Hi, just a reminder that you're receiving this email because you have expressed an interest in Cornell Cooperative Extension of Steuben County. Don't forget to add crd24@cornell.edu to your address book so we'll be sure to land in your inbox!

You may unsubscribe if you no longer wish to receive our emails.

Celebrate the diversity of our natural resources!

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Explore the outdoors with your family!
The 9th annual Southern Tier Outdoor Show, scheduled for Oct 10-11, 2015 in Bath, New York, offers a variety of wildlife shows, exhibitors and interactive activities to help both sportsmen and their families explore the outdoors. Cornell Cooperative Extension of Steuben County coordinates the show held at Wilkins RV, Inc. on Route 415, off I-86 Exit 37, so the public can get close to nature and enjoy some new outdoor recreation opportunities.

About 7,000 people flock to this show each October to spend a day enjoying exhibitors, demonstrations, wildlife shows and professional seminars. The $5 per car fee also includes free parking, shows, activities and a show program. The show is open 9-5 on Saturday and 10-4 on Sunday.

Visit the show site for all the details!
Amazing wildlife shows!

Wolves of the World: Three shows daily: 11 am, 1 pm and 3 pm

Wolves of the World is the only traveling wolf pack in the world! The most unique show on the road, it presents a whole pack of wolves performing before your eyes. Learn how these rescued wolves are raised in captivity and display the traits of the wolf packs, about the natural behaviors of wolves, the do's and don'ts of human interaction with wild animals and at the conclusion of each of the three daily shows, the audience is invited into the wolves' habitat where they have the chance to watch the wolves being fed.

Morgan Eagle Falconry
General Class falconer Normajean Albright brings MorganEagle Falconry to the show with an exciting display of birds of prey in flight demonstrations and explanation of how these birds are used in the sport of hunting live game. Albright will be featuring a Red Tailed Hawk, a Harris Hawk and a Lanner Falcon.

Companion Retriever Hunting Challenge
The Companion Retriever Hunting Challenge on Sunday, October 11 at noon focuses on a typical owner/handler of a retriever that is a family companion as well as a hunting partner. The two contest levels consist of goose and duck hunting scenarios for handlers at least 12 years of age and older. The event is supervised and judged by Jim Beverly, a renowned retriever trainer from western New York with 50 years of experience in the waterfowl hunting industry. Entries cost $30. To register call Beverly at 716-474-4661.
As a preview to this year's Southern Tier Outdoor Show in Bath, Field and Stream of Elmira, will be hosting a Retriever Training and Waterfowl Hunting Seminar at their store at 830 County Route 64, Big Flats Consumer Square on Thursday, October 8 at 1:00 p.m. and 5:00 p.m.. The seminars will be given by the Outdoor Show's dog contest judge/supervisor Jim Beverly!

Jim Beverly has over 50 years of experience in the dog training and waterfowl hunting industry. He has run the Companion Retriever Hunting Challenge at the Bath outdoor show and numerous other sportsman shows for many years. He will bring his dogs, Zeus, Dakota and Jo'b to demonstrate the various training techniques. His dogs represent the best of each of the popular retriever breeds.

As an added bonus, from 2:00-5:00 p.m. the public can bring in their own dog for an evaluation and training assistance. Jim's work is specific to the dog and his handler. Come work one on one with Jim and get some advice on training your dog.

Ben and Luke Blegen, U.S.A. Ice Team members, will also make a stop at the Field and Stream store from 1:00-5:00 p.m. Come meet these Beam Outdoors and CNY Custom Rods ProStaff and learn about their ice techniques, strategies and knowledge of ice fishing. The twin brothers are from Minnesota and fish the North American Ice Fishing Circuit as competitive tournament anglers. They will give seminars at the Bath Outdoor Show as well.

Join in on all the fun...

The Outdoor Show offers activities for all ages!

