



A Note from Ron Kuck

By Ron Kuck, *Dairy and Livestock Educator*



Producers and AG professionals of Jefferson County and Northern NY,

After 11 great years, I have decided to transition to a part-time position with Jefferson County Extension. I would like to thank all of you for allowing me to be a small part of your farming business. I would like to give special thanks to Art Baderman, Mike Hunter, and Peggy Murray, who from just working with them, gave me instant credibility among the agricultural community of Jefferson County. The farmers and producers of NNY can feel very fortunate to have such stellar support from their local AG professionals and Cornell Cooperative Extension Educators.

As dairy farming has become more difficult and challenging, I would like to leave you with an appeal for 2018. Some are my own words and some are remarks from former U.S. Surgeon General Vivek Murthy, which I found very suitable for today's world.

Animals have two emotions that drive their decision in the face of stress: Fight or Flight. You make every effort so they do not exhibit these emotions that will impact the well-being of your animals.

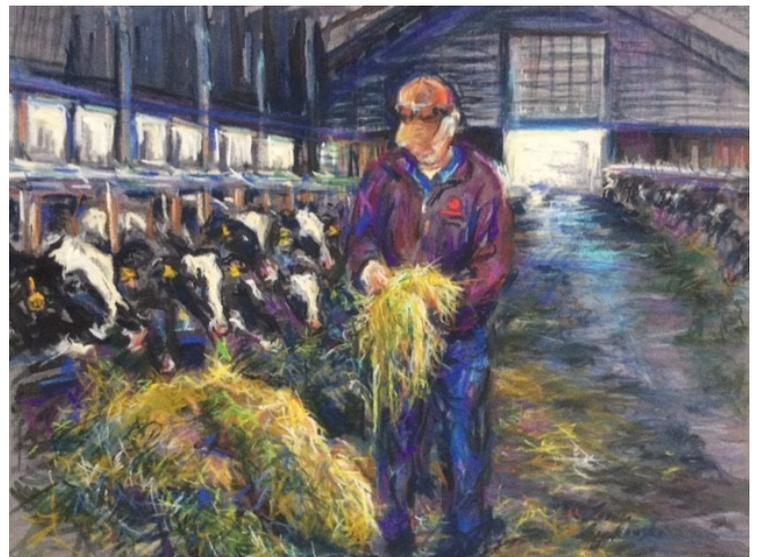
We humans have two emotions that drive our decisions in the face of stress: Love and Fear. Love has many manifestations: compassion, gratitude, kindness, and joy. Fear often manifests itself as cynicism, anger, jealousy, and anxiety.

Promote positive emotions for ourselves and the animals we are tasked to care for. Emotional well-being is a resource we can draw upon to do more and perform better. It allows us to be resilient in the face of adversity.

Keep in touch. Emails, phone calls, and texts are welcome.

All the best in 2018,

Ron Kuck



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