January 2018 | Vol. 10 Issue 1

Welcome to a brand new year!
This year CCE-Steuben turns 100!
Be sure to stay tuned and help us celebrate.

IN THIS ISSUE
Steuben County Crop Symposium set for March 1
Start the new year with healthy habits
Upcoming Financial Education Classes
Tack Sale coming in February

It's going to be a special year for CCE-Steuben!

This is a story of a practical idea, how it came into being, and how it comes to affect every one of us today.

This idea had its beginning in the mind of a retired college president, Dr. Seaman A. Knapp from Essex County, New York, who had spent his life teaching and preaching better farming methods at institutions such as Iowa State College. His idea involved the teaching of agriculture through demonstrations on the farm. He took the chance to put the idea
into practice in the southern United States to help control the cotton boll weevil. The demonstration idea caught on and spread in the cotton counties of Texas where the first county agent, W.C. Stallings, began work in 1906.

The idea came to New York State in 1910. The Broome County Chamber (Binghamton, NY) and the Lackawanna Railroad worried that an abundance of abandoned farms could draw on the prosperity of the urban communities. They realized that all farmers should be offered the opportunities presented through modern science and practical agriculture and wanted a practical method to enable farmers to learn about new discoveries and how to apply them. They went to the New York State College of Agriculture and the United States Department of Agriculture (U.S.D.A.) to propose a demonstration farm be established in the area. Instead the U.S.D.A. suggested placing a trained man in each county to assist the farmers. The Land Grant System was designed to establish a state university in each state for disseminating the research information down to the county level. The first county agent was employed in 1911 in Broome County.

The plan would be doomed unless the farmers took an active role, so they organized into a Farm Bureau membership in 1913. The partnership between farmers and the college endured and there were 37 County Farm Bureaus by 1917. Steuben was the 53rd County to join them on February 1, 1918. A national federation of farm bureaus with 28 states participating was organized in 1919.

The first Steuben County agent hired was H. N. Humphrey of Livingston County, who started on March 1, 1918 in a Corning office provided by the Chamber. A Model T Ford was purchased for the agent's use. The first assistant was C. B. Raymond of Greigsville who located in the Shannon Building in Bath. Humphrey's office moved to Bath in 1919. Katharine Roy became the Home Bureau agent. The first annual meeting was held at the Bath Court House on December 17, 1918 with a total of 1,264 memberships reported.

Read more....

Follow us on Facebook and Instagram for more information on our celebration throughout the year!

Agriculture Education

2018 Steuben County Crop Symposium
The Steuben County Crop Symposium will be held Thursday, March 1st, from 9:30 a.m. to approximately 1:30 p.m. at the Civil Defense Center in Bath, NY

David Benscher (Plant Breeding and Genetics, Cornell University) will review of the annual small grain variety trials, including planting dates, locations, yield, disease tolerance, sprouting, milling and baking and/or quality results.

Mike Helms (Pesticide Management Education Program, Cornell University) will review label basics and talk about detailed label information and how it affects pesticide applicators. Label items we will focus on include personal protective equipment, drift control requirements, specific equipment set-up needs, state-specific requirements, and pollinator protection language. An interactive exercise will be used to reinforce the topic.

Mary Jo Dudley (Director of Cornell Farmworker Program will offer tips and tools for employers of foreign born agricultural workers. Learn how to build better relations between farmers and workers and how to establish meaningful communication across cultures and language barriers. Also covered is access to health services, opportunities for English language learning, and tips for worker and employer emergency preparedness.

Cost to attend is $15.00 per person, lunch will be provided. DEC Pesticide Applicator Recertification Credits for the event are pending. Pre-registration is requested by Thursday, February 22nd, 2018 by calling the CCE office at 607-664-2300 or email Ariel Kirk.

Read more...

SAVE THE DATE
Finger Lakes Farm Country Conference & TasteFLXpo
February 23, 2018

Join us from 8am - 3:30pm for the Finger Lakes Farm Country Conference to learn new ways to grow your farm business with new markets and opportunities.