New this year is the Bristol Mountain Mobile Aerial Rope Course. Ideal for children ages 4-12, the mobile park has eight unique elements including fisherman net, wooden board bridge, vertical net, monkey rope, spider web, and log swings.

Try the Tomahawk Throw and Indoor Fishing Pond, this year partially equipped to use as an ice-fishing pond! Youth can compete in a Turkey Calling Contest on Sunday at 2:00 p.m. sponsored by the Cohocton Chapter of the National Wild Turkey Federation. Visit the website for applications.
Bring your shotgun to the show to compete at the **Youth Hunter Education Challenge's clay pigeon flurry shoot**. Younger archers will enjoy Cornell Cooperative Extension 4-H Shooting Sports Program's archery education and shooting as well as the Crosman air rifle experience and **NEW THIS YEAR - a laser shooting course!**

Bring your bow to compete in the **XFactor 3D Archery Course**, a unique shooting experience designed to simulate a real hunting scenario. The pop up target system delivers lots of energy and constant action. $20 per round or $10 to requalify on Saturday or up til noon on Sunday. Then the top ten scores will compete in the Tournament for a cash prize of $500. For those who just want to shoot for fun, $10 a round and $5 to re-qualify to be entered in the drawing for great archery prizes.

**Contests:**
Attend the show to find out how to enter for the **Waterfowl Trip** above.

Pick up a ticket for just $10 at the Cooperative Extension booth for a chance at a **Mission MXB Sniper Lite CrossBow** complete with scope, quiver, rope cocker and case. Only 150 tickets will be sold!

The 4-H Program will be selling tickets ($1 each or 5 for $3) for a **Challenger Safe** with the drawing to be held October 11 at 4:00 p.m. at the outdoor show. The safe is a 24-gun capacity, 26W x 20L x 59H, electronic lock, weighs 360 lbs. Fireproof up to 1,200 degrees for 30 minutes. The drawing will benefit the Steuben County 4-H Small Animal Program Barn Improvement Project.

And pick up a Kanona Fire Department **Annual Sportsman and Cash Raffle** ticket. There will only be 1,000 tickets sold at $10 each for your chance at 20 great prizes including cash, shotguns, bows, and rifles.

**Volunteer at the Show!**

Cornell Cooperative Extension is in need of additional volunteers to help man several stations during the weekend event. If you could help us by volunteering even a couple hours during that weekend, we would be most appreciative. You can find information about the volunteer opportunities at: [http://www.southerntieroutdoorshow.com/volunteer/](http://www.southerntieroutdoorshow.com/volunteer/) or you can call Carla Dawejko at 607-583-3224.

Volunteers will be given a show tee shirt and a voucher for a free lunch if they work the entire day at the event. 

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**Our 2015 GRAND PRIZE drawing will be for a 4-man Finger Lakes Waterfowl Trip**

Frontenac Fowlers Guide Service will provide 6-8 hours of heart pounding migration duck and goose hunting action with competition grade calling from a 24 Sea Ark super Jon John boat gunning over hand carved decoys and watching great retriever work. The winner will also enjoy a home cooked breakfast aboard the Paddies Up prepared by Capt. JAY BARNES, USCG Licensed Master Captain & NYS Licensed Guide #3741.

FRONTENACFOWLERSCOM
Those interested in working on setup day on Friday, October 9 will also be given lunch.

Join us on Facebook at [www.facebook.com/SouthernTierOutdoorShow](http://www.facebook.com/SouthernTierOutdoorShow) and Twitter at [www.twitter.com/STOutdoorShow](http://www.twitter.com/STOutdoorShow).

Thank you to our lead sponsors:

![Sponsor Logos]

Agriculture workshops...

![Agriculture Workshop Photo]

**Beef Quality Assurance Training**

Beef Quality Assurance (BQA) is a voluntary program focused on training cattle producers in feeding, management and breeding practices that assures the consumer that they are producing safe, wholesome beef of the highest quality. It is based on national guidelines and scientific research with the purpose of enhancing carcass quality and safety, thereby protecting the consumer confidence in our beef supply.

