Steuben County's Farm-City Day is back!
Join us at Karr Dairy Farm in Hornell Sept 23

IN THIS ISSUE
Agriculture News and Resources
Get active and be healthy!
September Gardening Tips
Get smart with your money
4-H News
Vendor and Volunteer Openings

Fall means three big events at CCE-Steuben!
The public is invited to Farm City Day in Hornell!

The popular Farm-City Day is back, and set to welcome the public from 10 a.m. to 3 p.m. Sept. 23 at the Karr Dairy Farms in Hornell.

The free event will feature a closer look at farm life - still a backbone in the Steuben County economy - and enjoy activities such as petting baby calves, picking a pumpkin, and getting lost in a corn maze. Other activities include milking a cow by hand, digging for potatoes and playing in a giant pile of corn. A $5 parking donation is requested to help keep this event running in future years.

A family farm since 1950, the farm began with Joe Jones’ purchase of roughly 174 acres of land and 30 cows. Jones operated with younger members of his family, Robert and Helen Karr,
until the Karrs purchased it in 1964.

Since then the Karr Farm has grown to approximately 720 total acres and is home to over 750 cows and another 630 young stock. In addition, there are 310 tillable acres with another 830 rented acres allowing the farm to grow 700 acres of corn and 400 acres of hay to feed the herd.

Joe Jones’ grandsons, Russ and Rodney Karr, now operate the farm with their families and 15 full time and part time employees.

The Karrs also will host school children at other times and dates.

Farm-City Day has been an attraction in Steuben County for decades. The educational, fun filled day on the farm gives visitors a firsthand, behind-the-scenes look at how a modern dairy farm operates. In addition to fun activities, local farmers and farm businesses will be on hand to answer questions. Food and ice cream will be available from several community organizations and local growers will have fresh farm products to sample and sell.

Karr Dairy Farms is located at 1451 Dennis Road, Hornell. Visitors can take the NY-36S exit from I-86. Then, follow NY-21 N to Dennis Road in Fremont.

For more information visit the Farm-City Day website at www.steubencountyfarmday.com or find them on Facebook!
Farm-City Day
September 23
2017
10am-3pm
Karr Dairy Farm
1451 Dennis Rd.
Hornell, NY 14843
Fun For the Entire Family!
Tour a Working Dairy Farm
Corn Maze
Sample Farm Products
Hand-Milk a Cow
Pet Friendly Farm Animals
Childrens Games
Pick a Pumpkin
See Huge Farm Equipment
Food Available
$5 Parking Fee
www.steubencountyfarmday.com

Agriculture Education
Cornell University is offering an online course: Climate Change Science, Communication, and Action
September 11-30, 2017

This course is for Cooperative Extension educators, Master Volunteers, state and local government, land trusts and other non-profits, and others interested in an introduction to climate change science and in how to communicate effectively about this important topic.

Learn more here...

Beef Sale
October 21
10:00 a.m.

There will be a Pre-Conditioned Feeder-Calf and Replacement Sale in Bath. Cattle will arrive on October 20 from 8:00 a.m. to 6:00 p.m. Pre-conditioned cattle will be penned separate and sell first. Feeder calves will be weaned minimum 30 days. A Cattle Preview will take place October 21 from 8:00-10:00 a.m.

Learn more here...

Eat Smart New York!

It's Back to School Time!
Create 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 performance, and better classroom behavior.

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

- **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.

- **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.

- **Make moving part of every event**
  Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.

- **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).

Check out these healthy snack recipes!

- **Zucchini Pizza Boats**
- **Fruit Tarts**
- **Baked Mozzarella Sticks**
- **Fresh Corn Salad**

**Stephanie's Picks**

**September Gardening Tips**

1. It's time to think about the Fall gardening season and that means "putting your garden to bed"!
   Visit this link to be sure to check all off your to-do list.
2. Pay attention to Fall Lawn Care for a better spring green! Follow some tips here.

3. To fall prune or not to fall prune, that is the question! Find your answers here.

Smart Spending Tips

September is here and that means we’ll all be making plans to reduce our spending by making small changes and small deposits that add up to big savings during the month.

Join us September 1-30 to save $100 in just 30 days. Sign up to receive the daily savings chart and weekly emailed newsletters containing savings strategies, ideas, educational resources, and reminders for savings events scheduled in September.

Register to participate in the challenge here. Sign up and encourage clients and students to join you. By modeling your behavior, your clients and students will develop new positive saving strategies.

Join the conversations we’re having about the Challenge and connect with participating colleagues on Facebook and on Twitter.

Start small. Think big. You can save if you put your mind to it.

Upcoming Financial Management Programs

Two Clear the Clutter Workshops Coming Up

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 in two places this month:

- **Wednesday, September 6** from 1:00 - 3:00 p.m. at the Colonial Square Senior Village, 110 Creekside Drive, Painted Post.
- **Monday, September 11** from 5:30 - 7:00 p.m. at the Wayland Library, 101 West Naples St.
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.

