# Extension in Action

Volume 2 Issue 2

July 2020



#### Don't Let Cucurbit Downy Mildew Sneak Up on You

#### Robert Hadad and Julie Kikkert, CCE Cornell Vegetable Program

Downy mildew is an important disease of cucurbit crops such as cucumber, melons, squash and pumpkins for commercial growers and homeowners. The disease can result in defoliation and reduced yield in the crops. The CCE Cornell Vegetable Program, for which Cattaraugus Co. is a partner, provides support for commercial vegetable farms in the region to manage this disease and other issues on a variety of crops from asparagus to zucchini.

Over the years, cucurbit downy mildew (CDM) has snuck up on us a number of times during the week of July 4<sup>th</sup>. Our team participates in a CDM forecasting and reporting network of researchers across the US and Canada to bring the most up to date information to local growers. Our crop scouting efforts add to the national network as well. CDM does not overwinter in our region, rather spores move in from other areas on weather fronts. We know that CDM is present in southern states and Michigan. Forecasts predict spread to our region.

With the frequent pop up rain storms and winds out of the south and the west, it is a good idea for commercial growers to be ready to at least have protectant sprays in your tool box. Bravo Weather Stik, Champ Formula 2F, and ManKocide are protectants ahead of the disease. These can also be mixed with other mobile fungicides when the disease is close by. (Note for home gardeners that they can find protectant fungicides in the home garden aisle at their local garden centers).

Margaret McGrath, Cornell Plant Pathologist on Long Island prepared an informative chart last season that cross references disease management products for powdery mildew, CDM, and phythophthora blight in vine crops:

http://vegetablemdonline.ppath.cornell.edu/NewsArticles/Cucurbit%20Fungicide%20List%202019-NY.pdf Her recommendations for cucumbers is to grow varieties that show resistance. Continued on page 2.....

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#### Have you seen me?

We received a call from a woman who had concerns about her Sumac trees. She said that it had looked like something was eating her branches. We referred her to NYSDEC Region 9 sub-office in Allegany. The Forester told her that this is the *Sumac twig borer*, *Oberea ocellate*, they lay eggs on sumac and the larva eat their way out of the branch of the sumac making it weak and the branch breaks during heavy rain or wind event.

The damage they cause is usually more unsightly than deadly. Spraying is difficult because the larva are inside the tree. If you knew they were in there, you could prune the branch off before it broke. Sumac are very resilient and will recover. Photo courtesy of NYSDEC



#### Don't Let Cucurbit Downy Mildew Sneak Up on You.....continued from page1

#### Resistant varieties:

"Resistance was the main tool for cucumbers until a new strain of the pathogen developed. Since 2004, varieties with this resistance, which include most hybrids, have provided some suppression of the new pathogen strains present, but substantially less than the excellent suppression that was achieved against strains present before 2004. However, these resistant varieties are still considered a worthwhile component of an integrated program. Fortunately, new sources of resistance have been found and cucumber varieties with these new genes for resistance are starting to become available. In a cucumber variety evaluation conducted at LIHREC in 2017, DMR 401 exhibited the highest level of resistance. Bristol and Citadel (pickling type suitable for fresh market) were moderately resistant but were not significantly less severely affected than SV3462CS, SV4719CS, and Diamondback. Marketmore 76 exhibited limited resistance while Speedway was not significantly less severely affected than Straight Eight, the susceptible check variety. DMR 401, Bristol and Citadel were also the highest yielding varieties. DMR 401 was developed by Cornell plant breeders. In evaluations conducted in 2016 and 2017 at University of Massachusetts, NY264, DMR 401 (both sold at http://commonwealthseeds.com/), and Bristol exhibited good resistance with NY264 and Bristol performing best under high disease pressure."

#### **Crop Inspection:**

"Scouting routinely for early symptoms is important to ensure targeted fungicides are applied starting at the onset of disease development. While the forecast program has accurately predicted many outbreaks, a forecasted risk of infection may not result in infection if conditions are not as favorable as predicted, and the forecast program can miss predicting a risk in particular when downy mildew is not reported. The program is predicting movement of the pathogen from known sources of the disease."





Cucurbit Downy Mildew. Photo by Margaret McGrath, Cornell.

#### **Apply Targeted Fungicides Weekly:**

"Apply targeted fungicides weekly with protectant fungicides and alternate among available chemistry based on FRAC code to manage resistance development and avoid control failure if resistance occurs, and also to comply with label use restrictions on number of consecutive and total applications allowed. Start with protectant fungicides alone when there is a risk of downy mildew for the specific crop based on the forecasting program. Include targeted fungicides when downy mildew is present. Add new fungicides to the program when they become available; substitute new for older product if they are in the same FRAC group."

