May 2018 | Vol. 10 Issue 5

It's Finally Spring!

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2018 is CCE-Steuben's 100th birthday!

Save the date for our Centennial Celebration this fall!
May News from Cornell Cooperative Extension of Steuben County

Our next Centennial Lecture is June 14

Our third presentation in the Series engages us with our environment!

What the Earth Asks of Us: Indigenous Environmental Philosophy for our Common Future

As a celebration and showcase of 100 years of Steuben County and Cornell University expertise, Cornell Cooperative Extension of Steuben County is offering a Centennial Lecture series about some of the hot topics of our region. The third presentation will be Thursday, June 14 from 6:00-8:00 p.m. at the Glenn H. Curtiss Museum, 8419 State Route 54, Hammondsport. The event is free of charge, but please call to register your space at 607-664-2300.
Our presenter will be Dr. Robin Wall Kimmerer, Environmental Biology Professor at SUNY College of Environmental Science & Forestry and author of Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants.

Dr. Robin Wall Kimmerer is a mother, scientist, writer, and Distinguished Teaching Professor of Environmental Biology at the SUNY College of Environmental Science and Forestry in Syracuse, New York. She is the founding Director of the Center for Native Peoples and the Environment, whose mission is to create programs that draw on the wisdom of both indigenous and scientific knowledge for our shared concerns for Mother Earth.

Kimmerer is an enrolled member of the Citizen Band Potawatomi. As a writer and a scientist, her interests in restoration include not only restoration of ecological communities, but restoration of our relationships to land. She lives on an old farm in upstate New York, tending gardens both cultivated and wild.

Dr. Kimmerer will be offering a book signing at the event and donating the proceeds to CCE-Steuben.

**Save the Date for Future Presentations**

**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. Checks can be made out to CCE Steuben and sent to 3 Pulteney Square East, Bath, New York 14810, or you can 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**

**Opportunities grow for home food processors**

ALBANY - State Agriculture Commissioner Richard A. Ball today announced that the Department of Agriculture and Markets has
expanded its list of food products that are approved to be made and sold from a home kitchen. Additionally, the Department is now allowing home processors to sell their products online within New York State in addition to selling direct from home or at a farmers’ market. These changes will allow small home businesses to increase their customer base and reach new markets, and are the latest actions taken to make doing business in New York easier, especially for small entities. Home processors are exempt from obtaining an Article 20-C food processing license and Article 28 retail food store license but are required to register with the Department.

Read more...

Pasture School - May 2

The Upper Susquehanna Coalition Pasture Management School will be offered Wednesday, May 2, 2018, from 9:30 AM - 3:30 PM at the Emanuel Kurtz Farm, 2940 CR 2, Addison. After lunch, we'll travel a short ways down the road to the farm of John Burns; 8475 Morgan Creek Road; Lindley, NY 14858.

Vermont's Pasture consultant Sarah Flack and author of The Art and Science of Grazing will be on the farms leading in-depth pasture management and monitoring skills and teaching solutions in growing more forage to lower feed costs. Ms. Flack stresses the use of variable plant recovery periods in grazing system planning and implementation.

Theis hands-on pasture walk will focus on improving marginal pastures, how to plan out your rotations, early season grazing approaches, determining the best time to graze plants, fertility management, animal impact grazing techniques, weather related management strategies and in-field farmer training exercises to hone your grazier's eye.

Pre-registration is required to help plan for lunch and logistics. To reserve your place for this unique early season grazing event please contact Brett Chedzoy, Schuyler CCE at (607) 535-7161.

For more information...

Attention NY farmers and landowners:
Public Awareness Meetings for Feral Swine in New York
Please join Cornell Cooperative Extension of Steuben County and Katie Long, USDA-APHIS Wildlife Specialist, for an informational meeting regarding feral swine and the importance of monitoring and managing for this destructive invasive species. The meetings will take place in two locations.

- **Thursday, May 3** the session will be held from 6:30-8:00 pm at the Tuscarora Town Hall, 1094 Gill Road, Addison, NY 14801.
- **Friday, May 4** the session will be held 6:30-8:00 pm at the Trroupsburg Volunteer Fire Hall, 893 NY-36, Trroupsburg, NY 14885.

