We'll be moving to our new building this summer!

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2018 is CCE-Steuben's 100th birthday!

Farm Bureau and CCE-Steuben partner for a reprisal of their 40th anniversary celebration in 1958

Join the Steuben County Farm Bureau and CCE-Steuben on July 22nd for a 100-year celebration Chicken BBQ at 1958 prices! The event will be held at the Howard Community Center in Avoca and will feature an encore presentation of Kirk House's pictorial history of farming in our region.
To reserve your seat for the above event call 607-664-2300 or 607-590-6537.

**Save the date for our Centennial Celebration this fall!**

The latest details on the event can be found here...

**Our next Centennial Lecture is August 9**

*Our fourth presentation in the Series engages us with wildlife!*
The honey bees of the Arnot Forest
A survivor population of wild colonies

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 fourth presentation will be held Thursday, August 9 from 6:00-8:00 p.m. at the Dormann Library, 100 West Morris Street, Bath. It is titled The honey bees of the Arnot Forest: A survivor population of wild colonies.

Our presenter will be Dr. Thomas D. Seeley, Professor of Biology at Cornell University and a passionate beekeeper. He is the author of The Honeybee Democracy, The Wisdom of the Hive, and the Honeybee Ecology. Dr. Seeley will be offering a book signing at the event and donating the proceeds to CCE-Steuben.

The ectoparasitic mite, Varroa destructor, and the viruses that it transmits, usually kill the colonies of European honey bees that are kept by beekeepers unless they are treated with miticides. Nevertheless, in Europe and North America there exist populations of wild honey bee colonies that are infested with Varroa and that receive no miticide treatments. We will review the results of genetic studies of one population of wild colonies in New York State that have revealed how these bees have changed genetically over the past 20 years, due to natural selection for resistance to Varroa.

We will also review the results of ecological studies of non-genetic factors (small nests, frequent swarming, etc.) that are also helping these wild colonies to survive without miticide treatments. We will conclude by considering what lessons we can learn from these honey bees living in the wild.

The presentation is free, but space is limited so please reserve your seat by calling 607-664-2300.

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

Exciting News!

Our office is moving!
We are packing up our current office in the Steuben County Office Building at 3 East Pulteney Square to move across the street into the new office building at 20 East Morris Street. We are still uncertain as to the exact date of the move, but it is likely to be within the next month.

Watch our Facebook Page for updates!!!

Agriculture Education

Growing Garlic Workshop
For all Garlic growers Hobby to Advanced, Join us for a workshop about growing garlic!

Learn about all the problems that cause growers to fail during production. David Stern from Rose Valley Farm is our guest speaker. He has produced garlic for over 30 years and was co-founder of the Garlic Seed Foundation. David Stern has farmed small fruits and vegetables at Rose Valley Farm since 1973. His certified organic farm is between Lake Ontario and the Finger Lakes in Upstate New York. He has produced garlic for over 30 years and was a co-founder of the Garlic Seed Foundation in 1984.

Garlic Growing- Sat. July 14 registration 8:30-9AM, Class 9-12, Lunch 12-1, 1-3 tour of Muddy Fingers farm garlic planting., Morning class held at the OFA Café in the Human Services Building, Montour Falls. Workshop costs $20 and bring a bagged lunch. Contact: RLO28@cornell.edu and pre-registration required

Announcing: Farm City Day 2018

This year we're celebrating our regional farms, agriculture, and our Centennial year together. Come out on Saturday, September 29th for the 2018 celebration.
Our host is Moss-VanWie farm in Canesteo, NY. We're excited to work with them again as a host farm and showcase a working farm for young and old alike.

Watch for updates on our Facebook Page and our website!

Attention regional fruit producers
There will be a workshop on SWD in Chemung County on Tuesday July 10th, 2018, from 9:30 to 11:00 am. Cornell Cooperative Extension (CCE) of Chemung and Tioga Counties cordially invite all interested regional fruit producers to this meeting, Spotted Wing Drosophila Update and Discussion for Fruit Producers.