Topics covered during the certification process include safe handling of health care products, injection site location, increasing the effectiveness of vaccines, reducing drug residues, safe animal handling, animal welfare and record keeping.
This training is composed of a classroom session followed by a chute side training. Cost to attend is $20.00 for the first person and $10.00 for each additional person from the same farm (includes cost of BQA manual & dinner). Registration is required by September 30th. Contact Cornell Cooperative Extension of Steuben County at 607-664-2300 or email Kerri Bartlett at ksb29@cornell.edu to register or for more information.

**Fall Pasture Walk at Hillsprings Farm**

The Tri-County Grazing group will be hosting a pasture walk **Thursday October 8, 2015**

from 5:30pm at Hillsprings Farm in Addison. At Hillsprings Farm, Charlie Painter raises 100 Angus brood cows for multiple end uses. Charlie retains all the calves; steers are raised for grass finished slaughter cattle direct sales and heifers are raised for herd replacements and to grow brood cow numbers. Charlie grazes approximately 300 total head of cattle throughout the year.

To support the herd Charlie has very recently installed a solar watering system with a 6,000 gallon storage tank. The solar pump is capable of pumping 13 gallons of water a minute. While at Hillsprings Farm we will also see their covered barn yard project, handling systems, and haylage storage. Charlie will discuss his varied feeding/finishing programs as well as the benefits of the herd's aggressive AI breeding program.

The pasture walk is free and open to public. Anyone interested in learning about grazing, water systems, or beef cattle production is encouraged to attend. Hillsprings Farm is located at 295 Murray Road Addison NY 14801. The walk will take place from 5:30 -7:30pm, dress for the weather!

Sponsored by Cornell Cooperative Extension of Steuben & Schuyler County and SWCD of Steuben & Schuyler County. No RSVPs are needed, but for more information please contact Kerri Bartlett, CCE-Steuben at 607-583-3170 or ksb29@cornell.edu.

**Horticulture Workshops**
Regional Small Fruit School for Existing and Potential Commercial Berry Growers

Cornell University Cooperative Extension of Allegany and Steuben County in conjunction with Cornell University faculty are hosting the Regional Small Fruit School. The full day program will include topics on: differentiating disease in berry crops, insect pests of strawberry, raspberry, and blueberries, soil health as a tool for berry nutrition, strawberry and raspberry varieties, blueberry pruning, and managing diseases and insects in small fruit plantings.

We have a top notch lineup of Cornell University faculty: Dr. Marvin Pritts, Chair of Horticulture, Dr. Kerik Cox, Plant Pathology/Microbe-Biology, Dr. Greg Loeb, Entomology, and Dr. Courtney Weber, Professor of Horticulture. Sign up soon to be a part of this great program. DEC credits have been applied for in categories 1a, 10, and 22.

The program will give you an opportunity to ask questions about your operation and to learn the newest research being done in the field. The fee of $25.00 will include your lunch and all materials. Please contact Colleen Cavagna to sign-up: cc746@cornell.edu or 585-268-7644 ext 12. Pre-registration is required by Oct. 19th, 2015. No refunds for cancellations: although substitutions are allowed.

Where: Bath Civil Defense Building (7220 State Rte 54, Bath NY 14810)
When: October 27th, 2015
Time: 9:00 am - 3:00 pm
Fee: $25.00 per person

Eat Smart New York!!!

Eat Smart New York now has a website!
In the first year of the program, Eat Smart New York has reached over 25,000 families in the Finger Lakes Region. Eat Smart New York Nutrition Education is free to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP).

ESNY provides nutrition education materials, events and workshops in local communities on a variety of topics like:

- healthy eating on a budget
- smart shopping for vegetables and fruit
- healthy meal planning
- basic cooking and food safety skills
- weight control and physical activity

Visit [www.eatsmartnewyork.org](http://www.eatsmartnewyork.org) and click on your county to find recipes, healthy eating tips, and events & classes happening near you, or call 607-664-2300 to sign up for an upcoming class!