Feral swine (Sus scrofa) in New York have accounted for over $1 million in damage and control costs. Eurasian boars were documented in 16 counties, with established breeding populations in six counties. Because of their extraordinarily high reproductive rates, lack of natural predators, and intelligence, feral swine are extremely difficult to control once a population becomes established.

The public awareness meetings are being offered at no cost. To register your space at one of the meetings, call Cornell Cooperative Extension of Steuben County at 607-664-2300

For more information...

**Fruit Grower Workshop - May 5**

Cornell Cooperative Extension of Schuyler County offers an IPM Workshop **Saturday, May 5, 2018, 6:00 PM - 8:00 PM.** Learn about deer protection, rodent control. IPM (Integrated Pest Management), pollination, new tree planting.

You will receive a copy of the Apple IPM booklet ($15 value). The workshop is held at Reisingers Apple Country 2750 Apple Lane in Watkins Glen.

The workshop is $25 and pre-registration (by May 2nd) is required. Register here: [https://reg.cce.cornell.edu/IPM2018_244](https://reg.cce.cornell.edu/IPM2018_244). For more information please contact Roger Ort at rio28@cornell.edu

**Veterans on Farms two-day training**

Do you work with veterans on farms in New York? The Cornell Small Farms Program is currently accepting applications for a free, 2-day intensive training taking place on May 26 & 27. Offering a mix of classroom education and on-site farm tours, the event will include time at the beautiful Tompkins Cortland Community College teaching farm in...
Dryden, NY (blog) with tours to Main Street Farms (website) and the Cornell University Freeville Organic Research Farm (1/2 way down the page). This Memorial Day weekend event is free for NYS military veteran farmers, and their partners.

Please help share this announcement with veteran farms you know who would be interested in this opportunity. More information can be found on the Farm OPS webpage.

Fill Your Freezer: Buying Local Meat in Bulk

Join us Wednesday, May 30, 2018 from 6:30 PM - 8:30 PM to learn how to Buy Local Meat in Bulk. This class will be held at the Civil Defense Center, 7220 State Route 54, Bath.

Are you ready to start buying locally-raised meat in bulk? It's easier and more affordable than you might think, and the benefits are great: know your farmer, know your food, cook and eat with confidence! We will guide you through everything you need to know about researching and contacting farms near you, why buying in bulk can save you money, and how to use the Ithaca and Corning Community Meat Lockers.

This class is FREE and open to the public, but please call 607-664-2300 to register.

For more information...

Please fill out our survey if you farm in the four county region of Chautauqua, Cattaraugus, Steuben, and Allegany

The following survey has been developed to gather information about the agricultural support needs in the four county region of Chautauqua, Cattaraugus, Steuben, and Allegany. Survey results will be used by Cornell Cooperative Extension to best meet those needs through program development and enhancement. Your input is valued and appreciated.

Start survey here...

Financial Education

Debt Getting in Your Way? Behind on Bills?
Get a handle on it. Start with one step.

When bills are piling up it is important to remember you are still in control. There are some small steps you can choose that can lead to big change. Join Cornell Cooperative Extension of Steuben County in a free informational workshop called Debt Getting in Your Way? Get a Handle on it! on **Tuesday, May 1 from 6:00 - 8:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

CCE-Steuben Financial Educator Nancy Reigelsperger will help you explore:

- What debts do I owe and where does my money go?
- How do I check my credit report?
- How do I deal with school loans?
- What can I do to reach my goals?
- How do I make tough choices?
- Who else can I turn to for help?

Workshop participants will receive two booklets printed by the Consumer Financial Protection Bureau to take home.

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 **Monday, May 7 from 1:00- 3:00 p.m.** at the Dormann Library, 101 Est Morris St., Bath.

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.

Estate Administration Survival Guide:
What you need to know after the death of a loved one
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.
If you want to know what needs to be done after the death of a loved one, join us in a free
informational workshop called The Estate Administration Survival Guide: The Probate
Process on two upcoming dates:

- **Wednesday, May 9 from 1:00 - 3:00 p.m.** at the Wayland Library, 101 West Naples St., Wayland.
- **Thursday, May 24 from 1:00 - 3:00 p.m.** at the YMCA, 18 Center St., Hornell.

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

**Free Workshop on 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 from **1:00-3:00 p.m. on Tuesday, May 15, 2018** at the Southeast Steuben County
Library, 300 Nasser Civic Center Plaza, Corning.

