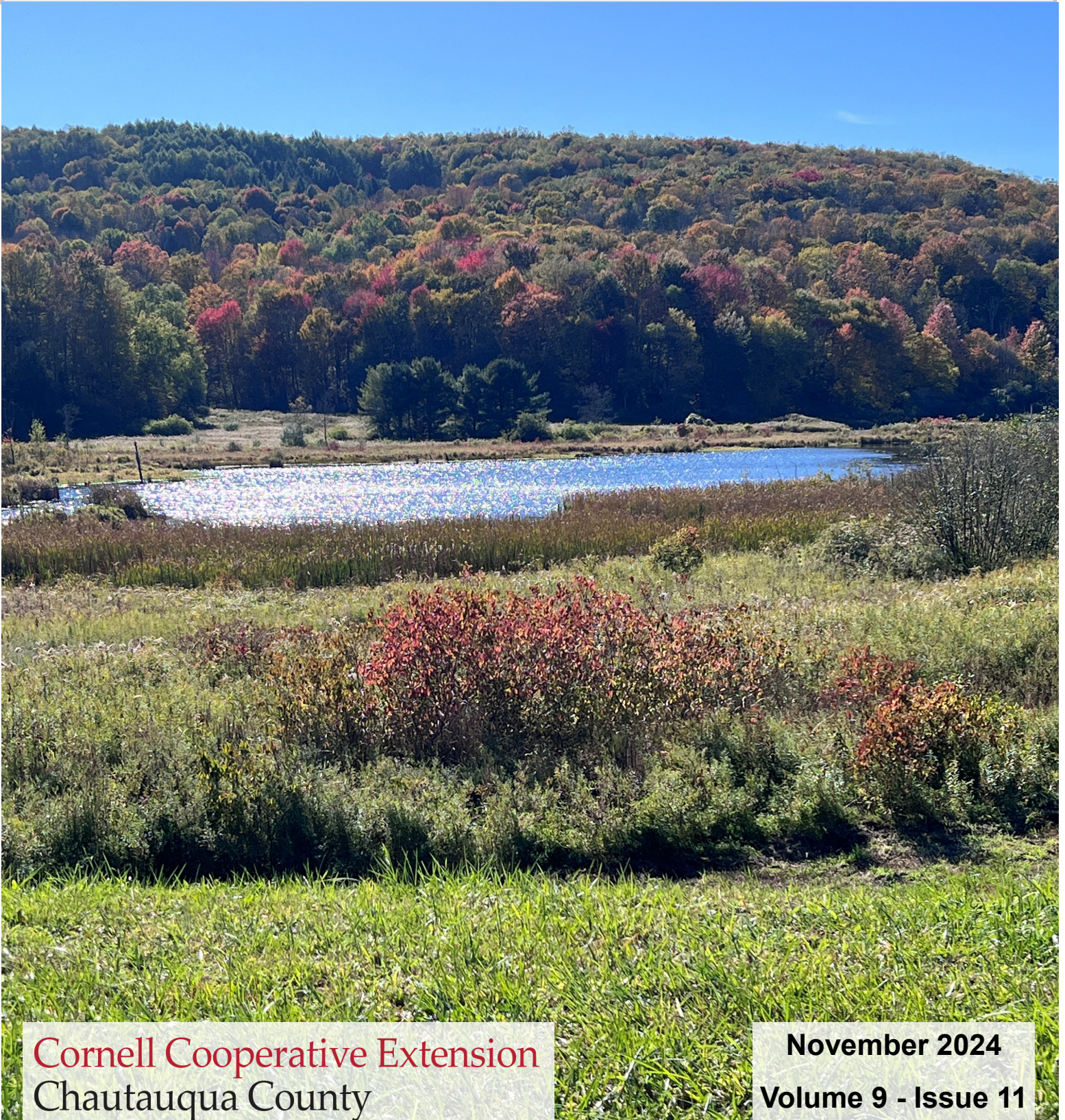


Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

November 2024  
Volume 9 - Issue 11

## IN THIS ISSUE

Board and Association News	3-5
Agriculture	6-10
News From Our Partners	11
4-H/Youth Development	12-15
EFNEP - Building Healthy Habits (Expanded Food and Nutrition Education Program)	16-17
Master Gardener	18-19

### Cornell Cooperative Extension of Chautauqua County Staff Contact Information

**Emily Reynolds**, CCE Executive Director  
eck47@cornell.edu  
716-664-9502 ext. 201

**Darcy Cramer**, Finance Associate  
dlc284@cornell.edu  
716-664-9502 ext. 208

**Lucia Conti**, Association Administrative Assistant  
lpc33@cornell.edu  
716-664-9502 ext. 209

**Lynne Wahlstrom**  
ilmw264@cornell.edu  
716-664-9502 ext. 212

**Josie Allen**, 4-H Development Educator  
jla298@cornell.edu  
716-664-9502 ext. 216

**Lisette Cabrera**, 4-H Program Coordinator  
lmc323@cornell.edu  
716-664-9502 ext. 214

**Molly Harvey**, SNAP Ed Nutrition Educator  
mmh273@cornell.edu  
716-664-9502 ext. 208

**Mary Ryder**, SNAP Ed Nutrition Educator  
mer262@cornell.edu  
716-664-9502 ext. 217

**Wendy Alexander**, EFNEP Nutrition Educator  
wa66@cornell.edu  
716-664-9502 ext. 221

**Linnea Haskin**, New York Food for New York Families  
lmc373@cornell.edu  
716-664-9502 ext. 210

**SWNY Dairy, Livestock, and Field Crops Program**  
CCE Chautauqua, @JCC Carnahan Center  
Jamestown, NY 14702  
716-640-0522  
kaw249@cornell.edu

**Lake Erie Regional Grape Program**  
6592 W. Main Road  
Portland, New York 14769  
716-792-2800

**Cornell Vegetable Program**  
480 North Main Street  
Canandaigua, NY 14424  
585-394-3977 ext. 426

**CCE - Chautauqua County**  
@ JCC Carnahan Center  
525 Falconer St. PO Box 20  
Jamestown, NY 14702-0020  
Phone: 716-664-9502 Fax: 716-664-6327  
[www.cce.cornell.edu/chautauqua](http://www.cce.cornell.edu/chautauqua)

**COVER PHOTO** Beautiful fall day in Western New York



**Your picture could be on our next cover!**

Send your submission to [lpc33@cornell.edu](mailto:lpc33@cornell.edu)

### **The Chautauqua County Extension Connection (USPS #101-400)**

The Chautauqua County Extension Connection (USPS#101-400) is published monthly by Cornell Cooperative Extension of Chautauqua County. Subscription included in minimum of \$65 Program Participation fee. Periodical Postage Paid at Jamestown, NY 14701. "POSTMASTER: Send address changes to the: Chautauqua County Extension Connection at 525 Falconer St. JCC Carnahan Center, PO Box 20 Jamestown, NY 14702-0020."

