Welcome Fall!

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It's National 4-H Week

10th annual Southern Tier Outdoor Show opens this weekend!

Cornell Cooperative Extension of Steuben County has been managing this huge community event for ten years now! It started as a way to extend our programming on natural resources and environmental stewardship. It has quadrupled in size over the decade to a cornerstone event in the community and in the Finger Lakes region that draws exhibitors from all over the country.

A few of this year's highlights:

Forever Wild Outdoors TV hosts conduct seminars
There will be three seminars each day on a variety of sportsman topics such hunting the northeastern black bear, using ground blinds, hunting turkey and trail camera
techniques. Additional seminars by other professionals will also be available. Check out the complete list of seminars here.

Youth Activities
Bring the kids because there is so much for them to do! Let them fish in the indoor pond, throw a tomahawk in living history style, test their skill with a compound bow, climb the ropes course and shimmy up the Army climbing wall. They can sign up for the Youth Turkey Calling Contest on Sunday, ride the little train, or check out the petting zoo. See all there is to do at the show!

Wildlife Shows
Watch a hawk and a falcon soar across the sky - touch the scaly skin of some interesting reptiles, and listen to the background of a real live reindeer! Bring your dog to the show and get some tips from retriever trainer Jim Beverly on Saturday or on Sunday watch the Championship round of his Companion Retriever Hunting Challenge Series. Check out the details here.

Pistol Permit Classes
Sign up for the Utah/Florida Multi State Carry permit course on Saturday afternoon (http://www.bit.ly/multistateclass) or the New York Legalities and Firearm Safety class on Sunday morning (http://www.bit.ly/newyorkclass). Classes are offered by Rochester Personal Defense and will walk you through all the paperwork and requirements.

Contests
Tickets are going fast for the Parker ThunderHawk Crossbow. Just $10 a ticket and only 150 tickets will be sold! Get in on the fun: http://www.bit.ly/2016showcrossbow. Or just for filling out a survey of your experience at the show you'll be entered into a drawing for a 4-man Finger Lakes Waterfowl Trip offered by Frontenac Fowlers Guide Service. It's free to enter! Just come to the show!

Official Show Print
For all you artists out there, Ron Kleiber Studios has produced the official 10th annual show print. It's a 18 x 28 inch oil painting featuring a buck and females watching a beaver repair a break in his dam. Artist proofs are now available as well as show prints. All of these are numbered and can be signed by the artist at the show. Check it out at http://www.bit.ly/2016showprint.

Last call for a new spin on art!
We want to offer a unique class at the show where participants will paint an outdoor scene on an old phonograph record. The teacher will guide you through the steps to a professional looking piece in this two hour class. But if we don't get 10 signups, we cannot hold the class. Sign up today! http://www.bit.ly/recordpainting.

150 Vendors!
What's an outdoor show without a ton of vendors showing a multitude of outdoor products and services. We have vendors coming all the way from Virginia, Tennessee, Missouri, Colorado, Ohio, and Maine. Come check out their items!

Thank you sponsors!
This show would not be possible without the generous support of these local businesses.

For more information on the show visit our website and our facebook page.

Building renewable energy in Steuben County!
SOLARIZE VOLUNTEERS SOUGHT FOR STEUBEN COUNTY
Learn more about Solarize campaigns on Thursday, Oct. 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 Southeast Steuben County Library (300 Nasser Civic Center Plaza Corning, NY, 14830) on Thursday, Oct. 13 from 6:30 p.m. to 7:30 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.

The meeting is free and open to the public, but registration is preferred by calling CCE-Steuben at (607) 664-2300. Refreshments will be provided. For more information, visit PutKnowledgeToWork.org or visit the GoingSolar STC Facebook Page.

Read more about this program...

Upcoming Agriculture and Horticulture Programs

October 26   9:00 a.m. - 3:30 p.m.
Soil Health Field Day is hosted by Thornapple Dairy LLC. The classroom session will be held from 9:00 a.m. to 1:00 p.m. Speakers will include John Kemmeren, Bill Curran, and Mike Veronck. A Hands-on Cover Crop Demonstration will take place from 1:30-3:30 at 5672 Upper Mount Morris Road Mount Morris, NY. There will be three stations led by Josh Harvey,
Eric Nixon, Paul Salon and Shawn Bossard.

Pre register by contacting wcswd@frontiernet.net. Download the form on our website.

**NY Beef Quality Assurance Training**
October 14, 2016
6:00pm – 9:00pm
Empire Livestock Sale Barn, 7418 Route 415N, Bath, NY
Host: Empire Livestock

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.

For more information visit our website

**Do You Love Cheese?**
Want to learn about how different New York State cheeses are made?
Come to Cornell Cooperative Extension of Steuben County's Cheese Tasting and Evaluation workshop! Join us at 6:00 p.m. on Wednesday, November 9, at the Extension Office, 3 E. Pulteney Sq., Bath.

