

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

December 2023
Volume 8 - Issue 12

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

Lisa Kempisty

Dairy/Livestock Community Educator
ljk4@cornell.edu
716-664-9502 ext. 203

Rose Clarke

Agriculture Program Coordinator
rnc339@cornell.edu
716-664-9502 ext. 202

Lindsey Crisanti

Youth Development Lead Educator
lc832@cornell.edu
716-664-9502 ext. 212

Lisette Cabrera

4-H Program Coordinator
lmc323@cornell.edu
716-664-9502 ext. 214

Josie Allen

4-H Development Educator
jla298@cornell.edu
716-664-9502 ext. 216

Molly Harvey

SNAP Ed
mmh273@cornell.edu
716-664-9502 ext. 208

Mary Ryder

SNAP Ed
mer262@cornell.edu
716-664-9502 ext. 217

Wendy Alexander

EFNEP Nutrition Educator
wa66@cornell.edu
716-664-9502 ext. 221

Ko Svetanics

EFNEP Nutrition Educator
kosvetanics@me.com
716-664-9502 ext. 215

Shannon Rinow

Master Gardener Volunteer Coordinator
smr336@cornell.edu
716-664-9502 ext. 224

SWNY Dairy, Livestock, and Field Crops Program

CCE Chautauqua
@JCC Carnahan Center
525 Falconer St. PO Box 20
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

IN THIS ISSUE

Board and Association News	3
Agriculture	4-8
CCSWCD Chautauqua County Soil & Water Conservation District	9
4-H/Youth Development	10-13
Master Gardener	14-15
SNAP - Ed New York	16-17
EFNEP - Building Healthy Habits (Expanded Food and Nutrition Education)	18-19

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Send your submission to lpc33@cornell.edu

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Association News

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Virginia (Ginny) Carlberg, Jamestown

4-H Program Committee

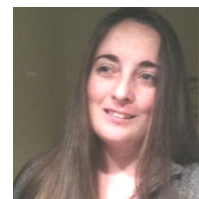
Brittany Begier, Jamestown
Mary Jantzi, Clymer
Betty Catanese, Stockton
Beth Southworth, Bemus Point
Kimberly Witherow, Sherman
Louis Smith, Silver Creek
Laura LeBarron, Silver Creek
Jan Schauman, Jamestown

4-H Program Advisory Chairpersons

Joyce Edwards	Clothing and Textiles
Bart Nickerson	Dairy
Keith LaRoy	Goat
Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
Kasey Fanara	Horse
Nannette Knappenberger	Snack Bar
Jamie Smith	Exhibition Poultry
Julie Covert	Market Poultry
Kim Chapman	Rabbit
Ken Styers	Hog
Shawn Huntington	Sheep

From the Office of the Executive Director

As the year concludes, I cannot help but reflect on our successes and look forward to the future. A special thank you to the Chautauqua County Legislature for their generous and continued support. CCE in Chautauqua has grown this year and we hope you find our programs worthwhile, informative, and innovative. Please visit our website and review our 2023 Annual Report. We continue to grow into 2024 as we have received the NY Food for NY Families Grant for \$800,000 to administer local products to residency in low access food areas of our County. We also received a grant from the WNY Health Foundation to complete a capacity building study and have contracted with Mary Beth Debus of Program Savvy Solutions. We look forward to learning how we can continue to improve our support for county residents.



This time of year, it is also important to recognize The United Way of Southern Chautauqua County for their support that allows 4-H members the opportunity to join 4-H through a partial assistance scholarship. This support allows members the opportunity to experience the nation's greatest youth development program. I encourage everyone to support the United Way Campaign efforts that annually will invest more than \$1 million dollars into 40 organizations in Southern Chautauqua County. You can visit them directly at www.uwayscc.org.

If you have not yet joined 4-H or subscribed to CCE of Chautauqua County, you can do so by visiting our website www.cce.cornell.edu/chautauqua or calling the office at 716-664-9502.

As always please feel free to contact me with any questions or concerns. Enjoy the upcoming holidays and in a world where you can be anything, be kind.

