We are ready to celebrate our history with YOU!

IN THIS ISSUE

Join us for a great lecture on the adolescent brain
Farm City Day is September 29
Explore the outdoors with your family!

2018 is CCE-Steuben's 100th birthday!

It's party time and we want you to join us!
Come help us celebrate 100 years at the oldest winery in the Finger Lakes region!

The public is invited to the Cornell Cooperative Extension of Steuben County's Centennial Celebration on Friday, September 14, 2018 from 6:00-11:00 p.m. at Pleasant Valley Wine Company, 8260 Pleasant Valley Road in Hammondsport, NY.
Pleasant Valley Wine Company is the oldest winery in the Finger Lakes region.

Established in 1860, the winery proudly displays the designation U.S. Bonded Winery No. 1 and has eight remarkable stone buildings listed on the National Register of Historic Places.
Spend the evening with CCE-Steuben celebrating 100 years of catalyzing change in Steuben County.
The evening will feature a menu provided by Timberstone Grill that will take you on a tour of the farms of Steuben County. From hors d'oeuvres, including Parulski Farms Smoked Bacon and Cheddar Cheese Fondue, to Entree stations, including Slow Roasted Sirloin of beef, Pork Loin or Breast of Chicken, to an assorted vegetable and potato bar, and finishing with a sweet ending of cheesecake bites, Doan's Honey Farm Kissed Creme Brulee and more, this will be a local dinner you won't soon forget!

The social hour begins at 6:00 p.m. with plenty of time to peruse the silent auction baskets, view some of CCE-Steuben's historical documents and photos, and watch some short videos about the impact that CCE-Steuben has made in some of our local residents' lives.

Following dinner we will top the night off with dancing to the sounds of the John Bolger Band. It's an evening celebration you do not want to miss!

Tickets are now on sale by calling CCE-Steuben at 607-664-2300 to reserve your seats or by purchasing them online at bit.ly/centennialcelebration. Cost is $50 apiece or $90 for a pair of tickets.

For more celebration party details visit our centennial celebration page.

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

Our next Centennial Lecture is October 11

Our fifth presentation in the Series helps us empower our youth!
What's going On in the Adolescent Brain?
By the author of the popular "Positive Youth Development 101 Training Manual"

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 fifth presentation will be held **Thursday, October 11 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 **Jutta Dotterweich**, Director of Training and Technical Assistance, ACT for Youth Project. She is the author of the popular *Positive Youth Development 101 Training Manual*.

Adolescence is a developmental stage of life that is shaped by rapid changes in the body and mind, and by the environment. Recent research in adolescent brain development has really altered how we view adolescence: in the past we saw turmoil, now we see opportunity. It's a time of tremendous growth and potential. The presenter will reflect on and discuss developmental tasks of adolescence, our new knowledge of the adolescent brain, and explore ways that parents and caring adults can provide the support and the opportunities that young people need to develop their full potential and make healthy decisions.

Jutta has devoted her career to furthering adolescent health and well-being in communities in New York State and far beyond. Author of several training curricula for those working in the fields of youth development and mental health, she is valued for her expertise in positive youth development, community collaboration, adolescent sexual health, and evidence-based programming. She is a frequent conference presenter and has been tapped to design and deliver professional development programming statewide, nationally, and internationally.

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

**Agriculture Education**

**Join us at the Moss-VanWie Farm for the 2018 Farm City Day**
September 29, 2018
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. 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.

New York Nut Growers Association 2018 Fall Meeting

The fall meeting of the NYNGA will be held on Saturday, September 15, at two locations. It is open to members and the general public. The morning session starting at 9:30 will be held at the tree farm of Carl Albers, 6499 Wilbur Road, Bath, NY. We will see a small planting of hazelnuts that includes seedlings and layers (clones). Master gardeners will discuss hazelnut culture (site selection, soil fertility, hazelnut form, pest management, harvesting, and processing) for home and commercial use. We will tour the tree farm to see a hickory grove, pecans, butternuts, apples, persimmon, and a native stand of black walnuts. There will be a discussion on tree crop management for timber. Peter Haarman will demonstrate hot callusing pipe grafting.

After lunch, we will ride to the tree farm of Steve Lisbin, 3361 Parker Road, Avoca, NY, to see an heirloom apple orchard; a very productive native black walnut tree; 250 English walnuts, both grafted cultivars that are just starting to bear nuts and seedlings, many of which are the descendants of the Metcalf tree via the J.E. Miller Nursery; and a new planting of 40 hazel seedlings from Z's Nutty Ridge. Steve will distribute a tree map to show how to keep track of plantings. Jerry Henkin will discuss stratification of nuts for planting in the spring.