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 True Cost of Pet Ownership**

How much does it cost to own a pet?
Cornell Cooperative Extension of Steuben County is partnering with Tanner's P.A.W.S. of Corning to provide a free informational workshop called The True Cost of Pet Ownership on **Tuesday, May 15 from 6:00 - 8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.**

Unfortunately many people do not take time to budget for a pet before acquiring that cute fuzzy face. This can lead to trouble because financially providing for your pet is a big part of being a responsible pet owner. With proper planning you can provide for your pet and live a long and happy life together. CCE Steuben Financial Educator Nancy Reigelsperger and Tanner's P.A.W.S. will help you explore:

- Things to consider before bringing home a pet
- Pet Insurance
- The importance of veterinary visits
- Dog training and behavior modification

Tanner's P.A.W.S. is an all-volunteer, no-kill, foster-based animal rescue. Their mission is to protect animal welfare and safety through rescuing, sheltering, adoption, education and population management. The workshop is free, but registration is required.

**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 Friday, May 18** at the Corning Senior Citizens Center, 1 Park Lane, 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, so register soon.

All of the above workshops are free, but please reserve your seat by calling Cornell Cooperative Extension at 607-664-2300.

Scammers Target Medicare Beneficiaries

A law passed in 2015 requires Medicare to remove Social Security numbers from Medicare cards. Beneficiaries will begin to receive their new cards in May, and the rollout will continue into 2019. This is a good move, since Social Security numbers are the key to identity theft, and having them displayed on Medicare cards has long presented risk. Unfortunately, scammers have come up with ways to take advantage of this change.

- Scammers claiming to be from Medicare call and ask you to verify your Social Security number in order to receive your new card.
- Scammers call to collect a "processing fee" in order for you to receive your new Medicare card.
- Medicare will NEVER ask beneficiaries to confirm their Social Security number or ask for money in order to receive the new Medicare card.
- If you receive a call like this, hang up and report it to Medicare at 1-800-633-4427.
- If your address has changed, you'll need to report it in order to receive your new card. Contact the Social Security Administration at 1-800-772-1213, or www.ssa.gov/myaccount.

When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. Please share this alert with friends and family.

Nutrition Education: Eat Smart New York!

Serve Milk at Meals

Kids are still growing. Help kids grow strong, by serving fat-free or low-fat (1%) milk at meals.

Why is it important for school-aged children to drink milk? Children of all ages are still growing. It's important they drink the recommended amount of fat-free or low-fat (1%) milk to grow healthy and strong. For kids ages 2-3, that's about 2 cups of milk each day. For kids ages 4-8, that's about 2 ½ cups milk per day. And for kids ages 9-17, that's about 3 cups of...
milk each day. And fat-free and low-fat (1%) fat milk contains nine key nutrients like calcium, protein, and vitamin D, just without the extra saturated fat.

How do we make sure kids get the milk they need? Here are some tips parents and other caregivers can use to make it easy for kids to get the milk they need:

- Serve fat-free or low-fat (1%) milk with meals and snacks.
- Put fat-free or low-fat (1%) milk at eye level in the refrigerator, so kids are more likely to see and ask for a glass or to have it poured over whole-grain cereal.
- Add milk to some of kids' favorite foods, such as soups and oatmeal. For example, make creamy tomato soup instead of classic tomato soup by adding 1% fat milk.
- Enjoy a glass of low-fat milk or yogurt with kids. Or, make a parfait together by layering low-fat yogurt, your favorite fruit, and unsalted nuts or cereal. There are many types of low-fat milk foods, so there is something for everyone to enjoy.

Why is Milk Important?
Fat-free and Low-fat (1%) Milk Have Nutrients Everyone Needs
Did you know that milk is loaded with vitamins, minerals and protein, with nine (9) key nutrients? Better yet, fat-free and low-fat (1%) milk still deliver this nutrition, just without the extra fat that is in whole and reduced-fat (2%) milk. But many kids are not getting enough milk to keep their bodies growing strong. Here's what fat-free and low-fat milk and the nutrients they contain can do for you and the kids in your life:

For more Rethink Your Drink tips, check out [http://fingerlakeseatsmartnewyork.org/resource-types/rethink-your-drink](http://fingerlakeseatsmartnewyork.org/resource-types/rethink-your-drink)

FLESNY Recipes for May:
- **Banana Berry Smoothie**
- **Popeye Power Smoothie**
- **Peanut Butter Balls**
- **Yummy Eggplant Lasagna Roll**

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=bcbd712-e2be-4b86-b29e-f1de6c75c000 11/20
For recipes, resources and events near you:
Visit Finger Lakes Eat Smart New York and like us on Facebook!