During this class, you will learn about the cheese-making process and sample cheeses made in New York State, such as mozzarella, provolone, cheddar, goat and feta. The class will be presented by Carl Moody, Dairy Processing Specialist with Harvest New York. The cost to attend the class is $15 per person and class size is limited.
To register and for payment information, contact DeLisa Drum at (607) 664-2300 or at dp253@cornell.edu. Please register by October 31.

**New York Backyard Poultry Survey**
The Cornell College of Veterinary Medicine is requesting help to gather information. Please fill out the new New York Backyard Poultry Survey. Results should be sent to:
P.O. Box 5786
Ithaca, New York 14852-5786
fax: 607 253-3637
e-mail: jj34@cornell.edu
ahdc.vet.cornell.edu

**Drought Resources**
The New York Extension Disaster Education Network provides a number of facts sheets to help our communities deal with the current drought situation.

Let us help you manage your home finances effectively
October Financial Classes

Cornell Cooperative Extension of Steuben County financial and energy educator Nancy Reigelsperger is partnering with several different businesses this month to offer a wide variety of financial information to the public. Please check out the following programs:

3rd Annual Southern Tier Financial Conference: Financial Education for Women by Women. This year’s event will be held November 5 at the Center in Corning. Renowned personal finance expert Jean Chatzky will welcome the group followed by a personal mother/daughter story of heroin addiction. Find out how this kind of challenge puts a pinch on the pocketbook.

Throughout the day, learn how to save money in an environmentally friendly way, figure out your money personality, get the scoop on what all those numbers on your insurance policies mean and much more!

Come spend an educational day with your girlfriends!
To find out more visit our website.
To register click on this link.

Energy Workshops
We will be conducting free energy workshops titled "Save Energy, Save Dollars". Fall is the perfect time to take steps to make your home more energy efficient. Learn how to reduce energy bills with low-cost, no-cost actions. The workshop will be offered:

- Oct. 20 2:00-4:00 p.m. Dormann Library, Bath, NY
- Oct. 24 6:00-8:00 p.m. Dansville Public Library, Dansville, NY
- Nov. 8 6:00-8:00 p.m. Southeast Steuben County Library, Corning, NY

Pre-registration is required as workshop size is limited. For more information or to register for the workshop call 607-664-2300. These workshops are sponsored by the New York State Energy Research and Development Authority.
For more information visit our Energy page

Hammondsport Financial Classes this month
The following free classes will be held at the Fred & Harriett Taylor Memorial Library, 21 William St., Hammondsport:

- Clear the Clutter, Oct 18 6:00-8:00 p.m. Are you overwhelmed by the sheer volume of stuff in your life? Is clutter impacting your finances? Come discover some strategies to clear the clutter and simplify your life!
- Long Term Care Insurance, Oct 19 2:00-4:00 p.m. Is it hard to imagine needing help caring for ourselves as we age? The reality is that Americans are living longer and that increases the likelihood of needing care. Come listen to our partner, H&H Financial Group, discuss some of the options for planning ahead.
October News from Cornell Cooperative Extension of Steuben County

- **Making the Most of Social Security Retirement Income-Enhancing Strategies**, Oct 26 6:00-8:00 p.m. One of the most important decisions you need to make before you retire is when to claim social Security benefits. But you could significantly and permanently reduce the benefits that you - and possible your spouse - could receive over a lifetime. Come find out the way to maximize the lifetime Social Security benefits you receive.

**Corning Financial Classes this month**
The following free classes will be held at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning:

- **Wills vs Trusts**, Oct. 25 from 1:00-3:00 p.m. or Oct. 27 from 6:00-8:00 p.m. 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 with our partner, Attorney Patrick Roth.

**Hornell Financial Classes this month**
The following classes will be held at the Hornell Library, 64 Genesee St., Hornell:

- **Five Critical Estate Planning Documents...and five more you may want to consider!**, Oct. 5 1:00-3:00 Is your estate plan a comprehensive plan which includes all of the five critical documents? Do you know what could happen if you don’t have one or more of these documents? Come learn from Attorney Patrick Roth the documents that should be a part of every estate plan.
- **Who Gets Grandma’s Yellow Pie Plate? Oct 19, 1:00-3:00 p.m.** Explore the sensitivity of guiding the passing on of personal possessions in this workshop. We will discuss such topics as successful non-titled property transfer, initiating discussions about sensitive issues, identifying special objects and managing conflicts.

To find out more details on any of the above classes, please click on our [Events page link](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=43bff98a-087e-4b5b-8261b-1b30d46b8bd7).

To register for any of the classes, call 607-664-2300.