# Association News

## Board of Directors

Randolph (Randy) Henderson - President  
Alyssa Porter - Vice President  
George Haffenden - Treasurer  
Chad Buck - Secretary  
Suzanne Fasett-Wright  
Pat Walker  
Louis Smith  
Camille Martir Rosado  
Dawn Betts  
Dan Heitzenrater  
Jessica Brehm  
Sue Lindsey  
Emma Boutelle  
Fred Johnson—County Legislator  
Dinah Hovey, Master Gardener Rep  
Tom Nelson, County Legislator  
Renee Mooneyham - Extension Specialist

## Agriculture Program Committee

Derek Yerico, Dunkirk  
Rosemary Joy, Fredonia  
Mike Wilson, Silver Creek  
Katelyn Card-Allen, Jamestown  
Jessica Brehm, Falconer  
Ben Nickerson, Sherman  
Virginia (Ginny) Carlberg, Jamestown  
Emma Boutelle, Kennedy  
Andrew Campbell, Westfield

## 4-H Program Committee

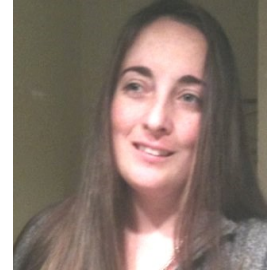
Mary Jantzi, Clymer  
Betty Catanese, Stockton  
Louis Smith, Silver Creek  
Laura LeBarron, Silver Creek  
Jan Schauman, Jamestown  
Keith LaRoy, Kennedy  
Sue Lindsey, Ashville  
Lindsay Eckman, Frewsburg  
Taylor Young, Panama

## 4-H Program Advisory Chairpersons

Joyce Edwards	Clothing and Textiles
Bart Nickerson	Dairy
Aaron Carlberg	Goat
Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
Kasey Fanara	Horse
Marie Warner	Snack Bar
Jamie Smith	Exhibition Poultry
Melissa Winton	Market Poultry
Kim Chapman	Rabbit
Louis Smith	Hog
Shawn Huntington	Sheep
Teen Ambassador	Cassie Skal

## From the Office of the Executive Director

The wind is getting chillier, the harvest is finishing up and cover crops are taking root for the winter. Thank you to everyone who attended our annual meeting. We recognized some outstanding volunteers for their service and welcomed new volunteers to our board of directors. Please join me in congratulating Mike Wilson, Rosemary Joy, Mary Jantzi, Dan Heitzenrater and Camille Rosado for their dedication and commitment to Cornell Cooperative Extension over the past 3- 6 years.



We are ever grateful for the support from the Chautauqua County Legislature, our community, and friends. We are also pleased to welcome to our board of directors Dinah Hovey, Jessica Brehm, Louis Smith, Sue Lindsey, Emma Boutelle, Suzanne Fasset-Wright, and Heather Gregory.

**Dianne Hovey** - Dianne, who is known to all as Dinah, is honored to be considered as an at-large candidate for the CCE Board of Directors. She has represented the CCE Master Gardener Program as a board liaison since 2022.

*Continued on page 4*

## A SMART CHOICE

Choosing the right insurance is about more than just getting the quickest quote. For more than a century, **AMERICAN NATIONAL** has provided reliable service and knowledgeable advice from local agents who take the time to listen and understand your unique needs.



**GEORGE HAFFENDEN** LUTCF  
AGENT

716.386.5393

ghaffenden@American-National.com

PO Box 300 Strykersville, NY 14145

<https://an.insure/georgehaffenden>

Products and services may not be available in all states. Terms, conditions and eligibility requirements will apply. Life insurance and annuity products underwritten by American National Life Insurance Company of New York, Glenmont, New York. Property and casualty products and services may be underwritten by Farm Family Casualty Insurance Company or United Farm Family Insurance Company, both of Glenmont, New York.

License 000000

14-065.87136.V4.03.20

Dinah grew up at Lighthouse Point on Chautauqua Lake near Mayville, NY, and currently lives in the 1870s farmhouse that was once part of the Whittier Apple Farm, and now is also an Event Center. Her children, grandchildren, and great grandchild all live in Chautauqua County. Since 2020, she has been a Master Gardener Volunteer for CCE Chautauqua. As a youngster, she learned to sew in 4-H and planted her first seeds while in kindergarten, fat wrinkly nasturtium seeds. Dinah still has the pin cushion that she made as a 4-H project. She believes in strong social and safety networks, improving food security for our communities and growing healthy food in healthy soil for healthy bodies. Dinah has worked as an occupational therapist, a massage therapist, has taught home economics and was at one time employed by Maryland Extension as an agent.

She has a bachelor's degree in occupational therapy and home economics as a graduate of the University of Buffalo and Buffalo State, respectively. Dinah is active in the community and enjoys gardening, reading, cooking, learning and is passionate about the soil food web and regenerative agriculture principles. Dinah states "I am a lifelong learner."

**Jessica Brehm** - Jessica and her husband, Bradley owns and operate a farm in Falconer, where they milk 150 cows and raise youngstock on about 300 acres, and market their milk to Upstate Niagara. Jessica and her family have hosted a CCE pasture walk in 2021, Visit the Farm Day in 2022 and wishes to continue helping with future Cooperative Extension events. Jessica has served on the Agriculture Program Committee for 4 years and is interested in continuing to represent Agriculture on the CCE-Chautauqua County Board of Directors.

**Louis Smith** - Louis Smith grew up and currently lives in Silver Creek, NY. He has been serving on the CCE Board of Directors representing the 4-H Youth Development Program since 2023. He has been on the 4-H Youth Development Program committee for two years, the 4-H Hog committee for five years, and was a 4-H youth for 13 years. Louis loves the opportunities provided by 4-H to work with youth, and helping to ensure the programs bring as much joy to its members as it did in his youth. He joined the Board of Directors initially to learn more about how 4-H and the board interact and to try and help bring 4-H's perspective to the board, as well as vice versa. CCE of Chautauqua County is currently involved in a capacity survey, in an effort to strengthen the organization. Louis takes pride in CCE and wants to improve the connection between the community and the board. Louis says, "Chautauqua's voice matters to us, and I hope to ensure that we will always be representing you."