SAVE THE DATE:
Pawpaw 101- The Story of America's Forgotten Fruit

A workshop on October 13 from 9:00am to 3:00 pm will be presented by Andrew Moore, A writer and gardener from Pittsburgh, PA, and author of Pawpaw: In Search of America's Forgotten Fruit, a 2016 James Beard Foundation Award nominee in the Writing & Literature category.

There will be an Exclusive Special Tour 1999 Varietal Pawpaw Trials planting at Cornell’s Lansing Orchard. Andrew will also be offering book signing at the event.

Read more details here...

Read more here
Financial Education this month

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, September 7** 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.

The Great Debate: Wills versus Trusts

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called Wills versus Trusts on **Wednesday, September 12** from 2:30 - 4:30 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

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

- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

2018 Tax Changes: How will You Be affected by the Tax Cuts and Jobs Act?
What provisions in the new tax law could affect you and your family? The Tax Cuts and Jobs Act takes effect in 2018. This $1.5 trillion tax-reduction package fundamentally changes the individual and business tax landscape. Join Cornell Cooperative Extension of Steuben County and H&H Financial Group for a free informational workshop called 2018 Tax Changes: How will you be affected by the Tax Cuts and Jobs Act? on Thursday, September 13 from 6:00 - 8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Some of the tax changes are permanent, while others expire after 2025. Whether you will pay more or less in income taxes depends on a variety of factors unique to your situation. So the more you know about the tax law provisions, the better prepared you will be. Are you going to get your share of taxpayer savings?

During this educational presentation we will focus on:

- Changes to marginal income tax brackets and the alternative minimum tax
- Limits on common itemized deductions, such as mortgage interest and state and local taxes
- Increases in standard deduction amounts
- Elimination of personal exemptions
- Child tax credit rules
- Federal estate and gift tax provisions
- Some provisions affecting business owners

When you attend the seminar, you will receive a 20-page, information-packed workbook with essential information from the presentation. Perhaps best of all, you will receive a complimentary consultation offered to all seminar participants. The workshop is free, but registration is required.

**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 Probate Process on Thursday, September 20 from 1:00 - 3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

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.

All of the above workshops are free, but please call 607-664-2300 to reserve your space!

Get a sneak peak at the Women's Conference speakers!
Free workshop on Sept. 25

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 have been offering a sneak peak at the conference presenters in free workshops prior to the event!

On September 25 from 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning 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.

The workshop is free but please call 607-664-2300 to register your space. For more details visit http://putknowledgeitowork.org/annual-events/so-tier-womens-financial-conference

Get your tickets for the full financial conference by September 15 before the price goes up!
If you would like to spend a fun and educational ladies day out updating yourself on different aspects of money, join us for the 5th annual Southern Tier Financial Conference: Financial Education for Women by Women scheduled for **October 27, 2018** from 8:00 a.m. to 4:00 p.m. at the Triangle Lounge at Corning Community College on Spencer Hill Campus, Corning. It will be a great way to join other women as we learn how to improve our mind, body, and checkbook!

The hot topics that will be covered during the event include:

- **Spooktacular Financial Tips** - Nancy Williamson, CEO, ServU Credit Union
- **The Stages of Estate Planning (from your 20’s to Maturity)** - Kathy Crandall, Attorney
- **Grocery Shopping Hacks: The Top 10 Tips for Saving Money and Eating Healthy** - Larkin Podsiedlik, Cornell Cooperative Extension of Steuben County, Executive Director
- **Swinging The Side Hustle** - Mary Beth Knowles, Advanced Sales Director, Pampered Chef
- **The 10-Minute Digital De-Clutter** - Nancy Reigelsperger Cornell Cooperative Extension of Steuben County, Financial Educator
- **Feel ~ Think ~ Act: Align Your Three Brains to Transform** - Rhonda Morton, Savannah Consulting
- **Stress is a 4-Letter Word** - Lisa Rustici CLC®, Learn how from a life coach

[Read more here...](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=842a03c5-c4fd-40cf-8e16-84fddfbcd9b6e)

[Purchase your Women's Financial Conference tickets here!](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=842a03c5-c4fd-40cf-8e16-84fddfbcd9b6e)

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

**Make Family Time, Active Time!**

After a fabulous summer with many opportunities to be outside and active, the kids are in school and have started new routines. Our challenge? How will your family continue to stay active this fall and winter?

