

Cornell Cooperative Extension of Chautauqua County's

# Extension Connection



Cornell Cooperative Extension  
Chautauqua County

January 2025  
Volume 10 - Issue 1

## IN THIS ISSUE

Board and Association News	3
Agriculture	5-10
CCSWCD Chautauqua County Soil & Water Conservation District	11
4-H/Youth Development	12-16
Master Gardener	17
EFNEP - Building Healthy Habits (Expanded Food and Nutrition Education Program)	18-19

**COVER: Cold Winter Day!**



**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)

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# Association News

## Board of Directors

Randolph (Randy) Henderson - President  
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 Tom Nelson, County Legislator  
 Renee Mooneyham - Extension Specialist

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 Katelyn Card-Allen, Jamestown  
 Jessica Brehm, Falconer  
 Ben Nickerson, Sherman  
 Virginia (Ginny) Carlberg, Jamestown  
 Emma Boutelle, Kennedy  
 Andrew Campbell, Westfield

## 4-H Program Committee

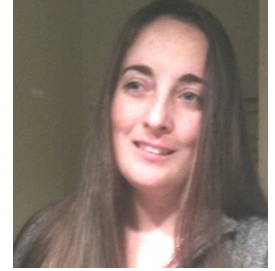
Betty Catanese, Stockton  
 Louis Smith, Silver Creek  
 Laura LeBarron, Silver Creek  
 Jan Schauman, Jamestown  
 Keith LaRoy, Kennedy  
 Sue Lindsey, Ashville  
 Lindsay Eckman, Frewsburg  
 Taylor Young, Panama

## 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
Cassie Skal	Teen Ambassadors

## From the Office of the Executive Director

Happy New Year and Thank You for your continued support of Cornell Cooperative Extension of Chautauqua County!



I do hope that your year was full of more ups than downs and more memories than pain. We look forward to seeing everyone throughout our many programming opportunities this year. If you have a chance review our past successes in our 2024 Annual Report, now available on our website.

It is a time to rejoice in all of our blessings and to look forward to new opportunities. Over the last year, CCE has continued to come together and serve the community with a positive outlook on the future of agriculture, youth development and nutrition. In times of stress and economic struggle, it can be difficult, but the positive feedback, encouraging stories and continued support gives us all hope and encouragement. It is my sincere hope that you find encouragement and positive programming opportunities from CCE-Chautauqua. Below is a statement from our board of directors. It is also included in our annual report for 2024 but is worthy to share here too.

*Continued on page 4*

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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.

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Continued from the office of Executive Director

“As members of the Cornell Cooperative Extension – Chautauqua Board of Directors, we are so very thankful for the hard work of all who have labored this past year to forward the organization’s mission, which is to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work. This past year has been a season of change, but also of hope for the future.

Over the past year, CCE-Chautauqua has experienced several staffing changes, adding new members to the team and wishing others well as they move on to their next professional venture. CCE-Chautauqua has now seen evidence of current workforce trends showing that approximately 30% of the total workforce will change jobs every 12 months, a modern truth that is now coming to pass in our organization. Adding new employees and saying goodbye to valued team members is difficult. It adds to the workload of current staff and grace needs to be offered to new employees as they learn their roles. We are so very thankful for the dedication of the CCE-Chautauqua staff as they navigate these changes, knowing their work lifts up so many that depend on CCE-Chautauqua throughout the county.

We are also so very thankful for the support of the Western New York Foundation as CCE-Chautauqua works through a capacity assessment called “ICAP”. This process started in

early 2024 and is intended to examine the current structure of CCE-Chautauqua and how it might be improved to better serve all stakeholders. This process has already proved to be valuable, connecting us with experts who can guide the organization towards more effective strategic planning, stronger support for engaging with stakeholders in the County and to explore the best use of available resources to support the needs of those we serve. We are in the middle of this process now and will be updating the public as we finalize the steps that will be taken in the future.

One of the goals explored as a part of the ICAP study is increased board recruitment and engagement. To that end, the website will be updated with information about how to become a board member, what the responsibilities are and ways to reach out to learn more. We encourage you to keep your eye out for that information coming soon.

