CCE-Steuben celebrates their 100th birthday!

February 1, 1918 - February 1, 2018
We will be celebrating all year long
...and we want you to join us!

IN THIS ISSUE

Coming Feb 23-24 : FLXpo and Farm Conference
America Saves Week contests and classes
Don't miss the Tack Sale Feb 10
Dock Dogs coming to the Outdoor Show!

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

A Trip Down Memory Lane

(Condensed from a talk given by County Agent William Stempfle in 1947)

When I came to Steuben the 15th of April in 1922, the groundwork had been laid for a county wide tuberculin test of our dairy cattle, and in the late summer 32 state and federal veterinarians were placed in the field in 15 days to test 4,648 herds and 43,449 head of cattle - the largest TB eradication campaign conducted in the U.S. at the time, which resulted a couple years later in
Steuben County being the first accredited county in America.

The freedom of our cattle from TB was given wide publicity, with the result that Steuben became known thru-out the eastern U.S. as a source of tubercular-free cattle, and we farmers enjoyed a lively market for their surplus stock.

The recession of prices that followed the war affected potatoes more than other commodities, and with lower prices and less demand, interest developed in marketing the crop. Out of that situation came the NYC Marketing trips conducted in February of 1926, 27 and 28; a three day tour of the fruit and vegetable poultry and egg, and milk markets. Some 250 farmers attended these tours, saw for the first time the quality packs of Idaho and Maine potatoes, of western coast eggs, followed the produce from the receiving terminals through the wholesale markets and retail stores and even to the kitchen of the Waldorf Astoria Hotel.

In early September of 1928 a tour by bus was conducted to Maine to learn something of the potato industry of the area that had absorbed the markets formerly supplied by Steuben and other potato growing counties of NY.

That winter the 1st Steuben County Potato Growers’ Convention was held and a long range program to improve a sick and ailing industry was begun. During the 1920's the Farmers' Picnic was a major feature of our program, grew to such proportion that it brought to the Bath Fair Grounds on the second Saturday of August an estimated 8,000-10,000 people to enjoy the horse and mule races, ball games, sports events band concert and all sorts of stunts.

It was in 1930 that the soil survey was started and a grape advertising campaign initiated.

Late in the winter of '31 four carloads of food were donated by Steuben farmers, gathered and shipped to the mountain folk of W. Virginia and Kentucky where crop failures had occurred because of drought. In august of the the same year, a Grape Festival was held at Hammondsport on the shore of Keuka Lake attended by an estimated 5,000.

In 1932 Steuben played host to the potato growers of NY State in a Field Day on the farm of Seymour Bridge in Fremont. A special feature of the program was a demonstration of all the sprayers that had been used on the farm.
And in ’33 and the difficult years immediately following, our office acted as a clearing house for the Federal Land Bank in an effort to prevent the wholesale foreclosure of farm loans.

Become part of our Centennial Campaign
$100 gifts given by 100 people will help us reach our goal! You can give a one time gift of $100 or pledge $8.33 per month for one year. We have plenty of other campaign levels available as well. check it out on our website or call us at 607-664-2301.

Share Your Memories!
If you have Agriculture, Homemaking or 4-H materials from the past, would you share them with us? We are collecting for a display, or you can share pictures or fond memories of your experiences by email, on social media, or by calling our office!

More historical facts can be found on our website

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

Agriculture Education

Finger Lakes Farm Country Conference & TasteFLXpo
February 23, 2018

Finger Lakes Farm Country Conference
You are invited to join us Friday, February 23 from 8am to 4pm at Corning Community College. Included will be:

- Breakfast
- Workshops
- Panel Presentations
- Farm to Table Lunch
- Networking
- Learn more about a new regional agritourism plan

Are you interested in adding value to your agricultural-based business? Are you curious about what agri-tourism is? Do you want "in" on some truly great opportunities? Do you want to connect with business owners who are already succeeding in agri-tourism? If you said yes to any of these questions then you should join us at the Finger Lakes Farm Country Conference.

Local Food Festival and Farmers Market
This event, formerly called the CCE Steuben Local Foods Fest, will be held Friday February 23 from 5-8 pm at the Corning Community College Commons Building. It will feature food trucks, cooking and pairing demonstrations, samples of locally-grown food, wine, and craft beverages, and a farmer's market where guests can purchase locally sourced products.

