Millennial brings new energy to CCE-Steuben!
Learn more about our new Executive Director

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CCE-Steuben transitions from 16-year leadership to a fresh millennial

On May 15 the Cornell Cooperative Extension of Steuben County staff will bid farewell to Thomas N. Tomsa, Jr., who will be retiring after 16 years as Executive Director of the CCE-Steuben County Association.

Tom is known to most as the guy who thinks "outside of the box". He has built a team in Steuben who follow that lead and make things happen in the community. During a period when the political and economic climate has challenged many Cooperative Extension associations in the state, the Steuben organization has experienced relative security and stability under his leadership.
Larkin Podsiedlik has been appointed Executive Director of Cornell Cooperative Extension of Steuben County, effective May 1, 2016. When 29-year-old Podsiedlik takes the reins in Bath, she will be the youngest executive director in the CCE system across New York State. She is also the first millennial to hold that office.

Larkin got to know CCE in her position as the Senior Nutritionist/Issue Leader for Finger Lakes Eat Smart New York for the past year. Previously she was in Rochester as the Community Nutrition Programs Manager for Foodlink, a regional food hub and the Feeding America food bank serving Allegany, Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates counties.

We want to take this moment to congratulate Tom on a job well done, and well deserved retirement. And congratulations to Larkin for taking on the task of finding innovative ways to keep serving the residents of Steuben County with hands-on, research-based programs.

Upcoming Farming and Horticulture Workshops

Stocker Cattle Summits
Monday, June 13 6:00-9:00 p.m. Tyrone Fire Hall
or May 25 - Tioga County/ June 14 - Chenango County/ June 23 - Cattaraugus County

"Putting grazing land back to work with cattle": Stocker Cattle Summits offered in Southern Tier

Stocker cattle summits will be held at multiple locations throughout the southern tier as part of a recently awarded a $627,000 programming and research grant from Governor Andrew Cuomo as part of the $5 million Southern Tier Agricultural Industry Enhancement program, Cornell University is looking to bring an emerging livestock market, known as "stocker" beef cattle, to the Southern Tier.

The summits will describe what a stocker enterprise is, the opportunities and barriers to entering a stocker enterprise, and economics. Each location will also feature a seasoned stocker farmer who will describe their experience with a stocker enterprise. To attend any one of the summits please contact that location to make a reservation. Cost to attend is $10.00 per person.
Twilight Pasture Walk  
**Thursday, June 9, 2016, 6:30 PM - 8:30 PM**

Join the Tri-County Graziers for their first pasture walk of the season at Fieldstone Acres; 5363 County Route 12; Campbell, NY 14821. Fieldstone Acres is an expanding grass-fed beef and animal welfare certified grazing operation that utilizes a variety of innovative pasture improvement and herd improvement strategies. Come network with other graziers, and share your thoughts and ideas with local experts from Cornell Cooperative Extension and the Upper Susquehanna Coalition. This pasture walk is free and open to the public. For more information, please contact Cornell Cooperative Extension of Steuben County at: 607-583-3170, or by email: ksb29@cornell.edu

Online Organic Gardening Course to begin  
Cornell Horticulture's Section is offering another 6-week Organic Gardening online course. The course begins on May 9.

Looking for our new Dairy Princess!  

**Dairy Princess & Ambassadors Sought for Steuben County**

The Steuben County Dairy Promotion Committee is looking for candidates to be the 2016 Steuben County Dairy Princess. Candidates must be a resident of Steuben County between the ages of 16 and 24, never been married, nor had a
child. She must be the daughter of a dairy farmer, farm employee, agribusiness employee or be personally affiliated with the dairy industry through 4-H or FFA. The primary role of the Dairy Princess is to increase the consumption and sale of fluid milk and dairy products through public appearances, public education, and providing nutrition information to consumers.

Girls ages 8-16 are welcome and encouraged to join the Dairy Promotion Committee as Dairy Ambassadors or Dairy Maids. These are non-competitive positions that support the dairy princess and the committee at public events throughout the year.

If you are interested in becoming a Dairy Princess or Ambassador and want more information please contact Tracey McCaig at 607-661-8746.

Save the Date!!!

Take your date back in time at the CCE-Steuben Fundraiser June 10th!

Go back in time with us...at Cornell Cooperative Extension of Steuben County's annual fundraiser! Join us Friday, June 10th from 5:30-8:30 p.m. at Corning's Heritage Village of the Southern Finger Lakes, the gateway to Steuben County history!

Our Gala will focus on those healthy foods that we still endeavor to put on our tables today. Enjoy tasting a variety of local foods at stations throughout the Village. Watch an "Iron Chef" style cooking competition and possibly earn a spot as one of the guest judges to score the results! Enjoy live music, beer and wine tastings, a wide array of silent auction items, and annual CCE-Steuben volunteer and partner awards. This will be the first public event where you can meet the new CCE-Steuben Executive Director!