We greatly look forward to continuing to support the efforts of CCE-Chautauqua through our close work with Emily Reynolds as she leads the staff through this challenging time of transition. We pledge to provide our support and guidance, listening closely to the needs of the community with an eye towards improving communication and clarifying the potential impact of the changes yet to come resulting from the ICAP study. We are proud of the significant growth that has happened over the last year, are unified to take on the challenges to come and we look to the future with great hope for what is to come.” – CCE Board of Directors



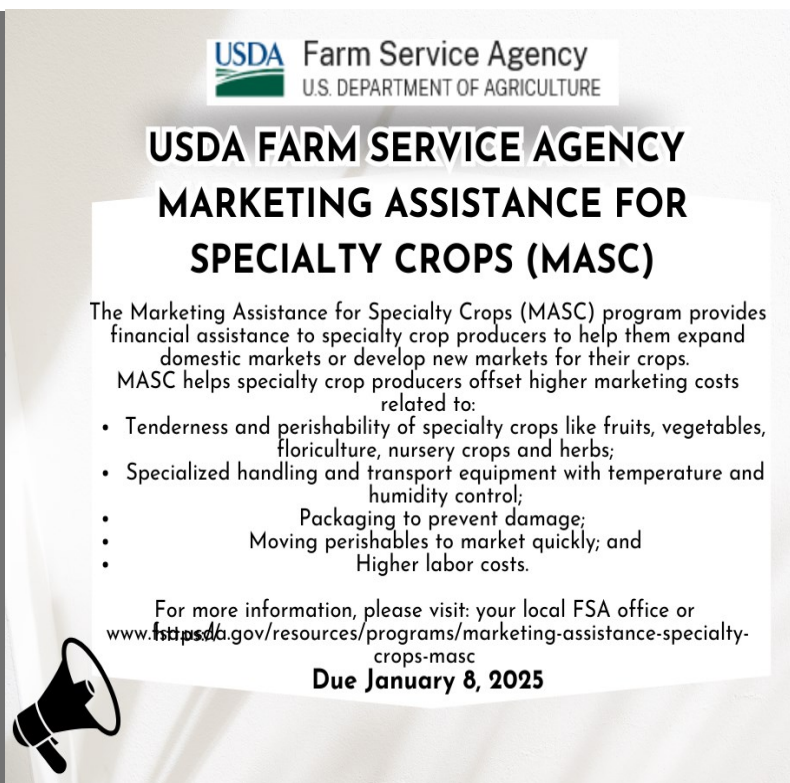
Looking for Agriculture and Gardening updates in between newsletter publications? Find the latest on our website!

<https://chautauqua.cce.cornell.edu/agriculture/ag-news-and-updates>

Also, find us on Facebook at <https://www.facebook.com/CCEChautauqua/>

Or call CCE Chautauqua at (716)664-9502

Cornell Cooperative Extension | Chautauqua County



USDA Farm Service Agency  
U.S. DEPARTMENT OF AGRICULTURE

### USDA FARM SERVICE AGENCY MARKETING ASSISTANCE FOR SPECIALTY CROPS (MASC)

The Marketing Assistance for Specialty Crops (MASC) program provides financial assistance to specialty crop producers to help them expand domestic markets or develop new markets for their crops. MASC helps specialty crop producers offset higher marketing costs related to:

- Tenderness and perishability of specialty crops like fruits, vegetables, floriculture, nursery crops and herbs;
- Specialized handling and transport equipment with temperature and humidity control;
- Packaging to prevent damage;
- Moving perishables to market quickly; and
- Higher labor costs.

For more information, please visit: your local FSA office or <https://www.fsa.usda.gov/resources/programs/marketing-assistance-specialty-crops-masc>

**Due January 8, 2025**

# 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.

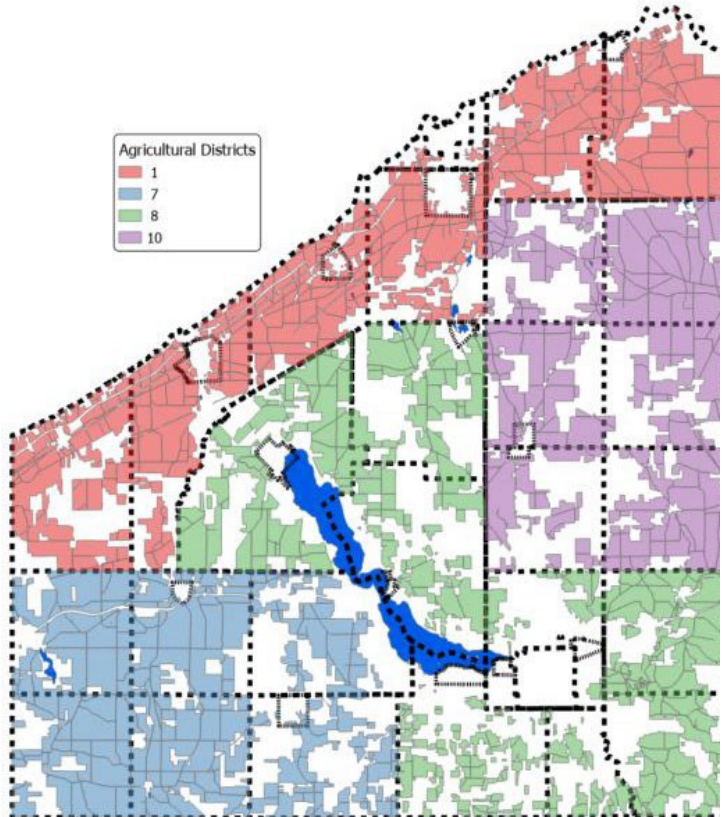
Landowners can request to have viable agricultural land added to an ag. district during the annual inclusion period from January 2 to January 31. Lands already included in the district need not submit a request. Landowners must complete the Agricultural District Inclusion Worksheet, which includes a 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: <https://planningchautauqua.com/planning/afpb/agricultural-district-overview/ag-dist-inclusion/>

