Coloring Easter Eggs? Some Already Come That Way, But Why?

We’ve all seen brown eggs next to white ones in the grocery store. Brown ones cost more. Did you ever wonder what the difference is and why they cost more?

Most people assume the brown ones are better, more nutritious than their white counterparts. Some assume the shell is harder or that the yolks are a different color. None of that is true.

The main difference between the two egg colors traces back to the chickens the eggs come from, the color of their feathers, and the color of their earlobes! Breeders have noticed that many white-feathered chickens with white earlobes lay white eggs, while red-feathered chickens with red earlobes lay brown eggs. This is not always the case, however, as one breed of chicken often lays blue, green, pink or lavender eggs!

So, why the cost difference? The size of the hen that lays brown eggs is larger, and requires more food and land to roam on than white feathered chickens. That results in higher production costs and a higher price at the market. Now you know!

Celebrating Service

Since established by President Nixon in 1974, National Volunteer Week has highlighted the work of hundreds and hundreds of thousands of people in the U.S. who give their time and talent. Setting aside a week in April is now a national tradition, and this year that week is April 7-13. Celebrate Service is this year’s theme.

Here at CVAC we celebrate service every day and try to thank all of you in various ways. Please know that you mean the world to this community and we are very thankful to all of you.

“Every problem that the country faces is being solved in some community by some group or some individual. The question is how to get connected so that the whole nation can solve problems. A volunteer is a person who can see what others cannot see; who can feel what most do not feel. Often, such gifted persons do not think of themselves as volunteers, but as citizens – citizens in the fullest sense; partners in civilization.”

-George H.W. Bush

It’s hard to believe spring is just around the corner. After a long winter we are anxious to get outside but unfortunately, with warmer weather comes ticks. Ticks have lived in the Northeast for thousands of years and are well adapted to the cold temperatures we face during the winter and early spring months. Now that the season is changing, anytime temperatures rise above freezing you can expect ticks to be active.

You don’t need to be an outdoorsman to encounter ticks. In fact, anyone is at risk of finding a tick on them. Try to wear long socks and pants while outside and avoid dense vegetation if possible. Be sure you know how to perform a thorough tick check and how to remove it if one does gets attached. Learn more at dontgettickedny.org.

In This Issue, on Page:
- Donation Form, 2
- CVAC Community Engagement, 3
- Agency and Volunteer Limelights, 5
- Community Events and Workshops, 6
- Dept. of Aging News, 7
What Volunteering Means to Me

"Well I guess it’s a satisfying feeling and it’s nice to be able to help people."

-Larry Hubbard

“I feel that I am helping feed the underprivileged through the Food Bank. As we age we need to keep active, and volunteering at the Food Bank helps form a camaraderie with others and helps me stay active. I always have fun. There is always something you can do at the Food Bank."

-Polly Neiley

New Volunteers
Welcome to CVAC and Thank You for your service!

Kristi Alexander
Sabrina Smith

Thank you for monetary gifts we received from:
Kathryn Muccigrosso (2)
Susan Rogers in memory of Jack Slocum
THANK YOU!!!

We always stress the importance of exercise in slowing down the negative effects brought on by aging, but did you know exercise for your brain is equally important? Playing brain games, such as jeopardy, even if only five minutes a day, can drastically increase mental wellbeing. There are many ways to keep the mind sharp-here are some fun brain teasers for you to try:

1. Name two objects for every letter in your first name. (Work up to five objects, trying to use different items each time)
2. Say the months of the year in alphabetical order.
3. Name six or more things you can wear on your feet beginning with the letter “s.”
4. Look around wherever you are and, within two minutes, try to find five red things that will fit in your pockets, and five blue objects that are too big to fit.

Stay in Touch with CCE
Cornell Cooperative Extension
of Chemung County
425 Pennsylvania Ave., Suite 107
Elmira, NY 14904

Office Hours
Weekdays 8:30 to 4:30

Website
chemung.cce.cornell.edu

Social Media
“Like” us on Facebook
We’re also on Instagram

Phone
607-734-4453

CVAC Staff
Phone Extensions:
Carol 215
Danielle 216
Mary-Lynn 202

If you receive Thrive by mail and want to switch to email call us and we’ll save money!

