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## Cornell Cooperative Extension Steuben County

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August 2015 | Vol. 7 Issue 8

### Time to enjoy the bounty of this year's harvest!

#### IN THIS ISSUE

Keep pests from ruining the hard work you put in your garden  
CCE-Steuben wants you to explore the outdoors with your family!

#### Welcome to our new mobile friendly electronic newsletter!

We have found many of our readers access this monthly E-News from their smartphones, so now it is easier to keep up to date with our programs and information while you are on the go! Be sure to join us on [Facebook](#) and on our [newly redesigned website](#) and let us know what you think, and how we can serve you better!

We love to hear from you!

August is Steuben County Fair month! We hope you'll join us.



Fun activities at the CCE-Steuben booth in the back of the 4-H Youth Building!

- Did you know you can make a healthy snack and get exercise at the same time? Pedal your way to a refreshing beverage with the Smoothie Bike!
- Try a healthy new recipe! Cooking Demonstrations at 12:30 and 5:30 daily featuring healthy, delicious and local ingredients
- Learn what sugary drinks are doing to your body, and how to choose healthy drinks instead, including free samples!
- Come test your shooting skill on the Hunting Simulator.

Plus LED and Buying Local information, our energy dollhouse, and much more!



Fair is the place that our youth can showcase the projects they have been working on all year!

August 18-23, 2015 at the Steuben County Fairgrounds

There's so many youth shows and contests, you'll want to take a look at the 4-H Fair Schedule to find time to attend several of the events. There are animal shows in the judging pavilion including fun contests like the animal costume contest. On Friday evening is the 4-H/FFA Livestock Auction. - its a good place to help our young entrepreneurs while stocking your freezer!

And don't miss the non animal events - plenty of 4-H exhibits in the 4-H Youth Building, the Dairy Princess selling milk and the Small Animal Committee selling ice cream bars. Plus fun contests on Saturday like Cake Decorating (with a Cake Auction to follow!) and Flower Arranging.

Check the daily schedule posted outside the 4-H Youth Building for activities and events. If you are at the fairgrounds on Monday, August 17 from 10 a.m. to 2 p.m, support the 4-H members' bake sale.

What's going on in the 4-H Youth Building  
4-H Fair Schedule

Learn how to extend the season of fresh fruits and vegetables.



These hands-on workshops., taught by CCE Master Preservers, will demonstrate how to safely preserve food.

Cornell Cooperative Extension of Steuben County is continuing its series of hands-on food preservation workshops with two more workshops on boiling water canning and pressure canning. Designed to teach people how to enjoy locally produced food year round, we are offering the following upcoming classes:

- Boiling Water Canning - Friday, August 14, 2015
- Pressure Canning - Friday, September 11, 2015

Both classes will be held from 5:00 - 8:00 p.m. at St Thomas Episcopal Church, 122 Liberty Street, Bath, NY. Cost of \$15 per person includes instruction, a full packet of up-to-date information, and a jar of canned vegetables.

[More information, and online registration](#)

**We offer a range of classes and workshops that can help you to manage your home finances and assets effectively.**

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Have you thought about what you and your family will do when a loved one is in need of long term care?

In the 2000's, almost 10 million people needed some form of long-term care in the United States. Of this population, 3.6 million (37%) were under age 65 and 6 million (63%) were over age 65 (Roger & Komisar, 2003). Almost 70% of people turning age 65 will need long-term care at some point in their lives.

Many people think the phrase "long-term care" refers to an insurance policy. While insurance may be part of your strategy, long-term care encompasses everything from long-term services and supports and finances, to where you will live and how you will navigate the myriad of legal, family, and social dynamics along the way.

Your path will be unique to you, and based on your preferences and circumstances. Cornell Cooperative Extension of Steuben County is offering a free workshop, Long Term Care Planning, to help sort through the options from 1:00-3:00 p.m. on August 12, 2015 at the Wayland Library, 101 West Naples Street, Wayland. Call 607-664-2300 to save a seat!

[Register for this free class today!](#)  
[Check out our entire list of financial education classes](#)

Keep pests from ruining your hard work in your garden.

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Late Blight has been confirmed in several counties surrounding Steuben County. Do you know if your plants are susceptible?

We have information on our website about what to do if you find Late Blight in your garden. Or call our Horticulture Educator at 607-664-2300.

[More information about Late Blight](#)

We offer resources for farmers, and consumers, to help strengthen our local and regional food systems

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Meat Locker opening soon in Corning! Now you can buy in bulk to save money and have access to local products year round!