Learn more here...

Money Topics every Millennial, X & Y Generation Should Know!
Second Session Focuses on Students Loans
September 14
6:00-8:00 p.m.
Southeast Steuben County Library

Student loans - do they have you confused, worried and frustrated? Cornell Cooperative Extension of Steuben County invites you to attend the second workshop in the Financial Education for the X and Y Generation series on September 14 from 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning. The topic of this session will be the Three P’s of Student Loans: Prepare, Prevent and Payment.

Amy Irvine, CFP®, EA, CASL®, MPAS®, Irvine Wealth Planning Strategies (representing the X generation) and Caitlin Fuller, CFP®, Market Street Trust Company (representing the Y generation) will talk about how to prepare for college and explain the various funding options including grants, scholarships and student loans. They will also cover ways to minimize student loans when necessary and review the confusing world of student loan repayment options.

Learn more here...

Long Term Care Planning
September 19
2:00-4:00 p.m.
Wayland Library

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
September News from Cornell Cooperative Extension of Steuben County

September 19, 2017 at the Wayland Library, 101 West Naples St., 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.

Learn more here...

Lifefolio
September 28
6:00-8:00 p.m.
Southeast Steuben County Library

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 September 28, 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.

Learn more here...

SAVE THE DATE FOR MORE CLASSES THIS FALL

- **Wills vs. Trusts**, Oct 11 2:00-4:00 p.m. Cohocton Library
- **Money Topics Every Millennial, X & Y Generation Should Know**, Oct 12 6:00-8:00 p.m. Southeast Steuben County Library
- **The Probate Process**, Oct 18 2:00-4:00 p.m. Dormann Library
- **Five Critical Estate Planning Documents**, November 1 1:00-3:00 p.m. Hornell
For more financial information, visit [PutKnowledgeToWork.org](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=e609c52f-5743-43c7-a149-c6d66ed25eb9).

Visit the [CCE-Steuben Financial page](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=e609c52f-5743-43c7-a149-c6d66ed25eb9) for plenty of helpful financial resources.

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

4-H GROWS HERE

Leaders Training Day
September 30
Leaders, you will likely be getting new inquiries for the upcoming 2017-2018 4-H Project year! Please feel free to use our website as a resource or contact us if you need any forms or have any questions! Enrollment packets will be available to pick up and Fall Fundraiser (Cheese/Beef Stick) information will be available for those who are in attendance. Please contact Jenny to let us know if you plan to attend: jmg422@cornell.edu or call 607-583-3245.

Records Due
September 18
All 4-H members who exhibit an animal project in the 4-H Division at the 2017 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 18, 2017 to be eligible to receive 2017 Fair Premiums. If you fail to meet the September 18th deadline, NO fair premiums will be awarded (for that species or any other fair exhibits including youth building). There will be no consequences for showing the following year.

Senior Summaries and Junior Reports Due
September 29

The 2017 American Poultry Association NATIONAL Show will be held in Bath September 9 & 10, 2017 at the County Fairgrounds. [Follow this link for more information.](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=e609c52f-5743-43c7-a149-c6d66ed25eb9)

Gen Z Speaks Ag
American AgriWomen just announced its "Gen Z Speaks Ag" contest as part of the AgDay365 program. The contest offers cash prizes - top prize is $500 per category - and is sponsored by Crop Science, a division of Bayer.
The contest is open to young advocates, ages 15-23 and runs through Oct. 10. It features 4 categories: photo, video, special events and pollinator education special events.

Follow this link for more information.

SAVE THE DATE
Fall Paper Clover Campaign
Tractor Supply stores (Bath, Hornell and Painted Post) are looking for clubs to come in during the fall Paper Clover Campaign October 4 - 15 to help sell paper clovers! The public can support 4-H programs by giving to the campaign October 4-15.

Achievement Night 2017
November 4th
Avoca Central School
6 p.m. check pick up
7 p.m. awards program

Explore the outdoors with your family!

2017 Show Headliner wins men's title

London 2012 runner-up and two-time Paralympian Matt Stutzman won the compound men's title at the US National Target Championships in Westfield, Indiana, beating winds of up to 30 mph as well as an experienced field that included World Games medallist Kris Schaff and international medallists Steve Anderson and Bridger Deaton. Stutzman will be in Bath, New York this October at the Southern Tier Outdoor Show.

Stutzman, who was born with no arms, won the silver medal at the London 2012 Paralympics and competed in his second Games in Rio. Prior the 2017 season, he announced he would be focusing on competing in able-bodied and open events with a view to making a US team.

Matt will be demonstrating his skill and inspiring the audience with his humor and insight at the Southern Tier Outdoor Show at the Steuben County Fairgrounds on October 14 and 15.

Read more...

Vendor Spaces are Filling Up!