Registration is only $50/person and includes:

- Registration Program
- Light breakfast with networking
- Presentations, keynote speaker, and workshops
- Farm to Table Lunch with beverage pairing presentation
- Networking with industry peers

After the conference join the TasteFLXpo local food and beverage festival, which includes food trucks, demonstrations, food, wine, and craft beverage samples, and even a farmer's market that is open to the public from 5pm - 8pm.

The setup fee for the TasteFLXpo is $50/table or register with the Conference & TasteFLXpo combo for just $75.

The event will be held at Corning Community College. Registration opens January 8. Check our website for details next week.
Upcoming Agriculture Workshops

- Corn Congress - January 10
- Internal Parasite in Sheep & Goats and FAMACHA Certification Workshop
- Cornell Small Farms Shiitake Viability Workshop - January 19-20 and in February
- Market Connections - Selling and Buying Local Produce - January 10

Read more here...

2017 Agriculture Census

The Census of Agriculture happens just once every five years. Farmers, this is your voice, your opportunity to be heard and help shape the future of agriculture. From a CCE perspective, these statistics determine staffing levels and tell us who our audience is, allowing us to create specific programming to benefit our local agricultural community. It is completely confidential.

New to farming or didn't receive the 2012 Census of Agriculture form? Click the button below to enter your address and have one mailed to you. Alternatively, you can fill out an online version. You will need your unique 17-digit Survey Code from the address label on the paper questionnaire or letter you received in the mail. The latter is faster because it will skip questions that you indicate are not relevant to your farm/business. Due February 5th, 2018.

Follow this link:

Visit this link

Eat Smart New York!

Join us for our Cooking Matters Class Series

Come learn how to cook healthy meals on a budget, how to understand food labels and the fundamental food preparation skills. This is a 6-week series of workshops to be offered January 9, 16, 23, 30 and February 6 and 13 at the Corning Community Food Pantry, 11715 East Corning road, Corning.

Please call our office at 607-664-2300 with any questions you may have.
Small Shifts for New Year's Resolutions

Create an eating style that can improve your health now and in the future by making small 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. Use the tips and links below to find little victories that work for you.

- Make small shifts in the type and amounts of food you eat:
  - Make a goal to eat one more vegetable each day
  - Choose whole wheat bread instead of white bread
  - Shift from whole milk to low fat or fat-free milk in your breakfast cereal
  - Vary your protein choices-eat less meat and more beans, nuts, tofu and fish
  - Reduce the amount of saturated fats, added sugars and salt you consume each day
- Be mindful as you eat:
  - Take the time to sit and enjoy your food
  - Avoid oversize portions:
    - Use a smaller plate-this helps you to control your portions effortlessly!
  - If you eat out:
    - Select baked or broiled foods instead of fried foods
    - Ask for sauces and salad dressings on the side
    - Restaurant portions are often large-split your entrée with a friend, or take half your entrée home.
  - Get to know the foods you eat. Use SuperTracker to:
    - Find out which foods and how much to eat
    - Get a personalized food plan for your age, gender and physical activity level
    - Compare nutrient content of foods

January Recipes:

- Baked Cauliflower Tots
- Barley and Lentil Soup
- Southwestern Stuffed Potatoes
- Breakfast Burrito with Salsa

EFNEP: Helping Families Eat Better for Less!
Stay Active this Winter

Winter in Western New York can be tough. It's snowy, windy, cold and often times grey. The winter weather does not motivate most of us to get outside and take part in winter activities. But, being physically active during the winter (and all year round!) can help to keep our minds and bodies healthy.

Physical activity that increases your heart and breathing rate help to build endurance and keep you strong to do the tasks you need to do each day. Just getting outside can boost your mood and there are many winter activities that burn lots of calories. Many activities, like walking, shoveling snow or sledding, are free. For only a few dollar per person (the cost of renting the equipment), often you can snowshoe, cross country ski and ice skate. Check out what is available in your area. You may be surprised at just how inexpensive it can be to try a new winter time activity.

