We have officially opened the summer of 2017!

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Bring the whole family to an old fashioned BBQ!
Bath blueberry farmer to share his experience in the growing local food community

Cornell Cooperative Extension of Steuben County invites you to this year's fundraising event, the CCE Backyard BBQ & Pie Contest, on Friday, June 2 from 5:30 - 8:30 p.m. at Heritage Village of the Southern Finger Lakes, 59 West Pulteney Square, Corning. Our featured presentation will cover local fruit production - in particular, blueberries - by Jerry Keeler of Bath. An engineer at Mercury Corporation in Hammondsport, he travels extensively, but when at home, he has maintained a family blueberry farm near Bath since 1999. He has even engineered a hydroponic growing system for the farm which he currently markets. With over 2,000 plants on his farm today, he supplies blueberries in season to local stores.

Keeler will discuss the importance of berry production to our economy, some innovative production methods, how to grow fruit at home, and the fun after the harvest. He is part of a
growing movement to create a food community that teaches people to be self-reliant by growing your own food. Keeler wrote a pre-K/kindergarten book entitled, Are You A Blueberry, which promotes both healthy food choices and plenty of giggles.

Blueberries are all in the family as well. His daughter Chelsea wrote a book on blueberry recipes from all 50 states. She started the project when she was only 12 years old by placing an article in Country Magazine asking people to send her blueberry recipes. She was inundated with up to 80 letters per day from over 1,000 people willing to share both their blueberry recipes and stories. The teenager typed up every one and created the book, Peek-A-Blue Berry Farm: A Collection of Classic Blueberry Recipes from Across the United States. Chelsea went on to secure degrees from Cornell University and Purdue University in Food Science and works in the Food Industry in Minnesota.

The fruit theme continues at the fundraising event with a Fruit Pie Contest which is open to all amateur bakers. There will be an adult division for those 17 and older as well as a junior division for those 8-16. A panel of celebrity judges including Steuben County Legislator Hilda Lando and WENY Reporter Cody Carlson will be taste testing the pies for overall taste and appearance as well as for the quality of the pastry and the filling. The top three pies in each category will be awarded prizes. Complete details and registration form can be found at http://bit.ly/bakeapie.

Pat Monahan of Heritage Village will deliver a short talk at the schoolhouse on the 5 R’s (that is Reading, Riting, Ritmatic, Recitation and Recess), and the entire family can enjoy some old fashioned games along with their barbecue. Pat Kane of West o’Clare Music will entertain with his ballads of the Southern Tier from 6:00-8:00 p.m. in the 1820-1870 Starr Barn. This seasoned showman was raised in the traditions of the Grange and of his Irish family on his farm in the hill country of the Canisteo River. Visit all the village buildings and watch a blacksmith fashion his metal in the 1870's Cooley Blacksmith Shop, and the women cooking over the old hearth stove in Sarah’s Kitchen.

There will be Chinese auction baskets that will benefit CCE-Steuben educational programs. You can view some of those programs on our website at www.PutKnowledgeToWork.org.

Tickets for the Backyard BBQ event are still on sale. Cost is $20 for those 16 and older and $10 for ages 5-15. Reserve tickets by calling 607-664-2300 or online at http://bit.ly/steubengala17. Buy your tickets ahead or call to reserve your seat - tickets cost $10 more at the door.
Listen to our Community Focus interview on this event here!
Click on Cornell Cooperative Extension - Backyard BBQ

Upcoming Agriculture Programs

Farm Animal Safety & Management
June 5-6-7
Alfred State College

There is no cost for military veterans. Find out more here.

Good Goat Grazing

The Tri-County Graziers invite you to join them for the first twilight pasture walk of the season at one of the region's oldest meat goat farms.

Host Dr. tatiana Stanton will share her experiences for sustainable meat goat production on pasture. Topics for discussion will include: Incorporating evasive grazing into a parasite management plan; Herd health for small grazing livestock; Tips for successful grazing with goats; Facilities; Marketing and a variety of other issues that will come up while touring the farm.

Those in attendance should be prepared to walk up to one mile in pastures. This event is free and open to the public. No rsvp is required, but questions can be referred to Brett Chedzoy of Cornell Cooperative Extension in Schuyler County by phone: 607-535-7161 or email: bjc226@cornell.edu.