The meat locker provides inexpensive, shared freezer space for people to store bulk meat purchases. Purchase meat directly from farmers who will have it cut, wrapped, frozen and delivered to your locker for storage. Then access your supply during scheduled hours each week (much like a CSA pick-up). Regularly scheduled pick-up hours are Thursdays 3:00-6:00 pm or by appointment, M-F 9:00-5:00 pm. Drop off by appointment only.

Small bins (18 gallons) will be \$5 per month. Large bins (25 gallons) will be \$8 per month. Watch the webpage below for details on ordering a bin.

[Watch this page for details as they become available!](#)  
[Follow The Finger Lakes Meat Project on Facebook!](#)



Put September 26 on your calendar to take the family out to the farm! Farm City day returns!

Farm-City Day is an educational, fun filled day on the farm where the public can get a first-hand, behind the scenes look at how a modern dairy farm operates. We will be returning to Canisteo, NY to the Moss-VanWie Dairy Farm. Check out the website below for all the activities.

Volunteers are needed for both the Saturday event and the school children tours on Thursday and Friday. Watch the website for online signups or call 607-664-2300.

[Steuben County Farm Day website](#)  
[Farm City Day Facebook page](#)



### Olivia Chatain crowned 2015 Steuben County Dairy Princess

Olivia Chatain was crowned the 2015 Steuben County Dairy Princess. Olivia is the 17-year-old daughter of Heather Decker and Peter Chatain. Olivia will be a senior at Arkport Central School, where she is active in soccer, student council, academic all-stars, and a member of the National Honor Society.

The Steuben County Dairy court includes Paige Demun (2014 County Dairy Princess), Makayla Haischer, Megan Ross, Hannah Stewart, Emily McCaig, Natalie Capluzzi, Brynn Scholl, Sara Stierly and Kylene Stierly.

For more information on having the Dairy Princess visit your program, call 607-664-2300.

[More Dairy Information](#)



2016 Locally Grown Foods Festival will be held in Corning on Friday, February 12.

Each spring, hundreds of visitors come out for the Corning Locally Grown Foods Festival, a fun and educational event that celebrates and presents the rich variety of foods produced in our region.

Farmers from across the Finger Lakes region participate, and bring information about their farms as well products to buy or sample. Farms represented have included producers of livestock, fruit, vegetables, maple, honey, preserves, CSA's and other local products, The event features food dishes made with various local meats, vegetables, fruits, preserves, and herbs. The 2016 event will be held Friday, February 12, 2016 at Union Hall in Corning (100 Center Way, Corning, NY 14830).

Watch this page for updates



Please join us for this free event to learn about making a family forest better for the next generation!

Saturday, September 12th from 9:30 - Noon at Angus Glen Farms; 3050 Station Road; Watkins Glen, NY.

This event is sponsored by Cornell University's Master Forest Owner Program ([www.cornellmfo.info](http://www.cornellmfo.info)); Cornell Cooperative Extension (<http://cceschuyler.org>); and the NY Forest Owner's Association ([www.nyfoa.org](http://www.nyfoa.org)). No RSVP is necessary.

For additional information please contact Brett Chedzoy by phone (607-535-7161) or email: [bjc226@cornell.edu](mailto:bjc226@cornell.edu)

### Additional Information

4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.



We are looking for sponsors for County Fair awards!

You can help put a huge smile on a 4-Her's face by helping us provide awards for the youth showing animals and exhibits at the annual Steuben County Fair. The youth put in a lot of hard work all year long

to train their animals and prepare their exhibits. We want to reward them and encourage them to continue on with these important lifeskills. Won't you help us supply these visible means of encouragement and support?

[Sponsor Donation Form](#)

**CCE-Steuben wants you to explore the outdoors with your family!**

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Learn about the natural behaviors of the wolf and do's and don'ts of human interaction with these animals.

Did you miss the most amazing Wolf show at the New York State Fair last summer? Not to worry - they are coming to Steuben County this fall! The most unique show on the road today, the show presents the mystical enigmatic wolf - a whole pack in fact, performing right before your eyes. Three shows daily at the [Southern Tier Outdoor Show](#) October 10-11 in Bath!

[More information on the Wolves of the World](#)



Take a chance on a 2015 Mission MXB Sniper Lite Package! Only 150 tickets will be sold!

Complete ready-to-shoot, with a 3X32 Hawke Scope, Mission quiver, 3 bolts, rope cocker, and Mission Soft Crossbow Case. The Mission crossbow and the Hawke Scope come complete with a lifetime warranty. This model of crossbow is appropriate for men and women of all ages; youth as well. Suggested Retail Price for the package including the tax is \$800.00.

Winning ticket will be drawn on Sunday, October 11 at the show at 4:00 p.m. at the Cooperative Extension Tent. Do not need to be present to win. Purchase ticket online at: <http://bit.ly/showraffle> or stop by the Cooperative Extension office in Bath!