The US Department of Health and Human Services recommends physical activity for all Americans, to decrease the chance of getting chronic conditions such as overweight, diabetes Type 2, and heart disease. Adults need at least 150 minutes per week of moderate activity and youth ages 6 to 17 years need at least 60 minutes of physical activity.
activity per day. Schools play an important role in providing opportunities for physical activity for kids. Here in the Finger Lakes, Eat Smart New York has coordinated training for school staff in the CATCH Program to encourage more physical activity in the schools. Families also play an important role in setting the stage for a healthy active lifestyle.

Here are some ways you can plan for being active with your family:

- **Build physical activity into your family's daily routine.** Take a walk after dinner, do housework together, or plan trips to the playground on the weekends.
- **Identify free or low-cost recreational activities available in your community.** Contact your local school, community center or local health department to find out what's available near you.
- **Include other families as you plan fun physical activities.** This is a great way for you and your kids to spend time with friends while being physically active.
- **Plan for indoor and outdoor activities.** Choose some indoor activities that do not depend on the weather conditions, such as mall walking, dancing, and active video games. Enjoy outdoor activities when the weather is nice. Dress for colder weather, and plan fun activities outside such as hikes in the woods, and playing in the snow.

For more ideas for being active as a family, healthy recipes and more, visit [flesny.org](http://flesny.org) or [ChooseMyPlate.gov](http://ChooseMyPlate.gov). Look for Finger Lakes Eat Smart New York nutrition educators at farmers markets, food pantries, and community events near you!

**FLESNY September Recipes:**

- Watermelon Cooler
- Apple Celery Harvest Salad
- Zucchini Stir-fry
- Corn, Tomato, Cucumber Salad

For recipes, resources and events near you: Visit [Finger Lakes Eat Smart New York](http://FingerLakesEatSmartNewYork) and like us on [Facebook](http://Facebook)!

**It's still farmer's market season!**
Check out the [Farmers & Curbside Market Locator](http://FarmersCurbsideMarketLocator) to find a farmer's market or curbside farmer's market near you!

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

**Packing Healthy Lunches**

September brings change. Summer and its carefree days are over. Families head back to school, to after school activities and begin full work schedules again. Healthy lunches are an important part of the day for you and your family. Eating a healthy lunch gives you energy to work or study during the afternoon and helps to give your brain a boost. A healthy lunch should contain vegetables, fruit, whole grains and lean protein.

Vegetables are easy to add to a lunch. Eat cherry tomatoes, baby carrots, sliced bell peppers or
sliced cucumbers with a little of your favorite salad dressing or with hummus, add lettuce and tomato to sandwiches or eat soup full of vegetables.

Fruit is a natural addition to lunch. Fresh, canned in its' own juice, frozen or dried, all fruit is portable and adds a little sweetness to your meal.

Whole grains provide your brain with energy and help you to think clearly during the afternoon. Whole grains are easier to include than you might think - whole wheat bread, pitas or tortillas make excellent wraps for sandwiches, whole grain crackers pair well with soup, light popcorn adds crunch and fiber to your lunch and whole grain pastas are easy to use in pasta salads. Brown rice makes a great addition to soup or added to last night's left over vegetables.

Lean protein comes in many forms other than deli meats. Try legumes like black beans, kidney beans or chick peas, hummus, nut butters, nuts, sunflower seeds, refried beans, tuna and other fish or seafood and eggs. Many of these lean protein sources may be less expensive than deli meats, so try something new.

And don't forget to include water, 1% or fat free milk to drink with your meal.

View the latest EFNEP Newsletter here

Our Environment

You can help with tick surveillance...

Most of you have heard about the Asian Longhorn Tick's discovery in New York and several other states. The tick's been found already in Arkansas, West Virginia, Virginia, North Carolina, Pennsylvania, New Jersey, and Maryland. So, it won't be surprising if we find it in several locations in NY. We don't yet know how widespread the tick is in New York and the Dept. of Agriculture and Markets wants to get a better understanding.

Many of you have 4Her's and other exhibitors involved at the State Fair. If they come across any unusual ticks as they're grooming their animals for the Fair, i want them to have the opportunity to get the ticks...
identified. If anyone is interested, they should:

1. remove the tick(s) carefully (be sure to wash hands thoroughly afterwards)
2. put them in a sturdy zip-lock bag
3. include a piece of paper in the bag with the following information:
   1. name
   2. phone number or email address
   3. what kind of animal the tick was found on
   4. location where the animal was kept (STREET ADDRESS)
4. take the bag with the tick(s) and identifying information to the Fair
5. call the NYS Ag & Mkts Veterinarian In Charge at 315-382-2336 and he or she will arrange picking up the sample.