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Sherry B Coventry
Agricultural Insurance Account Executive
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Chautauqua County Agricultural News



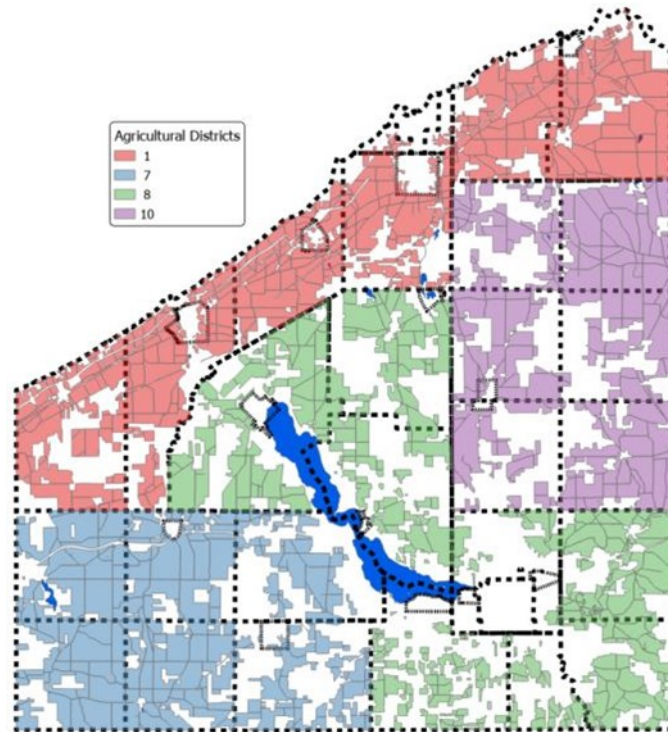
Chautauqua County
DEPARTMENT OF PLANNING AND DEVELOPMENT
Agricultural Districts Inclusion Period

The Chautauqua County Department of Planning and Development is preparing for the upcoming inclusion period for the Chautauqua County Agricultural Districts.

Landowners can request to have viable agricultural land added to an ag. district during the annual inclusion period from **January 2 to January 31**. Lands already included in the district need not submit a request. Landowners must complete the Agricultural District Inclusion Worksheet, which includes a written description of the land, the tax map identification number and be accompanied by a copy of the relevant portion of tax map showing the location of the property you would like included into the Ag District. This worksheet and additional information on the process can be found at: bit.ly/CHQaginclusion. You can print out the appropriate map via the County's GIS website available at: bit.ly/CHQgis.

Please submit all inclusion requests to the Department of Planning and Development, 201 West Third Street Suite 115 Jamestown, NY 14701 or email to sharp1@chqgov.com on or before 4:30 PM on January 31, 2024. **Inclusion requests can only be accepted during the inclusion period from January 2 to January 31.**

An agricultural district is a geographic area which consists predominantly of viable agricultural land. Agricultural operations within the district are the priority land use and afforded benefits and protections to promote the continuation of farms and the preservation of agricultural land. Once land has been added to the ag. district there are no additional yearly requirements. Land can only be removed from an ag. district during the eight-year review process.



For more information on Chautauqua County's Agricultural District and the Inclusion Period please contact:

Lauren Sharp, Junior Planner
Chautauqua County Department of
Planning & Development
BWB Center 201 West Third Street Suite 115
Jamestown, New York 14701
Phone: (716) 661-8245
Email: sharp1@chqgov.com



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4-H Welcomes Community Educator

Cornell Cooperative Extension of Chautauqua County welcomes Josie Allen as the new 4-H Development Educator organizing special interest programming. Josie grew up in Sherman, NY and was active in the Chautauqua County 4-H program for eleven years as a member of the Sherman Kountry Kids, the Hog Program, and Dairy program. She received her Bachelor of Science in Animal Sciences this past May from Penn State University. As a past 4-H member herself, she understands how important youth experiences are and is excited to be involved.

Josie's position will enhance 4-H Youth Development in Chautauqua County in two relatively new programming areas for our residents. Ag In the Classroom is a long-standing program in the State of NY that CCE Chautauqua County was previously unable to offer. Now thanks to a new partnership with E2CC BOCES, CCE is able to offer Ag in the Classroom programming to any interested school in Chautauqua County. Josie's first program will be our long-established Agricultural Literacy week in which agricultural industry volunteers read to all second-grade students across the entire county. Her efforts will no longer be limited to this volunteer program as she can offer course work and curriculum in a variety of agricultural education opportunities. Interested schools should contact CCE Chautauqua for more details.