Meg's complete article and fungicide chart can be found at <a href="www.vegetables.cornell.edu">www.vegetables.cornell.edu</a> If a hard copy is needed, please contact Robert Hadad 585-739-4065.

TO RECEIVE THE CCE CORNELL VEGETABLE PROGRAM NEWSLETTER WITH THIS AND OTHER CROP PRODUCTION INFORMATION, PLEASE ENROLL THROUGH THE CCE-CATTARAUGUS COUNTY OFFICE.

https://cvp.cce.cornell.edu



Looking for DEC credits?

Join Field Crops Specialist with Cornell Cooperative Extension, Josh Putman, to learn about current regulations and pesticide use.

#### **REGISTRATION INFORMATION**

Pre-registration is required by noon the day before your preferred date/time.

**Cost:** \$20/person payable via card on our website

### Register Online:

swnydlfc.cce.cornell.edu/events.php

Tuesday, July 14th 9am - 10:50am

<u>OR</u>

Tuesday, July 21st 6pm - 7:50pm

#### Questions?

Josh Putman 716-490-5572 or jap473@cornell.edu

A confirmation email will be sent the day before training with information for accessing the virtual classroom.

This event will be offered via ZOOM videoconferencing software. Participants will need to use a computer, tablet, or phone with video and audio capabilities.

1.75 Pesticide recertification credits in the CORE category approved!

#### **Topics covered will include:**

## Application Certification Overview

- State Laws and Regulations
- Federal Pesticide Laws
- Toxicity of Pesticides
- Residue, Tolerance and Registration
- Ecology and Environmental Considerations
- Safety Precautions
- Personal Protection for the Applicator and Worker
- Symptoms of Pesticide Positioning
- First Aid for Pesticide Poisoning

#### Integrated Pest Management

- Pests
- · Types of Pesticides
- The Label
- Formulations
- Filling and mixing
- Calculations for Mixing Pesticides
- Equipment
- Calibration
- Weather-Wise Application
- Disposal
- Storage
- Record Keeping
- Liability



Special thanks to BASF for sponsoring the training!





CORE and category training manuals are available through the Cornell Store

Call: (800) 624-4080

Visit: <a href="http://store.cornell.edu/c-876-manuals.aspx">http://store.cornell.edu/c-876-manuals.aspx</a>

To receive recertification credits, have your applicator license ready to present prior to the training (using your device's camera).

The SWNY Dairy, Livestock & Fields Crops Program offers educational programming and research based information to agricultural producers, growers, and agribusinesses. Cornell Cooperative Extension is an employer and education recognized for valuing AA/EEO, Protected Veterans, and Individual with Disabilities and provides equal program and employment opportunities. For accommodations, please contact Josh Putman 716-490-5572 or jap473@cornell.edu at least one week prior to the event.

#### **CCE Board of Directors**

Jessica Golley-Halftown, current Secretary of Cornell Cooperative Extension of Cattaraugus County, is proud to represent Hi-Y Farm, located in Mansfield, and to serve the agricultural community in her role with CCE. Hi-Y Farm was originally established by her grandparents – Robert & Maggie Yehl – in 1950 and was once a dairy and then, eventually, a beef farm. With a goal of rejuvenating this once active farm, she and her family applied for the NYS Hemp Pilot program and were approved as official research partners in 2017. They are currently in their 3rd year of growing industrial hemp and are glad to be working with others in the region to help this industry grow. She is proud to be working with her brother, Chris Golley, and her mom, Judy Golley, to create a new vision for Hi-Y Farm and for the region.

Jessica is a member of the New York Chapter of the Hemp Industries Association, the New York Farm Bureau, and is also a member of NAWBO – the National Association of Women Business Owners. In addition to her role on the farm, she is the Marketing, Brand, & Communication Coordinator for CA BOCES.



Thank you, Jessica, for your dedication and service to the CCE of Cattaraugus County!

#### **Office Directory**

You can also contact us at: https://cattaraugus.cce.cornell.edu

Our fax: 716-699-5701

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Accommodations for persons with disabilities may be requested by calling Cornell Cooperative Extension of Cattaraugus Co. at 716-699-2377 no later than one week before the beginning of any event to make arrangements. Requests received after this date will be met when possible.