Daylight Saving Time begins on Sunday, March 10th
Don’t forget to set your clocks forward!

Please Help Us!!
Funding for volunteer training and management is increasingly difficult to obtain through traditional sources. Therefore, individual and community donations are more important than ever! Thank you for your tax deductible donation. Your assistance will help CVAC recruit and educate volunteers. Please make any checks payable to CCE Chemung.

Name_____________________________________

May we publish your name? Yes____ No____

Street_____________________________________

City ____________________State ____Zip _____

Clip and return this coupon with your contribution to:
Chemung Volunteer Action Corps
CCE of Chemung County
425 Pennsylvania Ave. Suite 107
Elmira, NY 14904

I designate my contribution of $ ______ for:

_____ Use wherever it is needed most
_____ Staying Healthy initiatives
_____ Going Green initiatives
_____ Citizen Action initiatives

My contribution is in memory/in honor of:

Contributions are tax deductible to the extent of the law.
Opportunities for Affiliated Volunteers

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assist with activities, computers, gardening and more</td>
<td>Woodbrook</td>
</tr>
<tr>
<td>Extraordinary &amp; compassionate volunteer opportunities</td>
<td>CareFirst</td>
</tr>
<tr>
<td>Office duties, special events, program development</td>
<td>Susan G. Komen</td>
</tr>
<tr>
<td>(CASA) class orientation for volunteers</td>
<td>Court Appointed Special Advocate</td>
</tr>
<tr>
<td>Blood Services, disaster response, education outreach</td>
<td>Red Cross</td>
</tr>
<tr>
<td>Adopt-a-shelf, genealogy, cleaning and much more</td>
<td>Steele Memorial Library</td>
</tr>
<tr>
<td>Compeer Program, Circle of Friends and One-on-One</td>
<td>Family Services</td>
</tr>
</tbody>
</table>

Opportunities for Enrolled Volunteers

**Staying Healthy**

**SUPPORTING OUT SENIORS (SOS)**
You, your family or your religious group can help individuals remain living independently in their own home as long as possible. Educate them about the services available in Chemung County. Call us at 734-4453 Ext. 202. SOS is also the connection between those needing an access ramp and the volunteers who build them. *Enrolled and Affiliated*

**BONE BUILDERS (BB)**
This osteoporosis prevention exercise program has been in Chemung County for 16+ years. Hand weights and variable ankle weights are used during slow fluid movements to help maintain bone mass. The program is designed for both women and men. If you are interested in participation as a Trainer, call 734-4453 Ext. 202 for more information. Training is provided. *Enrolled*

**READING HELP**
Elementary schools and preschool programs in Chemung County need individuals to work with children needing help with reading. Teachers tell us 100% of the children who work with volunteers show improvement by the end of the school year. Call Mary-Lynn at 734-4453, Ext. 202 for information. *Affiliated*

If any of these exciting and challenging opportunities interests you, contact CVAC at (607) 734-4453. CVAC is a civic engagement program of Cornell Cooperative Extension of Chemung County. Individuals who bring a diverse perspective and are supportive of diversity are strongly encouraged to apply.

“Volunteers do not necessarily have the time; they just have the heart”
- Elizabeth Andrew

In celebration of New York agriculture, volunteers throughout the state will read a book with an agricultural theme to area students between March 18-22. Students and teachers will also benefit from hands-on lessons and receive follow up activities. The book will be donated to the school or classroom library with a bookplate recognizing the donor and NY Agricultural Literacy Week. Last year 2,000 books were donated while thousands of second graders participated in fun and educational activities. If you are interested in “purchasing” a book for a Chemung County classroom you can contact Elaine Noble by email: emn9@cornell.edu or phone 607-734-4453 ext 223. Cost of a book is $12.

*On the Farm, At the Market* is this year’s book and it highlights the story of agriculture with vivid illustrations and a community-centric storyline. Students will understand the importance of agriculture as an economic driver in communities across New York, and develop an awareness for where their food comes from and its journey.
Household Hazardous Waste

It’s that time of the year! The Spring Household Hazardous Waste event is scheduled for Saturday, May 11th.