Two SWD on a blueberry, photographed in early September 2013. SWD populations typically build to very high levels in late summer and early autumn. The workshop will be held at the Waverly Village Hall, Meeting Room, at 32 Ithaca St, Waverly, NY 14892.

Shona Ort, Agricultural Development Specialist, CCE of Chemung County, is organizing this event. To register, contact Shona Ort of CCE Chemung at 607-734-4453 ext 227 or sbo6@cornell.edu.

Two informative presentations, followed by open floor discussion, will round out your knowledge of SWD and it's management.

Read more...

Additional July Resources

- [Biocontrol wasps for stinkbugs](#)
- [Food preservation workshop for dehydrating fruit offered in Waterloo, NY](#)

Financial Education

Affordable Ways to Mend YOUR Home!

Do you have a home in need of repairs? Do you need to make your home more accessible for disabled household members? Join Cornell Cooperative Extension of Steuben County,
the USDA, and Smart Energy Choice to learn about opportunities and free resources available to you. They are offering a free informational workshop called Affordable Ways to Mend YOUR home on Thursday, **July 19 from 2:00 - 4:00 p.m.** at the Dormann Library, 101 West Morris Street, Bath.

Smart Energy Choices is a new program to help residents with free or low cost energy efficiency and renewable energy solutions. Get a free energy audit! CCE-Steuben Financial Educator Nancy Reigelsperger and representatives from the USDA will cover the ways you can:

- Install a ramp for improved accessibility
- Replace a roof
- Make Septic system improvements
- Replace your furnace
- Install handrails in your bathroom
- And much more!

**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 **Friday, July 27 from 10:00 a.m.-12:00 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.

**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 Tuesday, July 24 from 2:00 - 4:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

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.

Learn how to make the most of Social Security

Cornell Cooperative Extension of Steuben County is hosting Making the Most of Social Security: Retirement Income-Enhancing Strategies, a workshop presented by H&H Financial Group from 6:00-8:00 p.m. on Tuesday, July 31 at the Dormann Library, 101 West Morris St., Bath.

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

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

Get a sneak peak at the Women's Conference speakers!

Four free workshops

The 5th Annual Southern Tier Financial Conference for Women will be held in Corning on October 27, 2018 with a great lineup of female speakers on a variety of financial topics. The event is booked as a fun and educational ladies day out while learning how to improve their mind, body and checkbook.
This summer the conference organizers are offering a sneak peak at the conference presenters in four free workshops prior to the event! All workshops will be held from 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

On **July 24** the workshop will be titled **Uncover Those Hidden Financial Services Fees**. Amy Irvine CFP®, EA, MPAS, Irvine Wealth Planning Strategies LLC; Nancy Williamson, CEO, ServU Credit Union; and Nancy Reigelsperger, Cornell Cooperative Extension of Steuben County, Financial Educator will cover the following topics:

- Costs of Mortgages
- Costs of various checking accounts
- Cost of other “banking” products
- How to find out about the cost of investment products
- Knowing the difference between investment products

On **August 28** the workshop will be titled **Understanding Student Loans**. Amy Irvine CFP®, EA, MPAS, Irvine Wealth Planning Strategies LLC will cover:

- Types of Student Loans
- Types of Payments for Student Loans
- Examples of Repayment Strategies
- Understanding Public Loan Forgiveness

On **September 25** the workshop will be titled **How To Buy A Car**. Nancy Williamson, **CEO**, *ServU Credit Union* will offer an eye opening way to shop for a car. You will appreciate her wit and approach to this topic.

On **October 23** the workshop will be titled **Understanding the New Tax Law**. Amy Irvine CFP®, EA, MPAS, Irvine Wealth Planning Strategies LLC; Nancy Williamson, CEO, ServU Credit Union; and Nancy Reigelsperger, Cornell Cooperative Extension of Steuben County, Financial Educator will cover the following topics:

- The new standard deductions
- The new Child Tax Credits
- The new Tax Brackets
- What was eliminated
- What was added
The workshops are free but please call 607-664-2300 to register your space. For more details visit http://putknowledgetowork.org/annual-events/so-tier-womens-financial-conference

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

**Nutrition Education: Eat Smart New York!**

**Local "Grab the Good Stuff" campaign aims to encourage vegetables and fruit consumption**

Summer is here, and that means lots of fresh produce is available at your local farmers market or curbside market! Vegetables and fruit are an important part of every family's eating, and there's so much to enjoy. But the reality is 3 in 4 Americans are not eating enough fruits and vegetables.

