September News from Cornell Cooperative Extension of Steuben County

It's Harvest Time!!!

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Southern Outdoor Show is next month!

Farms and the public are invited to our Local Meat Market on September 20th!

Cornell Cooperative Extension of Steuben County is celebrating the one year anniversary of the Corning Meat Locker with a free event open to the public called the Local Meat Market to be held Tuesday, September 20 from 5:00-8:00 p.m. at the Corning Meat Locker, 55 ½ Ferris St., Corning. Farmers from across the Finger Lakes region are invited to participate. This event is also designated as a farmers’ market to allow for onsite sales. It will feature food dishes made with various local meats, showcase the Meat Locker, and offer the opportunity to educate consumers, meet new customers, promote your farm, and sell your products.
Manure Management Workshop

We are offering a **Manure Management Workshop** on Monday, September 12 from 10:00 a.m. to 2:00 p.m. at the Joe Dyckman Farm in Cohocton. Come learn different application practices and the efficiency and effectiveness of each. The workshop will feature guest speakers from both Ortel Supply Inc and Larry Romance and Son as well as live demonstrations from each company. Manure application processes will be followed up with best tillage practices. Lunch will be provided for $10 per person. Please register by September 7 by calling 607-664-2300.

Join us for a Pasture Walk September 14th, 5:30-7:30 p.m.

Dr. Michael Baker, Cornell University Beef Specialist, and Nancy Glazier, CCE Small Farms and Livestock Specialist, will lead participants on an educational tour of pasture in use for beef production. This pasture walk will be informative for livestock producers of all kinds. Light refreshments served.

Woodlot Management Workshop

A Woodlot Management Workshop will take place at the Albers Tree Farms in Bath, NY. Friday, September 23rd from 2:00 - 5:00 pm. Join Foresters Greg Muller from the NYS DEC, Brett Chedzoy from Cornell Cooperative Extension, and the host's Consulting
Forester, Billy Morris, to learn how to manage your own woods for greater profit and pleasure.

Some of the many topics that will be covered throughout the afternoon include: The benefits and importance of hands-on management; weeding the woods for firewood production; improving the land for key wildlife species; strategies to control undesirable plants in the forest understory; establishing new trees in the woods; and small-scale tree harvesting.

[Read more here...]

USDA Designates 15 Counties in New York as Primary Natural Disaster Areas with Assistance to Producers in Pennsylvania

[Read more here...]

Building renewable energy in Steuben County!

[SOLARIZE VOLUNTEERS SOUGHT FOR STEUBEN COUNTY]

Learn more about Solarize campaigns on Tuesday, Sept. 13 in Bath

Cornell Cooperative Extension Steuben County (CCE-Steuben) is seeking energetic volunteer groups to help organize Solarize campaigns in towns across Steuben County.

CCE-Steuben will host a meeting to inform potential volunteers of how to get involved at the Dormann Library (101 W Morris St, Bath, NY 14810) on Tuesday, Sept. 13 from 6:30 p.m. to 8:30 p.m. The meeting will explain what Solarize campaigns are, how they can benefit Steuben County, and how residents throughout the county can help create local campaigns that will help benefit consumers and municipalities. Following a short presentation, there will be a question and answer time and signups for those interested in volunteering on a Solarize campaign in their area.

Last year, a volunteer group ran the GoingSolar! Southern Tier Central campaign that helped provide access to lower-cost solar options throughout Steuben and Chemung counties. Terry Carroll, energy educator (CCE-Steuben), Nancy Reigelsperger (energy educator, CCE-Steuben); and GoingSolar! STC Volunteers will be leading the meeting.

[Find our more about Solarize Campaigns here.]
Let us help you manage your home finances effectively

Clear the Clutter in your life!

Do you feel like you are drowning in clutter? Overwhelmed by the sheer volume of stuff? Having trouble finding the item you need? Clear the Clutter and Simplify Your Life and Finances may be the workshop that helps you address these questions. Cornell Cooperative Extension of Steuben County is offering this free workshop on **Tuesday, September 13** from 1:00 - 3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Nancy Reigelsperger, CCE-Steuben Financial Educator, will help you discover the strategies for taking a positive approach to controlling the clutter you might have. She will touch on ways to eliminate paper accumulation and provide alternate ways to keep sentimental items.

[Read more here...](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=444de880-a3fb-42a4-a952-8e4ad602197d)

What are Revocable Living 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 **Thursday, September 15, 2016** 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.

Read more here...

Home & Auto Insurance - What's the connection to your income and assets?