Josie will also be offering out-of-school and after-school 4-H experiences to youth ages 5- 19 years of age. This programming was previously offered under a grant from the Ralph C. Wilson Foundation but with continued support from the Chautauqua County Legislature, CCE can continue to introduce youth who have not previously been involved in 4-H Programming to new innovative, short term, special interest, programs. This opportunity is allowing research based, positive youth development to be offered to libraries, home school groups, after school programs and youth in areas previously not served by our traditional 4-H programs.

Thank you for joining CCE in welcoming Josie Allen to our team. CCE Executive Director Emily Reynolds states, "we are pleased to have a former 4-H member, who is committed to life-long learning and sharing of her experiences. We know she will help us enrich the lives of youth and promote agricultural awareness."



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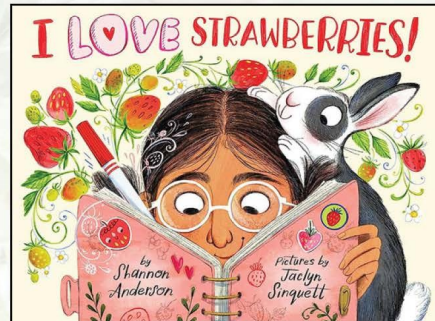


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- Estate Planning
- Beginning Farmer Programs
- Crop Insurance



2024 Agricultural Literacy Week

March 18-22nd is Agricultural Literacy Week! Volunteers will read an agricultural book to students in schools across Chautauqua County in an effort to increase agricultural education. Agricultural Literacy Week is a celebration of our county's legacy and the hard work of those in our number industry who produce healthy, local food, 365 days a year!



Cornell Cooperative Extension of Chautauqua is currently in need of volunteer readers and seeking donations to ensure the success of this exciting outreach effort. Please contact Josie Allen, 4-H Development Educator with CCE-Chautauqua at 716-664-9502 ext. 216 or jla298@cornell.edu for more information.

New York Employers Must Post Pay Rates in Job Ads

As of September 17, 2023, New York employers with 4 or more employees must post pay information and a brief job description in any advertising about a job, promotion, or transfer opportunity for a job to be performed in the state. The law also applies to jobs performed outside of New York that report back to a supervisor in New York. In most cases, employers must post a good faith range of pay that describes the upper and lower bounds that an employer is willing to pay for a given job. For example, if a farm is advertising for an equipment operator with some experience, it might advertise a range of \$15 to \$22 per hour; assuming that an operator with some experience will be above minimum wage but the farm is not willing to pay more than \$22 per hour for this position. Employers can also state a simple pay rate such as \$16 per hour or \$55,000 per year in salary. Proposed regulations (which are open for comment until November 13 by emailing regulations@labor.ny.gov) for this law indicate that the stated pay rates can-not include any value of benefits such as: tips, insurance, time off, retirement, meals, housing, etc.

A FEW POINTS TO BE CLEAR:

Pay ranges cannot be open-ended, such as: "the pay range is \$17 and up."

In an employer finds a highly qualified applicant and needs to pay him or her at a rate higher than the advertised pay

range, that is acceptable and still considered "in good faith" by the employer.

"Advertising" includes simple actions such as sending out an email soliciting for job candidates or posting on social media. Any means of advertising is covered, including by third parties such as recruiters who are acting on behalf of the employer.

This law does not require employers to advertise for jobs, promotion, or transfer opportunities. It only requires pay information when the employer chooses to advertise for them.

The law also "prohibits employers from retaliating against employees who discuss their compensation with coworkers."