Adding more vegetables and fruit to your day is easier than you think. This summer, Finger Lakes Eat Smart New York is running a campaign to provide you with ideas, recipes and tools to help your family enjoy fresh (as well as frozen or canned) produce - to make it easy to "grab the good stuff."

- **Eat together.** Let your child see you enjoying fruits and vegetables during meals and snacks. Keep mealtime upbeat and stress free.
- **Cook together.** Teach your child to tear lettuce or add veggie toppings to pizza. Not sure how to prepare it? Farmers know delicious ways to use their products and are a great resource for food prep tips and recipes. Or you can search for healthy and affordable recipes on our website: grabthegoodstuff.org.
- **Share the adventure.** Try new vegetables and fruits together. Find fruit and veggies that aren't usually in a grocery store, or at a farm stand or farmers' market. Challenge yourself with a new ingredient. Go with friends or family to a "pick-your-own" farm or orchard. Get active while learning where your food comes from.
- **Take it with you.** Show your child how whole fruit is a great snack to eat at the park or while doing errands. Put apples, oranges, or bananas in your bag for quick snacks.
Look for the Grab the Good Stuff logo on Facebook, Instagram, Snapchat and Pandora for more ideas, recipes and tools (including a farmers market and curbside market locator). Or simply visit grabthegoodstuff.org. Find a new way to prepare a vegetable you enjoy, and share your enthusiasm with everyone at the table!

**FLESNY June Recipes:**

- Melon Salsa
- Oodles of Noodles
- Farmers’ Market Salsa
- Garlic Scape Pesto

For recipes, resources and events near you: Visit Finger Lakes Eat Smart New York and like us on Facebook!

It’s farmer’s market season!
Check out the Farmers & Curbside Market Locator to find a farmer’s market or curbside farmer’s market near you!

**EFNEP: Helping Families Eat Better for Less!**

**Make Celebrations Fun, Healthy and Active!**

**Make healthy habits part of your celebrations**
Food and beverages are a part of an event, but they do not have to be the center of attention. Focus on activities to get people moving and enjoy being together.

**Make foods look festive**
Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

**Offer thirst quenchers that please**
Make fun ice cubes from 100% juice or add slices of fruit to make water more flavorful. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

**Use ChooseMyPlate.gov to include foods from the food groups for your party**
Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

**Make moving part of every event**
Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

*From: www.ChooseMyPlate.gov 10 Tips series*

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

![4-H GROWS HERE](image)

**4-H & FFA Market Animal Sale BBQ Fundraiser**

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 July 14. 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 July 6 for the July BBQ.

**2018 Fair Schedule**

The revised 2018 4-H Fair Schedule [can be found here](#)

**Robotics Challenge**

Steuben County 4-H Robotics Program Updates & NYS 4-H Robotics Challenge  
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. Howard Community Building, Hopkins Road, on Wednesdays starting, June 20 from 7:30 p.m. - 9 p.m.  
Note: There will be no robotics on June 27th, July 4th and July 18th.

4-H members participating in the 4-H Robotics Program will also have the opportunity to participate in the 2018 NYS 4-H Robotics Challenge at the NYS Fair, Syracuse, on
Sunday, August 26 from 1-6 p.m. The practice time for the NYS 4-H Robotics Challenge at the NYS Fair is tentatively scheduled for Sunday, August 26 from 10 a.m. - 12 p.m. This year’s challenge will include 3 parts. Part 1 will be a Lego challenge where Steuben County can bring teams with EV3 robots to accomplish challenge tasks. The theme this year will focus on natural disaster recovery. Part 2 will be a maze that teams can bring any kind of robot to navigate. Both Parts 1 and 2 will be held on August 26. Part 3 is an opportunity for teams to showcase their robot anytime during State Fair.