**Sue Lindsey** - Sue has been a 4-H volunteer for the past 11 years. As a volunteer, she has served as treasurer of the 4-H Goat Committee for the past four years and served on the 4-H Youth Development Program committee for the past year. Currently, she is the representative for the 4-H Program Committee to the CCE Board of Directors, giving her direct exposure to the Board and its function. During her time as a representative, she enjoyed engaging at the Board level and would like to continue to serve the Ag and 4-H communities in this capacity.

Through her volunteer experience and raising two girls who have been active in the program, she has seen firsthand how 4-H can benefit children and help to make them better adults. She says "They grow up to understand the importance of being involved in their community as well as learning the responsibilities of taking care of others through their animal projects. My daughters, Emma, and Elizabeth, have learned many life skills that they will take with them into the next chapter of their lives, and I would like to help other 4-H youth to develop these skills going forward."

In addition to her volunteer experience, she has had a 30-year career in banking which has provided her with a solid foundation of professional and financial experience. Sue is currently employed by Cattaraugus County Bank as an Assistant Vice President holding the position of Commercial Loan Portfolio Manager. She feels her financial and professional background have provided her with qualities that would be beneficial to the Board.

**Emma Boutelle** - Emma has been a lifelong Chautauqua County resident and has served on the Agriculture Program Committee for one year. She and her husband own two businesses (South County Electric and Miller Valley CSA Farm) and currently reside in Kennedy with their two boys near the dairy farm (now retired) where Emma was born & raised. She grew up in the 4-H Youth Development Program and is currently a club leader, dairy committee member, and Master Gardener Volunteer. Emma began her CSA program in 2019, which provides fresh vegetables and local fruit for 15-22 weeks a year. She uses a biodynamic and organic management approach and has helped many other community

*Continued on next page*

members start and manage their own gardens under similar practices. Emma is incredibly passionate about local farming and looks forward to continuing to represent Agriculture on the CCE-Chautauqua County Board of Directors.

**Suzanne Fassett-Wright** - Suzanne Fassett-Wright, arts educator, percussionist, and conductor, has focused her professional work on empowering people of all ages to nurture a love of performing, creating, and enjoying the arts. Currently, she serves as the Director of Arts Education at Chautauqua Institution (CI), developing and implementing the Institution's arts education programs in music, drama, dance, and visual arts in the PreK-12 schools throughout Western New York. Suzanne is a passionate advocate for community-building through education and the arts, through her involvement in various community music ensembles and founding the Olney Central College Community Band. Suzanne has served one term as a member of the Cornell Cooperative Extension – Chautauqua County Board of Directors.

**Heather Gregory** - All roads seem to come back to CCE for Heather Gregory. Daughter of a Chautauqua County dairy farmer, Heather's life has been impacted and improved through her dad's interactions and experiences with CCE, and her own as a member of the Villanova Vikings 4-H club. While forever viewing herself as an Ag-vocate, Heather's interests in communication, media, and writing began her early career at The Parkersburg News in Parkersburg, West Virginia. She then explored advertising while working for Quality Stores Inc. in Muskegon, MI, and ultimately moved home to freelance for 13 years while raising her children, Autumn, and Collin. Freelancing gave her opportunities to reconnect with the dairy industry, and during that time she chaired the Chautauqua County Dairy Promotions Committee for about five years. Heather developed a passion for yoga and healthy living, which brought her to return to the full-time workforce as a Nutrition Educator for... CCE! Her career then returned to communications as she joined SUNY Jamestown Community College as a public relations specialist, and most recently Interim Director of Campus Life. In this role, Heather is working to deepen the partnership between CCE and the college by utilizing the knowledge of the nutrition staff to improve the JCC food pantry and bring more local information and education to Campus Life events for JCC students. Heather is honored to follow in her dad's footsteps and serve on the CCE Board of Directors.

The new constitution allows these volunteers to serve as at large elected board of directors members for a term of 3 years. We look forward to their continued service.

This time of year is always inspiring to me as I reflect on the many accomplishments and a few 'speed bumps' from 2024. We are really transforming this year, as we have taken a deep look at each of our positions, our internal strengths and the best path forward for CCE Chautauqua. A partnership with WNY foundation, Savvy Solutions and Mike Cardus has really helped us begin to plan for the future. That coupled with some staff departures, from staff members moving on to bigger and better experiences as given us the opportunity to reflect and plan for growth. We are very grateful for the support of Nancy Johnson who helped us through county and state fair in the 4-H department. We are happy to welcome into a temporary position, former 4-H member Lynne Wahlstrom who will be assisting with 4-H and AG programming. This assistance is providing us the time to establish the proper structure and list accurate positions for the staff we will be seeking for 2025 and beyond. It is clear, now more than ever, that CCE-Chautauqua is doing great things in our community.

Our Farm to School programing continues to grow, we have distributed numerous boxes of local food to residents with our new NY Food to NY Families program, our Master Gardener volunteer base is growing and we successful secured the Building Healthy Habits grant and the Supplemental Nutrition Assistant Program grant to continue offering nutritional support for income eligible families in our county. 2025 will be an exciting year for CCE Chautauqua. Thank you for supporting us.