You can print out the appropriate map via the County's GIS website available at: <https://chqgov.com/information-services/Geographic-Information-Systems>

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](mailto: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 is 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](mailto:sharp1@chqgov.com)

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Register online at  
[cals.cornell.edu/pro-dairy](https://cals.cornell.edu/pro-dairy)



## 2025 Operations Managers Conference

January 28 - 29, 2025  
DoubleTree by Hilton  
6301 New York 298  
East Syracuse, NY 13057

**Empowering Managers:  
Embracing Diversity,  
Consistency, and  
Attitude for Success**

Effective operations management on dairy farms is integral to the success of the farm business. Presented by Cornell CALS PRO-DAIRY and the Northeast Dairy Producers Association (NEDPA), the Operations Managers Conference provides an opportunity for those who manage day-to-day activities on dairy farms to elevate their management and operations skills, whether their focus is cows, crops or people.

Information and registration can be located at <http://bit.ly/3OWXIAv>



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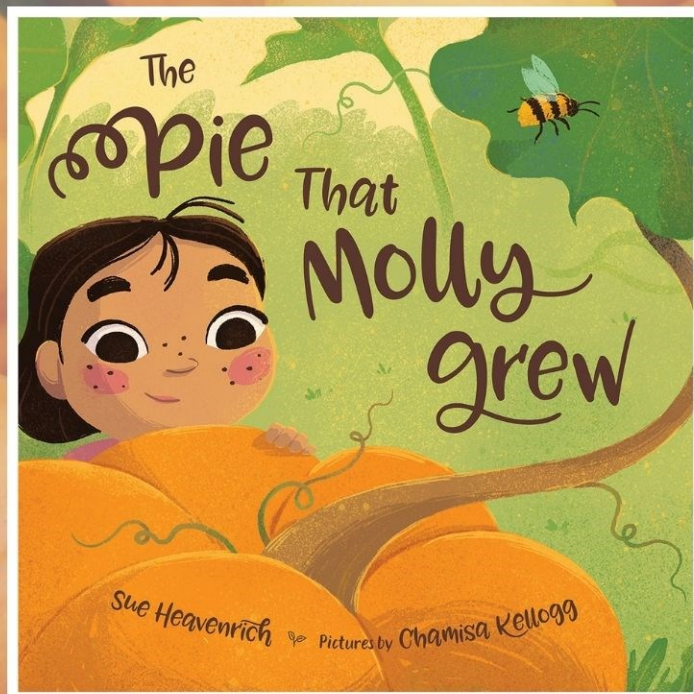
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Source: <https://extension.illinois.edu/herbs/rosemary>

Cornell Cooperative Extension of Chautauqua presents:

# 2025 Agricultural Literacy Week March 17th-21st



Featuring:  
***"The Pie That Molly Grew"***  
by Sue Heavenrich

March 17-21st 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 one  
industry who produce healthy,  
local food, 365 days a year!

To schedule a volunteer to read at  
your school, become involved as a  
reader or book donor, or for more  
information, please contact Josie  
Laurie at CCE Chautauqua at 716-  
664-9502 ext. 216 or email  
jla298@cornell.edu.



Cornell Cooperative Extension  
Chautauqua County



New York  
Agriculture  
in the Classroom

Chautauqua County Farm Bureau®  
is working hard every day to  
protect the future of agriculture  
and our rural landscape



Join Today!