There are several puzzle pieces to a financial plan, including education, income, investments, personal liability and retirement. Are you missing the connecting factors of how your personal liability (home, auto, and umbrella policies) are protecting your existing and future assets? Cornell Cooperative Extension of Steuben County is hosting a free workshop called Home and Auto Insurance...What's the connection to my income and assets? from 5:30-7:00 p.m. on September 21, 2016 at the Hornell Area Arts Council Building, 34 Broadway Mall (the former Ponderosa building) in Hornell.

Amy Irvine from Irvine Wealth Planning Strategies and Jeff Ryan from the Ryan Agency have teamed up to discuss and educate the public on this important topic.

Read more here...

What you need to know about Medicaid

Cornell Cooperative Extension of Steuben County is once again partnering with Corning attorney Patrick J. Roth, Esq. CPA, for a free informational workshop on estate planning. This session, entitled Medicaid Planning Survival Guide, will be held Thursday, September 29 from 1:00-3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

The workshop will explain what you need to know about the new Medicaid law so you can plan to protect yourself, your loved ones and your estate. Planning for your long-term care is more critical today than it ever has been, and the pitfalls inherent are numerous.

Read more here...
To register for any of the above FREE financial workshops, call 607-664-2300.

Eat Smart New York!

Back to School: Set Opportunities to be Active This Fall!

As kids start back to school, it's time to think about how they will stay active and healthy during the school year. We know that kids need 60 minutes of physical activity each day. Kids who are active are more likely to have:

- better grades
- better school attendance
- better concentration and memory
- better classroom behavior

But how do you fit physical activity into a kid's busy school day? Try some of these tips:

1. **Encourage physical activity**: Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your kids - instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

2. **Help your child sign up for extracurricular physical activities**: Expose children to a variety of physical activities. Be positive about the physical activities in which your child decides to participate. Help your child get to and from practices and events.

3. **Set Goals for physical activity**: Encourage your kids to set goals for themselves and make moving a part of their daily routine. Your kids can earn Presidential recognition for reaching their healthy eating and physical activity goals. Log on to The Presidents Challenge website to sign up for the Presidential Active Lifestyle Award (PALA+).

4. **Maximize your performance with nutrient-packed foods**: Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt). And don’t forget to drink plenty of water!

All children deserve the opportunity to be healthy and successful. Providing access to healthy foods and physical activity plays an important role in the academic achievement of students. For other physical activity ideas for you and your family, please check out the Finger Lakes Eat Smart New York website: [www.fingerlakeseatsmartnewyork.org](http://www.fingerlakeseatsmartnewyork.org) for tips and recipes. Like us on [Facebook](https)!

September Surfing

- [https://www.choosemyplate.gov/ten-tips-be-an-active-family](https://www.choosemyplate.gov/ten-tips-be-an-active-family)
- [https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents](https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents)
- [http://fingerlakeseatsmartnewyork.org/recipes/corn-tomato-cucumber-salad](http://fingerlakeseatsmartnewyork.org/recipes/corn-tomato-cucumber-salad)
- [http://fingerlakeseatsmartnewyork.org/recipes/popeye-power-smoothie](http://fingerlakeseatsmartnewyork.org/recipes/popeye-power-smoothie)
• **Take Root Training** - please see description here with the application http://fingerlakeseatsmartnewyork.org/

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**Tractor Supply once again encourages support for 4-H!**

**Fall Paper Clover Campaign is Oct. 5-16, 2016!**

The Fall 2016 Paper Clover will take place October 5 - 16, 2016. To do your part, go to any Tractor Supply store in Steuben County and purchase a paper clover for $1.00.

The Spring 2016 Paper Clover raised $934,350!

4-H Clubs/families are needed to help sell 4-H Paper Clovers during the week’s campaign at all three Tractor Supply Company (TSC) stores in Steuben County. 4-H clovers are paper representations of the 4-H Clover that are sold for $1.00 by TSC store team members and prominently displayed in the store. 70% of the funds go to the state and county 4-H Programs (60-65% to the county) and 30% to National 4-H Council. Clubs can have a display of their projects, bring animals, bake sale, have an activity for the public, etc. One idea that has gone over well is if someone purchased a paper clover, they received a cookie or brownie.

For more information visit the paper clover toolkit page.

Read more here...

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**TSC PAW Event**

On September 17 Tractor Supply Company is having a PAW Event and have requested for 4-H to have a display, 4-H members will receive 4-H On Display credit if they set up a display and complete the 4-H on Display project completion form/record. For more information please contact the specific TSC manager to arrange with them what day and time you will be coming and make any necessary arrangements.
4-H Week is coming next month!

Naational 4-H Week is October 2-8, 2016

This year’s theme is "#4HGrown." 4-H Week is a rallying point and opportunity to build on the national marketing campaign, promote the 4-H brand, recruit youth and volunteers, and engage with alumni.