**We can help you manage your home finances successfully!**

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**Do you have the right documents in place to protect your loved ones?**

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called **Wills versus Trusts** on **Tuesday, October 6, 2015** from **1:00 - 3:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. He will present such information as:

- How can a Revocable Living Trust based estate plan help protect you and secure your family’s future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit [www.putknowledgetowork.org](http://www.putknowledgetowork.org).
Join other women as we learn how to improve our mind, body and checkbook!

Plan for a fun day out at the 2nd annual Southern Tier Financial Conference: Financial Education for Women by Women scheduled for October 3, 2015 from 8:30 a.m. to 2:00 p.m. at the Center, 400 Park Ave., Corning. It will be a great way to join other women as we learn how to improve our mind, body, and checkbook!

Stress is a part of life and you need to anticipate it and learn to manage it. Keynote speaker for the day will be Paola Kauffman, lead Exercise Physiologist at Health Works Wellness Fitness Center who will be covering Stress Management, emotional eating, fad dieting, and the impact of nutrition and exercise.

Registration is from 8:00 -8:30 a.m. The conference will be held from 8:30 a.m. to 2:00 p.m. The cost of $25 per person for ages 16 and older includes lunch, networking, the conference and the books Money Rules - The Simple Path to Lifelong Security by Jean Chatzky, and An Insider’s Guide to the Confusing World of New York Auto Insurance by Atty. James B. Reed of Ziff Law Firm. The day will include door prizes and other vendors and exhibitors.

See our list of great breakout sessions and speakers
Online registration

Get Retirement Ready!

Cornell Cooperative Extension of Steuben County wants to help you Get Retirement Ready with a free class to be offered Tuesday, October 20, 2015 from 6:00-7:30 p.m. at the Wayland Library, West Naples Street in Wayland.

Learn how to plan and help pay for unexpected events and expenses. Create the real-life flexibility you need to help prepare for retirement. Handle unexpected changes in your circumstances, needs, and priorities. Adapt to changes in timeframes, such as retiring early or later than expected. Be prepared by creating retirement income you can count on.
The workshop will be led by David Schmidl, LUTCF, CERTIFIED FINANCIAL PLANNER™ professional, Financial Services Representative, Financial Advisor, MetLife. MetLife, its agents, and representatives may not give legal or tax advice. You should consult with and rely on your own independent legal and tax advisors regarding your particular set of facts and circumstances. Metropolitan Life Insurance Company, New York, NY 10166. MetLife is not affiliated with Cornell University.


**Be more energy efficient!**
**Plan now to save money on your energy bills this coming winter!**

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you will spend on heating and cooling your home! Spend a couple hours with Energy Educator Nancy Reiglesperger in our FREE Save Energy Save Dollars classes to be offered:

**Thursday, October 8, 2015 from 6:00-8:00 p.m.** at the Chip Holt Nature Center located in Vitale Park, just off Route 20A (Big Tree Road) in Lakeville, NY.

**Tuesday, October 13 from 6:00-8:00 p.m.** at the Dansville Library, 200 Main St., Dansville.

**Monday, October 26, 2015 from 1:00-3:00 p.m.** at the Chip Holt Nature Center located in Vitale Park, just off Route 20A (Big Tree Road) in Lakeville, NY

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out on these money-saving tips!

Each participant will receive a FREE energy saving item. Please help us plan for the number of attendees by calling to register your space at 585-991-5420 or 585-335-1752.

Empower New York Workshops are sponsored by the New York State Energy Research and Development Authority (NYSERDA) and developed by Cornell University Cooperative Extension and NYSERDA. Cornell Cooperative Extension of Steuben County provides equal program and employment opportunities.
4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.