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

**eXtension Small Bird and Backyard Flock Webinars**

Webinars are scheduled July 10 - STEM and poultry careers
For this and other upcoming Small Flock Webinars, go to: [http://articles.extension.org/poultry](http://articles.extension.org/poultry)

**Allegany-Steuben All Breeds Show**

The Allegany-Steuben All Breeds Show will be held August 3-4, 2018 at the Allegany-Steuben Holstein Club Barn, Route 36 in South Canisteo. Friday, August 3rd will be showmanship starting at 6 p.m. and Saturday, August 4th beginning at 9 a.m. will be confirmation classes.

Entries must be postmarked by Monday, July 23rd and mailed to Bethany King for the $10 per animal entry fee and in order to be listed in the show program. After July 23rd the entry fee is $15 per animal.

To receive more information contact Darleen Krisher-Meehan, Allegany-Steuben Holstein Club Secretary, at darleenk@frontiernet.net or Chairperson Bethany King at 607-382-2573 or Ron Button at 607-281-7415.

**Pack/Obstacle Goat Class**

Are you interested in the learning more about and training your goat for the Pack/Obstacle Goat Class at the Fair? Dairy and Meat Goats are eligible to participate. Does and wethers of any breed and age are eligible to participate. Meat goat bucks under 12 months are eligible. Goats can be trained using treats but cannot be shown in the ring with treats. If this is the only goat you will be bringing to the fair you will be required to also show it for dairy goat or meat goat showmanship depending on its respective breed.

There will also be time to practice goat showmanship during this class. To learn more and practice with your goat come to the first class on Wednesday, July 11 and continue weekly
July News from Cornell Cooperative Extension of Steuben County

through August 8 from 6:00 pm. - 8:00 p.m. at Hillside Children's Center, Snell Farm, 7320 Snell Hill Road, Bath in the red barn. Parents please plan on staying and watching the class. If you don't have a goat but would like to learn you will be able to borrow a goat to practice. For more information or to verify if they are still holding the class due to the weather contact Lorri Dennis or 607-794-0332.

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=c97b0d6b-aa42-4b2e-9a2d-28780280a7ef
Southern Tier Outdoor Show

Fishing seminars coming to the show this year!

The 12th annual edition of the Southern Tier Outdoor Show will take place on October 13 and 14 in Bath! The event has grown over the years to draw around 7,000 visitors to its two day event including exhibitors, wildlife shows, and hands-on youth activities. The event is now held at the Steuben County Fairgrounds and is currently taking applications for volunteers. This year’s feature will be the high flying action of DockDogs®, the independent governing and sanctioning body for dock jumping and dock diving canine performance sports. Check the website to enter your dog!
One of this year's features will be Tim Thomas of the New York Winter Classic who will be giving some interesting seminars on ice fishing and fishing related topics such as Ice Safety, Jigging Techniques, Ice Electronics, Tournament Tactics, Demos with the Fillet Away Mats, Using GPS, Rigging Up Tip-Ups and Jigging Rods for Various Applications, New Gear for the 2019 Season, and Storage Solutions for Gear.

Tim will be bringing his tournament boat down for display and some additional seminar offerings. Check out his summer classic facebook entries here.

If you can help the show, or if you have questions, please contact Carla at 607-664-2300 or by email at crd24@cornell.edu. Vendors are still being accepted!

For more information visit SouthernTlerOutdoorShow.com or join us on Facebook.

Our Community

Steuben County Public Health needs your help!

They are seeking input on health in the community. By giving answers to this Community Health Assessment, you can help guide what health topics most need our focus for the next several years. Bonus: there’s a chance for you to win a $500 gift card to the grocery store or gas station of your choice! Residents of 9 area counties in the Finger Lakes are eligible to complete this survey, so feel free to spread the word with friends, family, colleagues, and clients. The survey can be accessed at www.myhealthstory2018.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
research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

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