**Eat Smart New York!**

**News Flash: Small changes can add up to a healthier eating style!**

What and how much you eat and drink, along with regular physical activity, can help you manage your weight and lower your risk of chronic diseases such as heart disease, diabetes and some cancers. But how do you achieve a healthy eating style? For a healthy eating style:

- Choose a variety of foods and beverages from each food group.
- Include choices from all the food groups to meet your calorie and nutrient needs when planning or preparing meals and snacks.
• Choose the amount of food you eat to balance your calorie needs.

• The amount of food you consume should be in balance with your physical activity to maintain a healthy weight. This amount varies based on your gender, age and physical activity level.

• Choose foods that are rich in vitamins, minerals, fiber, and other healthy nutrients.

The most nutritious or nutrient-dense foods include vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry - all with little or no saturated fat, sodium, and added sugars.

Try these tools to help you achieve a healthier eating style:

- Choose MyPlate.gov has many tools to help you achieve a healthier eating style. It’s important to remember, a healthier eating style can be accomplished by making small dietary changes over time. Consider changes that reflect your personal preferences, culture and traditions. Think of each change as a "win" as you build positive habits and find solutions that reflect your healthy eating style.

- Featured Recipe for October
- MyPlate, My Wins tipsheet
- MyPlate Checklist Calculator

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...

We are celebrating National 4-H Week!

National 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.

4-H GROWS HERE

October begins the new year for the 4-H program
4-H Wants You!
Join Now!
Be a part of the largest youth organization in the US!
4-H is for youth ages 5-18
4-H is a community of young people across America who are learning leadership, citizenship, and life skills.
For more information contact Jenny at 607-664-2300 or jmg422@cornell.edu or on our website www.putknowledgetowork.org

2016 Achievement Night Awards Program: Nov. 5th
4-H Awards Program Sponsorships Needed
ALL 4-H members, leaders and parents are cordially invited to attend the 2016 4-H Awards Program.

All 4-H families have a role in making this year’s annual awards program a success! Sponsorships are vital to the continuation of our 4-H programs. Please consider sponsoring an award or asking someone (it could be a local business or even your 4-H
Club) to sponsor a deserving 4-H member at this year's award program and contact Jenny at 607-664-2300 or jmg422@cornell.edu or return the enclosed form by Friday, October 31. Your support is greatly appreciated and allows us to be able to continue to offer quality programming to our youth.

Leaders will also be recognized for their volunteer support and dedication and County Fair premium money will be distributed. Each 4-H club is asked to bring: A wrapped gift to be used as a door prize which we will be selling tickets that night for.

WHEN: Saturday, November 5, 2016
Social Time: Distribution of County Fair premium money - 6:00 p.m.
Awards Ceremony - 7:00 p.m.
WHERE: Avoca Central School Auditorium
23 Oliver Street, Avoca, NY 14809

Steuben County 4-H Annual Cuba Cheese Sale & Wilson Beef Farms Snack Sticks Products
The annual 4-H Cuba Cheese Sale and Wilson Beef Farms Snack Sticks fund raiser is currently under way. 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.

Orders are due by Monday, October 17. Products will be delivered on November 16th. We ask individuals to come to the CCE Office between 1:00 and 4:30 p.m. on November 16th to receive their orders. We do not have facilities to store products, therefore they must be picked up on November 16th. Payment is due by November 16th when you pick up your products.

If you need brochures and/or order blanks or 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!!

Standardbred Clinic at Steuben Farms
Saturday, October 29, 2016, 9:30 AM - 11:30 AM
Pre-registration of $5 by October 20th to CCE-Steuben Pre-registration will include: Stable/farm tour by Dr. Guy Hammond and donuts and drink. Special feature: Valuable educational resources will be presented to every 4-Her at the conclusion of the event. Download an information form here

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 Tractor and Machinery Operation Certification Program Offered
Youth who will be 14 and over as of March 1, 2017 can take the course for certification. Participants who want to earn their certification must pass both the written exam and the driving test. The cost for this course is $20.00 for 4-H members to cover the cost of materials and is payable to CCE by Friday, January 6th with the registration form, the Tractor Acknowledgement of Risk Form, the CCE permission Slip/Medical Release form which can be found on the website or these forms can be found on the left-hand sidebar or by contacting Kim at Cornell Cooperative Extension at 607-583-3185.

Non 4-H members are eligible to take this course but in addition they will need to complete a 4-H enrollment form as an independent member by Friday, January 6 which is found on the above website and pay the $10.00 4-H enrollment fee.

Around the Community...

Free Community Shred and E-Cycle Days
ServUCredit Union is sponsoring these events on:

- Saturday, October 15 - Administrative Office in Erwin
- Saturday, October 22 - Bath Office
- Saturday, October 29 - Hornell Office

All will be held 9:00 AM - 12:00 PM

Non-perishable food items will be collected at each event for donation to the Food Bank of the Southern Tier.

Limit 5 boxes per person. ServU can not be held liable for any documents that should not have been destroyed.

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

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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