Cornell Cooperative Extension has planned seven CCE Master Food Preserver workshops around the state.

These 3 day workshops are designed to be a train-the-trainer program for CCE educators or volunteers who would like to be able to offer food preservation classes in their county, or even just answer questions about home food preservation with confidence. The workshops are also open to the general public who want to enhance their food preservation skills, so feel free to pass this information on to others in your county.

The Master Food Preserver program includes the scientific basis of home food preservation; hands-on experience in boiling water and pressure canning, making jams and jellies, plus pickling; demonstrations in fermentation, freezing and drying; and a discussion of other methods of preservation. Certificates of participation are distributed to those who complete the course, the first step toward becoming a certified CCE Master Food Preserver. For more details regarding the workshop content, contact me.

If you're interested in any of the workshops below, contact the coordinator listed for more specific information, including the cost.

May 1-3 CCE Ulster County, Janie Greenwald
June 5-7 Hudson Valley CC, Troy, NY Debbie Shoemaker
June 12-14 CCE Wyoming Co., Camp Wyomoco, Don Gasiewicz
June 26-28 CCE Erie County, Diane Held
August 7-9 CCE Sullivan County, Erica Lynch
September 11-13 CCE Seneca County, Mo Tidball
October 30-Nov.1 CCE Chautaugua Co., Emily Reynolds

EFNEP: Helping Families Eat Better for Less!

Cut Back on Your Kid's Sweet Treats

Limiting the amount of food and drinks with added sugar you serve to your kids can improve their health. Buying less of these foods and drinks can decrease your grocery bill and free up money to buy healthier choices. Most added sugars come from soda, sports drinks,
Serve small portions of foods and beverages with added sugar.

Choose water, low fat or fat free milk or small amounts of 100% juice for beverages.

Choose the 'no candy' checkout lane at the store.

Reward kids with hugs, kind words and non-food items like stickers or pencils instead of candy or other sweets.

Sugary foods are marketed to kids as 'fun'. Make healthy foods fun by involving your kids in preparing them.

Show kids where the Sugars line is on the Nutrition Facts label. In the grocery store, challenge your kids to find cereals with the lowest number of grams of sugars and buy those.

Limit sweets to special occasions and do not make them a part of everyday meals and snacks.

Make fruit the 'everyday' dessert.

(From the 10 Tips Nutrition Series at www.choosemyplate.gov)

Horticulture News

1. Want to grow your own fruit in your backyard? Learn how here

2. It's been so cold! When can you start to plant outside? Learn about growing degree days and hardiness zones here

3. Time to think about our lawns again. Did the snow ruin sections? Are you not getting the spring green up like usual? Learn how to troubleshoot problems and what steps to take to prevent any issues while preserving the environment and saving money here

4. Tip Sheet on Starting Vegetable Seeds indoors

Upcoming
Save the Date for Farm City Day!
Farm City Day will be held September 29th. Be sure to mark it on your calendars! Be on the lookout for our farm reveal very soon!

Jersey Cattle Sale
A Jersey Cattle Sale will be held Saturday, May 5, 2018 from 11:00 AM - 12:00 PM at the Steuben County Fairgrounds.

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

４Ｈ GROWS HERE

Clothing Revue and Evaluations
The annual 4-H Clothing Revue will be held May 4 in Avoca. The public is welcome to come enjoy the hard work our 4-H members have done to construct their clothing pieces and to showcase them. The event will be held at the Avoca Central School May 4 beginning at 7:30 p.m.

Read more...
Raise Your Hand!
Kids today are missing experiences that grow the life skills they need - like confidence, responsibility, independence, and compassion. Raise your hand to support 4 H in your community and give kids the hands-on learning experiences they need to succeed in life. New York State's 4 H program could win $5,000, $10,000, or even $20,000 to reach more kids and help them grow the skills they need to take on life's challenges. Vote here: tiny.cc/ryh4nys

4-H & FFA Market Animal Sale BBQ Fundraiser
June 10 & July 14
11 am -1 pm
Steuben County Fairgrounds

Help 4-H raise funds by purchasing from their BBQ. The BBQ is pre-order only and pick-up/carry out on June 10 or July 14.