Here is a short list of how many calories a 150 pound woman can burn doing these winter time activities for 30 minutes:

- Snowshoeing 250
- Cross country skiing 250
- Ice skating 180
- Sledding 180
- Shoveling snow 150

How much food equals 250 calories? One cup of toasted o's cereal with ½ cup of fat free milk and a medium banana is 245 calories. You can see that these activities are a good way to burn calories and they are a great way to get your family off the couch and outside this winter!

Eat Right! Savor the Flavor!
Begins Tuesday, January 9, 2018, 3:00 PM - 4:00 PM

Join us for a free series of 6 to 8 interactive supportive classes to help families and youth improve health. Classes will be held January 9, 16, 23, 30 and Feb. 6 and 13.
Learn ways to:

- Eat more fruits and vegetables
• Drink fewer sweetened beverages
• Stretch your food dollars
• Be physically active
• Make fun, healthy snacks.

Contact Dawn at 607-324-1304 or Robords-PatrickD@proactioninc.org to register.

Upcoming Financial Management Programs

Five Critical Estate Planning Documents
...and five more you may want to consider!

Is your estate plan a comprehensive estate 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 in place? Cornell Cooperative Extension of Steuben County is offering a free workshop to answer these questions, Five Critical Estate Planning Documents ...and five more you may want to consider on two upcoming dates:

- **Monday, January 8** from 1:00 - 3:00 p.m. at the Corning Senior Citizens Center, 1 Park Lane, Corning.
- **Wednesday, January 17** from 2:00 - 4:00 p.m. at the Cohocton Public Library, 8 Maple Ave., Cohocton.

Patrick Roth, Elder Law Attorney, CPA from Corning, will lead both workshops and discuss such topics as:

- What can happen if you never get around to completing your plan?
- What do each of these documents do and what happens if you don't have them.
- Learn how to prevent disaster from striking you and your loved ones.

Are you prepared for the challenge of Who Gets Grandma's Yellow Pie Plate?

Family members use many approaches when dividing emotionally valued assets following a death in the family. Who gets personal property is an issue frequently ignored until a crisis occurs. Are you prepared for the challenge?

Join Cornell Cooperative Extension of Steuben County for a free session of Who Gets Grandma's Yellow Pie Plate from 1:00-3:00 p.m. on **Thursday, January 18** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.
Explore the sensitivity of guiding the passing on of personal possessions with CCE-Steuben Financial Educator Nancy Reigelsperger. Some of the highlights of their workshop include:

- Successful non-titled property transfer
- Initiating discussions about sensitive issues
- Determining what "fair" means
- Identifying and sharing stories about the special objects
- Managing conflicts
- Necessary legal estate documents.

Registration is limited to 25 participants.

**Free Workshop: Clear the Clutter**
...and simplify your life and finances!

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 the following dates:

- **Friday, January 19** from 1:00 - 3:00 p.m. at the Hornell Area YMCA, 18 Center St., Hornell.
- **Tuesday, January 23** from 6:00-8:00 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.

**The Great Debate: Wills vs. Trusts**
Tuesday, January 30 from 1:00 - 3:00 p.m.
Hornell Area YMCA, 18 Center St., Hornell.

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 this free workshop.

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.

**Long Term Care Planning**

It is an aging society, so there are some important facts everyone should know to begin planning for long term care for your loved ones. Cornell Cooperative Extension of Steuben County is offering a free workshop, Long Term Care Planning, to help sort through the options.