$5/person by February 16 or $10/person after February 16 and at the door. Includes admission to Taste FLXpo, free tastijns, and a Taste FLXpo swag bag.
Visit our website for more details and to register!

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

9:30 - 10:00: Registration

10:00 - 10:30: Cornell Small Grains Annual Variety Trials Report
David Benscher (Plant Breeding and Genetics, Cornell University)
Join us for a review of the annual small grain variety trials, including planting dates, locations, yield, disease tolerance, sprouting, milling and baking and/or quality results.

10:30 - 11:30: Pesticide Labels and You
Mike Helms (Pesticide Management Education Program, Cornell University)
This presentation 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.

11:30 - 12:00 Lunch

12:00 - 1:00: Navigating the Ag Labor Maze
Mary Jo Dudley (Director of Cornell Farmworker Program)
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.

1 Pesticide Recertification Core Credit available for this workshop.

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...

The New York Farm Show: February 22-24, NEW YORK STATE FAIRGROUND SYRACUSE, NEW YORK

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=84c6e75e-4e54-44cd-afde-6d5d200e7c25
The New York Farm Show is the leading farm show in the Northeast since 1985. The show hosts more than 400 exhibitors displaying the latest in farm equipment, tractors, combines and farm implements; seed and crop protection products; farm supplies and services, dairy and beef production, woodlot and related industry supplies. [Visit the website for more information.](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=84c6e75e-4e54-44cd-afde-6d5d200e7c25)

### 26th Annual CCE Rural Landowner Workshop

On Saturday, March 3, 2018 Cornell Cooperative Extension will be sponsoring the 25th Annual Rural Landowner Workshop. The program will begin at 9:00 AM and end at 3:00 PM. Following the opening session there will be three concurrent sessions with four classes per session to choose from.

The Rural Landowner Workshop is a regional program involving several agencies that provide educational information and outreach to landowners. Presenters are brought in from both private and public sectors to provide participants with up-to-date information.

The opening session will be Identification and ecology of common northeastern hardwoods. Peter Smallidge, Cornell University Department of Natural Resources. Some additional topic: Pond site selection, New Pests Lurking in the Woods, Securing Your Land for Future Generations, Food Plots and Increasing Hunting Opportunities, Forest Mushroom Cultivation, Christmas Trees, Emerald Ash Borer, Bears & Coyotes.

The program will be held at Pioneer Central School located on County Line Road in Yorkshire, NY. There is a cost for this program and pre-registration is required. Early Bird Registration deadline: Friday, February 16th, 2018. For more information or to register contact Lynn Bliven, Cornell Cooperative Extension at 585-268-7644 ext. 18.

### Farm Animal Safety and Management Training - March 12 & 13, 2018 at Alfred State College

Cornell Cooperative Extension of Allegany County is offering aspiring, beginning and transitioning farmers a training focused on understanding how to work with livestock. Farmers need to know what's normal to be able to recognize abnormal behavior in their stock. With classroom and hands-on workshops covering safe handling and restraint, safe moving & transporting, routine animal care, producers will enhance knowledge and skill to work safely with livestock.

There is a cost for this program and pre-registration is required. Space is limited to 35 participants, early bird registration deadline: February 28, 2018. If you are an Active or Retired Military Veteran you may apply for a stipend to cover registration, housing and travel. For more information or to register contact Lynn Bliven at 585-268-7644 ext. 18 or [lao3@cornell.edu](mailto:lao3@cornell.edu).

### America Saves Week - February 26-March 3, 2018
CCE-Steuben offers several events to celebrate America Saves Week

Money is a major concern for most people and big stressor for many! That is why Nancy Reigelsperger, financial educator for Cornell Cooperative Extension of Steuben County (CCE-Steuben) is encouraging people to take part in the many saving strategies and activities that are part of the AMERICA SAVES campaign. America Saves Week (February 26 - March 3, 2018) is an annual opportunity for individuals to assess their savings and take financial action. Each year, we encourage savers - or potential savers - just like you to set a goal, make a plan, and save automatically.

Piggy Bank Parade

CCE-Steuben is celebrating America Saves Week this year with a contest for Steuben County organizations and businesses to join in on the fun of saving.