CONGRATULATIONS ON YOUR

# RETIREMENT

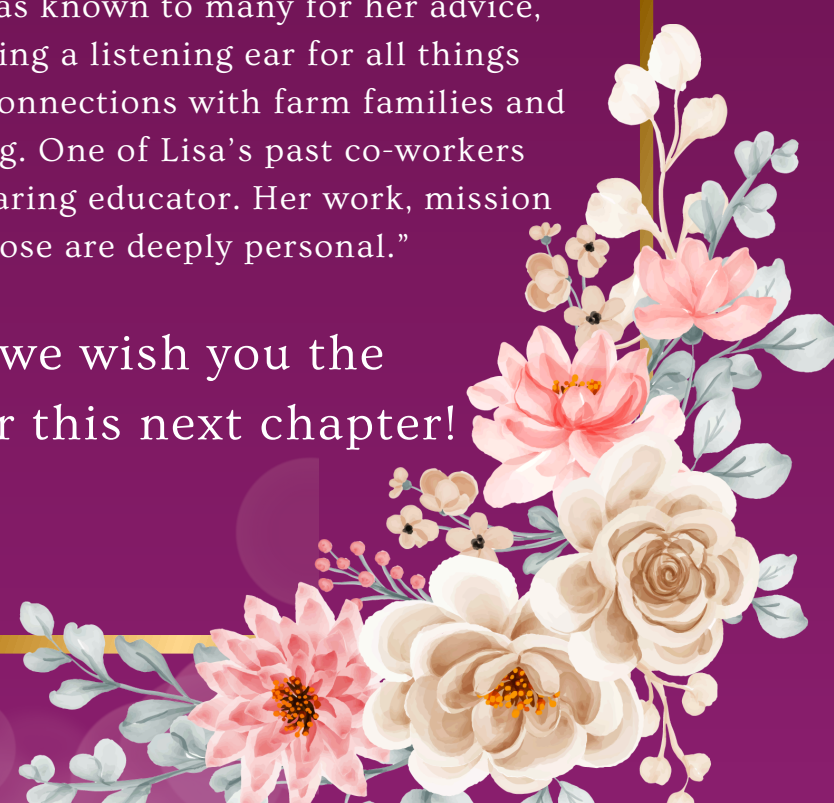
*Lisa Kempisty*



CCE Chautauqua congratulates Lisa Kempisty on her retirement! Lisa dedicated over 40 years to the Cornell Cooperative Extension during which she served in various roles including working with several producers in the Dairy and Livestock industries in both Chautauqua and Cattaraugus Counties. She also worked very closely with the 4-H Youth Development program. Throughout her 40 years, Lisa was known to many for her advice, networking connections and being a listening ear for all things agriculture. Lisa developed deep connections with farm families and was a key component in creating. One of Lisa's past co-workers described her as, "a warm, kind, caring educator. Her work, mission and purpose are deeply personal."



Lisa, we wish you the best for this next chapter!



# NY FOOD FOR NY FAMILIES SEES SUCCESSFUL 2024



The 2024 season saw CCE Chautauqua implement the New York Food for New York Families project, supporting our local farm economy while providing fresh, local foods to our food-insecure community.

## Between June and October, CCE:

- Purchased from approximately **23 Chautauqua County farms** and local food-businesses
- Invested over **\$250,000** into our local agriculture-based economy
- Distributed over **200,000 pounds** of locally grown, raised and produced products
- Collaborated with over **25 local volunteers**
- Supported **food access** in the communities of Ripley, Jamestown, Fredonia, Falconer, Frewsburg, Lakewood, Mayville, Sinclairville, Clymer, Brocton, and Dunkirk.



**Week One Food Box including garlic scapes, cucumbers, apple cider, fresh baked bread, snap peas, and lettuce**

Each week, NY Food for NY Families boxes were packaged and distributed by main partner **Brigiotta's Farmland Produce & Garden Center**.

Their labor force packaged an average of 500 boxes per week for 22 weeks!

We also collaborated with the **Office for the Aging's Local Roots** program, bringing 450 seniors fresh, local produce for a total of 12 weeks.

Other partners Jamestown Mobile Market, Ripley Public Library, Chautauqua County Rural Ministries, Salvation Army, St. Susan's Center, and Friendship Baptist Church of Dunkirk assisted in reaching vulnerable communities, including communities of color, low-income families, homeless individuals, and senior citizens.



**Student volunteers distributing NY Food for NY Families boxes at Friendship Baptist Church of Dunkirk**

## CCE Chautauqua LEAF Workshops Fall 2024 Schedule

*Striving to diversify and grow agriculture in Chautauqua County by connecting our area's residents, homesteaders, and farmers to educational resources.*

Registration & more available by calling the CCE office (716-664-9502) or by visiting: <https://chautauqua.cce.cornell.edu/agriculture/leaf-workshops>



### Grants & Planning for Business Success

Wednesday, November 6, 2024, 2:00 PM - 4:00 PM

You may dream of growing crops and raising livestock, but the reality of running a business is more than the fieldwork! This info-packed session will review the fundamentals of developing a business plan, including financial projections and breakeven analysis, as well as seeking financing through grants that don't need to be repaid. Free tools and resources will be provided by **Beth Reed** of the Small Business Development Center, grant writer **Paula Pichon**, and CCE Nutrition Educator **Linnea Haskin**.

### Honeybee Pests & Diseases

Tuesday, November 12, 2024, 6:00 PM - 8:00 PM

Join Chautauqua County beekeepers as they discuss major diseases and pests that a beekeeper must be on the lookout for. They will spend time talking about American Foulbrood (AFB), which is a bacterial disease that kills honeybee brood.

### So You Want to Start a Farm?

Thursday, December 5, 2024, 6:00 PM - 8:00 PM

This workshop is for participants who have ever dreamed of having their own farm operation! Topics covered will be broad and include enterprise selection, insurance, marketing, and resources for future exploration of owning your own farm business. This workshop will be taught by Katelyn Walley-Stoll, Team Leader and Farm Business Management Specialist from the Southwest New York Dairy, Livestock, and Field Crops Program with Cornell Cooperative Extension. Participants of this workshop will receive a comprehensive binder with additional resource material.

Join in-person at the JCC Carnahan Center (241 James Ave, Jamestown) or watch virtually on Zoom. Register online at [https://reg.cce.cornell.edu/LEAF2024F\\_206](https://reg.cce.cornell.edu/LEAF2024F_206) or call 716-664-9502.

Cost: \$5 per household



**LARRY ROMANCE & SON, INC.**  
Parts - Sales - Service

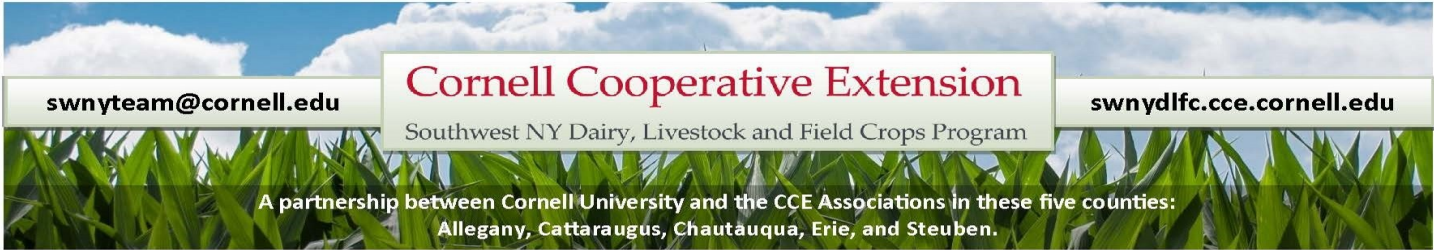
***Come see us for all your Vineyard - Dairy - Construction & Consumers Needs***

SHERIDAN, NY • 2769 ROUTE 20  
(716) 679-3366 • [tractorsales@netsync.net](mailto:tractorsales@netsync.net)

ARCADE, NY • 543 W. MAIN ST.  
(585) 492-3810

[www.larryromanceandson.com](http://www.larryromanceandson.com)





Cornell Cooperative Extension’s Southwest New York Dairy, Livestock, and Field Crops Program (SWNYDLFC)

**Steuben County Crop Symposium**

**November 14, 2024** : Steuben County Crop Symposium  
 1:00 PM - 4:00 PM  
 Cornell Cooperative Extension Steuben County  
 Bath, NY



The Southwest Dairy, Livestock, and Field Crops Team and Cornell Cooperative Extension Steuben County are excited to host the Steuben County Crop Symposium. Meeting will take place November 14th from 1:00 - 4:00 PM. Cost is \$5 and can be paid at the door with cash or check.