NYFB.org 800-342-4143



## Prevent the Spread- Invasive Spotted Lanternfly



New York State Department of Agriculture Provides an Update on Spotted Lanternfly, Urges Residents to Scrape Egg Masses off their surface using scraper cards, credit cards, or anything else that is hard, tapered, and flat. Kill the eggs by putting them into a re-sealable bag that contains rubbing alcohol or hand sanitizer and dispose of them in the solution to be assured they will not hatch. Each egg mass contains up to 50 eggs, so removing as many as possible can reduce the numbers that will hatch in the spring.

For more information, please visit <https://agriculture.ny.gov/news/new-york-state-department-agriculture-provides-update-spotted-lanternfly-urges-residents>



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# “The savings add up real fast.”

— Luke Kastenson

**FREIMOTH FARMS**  
**ELKHORN, WISCONSIN**  
Luke Kastenson, herdsman  
7th generation dairyman  
450 cows, milking 85 lbs/cow/day  
SCC average 140,000



“We’ve used Udder Comfort™ 13 years, ever since we got a free sample at the Oshkosh Farm Show. We tried it on fresh cows and for any early or minor mastitis. We saw how quickly it works. It also helps heifers with letdown of colostrum for their calves. Even some of our relatives in beef got samples and liked it. They use it religiously during calving season,” says 7th generation dairyman Luke Kastenson of Elkhorn, Wisconsin. He manages a 450-cow milking herd with another 170 at the home farm.

“We tried other products but always came right back to Udder Comfort because it works. I like the blue spray as an indicator also. Milkers see something, use the spray, and it’s a good visual for me to check her out. The biggest benefit is cow comfort and being proactive.

“We try to limit the need for antibiotics. That’s where the industry is heading. Udder Comfort helps us do that by supporting the cow. When we’re not pulling cows out of the line, the savings add up real fast,” he adds.

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# 1<sup>st</sup> Annual Cornell Horse Symposium

Sponsored by the NYS 4-H Horse Program and the

Department of Animal Science, College of Agriculture and Life Sciences

Join us for an afternoon of learning, networking, and getting to see some of our equine facilities on campus.

## Saturday, January 11, 2025

507 Tower Road, Frank Morrison Hall, Cornell University, Ithaca, NY 14853

Free parking on campus

Schedule:

Time	Location	Topic or activity	Speaker
<b>12:30 PM</b>	Lobby, Frank Morrison Hall	Tea, coffee, and registration	
<b>1:00 PM</b>	146 Frank Morrison Hall	Cornell Equine	Dr. Mandi de Mestre
<b>2:00 PM</b>	146 Frank Morrison Hall	Ticks and Horses (free tick removal kit)	Joellen Lampman
<b>3:00 PM</b>	146 Frank Morrison Hall	Sustainable and climate smart practices for your horse farm	Ken Estes
<b>4:00 PM</b>	<b>Cornell Equine Park</b> OR Animal Health Diagnostic Center	<b>Cornell Equine Park tour with Jess Crumb</b> OR Equine pathology: equine dissections with Dr. Mason Jager	

Link to register: [https://cornell.ca1.qualtrics.com/jfe/form/SV\\_ahLDeDWLZoDlfla](https://cornell.ca1.qualtrics.com/jfe/form/SV_ahLDeDWLZoDlfla)



Cornell University

# 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](mailto: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



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

## Barley Straw Pond Kits

Even though barley straw cannot remove algae as fast as other treatments, it has been shown to work as a great long-term control method and can help stop algae from coming back in the future. Here is a brief breakdown of the complicated chemical reaction.

After barley straw is placed in the pond, it slowly begins to decompose. During decomposition, the cellular structure of the barley begins to break down, and the rate of breakdown is dependent on water temperature and oxygen content. Beneficial bacteria will work faster in warmer temperatures and well-aerated conditions, so you'll see faster results from barley in summer compared to winter. After a few weeks in the pond, decomposition changes from being bacteria dominant to fungi dominant, leading to "rotting".

As fungi eat away at the remains of the barley material, humic acid is produced, which is the first major step towards algae control. As the humic acids leech into the surrounding water it reacts with oxygen and sunlight, becoming more and more unstable which leads to hydrogen peroxide.

Hydrogen peroxide is a powerful algacide, but when produced from correctly dosed barley it's in a low enough concentration to be safe for fish and still work as an algae deterrent. The US Environmental Protection Agency does not classify barley straw as a legal algacide; however homeowners can apply it to their ponds with the caution it might not always work as expected.