Tick Fact Sheet

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

4-H GROWS HERE

Enrollment Time!

Now is the time to join 4-H and join in on all the fun learning experiences and making friends. Visit our 4-H web page for details and registration forms.

We also can use adult volunteers to assist! Please contact Jenny Groen for details.

Projects Records Due This Month!
All 4-H members who exhibited a project in the 4-H Division at the 2018 Steuben County Fair are required to turn into the CCE Office at least one record on their project/species by 4:30 p.m. on Monday, September 17, 2018 to be eligible to receive 2018 Fair Premiums. If you fail to meet the September 17th deadline OR the record is incomplete, NO fair premiums will be awarded (for that project/species or any other fair exhibits).

There will be no consequences for exhibiting the following year. For further information contact the 4-H program educators at 607-664-2300.

Visit the Records Page here

New 4-H Year Kick-Off:
PLEASE plan on sending at least ONE leader to the September 22nd to our New Year Kick-Off meeting! We will be review some changes for the upcoming year and looking forward to suggestions from YOU about projects and programs you’d like to see!

September 22nd
Steuben County Office Building
South Conference Room
10 a.m.

Please register by emailing Jenny Groen OR by calling 607-664-2300.

Steuben County Fair

We had some great results from our 4-H members at county fair this year. Visit our photo page for some of the accomplishments they made.

State fair photos will be posted to the photo page soon.

New Opportunity for a 4-H Foods Project!
Cooking Matters for Families

Cooking Matters for Families partners a school-aged child and a parent together to learn about healthy eating, planning meals as a family, and working together in the kitchen.

Courses meet for two hours, once a week for six weeks and are taught by Nutrition Educators from Cornell Cooperative Extension of Steuben County. Lessons cover meal preparation, grocery
shopping, food budgeting, and nutrition. Participants practice fundamental food skills, including proper knife techniques, reading ingredient labels, and making a healthy meal for a family of four on a $10 budget. Teams will also take home a bag of groceries after each class so they can practice the recipes taught that day.

4-H members 8 years old and up, plus a parent are invited to participate on Wednesdays - October 3rd, 10th, 17th, 24th, 31st and November 7th from 4:30 - 6:30 PM at the Cornell Cooperative Extension of Steuben office.

For questions or registration call Loree to sign up: 607-664-2300

**Fall Fundraisers**

The 4-H Program has a couple fundraisers coming up.

- We will again be selling Wilson Beef Sticks and Cuba Cheese! This fundraiser helps support the County 4-H Program, local 4-H Clubs and Independent Members! Information for this year's sale can be picked up September 22nd at the New Year Kick-Off or Monday, September 24th at the CCE Office.

- The Small Animal Program is again selling tickets for the Southern Tier Outdoor Show event. There are three great prizes this year: $250 from Field and Stream, $125 from Amazon and $75 from WalMart. Tickets are just $1 apiece or 6 for $5. Call the office to get yours or stop by the Outdoor Show at the Steuben County Fairgrounds on October 13-14

**An Outdoor Adventure Weekend**
Surviving a Zombie Apocalypse: A Weekend Filled With Outdoor Adventures

**WHEN:** Friday, September 28 to Sunday, September 30

**WHERE:** 4-H Camp Bristol Hills
Canandaigua, NY

**WHO:** Youth ages 10 and up

Save the date and join the Youth in Nature and Outdoor Education Program Work Team as they try to survive a zombie apocalypse. (Just pretend.)

At the beautiful 4-H Camp Bristol Hills you will learn outdoor survival skills to keep safe when the invasion comes. Learn skills such as fishing, fire building, preparedness packing, outdoor cooking, and more!

Although the zombies are coming, weekend participants will be safe in rustic cabins and have fantastic meals prepared for them in the dining hall. Storytelling and fun games will be part of the schedule.

Space is limited. Registration is required. **Register by Saturday, September 15th**

**Fee for the weekend:** $70, includes activities, lodging, and meals

**Registration** through your local CCE Office.

For additional information, please contact Susan at (315)539-9251
smc224@cornell.edu
or Renee at (585)991-5420
rh445@cornell.edu

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Southern Tier Outdoor Show

Explore the outdoors with your family!
Explore the Outdoors at the Southern Tier Outdoor Show in October

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

Another great seminar at this year's event will be George Simmons, owner of GT Hydrographics, who just returned from an African safari and has lots to tell us about it!

And don't miss the fun of the National Guard hunting simulator under the grandstand. Several great scenarios to test out your skills!

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.

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,
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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