- Pick up a glass piggy bank at the CCE-Steuben office in the Steuben County Office building in Bath.
- Decorate it using any materials you wish to showcase your business and emphasize the importance of saving money.
- Return the project to CCE-Steuben by February 20.
- During America Saves Week the projects will be displayed in a Piggy Bank Parade at the Steuben County Office Building. Visitors will be invited to vote on their favorite pig. The pigs will also be pictured on the CCE-Steuben Facebook page for votes.
- The winning pig will receive a beautiful gift basket and a $100 donation to the charity of their choice compliments of ServU Credit Union.
- See our website for complete guidelines.

CCE-Steuben has also organized several FREE events to help you manage your finances. Plan now to attend several of these sessions led by local experts.

February 26

- **Cooking Matters at the Store** 11:00am - 2:00 pm at the Bath Save-A Lot, 400 West Morris St., Bath. Tours will begin every 45 minutes to help you get the most nutrition for your food dollar!
- **Lunch & Learn: Budgeting for Busy People** with Amy Irvine of Irvine Wealth Planning Strategies Noon - 1:00 pm either at the CCE-Steuben office or on your computer at [https://zoom.us/j/832860938](https://zoom.us/j/832860938)
February 27

- **Five Critical Estate Planning Documents** with Attorney Patrick Roth  1:30-3:30 pm at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning
- **Grab Bag of Financial Tips** with Nancy Williamson of ServU Credit Union 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning

February 28

- **Cooking Matters at the Store** 10:00am - 1:00 pm at Walmart, 3217 Silverback Lane, Painted Post. Tours will begin every 45 minutes to help you get the most nutrition for your food dollar!
- **Lunch & Learn: Student Loans** with Amy Irvine of Irvine Wealth Planning Strategies Noon - 1:00 pm either at the CCE-Steuben office or on your computer at [https://zoom.us/j/714560341](https://zoom.us/j/714560341)

March 1

- **Lunch & Learn: Investment 101** with Amy Irvine of Irvine Wealth Planning Strategies Noon - 1:00 pm either at the CCE-Steuben office or on your computer at [https://zoom.us/j/115928692](https://zoom.us/j/115928692)
- **Making the Most of Social Security** with H&H Financial Group 5:30-7:30 pm at the Dormann Library, 101 West Morris St., Bath.

March 2

- **Cooking Matters at the Store** 10:00am - 1:00 pm at TOPS, 360 West Pulteney St., Corning. Tours will begin every 45 minutes to help you get the most nutrition for your food dollar!
- **Clear the Clutter** with CCE-Steuben Financial Educator Nancy Reigelsperger 1:00 am to Noon at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning

More details on these events can be found [on our website](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=84c6e75e-4e54-44cd-afde-6d5d200e7c25) or by calling 607-664-2300.

Classes are free, but please register your space in advance. Additional information and resources can be found on that webpage as well. We also hope you will Take the Pledge, a commitment to yourself to help reach your savings and debt reduction goals.

**Eat Smart New York!**

**Join us for our Cooking Matters Class Series**  
**Beginning April 3, 2018**  
**Corning Community Food Pantry**

Each week we will have an interactive nutrition lesson and prepare a healthy recipe together for sampling, then send the attendees home with the ingredients to make the recipe again with their families. We'll
provide all needed materials, cooking equipment and food. Participants must commit to attending all six classes.

These classes are intended for low income parents and grandparents raising grandchildren. If individuals or seniors are interested in classes, please call to be added to a list for a future Cooking Matters For Adults group that will meet separately (dates not yet planned). Sorry, no childcare available. Questions? Call us at 607-664-2300.

February is American Heart Month - Take steps to lead a heart healthy lifestyle!

Heart disease is the leading cause of death for both men and women in the United States. To prevent heart disease and increase awareness of its effects, Finger Lakes Eat Smart New York is proudly participating in American Heart Month. According to the NYS Department of Health, almost 78,000 people have heart disease in the Finger Lakes Region.

The Finger Lakes Eat Smart New York promotes healthy eating and active living to reduce your risk for heart disease. Try these heart healthy changes:

- To eat healthier:
  - Make half your plate vegetables and fruit.
  - Make half or more of your grains whole grains.
  - Choose low-fat dairy products and lean meats.
  - Reduce your consumption of sugar sweetened beverages and added sugars.
  - Reduce the amount of salt you add to food, or choose sodium free food products.
- Keep physically active:
  - Be moderately active for 30 minutes per day for most days of the week.
  - Children benefit from being engaged in active play 1 hour each day.
- Stay at a healthy weight, by balancing the amount of calories you consume with the amount of calories you expend in physical activity.
- Discuss with your doctor other lifestyle factors you can control to minimize your risk of heart disease.

