Fair



Storm Family - Booth at the County Fair



Outdoor Cookling - Demenstration at County Fair

4-H Teams Up With Chenango County Youth Bureau

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 thoughout the county. These programs were led by CCE staff Erica Clark & Alexis Woodcock. We look forward to working with the Youth Bureau again and hope to offer outdoor programming this winter.









Thank you to the Chenango County Youth Bureau for supporting the Choose Your Adventure Outdoor Program Series for youth in Chenango County. We were able to offer six different outdoor programs around the county, for all youth 10 and up. This series kicked off at Cook Park in Greene and we led a wilderness preparedness and intro to first aid program. We went mountain biking at Round Pond in Plymouth. Participants learned kayaking skills at Bowman Lake State Park in Oxford. We fished at Whaupaunaucau State Forest in N. Norwich. At Kurt Beyer Park, in Norwich, we taught a compass program with orienteering & games. We finished the series with a nature photography session at Hunt's Pond in New Berlin. These programs are designed to get youth out of doors and trying new activities. Each session included a fitness component, mostly walking while we explored, and youth learned new skills. We are excited to begin another round of programming in 2024!



Another Great Year with 4-H Shooting Sports!







































During the 2022-2023 project year shooting sports moved their entire program to the Rockdale Rod and Gun Club. This program concentrates on teaching and learning about firearm safety and marksmanship. Our program incorporates archery, air rifles and .22 caliber rifles. It is great to see these youth progress in their skills. We reached 31 youth this year.

Shooting sports meets once a month throughout the 4-H year. We were able to provide 10 programs with over 620 hours of instructional learning. Many of thee 4-H'ers are continuing with us on a regular basis.

New Your State 4-H Shooting Sports is part of the 4-H National Resources Program offered through the Cornell Cooperative Extension system.





Rockdale Rod and Gun Club, for supporting our program!









Hippology / Horsebowl





Youth horse enthusiasts met every Friday night from January through March, to learn all they could about horses. We had 28 youth that attended meetings, some came only a few times while about 25 dedicated youth came on a regular basis. Of those 4-H'ers 19 choose to compete at the Regional Hippology/Horsebowl events. Out of those 19, we had 9 qualified to go to the Hippology contest at the New York State Fair but chose not to go on this year. We had 3 go on to the New York State Horsebowl Competition held at Cornell. In region 4 Junior team took 3rd place out of 11 teams, and one of our Senior competitors placed 8th in the individual scores.

Dairy Bowl





Dairy Bowl is an exciting, educational dairy-focused competition. Weekly practices were held on Wednesdays from 6:00 -7:30 pm to provide Novice, Junior, and Senior 4-H'ers opportunities to prepare for their district and state competitions. Chenango County Dairy Bowl 4-H'ers also attended a tour of Southtown Dairy. They were joined by 4-H'ers from Otsego County, where Amy Proskine and Dave Dickey led learning opportunities such as tube feeding, wellness checks, manure safety, and more! We are proud to announce that this year we had two youth participate in the state-level competitions, Novice Addison Dickey and Junior Elizabeth Vincent; Elizabeth's team won 1st overall at the competition! All our youth grew as competitors represented our County well!

4-H SEWING CAMP





The 2023 4-H Sewing Camp had an incredible turnout, serving 5 to 14 year-olds. We were able to engage in 42 youth contacts with the help of 27 awesome volunteers giving a total of 187 hours of their time! We had so many 4-H'ers wanting to learn how to sew, we held this program over a two-month time period. Starting in March we held sewing classes Wednesday evenings for our Cloverbuds (5–7 year-old), teaching these youngsters the basics of sewing. Building upon these fundamentals the youth were able to finish several projects that they were able to show at the County Fair. Yes, these youngsters used sewing machines to make scissors cases, needle holders, pin cushions, toiletries bags, microwave snakes, and book pillows. They all did an amazing job!

During camp week machines were buzzing creating all sorts of amazing projects. Our intermediate I's were broken up into two groups. Members new to the group made tote bags, and hand sewn wall hanging, all while learning the fundamentals of sewing. Our returning intermediates made skirts, shorts, and a hand-sewn project. In another room we had intermediate II's learning zipper placement and using that skill to sew fleece jackets. On two evenings during camp week, we had 3 clubs join in the fun sewing 4-H pin banners and more of the hand sewn wall hangings. A variety of sewing skills were taught throughout the camp, things like sewing machine use and safety, fabric types, needle types, zipper placements, seam finishes, and much more. New skills are added each year with an evaluation form for each youth to track their progress.

We ended the sewing program with a Sewing Spectacular on April 13th held at the Arts Council where many of the youth proudly displayed their hard work in front of a group of parents, grandparents, leaders, and friends. This season of sewing camp brought together more youth than ever before wanting to home in on previous learned skills and eager to learn new skills.













4-H'ers in Nature



The 4-H Outdoor Adventure program is another way to get youth outside and exploring. This program offers year-round monthly programming. Youth have the opportunity to learn how to snowshoe, ice fish, use maps to hike, build campfires and cook, kayak, camp and more! A 3-part fishing series started this spring. Youth learned how to tie fishing knots, make their own lures, and how to fish. We also toured the S. Otselic Fish. Hatchery and learned about their operations. We held our 2nd annual camping trip at Gilbert Lake State Park. Youth pitched their own tents, cooked over the campfire, hiked, swam and explored the park. We wrapped up the summer with a 4-H Fun Day at Chenango Valley State Park. Youth enjoyed hiking, swimming, fishing and a whole day of fun games and building friendships. The 4-H Outdoor Adventure Program aims to get youth outside and try a variety of activities and potential lifelong skills and hobbies. During these programs youth also build friendships with peers from all over the county.