The effectiveness of barley straw will depend on the concentration of algae in your pond, the type of algae, and how quickly you want it gone. As with many natural methods of control, the timeframe to see results is often much slower in comparison to mechanical and chemical treatments. If you have a major algae bloom in your pond, and your fish are suffering, opting for a mechanical or chemical treatment to resolve the problem and then using

barley as a preventive method is usually the best way moving forward. The District carries barley straw kits year-round, as well as, other non-perishable items that are listed in the District's Tree and Shrub Catalog. See this years catalog by visiting <https://soilwater.org/annual-tree-shrub-sale/>

If you plan to apply barley straw to a pond, follow these general recommendations:



1. Apply barley straw to a pond as soon as ice is gone. The algae control properties of barley straw take several weeks to begin.
2. Determine your pond's size in acres, then plan to apply 4-5 bales of barley straw per acre. One acre is 43,560 square feet (roughly 208 feet by 208 feet).
3. When you get the bales, break them up and fluff up the stems so they make a big, loose pile. Stuff the barley straw into the onion sacks. Insert a buoyant object into the bag. The assembly should be able to float at the surface of the pond.
4. Place the sack on the pond surface & anchor it to stay in place, the sacks should be spaced evenly around the pond to assure even coverage. Barley straw should not be anchored near the edge of the pond, except near an in-flowing water course.

If you have additional questions or would like to purchase a barley straw pond kit, please call 716-664-2351 Ext. 5.



1: Taken from the article "A Guide to Pond Barley Straw & How it Works for Clear Pond Water" that was published by PondInformer.com; November 29, 2017; <https://pondinformer.com/how-to-use-pond-barley-straw/>

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>New Year's Day</b> 	2	3	4 <b>Dairy Project</b> 11:00 AM
5	6	7	8 <b>Hog Committee</b> 6:00 PM <b>Dog Committee</b> 6:30 PM <b>Exhibition Poultry Project</b> 6:30 PM	9 <b>LEAF Jr.</b> <b>Teen Ambassador Meeting</b> 6:30 PM	10 <b>Dairy Quiz Bowl</b> 6:00 PM	11 <b>DairyBud Meeting</b> 1:00 PM
12	13	14 <b>Horse Committee</b> 6:30 PM	15 <b>Hog Project</b> 6:30 PM <b>Dog Project</b> 6:30 PM	16 <b>Rabbit Committee</b> 6:30 PM <b>Beef Committee</b> 6:30 PM	17 <b>Dairy Quiz Bowl</b> 6:00 PM	18
19	20 <b>Martin Luther King Day</b> 	21 <b>Rabbit Project</b> 6:30 PM	22 <b>Horse Project</b> 6:30 PM <b>Beef Project</b> 6:30 PM	23 <b>Sheep Committee</b> 6:00 PM <b>Sheep Project</b> 7:00 PM	24	25 <b>4-H Presentation Day</b>
26	27	28 <b>Goat Committee</b> 6:30 PM	29	30 <b>Dairy Committee</b> 6:30 PM	31 <b>Dairy Quiz Bowl</b> 6:00 PM	

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>Rabbit Committee</b> 6:30 PM	4 <b>Goat Project</b> 6:30 PM	5 <b>Hog Committee</b> 6:00 PM <b>Exhibition Poultry Committee</b> 6:30 PM	6 <b>LEAF Jr.</b>	7 <b>Rabbit Project</b> 6:30 PM <b>Dairy Quiz Bowl</b> 6:00 PM	8
9	10 <b>Market Poultry Project</b> 6:00 PM <b>Market Poultry Committee</b> (following Project)	11 <b>Horse Committee</b> 6:30 PM	12 <b>Hog Project</b> 6:30 PM <b>Dog Committee</b> 6:30 PM	13 <b>Teen Ambassador Meeting</b> 6:30 PM <b>Beef Committee</b> 6:30 PM <b>Family Consumer Science Committee</b> 2:30 PM	14 <b>Dairy Quiz Bowl</b> 6:00 PM	15
16	17 <b>President's Day</b> 	18	19 <b>Dog Project</b> 6:30 PM	20	21 <b>Dairy Quiz Bowl</b> 6:00 PM	22
23 <b>Green Tie Affair</b>	24	25 <b>Goat Committee</b> 6:30 PM <b>Horse Project</b> 6:30 PM	26 <b>Exhibition Poultry Project</b> 6:30 PM	27 <b>Sheep Committee</b> 6:00 PM <b>Sheep Project</b> 7:00 PM	28 <b>Dairy Quiz Bowl</b> 6:00 PM	



## Interested in becoming a Teen Ambassador?

Come on out and check out a meeting!