Pre-registration is required. Register online <https://swnydlfc.cce.cornell.edu/event.php?id=2467> or contact Kelly Bourne at 585-268-7644 ext. 10.



**DISCOVER  
 AN ENTIRE  
 ORGANIZATION  
 WORKING FOR  
 YOUR SUCCESS.**



**Nobody serves your ag credit needs like Farm Credit East.**

Farm Credit East was made in agriculture. It’s all we do. So every product, every service and every person is dedicated to meeting your financial needs and growing your success. We know agriculture, we understand your business needs, and work to achieve your goals.

Discover the difference at Farm Credit East.

[farmcrediteast.com](http://farmcrediteast.com) | 800.562.2235

- Loans & Leases
- Financial Record-Keeping
- Payroll Services
- Profitability Consulting
- Tax Preparation & Planning
- Appraisals
- Estate Planning
- Beginning Farmer Programs
- Crop Insurance



# The choice of champions for udder quality and performance



Thank you for over 25 years of shared commitment to the amazing dairy cow and over 15 years as unanimous choice of champions at the World Dairy Expo. Want your fresh cows to get their best start? We have what you need, with tools that fit any milking setup and herd management environment. Whether at the show preparing your best cow for the ring, or at home preparing large groups of fresh cows to get all the way ready, fast, for successful lactation... her comfort is our passion, helping reach their potential since 1998!

***"Cows love Udder Comfort. So do we. Every fresh cow gets it."***

— Nathan Thomas, Triple T Farm, North Lewisburg, Ohio home to WDE 2024 grand champion Jersey and supreme overall, owned by Vierra Dairy, Hilmar, California  
Stoney Point Joel Bailey

***"Ever since it came out, it's the first thing we go to. We use Udder Comfort™ for a week after calving. It does the job on udder quality and performance."***

— Jeff Butler and Michael Deaver, Butlerview Farm Chebanse, Illinois, exhibiting the WDE 2024 grand champion Red & White and reserve supreme Premium Apple Crisp Lilly-Red

## UDDER COMFORT™

Helping reach their potential since 1998!  
Softer udders → Faster milking → Better quality → MORE MILK



Her comfort is our passion!

1.888.773.7153 • [uddercomfort.com](http://uddercomfort.com) • [uddercomfort.blog](http://uddercomfort.blog)

# News From Our Partners

## Annual Chautauqua County Farm Bureau Meeting

*By Tim Bingham, Cassandra Skal*

On the evening of Tuesday, September 17, 2024, likeminded friends, and neighbors from near and far gathered at the Falcons Nest in Falconer, NY for the Annual Chautauqua County Farm Bureau Meeting. There were about 27 guests in attendance including a large volume of elected officials.

Richard Kimball, Chautauqua Co Farm Bureau President welcomed everyone and introduced board members in attendance including, Jim Joy, Kaitlyn Bentley, Shannon Mardino, Jim Joy, Rich Jozwiak, Robert Patterson, Brian Jantzi, and Cassandra Skal. Also in attendance was Lavern Warriner the local NYFB District 1 Director and Tim Bigham NYFB County Manager.

The elected officials in attendance were introduced and welcomed to say a few words. The following elected officials were in attendance:

Andy Goodell – Assembly member

PJ Wendell – County Executive

James Quattrone – Sheriff

Andrew Molitor – Assembly candidate

Michael Bobseine – Assembly candidate

Susan Parker – County legislator

The dinner was catered by Three C's Catering of Falconer, NY, and featured beef on weck, pasta, and salad.

President, Richard Kimball then called the annual meeting to order and gave the President's report recapping all of the hard work that was completed by the local Farm Bureau in the last year. A few of those include sending representatives to Lobby Days in the spring, sending representatives to the state Farm Bureau meeting, hosting a grape conference to discuss legislation, multiple safety events including DOT inspections, grain bin rescue, lagoon rescue, and a growers meeting for grape producers affected by the frost damage this year. Richard recalled his many years of service and talked fondly of the memories and connections he has made and announced that he is stepping down from the president post but plans to remain on the board of directors. Dick then led us through approving the secretary meeting minutes and the treasurers report.

NY Farm Bureau County Manager, Tim Bigham, then lead the meeting through Board of Directors elections where it was unanimously agreed upon the following:

- \* **President (1 year term)** – Robert Patterson Jr, Portland
- \* **Vice President (1 year term)** – Jim Joy, Fredonia
- \* **Directors (2-year term)** – Kaitlyn Bentley, Jamestown; Brian Jantzi, Clymer; Evan Schiedel, Ripley; Cassandra Skal; North Clymer

Director (1 year term) – Richard Kimball, Dewittville  
Young Farmer and Rancher Chair (1 year term) – Lindsey Crisanti Meeder

Promotion and Education Chair (1 year term) – Cassandra Skal, North Clymer

It was noted that Rich Jozwiak, Fredonia and Shannon Mardino, Sherman are both currently in midterm.

Jim Joy discussed recent safety training events that he and Steve Bourgeois, Special Operations Coordinator for Chautauqua County Emergency Services arranged and executed. Jim announced that FB applied for and received a grant for additional safety training and a grain bin auger for rescue. He credited the Lesch Farm and Westfield Ag and Turf for assisting in making these events possible by donating supplies and time. He also thanked Mr. Bourgeois again for all of his help and support. It is important for local farmers to know that our local Farm Bureau is doing things like this to help keep everyone safe, farmers and first responders alike.

Jim Joy then presented Richard "Dick" Kimball with a plaque on behalf of the Board of Directors acknowledging Richard's time and energy that he gave to Farm Bureau for eleven years as president, three additional years as county director and six years as district representative on the New York Farm Bureau board of directors.

Tim Bigham also discussed the report on our local memberships and some of the things Farm Bureau has to offer. Lavern Warriner was invited to the podium and proceeded to tell the group some things going on at the New York Farm Bureau and what to expect from the State Convention in December.