## HAND SANITIZER AND FACE COVERINGS AVAILABLE

### ROUND TWO - No Cost

### COVID -19 Supplies available for Agricultural Producers

Cornell Cooperative Extension of Cattaraugus County will have hand sanitizer and face masks available for farms. This program is available for farm owners to distribute to themselves and their employees. This effort has been made available through NYS Dept. of Ag and Markets as a result of the COVID – 19 pandemic. There is NO COST for the products to be provided.

The sanitizer and face coverings will be available for pickup at the **Cattaraugus County CCE** office located at 28 Parkside Drive in Ellicottville. The Cattaraugus program is in cooperation with the Cattaraugus County Soil and Water District and the Cattaraugus County Farm Bureau. Only information required will be the name of the farm, number of employees served and type of farm. Available Monday thru Friday 9 to 4 pm, please call 716-699-2377 to reserve.









#### **Spotlight on the REAP Olean Farmers Market**

The long daylight hours of late spring and summer in WNY bring many wonderful opportunities for members of our community to enjoy fresh sights and experiences. Some of this warm season fun can be found at the many markets where farmers, food purveyors and local artisans sell their wares. We spoke with Stephanie Beneng, Market Manager at the REAP Olean Farmers Market, to learn more about this longstanding farmers market, now located at the Lincoln Park Pavilion in Olean, NY, on Saturdays from 8 am to 1 pm.

#### Q (Jesse Meeder\*, CCE) What is the history of the market, and what can customers look forward to this year?

**SB** (Stephanie Beneng): The REAP Olean Farmers' Market was originally a project of Cornell Cooperative Extension in the late 1980s, and it launched on its own in 1997. We bring small producers together to market their unique offerings and create a more vibrant local economy. Now that our market is located in the City of Olean's new pavilion, we have experienced a surge of interest from both customers and vendors, so this year and next, customers can expect the number of vendors to increase.

There are many reasons customers choose to shop from a farmers' market, but the top three that we talk about are 1) people like knowing their money will stay in the local area, 2) people know that the produce we have is as fresh as it can possibly be, and 3) people enjoy meeting their farms and asking them questions. Right now our products include breads, vegetables, fruit, meat, eggs, baked goods, sweets, and plants. Every few years we manage to find a cheese vendor too. Our crafters' talents include sewing, yarn-work, jewelry, and woodworking.

#### Q: How can folks do their shopping at the market, is it a cash only operation?

SB: We are able to process transactions for EBT/SNAP cards, debit cards, and credit cards. We also participate in the Double Up Food Bucks incentive program for SNAP recipients, which allows us to double the value of their transaction, up to \$20, for additional fruits and vegetables from July 1st through November 30th. Several of our vendors participate in the Farmer's Market Nutrition Program checks, which are distributed to seniors and to WIC recipients.

The [market's] new online ordering system is helpful for any customers who are taking extra quarantine precautions, because they can order in advance and arrange for someone to pick up their order. It's quick and convenient, and allows customers to buy products from multiple vendors with just one transaction. It helps producers, too, because if a substantial number of customers use the online platform, farmers can plan their harvests more effectively.

One excellent thing about the new platform is that customers who have a difficult time arriving early at the market – who usually arrive after 11 am when quantities start to decrease – now have the opportunity to reserve and pay for produce that they might otherwise miss out on. [ed: online ordering available at https://olean.eatfromfarms.com/]

## Q: What should customers know about shopping at the market in light of social distancing measure and Covid-19 precautions?

**SB:** The market follows the COVID-19 guidance issued by the NYS Department of Agriculture and Markets. This means that all customers and vendors are required to wear masks and to remain six feet apart when possible. At this time, we do not permit entertainment, dining, or sampling of products. Customers should not touch any produce on display, but instead allow the vendor to select and bag their purchases. We are also monitoring the number of customers in the pavilion. Customers are asked to do their shopping quickly, to bring as few household members as possible, and to avoid congregating in the market. Continued on page 8...

Opening day photo courtesy of Jesse Meeder



#### Spotlight on the REAP Olean Farmers Market continued from page 7

#### Q: What are your personal interests and experience in farming?

**SB:** I started working for farms in 2004, a few years after my college graduation. I worked on farms full-time for three seasons before starting my family, and have worked part-time and in market management positions since then. I've also continued to work in historical and archival research, and in libraries. As my children are getting older, my beloved and I are now beginning our own farm, Light Work Farm in Allegany, NY.

While my family always gardened and canned produce out of economic necessity, my own interest in farming began my senior year of college, as I was writing my thesis on literature written about the Great Potato Famine in Ireland. I learned about the blight of the potato plants and the losses of the peasant farmers, but also of the geopolitical and socioeconomic influences that generated that situation. By the time I finished school I knew that I had to learn more about growing food, and what food security means for a household, a town, a nation, a world.