- **February 1** 10:00 a.m.-Noon at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning
- **February 7** 1:00-3:00 p.m. at the Dormann Library, 101 West Morris St., Bath

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

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

The above classes are free, but registration is required to hold your seat. Please call 607-664-2300 to reserve a space.
February 26- March 3, 2018

America Saves week is coming February 26th and CCE-Steuben will be participating with several local events as well as online participation. We encourage individuals to pay down debt or save money. We do this through the America Saves Pledge and our through text message reminders savers opt in to receive; because we know that those who make a commitment to themselves are more likely to save, and more likely to save more money.

Want to check it out now?

4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.
4-H Tractor and Machinery Operation Certification Program
Registration Due January 8 Course Starts January 15
Youth who will be 14 and over as of March 1, 2018 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 Monday, January 8th with the registration form, the Tractor Acknowledgement of Risk Form, the CCE permission Slip/Medical Release form found at http://putknowledge.org/4-h-youth/4-h-program-areas/tractor-machinery or by contacting Kim Randall at Cornell Cooperative Extension at ksb3@cornell.edu or at 607-664-2571.

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 Monday, January 8 which is found at www.putknowledge.org and pay the $10.00 4-H enrollment fee. Registration forms and more information....

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=d80a0dd9-d847-448c-aa68-4db4875318ab
Cloverbud Day - January 20
More information

Public Presentation Workshop - January 20
More information

4-H Shooting Sports needs instructors
Do you have a love of the outdoors? Do you want to pass on your knowledge and skills to the upcoming generation? Steuben County 4-H Shooting Sports Program is looking for Adult Volunteers interested in becoming certified archery instructors. We currently have a great deal of youth interested in the program, but need more instructors! The next instructor training is February 23-35 in Ballston Spa, NY. OR, if we have enough interest locally, we can offer training right here in Bath! Please contact Jenny Groen or 607-583-3245 with any questions or for more information!

2018 Steuben County 4-H and FFA Sale Committee Statement of Interest Due January 8 for Adult and Teen Volunteers
Cornell Cooperative Extension of Steuben County's Board of Directors approved a motion to bring the Livestock Sale under CCE's management as a program of 4-H. The structure of the Steuben County 4-H and FFA Sale Committee has not been finalized. If you are interested in being considered to serve on the committee this includes 4-H members 14 years old as of 1/1/18 please contact Kim Randall at ksb3@cornell or 607-664-2571 by Monday, January 8, 2018 with a statement of interest. This statement should include a short paragraph each to answer the following: (1) Why you want to join the Sale Committee and (2) Your vision for the sale moving forward.

Market Beef Steer / Small Frame Market Beef Steer / Market Beef Heifer / Market Dairy Steer Ownership and ID's Due January 8, 2018
4-H members exhibiting Market Beef Steers, Small Frame Market Beef Steer (such as Lowline, Dexter, Mini Herefords, etc.), Market Beef Heifers, and Market Dairy Steers at the 2018 Steuben County Fair must own their animals by January 1, 2018 and the identification/ownership certificates are due to the CCE-Steuben Office by Monday, January 8, 2018 along with the signed 2018 4-H Market Animal Quality Assurance Pledge.

Heifers shown in market beef classes are not eligible for beef breeding classes. Visit the website for the specific information. Please note that for 2018 the Identification/Ownership Certificate does enter your animal in the 4-H Division of the Steuben County Fair.

January Dog Obedience Classes for Youth
Classes are offered on Tuesdays in Howard and various Thursdays in Bath. Find the schedule here.

Robotics Group Meetings
Find the schedule here
Scholarships and Contests
Keep up to date with current scholarships and contests on our 4-H website. Currently the New York Ayrshire Club Calf Award application is due January 31.

Southern Tier Outdoor Show

Exploring the Outdoors in 2018

The outdoor show will be putting on its 12th annual event on October 13 and 14 this year at the Steuben County Fairgrounds. Beginning Monday, January 8th, all unreserved spaces will be open to vendors and exhibitors.

Visit the website to become a vendor

Thank you for joining us this month!

We hope some of the programs and information we have offered above will be of service to you and your family. If we can help in any way, please call us at 607-664-2300.

Sincerely,

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

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.