2016 National Youth Science Day - Oct 5th
The **2016 4-H National Youth Science Day** (4-H NYSD) challenge will be Drone Discovery. Developed by Cornell University Cooperative Extension, this exciting and hands-on engineering design challenge explores the science behind drones and how they are being used to solve real world problems. Youth will learn everything from flight dynamics and aircraft types, to safety and regulations, to remote sensing and flight control.

The 9th annual 4-H NYSD Challenge will be held on **Wednesday, October 5, 2016** and will bring together youth from across the nation to complete this single, innovative activity. Kits are available at the CCE-Steuben office.

**Did You Know you can support CCE programs?**

CCE can use every dollar for empowering our community! Won't you help us reach more people with our programs?

Text

CCE to 41444 to support CCE-Steuben programs

Or follow this link

**4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.**
**Year End Reports Due Sept 12th**

All 4-H members who exhibit an animal project in the 4-H Division at the 2016 Steuben County Fair are required to turn into the CCE Office at least one record on their project animal(s) per species by 4:30 p.m. on Monday, September 12, 2016 to be eligible to exhibit that species at the 2017 Steuben County Fair.

4-H organizational leaders and independent members: don't forget to fill out and hand in the End-Of-The-Year Completion sheets for club members and Project Champion nomination forms. These forms are essential for your club members to receive a completion certificate at the Achievement Program or for Project Champion.

**Full details can be found here...**

**Steuben County 4-H Livestock Advisory Committee Teen Representative Application**

Applications are due on Monday, September 12, 2016 to CCE-Steuben, c/o Kim Randall, 3 East Pulteney Square, Bath, NY 14810

The 4-H Livestock Advisory Committee will select up to 3 more teen (ages 14-18) applicants at their September meeting to serve as a member of the 2016-2017 4-H Livestock Advisory Committee. The 4-H Livestock Advisory Committee meets approximately 8 times a year (October, January, February, March, June, July, August, September) at the Steuben County Office Building in Bath on a Tuesday evening at 7 p.m. For more information about the requirements and application process or any questions please contact Kim at 607-583-3185 or at ksb3@cornell.edu.

**Senior Summary & Junior Activity Reports**

Senior Summary and Junior Activity Reports are due Friday, September 30, 2016. Senior Summary report forms are to be completed by 4-H members in grades 7 and higher (as of fall 2016). The Senior Summary report is intended to be a cumulative report with members changing the front page and the 4-H story pages each year. Everything else is just updated to reflect the current year. 4-H members in grades 7 and up can pick up the Senior Summary Report at the CCE Office, request a senior summary report be mailed to them or it can be downloaded from the CCE Steuben County website at [www.putknowledgetowork.org](http://www.putknowledgetowork.org) and click on 4-H youth Development.

The Junior Activity Report is to be completed by 4-H members in grades 3-6 (as of fall 2016). Cloverbud members are not required to complete a Junior report. However, 4-H members who wish to be considered for the Junior Award Trip should complete this report regardless of whether or not they are a Cloverbud. This report is also available on the CCE website at [www.putknowledgetowork.org](http://www.putknowledgetowork.org).

Both of these forms are used by the 4-H Awards Committee to select 4-H members for trips and awards such as the Junior Award Trip, Washington Focus, and Career Exploration in addition to other award trips. These reports are not difficult to complete! All reports are due to the CCE Office by Friday, September 30, 2016.

**4-H Leader update**

The 4-H Volunteer/Leader meeting for the new year will be held Saturday, September 17, 2016 from 10:00 a.m. to Noon in the South Conference room of the Steuben County Office
Building in Bath. At least one leader per club must attend to pick up the re-enrollment packet and fundraiser materials.

**Take a chance on the 4-H Truck Planter**
The Country Side Kicks 4-H Club have built and donated a truck flower planter as a fundraiser for the Steuben County 4-H Activity Fund. Tickets are $2 each or three for $5. Drawing will be held October 9, 2016 at the Southern Tier Outdoor Show at 3:00 p.m. You do not need to be present to win! Tickets may be picked up at the CCE office or bought online at:

**SAVE THE DATE: 2016 Achievement Night Awards Program**
*The Annual Achievement Night Awards Program will be held Saturday, November 5th.*

On November 5th, Steuben County 4-H members will be recognized for their outstanding accomplishments for the 2015-2016 project year. 4-H is the youth development and educational program of Cornell Cooperative Extension. 4-H members have compiled an impressive list of accomplishments on the local, district, state and national levels.