Test your bowhunting skill on our electronic 3D course and earn a spot in the Tournament to win \$500!

The Southern Tier Outdoor Show is pleased that the XFactor 3D Archery Challenge will be back at the show this year. This unique archery experience is designed to simulate real-life hunting scenarios with a range of 10 life-size, three dimensional targets at 15 to 40 yards from the archers.

There will be two ways to shoot the Challenge this year. Those wishing to compete in the tournament on Sunday, October 11 may shoot the course for the best score all day Saturday, and Sunday up to noon. Those archers with the top eight scores will compete on Sunday for the \$500 grand prize. Other archers will be able to compete for archery prizes throughout the weekend.

[More information on the XFactor 3D Archery Challenge](#)



Vendor spaces are filling up fast!

The Southern Tier Outdoor Show has indoor and outdoor spaces for vendors and organizations promoting and selling outdoor gear and activities. Call today to get the best space! Call Carla at 607-583-3224.

Thank you to our lead sponsors this year!



[Find out more about the Southern Tier Outdoor Show](#)



## Around the Community...

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### 7th Annual Adolescent Health & Wellness Conference Presented by INSPIRE Registration Now Open: Full-Day Conference Highlighting Current Issues & Trends in Adolescent Health

INSPIRE Adolescent Health & Wellness, an initiative of the Steuben Rural Health Network and the Institute for Human Services, Inc., will host the 2015 Adolescent Health & Wellness Conference on Thursday, October 29, 2015, from 8:30 a.m. - 4:15 p.m., at the Radisson Hotel Corning.

This year's full-day conference will feature two plenary sessions and nine break-out workshops, encompassing a range of topics related to the holistic approach of addressing all aspects of adolescent health and wellness. Attendees will be provided with the opportunity for increased networking, meaningful and applicable resource sharing, and high-quality professional development!

Registration is now available! Attendees who register prior to August 31st will receive the Early Bird discounted rate. Limited scholarships are available to offer this valuable educational opportunity to college students interested in attending the conference, as well as one per school district (please contact INSPIRE at 607.776.9467 ext. 226 or 229 if interested in a scholarship.)

[For more information and details regarding registration](#)

### Girls on the Run of the Southern Tier Thanks Spring 2015 Sponsors! Heartfelt gratitude to all for supporting the encouragement of joyful, healthy, and confident lifestyles

Girls on the Run of the Southern Tier would like to thank all of the generous sponsors that contributed to the spring 2015 5K Celebration & Season! With the support of our partners, Girls on the Run is able to empower more girls throughout communities in the Southern Tier to activate their limitless potential, providing the life skills they require to be joyful, healthy, and confident.

Through the secured sponsorships, Girls on the Run of the Southern Tier was able to deliver the 5K Celebration event to nearly 300 girls from Steuben, Chemung, Schuyler, and Allegany Counties. These girls were provided with water stations along the course, a healthy snack shack, a happy hair station, and plenty of festivities to celebrate the culmination of the 10-week season, recognizing the unique accomplishments of each girl.

### "Bus Buddies" Launches in Steuben County Program Aims to Engage, Mobilize, and Empower New Riders of Public Transportation

Transportation continues to remain a principal issue in Steuben County. Many seniors and persons with disabilities - the very people public transportation can benefit most - are intimidated by the public transportation system.

To address this need, Steuben Coordinated Transportation Mobility Management, an initiative of the Institute for Human Services, Inc., in collaboration with Steuben County RSVP, has launched a new program called Bus Buddies.

The concept behind Bus Buddies is to assist individuals in learning to navigate the public transit system within Steuben County and beyond. Due to the intimidation and lack of knowledge, many feel as though they are unable to navigate the local bus schedules and routes alone, ultimately resulting in a sense of lost independence. With the Bus Buddy program, experienced and trained volunteer "Buddies" can help alleviate this fear by being the friendly, knowledgeable educator in learning to utilize the public transit system - from schedules to routes to accessibility and everything in between!

Ultimately, the Bus Buddy Program aims to enable new riders to be engaged, mobile, and empowered enough to plan their own trips to medical appointments, shopping, and other necessary travel needs.

To learn more or to inquire about the Bus Buddy program, contact the Steuben County Mobility Manager at [DubyK@ihsnet.org](mailto:DubyK@ihsnet.org) or 607.776.9467 ext. 223.

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## Thank you for joining us this month!

We hope some of the programs and information we have offered above will be of service to you and your family. If we can help in any way, please call us at 607-664-2300.

Sincerely,

Carla Dawejko  
Cornell Cooperative Extension of Steuben County

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