Dispose of hazardous waste properly and safely at Chemung County’s Household Hazardous Waste Collection Event. This event is for Chemung County households only (no businesses) and is free to participate.

Pre-registration is required by calling Cornell Cooperative Extension at 607-734-4453, Monday, April 22nd – Thursday, May 9th, weekdays from 9AM-4PM. Registration will end on May 9th at 4PM.

For more information and for a list of accepted items, please visit our website at chemung.cce.cornell.edu or call Toni at 607-734-4453.

What is the EMC?

You are not alone if you have not heard of the EMC of Chemung County. EMC stands for the Environmental Management Council. They are a voluntary advisory board appointed by the County Legislature that meets monthly to advise the county on environmental matters and provide a liaison between the community and local government. This group is often charged with studies where they investigate issues involving private well water or air quality. Each year they raise money to send two or three students to NYSDEC Summer Camps. Other accomplishments include a GIS natural resource inventory and the promotion of a county-wide compost facility. For more information, call Jennifer Trimber at 607-734-4453, or check out chemung.cce.cornell.edu or chemungcountyny.gov.

Black-Eyed Pea Soup

**Ingredients:**
1/2 pound dried black-eyed peas
2 cups vegetable broth
2 cups water
6 carrots, chopped
2 ribs celery, chopped
1 medium onion, chopped
1 tsp garlic powder
1 tsp of your favorite herbs
(try rosemary, thyme, oregano, sage, basil)

**Instructions:**
1. Rinse and sort black-eyed peas to remove any dirt or debris
2. Place all ingredients in a large pot, and stir to mix
3. Cook on medium heat for 2 hours, stirring occasionally

*Recipe can also be prepared using slow cooker. Place all ingredients in slow cooker, but only use 1 cup of water. Cook on low for 8 hours.

Yields 5 1-1/2 cup servings. 200 calories per serving, 1 g total fat, 12 g protein, 39 g carbohydrates, 8 g dietary fiber, 0 g saturated fat, 450 mg sodium

Connection Game: There are a pair of words. Your goal is to find a third word that is connected or associated with both of the words.

Example: Lock — Piano

Answer: Key: the word key is connected with both. For example, there are keys on a piano and you use a key to lock doors.

Now it’s your turn—see if you can find the connecting word!

1. Ship — Card
2. Tree — Car
3. School — Eye
4. Pillow — Court
5. River — Money
6. Bed — Paper
7. Army — Water
8. Tennis — Noise
9. Egyptian — Mother
10. Smoker — Plumber

Have you kept your new year’s resolution? Don’t feel bad if you haven’t. Nearly 80% of people give up by the second week of February. However, it’s never to late to RESTART or make a new resolution!

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Agency & Volunteer Limelights

Julia Butters
Her list of accomplishments goes on and on. Our volunteer limelight Julia Butters is a mother, a wife, a homemaker and a volunteer. I could tell by the freshly made pasta sitting out to dry on the counter that this is one Italian Mama through and through. Julia has been feeding the hungry ever since she was a little girl when folks would wander up the tracks looking for a hot meal. “I learned from my mother, and picked up her ways,” she told me. Although Julia has slowed down a bit, her fondest memories come from her volunteer service. “I feel wonderful and really enjoy volunteering. I feel bad for the older people, we’re all going to be there some day. If I could volunteer every day I would do it”.

Woodbrook
Dating back to 1874, the history alone was enough to draw me into Woodbrook. I have shared with many people the details of my visit last week to Woodbrook and everyone agrees, what a lovely place to reside. It’s so welcoming, beautifully comfortable, meticulously maintained and it feels like home. This premier assisted living facility provides a bright and cheery atmosphere where residents can enjoy first-class accommodations, many services and lots of activities. Providing 24-hour assistance with the feeling of complete independence and dignity for all, who wouldn’t want to live at Woodbrook. Volunteer at Woodbrook today. 1250 Maple Ave. Elmira, 14904. (607) 734-7741. lsweeney@woodbrookhome.com