For more information about healthy eating and active living in the Finger Lakes, check out the Finger Lakes Eat Smart New York website!
February Recipes:

- Buffalo Cauliflower Bites
- Potato Nachos
- Collards and Cranberries
- Spicy White Bean Dip

EFNEP: Helping Families Eat Better for Less!

Create Your Grocery Game Plan

Here are some steps you can take to help save money when grocery shopping:

- Check grocery stores fliers from the paper or online to see what sales are available in your favorite stores.
- Before grocery shopping, make a list of the meals and snacks you need for the week using foods that are on sale.
- Check your cupboards, refrigerator and freezer to see what you have on hand. Use what you have available so you spend less at the store.
- Think about your schedule. Choose meals that are quick and easy for days when your schedule is full and choose recipes that take longer to prepare for days when you have the time to spend in the kitchen.
- Use your list of meals to make your list of what you need to buy. Don’t forget to include things like fruits, vegetables and beverages that might not be part of a recipe but are foods you need for the week.
- Write your list on paper or use a mobile app to create your list. The best way to create a list is to create it using whatever method works best for you. If you use apps, check the app for the store where you are shopping to see if there are any additional coupons or deals you can take advantage of while shopping.
- Keep an ongoing grocery list in a central location in your home so that you and your family can add to it as you run out of things during the week (think paper towels, plastic wrap).
- Eat before you shop, look at top and bottom shelves for savings and check out store brands.

Upcoming Financial Management Programs

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 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.

### 25 Ways to LUV Your Money

Recent research shows that nearly three-quarters of people surveyed wish they had a better understanding of their finances. Cornell Cooperative Extension can help with that task in their free workshop entitled 25 Ways To LUV Your Money to be offered from **6:00-8:00 p.m. on February 8** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Understanding and managing your money has never been more important. CCE-Steuben Financial Educator Nancy Reigelsperger will cover the basics:

- Saving - Saving is crucial for your well-being and for weathering the good and bad financial milestones in life.
- Budgeting - The best way to stretch, save and spend wisely is to build a budget.
- Credit - You need to manage credit cards wisely by understanding that they come with responsibilities.
- Managing Debt- Set reasonable goals in reasonable time frames.
- Identity Theft - Learn how to protect yourself.

We will offer a clear and simple guide on how to live happily within your means, manage budgets, and use financial services wisely. Now is the time to make the most of your money and develop a plan for this phase of your financial life. Enjoy your life...love your money.
SAVE THE DATE!

Estate Planning Survival Guide: The Deadly Dozen
(12 common estate planning mistakes that could devastate you and your loved ones)

There are a variety of reasons why estate plans fail and don't work out the way you think they will. The sad fact is these mistakes can often be avoided. Join us for an informational look at the twelve of the most common estate planning mistakes, any one of which could have a devastating impact on you or your loved ones. This free workshop will take place on Monday, March 5 from 1:00 - 3:00 p.m. at the Colonial Square Senior Village, 110 Creekside Drive Painted Post.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. At this workshop you will:

- Discover the truth behind the myth that estate planning is only for the rich.
- Learn what provisions are missing from most people's estate planning documents.
- Discover the true cost of long term care if you don't plan ahead.
- Learn the biggest mistake people make that could cause your estate plan to fail.

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

Horticulture News

The Flower City Blooms Again

This year in March 2018, Gardenscape, the Rochester area Garden show will be returning to the newly remodeled Dome in Henrietta. The Opening night Gala "A Taste of Spring" will be presented by The Community Place of Greater Rochester, for more information click this link to visit their site www.communityplace.org.

Gardenscape will officially open its doors on Thursday, March 8th at 9am. The show will run March 8th - 11th. Gardenscape is being presented by the Gardenscape Professionals and Plant PLANTgfix. The gardens are designed by area landscape professionals and will be a wonderful mix of reality and whimsy. We are thrilled to bring Gardenscape back, there is little that compares to the sight and fragrance of flowers at the end of a long cold winter.