FOR MORE INFORMATION:

New York's Pay Transparency website - <https://dol.ny.gov/pay-transparency>

Fact Sheet for Employers - https://dol.ny.gov/system/files/documents/2023/10/p687-pay-transparency-law-for-employers_0.pdf

Proposed Regulations - <https://dol.ny.gov/system/files/documents/2023/09/text-salary-transparency-8.28.23-for-website.pdf>

Source: <https://agworkforce.cals.cornell.edu/2023/10/18/new-york-employers-must-post-pay-rates-in-job-ads/>



Wyoming County Maple School & Trade Show

Friday, December 8, 2023, 8:00 AM - 1:30 PM

Location

Attica Central School
3338 East Main Street
Attica, NY 14011

Register online at: https://reg.cce.cornell.edu/MapleSchool2023_256

Session topics will include:

- Maple Syrup Production for Beginners
- Funding Opportunities
- Social Media, Promotion, and Maple Marketing Value Added Maple
- Maple Grading and other Marketing Requirements
- Invasive Species
- Lifting Sap with Vacuum Pumps
- Reverse Osmosis: The Basics

Bring your hydrometers & refractometers to be checked.

Accommodations for those with special needs may be made 10 days prior to the event by contacting Emily Wallace err32@cornell.edu or phone 585-786-2251.

The event is hosted by Attica FFA.

Fee

Registration is \$15 per person and includes lunch. Door prizes will also be available!

How Should I Prepare My Garden Tools for Winter?

Proper care of garden tools and equipment prolongs their lifetime, prevents costly repairs, and improves their performance. In fall, remove caked-on soil from shovels, spades, hoes, and rakes with a wire brush or stiff putty knife. Wash the tools with a strong stream of water, then dry. Sharpen the blades of hoes, shovels, and spades. Wipe the metal surfaces with an oily rag or spray with WD-40. Sand rough wooden handles, then wipe with linseed oil to prevent drying and cracking. Hang or store the tools in a dry location. Drain water from garden hoses. To prevent kinking, store hoses on reels or coil and place on a flat surface.

Source: <https://hortnews.extension.iastate.edu/faq/how-should-i-prepare-my-garden-tools-winter>

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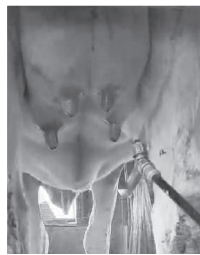
— Brad Palmer



PIGEON COVE FARMS, Warfordsburg, Pennsylvania
Palmer Family, 440 cows, 94 lbs, SCC 140,000

“We tried other products and found out: Udder Comfort™ is the one that really works. It’s the best for fresh cows, any type of swelling, any cow with elevated SCC or a hard quarter, mastitis, even an injured quarter,” says Brad Palmer of Pigeon Cove Farms, Warfordsburg, Pennsylvania.

“We got back on Udder Comfort last year for its effectiveness. We’re using the Udder Comfort Battery-Operated Backpack Sprayer now, spraying fresh udders with Udder Comfort after each milking for 5 days after calving.



“This really helps our milk quality. We use this product because it delivers results,” he adds.

Three generations are involved in the farm: Brad and Linette and son Logan, daughter Hailey, and Brad’s parents Lonnie and Debra. The 440 Holsteins and Jerseys average 94 pounds of milk with SCC 140,000.



Backpack-Video



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Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,
Suite 600, Jamestown, NY 14701
Phone (716) 664-2351 Ext 5
Email: chaut-co@soilwater.org
Board Meetings are held the third Wednesday of
each month at 8:30 AM
Board of Directors: Fred Croscut, Pierre Chagnon,
Bruce Kidder, Allen Peterson, Lisa Vanstrom



SWCD Staff:
David Spann, District Field Manager
Cassandra Pinkoski, Grants Specialist
Greg Kolenda, District Field Technician
Gage Lindell, District Field Technician
NRCS Jamestown Field Office Staff:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Soil Conservationist

Stream Erosion & What to Do About It

Within Chautauqua County, many landowners have been experiencing erosion in their streams and ditches due to the increased rain events that have been taking place throughout the past few years. Landowners have been seeing unprecedented rain events one after the other, which has greatly affected water channels all throughout the county. If you are one of these people, our office can provide technical assistance and possibly obtain grant funding for your project.

The procedure from assessing your erosion problem to the end result of fixing it is quite simple, but it is usually a long process. The first step to fixing an erosion problem is to call professionals, like Soil & Water, to assess the issue. Once this is done, technical assistance can be provided through designing and permitting the project. Determining if your project needs a permit is simple, but if your property falls on a protected stream, this can lengthen breaking ground on a project by months. For a protected stream project, a permit must be sent into the New York State Department of Environmental Conservation (NYSDEC). They must review the project, which can take months due to the influx of permit requests they receive on a regular basis. It is advisable to plan well in advance for any stabilization project that a landowner would want to pursue.