Susan G. Komen
Did you know that breast cancer is the leading cause of death in women around the world? Every 2 minutes one case of breast cancer is diagnosed in a woman in the U.S. and 1 in 8 women will be diagnosed with breast cancer. But, there are now more than 6 million breast cancer survivors world-wide! That’s due in part to the foundation created by Nancy Brinker back in the 1980’s, as a promise made to her sister who died of breast cancer. Today, Susan G. Komen is continuing its mission to end breast cancer once and for all. Komen provides funds locally for screenings and treatments for those facing a breast cancer diagnoses, and support for those that face barrier to care, along with comprehensive education and support. Komen also funds critical research that is finding the cures to end breast cancer. Help this organization meet their promise to save lives and end breast cancer forever. Many volunteer opportunities are available and check out upcoming events. 224 W. Water St. Elmira 14902. (607) 203-0102. komenupstatenewyork.org

“Tire Collection Day” sponsored by Chemung County Soil & Water Conservation District & Highway Association
May 11th, between 8-11:00 AM. You must register # of tires @ 739-2009 or 739-4392 by May 8th, 2019 to receive time slot and location. Cost: $2.00 per tire-with or without rims (50 tire limit per resident). Tires must be free of debris and mud. Only car and pickup truck tires allowed– no tractor or dump truck tires. Chemung County residents only (no businesses.)

Did you know that the average American consumes 270 calories of added sugars each day? That’s about 17 teaspoons of sugar! Considering almost half of the added sugars in our diets come from beverages, it’s important to make healthy drink choices. (from Finger Lakes Eat Smart New York)
Cabin Fever: Bundle up on Friday March 8th, from 5-8 PM at Corning Gaffer District for craft wine & beer tastings, ice sculptures and live music in participating businesses. The cost is $15.00 in advance or $20.00 the night of the event.

Electronic Recycling Event: Saturday April 13th from 8:30-11:30AM at the Chemung County Fairgrounds Gate 2 Preregistration is required by calling 607-426-3149 from March 25th-April 9th from 8-3 PM. The event is free of charge for Chemung County Residents.

Items must be intact and cannot be broken and plastic back must be in place. The following is a list of accepted items: Computers (desktop, laptop), TV, Computer monitors, electronic keyboards, mice or similar pointing devices, fax machines, scanners & printers (less than 100lbs.) music players, video cassette players, DVD players, DVRs, cable or satellite receivers, electronic or video consoles.

Workshop: Seed Starting
March 21st from 2:00 – 3:00 PM. Starting your own seeds is a cost effective way to grow a greater variety of plants for your garden. Join Cornell Cooperative Extension of Chemung County to learn how to start seeds successfully. The topics we will cover include techniques for starting seeds indoors, proper care, lighting and watering, and how to prepare your seedlings for transplant.

Speaker: Jingjing Yin, Horticulture Educator at CCE of Chemung County, Chris Gagliardo, Chemung County Master Gardener
Place: CCE Chemung, Conference Room. 425 Pennsylvania Avenue, Elmira, NY
Workshop fee: Free, but a $3 suggested donation helps support our Horticulture program.
Please register with Chemung CCE at 607-734-4453, or jy578@cornell.edu.

Growing Shiitake Mushrooms Workshop
Saturday, May 18th, 2019, 9:00 AM - 11:30 AM
Learn to grow shiitake mushrooms with Gillian Trimmer and John Kurtz from Trimmer Forest Farm. The lecture and demonstration will walk you through the steps of inoculating, caring for, and harvesting mushrooms from hardwood logs. Shiitake are great to eat and fun to grow. Come see how it’s done!

Class size is limited to 25 people. Cost is $10 per person. Pre-registration is required. For more information and to register, please contact Shona Ort at 734-4453 ext. 227 or sbo6@cornell.edu

Easter Cupcake Fundraiser for Meals on Wheels of Chemung
1. Carrot Cake with Cream Cheese Frosting and a candy carrot
2. Chocolate with chocolate buttercream, sprinkles and robin eggs
3. Vanilla with vanilla buttercream, coconut and marshmallow peep $1.50 each or $16.50 per dozen.
Order by April 1st, Pickup on April 19th from 8AM-2PM. Call 607-734-9535 to order.