We are very excited about what the coming year will bring!

Chenango County 4-H 2023 Year in Review

BuiltonTru

Outdoor Cooking

Who doesn't love to eat.! The 4-H Outdoor Cooking program meets monthly preparing delicious, nutritious meals using cast iron and charcoal. These youth have prepared shepards pie, chicken pot pie, pizza, mile high stew, salmon, Mississippi mud cake, cheesecake, strawberry short cake,

just to mention a few. The members showcased their skills learned at the Chenango County Fair putting on a demonstration while providing samples to the fair goers. The Outdoor Cooking Program started off slow but gained momentum reaching a total of 7 kids with over 84 hours of instructional time.



Teen Council



The goals of Teen Council were to provide opportunities for youth to learn Leadership, Citizenship, and Civics in a fun and open environment. These numbers were



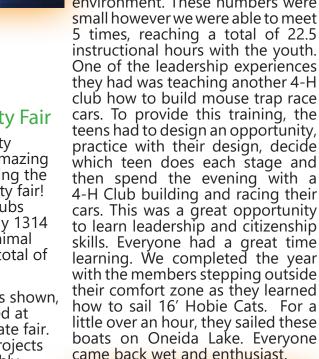


Chenango County Fair



Of these projects shown, 32 were exhibited at the New York State fair. Two domestic projects received the highly coveted, "Judges Choice Award."

Dairy cows, dairy goats, and horses were also represented by Chenango County 4-H'ers.









4-H 2023 Year in Review Continues

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Presentations

Another success for 2023! 4-H had a total of 28 youth show up to give their presentations at Chenango Counties, communications day. That was a great turnout with a variety of topics. From that group of youth, we had 14 selected to go on to the regional competition held in Broome County. At that competition 7 were selected to go on to the NY State equine presentation competition. Chenango County was well represented at that event with 1 first place winner in the equine speech category.





4-H Afterschool Program





4-H offers after-school programs for all youth, at various libraries in Chenango County. The programs consist of hands-on activities, with STEM and nature-based lessons. Monthly programs were held at Afton, Bainbridge, Sherburne and New Berlin Libraries. 4-H also teamed up with the Liberty Partnership Program (LPP) to offer similar after-school programs for youth at Greenlawn Elementary, Bainbridge Guilford Middle School & High School, Sherburne Earlville & Norwich Middle School. These programs are a great way for youth to learn and have fun after the school day, while also learning about the many opportunities and programs 4-H has to offer.





We continue to grow our relationship with Friends of Rogers (FOR) Center in Sherburne. 4-H and CCE support the various festivals and events offered by FOR. We greatly appreciate this partnership and the ability to utilize their maintained trails, property and visitor center. 4-H offers an after-school program that meets monthly at Rogers. We also encourage youth and families to support and make use of the beautiful FOR property too.

4-H Ag in the Classroom

The Ag in the classroom program is back to doing what it does best providing Chenango a county students with a better understanding and appreciation of how agriculture remains a thriving industry in New York State. In more than 30 classrooms this year students will learn the agricultural connection between the pencil in their hand, the t-shirt on their back, and the milk served to them at lunch. We are ready to deliver about 20 new ag lessons in Greene, Sherburne-Earlville, Otselic Valley, and Oxford schools. New this year, our roughly 700 students will discover careers related to agriculture and explore more hands-on connections to where our food, fuel, and fiber comes from. Our first days back in classrooms were met with tons of happy and smiling faces indicating that the students shared our excitement to begin another year of Ag in the Classroom.

Ag in the Classroom students recently learned about the life of John Deere and how his determination to build a better plow for farmers changed the course of history. Students were challenged to build a solution to common problems today's farmers may face. These budding engineer students used their creativity to be inventors just like John Deere. They constructed wheel barrows, water troughs, and farm market displays.





Chenango County Cooperative Extension



Here to serve all of Chenango County Looking forward to 2024!

Norwich Otselic Preston Sherburne North Norwich Coventry Smyrna Greene Pharsalia Lincklaen **New Berlin** Guilford Oxford McDonough Pitcher Afton Town of Smithville **Smithville Flats** Bainbridge

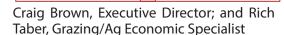
Plymouth

Columbus



Seasons Greetings from the 2023 Staff at Chenango County CCE!







4-H Staff: Richard Turrell, 4-H Volunteer Coordinator; Erica Clark, 4-H Educator; Kristi Gorrell, AITC



Dennis Madden, and John Godfrey, Building Custodians



Alice Andrews, Finance and Operations; Rhonda Turrell, Administrative Assistant; Alexis Woodcock, Grow Cook Serve



Southern Tier SNAP-Ed staff, Betty Clark, SNAP-Ed Program Coordinator; Nutrition Educators; Whitney Kmetz, Neisa Pantalia, and Regina Arnold





On behalf of the Board of Directors, the staff and everyone involved with Cornell Cooperative Extension of Chenango County, we want to thank you in advance for your generous support!

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Thank you for your support!



Seasons Greetings from the Staff at Chenango County Cooperative Extension