Spend the rest of the evening touring the Heritage Village buildings: the 1796 Benjamin Patterson Inn, an 1850’s Log Cabin, an 1970’s Cooley Blacksmith Shop, and 1878 Browntown Schoolhouse and an 1820-1870 Starr Barn. There will be a hearth cooking demonstration with samples in the kitchen of the Inn, and a blacksmith demonstration at the blacksmith shop. Come learn a little about the history of the Benjamin Patterson Inn, early Steuben settlers and the Schoolhouse in a short program offered by Heritage Village staff. Visit all the stops on the Event Passport to be entered into a drawing for the Evening Door Prize.

Gala tickets are just $25 per person or $45 per couple in advance. Tickets will be $35 each at the door. Reservations are requested by June 6. Call 607-664-2300 to reserve your space, or register online at [http://bit.ly/steubengala16](http://bit.ly/steubengala16).
More information is available on our website

Go back in time with us...

Steuben’s Home Grown Heritage

June 10, 2016

at Heritage Village

Cornell University Cooperative Extension
Steuben County

GALA’16

Music
Beer Wine
Food Auction
Cook-off
Demos
Awards

Let us help you manage your home finances effectively

Wills vs Trusts

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 Monday, May 9, 2016 from 3:00 - 5:00 p.m. at the Cohocton Library, 8 Maple Ae., Cohocton.

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.

Protect Yourself against Identity Theft
There are many ways you use sensitive information every day. How do thieves get this information? How can you tell if you are a victim of identity theft? Join us for an informational look at how you can protect yourself in a free workshop called Identity Theft on **Wednesday, May 18, 2016 from 6:00 - 8:00 p.m.** in the South Conference Room at the Steuben County Office Building, 3 East Pulteney Square, Bath.

Cornell Cooperative Extension of Steuben County again partners with Amy Irvine, CFP®, MPASSM, CASL®, of Pinnacle Financial Wealth Management to lead this workshop. Did you know:

- Identity theft strikes a new victim every two seconds.
- Identity theft is one of America's fastest growing crimes.
- In 2013 more than 13.1 million Americans were victims of identity theft that cost them more than $18 billion - or an average of over $1,300 each.
- Identity theft and fraud can damage your credit and cost you thousands of dollars and many hours to fix.

This workshop will give you nine tips on how to avoid identity theft, including computer safety; travel, medical, and social media safety; scams to avoid; and password protection. The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

**Important facts everyone should know about Long Term Care Planning**

It is an aging society, so there are some important facts everyone should know to begin planning for long term care for your loved ones. Cornell Cooperative Extension of Steuben County is offering a free workshop, Long Term Care Planning, to help sort through the options from **2:00-4:00 p.m. on May 19, 2016** at the Wayland Library, 101 West Naples Street, Wayland.

The workshop will be led by Patrick J. Roth, Elder Law Attorney, CPA from Corning. He will explain what Medicare covers, veteran options, Medicaid eligibility for a nursing home, long term care insurances, and planning options for you and your family. The session will include:

- Discover the four parts of Medicare and what is covered by each part.
- Learn about financial benefits that you may be eligible for if you (or your spouse) are a veteran.
- Discover the Medicaid eligibility rules surrounding long term care.
- Learn how to plan for your future long term care costs.

Registration is requested by calling 607-664-2300.
Three part series will be held at the Wayland Library

Mastering your money requires knowing how to set and reach your goals. How to shop for the best interest rates. Knowing how money works in the world. Come join Financial Management Educator, Nancy Reigelsperger of Cornell Cooperative Extension of Steuben County for a three-part series covering a variety of money topics, being held at the Wayland Free Library in May.

1. **Thursday May 10, from 5:30 -7:00 p.m.** The first workshop of the series is entitled **Money Habitudes** which will help you identify your money personality. Using a unique set of cards, we will sort out what your habits and attitudes are towards money and how they affect your spending and savings decisions. Why do couples argue about money? Why do people stay stuck in a relationship or job? Come and discover the answers to these money questions and more.

2. **Thursday May 17 from 5:30-7:00 p.m.** The second part of the series is entitled **Making End$ Meet!**. In this workshop we will learn about goal setting, cash tracking, analyzing spending and building a spending plan. Come and learn the foundation of good money management skills.

3. **May 31 from 5:30-7:00 p.m.** The final evening in the series is entitled **Exploring Credit Issues**. In this workshop discover the myth of making the minimum payment, how to power pay down bills, how your credit report impacts you and more. We will also be discussing Identity Theft, which is the fastest growing crime in the U.S. - how do you protect yourself and what to do if you fall victim.