Grant funding is also something that the District may be able to help a landowner pursue. Grant funding is not something that will be available to all landowners because it is usually dependent on the watershed that your project falls within. One common grant funding opportunity that this office utilizes is known as the


2% Bed Tax Water Quality Grant. This opportunity can fund up to \$40,000 on one project. The minimum a landowner can apply for is \$500. This grant is competitive, and they are reviewed in the spring by the Chautauqua County Waterways Panel. There are several criteria that this panel uses to rank the applications like erosion and sediment control benefits, water quality benefits, feasibility, ecological benefits, riparian buffers, and more. However, it is a good idea to plan well ahead before applying for this grant because work cannot begin until the year after the grant is approved. If the erosion you are experiencing on your property is severe and needs immediate attention, this grant may not be a good fit.

While there are many landowners who need assistance to resolve their erosion issues, the Soil & Water office is prepared to help. Call us at 716-664-2351 x5 to set up a time to visit your property. We are looking forward to helping you!





December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4 H Dairy Project Scholarship Application Due	2
3	4 Rabbit Committee 6:30	5 Program Committee @Steener's 6:30	6 Hog Committee Dog Committee 6:30	7 Sheep Committee/ Project 6:00/7:00 Beef Project/ Committee 6:30/7:30	8	9
10	11	12 Exhib. Poultry Committee Horse Committee 6:30	13 Hog Project Dog Project 6:30	14	15 Rabbit Project 6:30	16 L.E.A.F Jr.- Christmas Crafts 10:00
17	18	19	20 L.E.A.F. Jr.- Christmas Crafts (Snow day date) 5:00	21	22	23
24	25 	26 	27	28	29	30
31 Happy New Year!						

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3 Hog Committee 6:30	4	5	6
7	8	9 Horse Project 6:30 L.E.A.F Jr.- Wool Felting 5:30 Rabbit Committee 6:30	10 Dog Committee 6:30	11	12	13
14	15	16 Rabbit Project Horse Project 6:30	17 Beef Committee Dog Project Hog Project 6:30	18 Sheep Meetings 6:00/7:00	19	20
21	22	23	24	25	26	27
29	30	31				

4-H Dairy Bowling Party: Thursday, December 28th

11:00 am - 2 pm Complimentary Pizza Lunch & Bowling . All 4-H Dairy Youth Invited to bowl including DairyBuds. At Jamestown Bowling Company, 850 Foote Ave, Jamestown, NY
RSVP to Lisa: lj4@cornell.edu or 716-664-9502 Ext 203 with names of adults & youth attending

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 extra will be leaving after 3:00pm on Sunday on their own trailers.

4-H DairyBuds Project Meeting

Saturday, January 20, 2024 at 1:00 pm
DairyBuds will learn the parts of the cow and make delicious Ice Cream! JCC Carnahan Building, 241 James Ave., Jamestown. RSVP to Lisa: lj4@cornell.edu or 716-664-9502 Ext 203 with names of youth attending

4-H Dairy Bowl

Friday, December 15, 2023 at 6:00 pm
Complimentary Pizza & snacks at 6 pm, Dairy Bowl practice following pizza at JCC Carnahan Building, 241 James Ave., Jamestown. RSVP to Lisa: lj4@cornell.edu or 716-664-9502 Ext 203 with names of youth attending

L.E.A.F Jr. Classes

December 16th 10:00AM @JCC- Christmas Crafts Youth will be able to make holiday décor and gifts just in time for the holidays. Hot Cocoa, a baked potato bar, and snacks are provided.
Please sign up with Lindsey lc832@cornell.edu
Cost: \$10 4-H youth or \$15 for non-4-H Youth (Please pay ahead)
Snow Date: December 20th 5:00 PM
Making: Christmas Tree Swags, ornaments, homemade candles, etc.