Industrial Hemp: from seed to market

Hemp is commonly used to refer to Cannabis strains cultivated for industrial (non-drug) use. Industrial hemp has many uses and is used in various products including agricultural products, textiles recycling, automotive parts, furniture, food and beverages, paper, construction materials and personal care items.

Nationally 32 states allow hemp production per the 2014 Farm Bill with Kentucky leading the effort. Vote Hemp estimates that in 2015, 9,650 acres of hemp were planted in 15 states, 30 universities conducted hemp-related research, and 817 state hemp licenses were issued. The National Conference of State Legislatures provides a good overview of states' individual hemp pilot programs.
Stocker Cattle Short Course
Begins Saturday, June 24, 2017, 10:00 AM - 2:00 PM

Stocker Cattle - an opportunity for the grazing entrepreneur Calves purchased/raised for grazing, then sold to a finisher. The term "stocker" was coined by producers referring to animals purchased in the spring to "stock" mountain pastures. The goal is to add weight economically using relatively inexpensive, excess pasture.

How can you (seasoned, new-to-farming or thinking about becoming a farmer), get in on this phenomenal opportunity? The Stocker Short Course (SSC) to begin June 24th - Sign up NOW! The course will run on the last Saturday of every month from 10 am - 2 pm, June 2017 to May 2018. Most sessions will be held in the Hornell/Alfred region, other on-site locations to be determined by the topic.

Teaching our community to be more energy efficient!

See how much you can save by going Solar!

Ever thought about using the sun's rays to power your house? Want to save money on future electricity bills or stop having to worry about rising utility costs? Concerned about the environment and want to reduce your personal emissions? Than solar energy could be right for you!

Cornell Cooperative Extension of Steuben County has organized more solar workshops where we will give you a brief introduction to solar, describe the campaign that is offering discounted pricing on solar arrays, and give you a chance to meet and ask questions of three local installers to see if solar is right for you.

The next event will be a solar open house held Thursday, June 15 from 6:00-8:00 p.m. at Burgers and Beer, 41 Shether St., Hammondsport. Stop by any time during this session to talk with local installer and Cooperative Extension and then enjoy your meal available for purchase at the restaurant.

At the event you will be able to sign up and get your home assessed FREE of charge - there is nothing to lose by signing up, and there is no commitment once you do. Come to the event and meet installers before making any decisions and the refreshments are on us!
Each meeting is free and open to the public, but registration is preferred by calling CCE-Steuben at (607) 664-2300.

Solarize campaigns are short-term local efforts that brings together groups of potential customers through widespread outreach and education. The purpose of Solarize is to help residents make educated decisions when deciding whether solar energy is the right option for their family. The campaigns help vet qualified installers and have helped lower the cost of solar as much as 10 to 20 percent when residents or businesses sign up for a solar installation before a specific deadline.

Solar energy can provide many benefits to consumers through reduced long term electricity costs and energy independence while helping the environment. It helps residents move to a renewable energy source while making them energy independent from utilities and increasing energy prices.

Solarize Steuben is part of RenewableNY’s effort to help New York State transition to a clean energy future. For more information, visit GoingSolarstc.com.

Eat Smart New York!

How much Sugar are you Drinking? Is it Time to Rethink Your Drink?

Here is an interesting and surprising fact - the average American consumes 270 calories of added sugars each day. That’s about 17 teaspoons of sugar! Since we know consuming foods and beverages high in added sugars are linked to increased risk for heart disease, overweight, diabetes, as well as tooth decay, how can we cut back on added sugars and still enjoy our food and beverages?

Many of these added sugars are coming from consuming sugary beverages such as soda, fruit drinks, and sports drinks. In fact, almost 39% of added sugars in the US diet come from these sugary drinks. So, an easy way to reduce the amount of added sugars we consume is to rethink beverages. Try these tips to help you and your family make better beverage choices.

1) Drink water instead of sugary drinks
   a) Water is a thrifty option Save money by drinking water from the tap at home or when eating out.
   b) Jazz up your water with slices of fruits or veggies!
Try slices of lemon, lime, cucumber or any fruit or veggie you enjoy!
c) How much water is enough?
Let your thirst be your guide. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

2) Create a kid-friendly drink zone
Make water, low-fat or fat-free milk, or 100% juice an easy option in your home.
   a) Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home.
   b) Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.