Rich Jozwiak then lead us through the policy resolutions, discussion, and adoption where we unanimously agreed on the following two:

- \* Several regulation distinctions separating recreational from farm use ATV's.
- \* Dedicating Funding for Cornell Cooperative Extension from the Executive budget each year

County Executive PJ Wendell set the record straight that he is not in favor of the wetlands project and that the lake is a lake by definition. Andy Goodell followed up.

The evening ended in more discussion amongst guests, and we cannot wait to see everyone again next year!

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dairy Project 6:30 PM	2
3	4 Rabbit Committee 6:30 PM	5 Goat Committee 6:30 PM	6 Exhibition Poultry Committee 6:30 PM Hog Committee 6:30 PM	7 LEAF Jr. Knit Looming 6:00 PM	8	9 Beef Tagging (At farms)
10 Beef Tagging (If necessary - at farms)	11 Veteran's Day 	12 Program Committee 6:30 PM Horse Committee 6:30 PM	13 Club Officer Training 6:30 PM Dog Committee 6:30 PM	14 Dairy Committee Rm 120 Sheep Committee 6:00 PM Sheep Project 7:00 PM	15	16 Dairy Project 11:00 AM
17	18 Goat Project 6:30 PM	19 Rabbit Project 6:30 PM	20 Exhibition Poultry Project 6:30 PM Dog Project 6:30 PM	21 Presentation Day Training 101 6:30 PM	22	23 LEAF Jr. Plastic Canvas 10:00 AM
24	25	26	27	28 Thanksgiving Holiday 	29 Thanksgiving Holiday 	30

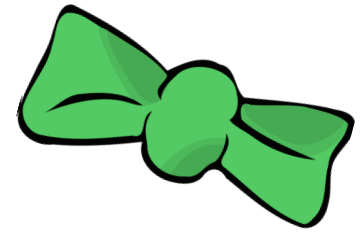
# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Goat Committee 6:30 PM	3	4 Exhibition Poultry Committee 6:30 PM	5 Beef Project 6:30 PM  Beef Committee (following Project)	6 Rabbit Committee 6:30 PM	7
8	9 Rabbit Project 6:30 PM	10 Horse Committee 6:30 PM	11 Hog Committee 6:00 PM Dog Committee 6:30 PM	12 LEAF Jr.	13	14
15	16	17 Goat Project 6:30 PM	18 Hog Project 6:30 PM	19 Sheep Committee 6:00 PM Sheep Project 7:00 PM	20	21
22	23	24 Christmas Holiday 	25 Christmas Holiday 	26	27	28
29	30	31				



## Chautauqua County 4-H 11th Annual Green Tie Affair

Sunday, February 23rd, 2025  
Chautauqua Harbor Hotel  
Celeron, NY



## 4-H Club Officer Training

Wednesday, November 13th

6:30 pm

JCC Carnahan Center

Open to all Chautauqua County 4-H Volunteers and 4-H club officers.

Learn more about Roberts Rules of Order, your role, and take home helpful information to improve your club throughout the 4-H year.

## 4-H Horse Project Fundraiser

The 4-H Horse Project is selling

- Mini Lead Ropes
- Lung Lines
- Lead Lines



Please contact a Horse Committee Member for more details.

## Meat Animal Sale Youth

Consider making your arrangements for your extra animals early this year. There will be ABSOLUTELY no animals leaving on the slaughter trucks that have not gone through the Meat Animal Sale. All others will be leaving after 3:00pm on Sunday on their own trailers.



# save the date



2025  
NATIONAL  
4-H CONFERENCE

FRIDAY, APRIL 11 – WEDNESDAY, APRIL 16

USDA National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE

Interested in attending? Register for the online Information Session, November 21st at 4 PM at [www.nifa.usda.gov/national-4-h-conference](http://www.nifa.usda.gov/national-4-h-conference)

## UPCOMING LEAF JR. CLASSES

### Knit Looming

November 7th at 6:00 P.M.

Learn to knit on a round loom to make hats, scarves, gloves and more!

Registration required. Limit of 25 youth.



### Introduction to Needlepoint

### Craft of Plastic Canvas

November 23rd, 10 A.M.-12 P.M.

Learn the basics and take home a project! Follow up opportunity will be available for other items.

Registration required. Limit of 25 youth.



## 4-H Dairy News

### Mandatory 4-H Dairy Meeting

Youth must attend one mandatory 4-H Dairy expectations meeting being planned for 4-H youth and minimum of one 4-H parent. The dairy committee will discuss the expectations of the 4-H dairy program, handbook, record book and other topics.

Two meetings are currently being planned for Friday, November 1st at 6:30 pm and Saturday, November 16<sup>th</sup> at 11:00 am (to be held prior to the 4-H Dairy Project meeting) both at JCC. Complimentary pizza will be provided at both meetings. Dairy buds are welcome to attend but will not be required.

Please RSVP to Bart/Julie Nickerson, [bjnick@windstream.net](mailto:bjnick@windstream.net) or call 814-392-1499 at least 3 days prior to each meeting, to help plan for refreshments. Please watch the Chautauqua County 4-H Dairy Facebook page for updates.

### 4-H Dairy Project Kick-off Meeting

Saturday, November 16<sup>th</sup> at 12:00 noon to 2 pm, with pizza lunch included. 4-H youth will learn about the reproductive system. All 4-H Dairy members and Dairy Buds are welcome to attend.

Please RSVP to Bart/Julie Nickerson, [bjnick@windstream.net](mailto:bjnick@windstream.net) or call 814-392-1499 at least 3 days prior to the meeting, to help plan for refreshments. Please watch the Chautauqua County 4-H Dairy Facebook page for updates.

### Committee Members Wanted

The 4-H Market Poultry committee is looking for additional volunteers. If you are interested in joining this committee or any other of our animal species committees, please reach out to the 4-H office for more details.