January 9th 5:30 PM @JCC - Wool Felting Youth will be able to make their own felted fun shapes out of felted wool!
They will learn about fiber and felting.
This is a process with needles so we ask for anyone with youth 7 and younger to have a parent or guardian present for the class.
Cost: \$5 per youth.
Limited space available



4-H Youth Fly Fishing

The Children in the Stream/4-H Youth Fly Fishing Program started its 25th season. Classes resumed Oct. 3 and will continue weekly through May 14 except for Nov. 21, Dec. 26, and Jan. 2. The fly tying/fly fishing classes will occur every Tuesday from 7pm to 8:30pm in the Costello Room in the Rockefeller Art Center at the State University of New York at Fredonia. The program is open to children over 12 (younger if accompanied by an adult), faculty, staff and community members of all ages. Classes and supplies are provided at no cost. No long-term commitment is needed.

Looking For More Committee Members!

The Chautauqua County 4-H is looking for more members to join their committees

- Exhibition Poultry
- Dairy
- Horse
- Beef
- Dog

Please reach out to the 4-H office for more details! If you have any interest email Lindsey, lc832@cornell.edu or call 716-664-9502 ext. 212



4-H HIGHLIGHTS

Congratulations to the NYS 4-H Dairy Judging team for placing 5th overall at the North American International Livestock Exposition in Louisville, Kentucky in November. Larsen Swan, Dairy Project member, was one of the 4 youth on the NYS Dairy judging team. They were second team reasons, 5th overall, high Holstein and high Guernsey team. Larsen was 7th overall individual in the Guernsey breed and 8th overall individual in the Brown Swiss.

The team members were Isaac Folts, Allison Gabel, Elise Donlick and Larsen Swan and were coached by Casey Arlig.



Pictured (Left to right): Morgan PePue, Elise Donlick, Allison Gabel, Isaac Folts, Larsen Swan, and Casey Arlig



Sara Couchman, a member of the Chautauqua County Jr. Trail Riders Club and Horse project member, recently attended the Eastern National 4-H Round Up in Louisville, KY, representing New York State as an individual presenter. She competed at the county level in March of this year before moving on to Regionals in April where she tied for first. Charlotte won the Individual Presenter category with an astonishing 290 out of possible 300 points. Charlotte was one of 200 competitors between all categories: Hippology, Communications, and Horse Bowl.

After 8 long years with Dairy Bowl, Dayne Jantzi, Sherman Kountry Kids club member, reached his goal in Louisville at the highest competition for the dairy bowl. You can only go and compete once, so Dayne knew he had one time chance to finish first. Typically, a team consists of four members, but this trio was solid, earning bonuses for all three team members correctly answering questions. They consistently dominated teams as they marched undefeated into the finals.

The NYS team, made up of Western New Yorkers beat Wisconsin earlier in the morning, and in the finals replay in their sixth match of the day. Back in April at the State level Dayne placed third in the Senior Individual contest and is one of four who were eligible to go onto the National Competition.



Front row: Nathan Foss William Andrew, Dayne Jantzi
Back row: Deborah Grusenmeyer, coach; Matthew Young, coach

Animal Project News



Exhibition Poultry Project

Committee Meetings

December 12th

Project Meetings

January 24th

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

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

December 5th @ Steener's

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



Teen Ambassadors

TBA

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



Dog Project

Committee Meetings

December 6th

January 10th

Project Meetings

December 13th

January 17th

All Project Meetings at 6:30 PM

Any changes will be posted on
REMIND!