To learn the amount of calories in the beverages you drink, and the best eating pattern for you, check out Supertracker!

Stay hydrated with these healthy recipes:

- Cucumber Lime and Mint Infused Water
- Raspberry Lime Fizz
- Strawberry Pineapple Infused Water
- Banana Berry Smoothie

Upcoming Financial Management Programs

Three-part financial series to be offered by Corning attorney in Corning

There are numerous ways you can say "I love you" to someone you love. The best way is usually the simplest. But, believe it or not, estate planning is a very powerful statement of your love to your family and those you care about. It unburdens you and your family of stress that can arise with medical issues and decision making at the end of life.

Cooperative Extension of Steuben County is offering four free workshops led by Patrick Roth, Elder Law Attorney, CPA from Corning on several estate planning topics this spring. All of the
sessions will be held at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning. The public is welcome to attend one or all of them, but please register your space by calling 607-664-2300.

**Estate Administration Survival Guide: The Probate Process**
*What you need to know after the death of a loved one*
**Tuesday, June 6**
10:00 a.m. - Noon
The loss of a loved one is always difficult. If you are named as the Executor of the decedent’s estate, your legal duties compound the difficulty and could leave you feeling lost. Come find out what needs to be done after the death of a loved one. We will help you:
· Learn about various types of estate administration and when each is used.
· Discover the steps that occur in every estate administration.
· Learn the three “T’s” of estate administration (Taxes, Time and Tolls).
· Discover what you can do now to make the process easier for your loved ones after you pass away.

**Long Term Care Planning**
**Monday, June 26**
1:00-3:00 p.m.
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. We will help you sort through the options and 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.

**The Great Debate: Wills versus Trusts**
**Thursday, July 6**
1:00-3:00 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. This informational look at planning with Revocable Living Trusts includes:

· 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.

All of these workshops are free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more financial information, visit PutKnowledgeToWork.org.

The Great Debate: Wills vs. Trusts - in Hammondsport
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, June 12 from 1:00 - 3:00 p.m. at the Fred and Harriet Taylor Memorial Library, 21 William St., Hammondsport.

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.

Learn how to make the most of Social Security
Cornell Cooperative Extension of Steuben County is hosting Making the Most of Social Security: Retirement Income-Enhancing Strategies, a workshop presented by H&H Financial Group from 5:30-7:00 p.m. on June 27, 2017 at the Dormann Library, 101 West Morris St., Bath.

Do you understand the various claiming strategies that could enhance your income? Whether you’re single, married, divorced, or widowed, there may be ways to maximize the lifetime Social Security benefits you receive. Join us for an educational workshop where we will focus on Social Security plus a whole lot more:

• How the "do over" and "start, stop, restart" strategies work
• How to claim retroactive benefits as a lump sum
• Making informed retirement plan distribution decisions
• How married couples can help enhance their combined efforts.

The workshop is free, but registration is requested. Call 607-664-2300 to reserve your space.

Learn how organization can help with your estate planning
Our lives are marked by special moments like graduations, weddings, births and retirement. We plan for them for months or years. But we don't plan for our last special moment - our last day. What will happen to our families if we are suddenly not there to provide for them? It's important to have an action plan now. Being organized is one of the keys to efficiency. But most people would find it a challenge to locate their critical documents when they needed them most. Would you?

Cornell Cooperative Extension of Steuben County is hosting Lifefolio, an educational and informational workshop presented by H&H Financial Group from 6:00-8:00 p.m. on July 11, 2017 at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

In the event that something unfortunate happened to you, and you were no longer able to act on your behalf, would your loved ones know where all your important financial, legal, and health documents are located? LifeFolio is a simple, straightforward filing system to help you identify and organize your important financial and personal documents. We teach you what you need to do, before it happens, so there is one less thing to worry about.

The H&H professionals will show you how to:

1. Organize your important financial, health, and personal documents with H&H Financial's Lifefolio Kit.
2. Discover potential gaps in your estate plan, and learn how, with the right help, you can fill them.
3. Review and evaluate your financial goals.
4. Have a financial conversation with your family

The workshop is free, but registration is requested. Call 607-664-2300 to reserve your space.