Food Waste: The Role of Date Labels, Package Size, and Product Category

Food waste has become one of the top food policy issues in the United States and elsewhere. Some have estimated that annual food waste costs in the United States are approximately $160 billion, representing resources that went into the
production, distribution, and marketing of food products. Food waste is also a food security concern as it symbolizes a lost opportunity to feed the 17.4 million food insecure U.S. households. Researchers have estimated that 31% of food is wasted; this is the total of food wasted by consumers (21%) and producers (10%) (Buzby et al. 2014).

Consumers may discard products based on the expiration date because of concerns of safety. The date labels and the expiration dates may also influence perceptions of quality. As a result, perceptions of quality and safety may inform consumers' expected consumption levels (and therefore their expected amount of food waste) at the point of purchase. That is, based on the date label and the expiration date, consumers may knowingly purchase a product with the idea that some portion of it will not be consumed, i.e., some of the value of the product will be discarded.

**Read more..**

**Seed Starting**

Starting your own seeds is a cost effective way to grow a greater variety of plants for your garden. Join Cornell Cooperative Extension of Chemung County to learn how to start seeds successfully. The topics we will cover include techniques for starting seeds indoors, proper care, lighting and watering, and how to prepare your seedlings for transplant.

This workshop will be offered three times, on:

- February 20th, 2018; 2:00 - 3:00 PM
- February 28th, 2018; 2:00 - 3:00 PM
- March 9th, 2018; 2:00 - 3:00 PM

Place: CCE Chemung, Conference Room. 425 Pennsylvania Avenue, Elmira, NY. Workshop fee: Free, but a $3 suggested donation helps support our Horticulture program. Registration is required. Please contact Chemung CCE at 607-734-4453, or jy578@cornell.edu, and mention your preferred workshop date.

**4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.**
Get your club in on the Pig Pageant
Pick up a piggy bank at our office. Decorate it to encourage people to save money...be creative and use your club’s identity. Drop it back off to our office by Feb. 20, and join the parade. ServU Credit Union is offering a Gift Basket prize and a $50 donation to the winning club!

Voting will take place during America Saves Week at the Steuben County Office Building and our Facebook page.

Guidelines can be found here.
March Dog Madness:
The registration portal for our 4-H Dog Leader Training, March Dog Madness (Sat. March 17) is now open! Registrations are due March 9th. If you need to reserve a local room, be sure to make a reservation by March 3.

Agility Clinic
There will be an Agility Clinic on Sat. March 24th (in Tompkins County) from 8:30a, - 5:00pm which is open to 4-Hers. It’s a great opportunity to learn more about agility and train at a great indoor facility! Spots are limited. Request registration and liability form from Swift Agility LLC

Parent or guardian information is required for any handler under 18 years old. Questions should be directed to Deb Bogart. Advanced Teams, 8:30am-12:30pm, Beginner Teams, 1:00pm-5:00pm. Determination of who will be in which group will be decided based upon information below. Cost: $40 per dog. Send check, made payable to Swift Agility LLC, to Deb Bogart, 43 Yellow Barn Road, Freeville, NY 13068. If you prefer not to bring your own crate, crates are available for use at the facility for $5 rental. Please contact Tom Rady for reservation.

February 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

Southern Tier Outdoor Show

Announcing our Feature Attraction for 2018!

The Southern Tier Outdoor Show is proud to announce that at its 12th annual show on October 13-14, 2018 at the Steuben County Fairgrounds, the headliner attraction will be Dock Dogs. Come watch their dogs compete - bring your own dog to train and compete for prizes as well! It's going to be a blast! You won't want to miss it!
Visit the website to become a vendor

Our Community
Are you interested in food and hunger issues? Do you want to do something to fight hunger that is beyond a food drive?

Become an Advocate!

Advocacy 101 Training

Join the Food Bank’s Advocacy and Education Manager for a free training! This in-depth and interactive training will cover the differences between advocacy and lobbying, Food Bank programs and legislative priorities, best practices when working with elected officials, and tools to engage with Congress.

**What:** Advocacy 101 Training  
**When:** Wednesday, February 14, 2018, 1:00pm-4:30pm  
**Where:** Food Bank of the Southern Tier, 388 Upper Oakwood Ave, Elmira

Refreshments and snacks will be provided. **Registration required!**

Contact Randi Lynn Quackenbush at rquackenbush@feedingamerica.org or at 607.796.6061 x4039 to register.

Working together to build and sustain hunger free communities throughout the Southern Tier.  
A regional agency of Catholic Charities and A Member of Feeding America
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.

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