Committee Chair: Roxanne Young
roxy6825@windstream.net



Horse Project

Committee Meeting

December 12th

January 9th

Project Meetings

January 16th

February 27th

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

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Beef Project

Committee Meetings

December 7th

Jan 17th

Feb 14th

Project Meetings

December 7th

ALL meetings are at 6:30 unless otherwise noted

Committee Chair: Dave Schauman
chautcobeeffprogram@gmail.com

Market Poultry Project

Committee Meetings

February 8th

Project Meetings

February 8th

Committee Chair: Julie Covert
jcoverts@windstream.net



Sheep Project

Committee Meetings

December 7th

January 18th

February 15th

Project Meetings

December 7th

January 18th

February 15th

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

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Rabbit Project

Committee Meeting

December 4th

January 8th

Project Meetings

December 15th

January 16th

ALL project meetings at 6:30 unless otherwise noted

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

Committee Chair: Kim Chapman
kchapman4574@gmail.com

Hog Project

Committee Meeting

December 6th

January 3rd

February 7th

Project Meeting

December 13th

January 17th

February 14th

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

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

Committee Chair: Ken Styers
styersk@yahoo.com



Dairy Project

Committee Meetings

January 23rd

6:30 PM

Project Meetings

Dairy Bowl– December 15th

6:00 PM

Bowling– December 28th

11:00 AM

Dairybuds– January 20th

1:00 PM

Committee Chair: Bart Nickerson
bjnick@windstream.net



Goat Project

Committee Meeting

December 4th

January 29th

February 27th

Project Meetings

December 12th

February 5th

March 11th

ALL meetings are at 6:45 PM unless otherwise noted

Watch our Facebook page!



2024 MASTER GARDENER TRAINING



Classes are Tuesday evenings 6:00pm-8:00pm
March 5, 2024- June 11, 2024

Classes held at CCE Cattaraugus:
28 Parkside Drive Ellicottville, NY
Zoom option is available

Open to
Cattaraugus &
Chautauqua
County Residents

Apply online, print and mail application or stop by the office

<https://cattaraugus.cce.cornell.edu/gardening/master-gardener-volunteer-program>

Master Gardener Volunteers are individuals from the community who enjoy gardening and use their horticultural skills and expertise to educate others. In return for their training, Master Gardener Volunteers donate their time teaching the community about gardening and the environment.

Subjects included in the training program include:

- Garden Botany • Herbaceous and Woody Plants • Garden Design • Integrated Pest Management • Lawn Care • Nuisance Wildlife Management • Native Plants • Soils, Fertilizers and Composting • Pruning • Vegetable Gardening • Invasive Plants and Pests



Lunch & Learn

Free Master Gardener Winter Education Series

House Plants 101

Monday, December 6, 2023

Noon-12:30pm

Join Master Gardener Irene Culpepper and she shares tips and tricks on growing beautiful house plants, common issues and how to propagate cuttings.

Vermicomposting Class

Monday, December 11, 2023

Noon-12:30pm

Learn how worms reduce our food waste and turn it into rich organic matter for your garden.

Planning a Vegetable Garden

Tuesday, January 23, 2024

Noon-12:30pm

Come learn some tips and trick on how to successfully grow your own food.

National Seed Swap Day & Catalog Party

Saturday, January 27, 2024

Noon-1:00pm

Join CCE's Master Gardeners to learn all about seed starting, where to buy seeds and bring seeds if you would like to swap!

Join us in person at CCE-Cattaraugus
28 Parkside Drive Ellicottville or Via Zoom

Please preregister by calling:

716-699-2377 ext 127 or visit:

<https://cattaraugus.cce.cornell.edu/events>

Make Jam & Learn How to Can!

Thurs. February 1, 2024

Noon-3:00pm

In honor of National canned food month, participants will get to make jam and take a jar home!

A Visit to The Soil Food Web; a Magical Place That Will Help You Grow Your Best Garden Ever!

Monday, February 12, 2024

Noon-12:30pm

Join CCE Master Gardener, Dinah Hovey as she takes you on a journey into the wonderful world of soil health.





Make our own stock for soups, stews, and learn about the benefits.



Save Money While Eating Healthy.

Making your own stock with kitchen scraps that you would normally throw away is cost effective and a great way to control your sodium intake, as store bought broths and stocks tend to be high in sodium.

Save Time.

Soups and stews are one pot meals that do not require much time. They can be made in bulk and froze for future easy meals or used as leftovers for a couple different meals. When making soups and stews you can take control of varying your veggies, varying your protein routine, and making 1/2 your grains whole grains.



Make Your Own. Making your own stock is not hard. Start by saving your lettuce stems, green onion tops, carrot tops, onion, garlic, potato and carrot peels, broccoli stems, celery tops and bottoms, and any other vegetable scraps that you accumulate. If you want a meaty flavor you can throw in meat bones or even the neck from your holiday turkey that you froze! You can store the scraps in a freezer bag and place in the freezer and continue adding to it over time. When you have a bag or two take them out of the freezer, and dump them into a large pot. Fill the pot with water (about 8-10 cups) and place on the stove on high heat. At this time you can add pepper, and any seasoning that you enjoy and stir. Its fun to experiment.

