It's fair time once again! Let's support our kids!

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2018 is CCE-Steuben's 100th birthday!

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.

You’re invited to our Centennial Celebration!
DENIM & DIAMONDS

YOU ARE INVITED TO OUR
100TH BIRTHDAY!

September 14, 2018

Cornell Cooperative Extension Steuben County
August News from Cornell Cooperative Extension of Steuben County

Get tickets now or call 607-664-2300 to reserve your space!

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

It's almost time!

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 this month. Watch our Facebook Page for updates!!!
Agriculture Education

Moss-VanWie Farm to host 2018 Farm City Day

Farm City Day is quickly approaching and we still need your help! This year’s event will be held at the Moss VanWie farm in Canisteo, NY. Cliff and Deb Moss and their family are happy to invite the public to their farm once again to promote the story of agriculture. We have a full day of family friendly activities and events scheduled from 10:00am - 3:00pm on Saturday, September 29th. If you would like to volunteer from 9:00am - 12:00pm or 12:00pm to 3:00pm on Saturday, September 29th please contact Ariel Kirk, Ag Educator, for more information.

This is a free event to showcase a working farm and share the importance of agriculture. If you are able to donate to this community event to keep it running and to promote agriculture awareness and education, please contact Ariel for details. We appreciate the support and generosity of the community and could not offer this event without financial support. Contact Ariel Kirk at 607-664-2574.

Watch for updates on our Facebook Page and our website!

Master Gardener training to begin in September
Have you thought about becoming a Master Gardener through Cornell Cooperative Extension? The Master Gardener Program is a national program of trained volunteers who work in partnership with their county Cooperative Extension office to extend information throughout their communities. Master Gardeners come from all walks of life, and are united by their enthusiasm for plants and people.

Master Gardeners are expected to share their horticultural training with the community in the form of 100 initial hours of volunteer work with Cooperative Extension over a two year period.

Through the Master Gardener training sessions and workshops, you will become a more knowledgeable gardener. You will have access to numerous Cooperative Extension gardening materials and will be able to attend Master Gardener workshops and participate in field trips with other Master Gardeners from around the state. Volunteer hours are flexible depending on interest and time availability. Travel expenses are tax-deductible.

The first session will begin in mid-September, 2018. For more information, Contact Ariel Kirk Ag Educator, CCE- Steuben at 607-664-2574.

Financial Education

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, August 7 from 1:00 - 3:00 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 organization can help with your estate planning

Our lives are marked by special moments like graduations, weddings, births and retirement. We plan for them for months or years. But we don't plan for our last special moment - our last day. What will happen to our families if we are suddenly not there to provide for them? It's important to have an action plan now.

Being organized is one of the keys to efficiency. But most people would find it a challenge to locate their critical documents when they needed them most. Would you?

Cornell Cooperative Extension of Steuben County is hosting **Lifefolio**, an educational and informational workshop presented by H&H Financial Group from **6:00-8:00 p.m. on Thursday, August 16** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

In the event that something unfortunate happened to you, and you were no longer able to act on your behalf, would your loved ones know where all your important financial, legal, and health documents are located? LifeFolio is a simple, straightforward filing system to help you identify and organize your important financial and personal documents. We teach you what you need to do, before it happens, so there is one less thing to worry about.

The H&H professionals will show you how to:

1. Organize your important financial, health, and personal documents with H&H Financial's Lifefolio Kit.
2. Discover potential gaps in your estate plan, and learn how, with the right help, you can fill them.
3. Review and evaluate your financial goals.
4. Have a financial conversation with your family.

**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 Tuesday, August 21 from 1:00 - 3:00 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!

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.

The conference organizers are offering a sneak peak at the conference presenters in three 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 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** (tentative date) 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](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

What's the first thing you or your kids grab when you come home hungry? If you said chips, crackers, or energy bars, you are not the only one! Packaged snacks are easy and convenient. But why not make fruits and vegetables just as easy to grab, both for you and your kids?

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." It takes a little planning, but it's worth it. Eating more fruits and vegetables will help the whole family stay healthy. Here are a few things to try out:
• Keep fruits and veggies where they're easy to see. For instance, have a bowl of fresh fruit on the kitchen table, and remind your family to wash the fruit before eating.