The June 10th meal will include a pork sandwich with the sides of salt potatoes and smoked beans. The July 14th meal will be a beef sandwich with salt potatoes and smoked beans. Tickets are $10 and can be purchased from CCE, Steuben Vet Clinic, or any member of the Market Animal Sale Committee.

Tickets are due June 1 for the June BBQ and July 6 for the July BBQ.

Model Horse Show

Model Horse Show
May 12th
Hammondsport Fire Hall
Open Division - NAN qualifier
Novice Division - first time showers adults and youth!
Proceeds to benefit the Steuben County 4-H Horse Program!
Contact Jini Groen for class list and more info!

Steuben County 4-H Robotics Program
4-H members ages 8-18 are welcome who are interested in learning how to build and program a robot to perform various tasks using a Lego Mindstorms EV3. 4-H members will also have the opportunity to participate in the 2018 NYS 4-H Robotics Challenge at the NYS Fair.

Howard Community Building, Hopkins Road,
The schedule for April - June are the following Tuesdays from 6:30 p.m. - 8:00 p.m.: May 1, May 22, June 12

If you have any questions or are interested please contact Marlaina Bennett or 607-661-6383 or Kim Randall at ksb3@cornell.edu or at 607-664-2571.

Hosting Opportunities for the 4-H Japanese Exchange 2018
The State 4-H Office is once again working with our local Cornell Cooperative Extension offices in support of the 2018 4-H Japanese Exchange Program! New York 4-H will be hosting 16 Japanese Youth and one adult chaperone this summer. We have a great group of youth visiting this summer and they all need host families. Youth will arrive July 21 and stay until August 17th. The delegation will be arriving and departing from the Syracuse airport. The State 4-H Office will provide support and an orientation for all host families before and during the visit. If you are interested please consider starting an application through the States’ 4-H International Website (see link and instructions below) or sending us an email with your questions about the program to Andy Turner or Autumn Lavine.

Southern Tier Outdoor Show

Great family activities at the show!
What outdoor activities does YOUR family enjoy?
We are planning some fun new activities for this year’s Southern Tier Outdoor Show....like - miniature
golf! Now that's something the whole family can do! We will be setting this up under the pavilion where the reptile show was last year.

Or - let's talk about the youth fishing pond. We have several species of fish in the pond, but not everyone is lucky enough to catch one. So this year we are planning to display each species of fish in a fish tank near the pond, so kids can learn what each fish looks like and hear a little bit about their behaviors.

Put the dates on your calendar now! **October 13-14, 2018** at the Steuben County Fairgrounds!

Booth spaces are filling up! [Check out the website for complete details!](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=bcbdc712-e2be-4b86-b29e-f1de6c75c000)

**Our Community**

**Steuben County Dairy Festival**
This year's event will be held Saturday, June 2.

[Review the parade and activity details here.](#)
The first Dairy Festival was held on June 29, 1957 in Hornell. It took just two weeks to plan. We now begin planning and organizing in January, taking five months. In 1958 the Festival was held in Bath. Originally the Dairy Festival was intended to alternate locations between Hornell and Bath but, due to Bath's central location and it being home to the Steuben County Fairgrounds, the Festival has been held Bath, on the first Saturday in June (June is Dairy Month), ever since.
The Dairy Festival was instituted to promote the heritage and importance of the American Dairy Industry and to bridge the divide between Farmers and Non-Farmers.

This year's parade theme is Dairyland Cruisin'. **Be sure to come to the parade and cheer on the Cornell Cooperative Extension of Steuben County Centennial Float!**
Also at the above event

Lucky Duck
PRICE: $10 per duck
Winners will be picked at the Spring Fundraiser
DATE: Saturday, May 5
TIME: 6PM-9PM
Contact the camp office for information regarding how to purchase ducks at (607) 535-7161. To register for the event, visit https://hv4hcarnival.eventbrite.com
Thank you for joining us this month!

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

Sincerely,

Carla Dawejko
Cornell Cooperative Extension of Steuben County

Cornell Cooperative Extension of Steuben County
3 Pulteney Square East | Bath, New York 14810
607-664-2300 | crd24@cornell.edu | http://www.PutKnowledgeToWork.org

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