January 9th @ JCC

February 13th @ JCC

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

Contact: Cassie Skal

[spfarmgirl4@yahoo.com](mailto:spfarmgirl4@yahoo.com)



## NYS 4-H EDUCATIONAL ZOOM SESSIONS:

Join us for our yearly NYS 4-H Horse Educational Event zoom series! Come learn directly from our coaches about our contests and how to study/prepare!

Registration closes January 3rd, 2025.

We will be meeting:  
January 6, 13, 20, 27  
February 3, 10, 17, 24

REGISTRATION LINK:  
[HTTPS://REG.CCE.CORNELL.EDU/EDUCATIONALZOOMSESSIONS\\_127](https://reg.cce.cornell.edu/educationalzoomsessions_127)



QUESTIONS? DIRECT THEM TO JESSICA TYSON:

Jessica Tyson

Email: [jms943@cornell.edu](mailto:jms943@cornell.edu)



## Virtual Model Horse Show

Have a model horse you're really proud of? Enter it in the show!

More Information available at

[nys4-h.org/post/virtual-model-horse-show?utm\\_campaign=12aaf3b3-20b5-4be3-b583-75088a0adb2c&utm\\_source=so&utm\\_medium=m&utm\\_aid=3c91de34-31e6-4bf6-b6ad-73dc2d4c5a17](https://nys4-h.org/post/virtual-model-horse-show?utm_campaign=12aaf3b3-20b5-4be3-b583-75088a0adb2c&utm_source=so&utm_medium=m&utm_aid=3c91de34-31e6-4bf6-b6ad-73dc2d4c5a17)

## Dairy Bud 1st Meeting

The first dairy bud meeting will be held **Saturday January 11th at 1PM at JCC**. Dairy buds will be making homemade ice cream and learning about the 4H clover, pledge, and dairy breeds.



## Dairy Project Meeting

January 4th

11am-2pm @ JCC

We will be having guest speakers from The Forage Source and WNYCMA come in and talk about crops and agronomy.

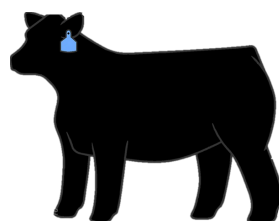


## Beef Project Meeting

January 22nd

6:30pm @ JCC

Adam Murray from Cornell will be our guest speaker on nutrition and meat quality.



## 4-H Presentation Day!

Presentation Day is a one day event, January 25, 2025 from 9:00 am - 3:00 pm at the JCC Carnahan Center.

Youth will present during their assigned time slot. Pre-registration is required. Please sign up early and indicate your preferred time choice. Slots will be filled on a first come-first serve basis. Every effort will be made to accommodate preferences, but it is not guaranteed.

Assignments to rooms and times will be confirmed to you by Monday, January 20th.

*Make Up option will be for **extenuating** circumstances only.*

For more information, please email Lisette at: [lmc323@cornell.edu](mailto:lmc323@cornell.edu)



# CHAUTAUQUA COUNTY 4-H 11TH ANNUAL GREEN TIE AFFAIR

**SUNDAY, FEBRUARY 23RD, 2025**  
PRESALE TICKETS AVAILABLE NOW THROUGH FEBRUARY 13TH

## LOCATION

CHAUTAUQUA  
HARBOR HOTEL  
10 DUNHAM AVE,  
CELORON, NY  
14720



PROCEEDS  
BENEFIT  
CHAUTAUQUA  
COUNTY 4-H  
YOUTH  
DEVELOPMENT  
PROGRAMS



**PRESALE: \$25**

**DOOR TICKET (LIMITED): \$30**

**TABLE (10 SEATS) \$275**

**BASKET RAFFLE  
& BAKE SALE  
3:00 PM**

**DINNER  
5:00 PM**

**PIE AUCTION  
TO FOLLOW  
DINNER**

CORNELL COOPERATIVE EXTENSION PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES



# SEWING BASICS

**Leaf Junior**

**2 class series!**



**9**

**JAN 2025  
6:30 PM**



**6**

**FEB 2025  
6:30 PM**

## SEWING KIT

Make a sewing box  
Learn the basics of sewing  
Put together a sewing kit

Leave with a basic sewing kit

Registration:  
[https://reg.cce.cornell.edu/LeafJr-SewingKit\\_206](https://reg.cce.cornell.edu/LeafJr-SewingKit_206)

## PILLOWCASE

Hands on experience using a sewing machine  
Learn how to use a pattern  
Learn how to iron your seams