Volunteer Opportunity
A request has been made to the CCE-Steuben Financial Program to recruit a volunteer who can assist a visually impaired gentleman once a month or possibly every other month, to read his mail. CCE-Steuben has been assisting this man for approximately the past twelve years, however, due to health issues the current volunteer can no longer continue. The location is between Addison & Woodhall near Elkland. The client does have a seeing eye dog on the premises. If anyone is interested in helping or to learn more specifics, please contact Nancy Reigelsperger at CCE at 664-2300.
4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.

4-H GROWS HERE

2017 4-H Career Explorations Registration is Open - registrations due June 1!!!
Career Exploration is a three-day event for youth on the Cornell University Campus Tuesday, June 27 - Thursday, June 29. The purpose of this program 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.

- UNIVERSITY U (8th and 9th grade as of fall of 2017)
- FOCUS FOR TEENS (9th grade as of fall of 2017 if attended University U in 2016 or 10th - 12th grade as of fall of 2017)

Go to http://4hstaff.cce.cornell.edu/career-explorations for more information including the registration form and workshop choices for Focus For Teens participants. 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. The final deadline is June 1 but space is limited in the various program areas and the program fill up on a first come first serve basis. Registrations MUST be done through a CCE Staff Member - Individuals CANNOT register themselves.

Discount Waterpark tickets must be ordered by June 5
June 23rd - September 4th are our Discount Days at Roseland Waterpark in Canandaigua.
All day admission tickets are only $20.50 for 4-H members, families and friends - a 35%+ savings from Roseland’s regular admission $28.95. All ticket sales are in advance through your Cooperative Extension Office. Tickets are good for June 23rd - September 4th. No discount tickets will be available at the gate for this reduced price. 4-H members who did a public presentation will be offered a ticket for $16.50. These 4-H families will receive notification in a separate letter. Please request your tickets using the form on the website and return it to the Cornell Cooperative Extension Office by June 5th.

Qualifying Horse Show - June 14 and July 18
The Qualifying Horse show is June 14, Pre-entries are due Friday, May 29. The July show is July 18 and pre-entries are due Monday, July 6. Mark these on your calendar!

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=6da4eed2-5cbc-4a81-bfd5-978e00a398d4d
ALL County Fair entries will be due on Monday, July 13, 2015. If you show your equine at the County Fair, you MUST turn your project record in by Monday, September 14, 2015. If you wish to enter your record for fair please remember to fill out & turn in your entry. All records are due to the 4-H office September 14, 2015 to be eligible to show at the 2016 Steuben County Fair. All horse members must answer the 4-H Life Skills Wheel included in their horse project record to receive record completion credit.

4-H Shooting Sports Program is underway
We are starting archery classes, as part of the NYS 4-H Shooting Sports Program! We are in need of a few additional volunteers who are interested in become trained and certified instructors! There is a training June 2-4 in Wyoming County that will be offering archery certification. Please contact Jenny jmg422@cornell.edu for more information!

ARCHERY CLASSES BEING OFFERED:
Youth can now sign up for the NEW Archery Class! First 15 paid registrations will be put in a class - we have 2 classes set up for this summer: June 11 and 18.

Visit the Shooting Sports page on our website

2017 Rabbit-Cavy Clinic and Poultry Clinic
Thursday, July 6, 2017, 10:00 AM - 12:00 PM
Registration Form due by: Friday June 30th, 2017

4-H Dog Obedience Classes will be starting Thursday, June 1 at the Steuben County Fairgrounds
The dog obedience classes that have been held at Snell Farms will start to be held weekly on Thursdays at 6 p.m. at the Steuben County Fairgrounds in the 4-H Horse Show Area. The first week at the fairgrounds will be on Thursday, June 1. To get to the 4-H Horse Show area you MUST drive around the barns. Please do NOT drive on the track and please do not drive across the track and infield. For more information contact Penny Smigiel at 607-329-6349 or Kim at 607-583-3185 or ksb3@cornell.edu.

Dog Obedience Classes ate also held Tuesdays from 4:30 p.m. - 5:30 p.m. in Howard at 7191 Hopkins Road. For more information contact Jackie Knoll at 607-566-8350 or Kim at the CCE Office at ksb3@cornell.edu or 607-583-3185.
Cloverbud Day
Just for Cloverbuds!
Calling ALL 4-H Cloverbuds from the county, a special day just for you!
Join us July 8 from 10-11:30 a.m. Youth Building, Steuben County Fairgrounds, Bath
We have 3 fun activities planned!
TEENS (14 & Up): We will also need your help! This is a wonderful opportunity to gain Jr. Leader experience!
Please pre-register or call: 607-664-2300; e-mail: jmg422@cornell.edu so we can appropriately prepare!
Read more...