Through 4-H Programs participating youth have the opportunity to gain valuable skills and to develop positive attitudes. Your support is needed to provide 4-H members with appropriate recognition for their accomplishments. The 4-H Program relies heavily upon individuals, local businesses and organizations for sponsorship of year-end awards. Sponsorship of a single award is $20 and additional sponsorships are $15 each. All sponsors are listed in the awards program and are announced when the sponsored award is presented. Sponsors also receive a copy of the awards program and a thank you certificate.

**Buffalo & Western NY Poultry Club AND Steuben County Twin Tier Poultry Club Show**
The Buffalo & WNY Poultry Club Show will be held on Saturday, September 10th, 2016 and the Twin Tier Poultry Club Show will be held at the Steuben County Fairgrounds on Sunday, September 11th, 2016.

- There will be a total of six judges. Judges to be announced.
- Breed club meets and specials will be separate each show.
- Can enter either or both shows!

For more information concerning the Buffalo & WNY Poultry Club Show contact Rick Hare at 716-592-0766. For more information concerning the Steuben County Twin Tier Poultry Club Show contact Bob Whitney at 607-776-2500.

**Steuben County Twin Tier Poultry Club Auction**
The Steuben County Twin Tier Poultry Club Auction will be held at the Steuben County Fairgrounds on Saturday, September 17, 2016. For more information contact Keith Orsanides at 607-776-5098.

**Steuben County 4-H Robotics Program**
Ages 9-18 welcome!
When: Are scheduled for the following Fridays so far: October 7, October 14, November 4, November 11, December 2, December 9 from 6:00 - 8:00 p.m.
Where: Howard Community Building
Contact Marlaina Bennett: 607-661-6383 or Kim Randall at ksb3@cornell.edu or at 607-583-3185
The Steuben County 4-H Program is currently using an EV3 that was purchased through the 2015 Tyrtle Beach Youth Fund Grant. The group will be practicing for the 2016 New York State Fair Challenge. Come see them in the back of the 4-H Building during the County Fair. The theme for this year's Robotics Challenge, which will be held on the third day of each time period, is Sustainable Food Systems. How can robots help us grow food or fight hunger? How could they help us protect the environment for future harvests? For more information about the NYS 4-H Robotics Program and the NYS Fair Robotics Challenge visit
http://sp.nys4h.cce.cornell.edu/about%20us/Pages/4-HRobotics.aspx

4-H Digital Promotion with Johnson & Johnson
Engage Families and Supporters
A new 4-H initiative called Donate a Photo, in partnership with Johnson & Johnson, allows every 4-H supporter everywhere to post a photo everyday. For each photo uploaded, 4-H will receive $1.00. The activation is open now and will run through October 25, 2016. Johnson & Johnson will donate a minimum of $20,000 with up to $40,000 maximum to 4-H!

Go online here or download the Johnson & Johnson Donate a Photo app from iTunes.

Southern Tier Outdoor Show is October 8-9, 2016!

Win a 2016 Parker Thunderhawk Crossbow!

Tickets for this amazing package are now on sale! Only 150 tickets will be sold. This is the #1 selling crossbow in America! Features split limb technology, G2 Bull-Pup Trigger, Vented Forearm with Safety Finger Flange, dual string suppressors, and comes equipped with a 3X Illuminated MR Scope. Includes 4 arrow quick detach quiver and 4 arrows with field points. Suggested retail price for the package including tax is almost $650!

Winning ticket will be drawn at the show, October 9, 2016 at 4:00 p.m.. Do not need to be present to win. Buy your ticket today online: - just $10 each! http://www.bit.ly/2016showcrossbow

Sign up for a unique painting class at the show!
It's a New Spin on Art!

Aimee Bergvall’s love for vinyl began in 2012 when she inherited her Grandma’s record collection, but did not have a record player. Instead she started painting on them for Christmas presents. Today her business is teaching social painting classes on vinyl records.

"Upcycling records into paintings that now hang on a wall has been a rewarding experience. I love hearing people nostalgically discussing the
record covers at the end of class as they choose one to take home with their piece. The music and song titles continue to inspire me as does the process of painting in a sustainable way, and I enjoy sharing this experience with others. (Even if it means explaining to kids what a record is...) It’s a beautiful way to share our artwork and keep this classic music alive."

Two classes available! Minimum of 10 participants in order for the class to be held.
October 8 1:00-3:00 p.m.
October 9 1:00-3:00 p.m.
Sign up now!

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...

8th Annual Adolescent Health & Wellness Conference
This year’s half-day conference on October 13th will feature three plenary sessions 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!

Early bird registration ends Sept 9th!

Read more here...

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 of Steuben County
3 Pulteney Square East  |  Bath, New York 14810
607-664-2300  |  crd24@cornell.edu  |  http://www.PutKnowledgeToWork.org

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