• Store ready-to-eat fruit and veggies snacks in the fridge. Here are some quick and easy ideas:
  o Peel and section oranges. Store in plastic snack bags or covered bowls in the fridge.
  o Store sliced vegetables in the refrigerator in snack bags or clear containers and serve with dips like hummus or guacamole.
  o Toss veggies with cooked pasta and your favorite oil and vinegar dressing.
  o Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

• Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with yogurt flavored with cinnamon or vanilla extract.

• Here are some more tasty dip ideas (1 serving is 2 tablespoons of dip)
  o Curry Dip: 1 cup fat-free sour cream, 1 cup fat-free plain yogurt, 1 tablespoon curry powder. Mix all ingredients together. Store in a covered container in the refrigerator. Makes 16 servings.
  o Avocado Dip: 2 medium ripe avocados, 1 tablespoon lemon juice, ¼ cup salsa, 1/8 teaspoon salt. Peel and chop avocados. Toss avocado with lemon juice in small bowl. Add salsa and salt. Mash with a fork. Cover and store in the refrigerator. Makes 12 servings

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 or fruit you enjoy and share your enthusiasm with everyone at the table!

FLESNY August Recipes:

• Zucchini Pizza Boats
• Bean Salad
• Cucumber Salad with Tomatoes
• Farmer’s Market Salsa
• Blueberry Bling

For recipes, resources and events near you:
EFNEP: Helping Families Eat Better for Less!

Freezing Bell Peppers

Green, red, yellow and orange bell peppers are abundant this month at farmers’ markets and farm stands. Bell peppers are perfect for freezing to use during the winter in any cooked dish. Bell peppers are an incredible bargain in the summer compared to $4 per pound or more during the winter months.

According to the National Center for Home Food Preservation website it is easy to freeze bell peppers.

1. Prepare peppers by selecting crisp, blemish free peppers. Wash, cut out stems, cut in half and remove seeds. Cut into strips, rings or pieces.
2. Place raw, cut peppers in freezer zip top bags or freezer containers, leaving no headspace. Remove air (if using zip top bags), seal and freeze!

During the winter months, use your frozen bell peppers in soups, stews and casseroles. It's so nice to be able to have peppers available when you want them and to know they are farm fresh and locally grown!

2018 Livestock Sale changes day and time!

The Steuben County 4-H & FFA Livestock Sale has a new date and time at this year's fair!

It will be held on Saturday, August 18, 2018 at the Steuben County Fairgrounds starting at 1:00 p.m. And this year turkeys are a new animal on sale.

The sale order will be market chicken turkeys, rabbits, hogs, steers, goats and then lambs. Rabbits are sold by the head. Poultry are sold by the head already processed for an additional fee per animal. The steers, market goats, market lambs and market hogs sell by the pound live-weight. If you do not need an entire steer, hog, lamb or goat get together with...
someone to purchase an animal to be sub-divided at processing.

Terms of the sale are cash or good check given to the sale clerk immediately after the sale. All slaughter and processing fees are the expense of the buyer. Animals are released from the fairgrounds Sunday, August 19 at 4:00 p.m. at which time animals become the buyer’s responsibility and all animals must be removed by 8:00 p.m.

Download a sale brochure with more information here or contact Cornell Cooperative Extension of Steuben County at 607-664-2300 or a Steuben County 4-H Livestock member.

Check out the 2018 4-H Fair Schedule

2018 4-H Fair Schedule

**Sunday, August 12**
All 4-H youth building exhibits must arrive at the 4-H building between 10 a.m. and 4 p.m. No exhibits will be accepted after Sunday.
Cloverbud Youth Building Exhibits will be evaluated between 1 p.m.-3 p.m. on Sunday only.
NO ANIMALS ARE TO BE ON THE FAIRGROUNDS

**Monday, August 13**
8 a.m. - 5 p.m. 4-H cavy, rabbit, poultry, dairy, beef, meat goat, dairy goat, breeding class sheep, cloverbud
sheep, breeding class swine, and cloverbud swine exhibits arrive
9:00 am  4-H and FFA exhibits judged.
9:00 am  4-H Dog Show (4-H Horse Ring across the track)
5:30 pm  4-H Fair Animal Exhibitors Orientation Meeting, Livestock Show Ring
  4-H Livestock Advisory Meeting after animal exhibitors meeting