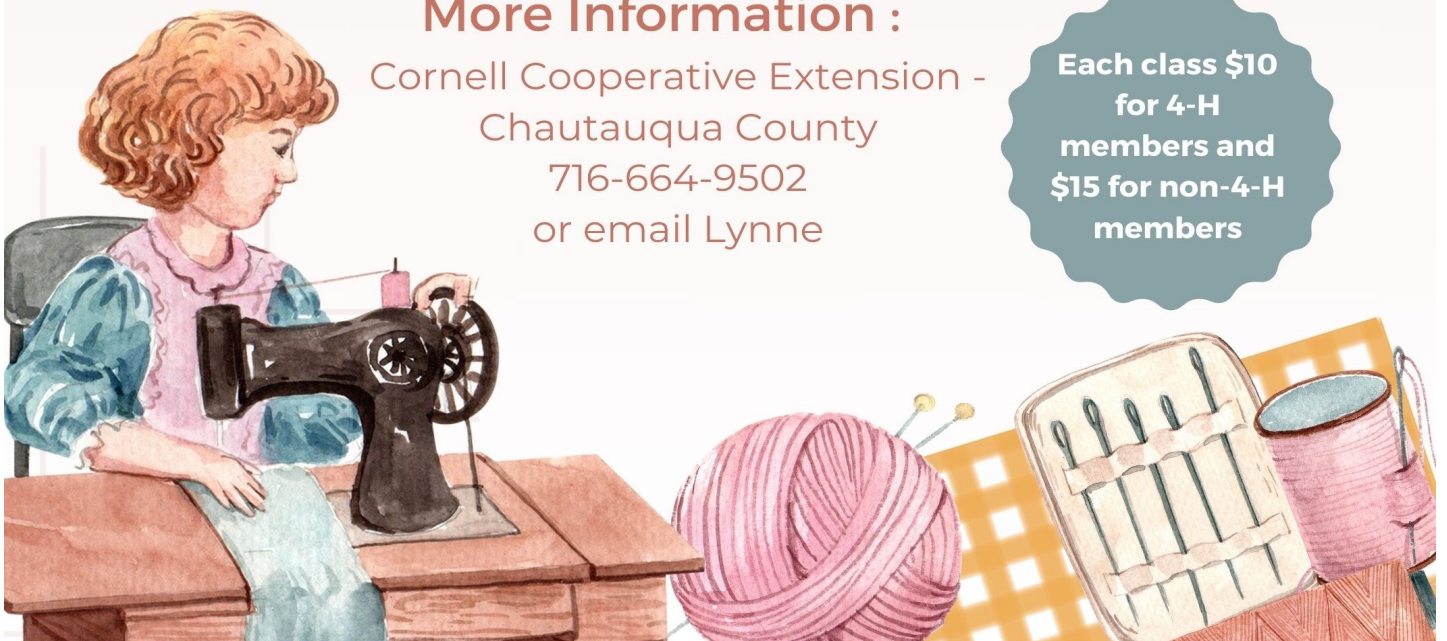
Leave with a finished pillowcase

Registration:  
[https://reg.cce.cornell.edu/LeafJr-Pillowcase\\_206](https://reg.cce.cornell.edu/LeafJr-Pillowcase_206)

## More Information :

Cornell Cooperative Extension -  
Chautauqua County  
716-664-9502  
or email Lynne

Each class \$10  
for 4-H  
members and  
\$15 for non-4-H  
members



# Animal Project News

## Exhibition Poultry Project

**Committee Meeting**  
Wednesday, February 5th

**Project Meetings**  
Wednesday, January 8th  
Wednesday, February 26th

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

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



## Beef Project

**Committee Meetings**  
Thursday, January 16th  
Thursday, February 13th

**Project Meetings**  
Wednesday, January 22

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

Committee Chair: Dave Schauman  
chautcobeeffprogram@gmail.com



## Sheep Project

**Committee Meetings**  
Thursday, January 23rd  
Thursday, February 27th

**Project Meetings**  
Thursday, January 23rd  
Thursday, February 27th

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

Committee Chair: Shawn Huntington  
shuntington@randolphcsd.org



## Horse Project

### Committee Meetings

Tuesday, January 14th  
Tuesday, February 11th

**Project Meetings**  
Wednesday, January 22nd  
Tuesday, February 25th

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

Committee Chair: Kasey Fanara  
blondieshort24@yahoo.com

## Hog Project



### Committee Meetings

Wednesday, January 8th  
Wednesday, February 5th

**Project Meetings**  
Wednesday, January 15th  
Wednesday, February 12th

**\*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: Louis Smith  
716-785-1890



## Dairy Project

**Committee Meetings**  
Thursday, January 30th  
6:30 PM

**Project Meetings**  
Saturday, January 4th  
11:00 AM

**DairyBud Meeting**  
Saturday, January 11th  
1:00 PM

### Dairy Quiz Bowl Meetings

Friday, January 10th  
Friday, January 17th  
Friday, January 31st  
Friday, February 7th  
Friday, February 14th  
Friday, February 21st  
Friday, February 28th