#### Q: What else should people know about the market?

**SB:** I encourage everyone who hasn't yet seen the new Lincoln Park Pavilion to come take a look, Saturday from 8 AM to 1 PM! We are fortunate to have this space for farmers and customers to gather, without worry of unexpected rain showers or bathroom access. Both the building and park are beautiful and inviting, and the location fits perfectly with the unique shopping experience we offer.

\*Note that the author participates as a vendor at the Olean Farmers Market.

Interested in being interviewed to highlight your market or farm for our newsletter? Contact Jesse at <a href="mailto:jpm453@cornell.edu">jpm453@cornell.edu</a>.



As many of you know the Cattaraugus County Fair has been cancelled this year which means that we lost revenue for two of our largest fundraisers. As a way to keep the 4-H programming running we held a chicken bbq on June 20th. Thank you to all who came out to support us. Having this BBQ would not have been possible without our generous sponsors: Pumpkinville and the Pawlowski Family, Wendels Poultry, Land Pro Equipment, Boutelle Cattle Company, Busekist Family, O'Brien Family, Rivers Family and the Bacho Family. We would also like to thank all those that donated desserts and helped serve that day. Our 4-H Program and its members appreciate you!

## SAVE THE DATE!

# 2020 Cattaraugus County Youth Market Sale Online Auction

WHEN: Bidding opens at 6 pm on Friday, August 7th and closes at 6 pm on Saturday, August 8th

**TO BECOME A BIDDER:** Head to <a href="https://petersonauction.hibid.com/auctions/">https://petersonauction.hibid.com/auctions/</a> and register as a bidder. As we near our auction date, the platform will be updated regularly with photos and videos of each exhibitor and their market projects up for bid.









#### For more information contact:

Abby Luzier
4-H Youth Development Educator
CCE Cattaraugus County
716-699-2377 ext. 130
Cell: 585-369-4044

Cell: 585-369-4044 ajl387@cornell.edu



Photos credit: A Beautiful Glimpse Photography

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4-H PLEDGE

I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service, and my **HEALTH** to better living, for my club, my community, my country, and my world.

"Our health to better living", is part of the 4-H pledge and health is one of the four H's in 4-H. Here at Cattaraugus County 4-H we are striving to help our youth make better choices. We have partnered with and received a grant through Healthy Community Alliance. (HCA) Their missions is: "to improve quality of life in rural communities through broad-based, inclusive partnerships that support wellness and prevention." Cattaraugus County 4-H has been allowed to be considered a healthy community for HCA. We have partnered with HCA in the past and look forward to working with them in the future.

Being a Healthy Community means that at 4-H events we will be offering only zero calories beverage options and healthy snacks. We will be taking fun activity breaks during meetings to increase our physical activity. There will also be a variety of outdoor games that clubs can take out for club meetings for physical activity breaks as well as other items that will help incorporate physical activity into club meetings. There will also be made available items for clubs to use to make healthy snacks at events.

When we can finally meet again in person with larger groups there are some great opportunities for club members and Independent members. We are also currently working on having a fall canning and dehydrating workshop so we can preserve fruits and vegetables. We will be having line dancing classes and yoga classes for all ages to help increase our physical activity.

We look forward to a new and healthy 4-H year and hope you will all join us in pledging your health to better living.

Carrie Busekist





## SNAP-Ed Partnering with Food & Agriculture Policy Network For Cattaraugus County!

The South West SNAP-Ed region (Allegany, Cattaraugus and Chautauqua) recently joined forces with NY Sustainable Agriculture Working Group (NYSAWG) and the Food & Agriculture Policy Network for Cattaraugus County (FAPN-CC). NYSAWG received a grant from the WNY COVID19 Community Response Fund, to support short-term food security projects among three FAPN-CC partners to help close the food security gap caused by the economics of the COVID-19 pandemic.

The grant will help Rural Revitalization Corp. start two new neighborhood food gardens in Olean, help the Veggie Wheels mobile food pantry program purchase an additional amount of fresh vegetables and fruit that will be provided at no cost to low-income families, and to purchase fresh and local vegetables and fruit that will be assembled in nutritious meal kits at the Olean Food Pantry. The meal kits will then be delivered to households that are under a 14-day mandated quarantine, many of which might not have an adequate 2-week supply of healthy food options or may be facing food insecurity compounded by both the economics of the pandemic along with heightened challenges faced from mandated guarantine.

