



## **Farewell from 2022 New York State Second Associate Dairy Ambassador Annika Donlick**

If you told child me that I would be an advocate of dairy for the dairy farmers of New York I would have never believed you. I didn't come from a farm, but I got my start in dairy through 4-H, and I have never stopped learning more since then. These experiences taught me about the excellent care farmers give to their cows, their work to protect the environment, and the nutritional benefits of milk. I am honored to have been able to represent the farmers of New York State through the past year.

My biggest takeaway from the events I attended this year was how important Chocolate milk is to athletes. By attending 3 New York State Public High School Athletic Association Championships and a Fuel Up to Play 60 event, I saw countless youth athletes be genuinely excited about chocolate milk and the benefits it provides after exercising. With 13 essential nutrients, electrolytes found in milk, carbohydrates to refuel, and protein for building strong muscles, chocolate milk is a win I was proud to share about.

I would like to thank the many people, both new friends and old, that helped me through this year, as it would not have been possible without them! I appreciated learning from all the staff at ADANE, especially Beth and Reegan. You all taught me a lot about the various programs and aspects of promotion, and showed me just how important it is to promote the dairy industry. I want to thank my parents for chauffeuring me around the state, I have loved every moment of going to new places and seeing new things with you. Finally to Gabby and Katie, this year definitely would not have been the same without you. From professional building skills, new experiences, and lots of laughs, I truly believe that we were a perfect team this year.

I also want to thank all of the hardworking dairy farmers. Without you, this program would not exist. To the next trio of ambassadors, I wish you the best of luck. You are all shining stars for the dairy industry, and I know you will do great things for the dairy industry in New York. For the last time, I am Annika Donlick, the 2022-2023 New York State Associate Dairy Ambassador.