**\*An additional hands-on meeting in January TBD**

Committee Chair: Bart Nickerson  
bjnick@windstream.net



## Dog Project

**Committee Meetings**  
Wednesday, January 8th  
Wednesday, February 12th

**Project Meetings**  
Wednesday, January 15th  
Wednesday, February 19th

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

Committee Chair: Roxanne Young  
roxy6825@windstream.net

Any changes will be posted on Remind



## Rabbit Project

### Committee Meetings

Thursday, January 16th  
Monday, February 3rd

**Project Meetings**  
Tuesday, January 21st  
Friday, February 7th

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

Committee Chair: Kim Chapman  
kchapman4574@gmail.com



## Goat Project

**Committee Meetings**  
Tuesday, January 28th  
Tuesday, February 25th

**Project Meetings**  
Tuesday, February 4th

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

**Watch our Facebook page!**

Committee Chair: Aaron Carlberg  
216-408-9892



## Market Poultry Project

**Committee Meetings**  
Monday, February 10th  
(following Project Meeting)

**Project Meetings**  
Monday, February 10th  
6:00 PM

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

## 4-H Family Consumer Science Committee

**Committee Meeting**  
Thursday, February 13th  
2:30 pm @ JCC

## 4-H Program Committee

TBD



# **SAVE THE DATE!**

# **Master Gardener Symposium**



***MAY 3, 2025, JCC CARNAHAN CENTER  
MORE INFORMATION IS COMING SOON!***



# Winter Quick Tips

Cornell  
Cooperative  
Extension



## Fit in Fitness This Month!

Now that we are past the holiday season and many of us are looking to get back on track with our health, check out these quick ideas for adding some physical activity into your day.

1. Grab your dog's leash and head out for a walk together.
2. Take the stairs instead of the elevator.
3. Park further away from the entrance of places you go.
4. Go for a walk with a friend, your spouse, or other family members and use the time to catch up on each other's life.
5. Walk or jog in place or lift small weights while watching your favorite show or movie.
6. Look for 10-minute workouts on the internet and fit the workout into your schedule.

Source: [www.heart.org](http://www.heart.org)

## Cultural Corner

Martin Luther King Jr. was a key leader in the fight for civil rights during the 1960's. He used peaceful, powerful speeches and advocacy to stand up against racial discrimination in laws and society. His dedication to justice and equality changed the U.S. and inspired people around the world. To honor his work, we celebrate MLK Jr. Day as a federal holiday and a day of service on Monday, January 20th. This day reminds us to work together for fairness and unity by helping others and making a difference in our communities.

## What's in Season

Look for citrus fruits of all kind! Oranges, tangerines, grapefruit, mandarins, lemons, limes, and pumeloos.

## Recipe

### Creamy Fruit Salad

Makes 8 servings, one serving is 1/2 cup

#### Ingredients

- 1 cup of drained pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat flavored yogurt



#### Directions

1. Wash your hands with soap and water.
2. Rinse or scrub fresh fruits under running water before preparing.
3. Put pineapple chunks in a medium mixing bowl.
4. Add the prepared apple, banana, and orange to the bowl.
5. Add yogurt and mix gently with a spoon until the fruit is well coated.
6. Refrigerate leftovers within 2 hours.

Note: For a different taste, try adding other fruits like blueberries, grapes, melon, or peach slices.

Nutrition Facts: Serving Size: 1/2 cup Calories: 70, total fat: 0g, saturated fat: 0g, 0% calories from fat, sodium 15mg, carbohydrate: 16g, protein: 2g, Calcium:

49mg, Iron: 0mg, Potassium: 184mg

Source: foodhero.org

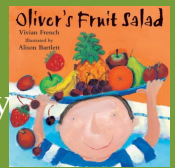


#### Kids' Book Nook

With your child, visit your local library and borrow "Oliver's Fruit Salad" by Vivian French. Or, follow this link to watch the book being read by Love2Read with Miss Ellis -

<https://youtu.be/nsS8Mmy2g24?si=jno5PRDntVsi5af1>

After reading the book, together prepare the Creamy Fruit Salad recipe!



For more information contact:

Cornell Cooperative Extension  
of Chautauqua County

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

Building Healthy Habits BHH



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