Call 716-664-9502 ext. 214 or email Lisette at [lmc323@cornell.edu](mailto:lmc323@cornell.edu)



# 2024-2025 4-H Theme Revealed By Teen Ambassadors



# Animal Project News

## Exhibition Poultry Project

### Committee Meeting

Wednesday, November 6th  
6:30 PM  
Wednesday, December 4th  
6:30 PM

### Project Meetings

Wednesday, November 20th  
6:30 PM  
Wednesday, January 8th  
6:30 PM

**\*ALL meetings are at 6:30 PM unless otherwise noted**



Committee Chair: Jamie Smith  
smith\_jamie@mac.com

## Horse Project Committee Meetings

Wednesday, November 12th  
6:30 PM  
Tuesday, December 10th  
6:30 PM



**\*ALL meetings are at 6:30 PM unless otherwise noted**

Committee Chair: Kasey Fanara  
blondieshort24@yahoo.com

## Rabbit Project

### Committee Meetings

Monday, November 4th  
6:30 PM  
Friday, December 6th  
7:00 PM



### Project Meetings

Tuesday, November 19th  
Monday, December 9th

**\*ALL project meetings at 6:30 unless otherwise noted\***

**\*Committees at 7:00 PM \***

Committee Chair: Kim Chapman  
kchapman4574@gmail.com

## 4-H Program Committee

Tuesday, November 12th  
6:30 PM



## Beef Project Committee Meetings

Thursday, December 5th  
(following Project meeting)

### Project Meetings

Thursday, December 5th

### Beef Tagging at Farms

Saturday, November 9th  
Sunday, November 10 (if necessary)

**\*ALL meetings are at 6:30 unless otherwise noted\***

Committee Chair: Dave Schauman  
chautcobeeffprogram@gmail.com

## Hog Project

### Committee Meetings

Wednesday, November 6th  
Wednesday, December 11th

### Project Meetings

Wednesday, December 18th

**\*All project meetings are at 6:30 PM unless otherwise noted. Committee is at 6:00 PM**

**Please note:** One parent/guardian MUST attend meetings with their 1st and 2nd year members.

Committee Chair: Louis Smith  
716-785-1890



## Dairy Project

### Committee Meetings

Thursday, November 14th  
6:30 PM

### Project Meetings

Friday, November 1st  
6:30 PM  
Saturday, November 16th  
11:00 AM

Committee Chair: Bart Nickerson  
bjnick@windstream.net

## Dog Project



### Committee Meetings

Wednesday, November 13th  
Wednesday, December 11th

### Project Meetings

Wednesday, November 20th  
Wednesday, December 18th

**All Project and Committee Meetings at 6:30 PM**

Committee Chair: Roxanne Young  
roxy6825@windstream.net

Any changes will be posted on Remind

## Market Poultry Project

### Committee Meetings

TBA

### Project Meetings

TBA



Committee Chair: Melissa Winton  
Melissa\_deck@yahoo.com

## Sheep Project



### Committee Meetings

Thursday, November 14th  
Thursday, December 19

### Project Meetings

Thursday, November 14th  
Thursday, December 19th

**\*All committee meetings at 6pm and project meetings at 7pm unless otherwise noted\***

Committee Chair: Shawn Huntington  
shuntington@randolphcsd.org



## Goat Project

### Committee Meetings

Tuesday, November 5th  
Monday, December 2nd

### Project Meetings

Monday, November 18th  
Tuesday, December 17th

**\*ALL meetings are at 6:30 PM unless otherwise noted\***

**Watch our Facebook page!**

Committee Chair: Aaron Carlberg  
716-483-5161



HEAD



HEART



HANDS



HEALTH



**Building**  
Healthy Habits

# Autumn Quick Tips

Cornell  
Cooperative  
Extension

Always use a food thermometer to make sure turkey is cooked thoroughly, to 165°F.



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



## Turkey Tips!

For many families, turkey is the star of the Thanksgiving meal. Follow these tips to make sure your turkey is properly thawed and cooked to keep your family safe from foodborne illnesses.

1. When buying a frozen turkey, plan on 1 pound per person.
2. Make room in your refrigerator to thaw the turkey.
3. Place the turkey on a plate and keep the wrapper on.
4. Plan thawing time. It takes 24 hours to thaw 4-5 pounds of turkey. A 15-pound turkey take 3-4 days to completely thaw in the refrigerator.
5. Always wash your hands with soap and warm water before and after handling a raw turkey.
6. The safest way to cook stuffing is in a casserole dish, not in the turkey.
7. Roast your turkey at 325 degrees and cook until a meat thermometer, inserted into the thickest part, reads 165 degrees.
8. Let the turkey rest for 20 minutes to let the juices settle before carving.

## Cultural Corner

Did you know that butternut squash and cranberries are native to North America. They were introduced to the Pilgrims by Native Americans.

Eating Healthy Day-  
November 6

National Eat a Cranberry

Day- November 23rd

National Diabetes Awareness  
Month

## What's in Season





## Recipe

### Not Your Everyday Apples

Makes 4 servings, one serving 3/4 cup

#### Ingredients

- 3 medium apples, chopped (3 in diameter)
- 1/2 cup raisins
- 2 teaspoons butter
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon



#### Directions

1. Wash your hands with soap and water, then rinse or scrub apples under running water before preparing.
2. Preheat oven to 400 degrees F.
3. Mix chopped apples with raisins, butter, brown sugar, and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.

#### Notes:

Try serving this recipe with vanilla or plain yogurt.

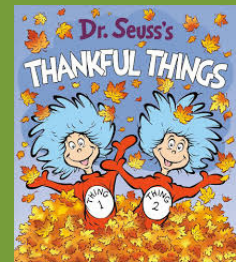
No raisins? Use any dried fruit cut into bite-sized pieces, if needed.

Nutrition Facts: Serving Size: 3/4 cup Calories: 150, total fat: 2g, saturated fat: 0g, 12% calories from fat; sodium 20mg, carbohydrate: 36g, fiber 4g, total sugars: 27g, added sugar: 2g, protein: 1g, Vitamin D: 0mcg, Calcium: 20mg, Iron: 1mg, Potassium: 285mg  
Source: FoodHero.org



#### Kids' Book Nook

With your child, visit the local library and check out "Thankful Things" by Dr. Seuss. Read the book with your child. As a family, talk about the things each family member is thankful for.



For more information contact:

Cornell Cooperative  
Extension of  
Chautauqua County

Jamestown Office: Wendy  
Alexander  
(716) 664-9502 Ext. 221  
wa66@cornell.edu

## Monthly Tips:

Building Healthy Habits BHH



## Cold Frames Can Extend Your Growing Season

By Laura A. Marsala *Master Gardener Volunteer*

If closing down the garden for winter is a sad day at your house, consider extending your growing season by constructing a cold frame. They can be inexpensive to make, and many cooler weather vegetables—such as leaf lettuce, spinach, kale, arugula, beets, carrots, chard, parsley, and radishes—do quite well into the cold months if protected properly. Cold frames are also great places to harden off seedlings that were started indoors in the spring.