This workshop series is free and open to the public. Registration is requested by calling 607-664-2300.

**Healthy Living Tips**

**May is National Osteoporosis Month!**

Did you know that one in two women and up to one in four men over age 50 will break a bone due to osteoporosis? [Find out more here!](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=22a9a360-a1a2-4554-9e02-983efc3f9497)

**May 8-14 is National Women's Health Week**

Take the first step! Join the National Women’s Health Week celebration and learn what you can do to lead a healthier life at any age. [Find out more here!](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=22a9a360-a1a2-4554-9e02-983efc3f9497)
May is Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—died from stroke, making it the fourth leading cause of death in the United States. Strokes can affect people of all ages and backgrounds. Learn how to safeguard yourself against stroke. Find out more here!

The Bath Wednesday Farmer's Market is back!

Join us in Pulteney Park on Wednesdays for fresh fruits and veggies! The season is just beginning, but it will be great to get outdoors again and shop local. The CCE-Steuben nutrition team will have a booth at the market on a couple Wednesdays in May, and then they will be there every week beginning in June! Come on out and see us!

Join Our Team!

Cornell Cooperative Extension is currently recruiting for the Senior Nutritionist position at Steuben County Cornell Cooperative Extension in Bath, NY. Interested candidates can find full job descriptions and may apply here.

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

4-H GROWS HERE

2016 4-H CLOTHING REVUE: "I Want you to Sew"
FRIDAY, MAY 6  7:30 pm
AVOCA CENTRAL SCHOOL
School Address:  17-19 Oliver Street, Avoca NY 14809

Times for arrival:
Seniors: 6:45 p.m.  Arrive for re-evaluation/registration
Junior:  Arrive by 7:00 p.m.  for registered
Special entertainment 7:00-7:15 p.m.
Clothing Revue begins at 7:30
Friends and Family are encouraged to attend! Questions contact Loree. las65@cornell.edu

**Summer Camp Scholarship Deadline Approaching**
The deadline to apply for a camp scholarship is May 16, 2016. [Find the application here.](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=22a9a360-a1a2-4554-9e02-983efc3f9497)

**May Cloverbud Day**
Calling ALL 4-H Cloverbuds from the county, a special day just for you! Join us May 7th from 10-11:30 a.m., County Office Building, Bath

We have 3 fun activities planned!
Station 1: A Fun Place/Table Setting Activity
Station 2: Make-It-Take-It - Mother’s Day Theme
Station 3: Snack time!
TEENS (14 & Up): We will also need your help! This is a wonderful opportunity to gain Jr. Leader experience!
Please pre-register: call: 607-664-2300; e-mail: jmg422@cornell.edu so we can appropriately prepare!

**Robotics Group Meets May 6**
The Steuben County 4-H Program is currently using an EV3 that was purchased through the 2015 Tyrtle Beach Youth Fund Grant. Anybody that has a Lego robot or laptop that can be used for programming is welcome and encouraged to bring them with you.
[More information here](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=22a9a360-a1a2-4554-9e02-983efc3f9497)

**4-H Forestry Weekend - May 6**
[Details here](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=22a9a360-a1a2-4554-9e02-983efc3f9497)

**Beef Quality Assurance Workshops**
Beef Quality Assurance workshops are in the process of being scheduled. Classroom topics covered would include: Residues, labels, withdrawal times, etc. Hands-On topics would include: chutes, handling, administering vaccines, etc.

The Jr. Beef Quality Assurance Program for youth 13 and under but 14 and over can attend and Beef Quality Assurance Program for youth and adults 14 and over for a minimal $10 fee per person which includes the 50 page manual.

Please return the interest form or contact Kim at ksb3@cornell.edu or 607-583-3185 to indicate if you would be interested in a program or with any questions.

**Beef Quality Assurance (BQA) Certification**
There will be a Beef Quality Assurance (BQA) Certification held on Friday, May 20 from 6-9 p.m. (classroom and chute-side training) at Guy and Jennifer Hammond's farm 6235 Fort Hill
Road, Bath. (Please note: dinner is NOT provided. There will be bottled water provided). Please register by returning the registration form by Monday, May 16.

Details here

**Pork Quality Assurance**
There will be a Youth PQA Plus training Saturday, May 21 at 9 a.m. the Civil Defense Center, 7220 State Route 54, Bath. Youth 8-11 years old should be done between 11:30 - 12:30 and youth 12-19 should be done between 12:30 - 1:30.

Details here

**Dog Obedience Classes**
Dog Obedience Classes at Hillside Children's Center, Snell Farm, 7320 Snell Hill Road, Bath will be held on Thursday, April 21 and will be starting every Thursday in May so May 5, 12, 19, 26 from 6-8 p.m. For more information about the Snell Farm classes contact Penny Smigiel at 607-329-6349.