11/15
If you wish to have a booth at this year's show, please visit the website soon or call 607-664-2300 for information!

**Volunteers are Needed!**
The show draws about 7,000 people so we need volunteers to help us in several locations, including:

- Gate Volunteer (1 or 2 per day)
- Driver for the kiddie train
- Volunteer to monitor the Show Info Office
- Fish Pond Assistants
- Tomahawk Stand Assistants
- Parking Attendants
- Floater Assistant - deliver water, clear tables, trash clean up, etc.
- Survey takers
- Transport people from the parking lot via golf cart
- Set up people for Friday, Oct 13
- Tear Down People for late Sunday, Oct 15

We welcome volunteers who can put in just a couple hours as well as those who want to spend the entire weekend with us. It is a great opportunity for community service as well. Call Carla Dawejko at 607-664-2300 to register!

Stay tuned to the Southern Tier Outdoor Show [website](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=e609c52f-5743-43c7-a149-c6d66ed25eb9) or [Facebook page](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=e609c52f-5743-43c7-a149-c6d66ed25eb9) 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.

**Community Events**

**CCE Chemung Hosts 6th Annual Taste of Chemung at the Hill Top Inn**
Cornell Cooperative Extension of Chemung will be holding their annual Taste of Chemung on Wednesday September 13, 2017 from 6 to 8 pm at the beautiful Hill Top Inn in Elmira, NY. As always, local restaurants will showcase their extraordinary culinary skills as they prepare an array of dishes sourced in part from farms and businesses in and around Chemung County. Local wineries and breweries will also be providing tastings of select beverages in addition to the cash bar. Live music as well! All proceeds from this event will go towards the variety of educational programs offered by CCE Chemung.

Tickets are $30 in advance and $35 at the door. You can purchase your tickets today by stopping by the CCE Chemung office or our booths at the Wisner and EastSide Markets. If you have any questions, please feel free to contact Shona Ort at 607-734-4453 ext. 227 or sbo6@cornell.edu. This event is sponsored in part by F.M. Howell and Company.

**Strong Kids Safe Kids Festival**
Prevent Child Abuse Steuben will be holding their annual Steuben Strong Kids Safe Kids Festival on Saturday, Sep. 16th, at the Bath Haverling HS gym, from 1:00 - 4:00 p.m. The festival is a free family-oriented event for children up to age 12ish and their families.
event will include LOTS of games and activities, as well as information from area agencies/programs on many different aspects health and safety.

Volunteers are needed! Contact Bill Caudill at (607) 664-2119.

The History Of Agriculture in Steuben County
Sept 17th at 2:00 PM.
Wayland Area Historical Museum

This event will take place in the Agricultural section of the museum and there will be a brief discussion and demonstration of tools, kinds of equipment etc used 'back in the day'.

In 1976 there were 33 practicing farmers in our area and the main crops were related to dairy which was very prevalent (much smaller) and also potatoes. Today agricultural products have not really changed but small farms have disappeared and operations (production) has increased tremendously in size.

There will be a technological presentation and discussion handled by Paul Wolcott of Lent Hill Dairies. Paul will discuss the challenges of farming today.

September 23 is National Hunting and Fishing Day (NHF).
Experienced sportsmen and women are encouraged to celebrate by passing on their love of field and stream sports to others. This year, those who accept the NHF Day Challenge by pledging to take someone fishing, hunting or shooting between now and September 23rd can enter to win prizes. New York State is celebrating with several fishing and hunting opportunities. Try a new hunting/angling spot or game species. Reinvigorate the interest of a lapsed hunter or angler. Go afield for squirrel, early bear or early goose. Take a 12-15 year-old out during Youth Pheasant Hunt in eastern zones, or Youth Waterfowl Weekend in northeastern and Lake Champlain zones (September 23-24). NHF Day is also a free fishing day, when all ages can fish without a license. Check DEC’s NHF Day webpage for dates and details.

Cornell Maple Program Fall Open House at the Arnot Forest Sugarbush
Saturday October 7TH from 10 am to 4 pm
Are you interested in learning how maple syrup is made or curious about modern production methods? If so, join us at the 1st annual Cornell Maple Program fall open house, and experience the fun and fascination surrounding this unique and delicious product. This event will take place at Cornell’s research and production sugarbush in the Arnot Forest and will feature demonstrations, free samples, and information on cutting edge maple research. Enjoy hiking along scenic Banfield Creek while experiencing brilliant fall foliage. An assortment of pure maple syrup produced by Cornell's research and extension specialists will be available for purchase. Admission is free and open to all. For more information visit cornellmaple.com. For additional information contact Aaron Wightman, Maple Program Specialist, phone: 607 589 6076, email: arw6@cornell.edu
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,
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.

Cornell University Cooperative Extension provides equal program and employment opportunities. CCE does not endorse or recommend any specific product or service. This newsletter is solely intended to educate consumers about their choices.