**Tuesday, August 14**
7 am - 9 am  Open meat goats arrive
8:00 am  4-H Rabbit Show
8:00 am  4-H and Open Class Poultry
9:00 am  4-H Dairy Goat Show - Fitting & Showmanship followed by breed classes (Judging Pavilion)
10 am-4 pm  Arrival of Open class Dairy Cattle and any 4-H lactating Dairy Animals if exhibiting other
  4-H non lactating heifers
Noon  4-H Meat Goat Showmanship, 4-H and Open Meat Goat Show (Market & Bread Classes)
  (Livestock Pavilion)
1:00 pm  4-H Cany Show and Showmanship
3:00 pm  4-H Cloverbud Swine Class, 4-H and Open Breeding Swine Classes (Livestock Show Ring)
5:00 pm  4-H Dairy Showmanship, Starting with Cloverbuds (Judging Pavilion)
6 pm & 7 pm  4-H Vegetable Art Contest

**Wednesday, August 15**
8:00 am  Any scratches for the dairy heifer classes must be reported to the show table
8:30 am  4-H & Open Dairy Heifer Conformation Classes (Judging Pavilion)
9:00 am  Poultry/Waterfowl Showmanship
10:00 am  4-H Cloverbud Sheep Class and 4-H & Open Breeding Sheep Classes (Livestock Show Ring)
Noon  Any scratches for the dairy cow classes must be reported to the show table
1 pm (Approx) 4-H & Open Dairy Cow Conformation Classes (Judging Pavilion)
2 pm-4 pm  Youth activities (youth building)
2 pm-4 pm  Rabbit Hopping competition (Youth Building)
3:00 pm  4-H Beef Showmanship Practice (Livestock Show Ring)
7:00 pm  Release of 4-H & Open Breeding Class Sheep & Swine and Cloverbud Sheep & Swine
7:00 pm  Release of Open Class dairy cattle and release of 4-H lactating dairy cattle if 4-H member
  is exhibiting other 4-H non lactating heifers
7 pm-9 pm  Open beef cattle arrive

**Thursday, August 16**
7 am-8 am  Open Beef Cattle Arrive
7 am-10 am  4-H and Open Market Lambs and Market Hogs Arrive
10:00 am  4-H Goat Driving and Obstacle Classes (Judging Pavilion)
11:00 am  4-H Beef Fitting & Showmanship (Livestock Show Ring)
1:30 pm (approx) 4-H & Open Beef Show Market Classes followed by the 4-H Commercial Breed Classes
  (Livestock Show Ring)
2 pm-4 pm  Youth activities (youth building)
3 pm (approx) 4-H & Open Beef Show Purebreed Breed Classes (Livestock Show Ring)
Conclusion of the Beef Show - Open Beef Cattle released
6 pm  4-H & FFA Livestock Judging Contest & Livestock Skillathon Contest (Livestock Show Ring)

**Friday, August 17**
9:00 am  4-H Horse Show - English and Western Classes
9:00 am  4-H Swine Showmanship, 4-H and Open Market Hog classes
9:30 am  4-H Rabbit Showmanship and Cloverbud rabbit show
1:00 pm  4-H Animal Costume Contest (Judging Pavilion)
2 pm-4 pm  Youth activities (youth building)
4:00 pm  4-H Sheep Fitting & Showmanship, 4-H & Open Market Lambs

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=ddf50469-3b7b-4498-bbb1-3c6007ba4ec4
The 2018 4-H Fair Schedule can be downloaded here!

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

4-H GROWS HERE

4-H Sponsors Needed!

Are you a local business owner? Do you want to make your business more visible? Do you want to show your support for the nation's largest Youth Organization? Steuben County 4-H is searching for sponsors for the 2018 Steuben County Fair!

We have different levels of sponsorship available from Individual classes to entire shows.

- Level 1 sponsors (up to $100) will be displayed in show program,
- Level 2 sponsors ($101-$299) will be displayed ring side per show and
- Level 3 sponsors ($300 & up) will be displayed all week ringside.