Exactly what is a cold frame? Simply put, it's a box with a translucent covering, rather like a mini-greenhouse, that protects your plants from winter's fluctuating temperatures, winds, and precipitation. Cold frames moderate these extremes by capturing the sun's warmth during the day. Closing the cover at night helps retain that warmth. The sides and cover of the cold frame provide protection as well.

### MATERIALS & CONSTRUCTION

While ready-made cold frames may be purchased, they can be made from scrap material you have on hand. Timber, bricks, plastic, Plexiglas, even hay bales can work, as long as light is able to enter and ventilation is adjustable. Here are some construction tips:

- Use hardwood if possible as it will last longer than softwood.
- Don't use wood that's been treated with creosote or similar non-earth-friendly products, especially if you'll be positioning the cold frame directly on the soil. If painting it, use a non-toxic paint.
- Top the box either with glass (perhaps an old storm window) or a frame covered with clear plastic. Thicker materials will provide more insulation. Old windows and shower doors are classic subjects for this project.
- Hinge the cover or add a sliding lid so that it may be opened for ventilation on warm days.
- A crude cold frame can be made by cutting the bottoms out of plastic milk jugs and placing them over individual plants, holding the jugs in place with mounded soil. During sunny days, remove the caps for ventilation.



## POSITIONING YOUR COLD FRAME

Select a location that gets the maximum sun exposure (facing south), noting where the shade of trees and buildings fall. If the back of the frame is cut higher than the front, it is more efficient to catch the slanting rays of the winter sun. Set the frame directly on your garden soil if you have raised or garden beds. Prepare the soil as you would for any vegetable crop.

## CHOOSING YOUR CROPS & PLANTING

Select cool-weather vegetables that are popular in your household. Make sure your cold frame is big enough to accommodate plant height. Consider your region's low temperatures.

Plant crops in later summer or early fall so they will grow to maturity before it gets too frigid. For most areas, that means your crops should be nearing full size by late November. After that, further growth will be limited. Once cold weather really sets in, the cold frame acts like a cooler that keeps your crops fresh until you harvest them.

After planting, water young plants as you normally would out in the garden. Even moisture, not overly wet soil, is best. As temps decrease, the need to water is reduced.

## HOW TO USE YOUR COLD FRAME

A minimum/maximum thermometer inside the frame helps keep track of temperatures. In times of extreme cold, an insulated, reflective cover over the frames at night is helpful as long as it's opened during the day to let in the sun.



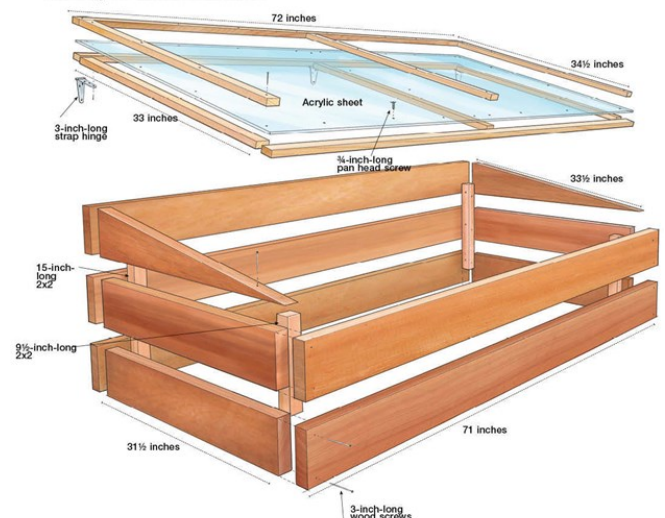
You won't need to use the cover for your fall-planted, cold-frame crops until night temperatures start to dip below 40F. Once you start covering the cold frame, be mindful that most days you will need to lift the cover during the day, at least a bit, to vent the cold frame. On sunny days, the temperature inside a closed cold frame can get hot enough to ruin these cool-season crops, so always err on the side of venting too much than too little.

Once the weather turns cold, your crops won't need much maintenance other than venting and harvesting. Start harvesting early to thin out crops, allowing more space for the remainder to mature. As you harvest full-size plants and free up space in the cold frame, consider replanting lettuce or spinach for an early spring crop.

These are only some of the highlights for building and using cold frames. There are many styles and techniques, and an abundance of information is readily available online. These simple structures are ready to go to work for you with minimum effort, so take this pause in early fall—after garden cleanup and before leaf duty starts—to get your fresh winter vegetables off to a great start.



An easy-to-build cold frame



The Chautauqua County Extension Connection (**USPS#101-400**)  
is published monthly by Cornell Cooperative Extension of  
Chautauqua County, JCC Carnahan Center  
525 Falconer Street, PO Box 20  
Jamestown, NY 14702-9608

**Periodical Postage Paid at  
Jamestown, NY 14701.**

*Cornell Cooperative Extension is Chautauqua County's link to Cornell University. Our purpose is to make available to the individuals, families, communities, and businesses of Chautauqua County the resources and research-generated knowledge of Cornell University.*

*By identifying and addressing local needs, Cornell Cooperative Extension provides practical information to help people help themselves and develop their leadership potential. Please feel free to contact Cornell Cooperative Extension for more information.*

*The "Extension Connection" is prepared by the CCE staff and is published monthly by Cornell Cooperative Extension - Chautauqua County. **If you have information for the "Extension Connection" it needs to be in the CCE office by the 10th of each month for the following month's issue.***

*The views expressed in presentations made at CCE meetings or other CCE events are those of the speaker and not, necessarily, of CCE or its Board of Directors. Presentations at CCE events, or the presence of vendors at CCE events, do not constitute an endorsement of the vendor or speaker's views, products or services.*

*With regard to any information presented at any CCE event, CCE does not make any warranty, express or implied, including the warranties of merchantability and fitness for a particular purpose, and specifically disclaims any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, service or process presented and makes no representation that its use would not infringe upon privately owned or intellectual property rights such as Copyright, Trademark, Trade Dress etc.*

*The presence of a commercial vendor at a CCE event, and the presentation by any vendor of any information regarding any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply CCE's endorsement, recommendation, or favoring of such item or organization.*

*Any such material presented by any vendor in any format, without limitation, is for informational purposes only. Any potential customer of any vendor, who is present at a CCE event, is expected to conduct their own due diligence and assessment of the vendor, product, or services as appropriate for their needs.*

*The information herein is supplied with the understanding that no discrimination is intended and no endorsement by Cornell Cooperative Extension is implied. Please contact the Cornell Cooperative Extension - Chautauqua County office if you have any special needs. Cornell Cooperative Extension of Chautauqua County is an Equal Opportunity Program and Employer.*