Free Rabies Clinic: Sponsored by Chemung County Health Dept. & Chemung County SPCA
Sunday March 3rd from 11 AM—1PM
45 Olcott Rd S, Big Flats

Opening Weekend at the Glen
April 6th-7th
Kick off the season in style at Watkins Glen International by taking three laps around the historic road course in your own personal vehicle. $25 tickets will be available at the gate, with proceeds going to the WGI R.A.C.E. (Racing and Community Enrichment) Foundation!

Answers from page 4 connections game*:
1) Deck 2) Trunk 3) Pupil, Exam and Private are possible 4) Case 5) Bank or Flow 6) Sheet 7) Tank 8) Racket 9) Mummy 10) Pipe
*There might be more answers than listed above– if you think of some let us know!

AARP Smart Driver Classes*
Steele Memorial Library 733-2788
Thurs., Mar. 7 and Fri., Mar. 8
1:30—4:30 PM
Wed., Apr. 3 and Thurs., Apr. 4
1:30 —4:30 PM

Big Flats Community Center 562-8443
Thurs., Mar. 7
9 AM—3:30

Corning Senior Center 962-8000
Fri., Mar. 15
9 AM—3:45 PM
Fri., Apr. 26
9 AM—3:45 PM

Schuyler Office for the Aging 535-7108
Sat., Mar. 9
9 AM—3:30
Sat., Apr. 13
9 AM—3:30

*A registration fee is $20 for AARP members, $25 for non-members. Please bring Driver’s License to class!

AARP Tax-Aid at Bethany Lutheran Church
Call 607-542-9303 and leave a message with your name and phone number. Someone will call you back to schedule an appointment. Appointments are mandatory and no walk-ins are accepted. Appointments are Monday through Friday 11 to 5 PM.

website: www.twintierfreetaxprep.org

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HELP FOR CAREGIVERS

Family and friend caregivers can benefit from a variety of supports and services provided by our department. There are several no-cost caregiving events planned that will help to educate and support caregivers and their very unique needs. **Powerful Tools for Caregivers** is a 6-week no-cost training class where caregivers will learn self-care tools to help reduce personal stress, and develop communication skills to better address their needs and their care recipient’s needs. The Powerful Tools for Caregivers begins on March 21st and will meet 5:30PM – 7:00PM at the Department of Aging. We are also partnering with the Alzheimer’s Association to bring a no-cost program on the **Legal Aspects of Caregiving and Dementia Conversations** with Attorney John Maloney. The event will be held at the Big Flats Community Center on Saturday, April 27th 9:00 AM – Noon, and includes a continental breakfast. For more information or to register, please call us at 737-5520.

OLDER AMERICANS MONTH CELEBRATION AND APPLICATIONS

The Department of Aging and Long Term Care honors older Americans and the organizations that serve them every May at our Older Americans Month Celebration. This year’s celebration is scheduled for Monday, May 6th, at 2:00 PM at New Beginnings United Methodist Church (300 East Miller Street Elmira). Application forms for Distinguished Volunteer of the Year Awards that are presented to outstanding Chemung County residents, age 60 and older, for ongoing devotion of time and talent to make a great impact on others, without pay or compensation are due on April 1st, and are available at www.chemungcountyny.gov, or by calling the Chemung County Department of Aging and Long Term Care at 737-5520. Please contact us for an application form if you know a special volunteer who is 60 years of age or older! Thank you for helping us identify and honor volunteers that make our community a great place to live and age well.

29th ANNUAL CHEMUNG COUNTY SENIOR GAMES

The **29th Annual Chemung County Senior Games** will be held May 7th-22nd at various venues located throughout the county. The games are open to anyone, 50 years of age and older. The events include something for everyone including: a golf tournament, volleyball, pickleball, corn hole, archery, bocce, horseshoes, bowling, and shuffleboard. New this year is a Field Day event open to all registered senior game athletes that will be held on Friday, May 17th at the Harris Hill Youth Camp. This event includes a picnic/lunch, an information health/wellness fair, and events such as miniature golf, softball hit and throw, corn hole, horseshoes, volleyball, a nature walk and cards and table games. Participants at the Field Day event will be eligible for special drawings and gifts. For a registration form please call the department at 737-5520, or visit www.chemungcountyny.gov
OUR MISSION
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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