Sponsorships are available for the following: Beef Show, Swine Show, Dairy Show, Dairy Goat Show, Meat Goat Show, Dog Show, Horse Show, Rabbit Show, Poultry Show, Sheep Show, Exhibitors Pizza Party. Please contact us if you would like to sponsor and support the youth at the 2018 Steuben County Fair by calling 607-664-2300.

Come support our kids!

The 4-H Dog Show 4-H Dog Show will begin at 9:00 a.m. on Monday, August 13 at the 4-H Horse Ring across the
4-H members participating in the 4-H Robotics Program will 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 Kim Randall or at 607-664-2571

4-H Cake Auction

On Saturday, August 18 there are several contests taking place in the 4-H Youth Building: Creative Place Setting, Cake Decorating and Flower Arranging. Following the Cake Decorating Contest at 11:30 a.m., we will hold a silent auction outside the youth building, and anyone can bid on these great cakes!

Visit the 4-H Youth Building during fair!

No day at the fair is complete until you visit the 4-H Youth Building! Everyone knows about the barns and all the animals at the fair, but there is so much more to 4-H. Let's take a tour of the 4-H building.

Along the first wall are the gardening projects - vegetables and fruits that have been grown in 4-H gardens. You will see cut flowers/plants and other horticulture projects.

There is Cloverbud Corner, an area where the youngest 4-H members (age 5-7) projects are displayed. Many 4-H members have done a sewing
project and these are displayed on the wall racks. Check out the designated area for the exhibits that were selected by the judges to go to the New York State Fair.

**Check for the green and white rosette judge's choice ribbons - these are the" best of the best"!**

On another wall you will see rows of **blue cards for food entries on display**. There will be no food exhibits since there was a bake sale on Monday with the proceeds going to the activity fund for 4-H trips and activities. But there will be food preservation projects -canning and drying. Check out the home environment area for quilts and other projects for decorating a home or bedroom.

4-H'ers are very creative. On the shelves there will be all kinds of **art projects** including paintings, drawings, photography, ceramics, and crafts. As you continue to the back of the building you will see beautiful woodworking projects, shop projects, and farm crops. **Robotics projects** will be on display and on Youth Days you may see the Robotics Club in person, designing and practicing for the state fair competition. Don't miss a new activity- Bunny Hopping.

Tuesday evening is the **Veggie Art contest**. Using at least five locally grown vegetables, the 4-H'er transforms them into a unique display. On Saturday are several other contests: **Creative Place Setting, Cake Decorating and Flower Arranging**. Following the Cake Decorating Contest at 11:30 a.m., we will hold a silent auction outside the youth building, and anyone can bid on these great cakes!

The Cornell Cooperative Extension Booth is located in the back of the building. This year Cornell Cooperative Extension of Steuben County is celebrating their 100th birthday. Follow the green footsteps from the front of the building to the booth to view some of our great old photos and information about our history! There you will find a timeline there that shows when the different agriculture, nutrition, 4-H and financial programs began!

Don't miss one of the best displays at the fair... **Come visit the Youth Building!**

**Southern Tier Outdoor Show**

**New seminar for 2018: Planning Your Moose Hunt!**

The 12th annual edition of the Southern Tier Outdoor Show will take place on October 13 and 14 in Bath!

One of this year’s features will be Steve Piatt, editor of the **New York Outdoor News**, who
will be sharing a talk on Planning and Preparing for Your Newfoundland Moose Hunt. Steve says that actually this hunt belonged to his wife, Paula. He was just the videographer of the adventure. But it's going to be a special session you don't want to miss. It will be held once each day at the show!

Remember you can sign up YOUR DOG to compete with the DockDogs at the show. Find out more about their performance here, and sign up your dog here.

If you want to volunteer at 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 SouthernTierOutdoorShow.com or join us on Facebook.

For Sale!

Large Walk in Freezer for Sale!

Cornell Cooperative Extension of Steuben County is selling their Corning Meat Locker. For details or more information visit http://putknowledgetowork.org/about-us/for-sale. Call 607-664-2300 for details.
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
This newsletter is solely intended to educate consumers about their choices.