Once boiling, turn heat to low and allow to simmer for 1-2 hours. The longer it simmers the more flavorful it will be, and more nutritious. When done boiling, allow to cool. Run through a colander to strain the remaining vegetables out. You can pour the stock into ice cube trays or freezer safe storage containers and freeze. Take out some stock when you plan on making soup, or stew. Stock can even be used in place of water when cooking rice or grains for added flavor and a boost of nutrients.



Remember, the benefits of healthy eating add up over time, bite by bite! For a full video on how to make your own stock with kitchen scraps, please visit: [SNAP-Ed NY - Stock with Kitchen Scraps - YouTube](#)

Ingredients:

- 1 cup onion, chopped (1 medium onion)
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 tablespoon oil
- 2 cups broth (chicken or vegetable)
- 1 ½ cups cooked white beans (1 can – 15.5 ounces, drained and rinsed)
- 1 ¾ cups diced tomatoes (1 can – 14.5 ounces with juice)
- 1 tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

Directions:

- In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
- Add broth, white beans, and tomatoes; stir to combine.
- Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
- Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
- Refrigerate leftovers within 2 hours.



Kale and White Bean Soup



Cold weather is here, but we can still stay physically active!



If winter weather prevents you from getting exercise outside, don't give up! There is plenty you can do indoors - no gym required. Try these indoor activities:

- Home workout routine (many free on the internet)
- Dancing
- Active housework like vacuuming and sweeping.
- Mall walking (include your friends)
- Bowling as a family
- Yoga or other fun group activities
- Stair climbing
- And many more!



For more information:
Patty Amidon, SNAP-Ed NY Project Manager
✉ paa79@cornell.edu
(585)268-7644 ext. 12



WINTER QUICK TIPS

Building Healthy Habits: Food and Community Nutrition



Make the Most of Your Food Shopping Dollars

Food prices have increased dramatically over the past year. Try these ideas to make the most of your food shopping money.

1. See what you already have in your cupboards, refrigerator, and freezer so you don't rebuy these items.
2. Make a list of meals and snacks you need to shop for - a week, two weeks? What foods do you already have that you can use to make meals or snacks? Add to your shopping list other fruits, vegetables, dairy products, whole grains, and lean protein foods you need to complete the meals and snacks you have on your list.



3. Remember to consider fresh, frozen, canned, and dried fruits and vegetables when making your list. All varieties are healthy!
4. Finish your list so it is organized to follow the aisles where you shop. This will save you time and help you not to forget anything you need.
5. Compare prices when shopping. Store brands are usually less expensive.

GET MORE *Healthy* RECIPES

Applesauce French Toast

Makes 6 servings, serving size is 1 slice

Ingredients

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon cinnamon
- 2 teaspoons sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices of whole wheat bread

Directions:

1. Wash hands with soap and water.
2. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla, and applesauce. Mix well.
3. Soak bread one slice at a time until mixture is slightly absorbed.
4. Lightly grease a skillet or griddle. Cook over medium heat until golden brown on both sides.
5. Serve hot. Refrigerate leftovers within 2 hours.

Find more recipes at: <https://fnec.cornell.edu/for-participants/recipe-table/>

Nutrition Facts for 1 serving: 140 calories, 3.5g total fat, .5g saturated fat, 0g trans fat; 23% added calories from fat; 65mg cholesterol, 220mg sodium, 24g total carbohydrates, 2g dietary fiber, 6g total sugars, 1g added sugars, 8g protein, 1mcg Vitamin D, 118mg calcium, 1mg iron, 62mg potassium, 2mg vitamin C

Source: FoodHero.org

Kids Corner

With your child, make a visit to your local public library and borrow “The Story of Snow: The Science of Winter’s Wonder” by Mark Cassino. Read the book with your child then take a walk in the snow together. On your walk, talk about what you learned from reading the book.



For more information contact:

Cornell Cooperative Extension of Chautauqua County

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

Dunkirk office: Ko Svetanics
(716) 664-9502 Ext. 215
kws75@cornell.edu



<http://www.facebook.com/adoptinghealthyhabits>



Adopting Healthy Habits

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