4-H Annual Cheese Sale is Underway

The annual 4-H Cuba Cheese Sale and Henning's Trout Creek Farm Maple Products is currently underway. Profits from the sale are used to support the 4-H Activity Fund. The Activity Fund makes it possible for 4-H youth to participate in educational, career-orientated trips and activities. The annual sale is a major fund raiser that allows the 4-H Program to continue to offer a dynamic, relevant program to Steuben County youth Kindergarten - 18 years of age.

A brochure of available Cuba Cheese products and order forms for Cuba Cheese and Henning's Maples Products is available at our office and can be ordered through Monday, October 19th. Products will be delivered on November 18th. For more information please contact the Cornell Cooperative Extension Office at 607-664-2300. Thank you for your support of the Steuben County 4-H Youth Program!!

4-H Awards Program is November 7

ALL 4-H members, leaders and parents are cordially invited to attend the 2015 4-H Awards Program on Saturday, November 7 from 6:30-7:00 for the social time and distribution of County Fair premium money and for the Awards Ceremony at 7:00 p.m.

Leaders will also be recognized for their volunteer support and dedication and County Fair premium money will be distributed. The event will be held at the Avoca Central School Auditorium, 23 Oliver Street, Avoca, NY 14809.

Sponsors are encouraged to fill out the sponsorship form by October 23.

4-H National Youth Science Day

Do you love science and fun science activities? 4-H National Youth Science Day (NYSD) is the world's largest youth-led science experiment. 4-H National Youth Science Day is a day dedicated to engaging kids with science through a hands-on science experiment. On October 7, 2015 this year's experiment - Motion Commotion - will be conducted by thousands of kids across the nation as they will learn about physics, speed and safety.

4-H is dedicated to providing the hands-on experience in STEM (Science, Technology, Engineering, Math) to give kids the life skills they need to succeed today and the career readiness to succeed tomorrow. Programs like 4-H NYSD offer youth an opportunity to learn about science in a fun, dynamic way and spark their interest in all areas of STEM.
http://www.4-h.org/4-h-national-youth-science-day/

Volunteer Training scheduled for October 17

We have scheduled a volunteer training session on October 17 from 10:00 a.m. to noon at the Steuben County Office Building. Please visit here for more details.

Mark your calendars now for the Fall 2015 Paper Clover Fundraiser coming October 7-18, 2015.

During the semi-annual event, we invite friends and family to support 4-H by donating $1 at check out when they are done shopping. 100% of each dollar goes to the 4-H. 70% of all funds collected support local and state 4-H programs right where you live. More details here.

Youth to Celebrate National 4-H Week October 5-11

More than 6 million young people across the country today will celebrate National 4-H Week, an annual celebration of 4-H during the first full week of October. Steuben 4-H will leverage National 4-H Week this year to showcase the great things that 4-H offers young people and highlights the incredible 4-H youth in the community who work each day to make a positive impact on the community. More details here.

Around the Community...

Business Planning Workshop

The Small Business Development Center is sponsoring a Business Planning Workshop. This workshop is designed for the person who is thinking about starting their own small business or an existing business owner seeking financing. Topics discussed will be Federal and State legal requirements and how to write a business plan. There will be ample time for questions and answers.

The workshop will be held on Wednesday, October 7 from 8:30-10:00 a.m. at the Academic & Workforce Development Center, 318 Madison Avenue, Room 207, Elmira.

There is no cost for the workshop but registration is required by October 5. For information or to register, call 607-937-6861 or email sbdc@corning-cc.edu.

Cornell Cooperative Extension of Schuyler County announces the first ever Rock N Run!

- 5k run or walk along the Catharine Valley Trail and 1K fun run for youth!
- Saturday, October 24 9:00am, Montour Falls
- Come dressed as your favorite pop icon or wear clothing from your favorite era.
- $25 pre-registration at

https://raceroster.com/events/2015/5447/rock-n-run

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