Dog Obedience Classes will begin in June and continue until August at the Steuben County Fairgrounds instead of at Hillside Children's Center on Thursdays from 6-8 p.m. at the 4-H Horse show area across the track. For more information contact Penny Smigiel at 607-329-6349.

Dog Obedience Classes will begin in Howard Tuesday, April 19 from 4:30 -5:30 p.m. For more information contact Jackie Knoll at 607-566-8350

Dog Obedience classes will be held in Arkport, Briggs Rd, on Tuesdays, 6:30 p.m. starting May 10th. For more information contact Christina Brokaw at cbrokaw24@gmail.com or 607-382-5805

**Dairy & Livestock Programs**
Visit here for the following events:

- Livestock Clinic - Genesee County - May 20-22
- Equine & Dairy 101 - June 3 & 4
- Empire Show Circuit - entries due May 15
- Cattle 2 Consumer Jr. Beef Promoter Program
- How to Read Your Feed Tag - Livingston County - May 19
- Bovine Reproduction - June TBA

**Roseland Discount Days**
June 25th - September 5th are our Discount Days at Roseland Waterpark in Canandaigua. All day admission tickets are only $20.00 for 4-H members, families and friends - a 35%+ savings from Roseland's regular admission $27.95. Please request your tickets using the form found on the link below and return it to the Cornell Cooperative Extension Office by June 3rd.

More details here

**4-H Career Explorations - June 28-30, 2016**
The purpose of Career Explorations is to provide youth with exposure to academic fields and career exploration, to develop leadership skills, to provide hands-on experience in a college
setting and to introduce you to Cornell University. The event is made up of two grade specific tracts: University U for youth entering grades 8-9 and Focus for Teens for youth entering grades 10-12. Visit http://sp.nys4h.cce.cornell.edu/events/Pages/CareerEx.aspx for more information. If you are interested complete your registration and return it to Kim Randall at the CCE-Steuben Office or ksb3@cornell.edu or fax at 607-776-9103 as soon as possible since space is limited. If you have any questions please contact Kim by email or at 607-583-3185.

Thank you Southern Tier Outdoor Show sponsors!

Thank you to our 2016 Outdoor Show sponsors!
May News from Cornell Cooperative Extension of Steuben County

We welcome two brand new sponsors in 2016!

- **Hickory Hill Family Camping Resort** in Bath is holding their ribbon cutting ceremony for the Lehman house, their new Vacation Home. Come for a tour 5:30-7:30 p.m. on May 12. Visit [www.thelehmanhouselodging.com](http://www.thelehmanhouselodging.com) for more information! Call 607-776-4345 for details.

- **Finger Lakes Friends of NRA** is planning to hold their 2nd Annual SUPER Drawing starting June 1, 2016. The winner will be drawn at their fundraising dinner on March 26, 2017. Friends of NRA is fundraising at a grassroots level that gives 100% of the proceeds to local, state and national programs through the NRA foundation. How can you
help? First, keep coming to their events. Second, buy tickets for the SUPER Drawing. Third, obtain sponsors and donations (anyone can). Fourth, join the committee. Contact Toni Dragotta at tmdra@yahoo.com or call 607-738-9509 for details. Or check: http://www.fingerlakesfnra.com or http://www.facebook.com/fingerlakesfriendsofnra

The Southern Tier Outdoor Show will be held October 8-9 at Wilkins RV, Inc. Several anniversary activities are being planned for this celebration show. Be sure to follow us on the website and on Facebook for details!

For additional information, contact Carla Dawejko by email or call 607-664-2300. www.SouthernTierOutdoorShow.com facebook.com/SouthernTierOutdoorShow

Around the Community...

SAVE THE DATE!!

60th Annual Steuben County Dairy Festival: June 4, 2016
Visit our website for applications and additional information.

JAKES Conservation Field Day set for July 9
The National Wild Turkey Federation (NWTF) holds a JAKES (17 yo and under) Conservation Field Day each year. This year the Bath and Canisteo area Chapters will hold theirs on 07/09/2016 at Bath Rod and Gun Club. We have been doing this for over a decade. There is NO admission. There is FREE food and refreshments. The Whitetails Unlimited are partners and they provide drawings to the youth including .22 rifles and air guns. All FREE.

The day includes a variety of displays and demonstrations. There are two age groups. Each group is broken up into smaller groups. The "stations" are set up according to age group. Each "station" has had about 20-30 minutes for each sub-group in the past.

Displays/demonstrations have included Bee keeping, Civil War Re-enacting, Trapping, Archery, .22 rifles, BB guns, skeet, Law Enforcement, Fire, EMS, Turkey Calling, etc.

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
Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

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