The South West SNAP-Ed team developed healthy 5-ingredients or less recipe cards based on the ingredients in the meal kits with additional "Store Well, Waste Less" preserving tips based on each recipe. The meal kits will be packed and delivered weekly, serving approximately 15 households each week.



#### Zucchini Pizza Boats

2 medium or 3 small zucchini

1/2 cup tomato based pasta sauce

1/2 cup shredded mozzarella cheese

2 Tablespoons parmesan cheese

- 1. Heat oven to 350 degrees.
- 2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
- 3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
- 4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm. Refrigerate leftovers within 2 hours.

Whether at home or on-the-go, MyPlate can help you find a healthy eating style that works for you. to contact your local SNAP Ed Nutritionist email Melinda Drabant at <a href="mailto:msd263@cornell.edu">msd263@cornell.edu</a> or visit choosemyplate.gov

https://www.youtube.com/watch?v=j7CcaUZrUoE&fbclid=lwAR1aB8x9XFjJtSiS2HNIFc1FX5GpKjrUaB6N0 OBJQ-qt1F6b4 l8tyarJ4

The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:

Family Nutrition Education Curriculum

Finding A Balance — Diabetes

Healthy Children, Healthy Families

Healthy Cents

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

#### Gayle Patterson <u>or</u> Leann Hodge

Cornell Cooperative Extension of Cattaraugus County

716.699.2377

gsp72@cornell.edu or

lmh292@cornell.edu

This material was funded by the USDA's Expanded Food and Nutrition Education Program.

## KORNER



When libraries re-open, make a trip to the library with your child and borrow From Seed to Strawberry (Start to Finish, Second Series) written by Mari Schuh. Together, read the book and learn how a tiny seed grows into a plant with juicy strawberries.

### **Strawberry Cucumber Salad**

Serving Size: 2/3 cup Prep Time 20 minutes Servings per recipe: 8

#### **Ingredients:**

2 tablespoons nonfat or low-fat plan yogurt

4 teaspoons apple cider vinegar

1 tablespoon honey or brown sugar

1/4 teaspoons onion powder

1/4 teaspoon prepared mustard

1/4 teaspoon salt

1 tablespoon lemon juice

1 1/2 teaspoons oil

3/4 teaspoons poppy seeds (optional)

2 cups strawberries, sliced

2 1/2 cups cucumber, sliced thinly into rounds

#### **Directions:**

- 1. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds (if using). Mix well.
- 2. Gently mix the dressing with the strawberries and cucumber until evenly coated.
- 3. Refrigerate leftovers within 2 hours.

Note: honey is not recommended for children under 1 year old.

Nutrition Facts: Serving Size – 2/3 cup, 50 Calories, 1.5g Total Fat, 30% Calories from Fat, 0gSaturated Fat, 0g Trans Fat, 0mg Cholesterol, 55mg Sodium, 10g Total Carbohydrate, 1g Dietary Fiber, 1g Protein, 2% Vitamin A, 60% Vitamin C, 4% Calcium, 2% Iron

Source: www.foodhero.org - Oregon State University Extension Service, Family & Community Health

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#### Message from the Executive Director

The past four months have shown us what some may consider a new territory and exploration in providing services of our Cornell Cooperative Extension of Cattaraugus County. I am very proud of our staff and the way they have adjusted to a "new norm". We have worked from our homes and are now splitting time between home and the office. It is unfortunate that in-person events have been canceled or postponed. One of the biggest events is the county fair that was canceled for this year. And our fund-raising events like the Annual Spaghetti Dinner and Pie Auction, Snack Shack and others had to be cancelled.



Let's now think of the positives that have happened with our programming. Our staff have developed new programs and expanded their outreach.

EFNEP has developed face book classes using Face Book Live to reach persons that could not otherwise attend a class away from home. 4-H has developed the On-Line Market Auction to replace the Fair Market Auction Sale. This should be exciting and will provide an outlet for the 4-Hers to market their animals. Three of our staff have now completed the Master Gardner class and are planning events to re-organize the program for residents of our county. Farm2School program provided students in the participating schools with exciting information packets to work on at home. SNAP-ED program staff have had opportunity to expand their planning to provide programming when we are able to get out to events, such as farmers' markets and educational activities. Our Southwest Agricultural team have been busy with responses to farmers in the county. At our office, we continue to see more calls from residents needing the expertise of our Extension staff. Each of our staff have attended a variety of professional development classes including the topics on Diversity, Equity and Inclusion.

Thank you to all who continue to value the programs that we offer at Cornell Cooperative Extension.

### Díck

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