Camping request forms due July 10 for Fair
The Fair Board has allocated 4-H camping sites for this year's Fair. The sites will be along the fence behind the 4-H bathrooms and along the fence by the Dairy Barn. The sites are for 4-H families and clubs with animals involved in the Fair. Only campers will be allowed. No tents are allowed. 4-H families/clubs wishing to camp on the grounds MUST complete the camping request form by Monday, July 10.
Visit our website for the registration form

Small Animal Classes
Come join us Sunday afternoons for a learning opportunity discussing Rabbits, Cavies and Poultry! 1-2p.m. will be devoted to Poultry topics, and 2-3 will be the Rabbit portion. Please notify Jenny jmg422@cornell.edu or 607-583-3245 if you plan to attend any of these classes.

June 8th - Civil Defense in Bath - 6-7:30 p.m. Rabbit Decathlon & Poultry Science "contests"
July 6th - Rabbit/Poultry Clinic 5-7 @ County Fairgrounds

2017 JAKES Day!
The 2017 JAKES® Conservation Field Day Event, sponsored by the Canisteo and Cohocton Valley Chapters of the National Wild Turkey Federation and the Southern Tier Chapter of Whitetails Unlimited, will be held Saturday July 08, 2017 at the Bath Rod & Gun Club, 7771 Telegraph Rd (Cty. Rte. 16), Bath, N.Y. Registration begins at 8:00 a.m. and the Events begin at 9:00 a.m. sharp!

A fun filled day of outdoor activities is planned. The event is held for youth ages 17 years old and younger. They will be divided into two age groups: JAKES 0-12 and Extreme JAKES 13-17. Admission is FREE and Lunch will be provided for FREE.
Fundraiser
Kickin Kountry Kids 4-H Club is raffling off 4 picnic tables to raise funds for repairs/to expand the wash racks by the beef barn at the County Fairgrounds. The tickets are in the locked file cabinet by my desk and are available for $1.00 each. The drawing will be on June 3rd after the Dairy Festival Parade. Contact Lisa Haight or Sabrina Elliott or any Kickin Kountry Kids member to get tickets!

Genesee County Ag Society Livestock Clinic
Saturday, June 10, 2017, 8:00 AM - 4:00 PM
The Genesee County Ag Society is hosting a youth Livestock Fitting, Showmanship and Judging Clinic for beef, sheep, swine, meat goats on 6/10/2017 at the Genesee County Fairgrounds in Batavia. Registration and payment is due by May 26. For more information visit our website.

FLX Goat Field Day (Meat and Dairy Goats)
The FLX Goat Field Day will be held at the Seneca County Fairgrounds in Waterloo on Saturday, June 10 from 10 a.m. - 2 p.m. RSVP by Friday, June 2. There is a $5 registration fee. To register call 315-539-9251 or email smc226@cornell.edu or register online at www.senecacountyycce.org

SAVE THE DATE:
Steuben County Fair - August 15-20, 2017

Explore the outdoors with your family!

Announcing another new activity at the Fishing Pond
The Southern Tier Outdoor Show is pleased to announce that our fishing pond and Ice Fishing area will feature a brand new event for kids this year. We will be offering Kids Ice Fishing Camp several times during the Saturday and Sunday show.

Kids Ice Fishing Camp is open to kids of all ages and their parents. Kids who attend will receive a free ice fishing rod and reel combo from Lucky John USA. In the camp kids will get hands-on experience learning about ice safety, different kinds of baits used for ice fishing, basic techniques used to attract and catch fish and really cool fish facts for kids (like: All fish really do have hair like humans!)
The camp will be run by USA Ice Team member Ben Blegen, who competed in the World Ice Fishing Competition in Latvia this past winter.

Stay tuned to the Southern Tier Outdoor Show website or Facebook page for more details! And put October 14-15, 2017 on your calendar! Remember, this year, the show will be held at the Steuben County Fairgrounds.

Around the Community...

It's Dairy Festival Time!
This year’s Dairy Festival will take Place Saturday, June 3, 2017. Read more...

New York State Free Fishing Days
June 24-25
Read more...

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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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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